

# Vic Masters

## News and Results

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# News and Results

Victorian Masters Athletics Inc.

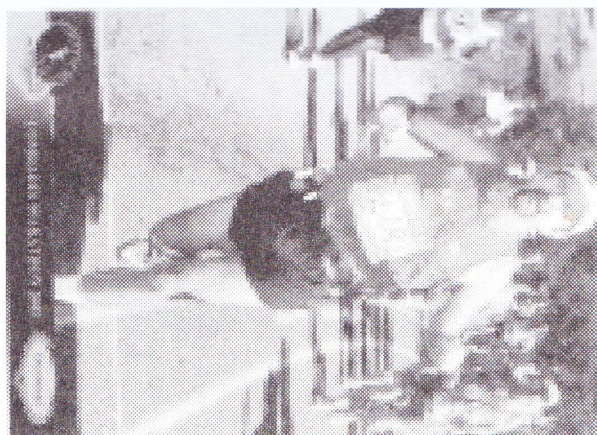
September 2005

## 'DANCING' THE COMRADES MARATHON

By Paul Ban

'I don't like marathons — they don't suit me!' That's what I have been telling myself since the Sydney Olympic course marathon in April 2000, where I completed the course in 3 hours 38 minutes and was on a 'death shuffle' well before I reached the stadium. My running history has included seven marathons over nine years since 1981 and two further marathons six months apart in 1999 and 2000. With a marathon PB of only 3 hours 15 minutes (in 1988), I felt qualified to assess myself as suited to half marathons and under (where I have run some at 4 min per km pace).

So when Peter Field began working on me to run the 2005 Comrades toward the end of 2003, I thought he must know something about my running talent that was hidden from me — or was he just after company for his second Comrades campaign?



Fast forward to early Saturday morning the 11<sup>th</sup> June. I'm at Tullamarine airport with my fellow 'Rampaging Rhinos', all dressed in the same T shirt design with our names on the back. I looked around the squad — Peter Field, Ross Martin, Jane Sturzaker, Steven Barker and the other Stephen Barker — all of whom had done the Comrades in 2002 and had been mesmerized by the experience ever since. Among that group was multiple-marathon and ultra-marathon experience. Throw in Doug Stokes with twenty marathons under his belt and a PB way better than mine and Leigh Murphy, a young superstar boasting, among other things, two ironman triathlons and at least one sub 2.50 marathon along with Robert Boyce, who although having a short running history had prepared himself well with three more 50k + runs than I had done.

Despite being in better prepared and better credentialed company, I strangely have always felt confident that if I did the training program outlined on the Comrades web-site, I would finish the race within eleven hours.

## Victorian Masters Athletics Inc.

Office: 2/16 Barkly Street, Ringwood, 3134

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<b>Committee</b>	Graeme Rose	9836 2350	71 Union Road Surrey Hills 3127 grarose@yahoo.com
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<b>Mailing Officer</b>	Colin Browne	9874-2501	colinbrowne@optusnet.com.au

## 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 - 2pm Every Second Sunday - Different venue	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	Stan Belcher	79 Sanctuary Lakes South Bvd Point Cook 3030	9395 2045
Caulfield	Peter McGrath	13 Bales Street Mount Waverley 3149 <a href="mailto:pjmcgrath@netspace.net.au">pjmcgrath@netspace.net.au</a>	9807 5656
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Throwers	Graeme Rose	71 Union Road Surrey Hills 3127 <a href="mailto:grarose@yahoo.com">grarose@yahoo.com</a>	9836 2350

### Reference Websites

[www.vicnet.net.au/~vicvets/](http://www.vicnet.net.au/~vicvets/)  
[www.users.bigpond.com/judynden/atg](http://www.users.bigpond.com/judynden/atg)  
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[www.amg2005.com](http://www.amg2005.com)

**Victorian Masters Athletics**  
**VMA "Around the Grounds"**  
**Athletics Victoria**  
**Victorian Athletic League (Pros)**  
**Victorian Race Walking Club**  
**Athletics Australia**  
**International Ass. of Aths Federation**  
**Australian T&F Coaches Assn**  
**Int. Marathons & Road Races**  
**Aust. Ultra Runners' Assn**  
**Best Australian Runners Site**  
**Aust Mountain Running Association**  
**Australia's Runner's World**  
**ACTVAC and others**  
**Qld Masters Athletics Association**  
**Sth Australia Masters Athletics**  
**WA Masters Athletics Club**  
**Alice Springs Masters Games**  
**San Sebastian 2005 WMA Championships**  
**2006 WMA Championships Non-Stadia**  
**World Masters Athletics (WMA)**  
**Masters Track & Field Magazine**  
**"The" Masters Track & Field Site**  
**Pan Pacific Masters Games Gold Coast**  
**Masters Athletics Monthly**  
**Victorian Road Runners**  
**European Veterans Athletic Association**  
**EAA European Athletic Association**  
**British Masters Athletic Federation**  
**Sports Dialog Digest Archive**  
**Yahoo! Groups: vicmasters**  
**Melbourne University Athletics Club**  
**For Masters Athletes by Masters Athletes**  
**IAAF World Championships- Helsinki 2005**  
**Adelaide Masters Game - Adelaide**

### Venue's Noticeboard

A section has been added to the Victorian Masters Athletics website marked Venue's Noticeboard. ([www.vicnet.net.au/~vicvets/](http://www.vicnet.net.au/~vicvets/)). This will be another way to communicate venue events to the other members of the club who may not frequent a particular venue very often and can make announcements much quicker than Around The Grounds or News & Results. To get your information published, send the details to Gordon Stephen and he will post it on thenoticeboard. To make it easier for him please present it in the form so that he only has to copy/paste it onto the site without editing.

### Minutes of VMA Committee Meeting Held on 20th June 2005

Rob Waters confirmed David Mather as Secretary and welcomed Russ Oakley on to the Committee.

#### CLUB CAPTAIN'S REPORT:

David Sheehan reported a pat on the back for Aberfeldie for successful running of the 10km run.

Comment that the course for the 10km Cross Country at Collingwood was well set up and event well conducted.

It was decided that venues should be advised again that club uniform MUST be worn for championship events.

It was suggested that we look after our own runners re the Half Marathon on 4 September.

David Sheehan has booked Hawthorn Reception for dinner dance on 18 November.

#### GENERAL BUSINESS:

Two motions will be forwarded to AMA:

1. That the 5000 metres track walk be replaced by 3000 track walk.
2. That the current distance road walks be replaced by 20,000 metres and 10,000 metres road walks for both men and women in all age divisions. These events are to be held concurrently and competitors are only eligible to enter one event.

Recommendations from VRWC for race walking records will be adopted and will be forwarded to AMA. The minimum number of judges should be four, with qualifications or at least experienced.

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### Minutes of VMA Committee Meeting Held on 11th July 2005

#### CLUB CAPTAIN'S REPORT:

Team competed in Sandown Relay 4x6.2Km last Saturday 9/6/05

#### GENERAL BUSINESS:

Alan Lucas has spoken to Ian U'Ren re Knox availability for AGM 2005 to be held in conjunction with a competition day, eg 3000m record attempt. Suggested February or April am, or sometime between Vic. Championships or Nationals.

Graeme Rose reported the AMA council would be held in Melbourne, October.

Suggestions to be included in handbook:

- Seating to be provided at jumps and throws.
- Adequate warm up time for both events
- Option for call room for nationals to be discussed
- Age groups to be denoted by specific colour coding on competition numbers.
- Rethink qualifying for Champion of Champions event
- Consider each state to have a team captain.

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### WARMING UP

*Source: Knudson, D., Bennett, K., Corn, R., Leick, D., and Smith, C, Acute Effects of Stretching Are Not Evident in the Kinematics of the Vertical Jump, JSCR Vol. 15(1), 2001, p. 98-101.*

#### Is warming-up More Important Than Stretching Before Physical Activity?

It almost goes without saying that athletes should stretch before playing or working out. But, a surprising amount of new research is questioning that belief and challenging the notion that stretching is effective in improving performance. Surprisingly, there is little scientific evidence that supports the performance benefits theory of stretching. In fact, recent research has begun to demonstrate that stretching prior to physical activity actually decreases performance.

Researchers at California State University, Chico observed the effects stretching had on vertical jump technique and performance. After a 3 minute warm-up on a stationary bike, one half the subjects rested while the other half performed a series of stretches. Results indicated that over half the subjects in the stretching group decreased jumping performance following stretching. The researchers note that decreasing muscle stiffness is primarily related to increased muscle temperature and not the effect of stretching. Furthermore, stretching during the warm-up period for dynamic physical activity may be counterproductive to vertical jump performance. It was concluded that warming up the muscles prior to activity was more beneficial than stretching before activity.

## Fitness takes six minutes a week

By Peter Zimonjic - London - Telegraph

Article in The Age of 7<sup>th</sup> June 2005

Just six minutes of intense exercise a week does as much to improve a person's fitness as a regime of six hours, a study says.

Moderately healthy men and women could cut their workouts from two hours a day, three times a week, to just two minutes a day and still achieve the same results, claim medical researchers.

The two-minute workout requires cycling furiously on a stationary bike in four 30-second bursts. Professor Martin Gibala, the author of the study, said: "The whole excuse that 'I don't have enough time to exercise' is directly challenged by these findings. This has the potential to change the way we think about keeping fit.

"We have shown that a person can get the same benefits in fitness and health in a much shorter period if they are willing to endure the discomfort of high-intensity activity."

The study, published in this month's Journal of Applied Physiology, involved 23 men and women aged between 25 and 35 who were tested to see how long it took them to cycle 30 kilometres.

The subjects, who all did some form of regular moderate exercise, were then given varying exercise programs three times a week.

The first group cycled for two hours a day at a moderate pace. The second group biked harder for 10 minutes a day in 60-second bursts. The last group cycled at an intense sprint for two minutes in 30-second bursts, with four minutes of rest in between each sprint.

At the end of the two weeks each of the three groups was asked to repeat the 30-kilometre cycling test. Every subject was found to have improved to the same degree. More tests showed that the rate at which the subjects' muscles were able to absorb oxygen also improved to the same level.

The key findings in terms of overall health showed that the two-minute workout produced the same muscle enzymes - essential for the prevention of type 2 diabetes - as riding 10 times as long. This was significant in the light of growing levels of unfitness.

Professor Gibala, of the health department of McMaster University in Ontario, Canada, said: "We thought there would be benefits but we did not expect them to be this obvious. It shows how effective short intense exercise can be."

Jonathan Edwards, the Olympic triple-jump gold medallist, said: "Everyone seems to be short of time. If people could get fit in a much quicker period I am sure that would encourage more people to do it."

## Piling on the years and still picking up speed

Weekend Australian of 20th June 2005 - By Judy Wines

A WORLD record at the Masters Games? It might not be as unlikely as it sounds. Older athletes are getting faster and fitter according to two new studies.

Peter Joki, an orthopedic expert at Yale University School of Medicine, and a team of researchers have found that runners aged 50 and over are speeding up more rapidly than younger people.

The researchers, whose results appear in the British Medical Journal, analyzed the finishing times of all 415,000 runners in the New York Marathon between 1983 and 1999 and discovered that finishers from the older age groups showed the greatest increases in speed.

Women aged 60 to 68 improved most markedly, running an average four minutes quicker each year. Men of the same age ran just over one minute faster than previously.

A second study has proved older athletes are capable of the same degree of physical improvement as those in their 20s or 30s.

Kerry Stewart, a clinical exercise physiologist, at the Johns Hopkins School of Medicine in Baltimore, analyzed a group of athletes over the age of 55 and found they experienced the same improvements in muscle strength, oxygen consumption and other physiological parameters as did younger people.

Professor Joki said his results showed someone could "maintain a very high performance into the sixth or seventh decade of life".

He said it added weight to the theory that "people grow weaker not simply because of age but because they don't use their muscles as much as they did" when they were younger.

"Twenty-five years ago few 60-year old men, and fewer women, or their doctors, would have considered it possible for someone of that age to run 26 miles (42km)".

He believes the faster times can be put down to cultural change and a growing population of older people willing to attempt intense exercise.

Professor Joki said he believed veteran athletes would continue to improve over time as they tried new training techniques and as races for their age group become more competitive.

### VMA Road Walking Championships Albert Park - Saturday 30th July 2005

The Victorian Race Walking Club played host to the Victorian Masters as they hosted their annual Victorian road walking championships. In a day of exceptionally high standard racing, Andrew Jamieson stood out - his time of 46:32 took nearly one minute off his current Australian M55 record which stands at 47:30.1. As Andrew is now 59, he is actually improving with age! That's pretty fantastic.

10 km Men		Actual	%	Adjusted
M45	Mark Donahoo	47.49	87.70	43.22
M50	Colin Heywood	47.50	90.45	42.03
M50	John Bunker	53.45	83.22	45.42
M50	Tony Doran	62.11	70.15	54.13
M55	Andrew Jamieson	46.32	99.64	38.10
M55	Alan Lucas	55.24	82.19	46.17
M55	Russ Dickenson	55.37	83.37	45.37
M55	Robin Wood	68.17	65.51	58.04
M65	Murray Dickenson	55.22	89.71	42.24
M65	Tony Johnson	57.57	84.82	44.51
M65	Ian Beaumont	DQ		

5 km Men		Actual	%	Adjusted
M70	Gordon Onley	DQ		
M75	Gordon Gourlay	35.36	76.18	23.57
M80	Jim Sinclair	DQ		

5 km Women		Actual	%	Adjusted
W40	Annette Major	26.26	83.70	24.14
W45	Carmel Drennan	30.09	75.15	27.00
W50	Alison Thompson	27.17	87.41	23.12
W50	Marlene Gourlay	28.38	84.04	24.08
W50	Janet Holmes	29.19	81.35	24.56
W55	Heather Carr	26.56	91.11	22.16
W55	Liz Feldman	28.21	87.29	23.14
W55	Celia Johnson	30.40	81.48	24.54
W60	Gwen Steed	31.36	84.08	24.07
W60	Heidi Engel	DQ		
W65	Margaret Beaumont	36.31	76.08	26.40
W65	Shirley Coppock	39.18	72.38	28.01
W70	Pam Mews	48.31	59.33	34.11

In the above list there are 16 elite athletes (including 3 world record holders) and if we add in Trevor Mayhew and Brenda Riley and a couple of others such as Paul Kennedy, Ross Reid and Willi Sawall then the overall standard of walking in Victoria is remarkably high and must rank very close to the top of world standard for one club.

### AMA WINTER THROWING CHAMPIONSHIPS

The 10th AMA Winter Throwing Championships will be held in Canberra on the long weekend of October 1 -3, 2005 at the Masson St throwing grounds, Turner, ACT.

A Commemorative Medal will be issued to all participants. Additionally each participant will receive a Record of Achievement Certificate detailing results. This procedure will replace giving medals to placegetters and reduce entry costs.

The Championship convenor and contact is Ray Green 02 6231 6712, email c/o [sharon.gibbins@telstra.com](mailto:sharon.gibbins@telstra.com). The event is conducted on behalf of AMA Inc. by the ACT Veterans Athletic Club Inc.

#### PROGRAM

Saturday Oct 1st 11:00am - Hammer, Shot, Discus

Sunday Oct 2nd 9.30am - Weight Pentathlon, Barbeque 7pm.

Monday Oct 3rd 9.00am - Javelin, Weights, Heavy Weight Pentathlon, 56lb, 100lb Weights

Send this section.

#### ENTRY FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

Age group: \_\_\_\_\_ DOB: \_\_\_\_\_ Club: \_\_\_\_\_

FEES	AMA Inc fee - compulsory	\$5	\$5
	Weight Pentathlon	\$6	_____
	Hammer	\$3	_____
	Discus	\$3	_____
	Javelin	\$3	_____
	Shot Put	\$3	_____
	Heavy Weight	\$3	_____
	Heavy Weight Pentathlon	\$6	_____
	56lb Super Heavy Weight	\$3	_____
	100lb Super Heavy Weight	\$3	_____
	BBQ per person	\$12	_____
	T-shirt	\$20	_____
	T-Shirt size: XXL, XL, L, M		_____
	Sloppy Joe	\$25	_____
	Sloppy Joe size: XXL, XL, L, M		_____

TOTAL: \_\_\_\_\_

Make cheques payable to ACT Veterans Athletic Club Inc.

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34 Urambi Village,  
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## Born To Run

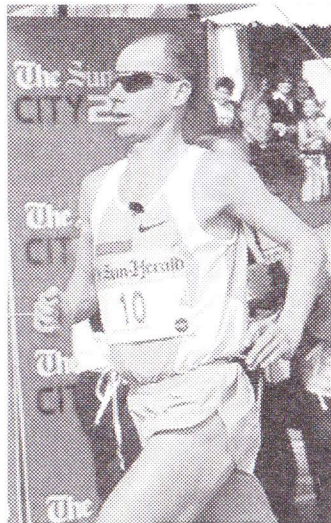
*What motivates people to run and enter events such as The Age Run to the G? Len Johnson asks professional runner Steve Moneghetti. (Article in the Age of 10<sup>th</sup> April 2005)*

Steve Moneghetti cannot foresee a time when he will not be running.

"It's something I'm good at, something that's natural, so it's a natural form of exercise for me to do."

Within his running, Moneghetti also likes to have goals. That is why he still runs events like the Age Run to the G. It is a goal to work towards, a motivation to get out the door.

May will be a busy month for the marathon man. Moneghetti is running the SMH half-marathon, the Run to the 'G' and the Great Ocean Road marathon.



"There's no doubt I have more direction and more focus in my own running if I'm working to something," Moneghetti said

"Knowing that in May I'm going to run a half marathon, a marathon and a 10k in close succession - then I'm going to be doing some long running (to prepare)."

Moneghetti reckons the same thing works for mere mortals, too. "It helps having a goal you're striving to," he said.

Moneghetti "retired" after the Sydney Olympic Games marathon, but it has really been a gradual withdrawal from some elements of the sport rather than a conventional retirement.

No Olympics, Commonwealth Games or world championships, but he did do two more cross-country championships and he still does plenty of "fun runs" - and wins plenty, too.

Moneghetti says he is really just running to his limits, like many other participants at all levels. It is just that running as hard as he can on the day results in a win, or a high placing.

"Wouldn't everyone be running competitively within their own limitations?" he asks. "I expect everyone runs as hard as I do, it's just that my 'hard' has me up the front."

"I don't expect to win those races, I just expect to run to the limit of what I can do in my current state of fitness."

Moneghetti said that the public still expected him to win events, which made it increasingly hard for him to deliver on expectations. He expects he will cut down on the number of races he runs as his fitness drops away. Other elements in his life will eventually compromise his running.

Until then, Moneghetti says, there is still much to enjoy. He ran last year's 'Run to the G' with Lee Troop, whom he coaches, the pair running hard and fast together until the last few hundred metres.

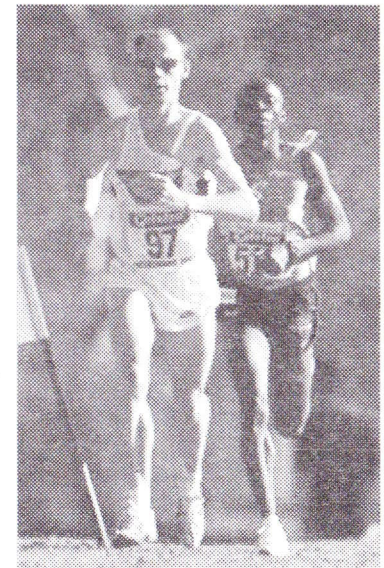
Moneghetti says he enjoys the atmosphere around runs and races now far more than he was able to when winning was all to him.

"I get to enjoy the event rather than run in it expecting to win and using it as a lead-in race to championships."

"This way I run and enjoy the atmosphere around the event - the lead-up, the post-event and the presentation. I never used to enjoy that because I expected to win. Now I can enjoy the events around the actual run."

With the Run to the 'G', there is the added hook that the stadium will be staging the Commonwealth Games less than a year later.

Moneghetti says it is a "lovely link" for him because of his previous Commonwealth Games associations and for the general public too.



## Fitness Gamble Pays Off

*Articles from Mordialloc-Chelsea Leader - 8th August 2005 - by Katie Hyder*

Eddie Gamble doesn't much look like a world record-holding athlete. But then, appearances can be deceiving - Eddie doesn't look like he just turned 90 either.

To celebrate his birthday, Eddie set about smashing a few more Australian records. Earlier this month he became the fastest 90-year-old Australian to run 5km, completing his run in 41 minutes 36 seconds.

On the same run he set an Australian record for the 3km run (24 minutes, 28 seconds), and a world record for the one-mile run (1.6km): 12 minutes, 49 seconds.

At an age when most are enjoying a well-earned rest, Eddie has found himself uniquely positioned to excel.

"Not many people are still running at 90," the Sandringham resident said.

"In the Australian Veterans Association, no one (aged 90 plus) has ever run the 5km - it was an Australian record waiting to be taken off the shelf."

Eddie's latest achievements are not his first records.

At the age of 85 he set the world record for the 2000m steeplechase in the 85-90 age group. He still has scars on his shins that show where his legs dragged over the last few fences towards the end of the race.

He was also part of the team of four to set the world record for the 800m relay in the 70-75 age group.

"I wouldn't say I've been a brilliant runner in my lifetime, but I've had a lot of success," Eddie said. "It seems to come your way if you keep trying."

Eddie has been trying for a long time. "I've been running for right on 70 years."

He started at the age of 20 and by his 30s he was in a daily exercise routine.

"I used to run every day then. I used to get up every morning and go for a run and a swim in the bay," he said.

All this before going to work.

Born in Canada, Eddie came to Australia in 1928, aged 13.

He spent the early part of his career working in factories, including a munitions factory and the an aircraft factory in Port Melbourne during World War II.

When the war ended he got a job in a solicitor's office in the city. He worked in law for 30 years, including 20 years at the one firm, officially as a law clerk but in reality performing solicitor's duties. When he retired, aged 67, Eddie gave up his early-morning swims, opting instead for a slightly more relaxed schedule.

Relaxed for Eddie, that is. His routine would still leave many less than half his age exhausted.

"I run about 3 or 4km every other day at least and the days that I don't run I go through a pretty vigorous workout with stretching and weightlifting and so on," he said. Eddie is a life member of the Malvern Athletic Club, after joining in 1937, and remains a founding member of the Victorian Veterans Athletic Club, recently renamed the Victorian Masters Athletic Club. He has strong ideas about keeping fit but he usually refrains from giving advice after seeing it often fall on deaf ears.

But he did offer one home truth. "There's a little saying that goes 'sweat through vigour is the only way to physical fitness' - there are no shortcuts."

"Sometimes I do my weights at nights; I'd rather sit inside but I just make myself."

"You have to discipline yourself to do things."

It is this discipline that has kept Eddie in top condition almost all his life.

"I remember running along the beach - it must have been at least 10 years ago, I had grey hair - this woman on the footpath yelled out 'you'll have a heart attack, man'," he said.

"It made me smile because it's just the opposite ... at the time I thought 'I wonder who will have the heart attack'."

Despite his outstanding achievements, Eddie admitted he had lost some of his form.

"Since I was 85 I've found I've slowed down a lot, you sort of get a bit wobbly in the legs," he said.

"You slow down without wanting to at this age."

"I just kept training because our coach down there said 'just keep going - when you get to 90 there are all sorts of records'."

So what's next for Eddie Gamble?

Taking it easy might seem a good idea, but you have to wonder whether Eddie has it in him to ease up.

"I haven't let up all my life," he said.

"I'll just continue as I've been doing - I don't want to stop and fall in a hole."



## Change The Hurdles

By Al Sheahan - National Masters News of July 2005.

At long last, it's finally time to bring some common sense to the hurdles. We should scrap the confusing 80/100/110 hurdle settings and go to one 110-meter race for men and one 100-meter race for women - just like in open competition. We should leave all spacings at the open settings for both men and women and keep lower masters hurdle heights.

The current rules require three different spacings for women and four for men. Seven different hurdle spacings is a meet director's nightmare.

At a recent local meet, the short hurdle event was delayed by more than a half-hour while dedicated but confused officials struggled to figure the right spacings.

They didn't get it right. Some hurdlers, stiffening up in the long wait, walked away in frustration. At least one hurdler crashed into a mismarked hurdle.

Indeed, some masters meet directors - and all Senior Games meets - refuse to even hold the short hurdle event. It is confusing to athletes, spectators, and meet directors, even in some big meets.

It takes endless time to set up properly. One result is a lack of competitors in the event.

For 30 years, we have tried to fine tune the event so hurdlers could take three steps between each hurdle. But why? Only the elite hurdlers can manage three steps, even as the spacings are now.

Most hurdlers do four or five steps between the barriers. And hurdlers have to re-learn the event every 10 years when the spacings change.

"For every hurdler who gains an advantage from the shortened spacing between hurdles, there is another hurdler - perhaps taller and long-legged - who has to adapt to the shorter spacings and chop their stride pattern to make it fit," wrote meet director Jeff Brower in these pages two years ago.

"It doesn't take a rocket scientist to watch masters events and see that the majority of hurdlers over 50 (and many under 50) don't three-step this event."

We should throw out the 80-meter race. As Brower wrote: "We have marathoners in their 80s and older, so there is no argument to support the need for a shorter hurdles race."

Brower concluded: "It is inconceivable to me that an event was created that requires markings not found on a USATF track. Meet directors will be able to set up the hurdles very easily, since markings are already on the track."

To sum up, we should just leave the spacings alone. All men run the same distance - 110 meters. All women run the same distance - 100 meters.

## Change The Hurdles (cont.)

The open spacings are 9.14m for men and 8.50m for women. Hurdlers can adjust their stride patterns as they age in their own individual way. All the meet director has to do is adjust the hurdle heights as is done now.

The WMA Stadia Committee - led by Rex Harvey of the USA - will meet next month in San Sebastian, Spain, to consider rules changes. You can let Harvey know how you feel by writing him at rexjh@aol.com. Send a copy to NMN, and we'll publish your letters on the subject next month.



Murray Dickinson and Alan Lucas (Right)  
VMA Road Walking Championships



Fred Bichsel (Aus) left, Osmo Millridge (Aus)  
and Wallace Opperman (NZ) in men's over  
65s steeplechase at the Masters Games  
in Melbourne tackle the water jump

### Oceania Association of Master Athletes

13th Track & Field Championships  
Christchurch New Zealand 14th to 21st January 2006

Entries close 10th December 2005

Entries to be sent to: Championships Secretary, PO Box 12256,  
Beckenham, Christchurch NZ

Enquiries: Phone +64 3 980 2457 Email: bkjago@paradise.net.nz

**No late entries will be accepted**

## TO ALL THE KIDS WHO SURVIVED the 1930's 40's, 50's, 60's and 70's!!

First, we survived being born to mothers who smoked and/or drank while they carried us.

They took aspirin, ate blue cheese dressing, tuna from a can, and didn't get tested for diabetes.

Then after that trauma, our baby cribs were covered with bright coloured lead-based paints.

We had no child proof lids on medicine bottles, doors or cabinets and when we rode our bikes, we had no helmets, not to mention, the risks we took hitchhiking.

As children, we would ride in cars with no seat belts or air bags. Riding in the back of a pick up on a warm day was always a special treat.

We drank water from the garden hose and NOT from a bottle.

We shared one soft drink with four friends, from one bottle and NO ONE actually died from this.

We ate cupcakes, white bread and real butter and drank soda pop with sugar in it, but we weren't overweight because WE WERE ALWAYS OUTSIDE PLAYING!

We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one was able to reach us all day. And we were O.K.

We would spend hours building our go-carts out of scraps and then ride down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem.

We did not have Playstations, Nintendo's, X-boxes, no video games at all, no 99 channels on cable, no video tape movies, no surround sound, no cell phones, no personal computers, no Internet or Internet chat rooms. WE HAD FRIENDS and we went outside and found them!

We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents.

We ate worms and mud pies made from dirt, and the worms did not live in us forever.

*Continued next page*

## TO ALL THE KIDS WHO SURVIVED the 1930's 40's, 50's, 60's and 70's!! (cont.)

We were given BB guns for our 10th birthdays, made up games with sticks and tennis balls and although we were told it would happen, we did not put out very many eyes.

We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just walked in and talked to them!

Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that!!

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law!

This generation has produced some of the best risk-takers, problem solvers and inventors ever!

The past 50 years have been an explosion of innovation and new ideas. We had freedom, failure, success and responsibility, and we learned HOW TO DEAL WITH IT ALL!

And YOU are one of them! CONGRATULATIONS!

You might want to share this with others who have had the luck to grow as kids, before the lawyers and the government regulated our lives for our own good. And while you are at it, give a copy to your kids so they will know how brave their parents were.

Kind of makes you want to run through the house with scissors, doesn't it?!

---

### Be coached by GEORGE ABER

Distance running coach level 3 (pending).

George will coach runners in middle distance and long distance running from 800m to the marathon.

He has 50 years practical experience in running, he was trained by Lydiard and has been coaching for 32 years.

He lives at Cockatoo and is happy to come to any of the eastern venues.

He is available most days. Contact him on 5968 0244 or mobile 0410 154 044.

**ERIC GREAVES MEMORIAL 10K  
INCORPORATING VMA 10K ROAD CHAMPIONSHIP**

Sunday 17 July 2005 saw the 7<sup>th</sup> running of the Eric Greaves Memorial 10km road race at Braeside Park, a combined VMA and Victorian Cross Country League event. Despite rain overnight, the day dawned clear and conditions were near ideal for distance running.

A total of 65 masters competed in the 10km event with a further 25 runners/walkers competing by invitation in 1 or 2 laps. There were also approx 70 VCCL members in their event.

First master home was Dragan Isailovic (M40) in a fine time of 34.56 from Mal Grimmer (M35) in 36.58 and Mario Muscara (M40) in 37.03. Stacey Van Dueren (F45) led the females home in good time of 39.32 from Kate Weeks (F35) in 39.52. The closest tussle of the day was in the M70 division where Bill Page (50.10) edged out Tom Davison (50.14)

The Eric Greaves Memorial trophy for the most outstanding performance, based on age graded %, was won for the second year running by Ted Paulin (M65) with 87.54%.

It was great to welcome Eric's parents, Linda and Ted, sister Marilyn and her husband Barry and niece Jacqui who, along with Wendy, presented the memorial medals to all placegetters.

Such an event requires a number of officials/helpers and again the masters came to the fore. Particular thanks go to Mick Colgan, Lyn Arnel, Tony and Celia Johnson, Tony Doran, Peter McGrath, Ted McCoy, Pete Battrick, Lou Buccieri, Beryl Sinclair, Tony McGarrigle, Jim Smith and Trevor Jupp. Our starter was Kevin Onley, a long time mate of Eric. My apologies to anyone I have overlooked. A special mention should be made of Ted McCoy who so capably the first 6 events and has left detailed instructions for me and any future organisers to follow. We are also grateful to the rangers at Braeside Park for the co-operation in allowing the event to take place.

*Alan Bennie*

**"Eric Greaves Memorial" 10km Road Race (& VCCL)**

**Braeside Park, Mentone**

**Sunday 17th July 2005**

			Age	Time	AG%
F35	1	WEEKS Kate	41	39.52	78.94
F45	1	VAN DUEREN Stacey	47	39.32	83.68
	2	ALEXANDER Jenny	47	44.04	75.12
	3	McPHERSON Anne	48	44.19	75.41
	4	THOMPSON Lyn	49	47.29	71.33
	5	STANLEY Helen	49	47.57	70.64
F60	1	PETRIE Lavinia	61	45.42	83.22
F65	1	DAVISON Judy	68	60.06	68.90
F75	1	DE GROOT Corrie	77	63.47	74.60
M30	1	VELLIN Mark	31	38.05	70.83
	2	SELLICK Will	33	40.03	67.34
	3	ADSHHEAD Dan	32	46.11	58.40
M35	1	GRIMMETT Mal	39	36.58	74.86
	2	SPEIGHT Russell	38	37.59	72.34
	3	BURTON Dave	37	41.28	65.81
	4	COMWAY John	38	50.27	54.47
M40	1	ISAILOVIC Dragan	44	34.56	82.12
	2	MUSCARA Mario	43	37.03	76.86
	3	GREY Quentin	44	37.26	76.64
	4	BOYLEN Chris	41	40.59	68.49
M45	1	VAN DUEREN Philip	46	39.13	74.26
	2	MURPHY Chris	47	40.17	72.85
	3	CAMPISI Joseph	48	43.02	68.72
	4	BROWN Chris	49	43.58	67.78
	5	REGHENZENI Steven	46	53.04	54.85
M50	1	SMITH Allan	50	38.31	77.98
	2	STEWART Ernie	54	39.41	78.23
	3	CLUTTERBUCK Rob	52	42.38	71.61
	4	PAUL Graeme	51	43.13	70.07
	5	U'REN Ian	54	44.01	71.69
	6	ELLIOTT Jeff	54	45.08	71.69
	7	ORR Ian	54	45.36	68.08
	8	BUCCIERI Lou	50	46.30	64.59

**"Eric Greaves Memorial" (cont.)**

			Age	Time	AG%
M55	1	TWINING Paul	55	38.32	81.24
	2	BENCE Peter	55	39.11	79.89
	3	SENIOR Ken	59	40.51	79.44
	4	BENNIE Alan	58	41.05	78.27
	5	STEWART Gary	59	41.12	78.76
	6	LEDDIN Bernie	57	41.39	76.51
	7	JONES Murray	58	44.10	72.81
	8	HUTCHISON Murray	56	44.15	71.38
	9	HENDERSON Bob	58	44.42	71.94
	10	HAWKSWORTH Trevor	58	45.14	71.09
	11	REES Howard	57	47.06	67.66
	12	WATERS Rob	59	47.13	68.73
	13	OXENHAM Lindsay	55	49.24	63.37
	14	GALLAGHER Tom	56	50.53	62.07
	15	HALLETT Len	56	51.54	60.86
M60	1	LOCKE David	63	41.15	81.79
	2	CARMONA Gabriel	62	42.07	79.31
	3	LOVEJOY Greg	63	42.29	79.42
	4	PHILPOTT Graham	62	44.27	75.14
	5	IRWIN Alan	63	45.29	74.18
	6	MULLINS Paul	64	48.41	70.01
M65	1	PAULIN Ted	67	40.13	87.54
	2	BROOKS Barry	65	41.46	82.43
	3	MEE Brian	67	43.53	80.22
	4	PEREZ Juan	66	47.38	73.09
	5	HARBERT Ray	66	49.35	70.21
	6	HOWES John	69	52.17	68.89
M70 1	1	PAGE Bill	74	50.10	76.50
	2	DAVISON Tom	72	50.14	74.41
	3	JENNINGS Roy	72	55.07	67.82
M75	1	O'BRIEN Vin	77	52.47	75.95
M80	1	GERLACH Vern	80	64.12	65.45

**Most Outstanding Performance Memorial Trophy**

Winner	Age	Time	AG%
PAULIN Ted	67	40.13	87.54

AG% = Age Graded Percentage

Continued next page

**"Eric Greaves Memorial" (cont.)**

		Age	Time
<b>5.278 km run</b>			
1	IRVINE Bill	57	24.44
2	DODSON David	46	24.52
3	LITTLE Ron	62	27.14
4	TREGEAR Ian	55	27.39
5	KEMP Ray	77	28.06
6	DAVIN Michael	55	28.41
7	McRAE Chas	72	30.04
8	PETROFF Doug	63	30.05
9	BLANCHFIELD Gerry	62	33.15
10	HEFFERNAN Michael	70	36.37
11	MORREY Ben	76	37.15
12	SINCLAIR Jim	80	38.21

		Age	Time
<b>5.278 km walk</b>			
1	JOHNSON Celia	57	33.49
2	GOURLAY Gordon	76	38.48
3	PETROFF Marlene	63	41.47
4	WADSLEY Rod	53	41.49
5	PIERCY Andrew	55	42.42
6	HOWES Margaret	68	46.02
7	BROWN Roland	64	46.04
8	ENGEL Heidi	63	48.44

**Norfolk Island Athletics Carnival**

November 2005

P.O Box 565

Norfolk Island 2899

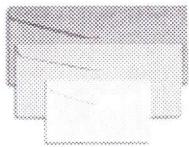
Email enquiries to [athletics@norfolk.nf](mailto:athletics@norfolk.nf)Entries close 15<sup>th</sup> October 2005

**Entries received after this date will incur a late entry fee of \$50**  
**No entries will be accepted after 1<sup>st</sup> November**

**Major Events**

Sunday 4 September 2005 VMA Half Marathon (in AV ½ marathon)  
 - 8:00am, The Boulevard, Burnley

Sunday 9 October 2005 VMA Marathon (in with Melbourne Marathon)  
 - 8:00am, Frankston to Melbourne



Dear Editor,

Please find enclosed a copy of an article from the American Masters News about Hurdles. It seems to me to be a very good summary of the present state of things here as well. When one only hurdles in competition for only once in our year it is easy not to include it in your list of events and is also hardly fair on the supervisors. Making the change suggested would save a lot of time in the championships, and might even encourage managers to try a few races at their local meetings.

I hope however that most athletes will support this suggested way of tackling the problem and I do not think dedicated hurdlers will object to this simplification.

*Sydney Elks.*

Mt. Eliza, Victoria.

Hi Col (Colin Browne)

Thought you might be interested in a quick update from the other side of the world although doubtless you're following everything on the Internet.

Generally the news this end is varied. June (Reeves) won the silver in the 100 today, running 14.57, which breaks the Victorian record held by Jan Morrey. Missed the start, as usual, but ran absolutely brilliantly.

So far as my own situation is concerned, go to the opposite end of the scale. As you probably know, I've had all sorts of trouble with my back. Ultimately I actually ran in the heats of the hurdles yesterday but finished second-last, running

52.8, which was more than 5.0 outside my previous PW. The final today was won in 46.34, which I have bettered in three of my seven runs in the age-group, so sitting in the stand was a little disappointing, to say the least. I'm not saying I would have won, but I've beaten the runner-up each time we've met (he's a Kiwi) and haven't raced the winner. Still, it's about being right on the day, and I'm a long, long way off.

I think Australia has five gold medals to date and quite a lot of silvers. Of the others you'd know, Sonya Pollard finished about fifth in her 100 heat, Allan Wood last in everything and Dawn Hartigan won the pole vault. Keith Howden got to the semis in the 100 but finished about fifth. Fred O'Connor and Marge Allison won their long hurdles and Ann Cooper the 100.

San Sebastian is a beautiful place and the Championships are quite well run, so apart from being off my game and having had my pocket picked on the way to the track today, it's been reasonably okay. I didn't lose much (just a nice pair of earrings I'd bought to give June as a good luck token) but it gives you the shits (pardon my Spanish). One of the team managers lost her mobile phone and some other stuff today and another of the guys had his wallet taken the first day.

Hope you're well and running better than me. You can pass on the June news to any of the others you come across. I think she'll go all right in the 200 too, but we'll worry about that when it comes along.

I'll probably line up in the 800 heat on Sunday if I can walk -- I just hope somebody drops breadcrumbs so I know which way they've gone.

Just as an indication of the standard here, the M45 100 today was won in 10.73.

Hope you're fit and to catch up sometime. Say hi to Dot.

*Richard Trembath*

Doncaster Venue

Hi Col:

Amazed you haven't been able to get the results, as I have to say that overall the organisation here has been pretty good. The few minor hiccups, of course, but you'd have to be a nark to find a great deal of fault (apart from the pickpockets).

The latest update is that June won her 200 heat and semi today, running 30.52 in the latter to be second-fastest qualifier, behind Marge Allison, who ran 30.03. She is quite a way clear of the third girl (about 0.4 or 0.5) and has a great chance of another silver although I doubt she can beat Marge. Nevertheless, stranger things have happened, and she's there with a shot. She's running very well and, to my eye, looks lighter than I've ever seen her.

I ran the heats of the 800 today and finished fourth in a field of 13 after leading for the first 600 or so metres. I couldn't believe how slowly they allowed me to go, and normally I should have been able to zip home and beat them, but apparently one has to train for 800s at world level. I ran the first 600 in 1.59 (as opposed to 1.42 at Doncaster a few weeks ago) then could only get home in 37 for a 2:36, which I should be able to do in my sleep. I really can't imagine what the blokes behind me were doing competing in a World

Championship.

Of the others you'd know, Dawn Hartigan has two golds, in the pole vault and Javelin, while Keith Howden pulled up injured after the 200 semis having "looked the goods" at the halfway. He didn't qualify and is only hoping to continue in the meeting. Heather Carr won the walk, while Sonya Pollard finished about fifth in her heat of the 200.

Just as an example of the standard, one of the semis of the M50 200 was won in 23.11, while in the M40 200 one guy ran 21.95 looking around.

By the way, June's 14.57 for the 100 was a Victorian record, breaking Jan Morrey's 14.60.

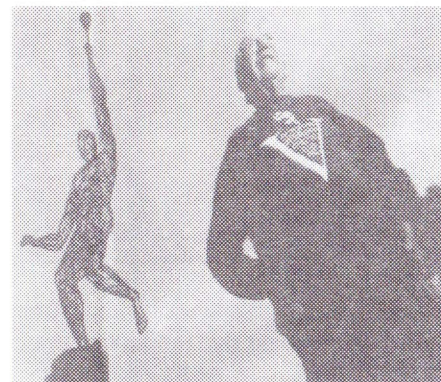
Hope to have some more good news in the near future.

Regards,

*Richard Trembath*

Doncaster Venue

**Note:** The San Sebastian results can be found at <http://www.world-masters-athletics.org/index.php>



Eddie Gamble: "Since I was 85 I've slowed down a bit."



Eddie Gamble breaking Australian Record M90+ 5km run

## She's 47 and a Star

Article in The Springvale Dandenong leader of 20 June 2005

DANDENONG's Christine Bridle has a refreshing outlook on life, thanks to her sport.

At 47, she is twice as active as most people half her age.

And she does not have any hang-ups about turning 50.

In fact, she said it would be good for her sport.

"I'll move into a new age division," she said with a chuckle.

"I hope I'm still competing because it gets easier in the new age groups."

Bridle is a member of Athletics Waverley and she recently returned from the Brisbane Australian Masters' Athletics Championships, with nine medals.

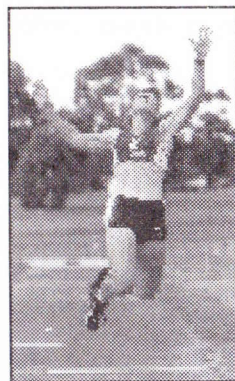


The sporting all-rounder won the women's 45-49 age group high jump, long jump, triple jump and pentathlon, placed second in the 400m hurdles, 4x400m relay and javelin and placed third in the 100m sprint and 4x100m relay.

She also competed in the shot put, discus, 200m sprint, 400m sprint and 80m hurdles.

It was, she admitted, a gruelling schedule.

"Not too many people do that sort of thing," she said. "But usually in the masters' championships I try to do as many events as I can."



Ms. Bridle returned to athletics four years ago after a 20-year hiatus.



She now trains twice a week on the track under coach Jennifer Baldwin and also hits the gym twice a week for strength training. "It's amazing how many older athletes are doing things like this these days."

## Results of 10 Mile Event at Princes Park Sunday 14 August 2005

Overall Place		Age	Place Group in age Group	Time
1	Dragan ISAILAVIC	M45	*	57.45
2	Peter FITZGERALD	M40	1	61.12
3	Mal GRIMMETT	M35	1	62.40
4	Colin HEYWOOD	M50	1	63.00
5	Alan SMITH	M50	2	63.13
6	Paul TWINING	M55	1	64.11
7	Dhanbir TAMANG	M40	2	64.16
8	Shane PETTINGILL	INV		64.36
9	Noel EASTWOOD	M30	1	64.56
10	Bruce RATTENBURY	M50	3	65.21
11	Ted PAULIN	M65	1	66.05
12	Phil TWINING	M45	1	66.08
13	Gary STEWART	M55	2	66.14
14	Alan BENNIE	M55	3	66.44
15	Ernie STEWART	M50	4	66.54
16	Robert DUNNING	M45	2	67.30
17	Frank PROWSE	M50	5	67.34
18	Rod NEALE	M45	3	67.49
19	Peter BENCE	M55	4	68.28
20	Peter SMART	M60	1	69.14
21	Paul BAN	M50	6	69.23
22	Graeme PAUL	M50	7	69.49
23	Gerry SOFIANOS	M55	5	70.29
24	John DANIEL	M55	6	70.34
25	Joe CAMPISI	M45	4	70.53
26	Gabriel CARMONA	M60	2	71.02
27	Anne McPHERSON	W45	1	71.16
28	Ralph BENNETT	M60	3	72.03
29	Murray JONES	M55	*	72.05
30	Jeffrey ELLIOTT	M50	*	75.16
31	Trevor HAWKSWORTH	M55	7	75.31
32	Andrew TUNNE	M45	5	75.40
33	Jenny ALEXANDER	W45	2	75.50
34	Glenn CLaidEN	M50	8	76.31
35	Murray HUTCHISON	M55	8	79.14
36	Rob WATERS	M55	9	80.28
37	Jim BATSAKIS	INV		82.25
38	Sonya McLENNAN	W50	1	82.42
39	Ray HARBERT	M65	2	83.14
40	Susan GAMBLE	W45	3	85.03
41	Bill PAGE	M70	1	85.51
42	Roy JENNINGS	M70	2	87.05
43	Merle WANT	W40	1	87.15
44	Michael GRAYLING	INV		93.23
45	Ron YOUNG	M70	3	93.24
46	John ZELeZNIKOW	M55	10	121.38

\* = No Uniform

**VICTORIAN MASTERS ATHLETICS**  
**2005 Pre World Games Meeting**  
**Doncaster - Sunday 7th August 2005**

**Women 100 Metre**

1	June Reeves	W60	DON	14.3
2	Amanda Mawson	W35	ABE	15.0
3	Kay Burnie	W53	DON	15.9
4	Gwen Davidson	W82	BUR	20.7
5	Margaret Prowse	W85	DON	35.4

**Women 200 Metre**

1	Amanda Mawson	W35	ABE	32.5
2	Margaret Prowse	W85	DON	1:16.8

**Women 400 Metre**

1	Amanda Mawson	W35	ABE	1:16.5
2	Margaret Prowse	W85	DON	3:00.8

**Women 5000 Metre Race Walk**

1	Heather Carr	W55	TOO	15:52.6
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**Women 300 Metre Hurdles**

1	June Reeves	W60	DON	1:00.7
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**Women 2000 Metre Steeplechase**

1	Kathy Heagney	W54	FRA	9:00.1
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**Women Long Jump**

1	Kay Burnie	W53	DON	3.65m
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**Women Shot Put**

1	Christine Schultz	W54	THR	11.36m
2	Rhonda Dundas	W60	THR	8.89m
3	Astrid Rose	W61	THR	6.86m
4	Gwen Davidson	W82	BUR	6.65m

**Women Discus Throw**

1	Christine Schultz	W54	THR	28.46m
2	Rhonda Dundas	W60	THR	20.82m
3	Gwen Davidson	W82	BUR	17.02m

**Women Hammer Throw**

1	Astrid Rose	W61	THR	30.43m
2	Christine Schultz	W54	THR	30.16m
3	Rhonda Dundas	W60	THR	28.71m

**Women Javelin Throw**

1	Christine Schultz	W54	THR	22.05m
2	Rhonda Dundas	W60	THR	20.16m
3	Astrid Rose	W61	THR	18.87m

**Women Weight Throw**

1	Rhonda Dundas	W60	THR	12.41m
2	Christine Schultz	W54	THR	11.81m
3	Astrid Rose	W61	THR	10.11m

Continued next page

**2005 Pre World Games Meeting**  
**Doncaster - Sunday 7th August 2005 (cont.)**

**Men 100 Metre**

1	Philip Rosevear	M55	DON	12.9
2	Andrew Artemiou	M35	ABE	13.2
3	Bennie Tancredi	M55	NON	13.4
4	Bill Carr	M56	TOO	13.7
5	Stephen Baird	M54	NON	14.0
6	Greg Champion	M50	DON	14.2
7	Ross Kent	M63	NON	14.2
8	Alexander Harris	M75	GEE	16.4
9	Doug Ramm	M70	ABE	16.7
10	Ron Smith	M55	NON	17.1
11	Gerry Heilmann	M81	KNO	18.0
12	Jim Sinclair	M80	NON	18.3
13	Edmund Stack	M71	BUR	18.6

**M35 200 Metre Sprint**

1	Mark Crawford	M46	DON	25.7
2	Sean Riordan	M37	BUR	26.0
3	Darren Arthur	M39	BUR	27.1
4	Philip Rosevear	M55	DON	28.0
5	Andrew Artemiou	M35	ABE	28.3
6	Bill Carr	M56	TOO	28.4
7	Ross Kent	M63	NON	28.5
8	Bennie Tancredi	M55	COL	29.3
9	Edmund Stack	M71	BUR	38.9
10	Jim Sinclair	M80	NON	40.9
11	Gerry Heilmann	M81	KNO	41.4

**Men 400 Metre**

1	Sean Riordan	M37	BUR	59.3
2	Ross Kent	M63	NON	1:03.5
3	Bill Carr	M56	TOO	1:06.0
4	Stephen Baird	M54	NON	1:06.3
5	Phil Curtain	M50	COB	1:21.3
6	Edmund Stack	M71	BUR	1:27.4
7	Alexander Harris	M75	GEE	1:31.8
8	Jim Sinclair	M80	NON	1:35.0

**Men 1500 Metre**

1	Anthony Scoleri	M37	ABE	4:43.7
2	Peter Bence	M55	CAU	4:57.8
3	Rob Waters	M59	ABE	6:03.9

**Men 5000 Metre**

1	Frank Prowse	M53	DON	18:54.0
2	Terry Jones	M47	DON	20:20.0
3	Peter Bence	M55	CAU	20:53.0
4	Rob Waters	M59	ABE	23:02.0
5	Peter Le Get	M71	KNO	24:15.0
6	John Peacock	M69	COL	24:35.0

Continued next page

**2005 Pre World Games Meeting  
Doncaster - Sunday 7th August 2005 (cont.)**

**Men 300 Metre Hurdles**

1	Richard Trembath	M63	DON	51.8
2	Doug Ramm	M70	ABE	1:07.6

**Men 2000 Metre Steeplechase**

1	Scott Chamberlain	M40	ABE	7:43.8
2	George Rennie	M63	COL	8:05.7

**Men Long Jump**

1	Anthony Scoleri	M37	ABE	4.62m
2	Greg Champion	M50	DON	4.44m
3	Sean Riordan	M37	BUR	4.22m
4	Andrew Artemiou	M35	ABE	3.80m
5	Gerry Heilmann	M81	KNO	3.28m
6	Doug Ramm	M70	ABE	2.96m

**Men Shot Put**

1	Graeme Rose	M61	THR	12.00m
2	Phil Curtain	M50	COB	9.59m
3	John Reynolds	M61	THR	9.58m

**Men Discus Throw**

1	Graeme Rose	M61	THR	39.45m
2	John Reynolds	M61	THR	33.08m
3	Phil Curtain	M50	COB	28.81m

**Men Hammer Throw**

1	Graeme Rose	M61	THR	44.43m
2	Ken Priestley	M67	MEN	37.88m
3	John Reynolds	M61	THR	36.13m

**Men Javelin Throw**

1	Graeme Rose	M61	THR	41.47m
2	John Reynolds	M61	THR	25.97m

**Men Weight Throw**

1	Graeme Rose	M61	THR	16.64m
2	John Reynolds	M61	THR	14.84m
3	Ken Priestley	M67	MEN	14.60m



Murray Dickinson and Alan Lucas (Right)  
VMA Road Walking Championships



Eddie Gamble at Dolomore Reserve Mentone

**'DANCING' THE COMRADES MARATHON** *(Cont. from page 1)*

The Comrades marathon began in South Africa in 1921 as a tribute to the fallen 'comrades' of World War One, and is a run just under 90 kilometres between Durban and Pietermaritzburg. It alternates each year between the two, with even years being the 'up' run and odd years (such as 2005) being the 'down' run. However the course is predominantly a series of ups and downs no matter which way you are running, with hardly any flat sections. The eleven hour cut-off was introduced in 1928, and was extended in 2003 to 12 hours (also in 2000, the millennium run) to allow for more finishers. I thought I wouldn't be a 'real' Comrades runner if I took advantage of the extra hour, so had always planned for a sub-eleven hour finish.

With the race on Thursday the 16<sup>th</sup> June, two days before the event novice international runners are given a bus tour over the course and taken to highlights such as the Comrades museum in Pietermaritzburg and the Comrades 'Wall of Honour' at the half way mark. The five 'Rampaging Rhinos' from 2002 managed to sneak onto a bus of mainly Japanese novice runners, with Peter, Ross, Steven and Jane finding their plaques inserted in the wall – it reminded me of a crematorium.

Another essential requirement, according to the experienced ones of our group, was to buy up as much 'Comrades memorabilia' as you can at the expo – t-shirts, shorts, hats, socks, towels, coffee cups, wine glasses .... all with the official Comrades logo. I did a pretty good job matching Peter Field's purchases and, among other things, have t-shirts for everyday of the week. My biggest coup was to get a photo with Comrades legend Bruce Fordyce, the only person to have won nine Comrades throughout the 1980s. I was hoping some of his magic would rub off when he also autographed a copy of his book for me.

Race Day! Alarm goes off at 1.30am (yes, that's right). Breakfast at the hotel with many other bleary runners at 2.30am. In the queue for the bus to Pietermaritzburg. It is snaking around the corner and up the street. On board the bus at 3am and arrival in Pietermaritzburg at 4.15am. The race start is at 5.30am, with the obligatory 'Chariots of Fire' booming through the speakers for 15 minutes prior to the start. I talked to a South African who casually tells me this is his 17<sup>th</sup> Comrades run.

Was that the start? Everyone is moving. Its 5 degrees Celsius and I'm glad to get going – more of a shuffle than running. After about 10 kilometres I realize in the dark that I'm running with a group of black South Africans taking turns to hold up a banner. It was a blown up excerpt from an article in the paper at the time paying tribute to the first black South African who ran the Comrades in the 1930s. However as he was not an 'official' runner because he was the wrong colour, he was not awarded a medal. Women and black Africans only became 'official' Comrades finishers in 1975. In the light just before sunrise we are running through a rural area, with groups of black South Africans singing beautifully while standing in front of forty four gallon drums with flames leaping out of the top. The women were making shrill bird-like sounds and waving clothing above their heads.



## 'DANCING' THE COMRADES MARATHON *(Cont. from page 1)*

Speaking of clothing, at that stage runners were beginning to warm up and taking off their long sleeve tops and gloves. In anticipation of taking home sweaty souvenirs, I saw lines of kids and some older people (shopping for the family) with outstretched arms, gladly receiving their goods. I spied an old woman in a beanie who had her eye on my long sleeved T shirt, which I had been carrying for a while looking for a worthy recipient. I threw the smelly and wet shirt to her and in return she gave me a big smile.

My plan was to visualise being at the half-way mark, which was just past the school for handicapped children and around a big hill. I decided I was going to enjoy myself to the half-way mark and let the second half of the run take care of itself. At some stage nearing half-way Robert Boyce caught up to me. After observing the number of 'high-fives' I was giving to all the kids on the side of the road, Robert told me I was probably running a few kilometres extra with all the zigzagging I was doing to the side of the road. As we passed the school for handicapped children, which is a Comrades landmark institution, I made sure I 'high-fived' as many of the children I could – including the ones in wheelchairs.

Nearing half-way I noticed there were children lined up on the side of the road with flowers. The Comrades legend is that the ghost of Arthur Newton, five-time Comrades winner in the 1920s, sits at a cutting on half-way watching the race. If you throw a flower onto the seat at the cutting and ask Arthur for his support in the second half of the run, you should be okay. I don't know what Arthur said to Robert, who had run with me from the 38 to 45k mark, but it must have been more inspiring than my exchange with the ghostly legend, as I found I couldn't keep up with him on the uphill and decided to let Arthur carry him away.

When I saw I had run just over five hours at half-way, I thought I would have plenty of time up my sleeve to get in under eleven hours and didn't have to panic. Wearing the Australian flag on my running singlet meant I received plenty of attention. The main topics of conversation were rugby and cricket. I don't know how many times South African runners (13,500 of the 14,000 starters were South Africans) and people on the side of the road welcomed me to South Africa and thanked me for running in their race! The best 'race' advice I was given came from a runner who had run thirty two Comrades. When I told him this was my first, he said 'Aussie, turn off your watch and enjoy the run, you don't know when you'll be back.' I guess that became my motto for the whole day – enjoy this experience – I wanted to have a smile on my face in the future whenever I started thinking about the Comrades. Consequently it wasn't really a 'race' but more of a carnival-type experience, except I still had to keep running otherwise I risked being pulled off the course if I didn't make the cut-offs. I kept thinking I was lucky to be running in a race with the new twelve hour cut off, as I didn't ever have any concern about the cut-offs. There were about five points that you had to reach within certain time limits – if you didn't make it the officials took your number from you and put you on a bus to the finish. After the race Jane told me about someone she knew crying as he had his number taken at 70k and hopping on the bus to find everyone else on it in tears!!

*Continued next page*

## 'DANCING' THE COMRADES MARATHON *(Cont.)*

My memories of the second half of the run are of running through well-off white townships after going up and down hills like I was on a roller coaster. As the day wore on people were having barbeques and offering me greasy sausages and bacon – a guy I was running with told me he always has a piece of greasy bacon around lunch time as part of his race tradition. People on the side of the road are offering you whatever you think your stomach can handle, and in my case it was nothing. All I ate the whole run was three quarters of a power bar. I ran with Jane from about 58k to 65k after she had chugged along and caught me at her usual sensible pace. After a while I lost her smiling presence when she seemed to effortlessly drift away from me toward the finish. At that stage I began to realize that I couldn't spend too much time dawdling on the uphill. Everyone at my pace walked as soon as anything looked like it had an elevation. After half-way, my plan was to walk all the uphill and 'enjoy' the rest. Although I was running the 'downhill' course, which only lived up to its name for the last 30k, I didn't realize there would be as many uphill as there were in the second half. Consequently I had a moment of realization that if I didn't keep running at a reasonable pace, I was starting to drift maybe past an eleven hour finish.

Just as I was mustering myself to maintain a steady pace, I saw Stephen Barker Senior beside me! I think we were somewhere in the mid to high 70ks – the end beginning to become a reality, but also the need to focus the most I ever had to the whole day. Stephen grumbled something about having an injury and being in pain. As he was both my roommate and had failed to finish the Comrades in 2002 with just 3k to go (number taken and on the bus), I was really happy to see him on target to break eleven hours. I decided I had to keep running at my pace rather than chat to Stephen – at that stage, and really for the whole run, you have to do it according to your own rhythm. That became another lesson for the day – running the Comrades is like doing your own free-form interpretive dance – you deal with the challenge of the distance in your own unique way.

The countdown with 10k to go became more a mental exercise than physical. I kept picturing running into Kingsmead Stadium, taking in the achievement, having a beer with the other Rampaging Rhinos and beginning the post-Comrades banter that stays with you forever. I think my mind had crossed the line well before my body and was waiting for it to catch up. No more high-fives, although I could still manage a smile and a wave when people called out 'Go Aussie'. The last 10k felt more like a dream than reality, and before I knew it I was in Durban and headed for the stadium. I remembered Peter and Jane telling me how emotional and teary they were when they finished in 2002. As I ran into the stadium and toward the finish line I had the smile on my face that keeps coming back every time I think about the day. As I crossed the line I felt relief more than anything else – no tears – and realized I felt in far better shape finishing the Comrades than I had for any of my marathons in the past. For the record, I finished in 10 hours and 48 minutes. Since the race I have noticed that my time is of less interest to people, when I tell them about the experience, than the achievement of 'dancing the Comrades.'

Dear Club Member (and Masters Event Organiser)

### RECORD APPLICATION FORM

Please use the record application form below to claim records. My address is:  
GPO Box 1777, Melbourne Vic 3001.

If a form is not submitted to me, long delays may occur before recognition of your record in News & Results, and before you are sent a certificate. The information I need is not contained in results, such as wind readings, lap times, official's signatures. It is far better to carry forms with you to competition, and fill one out immediately after you have broken a record. Please don't assume I know about your record. I receive almost no Masters results, so I need to be notified of your record.

It is also really smart to advise event organisers or chief officials if you think you might break a record, before the event, so they can check that all IAAF/WMA/AMA/VMA requirements will be satisfied. Such as electronic timing for sprint world records, wind gauges, steel tapes, or correct weight for throwing implements.

World record applications will be rejected by WMA unless they contain absolutely all necessary detail, including signatures and proof of date of birth of the record breaker. News of a world record is immediately emailed by me to WMA's Records Officer, Brian Oxley. He places a note in WMA website's Record News. However, the WMA list will only be updated when a record application form has been received and accepted.

Record application forms can be found on the VMA website, under records & application forms, or <http://home.vicnet.net.au/~vicvets/introfr.html>, or on the AMA website under Records, or <http://www.australianmastersathletics.org.au/records.html>

Thanks

**Clyde Riddoch**  
VMA & AMA Records Officer

## What's On

### September

- 3<sup>rd</sup> Tan Time Trial 8km & 4km, 7:30am start Swan Street Bridge at the TAN (Melways 44 A11)
- 4<sup>th</sup> VMA Half Marathon (in AV ½ marathon) - 8:00am, The Boulevard, Burnley
- 11<sup>th</sup> 40th Annual Norm Charles Handicap, (10km), Lysterfield Park., Narre Warren North, 10am, (9690 0272)
- 13<sup>th</sup>-16<sup>th</sup> Puma Corporate Treadmill Challenge (Max number of 400m laps over 4 days), City Square, Melbourne ([www.thelap.com.au](http://www.thelap.com.au))
- 18<sup>th</sup> Spring into Shape 1, (4km, 8km), Alexandria Gardens, (9819 9225)
- 18<sup>th</sup> VCCL President's Handicap, (6.5km), Jells Park, Wheelers Hill, 10am, (9690 0272)
- 25<sup>th</sup> Dingley Dozen Fun Run/Walk, (6km, 12km, 3km walk), Braeside Park, Lower Dandenong Road, Braeside, 9am, (9551 2135)
- 25<sup>th</sup> Sri Chinmoy Yarra Boulevard Half Marathon (21.1 km, 10km, 5km, 10km walk), Kevin Bartlett Reserve, Yarra Boulevard, Burnley, 8am, (9421 3121)

## What's On

### October

- 1<sup>st</sup> Tan Time Trial 8km & 4km, 7:30am start Corner Government House Drive & Birdwood Avenue (Melways 2F K11) 7:30am, (9744 1072)
- 1<sup>st</sup>-3<sup>rd</sup> AMA Winter Throwing Championships
- 7<sup>th</sup>-16<sup>th</sup> Australian Masters Games - Adelaide [www.amg2005.com](http://www.amg2005.com)
- 9<sup>th</sup> Melbourne Marathon, (42.2km), 8am, Frankston, (Melways 99 D10)
- Melbourne Marathon, (21.1km), 8am, Beaumaris, (Melways 86 B8)
- 16<sup>th</sup> Spring into Shape 11, (4km, 8km), Alexandria Gardens, (9819 9225)
- 30<sup>th</sup> Arthurs Seat Challenge, (6.7km), Arthurs Seat, (9819 9225)

### November

- 5<sup>th</sup> Tan Time Trial 8km & 4km, 7:30am start Corner Government House Drive & Birdwood Avenue (Melways 2F K11) 7:30am, (9744 1072)
- 13<sup>th</sup> Jells Park 15km, 10km & 5km fun run, 8:30am start Ferntree Gully Road entrance (Melways 72A9), 8.30 am
- 13<sup>th</sup> Twilight Tan (8km, 4km), Cnr Government House Drive & Birdwood Avenue, (Melway 2F, K11), 6:30pm, (9744 1072)
- Norfolk Island Athletics Carnival
- 20<sup>th</sup> Mini Commonwealth Games at Doncaster
- 20<sup>th</sup> Kathmandu Sprint Series - Adventure Race, (10km trail race, 5km paddle, 20km mtb plus mystery legs), Secret Location announced closer to event, Registration 7:30am, Start 9am, (0403 820 282), [www.maxadventure.com.au](http://www.maxadventure.com.au)
- 20<sup>th</sup>-26<sup>th</sup> Colac 6 Day Race, (contact Phil Essam via email [ultraoz@iprimus.com.au](mailto:ultraoz@iprimus.com.au). Webpage: [www.colac.ultraoz.com](http://www.colac.ultraoz.com))
- TBA<sup>h</sup> Zatopek Track Series, (10, 000m), Box Hill Athletic Track, (9819 9225)

### December

- 3<sup>rd</sup> Tan Time Trial, (8km, 4km), Cnr Government House Drive & Birdwood Avenue (Melway 2F, K11), 7:30am, (9744 1072)
- 8<sup>th</sup> Twilight Tan (8km, 4km), Cnr Government House Drive & Birdwood Avenue, (Melway 2F, K11), 6:30pm, (9744 1072)
- 8<sup>th</sup> Sri Chinmoy Williamstown Foreshore Run, (10km, 5km, 5km walk), Sadler Reserve, The Esplanade, Williamstown, 8am, (9421 2747, [www.srichinmoyraces.org/au](http://www.srichinmoyraces.org/au))
- 14<sup>th</sup> Christmas Run, Albert Park Lake, (5km, 8km), (9819 9225)
- 31<sup>st</sup> New Years Eve, (8km, 4km fun run), Champagne Breakfast, Swan Street Bridge at the Tan, 7:30am, (9744 1072)

### 2006

#### January

- 14<sup>th</sup>-21<sup>st</sup> Oceania Championships, Christchurch, NZ - 13th Track & Field Championships
- 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