

# Vic Masters

## News and Results

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# News and Results

Victorian Masters Athletics Inc.

"BE ALERT - BE AWARE - TAKE CARE"

May 2005

By Tony Martin

On Saturday 12 March 2005, approximately 900 hundred runners vanished into the Blue Mountains.

Leaving the Explorers Tree at Katoomba, NSW they were taking part in the Six Foot Track a 45km marathon full of fun and frolic.

The track was surveyed in 1884 and planned as a shortcut to Jenolan Caves via the mountains.

The runners had an early start for the over 60's with three waves of starters from 8.00am, 8.05am and 8.20am.

At 7.00am I was in the early start with 16 mature aged runners all of whom raced away like it was a 10km fun run, all vying for first place towards a steep rock staircase which then plunged down into the Megalong Valley.

My running partner Lyn Arnel said she would leave in the last wave, the idea of course was to meet up at about the 37km mark and cross the finish line together (just a sweet dream for me).

Back on track the top runners came bounding over rocks and scrub, a great long line of them - who I let pass by. I now arrived at the Cox River Crossing with 15.5 k's under my belt. All of us somehow managed to get across the river without getting our feet wet by leaping cleverly from rock to rock to arrive safely at our first drink stop for refreshments.



Lyn and Tony

Next was the start of our first really challenging hill - approximately 5km in distance and a long steep climb up to the Mini-Mini saddle. I try to keep running at all costs but the legs say no - at this stage I note that most of us are now walking to make the top of the crest of the hill. The crest is followed by a steep down-hill run, the trail crosses Little River and its tributary Alum Creek at least three times. I make it successfully over the first two creeks but manage to slip and trip on the third occasion, a very chilly dip into cold clear water followed - (AHI! - but now the blood is certainly circulating!).

The trail started to climb again from 600 metres to 1,200 metres. I have given the trail a new name at this point (The Pulverizer). My quads and hamstrings have gone into a very unhappy state and will not respond. Lyn then arrives looking not only amazingly fresh but energetic. She literally appears to float up the mountain, gives me a hug and lots of encouragement! I tell Lyn to keep moving and leave me to admire the mountains!

## Victorian Masters Athletics Inc.

Office: 2/16 Barkly Street, Ringwood, 3134

<b>President</b>	Rob Waters	9318-3802	5 Bellevue Court Maribyrnong 3032
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<b>Asst Secretary</b>	Vacant		
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All secretarial matters should be addressed to:-  
The Secretary,  
Victorian Masters Athletics,  
P.O. Box 4237,  
East Burwood VIC 3151

## Victorian Masters Athletics Venues

ABERFELDIE Athletic Track	Aberfeldie Park, Corio Street, Moonee Ponds Wednesday nights, 7 - 9pm	Melway 28 D6
ALTONA Athletic Track	Grants Reserve Sugar Gum Drive, off Civic Parade Tuesday nights, 7 - 9pm in daylight saving, Sunday in winter	Melway 54 G9
EAST BURWOOD Athletic Track	Burwood Road, opp. Mahoneys Road, behind basketball stadium Thursday nights, 7.30 - 9.30pm	Melway 62 C7
CAULFIELD Athletic Track	Duncan McKinnon Park, cnr North Road & Murrumbeena Road Tuesday nights, track events, 7 - 9pm. Sunday, field events	Melway 68 K9
COBURG Athletic Track	Harold Stevens Athletic Field, Outlook Road, Coburg Thursday nights, 7 - 9pm	Melway 18 A9
COLLINGWOOD Athletic Track	George Knott Reserve, Heidelberg Road, Clifton Hill Tuesday nights, 7 - 9pm	Melway 30 F12
CROYDON Athletic Track	Behind Arndale Shopping Centre, Mt. Dandenong Road, Croydon Tuesday nights, 7 - 9pm	Melway 50 K5
DONCASTER Athletic Track	Rieschieks Reserve, George Street, East Doncaster Monday nights, 7.30pm	Melway 33 J11
FRANKSTON Athletic Track	Ballam Park, Bananee Terrace, Frankston Thursday nights, 7 - 9pm	Melway 103 B4
GEELONG Athletic Track	Landy Field, off Barwon Terrace, Geelong Wednesday nights, 6 - 8pm	Melway 228 C7
KNOX Athletic Track	off Rushdale Street, off Ferntree Gully Road, Scoresby Wednesday nights, 7 - 9pm	Melway 73 D7
MENTONE Athletic Track	Dolamore Oval, cnr First Street & Queen Street, Mentone Wednesday nights, 7 - 9pm	Melway 87 B6
SPRINGVALE/NOBLE PARK	Ross Reserve, Memorial Drive, off Corrigan Road, Springvale Wednesday nights, 7 - 9pm	Melway 80 E12
SOUTHERN PENINSULA	Athletic Track, Truemans Road, off Nepean Highway, Tootgarook Wednesday nights, from 6 pm in daylight saving, Sunday in winter 9am	Melway 169 E6

Venue	Manager	Address	Phone
Aberfeldie	Rob Waters	5 Bellevue Court Maribyrnong 3032	9318 3802
Altona	Michael Orelli	15 Snowden Street Laverton 3025	9369 5243
Caulfield	Peter McGrath	13 Bales Street Mount Waverley 3149 <a href="mailto:pjmcrath@netspace.net.au">pjmcrath@netspace.net.au</a>	9807 5656
Coburg	Geoge Goode	PO BOX 191 Pascoe Vale South 3044	9306 8503
Coburg	Neville Wilson	11 Prospect Road Rosanna 3084 <a href="mailto:nlw@melbpc.org.au">nlw@melbpc.org.au</a>	9459 7827
Collingwood	Wasył Drosdowsky	12 Hickford Street Brunswick East 3057 <a href="mailto:w.drosdowsky@bom.gov.au">w.drosdowsky@bom.gov.au</a>	9387 2163
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Southern Peninsula	Heather Carr	2 Arthur Street Dromana 3936 <a href="mailto:bill.carr@sandvik.com">bill.carr@sandvik.com</a>	5987 1235

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Springvale/ Noble Park	Alan Bennie	75 Bertrand Avenue Mulgrave 3170 <a href="mailto:alanbennie@optushome.com.au">alanbennie@optushome.com.au</a>	9547 2978
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### Reference Websites

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**Victorian Masters Athletics**  
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**Victorian Athletic League (Pros)**  
**Victorian Race Walking Club**  
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**Melbourne University Athletics Club**  
**For Masters Athletes by Masters Athletes**  
**IAAF World Championships- Helsinki 2005**  
**Adelaide Masters Game - Adelaide**

Victorian Masters Athletics  
2005 State Championships - 5th & 6th March

W35 100 Metre Sprint	NWI		
1 Sonya Pollard	W38 E Burwood	13.81	
2 Jodi Chandler	W36 Doncaster	14.64	
3 Sharyn Hunter	W36 Knox	15.49	
4 Carmel Pardy	W36 Collingwood	16.02	
W40 100 Metre Sprint	NWI		
1 Christie Faulks	W44 Doncaster	13.74	
2 Linda Buttigieg	W40 no venue	14.38	
3 Jayne Matthews	W44 Doncaster	14.57	
4 Charmaine Patter	W42 Visitor	15.76	
5 Frances Halton	W43 Frankston	17.83	
W45 100 Metre Sprint	NWI		
1 Dorn Jenkins	W49 Mentone	14.01	
2 Joanne Russell	W48 no venue	14.18	
3 Salli-Ann Lee	W48 Mentone	14.28	
4 Cathy McDonald	W46 Knox	14.29	
5 Christine Bridle	W47 no venue	14.80	
6 Julie Dacy	W47 no venue	14.97	
W50 100 Metre Sprint	NWI		
1 Margaret Tweedie	W50 Doncaster	14.07	
2 Susan Guthrie	W51 Aberfeldie	14.70	
3 Rowena Allsop	W50 no venue	15.00	
W55 100 Metre Sprint	NWI		
1 June Reeves	W59 Doncaster	15.37	
2 Chrisoulla Hondr	W56 Doncaster	16.49	
3 Bev Learmont	W56 Doncaster	18.29	
4 Marg Wegener	W58 E Burwood	19.13	
W60 100 Metre Sprint	NWI		
1 Nanette Compte	W61 Doncaster	16.01	
2 Anne Stobaus	W63 Aberfeldie	16.63	
W65 100 Metre Sprint	NWI		
1 Jan Morrey	W65 Caulfield	15.26	
2 Jill Allen	W66 Doncaster	17.33	
3 Roberta Foster	W65 no venue	18.49	
4 Anna Hunt	W66 no venue	19.00	
5 Shirley Coppock	W68 E Burwood	20.71	
W70 100 Metre Sprint	NWI		
1 Anna Zeitzen	W72 Frankston	19.83	
W80 100 Metre Sprint	NWI		
1 Gwen Davidson	W82 E Burwood	21.12	
2 Margaret Prowse	W84 Doncaster	35.91	
W35 200 Metre Sprint	NWI		
1 Jodi Chandler	W36 Doncaster	30.18	
2 Sharyn Hunter	W36 Knox	31.35	
W40 200 Metre Sprint	NWI		
1 Christie Faulks	W44 Doncaster	27.56	
2 Linda Buttigieg	W40 no venue	29.31	
3 Jayne Matthews	W44 Doncaster	29.61	
4 Cathy Orelli	W43 Altona	31.15	
5 Susan Chapman	W44 no venue	31.65	
6 Charmaine Patter	W42 Visitor	31.75	

W45 200 Metre Sprint	NWI		
1 Dorn Jenkins	W49 Mentone	28.20	
2 Joanne Russell	W48 no venue	28.60	
3 Cathy McDonald	W46 Knox	28.70	
4 Julie Dacy	W47 no venue	30.30	
5 Christine Bridle	W47 no venue	30.50	
W50 200 Metre Sprint	NWI		
1 Margaret Tweedie	W50 Doncaster	30.10	
W55 200 Metre Sprint	NWI		
1 June Reeves	W59 Doncaster	31.82	
2 Chrisoulla Hondr	W56 Doncaster	33.92	
3 Bev Learmont	W56 Doncaster	39.57	
4 Marg Wegener	W58 E Burwood	41.92	
W60 200 Metre Sprint	NWI		
1 Nanette Compte	W61 Doncaster	33.13	
W65 200 Metre Sprint	NWI		
1 Roberta Foster	W65 no venue	40.01	
2 Shirley Coppock	W68 E Burwood	45.25	
W70 200 Metre Sprint	NWI		
1 Anna Zeitzen	W72 Frankston	48.92	
W80 200 Metre Sprint	NWI		
1 Margaret Prowse	W84 Doncaster	1:22.13	
W35 400 Metre Sprint			
1 Jennifer Baldwin	W39 no venue	1:07.21	
2 Sonya Pollard	W38 E Burwood	1:09.04	
3 Jodi Chandler	W36 Doncaster	1:09.45	
W40 400 Metre Sprint			
1 Christie Faulks	W44 Doncaster	1:04.92	
2 Linda Buttigieg	W40 no venue	1:08.17	
3 Cathy Orelli	W43 Altona	1:08.42	
4 Jayne Matthews	W44 Doncaster	1:10.66	
W45 400 Metre Sprint			
1 Joanne Russell	W48 no venue	1:05.10	
2 Dorn Jenkins	W49 Mentone	1:06.29	
3 Cathy McDonald	W46 Knox	1:06.35	
4 Christine Bridle	W47 no venue	1:09.29	
5 Julie Dacy	W47 no venue	1:10.99	
6 Lyn Thompson	W49 Croydon	1:21.51	
W50 400 Metre Sprint			
1 Susan Guthrie	W51 Aberfeldie	1:12.68	
2 Margaret Tweedie	W50 Doncaster	1:13.07	
3 Carolyn Dickson	W53 Croydon	1:21.96	
W55 400 Metre Sprint			
1 Chrisoulla Hondr	W56 Doncaster	1:21.34	
2 Bev Learmont	W56 Doncaster	1:37.03	
3 Marg Wegener	W58 E Burwood	1:53.69	
W60 400 Metre Sprint			
1 Anne Stobaus	W63 Aberfeldie	1:16.09	
W65 400 Metre Sprint			

Victorian Masters Athletics  
2005 State Championships - 5th & 6th March

W75 400 Metre Sprint					
1 Margaret Routley	W76 Collingwood	2:24.11			
W80 400 Metre Sprint					
1 Margaret Prowse	W84 Doncaster	3:10.30			
W35 800 Metre Run					
1 Sharyn Hunter	W36 Knox	2:43.98			
2 Jodi Chandler	W36 Doncaster	2:46.21			
W40 800 Metre Run					
1 Delwyn Hewitt	W40 Caulfield	2:25.24			
2 Janine Higham	W44 Aberfeldie	2:29.82			
3 Cathy Orelli	W43 Altona	2:43.12			
4 Susan Chapman	W44 no venue	2:58.54			
W45 800 Metre Run					
1 Lyn Thompson	W49 Croydon	2:53.58			
W50 800 Metre Run					
1 Carolyn Dickson	W53 Croydon	3:00.31			
W55 800 Metre Run					
1 Vicki Thompson	W59 no venue	4:24.27			
W75 800 Metre Run					
1 Margaret Routley	W76 Collingwood	5:16.90			
W80 800 Metre Run					
1 Margaret Prowse	W84 Doncaster	6:42.29			
W35 1500 Metre Run					
1 Carmel Papworth	W39 Caulfield	5:01.00			
2 Julie Norney	W36 Knox	5:19.00			
W40 1500 Metre Run					
1 Delwyn Hewitt	W40 Caulfield	4:58.00			
2 Janine Higham	W44 Aberfeldie	5:05.00			
W45 1500 Metre Run					
1 Stacey VanDueren	W45 Coburg	5:25.00			
2 Lyn Thompson	W49 Croydon	5:59.00			
W50 1500 Metre Run					
1 Bronwen Cardy	W53 no venue	5:32.00			
2 Annette Pelgrim	W50 E Burwood	5:50.00			
3 Carolyn Dickson	W53 Croydon	6:19.00			
4 Marlene Gourlay	W53 no venue	6:30.00			
W55 1500 Metre Run					
1 Vicki Thompson	W59 no venue	9:01.00			
W60 1500 Metre Run					
1 Diane Brimacombe	W60 Coburg	7:28.00			
W75 1500 Metre Run					
1 Shirley Young	W75 Collingwood	8:22.00			
2 Margaret Routley	W76 Collingwood	10:31.00			
W35 5000 Metre Run					
1 Julie Norney	W36 Knox	19:10.00			
2 Maria Abfalter	W36 Aberfeldie	20:28.00			
W40 5000 Metre Run					
1 Janine Higham	W44 Aberfeldie	18:55.00			
2 Annette Major	W42 no venue	22:49.00			
W45 5000 Metre Run					
1 Jenny Dowie	W45 no venue	18:59.00			
2 Stacey VanDueren	W45 Coburg	19:29.00			
3 Lyn Thompson	W49 Croydon	21:47.00			
W50 5000 Metre Run					
1 Bronwen Cardy	W53 no venue	19:11.00			
2 Annette Pelgrim	W50 E Burwood	21:09.00			
3 Alison Thompson	W51 Croydon	24:12.00			
W55 5000 Metre Run					
1 Petrina Trowbrid	W58 no venue	21:49.00			
2 Christine Griffi	W55 Collingwood	37:33.00			
W60 5000 Metre Run					
1 Diane Brimacombe	W60 Coburg	26:25.00			
W65 5000 Metre Run					
1 Brenda Riley	W65 Geelong	21:22.00			
W75 5000 Metre Run					
1 Shirley Young	W75 Collingwood	28:18.00			
2 Jean Knox	W78 Geelong	31:14.00			
3 Margaret Routley	W76 Collingwood	38:22.00			
W40 1500 Metre Race Walk					
1 Annette Major	W42 no venue	7:06.60			
W45 1500 Metre Race Walk					
1 Carmel Drennan	W45 Aberfeldie	7:57.90			
W50 1500 Metre Race Walk					
1 Alison Thompson	W51 Croydon	7:39.40			
2 Janet Holmes	W51 Caulfield	7:49.80			
W55 1500 Metre Race Walk					
1 Heather Carr	W55 Tootgarook	7:27.00			
2 Celia Johnson	W57 Springvale	9:09.90			
3 Christine Griffi	W55 Collingwood	11:44.30			
Marg Wegener	W58 E Burwood	DQ			
W60 1500 Metre Race Walk					
1 Sylvia Machin	W63 Mentone	9:14.00			
W65 1500 Metre Race Walk					
1 Brenda Riley	W65 Geelong	7:48.20			
2 Margaret Beaumon	W67 Mentone	10:58.00			
3 Shirley Coppock	W68 E Burwood	11:37.70			
W70 1500 Metre Race Walk					
1 Tina Baarslag-Le	W71 E Burwood	10:55.20			
2 Pam Mews	W70 Mentone	14:03.60			
W75 1500 Metre Race Walk					
1 Jean Knox	W78 Geelong	10:56.10			
W30 5000 Metre Race Walk					
1 Jillian Cole	W33 Terang	37:25.00			

Victorian Masters Athletics  
2005 State Championships - 5th & 6th March

W40 5000 Metre Race Walk			
1 Annette Major	W42	no venue	25:51.00
W45 5000 Metre Race Walk			
1 Carmel Drennan	W45	Aberfeldie	29:24.00
W50 5000 Metre Race Walk			
1 Alison Thompson	W51	Croydon	28:00.00
2 Marlene Gourlay	W53	no venue	28:29.00
3 Janet Holmes	W51	Caulfield	28:33.00
W55 5000 Metre Race Walk			
1 Heather Carr	W55	Tootgarook	27:08.00
W60 5000 Metre Race Walk			
1 Sylvia Machin	W63	Mentone	32:19.00
W65 5000 Metre Race Walk			
1 Brenda Riley	W65	Geelong	27:38.00
2 Margaret Beaumon	W67	Mentone	37:26.00
W70 5000 Metre Race Walk			
Tina Baarslag-Le	W71	E Burwood	DQ
W75 5000 Metre Race Walk			
1 Jean Knox	W78	Geelong	37:31.00
W70 60 Metre Hurdles			
1 Anna Zeitzen	NWI W72	Frankston	15.96
W50 80 Metre Hurdles			
1 Kay Burnie	NWI W52	Doncaster	19.34
W40 90 Metre Hurdles			
1 Susan Chapman	NWI 44	no venue	19.66
W45 90 Metre Hurdles			
1 Joanne Russell	NWI W48	no venue	14.72
2 Christine Bridle	W47	no venue	18.94
W70 200 Metre Hurdles			
1 Anna Zeitzen	NWI W72	Frankston	54.06
W45 300 Metre Hurdles			
1 Joanne Russell	W48	no venue	49.65
2 Christine Bridle	W47	no venue	55.96
W50 300 Metre Hurdles			
1 Kay Burnie	W52	Doncaster	1:07.62
W35 400 Metre Hurdles			
1 Jennifer Baldwin	W39	no venue	1:18.16
W50 2000 Metre Steeplechase			
1 Kathy Heagney	W54	Frankston	9:17.30
W55 2000 Metre Steeplechase			
1 Heather Carr	W55	Tootgarook	10:16.80
W35 High Jump			
1 Jennifer Baldwin	W39	no venue	1.35m
2 Anna-Lisa Whiteh	W39	no venue	1.20m

W40 High Jump			
1 Susan Chapman	W44	no venue	1.25m
W45 High Jump			
1 Christine Bridle	W47	no venue	1.30m
1 Salli-Ann Lee	W48	Mentone	1.30m
W35 Pole Vault			
1 Vivian Potiris	W38	no venue	2.30m
W40 Pole Vault			
1 Linda Buttigieg	W40	no venue	2.15m
W35 Long Jump			
1 Jennifer Baldwin	W39	no venue	4.41m
2 Sharyn Hunter	W36	Knox	3.67m
W40 Long Jump			
1 Christie Faulks	NWI W44	Doncaster	4.52m
2 Susan Chapman	W44	no venue	4.14m
3 Linda Buttigieg	W40	no venue	4.07m
W45 Long Jump			
1 Salli-Ann Lee	NWI W48	Mentone	4.47m
W50 Long Jump			
1 Kay Burnie	NWI W52	Doncaster	3.77m
W35 Triple Jump			
1 Jennifer Baldwin	NWI W39	no venue	9.44m
W40 Triple Jump			
1 Linda Buttigieg	NWI W40	no venue	8.16m
W45 Triple Jump			
1 Salli-Ann Lee	NWI W48	Mentone	9.31m
W35 Shot Put			
1 Judy Pfanner	W39	Throwers	9.90m
2 Anna-Lisa Whiteh	W39	no venue	8.95m
W40 Shot Put			
1 Linda Buttigieg	W40	no venue	7.42m
W45 Shot Put			
1 Christine Bridle	W47	no venue	7.93m
2 Chris Tew	W45	no venue	6.69m
W50 Shot Put			
1 Christine Schult	W54	Throwers	11.56m
W55 Shot Put			
1 Judy Coram	W55	Throwers	8.77m
2 Lorraine Mussett	W56	Throwers	6.26m
W60 Shot Put			
1 Rhonda Dundas	W60	Throwers	9.55m
2 Astrid Rose	W61	Throwers	7.60m

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W65 Shot Put			
1 Margaret Dunbar	W67	no venue	7.05m
2 Roberta Foster	W65	no venue	6.56m
3 Shirley McFarlan	W69	Throwers	5.49m
4 Beverly Hugo	W65	Mentone	5.24m
W70 Shot Put			
1 Val Worrell	W70	Throwers	6.56m
2 Anna Zeitzen	W72	Frankston	5.61m
3 Tina Baarslag-Le	W71	E Burwood	5.29m
W80 Shot Put			
1 Gwen Davidson	W82	E Burwood	6.68m
W35 Discus Throw			
1 Judy Pfanner	W39	Throwers	36.58m
2 Jennifer Baldwin	W39	no venue	27.24m
3 Anna-Lisa Whiteh	W39	no venue	23.70m
W40 Discus Throw			
1 Linda Buttigieg	W40	no venue	22.89m
2 Sandra Howorth	W42	Frankston	21.83m
3 Cathy Orelli	W43	Altona	21.38m
4 Susan Chapman	W44	no venue	18.37m
W45 Discus Throw			
1 Chris Tew	W45	no venue	24.54m
2 Christine Bridle	W47	no venue	19.16m
W50 Discus Throw			
1 Christine Schult	W54	Throwers	29.81m
W55 Discus Throw			
1 Lorraine Mussett	W56	Throwers	14.25m
W60 Discus Throw			
1 Rhonda Dundas	W60	Throwers	21.64m
2 Astrid Rose	W61	Throwers	18.34m
W65 Discus Throw			
1 Margaret Dunbar	W67	no venue	18.06m
2 Roberta Foster	W65	no venue	14.03m
3 Beverly Hugo	W65	Mentone	13.48m
W70 Discus Throw			
1 Val Worrell	W70	Throwers	18.50m
2 Tina Baarslag-Le	W71	E Burwood	11.76m
W80 Discus Throw			
1 Gwen Davidson	W82	E Burwood	16.20m
W35 Hammer Throw			
1 Anna-Lisa Whiteh	W39	no venue	30.57m
W40 Hammer Throw			
1 Sandra Howorth	W42	Frankston	31.11m
2 Linda Buttigieg	W40	no venue	24.26m
W45 Hammer Throw			
1 Chris Tew	W45	no venue	20.11m
W50 Hammer Throw			
1 Christine Schult	W54	Throwers	28.69m
W55 Hammer Throw			
1 Judy Coram	W55	Throwers	32.29m
2 Sharon Reynolds	W57	Throwers	22.46m
3 Lorraine Mussett	W56	Throwers	15.98m
W60 Hammer Throw			
1 Astrid Rose	W61	Throwers	31.16m
2 Rhonda Dundas	W60	Throwers	30.91m
W65 Hammer Throw			
1 Roberta Foster	W65	no venue	18.90m
2 Beverly Hugo	W55	Mentone	14.38m
W70 Hammer Throw			
1 Val Worrell	W70	Throwers	23.46m
2 Tina Baarslag-Le	W71	E Burwood	15.00m
W80 Hammer Throw			
1 Gwen Davidson	W82	E Burwood	23.61m
W35 Javelin Throw			
1 Sharyn Hunter	W36	Knox	29.78m
2 Judy Pfanner	W39	Throwers	29.55m
3 Jennifer Baldwin	W39	no venue	25.87m
4 Anna-Lisa Whiteh	W39	no venue	23.20m
W40 Javelin Throw			
1 Linda Buttigieg	W40	no venue	21.53m
2 Susan Chapman	W44	no venue	18.79m
W45 Javelin Throw			
1 Christine Bridle	W47	no venue	21.82m
2 Chris Tew	W45	no venue	18.79m
W50 Javelin Throw			
1 Christine Schult	W54	Throwers	21.51m
W55 Javelin Throw			
1 Judy Coram	W55	Throwers	22.09m
2 Lorraine Mussett	W56	Throwers	11.52m
W60 Javelin Throw			
1 Astrid Rose	W61	Throwers	20.03m
2 Rhonda Dundas	W60	Throwers	17.74m
W65 Javelin Throw			
1 Beverly Hugo	W65	Mentone	14.13m
2 Roberta Foster	W65	no venue	11.54m
3 Shirley McFarlan	W69	Throwers	6.84m
W70 Javelin Throw			
1 Val Worrell	W70	Throwers	14.75m
2 Tina Baarslag-Le	W71	E Burwood	9.20m
W80 Javelin Throw			
1 Gwen Davidson	W82	E Burwood	10.95m
W35 Weight Throw			
1 Anna-Lisa Whiteh	W39	no venue	9.36m
W45 Weight Throw			
1 Chris Tew	W45	no venue	6.84m

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W50 Weight Throw  
1 Christine Schult W54 Throwers 10.88m

W55 Weight Throw  
1 Judy Coram W55 Throwers 9.36m  
2 Sharon Reynolds W57 Throwers 7.20m  
3 Lorraine Mussett W56 Throwers 6.35m

W60 Weight Throw  
1 Rhonda Dundas W60 Throwers 11.60m  
2 Astrid Rose W61 Throwers 11.37m

W65 Weight Throw  
1 Shirley McFarlan W69 Throwers 7.78m  
2 Beverly Hugo W65 Mentone 7.06m  
3 Roberta Foster W65 no venue 6.91m

W70 Weight Throw  
1 Val Worrell W70 Throwers 9.40m  
2 Tina Baarslag-Le W71 E Burwood 6.32m

W80 Weight Throw  
1 Gwen Davidson W82 E Burwood 9.45m

M30 100 Metre Sprint NWI  
1 Shayne Fairlie M33 Visitor 11.45  
2 Daniel Mayes M31 E Burwood 13.72

M35 100 Metre Sprint NWI  
1 Alan Frame M39 Collingwood 12.41  
2 Len Warren M39 Frankston 12.63  
3 Paul Basile M37 Frankston 12.96  
4 Kevin Pardy M39 Collingwood 13.52

M40 100 Metre Sprint NWI  
1 Mark Thomas M42 Frankston 12.41  
2 Steven Behin M43 no venue 12.57  
3 John Schuijers M44 Collingwood 12.59

M45 100 Metre Sprint NWI  
1 Peter Tuckett M45 no venue 12.54  
2 Mark Crawford M45 Doncaster 12.82  
3 Doug Holmes M46 Knox 13.22  
4 Chris Brown M49 Caulfield 13.36  
5 Stephen Egan M45 Knox 14.78

M50 100 Metre Sprint Preliminaries NWI  
1 Paul Turner M51 Geelong 12.75q  
2 Ivor Corneilse M50 Knox 13.16q  
3 Richard Wearmout M52 no venue 13.33q  
4 Ron Scholes M51 Collingwood 13.38q  
5 Gary Mahon M54 E Burwood 13.59q  
6 John Wills M54 Croydon 13.64q  
7 Steve Gray M51 Gippsland 14.15q  
8 Joseph Dilworth M53 Aberfeldie 14.42q  
9 John Neale M53 Aberfeldie 14.72  
0 Phil Curtain M50 Coburg 16.40

M50 100 Metre Sprint Finals NWI  
1 Paul Turner M51 Geelong 12.30  
2 Richard Wearmout M52 no venue 12.85  
3 Ivor Corneilse M50 Knox 12.96NWI  
4 Ron Scholes M51 Collingwood 13.43  
5 Gary Mahon M54 E Burwood 13.75  
6 John Wills M54 Croydon 13.87  
7 Steve Gray M51 Gippsland 14.39  
8 Joseph Dilworth M53 Aberfeldie 14.56

M55 100 Metre Sprint NWI  
1 Keith Howden M59 Collingwood 13.00  
2 Peter Lamb M55 Geelong 13.11  
3 Graham Ford M55 no venue 13.28  
4 Philip Rosevear M55 Doncaster 13.44  
5 Paul Lynch M55 Caulfield 14.10  
6 Bill Carr M55 Tootgarook 14.23

M60 100 Metre Sprint NWI  
1 Bob Wishart M63 Mentone 13.30  
2 Ross Kent M62 no venue 13.45  
3 Myer Vorchneimer M60 no venue 14.25  
4 Andrew Fraser M63 E Burwood 15.24

M65 100 Metre Sprint NWI  
1 Col Burnett M65 no venue 13.83  
2 Graeme Noden M66 Mentone 14.13  
3 Don Chambers M67 Aberfeldie 14.27  
4 Con Matthews M68 Doncaster 14.53  
5 Kevin Marion M68 Caulfield 14.79  
6 Russell Oakley M65 Croydon 14.99  
7 Tony Bradford M65 Aberfeldie 15.41  
8 Allan Wood M67 Croydon 15.79

M70 100 Metre Sprint NWI  
1 Leo Charles M71 Caulfield 15.09  
2 Lucas Kakris M71 Aberfeldie 15.25  
3 Edmund Stack M70 E Burwood 17.86  
4 Colin Silcock-De M72 Geelong 19.18  
5 Nino Stankovic M72 no venue 19.67

M75 100 Metre Sprint NWI  
1 Leo Coffey M75 E Burwood 15.90  
2 Gordon Gourlay M75 Mentone 17.07  
3 Roy Giesemann M75 Frankston 18.61  
4 George Goode M77 Coburg 18.66

M80 100 Metre Sprint NWI  
1 Mike Johnstone M83 Mentone 17.20  
2 Gerry Heilmann M81 Knox 19.35  
3 Stan Stankovic M82 no venue 21.70

M85 100 Metre Sprint NWI  
1 Eddie Gamble M89 Mentone 29.58  
2 Andy Smith M89 Caulfield 36.91

M30 200 Metre Sprint NWI  
1 Daniel Mayes M31 E Burwood 28.22

M35 200 Metre Sprint NWI  
1 Darren Arthur M39 E Burwood 25.07  
2 Alan Frame M39 Collingwood 26.24  
3 Paul Basile M37 Frankston 26.55

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M40 200 Metre Sprint NWI  
1 Bruce Collins M42 Box Hill 25.20  
2 Mark Thomas M42 Frankston 25.35  
3 Wayne James M41 E Burwood 25.48  
4 John Schuijers M44 Collingwood 25.97  
5 Darren McGee M42 E Burwood 27.61

M45 200 Metre Sprint NWI  
1 Peter Tuckett M45 no venue 24.50  
2 Mark Crawford M45 Doncaster 25.99  
3 Doug Holmes M46 Knox 26.96  
4 Chris Brown M49 Caulfield 27.34

M50 200 Metre Sprint Preliminaries NWI  
1 Terry Hicks M50 no venue 25.89Q  
2 Paul Turner M51 Geelong 26.48Q  
3 Ashley Ryan M50 E Burwood 28.07Q  
4 Ivor Corneilse M50 Knox 27.13Q  
5 Ron Scholes M51 Collingwood 27.97Q  
6 Greg Champion M50 Doncaster 29.09Q  
7 Geoff Wheeler M51 E Burwood 28.12q  
8 Freddy Rademaker M52 Coburg 29.05q  
9 John Wills M54 Croydon 29.24  
10 John Neale M53 Aberfeldie 29.55  
11 Joseph Dilworth M53 Aberfeldie 29.90  
12 Steve Gray M51 Gippsland 30.06  
13 Phil Curtain M50 Coburg 32.77  
14 Kenneth Carter M52 Coburg 36.63

M50 200 Metre Sprint Finals NWI  
1 Terry Hicks M50 no venue 25.29  
2 Paul Turner M51 Geelong 25.80  
3 Ivor Corneilse M50 Knox 26.78  
4 Ron Scholes M51 Collingwood 27.07  
5 Ashley Ryan M50 E Burwood 27.87  
6 Geoff Wheeler M51 E Burwood 28.54  
7 Greg Champion M50 Doncaster 29.27  
8 Freddy Rademaker M52 Coburg 29.69

M55 200 Metre Sprint NWI  
1 Keith Howden M59 Collingwood 26.68  
2 Graham Ford M55 no venue 27.24  
3 Ian McLeod M59 Collingwood 27.55  
4 Bill Carr M55 Tootgarook 28.28  
5 Philip Rosevear M55 Doncaster 28.32  
6 Paul Lynch M55 Caulfield 28.44

M60 200 Metre Sprint NWI  
1 Ross Kent M62 no venue 28.06  
2 Richard Trembath M63 Doncaster 28.53  
3 Myer Vorchneimer M60 no venue 29.88  
4 Andrew Fraser M63 E Burwood 32.24

M65 200 Metre Sprint NWI  
1 Ron Arthur M65 E Burwood 28.18  
2 Graeme Noden M66 Mentone 30.28  
3 Con Matthews M68 Doncaster 30.49  
4 Don Chambers M67 Aberfeldie 31.02  
5 Tony Bradford M65 Aberfeldie 31.39  
6 Kevin Marion M68 Caulfield 32.45  
7 John Howes M69 Aberfeldie 33.38  
8 Allan Wood M67 Croydon 34.35

M70 200 Metre Sprint NWI  
1 Leo Charles M71 Caulfield 31.27  
2 Lucas Kakris M71 Aberfeldie 31.76  
3 Don McLean M71 E Burwood 34.23  
4 Edmund Stack M70 E Burwood 36.56  
5 Colin Silcock-De M72 Geelong 1:00.12

M75 200 Metre Sprint NWI  
1 Jimmy Thomson M78 Visitor 32.94  
2 Gordon Gourlay M75 Mentone 35.25  
3 Sydney Elks M79 Frankston 35.76  
4 Alexander Harris M75 Geelong 36.28  
5 George Goode M77 Coburg 40.68

M80 200 Metre Sprint NWI  
1 Mike Johnstone M83 Mentone 35.33  
2 Vern Gerlach M80 Croydon 45.43  
3 Stan Stankovic M82 no venue 1:14.49

M85 200 Metre Sprint NWI  
1 Andy Smith M89 Caulfield 1:24.96

M30 400 Metre Sprint  
1 Daniel Mayes M31 E Burwood 1:06.64

M35 400 Metre Sprint  
1 David Woods M36 Coburg 55.24  
2 Warren Burke M37 Coburg 1:04.23  
3 Mal Grimmett M39 no venue 1:15.28

M40 400 Metre Sprint  
1 Bruce Collins M42 Box Hill 55.04  
2 John Schuijers M44 Collingwood 58.38  
3 Mark Thomas M42 Frankston 59.20  
4 Tony O'Shea M42 Frankston 1:04.90

M45 400 Metre Sprint  
1 Peter Tuckett M45 no venue 55.09  
2 Mark Crawford M45 Doncaster 56.30  
3 Chris Brown M49 Caulfield 1:02.67  
4 Stephen Russell M45 Coburg 1:03.20

M50 400 Metre Sprint Preliminaries  
1 Ron Scholes M51 Collingwood 1:00.91q  
2 Ashley Ryan M50 E Burwood 1:01.48q  
3 Freddy Rademaker M52 Coburg 1:05.16q  
4 Graham Eadie M53 Aberfeldie 1:05.85q  
5 Richard Wearmout M52 no venue 1:07.28q  
6 Brian Delaney M51 Coburg 1:08.68q  
7 Steve Gray M51 Gippsland 1:08.70q  
8 Joseph Dilworth M53 Aberfeldie 1:09.34q  
9 Kenneth Carter M52 Coburg 1:48.10

M50 400 Metre Sprint Finals  
1 Ron Scholes M51 Collingwood 1:01.24  
2 Richard Wearmout M52 no venue 1:01.50  
3 Ashley Ryan M50 E Burwood 1:02.14  
4 Freddy Rademaker M52 Coburg 1:04.20  
5 Brian Delaney M51 Coburg 1:05.16  
6 Graham Eadie M53 Aberfeldie 1:07.08  
7 Steve Gray M51 Gippsland 1:08.75  
8 Joseph Dilworth M53 Aberfeldie 1:11.28

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M55 400 Metre Sprint			
1	Peter Lamb	M55	Geelong 57.97
2	Keith Howden	M59	Collingwood 59.75
3	Bill Carr	M55	Tootgarook 1:05.68
4	Paul Lynch	M55	Caulfield 1:07.96

M60 400 Metre Sprint			
1	Ross Kent	M62	no venue 1:02.73
2	David Nobbs	M64	E Burwood 1:04.24
3	Andrew Fraser	M63	E Burwood 1:15.24

M65 400 Metre Sprint			
1	Ron Arthur	M65	E Burwood 1:05.75
2	Con Matthews	M68	Doncaster 1:07.94
3	Gerry Robinson	M66	Croydon 1:13.07
4	Don Chambers	M67	Aberfeldie 1:22.02

M70 400 Metre Sprint			
1	Don McLean	M71	E Burwood 1:18.76
2	Edmund Stack	M70	E Burwood 1:26.03
3	Colin Silcock-De	M72	Geelong 1:41.29
4	Nino Stankovic	M72	no venue 1:46.13

M75 400 Metre Sprint			
1	Gordon Gourlay	M75	Mentone 1:28.35
2	Alexander Harris	M75	Geelong 1:33.08

M80 400 Metre Sprint			
1	Mike Johnstone	M83	Mentone 1:24.60
2	Stan Stankovic	M82	no venue 2:11.60
3	Wal Riley	M82	E Burwood 3:59.40

M85 400 Metre Sprint			
1	Eddie Gamble	M89	Mentone 2:38.30
2	Andy Smith	M89	Caulfield 3:57.70

M35 800 Metre Run			
1	Trevor McCann	M39	Mentone 2:12.60
2	Stuart Macaulay	M37	Aberfeldie 2:21.90
3	Kevin Pardy	M39	Collingwood 2:37.40

M40 800 Metre Run			
1	Bruce Collins	M42	Box Hill 2:04.10
2	Mario Muscara	M43	Aberfeldie 2:08.70
3	Christopher Boyl	M41	Collingwood 2:12.80
4	Dhanbir Tamang	M40	Collingwood 2:19.00
5	Murray Johnson	M42	no venue 2:29.70
6	Tony O'Shea	M42	Frankston 2:36.50

M45 800 Metre Run			
1	Paul Davidson	M46	no venue 2:02.90
2	Martin Hall	M46	no venue 2:08.50
3	Mark Crawford	M45	Doncaster 2:12.50
4	Michael Bialczak	M45	no venue 2:20.70
5	Stephen Egan	M45	Knox 2:42.60

M50 800 Metre Run			
1	Terry Hicks	M50	no venue 2:03.64
2	Colin Page	M51	Croydon 2:12.51
3	Ashley Ryan	M50	E Burwood 2:18.63
4	Brian Delaney	M51	Coburg 2:23.22
5	Freddy Rademaker	M52	Coburg 2:27.08
6	David Jones	M54	Aberfeldie 2:29.83
7	Graham Eadie	M53	Aberfeldie 2:46.88
8	Steve Gray	M51	Gippsland 2:47.40
9	Kenneth Carter	M52	Coburg 3:58.58

M55 800 Metre Run			
1	Rob Waters	M59	Aberfeldie 2:50.80

M60 800 Metre Run			
1	Richard Trembath	M63	Doncaster 2:28.60
2	Robert Hendy	M60	Collingwood 2:28.80
3	David Nobbs	M64	E Burwood 2:29.90
4	Ross Kent	M62	no venue 2:33.10
5	Graham Philpott	M62	E Burwood 2:37.60
6	Neville Gardner	M61	Croydon 2:46.60
7	Michael Orelli	M60	Altona 3:08.10

M65 800 Metre Run			
1	Russell Oakley	M65	Croydon 2:39.20
2	Ray O'Connor	M67	Frankston 2:40.40
3	Con Matthews	M68	Doncaster 2:43.00
4	Gerry Robinson	M66	Croydon 2:51.10
5	Max Brook	M68	Southern Peninsula 2:53.20

M70 800 Metre Run			
1	Don McLean	M71	E Burwood 2:59.30
2	Edmund Stack	M70	E Burwood 3:21.90
3	Colin Silcock-De	M72	Geelong 4:45.10

M75 800 Metre Run			
1	Bob Lewis	M77	E Burwood 3:03.90

M80 800 Metre Run			
1	Mike Johnstone	M83	Mentone 3:36.50
2	Vern Gerlach	M80	Croydon 4:01.80

M85 800 Metre Run			
1	Andy Smith	M89	Caulfield 8:47.50

M35 1500 Metre Run			
1	Trevor McCann	M39	Mentone 4:38.00
2	Warren Burke	M37	Coburg 5:01.00
3	Mal Grimmett	M39	no venue 5:03.00
4	Stuart Macaulay	M37	Aberfeldie 5:04.00

M40 1500 Metre Run			
1	Bruce Collins	M42	Box Hill 4:28.00
2	Mario Muscara	M43	Aberfeldie 4:31.00
3	Christopher Boyl	M41	Collingwood 5:00.00
4	Darren McGee	M42	E Burwood 5:38.00

M45 1500 Metre Run			
1	Martin Hall	M46	no venue 4:31.00
2	Michael Bialczak	M45	no venue 4:34.00
3	Bert Pelgrim	M48	Knox 4:36.00
4	Terry Pearce	M49	no venue 4:40.00
5	Stephen Egan	M45	Knox 5:45.00

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M50 1500 Metre Run			
1	Terry Hicks	M50	no venue 4:25.00
2	Colin Page	M51	Croydon 4:35.00
3	Frank Prowse	M53	Doncaster 4:46.00
4	Ashley Ryan	M50	E Burwood 4:47.00
5	Brian Delaney	M51	Coburg 4:58.00
6	David Jones	M54	Aberfeldie 5:02.00
7	Freddy Rademaker	M52	Coburg 5:13.00
8	Steve Gray	M51	Gippsland 5:42.00
9	Kenneth Carter	M52	Coburg 8:02.00

M55 1500 Metre Run			
1	Paul Twining	M55	Knox 4:50.00
2	Peter Bence	M55	Caulfield 5:04.00
3	Robin Broberg	M56	no venue 5:05.00
4	Alan Bennie	M58	Springvale 5:16.00
5	Jim Hopkins	M55	Collingwood 5:36.00
6	Rob Waters	M59	Aberfeldie 6:02.00
7	Jim McLure	M59	Caulfield 6:18.00

M60 1500 Metre Run			
1	George Rennie	M63	Collingwood 5:17.00
2	Wayne Fitzsimmon	M60	Collingwood 5:24.00
3	Graham Philpott	M62	E Burwood 5:39.00
4	Neville Gardner	M61	Croydon 5:49.00
5	Michael Orelli	M60	Altona 6:10.00
6	John Waite	M64	Mentone 6:42.00

M65 1500 Metre Run			
1	Ray O'Connor	M67	Frankston 5:55.00
2	John Peacock	M68	Collingwood 6:29.00
3	Hawley Thomas	M66	E Burwood 6:33.00

M70 1500 Metre Run			
1	Peter Le Get	M71	Knox 6:27.00
2	Ron Young	M73	Collingwood 6:30.00
3	Edmund Stack	M70	E Burwood 7:14.00
4	Colin Silcock-De	M72	Geelong 8:15.00

M75 1500 Metre Run			
1	Bob Lewis	M77	E Burwood 6:21.00
2	Ben Morrey	M76	Caulfield 8:16.00

M35 5000 Metre Run			
1	Dean Barnes	M38	no venue 15:26.00
2	Mal Grimmett	M39	no venue 17:59.00
3	Kevin Pardy	M39	Collingwood 20:49.00

M40 5000 Metre Run			
1	Dhanbir Tamang	M40	Collingwood 17:37.00
2	Murray Johnson	M42	no venue 17:47.00

M45 5000 Metre Run			
1	Bert Pelgrim	M48	Knox 16:44.00
2	Michael Bialczak	M45	no venue 16:50.00
3	Martin Leggett	M48	Frankston 16:59.00
4	Terry Pearce	M49	no venue 17:04.00
5	Philip VanDueren	M45	Coburg 18:36.00
6	Andrew Tunne	M46	Croydon 20:08.00
7	Chris Brown	M49	Caulfield 20:58.00

M50 5000 Metre Run			
1	Charles Chambers	M51	no venue 17:52.00
2	Colin Page	M51	Croydon 18:01.00
3	Allan Smith	M50	Aberfeldie 18:31.00
4	David Jones	M54	Aberfeldie 18:53.00
5	Ron Scholes	M51	Collingwood 19:18.00
6	Brian Delaney	M51	Coburg 19:42.00
7	Graeme Paul	M50	Collingwood 19:44.00
8	Ian U'Ren	M53	Knox 21:37.00
9	John Zeleznikow	M54	Caulfield 29:08.00

M55 5000 Metre Run			
1	Kevin Solomon	M57	Aberfeldie 17:50.00
2	Paul Twining	M55	Knox 17:58.00
3	Gary Stewart	M59	Knox 18:37.00
4	Alan Bennie	M58	Springvale 18:52.00
5	Jim Hopkins	M55	Collingwood 20:22.00
6	Murray Hutchinson	M55	Knox 21:02.00
7	David Sheehan	M58	no venue 21:13.00
8	Rob Waters	M59	Aberfeldie 22:04.00

M60 5000 Metre Run			
1	George Rennie	M63	Collingwood 19:19.00
2	Westley Windsor	M60	Collingwood 19:52.00
3	Ashley Birrell	M60	Caulfield 20:40.00
4	Graham Philpott	M62	E Burwood 20:48.00
5	John Waite	M64	Mentone 22:08.00
6	Michael Orelli	M60	Altona 22:19.00

M65 5000 Metre Run			
1	Ted Paulin	M66	Collingwood 19:23.00
2	Juan Perez	M65	Springvale 21:10.00
3	Hawley Thomas	M66	E Burwood 23:26.00
4	John Peacock	M68	Collingwood 23:43.00
5	Peter McGrath	M65	Caulfield 27:19.00

M70 5000 Metre Run			
1	Peter Le Get	M71	Knox 23:38.00
2	Bill Page	M74	Aberfeldie 24:13.00
3	Ron Young	M73	Collingwood 24:45.00
4	Colin Silcock-De	M72	Geelong 36:17.00

M75 5000 Metre Run			
1	Bob Lewis	M77	E Burwood 23:04.00
2	Viv O'Brien	M76	E Burwood 24:41.00
3	Ben Morrey	M76	Caulfield 30:09.00

M45 3000 Metre Race Walk			
1	Mark Donahoo	M46	Aberfeldie 14:14.00
2	David Wilkins	M47	Mentone 18:44.00

M50 3000 Metre Race Walk			
1	Ross Reid	M50	no venue 13:54.00
2	Frank Prowse	M53	Doncaster 17:37.00
3	Ian Cassell	M51	Mentone 18:22.00
	Steve Gray	M51	Gippsland DQ

M55 3000 Metre Race Walk			
1	Alan Lucas	M57	Croydon 16:10.00
2	Russ Dickenson	M59	Croydon 16:14.00
3	Geoff Barrow	M56	Mentone 17:51.00

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M60 3000 Metre Race Walk							
1 Tony Johnson	M64	Springvale	16:46.00				
2 John Hallo	M62	Frankston	18:36.00				
3 Ron Bilston	M61	Caulfield	18:46.00				
4 Barrie Wicks	M64	Croydon	19:39.00				
M65 3000 Metre Race Walk							
1 John Morrison	M65	Mentone	17:05.00				
2 Terry Dunn	M67	Croydon	20:37.00				
3 Ian Beaumont	M68	Mentone	23:08.00				
M70 3000 Metre Race Walk							
1 Colin Silcock-De	M72	Geelong	21:34.00				
Gordon Onley	M70	Collingwood	DQ				
M75 3000 Metre Race Walk							
1 Kees Zwynenburg	M76	Frankston	22:38.00				
2 Victor Harley	M79	Caulfield	25:01.00				
M80 3000 Metre Race Walk							
Jack Kilfoyle	M80	Frankston	DQ				
M45 5000 Metre Race Walk							
1 Mark Donahoo	M46	Aberfeldie	24:34.00				
M50 5000 Metre Race Walk							
1 Ross Reid	M50	no venue	24:13.00				
2 Colin Heywood	M50	Collingwood	25:23.00				
3 Ian Cassell	M51	Mentone	30:24.00				
M55 5000 Metre Race Walk							
1 Alan Lucas	M57	Croydon	27:27.00				
2 Russ Dickenson	M59	Croydon	27:33.00				
3 Geoff Barrow	M56	Mentone	30:51.00				
4 Robin Wood	M55	no venue	34:31.00				
M60 5000 Metre Race Walk							
1 Tony Johnson	M64	Springvale	29:10.00				
2 Ron Bilston	M61	Caulfield	31:18.00				
M65 5000 Metre Race Walk							
1 Murray Dickinson	M66	Collingwood	28:23.00				
2 John Morrison	M65	Mentone	29:14.00				
Ian Beaumont	M68	Mentone	DQ				
M70 5000 Metre Race Walk							
Colin Silcock-De	M72	Geelong	DQ				
Barry Zeitzen	M71	Frankston	DQ				
M75 5000 Metre Race Walk							
Kees Zwynenburg	M76	Frankston	DQ				
Victor Harley	M79	Caulfield	DQ				
M75 60 Metre Hurdles	NWI						
1 Gordon Gourlay	M75	Mentone	14.43				
2 George Goode	M77	Coburg	15.30				
M65 80 Metre Hurdles	NWI						
1 Don Chambers	M67	Aberfeldie	14.64				
2 Ken Priestley	M66	Mentone	18.83				
M70 80 Metre Hurdles	NWI						
1 Doug Ramm	M70	Aberfeldie	21.08				

M60 90 Metre Hurdles	NWI						
1 Jim Poulter	M63	Doncaster	18.98				
M45 100 Metre Hurdles	NWI						
1 Mark Cauchi	M47	no venue	18.23				
2 Greg Varigos	M47	no venue	18.80				
3 Stephen Egan	M45	Knox	22.17				
M50 100 Metre Hurdles	NWI						
1 Bill Ronald	M52	no venue	17.89				
2 Michael Cusack	M53	Box Hill	20.39				
3 John Neale	M53	Aberfeldie	20.44				
4 Freddy Rademaker	M52	Coburg	20.51				
M75 200 Metre Hurdles	NWI						
1 Gordon Gourlay	M75	Mentone	41.49				
2 Alexander Harris	M75	Geelong	45.16				
3 George Goode	M77	Coburg	48.64				
M60 300 Metre Hurdles							
1 Richard Trembath	M63	Doncaster	47.60				
M65 300 Metre Hurdles							
1 Don Chambers	M67	Aberfeldie	57.24				
M70 300 Metre Hurdles							
1 Doug Ramm	M70	Aberfeldie	1:10.06				
M45 400 Metre Hurdles							
1 Stephen Egan	M45	Knox	1:16.25				
2 Mark Cauchi	M47	no venue	1:17.92				
M50 400 Metre Hurdles							
1 Freddy Rademaker	M52	Coburg	1:12.80				
2 Michael Cusack	M53	Box Hill	1:13.30				
3 Bryan Bottomley	M53	Doncaster	1:16.20				
4 John Browne	M53	Doncaster	1:18.50				
5 Greg Champion	M50	Doncaster	1:19.80				
M60 2000 Metre Steeplechase							
1 Graham Philpott	M62	E Burwood	8:28.50				
M70 2000 Metre Steeplechase							
1 Peter Couttie	M74	no venue	11:32.60				
2 Colin Silcock-De	M72	Geelong	13:13.50				
M35 3000 Metre Steeplechase							
1 Mal Grimmett	M39	no venue	12:25.20				
2 Warren Burke	M37	Coburg	12:57.80				
M45 3000 Metre Steeplechase							
1 Michael Bialczak	M45	no venue	12:18.10				
2 Stephen Egan	M45	Knox	14:30.70				
M50 3000 Metre Steeplechase							
1 Geoff Holden	M51	Mentone	11:39.40				
2 Frank Prowse	M53	Doncaster	12:33.80				
M30 High Jump							
1 Daniel Mayes	M31	E Burwood	1.45m				

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M40 High Jump							
1 Steven Behin	M43	no venue	1.52m				
2 Terry Baldwin	M42	no venue	1.50m				
M45 High Jump							
1 Greg Varigos	M47	no venue	1.45m				
2 Mark Cauchi	M47	no venue	1.45m				
M50 High Jump							
1 Bill Ronald	M52	no venue	1.50m				
2 Greg Champion	M50	Doncaster	1.45m				
3 Steve Gray	M51	Gippstand	1.40m				
4 Robert Scholes	M52	no venue	1.40m				
5 John Neale	M53	Aberfeldie	1.30m				
M60 High Jump							
1 Graham Philpott	M62	E Burwood	1.30m				
2 Jim Poulter	M63	Doncaster	1.25m				
3 Myer Vorchheimer	M60	no venue	1.20m				
M65 High Jump							
1 Don Chambers	M67	Aberfeldie	1.20m				
2 Tony Bradford	M65	Aberfeldie	1.15m				
3 Allan Wood	M67	Croydon	1.00m				
M70 High Jump							
1 Doug Ramm	M70	Aberfeldie	1.15m				
M75 High Jump							
1 Gordon Gourlay	M75	Mentone	1.20m				
2 Sydney Elks	M79	Frankston	1.00m				
2 George Goode	M77	Coburg	1.00m				
M80 High Jump							
1 Gerry Heilmann	M81	Knox	1.00m				
2 Stan Stankovic	M82	no venue	0.95m				
M40 Pole Vault							
1 Christopher Boyl	M41	Collingwood	3.08m				
M45 Pole Vault							
1 David Wilkins	M47	Mentone	1.95m				
M50 Pole Vault							
1 Graham Eadie	M53	Aberfeldie	2.70m				
2 Robert Scholes	M52	no venue	1.95m				
3 John Neale	M53	Aberfeldie	1.60m				
M55 Pole Vault							
1 Andrew Farr	M55	no venue	2.85m				
2 Tino Fulgenzi	M56	Collingwood	2.70m				
M60 Pole Vault							
1 Jim Poulter	M63	Doncaster	2.60m				
M65 Pole Vault							
1 Terry Dunn	M67	Croydon	1.70m				
M70 Pole Vault							
1 Earl Cook	M74	Knox	1.40m				
M35 Long Jump	NWI						
1 Len Warren	M39	Frankston	4.53m				

M40 Long Jump	NWI						
1 Steven Behin	M43	no venue	5.67m				
2 Christopher Boyl	M41	Collingwood	5.07m				
M45 Long Jump	NWI						
1 Grant Sargent	M48	Collingwood	4.83m				
2 Mark Cauchi	M47	no venue	4.70m				
3 Stephen Egan	M45	Knox	4.18m				
M50 Long Jump	NWI						
1 Terry Hicks	M50	no venue	5.23m				
2 Robert Scholes	M52	no venue	4.86m				
3 Greg Champion	M50	Doncaster	4.61m				
4 Jack Buckingham	M54	no venue	4.54m				
5 Graham Eadie	M53	Aberfeldie	4.31m				
6 John Neale	M53	Aberfeldie	3.59m				
M55 Long Jump	NWI						
1 Peter Lamb	M55	Geelong	4.61m				
2 Tino Fulgenzi	M56	Collingwood	4.18m				
M60 Long Jump	NWI						
1 Jim Poulter	M63	Doncaster	4.30m				
2 Graham Philpott	M62	E Burwood	3.85m				
3 Myer Vorchheimer	M60	no venue	3.84m				
M65 Long Jump	NWI						
1 Graeme Noden	M66	Mentone	4.61m				
2 Don Chambers	M67	Aberfeldie	3.95m				
3 Allan Wood	M67	Croydon	3.24m				
4 Tony Bradford	M65	Aberfeldie	3.20m				
M70 Long Jump	NWI						
1 Doug Ramm	M70	Aberfeldie	3.17m				
2 Nino Stankovic	M72	no venue	2.86m				
3 Earl Cook	M74	Knox	2.65m				
M75 Long Jump	NWI						
1 Leo Coffey	M75	E Burwood	3.34m				
2 Sydney Elks	M79	Frankston	3.17m				
M80 Long Jump	NWI						
1 Gerry Heilmann	M81	Knox	2.95m				
2 Stan Stankovic	M82	no venue	2.85m				
M35 Triple Jump	NWI						
1 Paul Basile	M37	Frankston	9.87m				
M40 Triple Jump	NWI						
1 Steven Behin	M43	no venue	11.11m				
M45 Triple Jump	NWI						
1 David Wilkins	M47	Mentone	10.06m				
2 Stephen Egan	M45	Knox	7.96m				
M50 Triple Jump	NWI						
1 Robert Scholes	M52	no venue	10.29m				
2 Jack Buckingham	M54	no venue	9.32m				
3 John Neale	M53	Aberfeldie	9.03m				
M55 Triple Jump	NWI						
1 Tino Fulgenzi	M56	Collingwood	8.99m				



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M60 Triple Jump	NW1		
1 Julian Jacotine	M64	Springvale	10.11m
2 Jim Poulter	M63	Doncaster	9.25m
3 Ross Kent	M62	no venue	8.72m
4 Graham Philpott	M62	E Burwood	8.49m
5 Myer Vorchneimer	M60	no venue	8.03m

M65 Triple Jump	NW1		
1 Don Chambers	M67	Aberfeldie	8.57m
2 Allan Wood	M67	Croydon	6.17m

M70 Triple Jump	NW1		
1 Doug Ramm	M70	Aberfeldie	7.04m
2 Nino Stankovic	M72	no venue	5.91m
3 Earl Cook	M74	Knox	5.57m

M75 Triple Jump	NW1		
1 Sydney Elks	M79	Frankston	7.10m

M40 Shot Put			
1 Andrew Edney	M42	no venue	11.34m

M45 Shot Put			
1 Darryl Selleck	M46	Throwers	10.67m
2 Mark Cauchi	M47	no venue	7.81m
3 Stephen Egan	M45	Knox	5.97m

M50 Shot Put			
1 Robert Scholes	M52	no venue	9.66m
2 Phil Curtain	M50	Coburg	9.40m
3 John Neale	M53	Aberfeldie	8.37m
4 Kenneth Carter	M52	Coburg	7.87m

M55 Shot Put			
1 Peter Young	M58	Doncaster	11.57m

M60 Shot Put			
1 Graeme Rose	M61	Throwers	12.49m
2 John Reynolds	M60	Throwers	9.99m
3 David Wookey	M61	no venue	9.25m
4 Ken Readwin	M64	Throwers	9.06m
5 Myer Vorchneimer	M60	no venue	8.41m

M65 Shot Put			
1 Don Chambers	M67	Aberfeldie	8.73m
2 George Knight	M68	Throwers	8.64m
3 George Christodo	M65	Caulfield	7.02m

M70 Shot Put			
1 Nino Stankovic	M72	no venue	7.78m
2 Doug Ramm	M70	Aberfeldie	7.78m

M75 Shot Put			
1 Milton Ballantyn	M76	Caulfield	8.70m

M80 Shot Put			
1 Stan Stankovic	M82	no venue	7.32m
2 Dennis Blandy	M80	Throwers	6.92m

M45 Discus Throw			
1 Darryl Selleck	M46	Throwers	31.51m
2 Mark Cauchi	M47	no venue	20.93m

M50 Discus Throw			
1 John Neale	M53	Aberfeldie	31.03m
2 Phil Curtain	M50	Coburg	26.88m
3 Kenneth Carter	M52	Coburg	26.38m
4 Robert Scholes	M52	no venue	24.55m

M55 Discus Throw			
1 Hans Lotz	M57	Throwers	31.20m

M60 Discus Throw			
1 John Reynolds	M60	Throwers	36.92m
2 Graeme Rose	M61	Throwers	36.90m
3 Neville Gardner	M61	Croydon	29.32m
4 Ken Readwin	M64	Throwers	28.40m
5 David Wookey	M61	no venue	23.89m

M65 Discus Throw			
1 George Knight	M68	Throwers	25.13m
2 George Christodo	M65	Caulfield	23.18m
3 Tony Bradford	M65	Aberfeldie	22.24m
4 George Simons	M69	Croydon	21.94m
5 Don Chambers	M67	Aberfeldie	18.75m

M70 Discus Throw			
1 Wim Van Weenen	M73	Throwers	30.17m
2 Nino Stankovic	M72	no venue	22.07m

M75 Discus Throw			
1 Harry Wynhoven	M75	Throwers	27.93m
2 Milton Ballantyn	M76	Caulfield	22.50m
3 Jim Davy	M75	no venue	16.17m

M80 Discus Throw			
1 Stan Stankovic	M82	no venue	23.89m
2 Dennis Blandy	M80	Throwers	19.64m

M85 Discus Throw			
1 Andy Smith	M89	Caulfield	8.23m

M35 Hammer Throw			
1 Russell Devine	M36	no venue	55.10m

M45 Hammer Throw			
1 Darryl Selleck	M46	Throwers	32.74m
2 Stephen Egan	M45	Knox	11.29m

M50 Hammer Throw			
1 John Neale	M53	Aberfeldie	26.25m
2 Robert Scholes	M52	no venue	25.12m
3 Kenneth Carter	M52	Coburg	19.32m

M55 Hammer Throw			
1 Hans Lotz	M57	Throwers	37.15m
2 Peter Young	M58	Doncaster	26.73m

M60 Hammer Throw			
1 Graeme Rose	M61	Throwers	43.82m
2 Ken Readwin	M64	Throwers	40.73m
3 John Reynolds	M60	Throwers	36.23m
4 David Wookey	M61	no venue	24.06m
5 Myer Vorchneimer	M60	no venue	23.98m

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M65 Hammer Throw			
1 Ken Priestley	M66	Mentone	39.39m
2 George Knight	M68	Throwers	29.75m
3 George Christodo	M65	Caulfield	23.61m
4 Don Chambers	M67	Aberfeldie	18.09m

M70 Hammer Throw			
1 Wim Van Weenen	M73	Throwers	46.05m
2 Harry Staecker	M74	Caulfield	28.12m
3 Nino Stankovic	M72	no venue	21.63m

M75 Hammer Throw			
1 Harry Wynhoven	M75	Throwers	28.72m
2 Milton Ballantyn	M76	Caulfield	23.99m
3 Jim Davy	M75	no venue	19.23m

M80 Hammer Throw			
1 Dennis Blandy	M80	Throwers	27.88m
2 Stan Stankovic	M82	no venue	22.82m

M40 Javelin Throw			
1 Steven Behin	M43	no venue	43.52m
2 Andrew Edney	M42	no venue	38.86m
3 Wayne James	M41	E Burwood	36.10m

M45 Javelin Throw			
1 Darryl Selleck	M46	Throwers	39.81m
2 Mark Cauchi	M47	no venue	37.23m

M50 Javelin Throw			
1 Phil Curtain	M50	Coburg	35.80m
2 John Neale	M53	Aberfeldie	29.78m
3 Robert Scholes	M52	no venue	29.20m
4 Kenneth Carter	M52	Coburg	22.54m

M55 Javelin Throw			
1 Andrew Farr	M55	no venue	49.13m
2 Peter Young	M58	Doncaster	35.74m

M60 Javelin Throw			
1 David Wookey	M61	no venue	36.89m
2 John Reynolds	M60	Throwers	26.85m

M65 Javelin Throw			
1 Terry Dunn	M67	Croydon	32.91m
2 Allan Wood	M67	Croydon	24.77m
3 Don Chambers	M67	Aberfeldie	23.16m
4 Tony Bradford	M65	Aberfeldie	21.93m
5 George Christodo	M65	Caulfield	21.07m

M70 Javelin Throw			
1 Harry Staecker	M74	Caulfield	28.80m
2 Nino Stankovic	M72	no venue	19.87m

M75 Javelin Throw			
1 Milton Ballantyn	M76	Caulfield	17.60m

M80 Javelin Throw			
1 Stan Stankovic	M82	no venue	19.01m
2 Dennis Blandy	M80	Throwers	12.87m

M35 Weight Throw			
1 Russell Devine	M36	no venue	15.60m

M40 Weight Throw			
1 Andrew Edney	M42	no venue	7.20m

M45 Weight Throw			
1 Darryl Selleck	M46	Throwers	10.76m

M50 Weight Throw			
1 John Neale	M53	Aberfeldie	9.55m

M55 Weight Throw			
1 Hans Lotz	M57	Throwers	13.48m
2 Peter Young	M58	Doncaster	11.34m

M60 Weight Throw			
1 Graeme Rose	M61	Throwers	17.20m
2 John Reynolds	M60	Throwers	15.17m
3 Ken Readwin	M64	Throwers	13.70m
4 David Wookey	M61	no venue	10.49m

M65 Weight Throw			
1 Ken Priestley	M66	Mentone	14.77m
2 George Knight	M68	Throwers	11.65m
3 George Christodo	M65	Caulfield	7.62m

M70 Weight Throw			
1 Nino Stankovic	M72	no venue	8.64m

M75 Weight Throw			
1 Harry Wynhoven	M75	Throwers	11.44m
2 Milton Ballantyn	M76	Caulfield	10.96m
3 Jim Davy	M75	no venue	8.22m

M80 Weight Throw			
1 Dennis Blandy	M80	Throwers	12.28m
2 Stan Stankovic	M82	no venue	11.52m

**TEAM ATHLETICS: EIGHT RELAY RECORDS AT ONCE!**

By Gerry Robinson

One of the difficulties Athletics is often said to face is that it is an individual rather than a team sport. Certainly there are many times when the focus is on an individual medal or a Personal Best, and such achievements bring joy and satisfaction.

But - and maybe especially in Masters - we do also derive great value from the friendship and fun we have with our fellow-athletes.

An excellent chance to enjoy this camaraderie and work together for a G.B. (a "Group Best!") was provided at the Caulfield venue on February 22<sup>nd</sup>., when as well as the normal weekly program of events, 14 teams of 4 attempted to beat the existing Victorian relay records for 4 x 100 and 4 x 400. The runners came from a number of our venues, often forming composite teams, creating or cementing friendships as they discussed who should run first, and who carry the baton home. A review of the names listed below will show that the occasion attracted some of our best runners.

In the 4 x 100, seven teams competed, four of them setting new Victorian records, all by a considerable margin. In the 400's, of the six teams again four broke the old records. Has there ever been another single occasion when 8 Victorian relay records were established?

The events and the supertime, provided by the Caulfield venue, were full of rich atmosphere. Our Team Captain, David Sheehan, was delighted at the success of the night, and immediately keen to make it an annual highlight of our Masters calendar. He was thanked for the project, and in turn he thanked the host venue, Caulfield.

Plan to be in this next year, to enjoy the fun of teaming in aths!

**New Victorian records, 22/2/05** (previous, if known, in brackets)

W45 4x100m: 54.09 (69.9) *Dorn Jenkins, Salli-Ann Lee, Cathy McDonald, Marg Tweedie*

M55 4x100m: 50.58 (53.4) *Keith Howden, Richard Kerridge, Peter Lamb, Phil Rosevear*

W60 4x100m: 72.80 *Sylvia Machin, Nyala Miller, Jan Morrey, Glad Wishart*

M65 4x100m: 57.10 (63.3) *Ron Arthur, Con Matthews, Gerry Robinson, Alan Wood*

W45 4x400m: 4.32.13 *Dorn Jenkins, Cathy McDonald, Jenny Stephens, Marg Tweedie*

M55 4x400m: 4.01.65 (4.09.5) *Keith Howden, Richard Kerridge, Peter Lamb, Ian McLeod*

W60 4x400m: 6.18.14 *Sylvia Machin, Nyala Miller, Jan Morrey, Glad Wishart*

M60 4x400m: 4.21.26 (4.37.0) *Ross Kent, David Nobbs, Graham Philpott, Richard Trembath*

**NEW RECORDS REPORT**

Age	Event	Name	State	Performance	%Std	Date	Location
<b>Pending World Records:</b>							
W50	800m	Jeanette Flynn	Qld	2:16.05	100.3%	29-1-05	QSAC, Nathan, Qld
W55	3k Walk	Heather Carr	Vic	15:32.45	91.4%	11-2-05	Olympic Park, Vic
M80	Decathlon	Fred O'Connor	NSW	6,130 pts	67.4%	20-2-05	SAF, Qld
W45	5k Walk	Lynette Ventris	WA	23:42.4	97.2%	25-2-05	Perth, WA
W65	5k Walk	Brenda Riley	Vic	27:38	98.3%	5-3-05	Murrumbeena, Vic
W65	5k	Brenda Riley	Vic	21:22	90.4%	6-3-05	Murrumbeena, Vic
M90	Hammer	John Fraser	Vic	24.63m	84.7%	13-3-05	Murrumbeena, Vic
M90	Weight Pent	John Fraser	Vic	5,201 pts	69.0%	13-3-05	Murrumbeena, Vic
W70	Weight Pent	Heather Doherty	Qld	4,636 pts	70.0%	27-3-05	QSAC, Qld

**Australian Records:**

W50	1500m	Jeanette Flynn	Qld	4:42.00s	97.9%	4-2-05	St Lucia, Qld
W60	3k Walk	Sandy Brunner	SA	17:17.0	88.1%	5-2-05	Santos Stad, SA
M30	Weight Throw	David Allan	Qld	17.05m	69.8%	5-2-05	Gold Coast, Qld
W70	Javelin	Heather Doherty	Qld	25.09m	78.1%	5-2-05	Gold Coast, Qld
W55	Heptathlon	Wilma Perkins	Qld	5,471 pts	73.2%	20-2-05	SAF, Qld
M65	Decathlon	Don Fraser	ACT	7,129 pts	71.6%	20-2-05	SAF, Qld
W65	Mile Run	Brenda Riley	Vic	6:51.6	82.6%	24-2-05	East Burwood, Vic
W55	Pentathlon	Wilma Perkins	Qld	3,532 pts	66.5%	26-2-05	QSAC, Nathan, Qld
W70	Shot Put	Heather Doherty	Qld	8.31m	84.0%	26-2-05	QSAC, Nathan, Qld
M50	Pentathlon	Terry Hicks	Vic	3,662 pts	67.5%	27-2-05	Murrumbeena, Vic
W75	5k	Shirley Young	Vic	28:18	78.8%	6-3-05	Murrumbeena, Vic
W55	1500m Walk	Heather Carr	Vic	7:27	92.8%	6-3-05	Murrumbeena, Vic
W65	1500m Walk	Brenda Riley	Vic	7:48.2	98.2%	6-3-05	Murrumbeena, Vic
W65	Weight Pent	Helen Searle	Qld	5,309 pts	78.2%	12-3-05	SAF, Nathan, Qld
W70	Weight Throw	Heather Doherty	Qld	10.22m	76.6%	12-3-05	SAF, Nathan, Qld
W60	3k Walk	Sandy Brunner	SA	16:57.49	89.8%	12-3-05	Santos Stad, SA
M65	Long Jump	David Clive	WA	5.05m (=)	92.7%	12-3-05	Perth, WA
W70	2k Steeplechase	David Simmonds	WA	8:52.3	89.7%	12-3-05	Perth, WA
W75	Javelin	Raema McMillan	WA	16.82m	61.1%	12-3-05	Perth, WA
M90	Shot Put	John Fraser	Vic	6.90m	89.3%	13-3-05	Murrumbeena, Vic
M90	Discus	John Fraser	Vic	19.74m	73.7%	13-3-05	Murrumbeena, Vic
M90	Weight Throw	John Fraser	Vic	10.12m	52.0%	13-3-05	Murrumbeena, Vic
W60	300m Hurdles	Marge Allison	NSW	55.32s	89.4%	19-3-05	SAF, Nathan, Qld
M50	Pole Vault	Bruce Arnold	Qld	3.70m	79.6%	20-3-05	Southport, Qld
M80	80m Hurdles	Fred O'Connor	NSW	18.64s	85.0%	25-3-05	QSAC, Qld
W55	Pole Vault	Wilma Perkins	Qld	2.50m	82.5%	25-3-05	QSAC, Qld
M80	Javelin	Fred O'Connor	NSW	28.72m	71.5%	25-3-05	QSAC, Qld
W70	Shot Put	Heather Doherty	Qld	8.62m	87.2%	25-3-05	QSAC, Qld
W75	100m	Ann Cooper	SA	16.09s	97.9%	26-3-05	QSAC, Qld
W60	300m Hurdles	Marge Allison	NSW	54.87s	90.2%	26-3-05	QSAC, Qld
W30	High Jump	Lynette Smith	NSW	1.66m	84.7%	26-3-05	QSAC, Qld
W70	Discus	Heather Doherty	Qld	25.30m	77.5%	26-3-05	QSAC, Qld
W75	5k	Shirley Young	Vic	27:56.65	79.8%	27-3-05	QSAC, Qld
M40	Weight Pent	Stuart Gyngell	NSW	3,708 pts	60.5%	27-3-05	QSAC, Qld
M60	400m	Peter Crombie	NSW	56.85s	94.3%	28-3-05	QSAC, Qld
W70	Weight Throw	Heather Doherty	Qld	10.54m	75.2%	28-3-05	QSAC, Qld

Continued next page

W30 Pentathlon	Lynette Smith	NSW 3,255 pts	65.1%	28-3-05	QSAC, Qld
M75 High Jump	Gordon Gourlay	Vic 1.33m	89.9%	15-4-05	Adelaide, SA

**Australian CHAMPIONSHIP Records - from 2005 Telstra Australian Masters Athletic Championships, Queensland Sport and Athletic Centre (QSAC), Brisbane, in addition to above 1 pending world and 15 Australian records. (This includes 2 Australian Championship records from the Multi-event Championships 19 & 20 February in Brisbane.)**

W50 800m	Jeanette Flynn	Qld 2:18.07	98.8%	25-3-05	
W55 800m	Barbara Blurton	WA 2:31.66	91.7%	25-3-05	
W75 10k	Shirley Young	Vic 59:06.37	77.7%	25-3-05	
W60 80m Hurdles	Marge Allison	NSW 14.85s	90.4%	25-3-05	
W70 80m Hurdles	Anna Zeitzen-V	Vic 22.27s	72.0%	25-3-05	
M60 100m Hurdles	Harry Giles	Qld 16.68s	87.8%	25-3-05	
M30 Pole Vault	Warren Evans	Qld 3.65m	62.0%	25-3-05	
M50 Pole Vault	Bruce Arnold	Qld 3.65m	78.5%	25-3-05	
W70 Javelin	Heather Doherty	Qld 24.70m	76.9%	25-3-05	
W60 Javelin	Mary Thomas	NSW 31.93m	75.0%	25-3-05	
W95 Javelin	Ruth Frith	Qld 7.70m	74.0%	25-3-05	
M75 Javelin	Colin Murraylee	Qld 33.60m	75.3%	25-3-05	
M45 Javelin	John Kay	NSW 54.71m	74.1%	25-3-05	
W65 Shot Put	Helen Searle	Qld 11.41m	97.7%	25-3-05	
W95 Shot Put	Ruth Frith	Qld 4.87m	n.a.	25-3-05	
M80 Shot Put	Felix Jekabsons	Qld 9.23m	80.5%	25-3-05	
M40 Shot Put	Stuart Gyngell	NSW 17.66m	86.2%	25-3-05	
M30 100m	Pasquale Vescio	Qld 11.27s	86.9%	26-3-05	
W35 400m Hurdles	Julie Brims	Qld 66.51s	85.9%	26-3-05	
W35 2k Steeplechase	Tressa Lindenb	Qld 7:41.34	81.3%	26-3-05	
M70 2k Steeplechase	Doug Worling	Qld 9:07.56	87.2%	26-3-05	
W40 High Jump	Deann Mayfield	Qld 1.70m	96.6%	26-3-05	
W95 Discus	Ruth Frith	Qld 10.29m	n.a.	26-3-05	
M65 Discus	Warwick Selvey	Qld 45.76m	80.2%	26-3-05	
M60 Discus	Ray Green	ACT 49.66m	78.0%	26-3-05	
M40 Discus	Stuart Gyngell	NSW 49.73m	70.3%	26-3-05	
W65 Hammer	Helen Searle	Qld 38.95m	102.9%	26-3-05	
W95 Hammer	Ruth Frith	Qld 12.93m	n.a.	26-3-05	
M30 Hammer	David Allan	Qld 57.10m	68.6%	26-3-05	
W55 200m	Wendy Sheaves	Qld 28.64s	93.9%	27-3-05	
W75 200m	Ann Cooper	SA 34.72s	92.8%	27-3-05	
W65 Weight Throw	Helen Searle	Qld 15.40m	98.0%	27-3-05	
W95 Weight Throw	Ruth Frith	Qld 5.63m	n.a.	27-3-05	
M30 Weight Throw	David Allan	Qld 15.99m	65.5%	27-3-05	
M45 Weight Throw	Bob Wagner	Qld 15.38m	78.2%	27-3-05	
W65 Weight Pent	Helen Searle	Qld 5,247 pts	77.4%	27-3-05	
W30 Weight Pent	Lynette Smith	NSW 2,650 pts	43.9%	27-3-05	
W95 Weight Pent	Ruth Frith	Qld 7,380 pts	n.a.	27-3-05	
M75 Weight Pent	Colin Murraylee	Qld 4,272 pts	68.0%	27-3-05	
W75 10k Road Walk	Lorna Thompson	Qld 74:53	87.0%	28-3-05	
W95 Weight Throw	Ruth Frith	Qld 6.00m	n.a.	28-3-05	
M30 Weight Throw	David Allan	Qld 16.32m	66.8%	28-3-05	
M40 Weight Throw	Grant Edwards	ACT 15.79m	73.2%	28-3-05	
M45 Weight Throw	Bob Wagner	Qld 15.76m	80.2%	28-3-05	
M75 Weight Throw	Colin Murraylee	Qld 14.07m	74.7%	28-3-05	
M55 400m	Stuart Hayward	NSW 55.11s	93.3%	28-3-05	

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W55 400m	Barbara Blurton	WA 64.68s	90.5%	28-3-05	
W60 400m	Marge Allison	NSW 67.37s	91.3%	28-3-05	

## Victorian Records:

W45 4 x 100m Relay	Salli-ann Lee Marg Tweedie Cathy McDonald Dorn Jenkins	54.1s	n.a.	22-2-05	Murrumbeena, Vic
M55 4 x 100m Relay	Peter Lamb Richard Kerridge Phil Rosevear Keith Howden	50.6s	n.a.	22-2-05	Murrumbeena, Vic
W60 4 x 100m Relay	Nyala Miller Glad Wishart Sylvia Machin Jan Morrey	72.8s	n.a.	22-2-05	Murrumbeena, Vic
M65 4 x 100m Relay	Alan Wood Gerry Robinson Con Matthews Ron Arthur	57.1s	n.a.	22-2-05	Murrumbeena, Vic
W45 4 x 400m Relay	Marg Tweedie Cathy McDonald Jenny Stephens Dorn Jenkins	4:32.2	n.a.	22-2-05	Murrumbeena, Vic
M55 4 x 400m Relay	Peter Lamb Ian McLeod Richard Kerridge Keith Howden	4:01.7	n.a.	22-2-05	Murrumbeena, Vic
W60 4 x 400m Relay	Glad Wishart Sylvia Machin Jan Morrey Nyara Miller	6:18.2	n.a.	22-2-05	Murrumbeena, Vic
M60 4 x 400m Relay	Ross Kent Richard Trembath David Nobbs Graham Philpott	4:21.3	n.a.	22-2-05	Murrumbeena, Vic
M50 Mile Walk	Clyde Riddoch	7:58.6	80.4%	24-2-05	East Burwood, Vic
M55 Mile Walk	Andrew Jamieson	7:19.0	93.2%	24-2-05	East Burwood, Vic
M70 Mile Walk	Ken Walters	10:10.5	77.3%	24-2-05	East Burwood, Vic
W55 Mile Walk	Heather Carr	8:14.8	90.5%	24-2-05	East Burwood, Vic
W65 Mile Walk	Brenda Riley	8:39.9	95.4%	24-2-05	East Burwood, Vic
W40 90m Hurdles	Susan Chapman	19.66s	n.a.	5-3-05	Murrumbeena, Vic
W45 90m Hurdles	Joanne Russell	14.72s	n.a.	5-3-05	Murrumbeena, Vic
M75 60m Hurdles	Gordon Gourlay	14.43s	n.a.	5-3-05	Murrumbeena, Vic
W65 100m	Jan Morrey	15.26s	91.0%	5-3-05	Murrumbeena, Vic
W65 400m	Jan Morrey	76.12s	85.4%	5-3-05	Murrumbeena, Vic
W80 400m	Margaret Prowse	190.30s	46.4%	5-3-05	Murrumbeena, Vic
M80 High Jump	Gerry Heilmann	1.00m (=)	71.4%	5-3-05	Murrumbeena, Vic
W45 300m Hurdles	Joanne Russell	49.65s	n.a.	6-3-05	Murrumbeena, Vic
M75 200m Hurdles	Gordon Gourlay	41.49s	n.a.	6-3-05	Murrumbeena, Vic
W80 200m	Margaret Prowse	82.13s	45.5%	6-3-05	Murrumbeena, Vic
W80 800m	Margaret Prowse	6:42.29	76.4%	6-3-05	Murrumbeena, Vic
W60 Shot Put	Rhondda Dundas	9.55m	71.3%	6-3-05	Murrumbeena, Vic

Continued next page

W35 High Jump	Irie Hill	1.57m	82.2%	12-3-05	Aberfeldie, Vic
M70 Weight Pent	Wim Van Weenen	4,179 pts	74.2%	13-3-05	Murrumbeena, Vic
W60 Weight Pent	Rhondda Dundas	3,691 pts	63.4%	13-3-05	Murrumbeena, Vic
W60 Shot Put	Rhondda Dundas	9.62m	71.8%	25-3-05	QSAC, Qld
W70 80m Hurdles	Anna Zeitzen-Vanderb	22.27s	72.0%	25-3-05	QSAC, Qld
W45 80m Hurdles	Joanne Russell	13.24s	91.5%	25-3-05	QSAC, Qld
M90 800m	Andy Smith	8:59.78	37.9%	25-3-05	QSAC, Qld
M60 Shot Put	Graeme Rose	13.27m	82.9%	25-3-05	QSAC, Qld
W45 400m Hurdles	Joanne Russell	68.59s	89.4%	26-3-05	QSAC, Qld
W35 4 x 400m Relay	Christine Bridle 47	4:31.32	n.a.	28-3-05	QSAC, Qld
	Jennifer Baldwin 39				
	Cathy Orelli 43				
	Joanne Russell 48				
M40 4 x 400m Relay	Peter Tuckett 45	3:40.27	n.a.	28-3-05	QSAC, Qld
	Terry Baldwin 42				
	Terry Hicks 50				
	Bruce Collins 42				
W35 4 x 800m Relay	maureen Arch 51	13:29.0	n.a.	29-3-05	Collingwood, Vic
	Olya Bojczuk 42				
	Carmel Pardy 37				
	Kim Wright 40				
M40 4 x 800m Relay	Chris Boylen 41	9:27.0	n.a.	29-3-05	Collingwood, Vic
	Dhanbir Tamang 40				
	Jim Hetjmanek 40				
	Shane Derby 44				
M60 4 x 800m Relay	Peter Johnstone 68	12:03.6	n.a.	29-3-05	Collingwood, Vic
	Barry Boyd 60				
	Westley Windsor 60				
	George Rennie 63				

## ROY FOLEY:

In the previous News & Results, Col Browne spoke of Roy Foley's life and huge influence on Masters Athletics, including record keeping. As the current AMA and VMA Records Officer, I would like to pay tribute to the magnificent contribution to Masters record keeping by Roy Foley.

I really only became aware how very hard Roy must have worked, and how much time he must have spent compiling Victorian, Australian and world records, after I attempted a similar task myself (compiling Australian Championship records some years ago). It must have been very frustrating to him as his eyesight deteriorated. He spoke to me many times about the invaluable help of his wife Lesley. I could tell it hurt him to admit defeat, and pass the Australian Statistician's job to Col Browne, and the Victorian job to myself in the early 1990's.

I first met Roy in the 1980's, when we both coached throwing events at the Police Academy in Glen Waverley. Roy struck me as such a strong, confident, caring, larger than life personality. His advice and knowledge was invaluable. He was forever digging up books, coaching information, and record material to give to me. He even coached me briefly in hammer throwing, to personal bests at Miyazaki in 1993. Thanks so much Roy, I was lucky to have known you.

Clyde Riddoch

VMA & AMA Records Officer

GPO Box 1777, Melbourne Vic 3001

Telephone 03 9204 7085 (W), Mobile 0439 902 907, Fax 03 9204 7485,

Email: clyde.riddoch@auspost.com.au

## Age no Barrier to success

Article in Leader Newspaper of 28th March 2005 by Andrea Kellett

At 75, Dandenong's Jack Gubbins says he is finally "slowing down".

The father of six and grandfather of seven rode only 105km on his regular Sunday ride last week (20th March).

Then he chuckles.

Gubbins can laugh because he knows that while 105km is a relatively short training ride for him, it would be a marathon effort for most.



Brian and Jack

Let alone the average 75-year-old.

The triathlete and marathon runner, along with his training mate Brian Lynch, 70, also of Dandenong, are preparing for one of Australia's toughest endurance races.

At just after 6am this Sunday (3rd April), Gubbins and Lynch will zip up their wet suits and wade into the calm waters of Wallis Lake at Foster, New South Wales, for the Australian Ironman Triathlon.

They will swim 4.2km, ride 180km and run 42.2km alongside more than 1000 competitors.

For Lynch, it will be his 11<sup>th</sup> ironman race and he is aiming to break the 70 to 74 age group record.

Gubbins will line up for his fifth and, he says, final ironman race.



Brian and Jack

"I'm slowing down too much and you've got to make the cut-offs," he said.

Gubbins and Lynch are living proof that age is no barrier to success.

At 49 Gubbins ran his first marathon.

At the grand age of 70 he competed in his first ironman triathlon.

Now, just a few days from his 76<sup>th</sup> birthday, he has racked 27 Melbourne Marathon and four Foster Ironman finishes.

Last year he travelled to Madeira, Portugal, with his wife, Pat, to race in the Olympic-distance triathlon World Championships.

Sure enough, he won the 75 to 79 age division.

if you're patient enough the others either get sick of it, they get injured or they die and you'll have a win," he says, laughing.

Lynch was 50 when he took part in his first race and caught the "bug".

"I won my first race and went home with a huge trophy," he says.



Brian Lynch

Since then he has finished two New Zealand ironmans, one Hawaiian ironman and seven Australian ironman events.

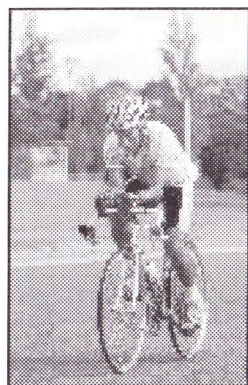
While both enjoy a joke and admit to having the odd coffee on a long ride, both put in the hard yards.

"I reckon I spend about 25 hours in a week training," Gubbins says.

The pair swim at the Noble Park Swim Centre, run around the streets of Dandenong and Noble Park and ride from Dandenong to Port Melbourne and Mornington in a day.

This Sunday, Gubbins's goal is simple.

"I'm just hoping to finish inside the cut-off time," he says.



Jack Gubbins

Jack Gubbins won the 75+ age group in a time of 15 hours 25 minutes 26 seconds (swim-1:43:10, bike-7:42:55 & run-5:59:21)

Brian Lynch won the 70-74 age group in a time of 14:55:45 (swim-1:19:10, bike-7:17:40 & run 6:18:55)

**"BE ALERT - BE AWARE - TAKE CARE"** *Continued from page 1*

At last I make the Caves Road crossing at 37.9km and start a run/walk combination. As I near the next drink stop Gordon Arnel is waiting with drinks, sweets and encouragement in hand. Gordon tells me it is all down hill from this point on.

By now the quads feel like they are over my knee caps - then on the left I suddenly view Carlottas Arch, a short up hill distance with a few metres of switchback and some steps to the FINISH!!! "Is that cheering I can hear" - "OH WHAT A FEELING!"

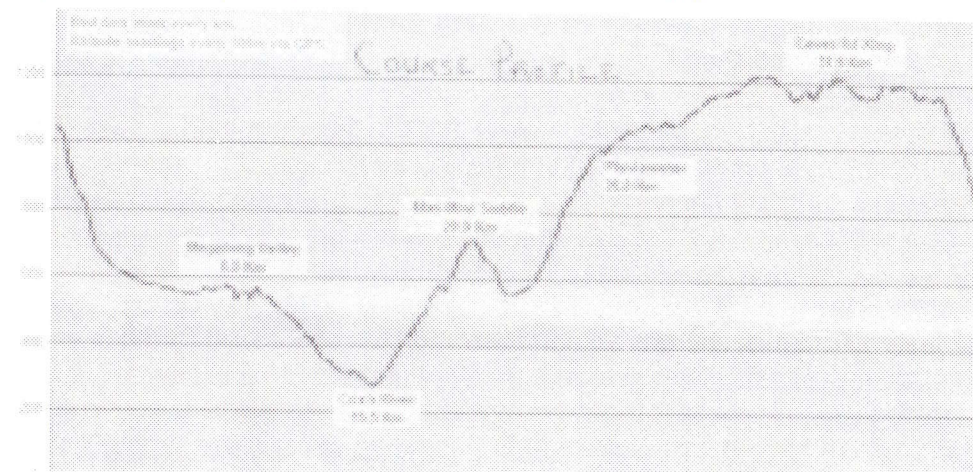
A special thanks to Gordon Arnel with his backup, encouragement, driving skills and good company. Also especially to Lyn Arnel for her assistance, participation, encouragement and planning for a great weekend.

Lyn finished in 6 hours and myself in 8 hours.



Gordon, Lyn and Tony

If you too are looking for a truly great weekend, which is well organised, with great and inspirational participants just SAY "THE SIX FOOT TRACK" thanks.



Women's 100 metre Start - VMA Championships March 2005

**AUSTRALIAN MASTERS ATHLETICS INC  
2005 WORLD MASTERS ATHLETICS  
CHAMPIONSHIPS**

**SAN SEBASTIAN – 21 August to 3 September 2005**

**www.wma-2005.com, email: info@wma-2005.com**

**VERIFICATION OF ENTRIES FOR  
INTERNATIONAL COMPETITION**

With the introduction of on-line entries for World Masters Athletics championships, AMA members are reminded that evidence of age is still required to ensure validation of their on-line entry. A photocopy of the athlete's birth certificate or passport giving date of birth must be forwarded separately to the AMA Entries Clerk together with the AMA fee. This also applies to all paper copy entries – please send your completed entry form, proof of age and payment to the AMA Entries Clerk who will verify the information and then forward to the LOC.

To assist processing, please complete the attached form and include details of a contact at home in case of emergency for the use of the team manager. Entrants must be financial members of a State/Territory masters/veterans club. AMA will verify this information.

**AMA Administration Fee:** In addition to the WMA entry costs, Australian Masters Athletics charges an administration fee of **\$35.00** for each entrant to cover the costs of sending a Team Manager and other incidentals such as postage and phone calls regarding the entry. As we are asking you to submit your entry fees to San Sebastian in Australian dollars, this amount of \$35 may be included in the one cheque or money order. Credit card payment is not available as AMA has no credit card facility. See the accompanying note about calculation of Euros to AU\$.

**OFFICIAL CLOSE OF ENTRIES: 23 May 2005**

Your validation documentation should therefore reach

**Colin Browne, AMA Entries Clerk  
4 Victory Street, Mitcham Vic 3132**

no later than **23 April 2005**, and preferably by **23 March 2005**  
to allow validation processing.

**TRAVEL AND ACCOMMODATION:** Jalpak has been appointed by AMA as our official travel agent for San Sebastian. Phone: 1800 150 122 or email: [adlkss@jalpak.com.au](mailto:adlkss@jalpak.com.au) for information.

**AUSTRALIAN UNIFORMS:** It should be noted that when competing in an international event it is *compulsory* for competitors to wear the uniform of their country and that for Australian competitors, only the current or immediate previous design will be recognized as the required uniform.

Australian uniforms can be viewed via the Queensland Masters Athletics website at [www.mastersathletics.com.au](http://www.mastersathletics.com.au), or can be purchased by contacting uniform coordinator Hazel McDonnell, 13 Sevenoaks Street, Alexandra Hills, Qld 4161, (ph: 07 3206 3243 (h), 0408 172 283 (M), email: [mcdonnellh@bigpond.com.au](mailto:mcdonnellh@bigpond.com.au))

**RELAY TEAMS:** To assist selection, please indicate your interest in competing in the relay teams on the attached form.

**TEAM MANAGERS:** The number of Australian entries for the World Masters Athletics Championships at San Sebastian next August will determine the number of team managers to coordinate teams, manage athletic activities, handle issues such as protests and attend daily briefing meetings. A Team Manager may compete in several events on the understanding that their participation does not impact on managerial duties. The administration fees paid by athletes together with additional AMA funds provide a level of reimbursement of travel and accommodation costs of the Team Manager/s.

#####  
***Expressions of interest in this position should reach Brian Foley, Secretary, AMA Inc, 8 Habgood Street, East Fremantle WA 6158 (or by email to: [brianfoley@bigpond.com.au](mailto:brianfoley@bigpond.com.au)) by 31 January 2005. Applicants should provide a brief summary of their qualifications and experience.***  
#####

## 2005 WORLD MASTERS ATHLETICS CHAMPIONSHIPS

### SAN SEBASTIAN – 21 August to 3 September 2005

#### ATHLETE INFORMATION, CONTACTS AND RELAY NOMINATION FORM

Please complete and forward:

1. Entry form (if in hard copy) with Euros converted to AUD, payable to Australian Masters Athletics Inc.,
2. Proof of age.
3. Include in the cheque or money order \$35.00 AUD (for AMA administration fee)
4. This athlete's information form.  
to **Colin Browne, AMA Entries Clerk**  
**4 Victory Street, Mitcham VIC 3132**

Entry Attached	Yes	No	
Entry completed On-Line	Yes	No	(If yes send a photocopy of the entry form)

#### PERSONAL DETAILS (Please print)

Surname \_\_\_\_\_

Preferred first name \_\_\_\_\_

Sex (M/F) \_\_\_\_\_ Date of birth \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Postcode \_\_\_\_\_

Contact number (H) ( \_\_\_\_\_ ) (M) \_\_\_\_\_

Email: \_\_\_\_\_

Registered with which State/Territory Masters/Veterans club \_\_\_\_\_

Emergency contact number ( \_\_\_\_\_ ) \_\_\_\_\_

Emergency contact name \_\_\_\_\_

Relay Team Interest:	4 x 100m	Yes	No
	4 x 400m	Yes	No

Competitor's Signature \_\_\_\_\_ Date: \_\_\_\_\_

2005 WMA CHAMPIONSHIPS: SAN SEBASTIAN

## URGENT NOTICE

PAYMENT OF ENTRY FEES

The San Sebastian organizers have advised Australian Masters Athletics and all other competing countries that they require entries to be paid in bulk by the National Association in each country.

This will enable all intending competitors to forward just ONE payment in Australian dollars (AUD) to AMA to cover all fees required thereby saving the cost of a bank draft in Euros. AMA will then forward a bulk bank draft in Euros to cover entries. These will be done in batches of 40-50 when validated by the AMA Entry Clerk, Colin Browne. To cover the additional expenses involved AMA will require an administration fee of \$35 per entrant, not \$30 as stated previously.

#### Calculation of entry costs

To convert your entry cost to AUD use the factor of 1.75 times the entry fee in Euros. Another way to check this calculation is to multiply the Euros by 7 and divide by 4.

To the total entry fee add the AMA administration fee of \$35.00 to cover costs for team officials and administration expenses.

<i>Example:</i>	an entry fee of 150 euros, times 1.75 is	\$262.50
	Plus AMA administration fee	<u>\$35.00</u>
	Total AUD	\$297.50

Please make cheques or money orders payable to **Australian Masters Athletics Inc.**

Credit card payment is not available as AMA has no credit card facility.

#### OFFICIAL CLOSE OF ENTRIES: 23 May 2005

Your entry form, validation documentation and a cheque or money order for the total fee should therefore reach

**Colin Browne,**  
**AMA Entries Clerk**  
**4 Victory Street**  
**Mitcham Vic 3132**

no later than **23 April 2005**, and preferably by **23 March 2005** to allow validation processing.

*Brian Foley*  
Secretary, AMA Inc  
**8 Habgood Street, East Fremantle WA 6158**  
email : [bwfoley@bigpond.net.au](mailto:bwfoley@bigpond.net.au)

## Victorian Masters Track &amp; Field Championship - March 2005



Women's 1500 metres  
Carmel Papworth & Janine Highham



Christopher Boylen



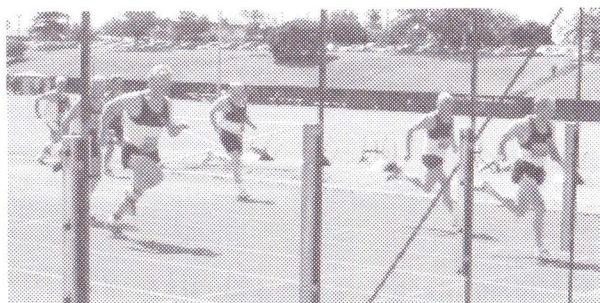
Male Walkers



Female Walkers



John Neale



Men's 100 metres Finish

## INTER-VENUE ONE MILE CHALLENGES

East Burwood, 24 February, 2005

(Bob Hayes)

Ideal competition conditions prevailed at Bill Sewart Athletic Track for the Seventh Annual East Burwood One Mile Challenges. New Victorian Masters One Mile Records were achieved by five walkers and one runner. Brenda Riley (W65) provided the outstanding effort for the evening. Brenda set a new Victorian One Mile Walk record with a time of 8:38.9 (an age graded performance of 95.69%) and, about 20 minutes later, new Australian and Victorian W65 One Mile Run Records with her time of 6:51.6 (82.60%). The walkers needed to satisfy the scrutiny of the four officiating Walk Judges; Diane Lowden, Lloyd Nichols, Marlaine Stanway and Alan Johnson.

**Trophy winners were:**

Walk – Fastest Woman, Heather Carr; Fastest Man, Andrew Jamieson  
 Best Age-Graded Woman, Brenda Riley  
 Best Age-Graded Man, Clyde Riddoch\*  
 Run – Fastest Woman, Annette Pelgrim  
 Fastest Man, Michael Bialczak  
 Best Age-Graded Woman, Theresia Baird  
 Best Age-Graded Man, George Rennie

\*Andrew Jamieson was also officially best age-graded male walker. However only one trophy can be won per competitor per event.

Thank you to the many officials and helpers who facilitated the smooth running of the evening's program. They included, Don McLean (starter); John Sutton, Lavinia Petrie, Darren Arthur and Les Clark (timekeepers); John and Phyllis Gosbell, Lavinia Petrie and Bob Hayes (result processing); and the four Walk Judges (identified above). Thanks also to VMA members from the several venues that participated and provided much appreciated support and encouragement. One disappointment was the small number of competitors in the A Grade One Mile Run. Only three official participants entered compared with 12 in 2004. The major interest in the race was the pressure that EB Junior Invitee, Adrian Mclean (Age 15), put on experienced campaigner and well-known Corporate Cup veteran, Mike Bialczak. The pair 'enjoyed' a great tussle throughout the journey with Mike finally gaining a small break half way down the finishing straight. Adrian certainly shows great promise!

The tentative date for next year is Thursday 23 Feb. Hoping to see a lot more A Graders competing!



## INTER-VENUE ONE MILE CHALLENGES (continued)

## Results and new record holders:

## ONE MILE CHALLENGE WALK

	Age	Time	Age-Gr. %	Records set
<b>Andrew JAMIESON</b>	<b>58</b>	<b>7:19.0</b>	<b>93.17</b>	<b>Vic M55</b>
<b>Clyde RIDDOCH</b>	<b>51</b>	<b>7:58.6</b>	<b>80.44</b>	<b>Vic M50</b>
<b>Heather CARR</b>	<b>55</b>	<b>8:14.8</b>	<b>90.54</b>	<b>Vic W55</b>
Alan LUCAS	57	8:35.2	78.61	
<b>Brenda RILEY</b>	<b>65</b>	<b>8:38.9</b>	<b>95.59</b>	<b>Vic W65</b>
Janet HOLMES	51	8:39.7	83.12	
<b>Ken WALTERS</b>	<b>72</b>	<b>10:10.5</b>	<b>77.31</b>	<b>Vic M70</b>
Phyllis GOSBELL	66	11:10.1	74.91	
Jean KNOX	78	11:47.4	82.84	
Marg WEGNER	58	12:06.7	63.44	
Peter BATTRICK	61	12:33.7	55.86	
Shirley COPPOCK	68	12:39.5	67.68	

Disqualification: Tina Baarslag-Leb

## ONE MILE CHALLENGE RUN

	Age	Time	Age-Gr. %	Records Set
<b>A GRADE</b>				
Michael BIALCZAK	48	4:52.9	85.70	
Adrian McLEAN (Inv.)	15	4:54.1		
Ashley RYAN	50	5:27.1	77.95	
George RENNIE	63	5:49.7	82.00	
<b>B GRADE</b>				
Michael RICHARDS	53	5:57.3	73.16	
Graham PHILPOTT	61	6:05.6	76.87	
Annette PELGRIM	50	6:15.3	77.11	
Theresa BAIRD	63	6:19.0	87.51	
Rob BAULCH	57	6:29.0	69.59	
<b>Brenda RILEY</b>	<b>65</b>	<b>6:51.6</b>	<b>82.60</b>	<b>Aust, Vic W65</b>
Kathy PARKER	42	6:58.8	64.36	
Janet HOLMES	51	7:06.0	68.58	
Hawley THOMAS	66	7:10.6	68.74	
Gerry CLARKE	68	7:26.5	67.82	
Rosemary ARTHUR	39	7:41.6	56.95	
Frank TUTCHENER	77	7:58.0	71.45	
Jean KNOX	78	9:18.0	74.40	

## What's On

## May

- 1<sup>st</sup> Great Train Race (13.2km), Puffing Billy office Belgrave, 9.30am (9754 6800 w)
- 7<sup>th</sup> Tan Time Trial 8km & 4km, 7:30am start Corner Government House Drive & Birdwood Avenue (Melways 43 K11) (9744 1072)
- 8<sup>th</sup> Westerfolds Park Half Marathon, 10km & 5km fun run, 8:30am start Porter Street entrance (Melways 33 F3)
- 8<sup>th</sup> Walhalla Wound-Up (37km & 19km), Start Hotel, Walhalla, 8am (5174 9869)
- 14<sup>th</sup> Great Ocean Road International Marathon [& May 15] (various), Apollo Bay, (5224 2466)
- 15<sup>th</sup> CHC Coburg Fun Run & Walk (10km & 5km), Harold Stevens Athletics Track, Coburg, 9am (9386 9251 h)
- 21<sup>st</sup> Mt. Beauty Half Marathon (21.1km, 10km & 3km), Mt. Beauty Sports Complex, 10am (5754 4005 w)
- 22<sup>nd</sup> VMA Walk Championships 8:30 20km Men 30-69, 9:30 10km All Women and M70+, Albert Park, Melway 2KF10
- 22<sup>nd</sup> Self Transcendence R&F Festival (42.2km, 21.1km, 10km & 4km), Williamstown Aths Track, 8am (9650 0114)
- 22<sup>nd</sup> VMA Run (10km), Aberfeldie Athletics Track, 9am (9754 4405)
- 29<sup>th</sup> Runner's World Run To The G (10km & 4km), MCG, 9am (9819 9225 w)

## June

- 4<sup>th</sup> Tan Time Trial 8km & 4km, 7:30am start Swan Street Bridge at the TAN (Melways 44 A11) (9744 1072)
- 13<sup>th</sup> Rutherglen Rotary Fun Run (10km), Main Street, 10am (02 6032 8690 w)
- 18<sup>th</sup> CHC Coburg Bluestone Classic (15km & 7km), Harold Stevens Athletics Track, Coburg, 2pm (9386 9251 h)
- 19<sup>th</sup> VMA Cross Country (10km), Yarra Bend, Fairfield, 10am (9754 4405) Melway 30G12
- 19<sup>th</sup> Traralgon Marathon & Half (42.2km & 21.1km), Tennis Courts Davidson Street, 8am (5133 9036 h)
- 26<sup>th</sup> Self Transcendence Como Landing Run (10km & 5km), Alexandra Avenue, South Yarra, 9am (9650 0114)

## July

- 2<sup>nd</sup> Tan Time Trial 8km & 4km, 7:30am start Corner Government House Drive & Birdwood Avenue (Melways 43 K11)
- 10<sup>th</sup> Maribyrnong River 10km & 5km fun run, 8:30am start Footscray Boat House (Melways 25 G3)
- 22<sup>nd</sup>-31<sup>st</sup> 6<sup>th</sup> World Masters Games, Edmonton, Canada
- 30<sup>th</sup> VMA Walk Championships 2:15pm 10km Men 30-69 and 5km All Women and M70+, Albert Park, Melway 2KF10

## August

- 6<sup>th</sup> Tan Time Trial 8km & 4km, 7:30am start Corner Government House Drive & Birdwood Avenue (Melways 43 K11)
- 10<sup>th</sup>-12<sup>th</sup> The first Masters GP meeting in Lahti (Helsinki)
- 21<sup>st</sup> Princes Park Half Marathon, 10km & 5km fun run, 8:30am start Royal Parade, near Carlton Football Ground (Melways 29 G12)
- 22<sup>nd</sup>-3<sup>rd</sup> Sept 16<sup>th</sup> WMA (Stadia) World Championships, San Sebastian, Spain

## September

- 3<sup>rd</sup> Tan Time Trial 8km & 4km, 7:30am start Swan Street Bridge at the TAN (Melways 44 A11)

## What's On

### October

- 1st<sup>h</sup> Tan Time Trial 8km & 4km, 7:30am start Corner Government House Drive & Birdwood Avenue (Melways 43 K11)  
 7th-16th Australian Masters Games - Adelaide www.amg2005.com

### November

- 5<sup>th</sup> Tan Time Trial 8km & 4km, 7:30am start Corner Government House Drive & Birdwood Avenue (Melways 43 K11)  
 10<sup>th</sup> Twilite Tan Time Trial 8km & 4km, 6:30pm start  
 Corner Government House Drive & Birdwood Avenue (Melways 43 K11)  
 13<sup>th</sup> Jells Park 15km, 10km & 5km fun run, 8:30am start  
 Ferntree Gully Road entrance (Melways 72 B10)

### December

- 3<sup>rd</sup> Tan Time Trial 8km & 4km, 7:30am start Swan Street Bridge at the TAN (Melways 44 A11)  
 8<sup>th</sup> Twilite Tan Time Trial 8km & 4km, 6:30pm start  
 Corner Government House Drive & Birdwood Avenue (Melways 43 K11)  
 31<sup>st</sup> New Year's Eve morning 8km & 4km fun run and champagne breakfast, 7:30am start Swan Street Bridge at the TAN (Melways 44 A11)

## 2006

- January Oceania Championships, Christchurch, NZ  
 TBA 3<sup>rd</sup> Trans Tasman Masters Games (TTMG) , The Hunter, NSW  
 March  
 13<sup>th</sup> The Landy Trophy 2006 - Doncaster  
 15<sup>th</sup>-26<sup>th</sup> Commonwealth Games, Melbourne

### May

- TBA WMA Indoor Championships

### November

- 4<sup>th</sup>-12<sup>th</sup> Pan Pacific Masters Games - Gold Coast

## 2007

- July 17<sup>th</sup> WMA World Stadia Championships (Only bid is Riccione, Italy)

## VICTORIAN MASTERS ATHLETICS Inc

### 10 km "Eric Greaves Memorial" Road Race Championship

Two laps of a fast and flat gravel road course through scenic parkland in

Braeside Park, Mentone  
(Melway Map 88 D8)

Sunday 17 July 2005

**10.00 am Start**

**ENTRY FEE \$7.00 – enter on the day until 9.45 am**

( \$1 of each entry fee will be donated to a charity nominated by the Greaves family)

**Club Competition uniform must be worn to be eligible for the specially struck memorial medals for winners and placegetters in each 5 year age division. Non Victorian Masters members are welcome to run by Invitation (\$2 entry)**

**An Eric Greaves Memorial Trophy will be awarded to the most outstanding performance, based on age graded percentages**

**There will also be a one lap fun run and a one lap walk (approx 5.2 km) for those who wish to participate but do not want to compete in the 10km run. Entry fee for these events will be \$2, with proceeds to charity. There will be no prizes for these events.**

**Ample car parking – picnic facilities available**

**Tea, coffee and biscuits after the race**

**Enquiries Alan Bennie 9547 2978**