

# Vic Masters News and Results

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# News and Results

Victorian Masters Athletics Inc.

January 2005

## NEIGHBOURS NIGHT AT COBURG VENUE (10/11/05)

After persistent rain during the afternoon caused some concern, the evening cleared and Coburg Venue hosted 70 athletes and friends from the four regional clubs: Aberfeldie, Coburg, Collingwood and Doncaster.

The feature event was the "Barb Dalglish" 4x200m Relay held to honour the memory of Barbara, fine runner and outstanding Coburg Club member. 9 official teams entered: 7 from the venues and 2 from the extended Dalglish family. Each team met the criteria set down for competition: - the 4 team members' ages to total at least 180 years with at least one lady in each team and minimum age of 30 any one person. Not easy to achieve! Brian Delaney, Coburg Harriers' Running Coach, patiently explained and monitored the baton passing requirements.

Heats of the official teams were held first followed by an "Allcomers Relay" (4 teams) which catered for those not able to fit the official criteria. Official defending champions Collingwood were rumored to be conducting selection trials well before the night. Bruce Gibbs, at this point, was drafted by Coburg to one of their teams.

Aberfeldie's team (Amanda Mawson, Anthony Scoleri, Noel Maghamez, Tony Bradford) looked the team to beat, but with Tony's late withdrawal they lost some ground despite stern efforts by substitute Bill Page.

Coburg, working on the theory of strength in numbers, fielded 3 teams with Coburg Red (Benny Tancredi, Debbie Canal, Mark Kelly and Warren Burke) reaching the final with a creditable fourth placing.

Collingwood, missing Keith Howden, and reduced to one team by start time with a shortage of lady runners, threatened to repeat last year's triumph and would have had it not been for the excellent performance of Doncaster No. 1 team (Scott Chamberlain, Mark Crawford, Christie Faulks and Bryan Bottomley).

Doncaster 1 crossed the line in 1.47.23 from Collingwood 1 (Ian McLeod, Carmel Parry, Gerrard Adrian and Chris Boylen) and Doncaster 2 (Sonya Pollard, Graham Walter, Richard Kerridge and Dave West). Doncaster's efforts were all the more meritorious in the absence of Richard Trembath who we all wish a speedy recovery from illness.

Special mention must be made of the contribution to the evening by the Dalglish Family, who in association with Heather Collyer and other Coburg Venue members, provided the splendid supper. Tom managed to put together 3 relay teams (2 Official



Paul Dalglish (left) presenting the trophy to winning Doncaster team Bryan Bottomley, Mark Crawford, Scott Chamberlain & Christie Faulks.

## Victorian Masters Athletics Inc.

Office: P.O. BOX 4237, East Burwood, Vic. 3151

|                          |                  |           |                                                                      |
|--------------------------|------------------|-----------|----------------------------------------------------------------------|
| <b>President</b>         | Rob Waters       | 9318-3802 | 5 Bellevue Court<br>Maribyrnong 3032                                 |
| <b>Vice President</b>    | Tony Bradford    | 9749-2248 | 6 Merrett Avenue<br>Hoppers Crossing 3030<br>abradrans@rabbit.com.au |
| <b>Vice President</b>    | Alan Lucas       | 9758-9345 | 29 McIver Street<br>Ferntree Gully 3156<br>lucasar2004@yahoo.com.au  |
| <b>Secretary</b>         | David Mather     | 9598-6827 | 13 Ludstone Street<br>Hampton 3188<br>matherdh@hotmail.com           |
| <b>Asst Secretary</b>    | Vacant           |           |                                                                      |
| <b>Treasurer</b>         | Al Willey        | 9870 7616 | 42 Sonia Street<br>Ringwood 3134<br>alpenwilley@bigpond.com          |
| <b>Club Captain</b>      | David Sheehan    | 9754 4405 | 33 Hughes Street<br>Upwey 3158<br>mightymouse@smartchat.net.au       |
| <b>Club Vice Captain</b> | Lavinia Petrie   | 9728 3929 | 12 Jeannette Marie Court<br>Kilsyth 3137                             |
| <b>Committee</b>         | Wasył Drosdowsky | 9387 2163 | 12 Hickford Street<br>Brunswick East 3057<br>w.drosdowsky@bom.gov.au |
| <b>Committee</b>         | Graham Philpott  | 9568 0495 | 4/8 Hyslop Parade<br>East Malvern 3145                               |
| <b>Committee</b>         | Graeme Rose      | 9836 2350 | 71 Union Road<br>Surrey Hills 3127<br>grarose@yahoo.com              |
| <b>Committee</b>         | Russ Oakley      | 9720 8835 | 12 Danielle Court<br>Heathmont 3135<br>oakrun@bigpond.com            |
| <b>Hon. Auditors</b>     | Peter Le Get     | 9729 4473 | 13 Mountain View Road<br>Heathmont 3135<br>pleget@bigpond.com        |
| <b>Others</b>            |                  |           |                                                                      |
| <b>Webmaster</b>         | Gordon Stephen   | 9898-6664 | gstmstephen@optusnet.com.au                                          |
| <b>Uniforms</b>          | Astrid Rose      | 9836-2350 | grarose@yahoo.com                                                    |
|                          | Graham Philpott  | 9568 0495 | 4/8 Hyslop Parade<br>East Malvern 3145                               |
| <b>Subscriptions</b>     | Astrid Rose      | 9836-2350 | grarose@yahoo.com                                                    |
| <b>Statistician</b>      | Clyde Riddoch    | 9204-7085 | clyde.riddoch@auspost.com.au                                         |
| <b>Registrar</b>         | Astrid Rose      | 9836-2350 | grarose@yahoo.com                                                    |
| <b>Magazine Editor</b>   | Lindsay Oxenham  | 9795-4471 | loxenham@au1.ibm.com                                                 |
|                          | Vicki Thompson   | 9773-1157 | vthompson@pc.gov.au                                                  |
| <b>Thrower's Group</b>   | Graeme Rose      | 9836-2350 | grarose@yahoo.com                                                    |
| <b>Mailing Officer</b>   | Colin Browne     | 9874-2501 | colinbrowne@optusnet.com.au                                          |

## Victorian Masters Athletics Venues

|                             |                                                                                                                                                                       |               |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| ABERFELDIE Athletic Track   | Aberfeldie Park, Corio Street,<br>Moonee Ponds<br>Wednesday nights, 7 - 9pm                                                                                           | Melway 28 D6  |
| ALTONA Athletic Track       | Grants Reserve Sugar Gum Drive,<br>off Civic Parade<br>Tuesday nights, 7 - 9pm in daylight saving,<br>Sunday in winter - 2pm<br>Every Second Sunday - Different venue | Melway 54 G9  |
| EAST BURWOOD Athletic Track | Burwood Road, opp. Mahoneys Road,<br>behind basketball stadium<br>Thursday nights, 7.30 - 9.30pm                                                                      | Melway 62 C7  |
| CAULFIELD Athletic Track    | Duncan McKinnon Park,<br>cnr North Road & Murrumbeena Road<br>Tuesday nights, track events, 7 - 9pm.<br>Sunday, field events                                          | Melway 68 K9  |
| COBURG Athletic Track       | Harold Stevens Athletic Field,<br>Outlook Road, Coburg<br>Thursday nights, 7 - 9pm                                                                                    | Melway 18 A9  |
| COLLINGWOOD Athletic Track  | George Knott Reserve, Heidelberg Road,<br>Clifton Hill<br>Tuesday nights, 7 - 9pm                                                                                     | Melway 30 F12 |
| CROYDON Athletic Track      | Behind Arndale Shopping Centre,<br>Mt.Dandenong Road, Croydon<br>Tuesday nights, 7 - 9pm                                                                              | Melway 50 K5  |
| DONCASTER Athletic Track    | Rieschieks Reserve, George Street,<br>East Doncaster<br>Monday nights, 7.30pm                                                                                         | Melway 33 J11 |
| FRANKSTON Athletic Track    | Ballam Park, Bananee Terrace, Frankston<br>Thursday nights, 7 - 9pm                                                                                                   | Melway 103 B4 |
| GEELONG Athletic Track      | Landy Field, off Barwon Terrace, Geelong<br>Wednesday nights, 6 - 8pm                                                                                                 | Melway 228 C7 |
| KNOX Athletic Track         | off Rushdale Street, off Ferntree Gully Road,<br>Scoresby<br>Wednesday nights, 7 - 9pm                                                                                | Melway 73 D7  |
| MENTONE Athletic Track      | Dolamore Oval,<br>cnr First Street & Queen Street, Mentone<br>Wednesday nights, 7 - 9pm                                                                               | Melway 87 B6  |
| SPRINGVALE/NOBLE PARK       | Ross Reserve, Memorial Drive,<br>off Corrigan Road, Springvale<br>Wednesday nights, 7 - 9pm                                                                           | Melway 80 E12 |
| SOUTHERN PENINSULA          | Athletic Track, Truemans Road,<br>off Nepean Highway, Tootgarook<br>Wednesday nights, from 6 pm in daylight saving,<br>Sunday in winter 9am                           | Melway 169 E6 |

| Venue              | Manager          | Address                                                                                                                   | Phone                        |
|--------------------|------------------|---------------------------------------------------------------------------------------------------------------------------|------------------------------|
| Aberfeldie         | Rob Waters       | 5 Bellevue Court<br>Maribyrnong 3032                                                                                      | 9318 3802                    |
| Altona             | Stan Belcher     | 79 Sanctuary Lakes South Bvd<br>Point Cook 3030                                                                           | 9395 2045                    |
| Caulfield          | Peter McGrath    | 13 Bales Street<br>Mount Waverley 3149                                                                                    | 9807 5656                    |
| Coburg             | George Goode     | <a href="mailto:pjmcbgx@melbpc.com.au">pjmcbgx@melbpc.com.au</a><br>PO BOX 191<br>Pascoe Vale South 3044                  | 9306 8503                    |
| Coburg             | Neville Wilson   | 11 Prospect Road<br>Rosanna 3084                                                                                          | 9459 7827                    |
| Collingwood        | Wasył Drosdowsky | <a href="mailto:nlw@melbpc.org.au">nlw@melbpc.org.au</a><br>12 Hickford Street<br>Brunswick East 3057                     | 9387 2163                    |
| Collingwood        | Graeme Paul      | <a href="mailto:w.drosdowsky@bom.gov.au">w.drosdowsky@bom.gov.au</a><br>18 Cronus Court<br>Eltham 3095                    | 9439 9667                    |
| Croydon            | Karen Archer     | <a href="mailto:elthampauls@bigpond.com.au">elthampauls@bigpond.com.au</a><br>27 Russell Street<br>Mount Evelyn 3796      | 9736 1684                    |
| Croydon            | Ken Walters      | <a href="mailto:quinarcher@iprimus.com.au">quinarcher@iprimus.com.au</a><br>5 Warra Road<br>Upwey 3158                    | 9752 5977                    |
| Doncaster          | Rod Jellett      | <a href="mailto:judynken@bigpond.com">judynken@bigpond.com</a><br>32 Launderers Avenue<br>Wonga Park 3115                 | 9722 1000                    |
| East Burwood       | Trevor Jupp      | 4 Driftwood Drive<br>Glen Waverley 3150                                                                                   | 9802 3355                    |
| East Burwood       | Graham Philpott  | <a href="mailto:juppspecial@optusnet.com.au">juppspecial@optusnet.com.au</a><br>4/8 Hyslop Parade<br>East Malvern 3145    | 9568 0495                    |
| East Burwood       | Ashley Ryan      | 29 Alvena Crescent<br>Heathmont 3135                                                                                      | 8802 1046<br>0418 534 373(M) |
| East Burwood       | Allan Wood       | <a href="mailto:ryan.ashley.p@edumail.vic.gov.au">ryan.ashley.p@edumail.vic.gov.au</a><br>44 Halls Parade<br>Mitcham 3132 | 9872 4362                    |
| Frankston          | Peter Duggan     | <a href="mailto:allansfurniture@optusnet.com.au">allansfurniture@optusnet.com.au</a><br>8 Myna Court<br>Carrum Downs 3201 | 9786 9169                    |
| Geelong            | Mike McAvoy      | <a href="mailto:peterduggan@bigpond.com">peterduggan@bigpond.com</a><br>20 Melva Court<br>Whittington 3219                | 5248 4087                    |
| Knox               | Ian U'Ren        | 19 Lachlan Road<br>Boronia 3155                                                                                           | 9762 7801                    |
| Mentone            | Ted McCoy        | <a href="mailto:ureni@optusnet.com.au">ureni@optusnet.com.au</a><br>24 Blackwood Avenue<br>Mentone 3194                   | 9583 3280                    |
| Southern Peninsula | Heather Carr     | 2 Arthur Street<br>Dromana 3936                                                                                           | 5987 1235                    |
|                    |                  | <a href="mailto:bill.carr@sandvik.com">bill.carr@sandvik.com</a>                                                          |                              |

| Venue                     | Manager     | Address                                                                                                            | Phone     |
|---------------------------|-------------|--------------------------------------------------------------------------------------------------------------------|-----------|
| Southern Peninsula        | Ken Taylor  | 18 Charles Street<br>Blairgowrie 3942                                                                              | 5988 8823 |
| Springvale/<br>Noble Park | Alan Bennie | 75 Bertrand Avenue<br>Mulgrave 3170                                                                                | 9547 2978 |
| Throwers                  | Graeme Rose | <a href="mailto:alanbennie@optushome.com.au">alanbennie@optushome.com.au</a><br>71 Union Road<br>Surrey Hills 3127 | 9836 2350 |
|                           |             | <a href="mailto:grarose@yahoo.com">grarose@yahoo.com</a>                                                           |           |

### Reference Websites

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**Victorian Masters Athletics**  
**VMA "Around the Grounds"**  
**Athletics Victoria**  
**Victorian Athletic League (Pros)**  
**Victorian Race Walking Club**  
**Athletics Australia**  
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**Sth Australia Masters Athletics**  
**WA Masters Athletics Club**  
**Alice Springs Masters Games**  
**2006 WMA Championships Non-Stadia**  
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**Masters Athletics Monthly**  
**Mentone Masters Website**  
**Doncaster Masters Website**  
**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**

### Vacancy - Secretary and Assistant Secretary on VMA Committee

David Mather will not be standing for the position of secretary at the coming Annual General Meeting in April 2006. The position of secretary is not particularly onerous but it requires a reasonable level of application and availability to handle the various tasks that are required of a secretary.

## NEIGHBOURS NIGHT AT COBURG VENUE (Cont. from page 1)

and 1 Allcomers), each performing very competitively. The "Dalglish Bushies", in fact, progressed to the final (well done Peter, Alan, Damien and Helen).

Paul Dalglish, on behalf of the family, presented Doncaster with the Perpetual Trophy and individual Certificates of Achievement.

Our thanks to all who helped make the evening a special occasion.

George Goode, Neville Wilson

## ANDY SALTER MEMORIAL RELAY

When - **Wednesday, 1st February 2006**

Where - **Ross Reserve, Memorial Drive, Noble Park**

The **Andy Salter Relay** has been a highlight of the Springvale /Noble Park calendar for many years. Also held on the same night is the **Bert Warburton Memorial Walk Relay**.

The Andy Salter Relay is run over a 3.1km road course, with four runners in each team completing one lap of the course. There are two divisions, one for Challenge teams and the other for Fun Run teams.

**Challenge teams** must consist of three men and one woman and the total combined age of the team must be at least 175 years. The winning team will be presented with the "Andy Salter Perpetual Trophy" to hold for 12 months. The members of the first three teams receive trophies.

**Fun Run teams** consist of four runners but there are no age (other than runners being of Masters age) or sex restrictions.

The **Bert Warburton Walk Relay** is over a 2 km course with each walker completing one lap. Teams will consist of three walkers of veteran age and can be male, female or mixed.

Both **fun run** teams and **walk** teams will compete on an estimated time basis. Upon entry, teams nominated an estimated total team time. The teams that finish closest to their estimated time will receive trophies.

Entry fee is \$8.00 per run team and \$6 per walk team, payable on registration between 6.40 pm and 7.10 pm on the night.

The program for the night is:-

7.15 pm 100 metre sprint

7.20 pm Andy Salter relay/Bert Warburton Relay

There will be a 3km track run after the relay for the truly dedicated, followed by supper and presentations. Come along and have a great night. Any enquiries to Alan Bennie on 9547 2978.

## NEW RECORDS REPORT

| Age                           | Event        | Name          | State | Performance | %Std   | Date     | Location         |
|-------------------------------|--------------|---------------|-------|-------------|--------|----------|------------------|
| <b>Pending World Records:</b> |              |               |       |             |        |          |                  |
| W45                           | Heptathlon   | Marie Kay     | NSW   | 6094 pts    | 79.2%  | 24-8-05  | San Sebastian    |
| W60                           | 300m Hurdles | Marge Allison | Qld   | 51.64s      | 95.8%  | 26-8-05  | San Sebastian    |
| M70                           | 200m         | Hugh Coogan   | Qld   | 26.84s      | 97.7%  | 29-8-05  | San Sebastian    |
| W65                           | 5k Walk      | Brenda Riley  | Vic   | 27:23.58    | 99.1%  | 9-10-05  | Adelaide         |
| W65                           | 5k           | Brenda Riley  | Vic   | 21:20.30    | 90.6%  | 10-10-05 | Adelaide         |
| W65                           | 10k Walk     | Brenda Riley  | Vic   | 57:20.4     | 96.3%  | 23-10-05 | Middle Park, Vic |
| W65                           | 10k Walk     | Brenda Riley  | Vic   | 55:31.8     | 100.6% | 13-11-05 | Middle Park, Vic |
| W95                           | Discus       | Ruth Frith    | Qld   | 10.50m      | -      | 26-11-05 | Brisbane         |

### Australian Records:

|     |              |                     |     |         |        |         |                  |
|-----|--------------|---------------------|-----|---------|--------|---------|------------------|
| M60 | 30k Walk     | Robin Whyte         | ACT | 3:05:48 | 80.4%  | 9-6-02  | Canberra         |
| W30 | 4 x 100m     | Gianna Mogentale    | NSW | 50.20s  | -      | 11-4-04 | Melbourne        |
|     |              | Ranell Hobson       | NSW |         |        |         |                  |
|     |              | Jackie Bezuidenhout | NSW |         |        |         |                  |
|     |              | Marie Kaye          | NSW |         |        |         |                  |
| W65 | 20k Walk     | Nola de Chazal      | ACT | 3:00:40 | 65.0%  | 17-7-04 | Canberra         |
| W55 | 56lb Weight  | Trish Thomas        | ACT | 3.17m   | -      | Feb '05 | Turner, ACT      |
| W60 | 56lb Weight  | Raylea Rudov        | ACT | 2.98m   | -      | Feb '05 | Turner, ACT      |
| M60 | 56lb Weight  | Ray Green           | ACT | 6.10m   | -      | Feb '05 | Turner, ACT      |
| M80 | 56lb Weight  | Ewen Drummond       | ACT | 2.99m   | -      | Feb '05 | Turner, ACT      |
| M40 | 100lb Weight | Grant Edwards       | ACT | 4.46m   | -      | Feb '05 | Turner, ACT      |
| M60 | 56lb Weight  | Ray Green           | ACT | 6.16m   | -      | Apr '05 | Turner, ACT      |
| M70 | 30k Walk     | Bob Chapman         | ACT | 3:36:18 | 77.1%  | 12-6-05 | Canberra         |
| W65 | 20k Walk     | Val Chesterton      | ACT | 2:37:41 | 74.4%  | 16-7-05 | Canberra         |
| W65 | Hammer       | Helen Searle        | Qld | 41.33m  | 109.3% | 25-7-05 | Edmonton, Canada |
| W45 | High Jump    | Marie Kay           | NSW | 1.57m   | 91.2%  | 23-8-05 | San Sebastian    |
| M70 | 100m         | Hugh Coogan         | Qld | 13.43s  | 95.5%  | 25-8-05 | San Sebastian    |
| M70 | 100m         | Hugh Coogan         | Qld | 13.40s  | 95.7%  | 25-8-05 | San Sebastian    |
| M65 | 300m Hurdles | Michael Stevenson   | Tas | 47.69s  | 93.4%  | 25-8-05 | San Sebastian    |
| M70 | 100m         | Hugh Coogan         | Qld | 13.34s  | 96.2%  | 26-8-05 | San Sebastian    |
| M70 | 200m         | Hugh Coogan         | Qld | 27.14s  | 96.8%  | 28-8-05 | San Sebastian    |
| W60 | 200m         | Marge Allison       | Qld | 30.03s  | 90.5%  | 28-8-05 | San Sebastian    |
| M65 | 100m Hurdles | Michael Stevenson   | Tas | 16.61s  | 92.8%  | 29-8-05 | San Sebastian    |
| M70 | 400m         | Hugh Coogan         | Qld | 62.27s  | 95.2%  | 31-8-05 | San Sebastian    |
| M65 | 100m Hurdles | Michael Stevenson   | Tas | 16.42s  | 93.9%  | 31-8-05 | San Sebastian    |
| W70 | Hammer       | Val Worrell         | Vic | 29.39m  | 85.9%  | 31-8-05 | San Sebastian    |
| M70 | 400m         | Hugh Coogan         | Qld | 61.07s  | 97.0%  | 1-9-05  | San Sebastian    |
| M80 | 1500m        | Norm Pearce         | Qld | 6:56.28 | 79.8%  | 2-9-05  | San Sebastian    |
| M55 | Javelin      | Bob Banens          | ACT | 51.75m  | 86.3%  | 3-9-05  | San Sebastian    |
| W60 | 4 x 400m     | Marge Allison       | Qld | 4:59.82 | -      | 3-9-05  | San Sebastian    |
|     |              | Anne Lange          | SA  |         |        |         |                  |
|     |              | Anne Stobaus        | Vic |         |        |         |                  |
|     |              | June Reeves         | Vic |         |        |         |                  |
| M65 | 4 x 100m     | Hugh Coogan         | Qld | 52.76s  | -      | 3-9-05  | San Sebastian    |
|     |              | John Cooper         | Qld |         |        |         |                  |
|     |              | Barrie Kernaghan    | WA  |         |        |         |                  |

## NEW RECORDS REPORT (cont.)

| Age | Event        | Name              | State | Performance | %Std  | Date     | Location      |
|-----|--------------|-------------------|-------|-------------|-------|----------|---------------|
|     |              | Michael Stevenson | Tas   |             |       |          |               |
| M65 | 4 x 400m     | Hugh Coogan       | Qld   | 4:14.67s    | -     | 3-9-05   | San Sebastian |
|     |              | Norman Richards   | WA    |             |       |          |               |
|     |              | Barrie Kernaghan  | WA    |             |       |          |               |
|     |              | Michael Stevenson | Tas   |             |       |          |               |
| W40 | 100lb Weight | Jayne Hardy       | ACT   | 2.07m       | -     | 29-9-05  | Turner, ACT   |
| M80 | 100lb Weight | Ewen Drummond     | ACT   | 0.69m       | -     | 29-9-05  | Turner, ACT   |
| W55 | 56lb Weight  | Judy Coram        | Vic   | 3.32m       | -     | 3-10-05  | Turner, ACT   |
| W65 | 56lb Weight  | Jean Heath        | ACT   | 1.61m       | -     | 3-10-05  | Turner, ACT   |
| W75 | 56lb Weight  | Stella Saberton   | ACT   | 1.97m       | -     | 3-10-05  | Turner, ACT   |
| M40 | 56lb Weight  | Phil Frkovic      | NSW   | 7.92m       | -     | 3-10-05  | Turner, ACT   |
| M50 | 56lb Weight  | Lajos Joni        | NSW   | 7.28m       | -     | 3-10-05  | Turner, ACT   |
| M75 | 56lb Weight  | Harry Wynhoven    | Vic   | 3.96m       | -     | 3-10-05  | Turner, ACT   |
| M65 | 100lb Weight | Noel Donohoe      | NSW   | 2.55m       | -     | 3-10-05  | Turner, ACT   |
| M70 | 100lb Weight | Wim Van Weenen    | Vic   | 2.24m       | -     | 3-10-05  | Turner, ACT   |
| M75 | 100lb Weight | Harry Wynhoven    | Vic   | 1.99m       | -     | 3-10-05  | Turner, ACT   |
| W60 | 100lb Weight | Trish Thomas      | ACT   | 1.27m       | -     | 3-10-05  | Turner, ACT   |
| W65 | 100lb Weight | Jean Heath        | ACT   | 0.54m       | -     | 3-10-05  | Turner, ACT   |
| W30 | Triple Jump  | Maree Bugeja      | Qld   | 11.68m      | 77.4% | 9-10-05  | Adelaide      |
| M30 | Hammer       | Stuart Rendell    | ACT   | 71.61m      | 86.0% | 27-10-05 | AIS ACT       |
| M60 | 1500m Walk   | George White      | SA    | 7:05.85     | 90.9% | 5-11-05  | Adelaide      |
| M70 | 400m         | Hugh Coogan       | Qld   | 61.05s      | 97.0% | 12-11-05 | Brisbane      |
| M50 | 3000m        | Christopher Lynch | Vic   | 9:16.9      | 90.8% | 5-11-05  | Box Hill      |
| W65 | Pole Vault   | Val Chesterton    | ACT   | 1.45m       | 55.6% | 10-11-05 | AIS, ACT      |
| W55 | 1500m Walk   | Heather Carr      | Vic   | 7:11.91     | 97.0% | 12-11-05 | Murrumbidgee  |
| M30 | 100m         | Brett Blanco      | WA    | 10.88s      | 90.6% | 18-12-05 | Perth         |

## Victorian Records:

|     |              |                |  |        |       |         |               |
|-----|--------------|----------------|--|--------|-------|---------|---------------|
| M80 | Long Jump    | Gerry Heilmann |  | 3.28m  | 72.2% | 7-8-05  | Doncaster     |
| W60 | 100m         | June Reeves    |  | 14.57s | 91.1% | 26-8-05 | San Sebastian |
| W60 | 200m         | June Reeves    |  | 31.10s | 87.4% | 28-8-05 | San Sebastian |
| W60 | 200m         | June Reeves    |  | 30.52s | 89.1% | 28-8-05 | San Sebastian |
| W60 | 200m         | June Reeves    |  | 30.43s | 89.4% | 29-8-05 | San Sebastian |
| M60 | 56lb Weight  | David Wookey   |  | 4.97m  | -     | 3-10-05 | Turner, ACT   |
| M60 | 100lb Weight | David Wookey   |  | 2.50m  | -     | 3-10-05 | Turner, ACT   |
| W55 | 100lb Weight | Judy Coram     |  | 1.46m  | -     | 3-10-05 | Turner, ACT   |
| M80 | High Jump    | Gerry Heilmann |  | 1.05m  | 75.0% | 7-10-05 | Adelaide      |
| M80 | Triple Jump  | Gerry Heilmann |  | 6.44m  | 69.9% | 9-10-05 | Adelaide      |

## Calligrapher Needed to Write Record Certificates

I am looking for help in writing out record certificates, preferably from someone who really enjoys calligraphy, and is not too far from East Kew where I am moving soon. The current calligrapher is elderly, and the recent increased volume of record certificates has been a problem. I can't do it, because my hand writing is a disaster.

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

Results of the Legends Relay - Tuesday 15 November 2005  
Between Caulfield, Springvale and Mentone Venues

THE LEGENDS BEING: Judy Wines (Caulfield),  
Theresia Baird (Springvale)  
Gordon Gourlay (Mentone)

## OPEN TEAM

1<sup>ST</sup> SPRINGVALE

|   |                  |       |
|---|------------------|-------|
| R | DRAGAN ISAILSVIC | 12.18 |
| R | MARK VELLIN      | 10.04 |
| W | TONY DORAN       | 10.57 |
| R | LYN ARNEL        | 3.56  |
|   | TOTAL TIME       | 37.16 |

## OPEN TEAM

3<sup>RD</sup> CAULFIELD

|   |              |       |
|---|--------------|-------|
| R | SAM DEFANIS  | 15.08 |
| R | JEFF BOOT    | 10.50 |
| W | JANET HOLMES | 10.56 |
| R | CHRIS BROWN  | 3.39  |
|   | TOTAL TIME   | 42.19 |

## OVER 50 TEAM

2<sup>ND</sup> SPRINGVALE

|   |                 |       |
|---|-----------------|-------|
| R | DEAN COPLAND    | 13.59 |
| R | ALAN BENNIE     | 11.08 |
| W | CELIA JOHNSON   | 12.04 |
| R | ROB CLUTTERBUCK | 3.53  |
|   | TOTAL TIME      | 40.44 |

## OVER 60

1<sup>ST</sup> SPRINGVALE

|   |                   |       |
|---|-------------------|-------|
| R | BRUCE HUMPHREYS   | 13.58 |
| R | THERESIA BAIRD    | 12.13 |
| W | TONY JOHNSON      | 10.57 |
| R | PAUL MULLINS 3.41 |       |
|   | TOTAL TIME        | 40.49 |

## OVER 60

3<sup>RD</sup> CAULFIELD

|   |                 |       |
|---|-----------------|-------|
| R | GRAHAM PHILPOTT | 15.50 |
| R | JOHN CUNNINGHAM | 14.14 |
| W | GWEN STEED      | 12.02 |
| R | RAY O'CONNOR    | 4.19  |
|   | TOTAL TIME      | 46.25 |

2<sup>ND</sup> MENTONE

|   |               |       |
|---|---------------|-------|
| R | TREVOR McCANN | 12.36 |
| R | KATE WEEKS    | 11.02 |
| W | JOHN MORRISON | 11.27 |
| R | GLEN BROWN    | 3.27  |
|   | TOTAL TIME    | 38.32 |

## OVER 50 TEAM

1<sup>ST</sup> CAULFIELD

|   |                  |       |
|---|------------------|-------|
| R | PETER BENCE      | 13.49 |
| R | ANDREW EDWARDS   | 10.57 |
| W | SANDRA MIDDLETON | 11.59 |
| R | DAVID SHEEHAN    | 3.35  |
|   | TOTAL TIME       | 40.20 |

3<sup>RD</sup> MENTONE

|   |                 |       |
|---|-----------------|-------|
| R | PETER WEEKS     | 14.24 |
| R | SONYA McLENNAN  | 13.28 |
| W | MARLENE GOURLAY | 11.15 |
| R | COL WARING      | 3.29  |
|   | TOTAL TIME      | 44.30 |

2<sup>ND</sup> MENTONE

|   |               |       |
|---|---------------|-------|
| R | RALPH BENNETT | 15.10 |
| R | ASHLEY PAGE   | 12.56 |
| W | SYLVIA MACHIN | 12.36 |
| R | ROSS KENT     | 3.48  |
|   | TOTAL TIME    | 44.30 |

## FUN TEAMS

1<sup>ST</sup> SPRINGVALE

|   |                   |              |
|---|-------------------|--------------|
| R | TONY MCGARRIGLE   | 13.32        |
| R | CHRIS MURPHY      | 10.24        |
| W | GRAEME DAVIS      | 12.32        |
| R | ALSION DEVINE     | 4.33         |
|   | <b>TOTAL TIME</b> | <b>41.01</b> |

3<sup>RD</sup> CAULFIELD

|   |                   |              |
|---|-------------------|--------------|
| R | MERLE WANT        | 18.13        |
| R | GRAHAM STOCKDALE  | 11.22        |
| W | PETE BATTRICK     | 14.02        |
| R | PAUL LYNCH        | 4.07         |
|   | <b>TOTAL TIME</b> | <b>49.44</b> |

5<sup>TH</sup> CAULFIELD

|   |                   |              |
|---|-------------------|--------------|
| R | JANINE MCKERRIN   | 20.52        |
| R | DES MIDDLETON     | 13.28        |
| W | MARG BEAUMONT     | 11.47        |
| R | PAUL MEREDITH     | 4.41         |
|   | <b>TOTAL TIME</b> | <b>50.48</b> |

7<sup>TH</sup> CAULFIELD

|   |                   |              |
|---|-------------------|--------------|
| R | ANNA O'CONNELL    | 18.04        |
| R | MARK BENJAMIN     | 14.31        |
| W | IAN BEAUMONT      | 15.02        |
| R | HELEN SIMMONS     | 4.44         |
|   | <b>TOTAL TIME</b> | <b>52.21</b> |

## RESULTS

|            |       |       |       |
|------------|-------|-------|-------|
| Springvale | 37.15 | 40.44 | 40.49 |
| Caulfield  | 40.33 | 40.20 | 44.30 |
| Mentone    | 38.33 | 42.36 | 46.25 |

|               |            |            |                                              |
|---------------|------------|------------|----------------------------------------------|
| Total Points: | Springvale | Points 19. | <b>Winners of Fun Team: Springvale 41.01</b> |
|               | Caulfield  | Points 13  |                                              |
|               | Mentone    | Points 13  |                                              |

Continued next page

## Credit Card Facility

The VMA committee has decided to trial the use of a credit card facility for paying registration, entry to championship, clothing, etc.. for a year

Tuesday 15th November 2005 saw the third running of the "Living Legends" Intervene challenge held between Caulfield, Mentone and Springvale-NoblePark venues.

This is an event where points are awarded on a venue basis and the venue with the most points gets to hold the trophy for the following year. It also gives the venues the opportunity to recognize a member who has contributed to the club, and to Masters athletics, in their athletic endeavours or in the work they do to make our organisation successful, or a combination of the above.

This year the Living Legends nominated by the Venue Managers were:

**Judy Wines (Caulfield) Gordon Gourlay (Mentone) and Theresia Baird (Springvale-Noblepark).**

The competition was exciting and many good efforts put in by individuals and by the teams. Teams of four, in relay order, did a 3.7km run; a 3km run; a 2km walk; and finished with a 1km run. This year Springvale-Noblepark was the winning venue with 19 points and both Caulfield and Mentone received 13 points. We also had 10 fun teams who helped make it a great social night.

The evening finished with another great supper which was enjoyed by everyone present and then the "Living Legends" for 2005 were introduced. It was also an opportunity to welcome Peter and Marge Colthup and previous legends Andy Smith and Jim Sinclair.

Finally our "Living Legends" over the years have been:  
**2003.** Eddy Gamble, Andy Smith. Jim Sinclair. **2004** Mike Johnson, Jack Gubbins and Ralph Field. Our **2005** legends join a great group.

...  
 Peter McGrath  
 Caulfield Venue Manager



## Judy Wines' Speech at the Legend Night Presentation

Thank you Peter for those very kind words.

This is indeed a very great privilege to be honoured with this award. I might add, when Peter asked me if I would accept, my immediate reaction was to say, "I am not old enough to be a legend" (Despite my looks!). But he assured me that it was nothing to do with age, nor did you have to be a top athlete, but a combination of many things and that I fitted the category.

After a great deal of thought (less than a minute) I accepted.

I guess everyone wants to be remembered as a legend, but to be one in your own lifetime - wow, this is really something. Added to this, being the first woman selected from Caulfield venue, amongst all these great men, is really meaningful.

Taking up running at the age of 40 really changed my lifestyle (I guess you have heard this saying many times) but seriously for me - it did. My first attempt was to enter a women's only fun run around the Tan track (Bob Bruner organised - if any of you are old enough to remember him!!)

It took me 34 minutes and I collapsed into the arms of some delightful veteran women members, such as Marge Colthup (here tonight), Shirley Young, Anne Callaghan to name a few. They were looking for recruits to join up, as the women's vets did not have many members in those days. Marlane Stanway (here tonight) also joined around the same time.

In those days we ran at the Box Hill track then the vets moved to Collingwood venue.

Going from a non runner and moving into marathon running in a short space of time, really was exciting, travelling around Australia with the vets and then overseas.

I spent many happy years at Collingwood, then moved house and as it was too far for me to travel across from Clayton, I ran with Mentone venue for a period and then discovered Caulfield venue was much closer distance wise, so I moved in there.

I owe a great deal to Ron and Shirley Young for my improvement with running in those early days as I trained with them, and Marge Colthup who mothered me and Peter who also gave me lots of running advice and so did Andy Smith.

Do you know, Peter and Andy gave me a couple of coaching lessons on how to jump and run in the 400-metre hurdles event at the vets championships in Sydney many years ago. Guess what, I got the gold - mind you, it was the first time they had allowed women to run in that event. I lost the title very easily the following year to a real hurdler.

Marge and Peter and Andy are very dear friends and I am so pleased they are here tonight.

Well now that I am settling into my old age at Caulfield, I have the job of timekeeping each week. Ray Kemp (unfortunately he is not here tonight as he is in Perth on holidays). He had been doing this job right from the word go and felt it was time he had a break. I enjoy doing this instead of running as one gets to know every runner on the track.

## Running Keeps Shirley Forever Young

*Article in the Whitehorse Leader, 9/11/2005*

When Shirley Young began running at 47 years of age, her husband, Ron, described it as something of a rebirth.

Last month the Blackburn resident celebrated a major milestone, running her 70<sup>th</sup> marathon at 75 years of age. The achievement coincided with her 30<sup>th</sup> consecutive Melbourne Marathon.

Mr Young said his wife's running career had been amazing, especially since she was diagnosed with Alzheimer's disease more than three years ago.

"The running enables her to keep her normal routine, and that is what the doctors say you really need to do," Mr Young said. "For the first three and a half years you really couldn't see much of a difference in Shirley, but for the past three months I have noticed a decline."

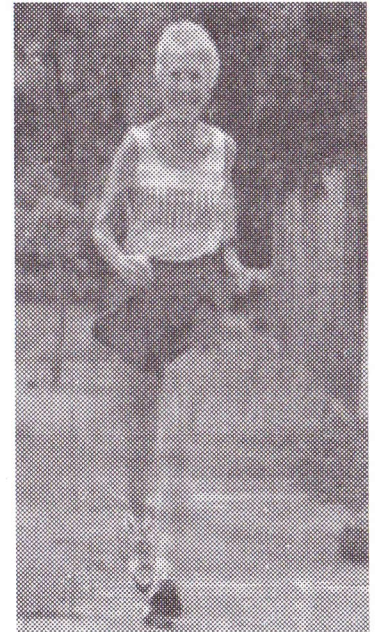
Just one week after running her 70<sup>th</sup> marathon, Mrs Young travelled to Adelaide for a six-hour ultra marathon.

My Young said that within hours of finishing the race his wife became confused about where they were.

Mrs Young said moments like that frustrated her.

"Having Alzheimer's doesn't really worry me, it is just when I forget certain things I get very frustrated with myself," Mrs Young said.

When she was told of her diagnosis Mrs Young said the one thing she would not give up was running.



Shirley Young, of Blackburn, recently ran her 70th marathon, at the age of 75.



## AUSTRALIAN CHAMPIONSHIPS 2006

### DECATHLON AND HEPTATHLON

On behalf of the Australian Masters Athletics Association Inc,  
Queensland Masters Athletics will conduct the Fourth National  
Decathlon & Heptathlon Championships for Registered Masters/Veterans Athletes 30  
years Plus

**VENUE:** QUEENSLAND STATE ATHLETIC CENTRE (FORMERLY QE11), KESSELS ROAD, NATHAN, BRISBANE

**DATE:** 18<sup>TH</sup> AND 19<sup>TH</sup> FEBRUARY 2006

#### ENTRY FORM

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

Age Group \_\_\_\_\_ Date of Birth \_\_\_\_\_

Association / Club of Registration \_\_\_\_\_

Address \_\_\_\_\_

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

#### Payment Details:

Entry Fee: \$ 35-00

I enclose a Cheque \$ \_\_\_\_\_ Money Order \$ \_\_\_\_\_

Credit Card \_\_\_\_\_ Expiry Date \_\_\_\_\_

Bankcard / Master Card / Visa ( Please circle appropriate card )

Cardholder's Name \_\_\_\_\_

Signature \_\_\_\_\_

ENTRIES CLOSE: **6<sup>TH</sup> February 2006**

Post Entry to: Combined Events Championships  
C/-Queensland Masters Athletics Association  
Box 564 Post Office  
Rochedale Qld 4123

OR

Fax: 07 3209 2144

Email: [coop@powerup.com.au](mailto:coop@powerup.com.au)

ON BEHALF OF THE AUSTRALIAN MASTERS ATHLETICS ASSOCIATION  
QUEENSLAND MASTERS ATHLETICS WILL CONDUCT THE  
NATIONAL DECATHLON & HEPTATHLON CHAMPIONSHIPS

\*\*\*\*\*

AUSTRALIAN AND QUEENSLAND DECATHLON & HEPTATHLON  
18<sup>TH</sup> & 19<sup>TH</sup> FEBRUARY 2006  
STATE ATHLETIC FACILITY (FORMERLY QE11 STADIUM)  
ENTRIES CLOSE 6<sup>TH</sup> FEBRUARY

#### TIME OF EVENT:

|                 |               |                   |
|-----------------|---------------|-------------------|
| MEN: SATURDAY   | START 2.00PM  | SIGN IN BY 1-30PM |
| SUNDAY          | START 8-00 AM |                   |
| WOMEN: SATURDAY | START 2.30 PM | SIGN IN BY 2-00PM |
| SUNDAY          | START 8-30 AM |                   |

#### DAY ONE:

|                  |                   |
|------------------|-------------------|
| <u>DECATHLON</u> | <u>HEPTATHLON</u> |
| 100 MTS          | SPRINT HURDLES    |
| LONG JUMP        | HIGH JUMP         |
| SHOT PUT         | SHOT PUT          |
| HIGH JUMP        | 200 MTS           |
| 400 MTS          |                   |

#### DAY TWO

|                |           |
|----------------|-----------|
| Sprint Hurdles | Long Jump |
| Discus         | Javelin   |
| Pole Vault     | 800 Mts   |
| Javelin        |           |
| 1500 Mts       |           |

### Judy Wines' Speech at the Legend Night Presentation (cont.)

I love being part of Caulfield venue - they are a terrific lot of people - I guess we are like one big family, except that we never argue.

Do you know, in my 27 years of running, I have met and made so many nice friends and cannot imagine how my life would be without this interest. I occasionally think i know so many people in the running world, wouldn't it be nice if they all came to my funeral - so, put it in your diary!!

Finally, I have to say once again, how immensely proud I am to be selected to share this honour with current and past legends.

Thank you



## Oh! What a night!!

To all the masters athletics reading the "News and Results" - Oh! What a night we had at the Masters Dinner Dance on Friday 18<sup>th</sup> November.

With the exception of a couple of youngsters (under 24), there were about 110 of us oldies (where were you?) who ate, drank, laughed and danced the evening away.

Normie Rowe's, old backing group - comprising a six-piece of balding musicians called "Night Shift" every bit as ancient as us provided the music as they have every year as it gives them heaps of pleasure to see everyone up dancing to their music all evening long. Their most modern tune played was "Beebopalula". So you can see that you would know all their songs, from Elvis, Big 'O', Neil Diamond, Buddy Holly - to Eagle Rock.

No one sat down - only when truly exhausted. The last song of the evening was John Paul Young's "Love is in the Air", and after a conga line around the dance floor we all stopped in front of the musicians singing and waving our arms in acknowledgement of their great music for the night.

We are sure you can see what the atmosphere was like from the photographs (especially Colin Browne).

Thanks must go to David Sheehan (Club Captain) for his hard work in arranging the whole evening.

Must make a mention of the finger food and sherry / soft drinks offered in the foyer as we arrive where we all assemble and have a good old chat before taking our seats. To be followed by a sumptuous three-course meal, tea/coffee/dinner mints.



So if you'd like to share in the fun in 2006, same venue (Hawthorn Receptions, Glenferrie Road, Hawthorn), same group "Night Shift", same cost we hope, put **FRIDAY NOVEMBER 18<sup>TH</sup>** in your diary for 2006. We have fifteen athletic venues in Melbourne, and how great it would be to get a table of 8-12 from each venue. Friends and family welcome.

Remember it's the one night of the year when the ladies can never over-dress, they all look really glamorous, and the guys - .... well they look half decent too! (No shorts or runners!)

Don't forget November 18<sup>th</sup> 2006. Make it a date. See you there!

## Some Photographs from The Dinner Dance



Alison &amp; Colin Thompson



Anne &amp; Brian Holcombe



Celia &amp; Tony Johnson



Colin &amp; Dot Browne



Sandy &amp; Des Middleton



Ray O'Connor &amp; Maureen Binyai

VICTORIAN MASTERS ATHLETICS INC  
MEMBERSHIP APPLICATION FORM 2006

Fees fall due on January 1 each year.

Please indicate (with tick) which category you are applying in:

Renewing 2005 VMA member - \$35. For two at the same address cost is \$55.

Lapsed VMA member - \$10 joining fee + \$35 - total \$45; For two at the same address cost is \$75.

Associate member (those aged 16 to 29) - \$20

New member

- a. joining before June 1; \$10 joining fee + \$35 - total \$45. Two at the same address \$75.
- b. joining June to end of September; \$10 joining fee + \$25 - total \$35. Two at same address \$60
- c. joining after end of September cost is the same as for (a.) but will cover 2007 as well.

Name.....

Address.....

Post Code..... Telephone:.....Date of Birth: .....

Venue attending ..... Email address: (please print clearly) .....

Do you wish to receive the newsletter via E-mail? .....

Occupation or area of expertise: .....

Signature of Applicant:..... Date .....

Please make cheques or money orders payable to VMA and send to address below.  
Most venues will accept cash and forward your application for you, or else drop the cash off at the address below.  
If paying by credit card (see below) an extra \$1 will be charged per transaction.

SUBSCRIPTION SECRETARY: Astrid Rose, 71 Union Rd, Surrey Hills, 3127 Ph 9836 2350

Disclaimer

I hereby declare that I am in good health and will be properly conditioned for the activities which I will enter with the Victorian Masters Athletics Inc. during the year 2006. I absolutely relieve the Victorian Masters Athletics Inc. of any responsibility for any injury or damage to myself which I may sustain in the course of competing in events organised by that club.

Signed .....

UNIFORMS & CLUB MERCHANDISE.

For information on VMA uniforms contact Graham Philpott Ph 9568 0495 or Jenny Baldwin Ph 9764 5003  
NOTE: CLUB UNIFORM MUST BE WORN FOR ALL CLUB CHAMPIONSHIP EVENTS.

VMA PRIVACY STATEMENT

Personal information collected by the club for registration purposes will not be passed to third parties except those sporting bodies with which the club is affiliated for the purposes of registering the member with that body. Any member may at any time check their personal details as held by the club.

Credit Card Payment \*      Bankcard      Mastercard      Visa

Card Number: \_ \_ \_ \_ \_

Expiry Date: ..... Name on Card: .....

Signature: .....

\* A \$1 transaction fee applies.

### Class boost for Landy Trophy meeting

The decision to change the date of The Landy Trophy meeting to link in with the Commonwealth Games looks like paying dividends for the event's organisers at Doncaster venue.

The meeting is traditionally held in mid-February but the 2006 edition will be on the evening of Monday, March 13, just two days before the opening of the Commonwealth Games in Melbourne.

Doncaster officials thought the change might attract entries from some members of Masters' Athletics who are coming to Melbourne for the Games, and so it has proved.

Already two of Australia's best performers, Hugh Coogan from Queensland and David Carr from Western Australia, have indicated their intention to enter.

Coogan won the M70 200 metres at the recent World Championships in Spain in a world record of 26.84 and took the 400 metres in 61.29 after having run 61.07 - only 6-100ths of a second outside the world record - in his semi.

Carr ran second in the M70 800 metres, having won the event at the previous two World Championships, in Puerto Rico and Brisbane.

In what promises to be another boost to The Landy Trophy meeting, Commonwealth Games officials have sanctioned the evening's main support event, The Manningham Mile, as an approved lead-up race for athletes competing in the Games.

While the event is not expected to attract any of the top-liners, Doncaster officials are hoping for entries from some of the visitors who miss out on being selected for some of the higher-profile preliminary events, such as the Telstra-A series.

The 2005 winner of The Manningham Mile, Doncaster junior Katherine Katsanevakis, later went on to win the Australian Womens' 800 metres Championship and could well gain selection for the Commonwealth Games.

She and her coach have declared, however, that she will defend her Manningham Mile crown whether she gains selection or not.

Entries for both events will open on January 2 and will close with venue managers on February 24 or by the last mail on February 27. Entry fee is again \$10 with a maximum of 64 entrants for The Landy Trophy being accepted on a 'first in' basis. Late entries will not be accepted.

Entry forms will be available at venues or from members of Doncaster. They will also be posted on the Doncaster website, [www.mastersathleticsdoncaster.org](http://www.mastersathleticsdoncaster.org)

## ENTRY FORM

## THE LANDY TROPHY

- |                                    |                                  |
|------------------------------------|----------------------------------|
| . Sponsored by: City of Manningham | . Qualitops, Collingwood         |
| . Australian National Credit Union | . Silvergio Australia            |
| . Ebony Rose Risk Management       | . Runners' World                 |
| . BNI, incorporating JNJ Electrics | . Andrew's Shoes, Chirnside Park |

Rieschiecks Reserve (Melway: 33, J11)

### DONCASTER, March 13, 2006

(All entrants for THE LANDY TROPHY contest 200m AND 1000m heats. 'A' & 'B' finals)

Name (PRINT): \_\_\_\_\_ Age (on Mar.13) \_\_\_\_\_

T-Shirt size: SMALL - MEDIUM - LARGE\*

\* Delete whichever is not applicable

I understand and acknowledge that, for THE LANDY TROPHY:

- § The number of contestants will be limited to 64, plus 8 emergencies.
- § Sixteen runners selected by the organisers will be seeded, with the remainder of the draw being done by random ballot.
- § Entries, on a 'first in' basis, *must* be accompanied by the entry fee of \$10.
- § ENTRIES CLOSE with the last mail delivery on Monday, February 27, 2006. On no account will late entries be accepted FOR ANY EVENT.
- § Entries for ALL EVENTS may be posted to Landy Entries, C/o P.O. Box 271, ROSANNA, 3084, to arrive by February 27 or may be lodged with any VMA venue manager no later than Friday, February 28, 2006.
- § All runners *must* run in T-shirt/singlet tops supplied by the organisers.
- § Please enclose career history/highlights (see reverse side).

*I hereby declare that I am in good health and will be properly conditioned to actively participate in events at THE LANDY TROPHY meeting at the Doncaster venue of the Victorian Masters' Athletic Club Inc. on March 13, 2006. I absolutely relieve the said club and organisers of any responsibility for any injury or personal damage I may sustain in the course of competing in events organised by that branch of the VMA CI. I further agree to be bound by all conditions set down by the organisers.*

I enclose my entry fee of \$10 (cheques payable to 'VMA Doncaster').  
(Fees for eliminated entrants will be refunded.)

SIGNED: \_\_\_\_\_ PHONE: \_\_\_\_\_

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

OFFICE USE ONLY:

|        |        |          |           |
|--------|--------|----------|-----------|
| NUMBER | COLOUR | 200 HEAT | 1000 HEAT |
|--------|--------|----------|-----------|

## THE LANDY TROPHY

to be run in conjunction with

### THE MANNINGHAM MILE and THE DONCASTER DASH

Rieschiecks Reserve, Doncaster, March 13, 2006

(Open to members of all clubs affiliated with Australian Masters' Athletics)

### HANDICAPS

(Calculated according to the Age-Graded Percentage scale)

| AGE | 200 Run |    | 1000 Run |     | 400 Run |     |
|-----|---------|----|----------|-----|---------|-----|
|     | M       | W  | M        | W   | M       | W   |
| 30  |         | 12 |          | 70  |         | 27  |
| 35  | Scratch | 19 | Scratch  | 106 | Scratch | 41  |
| 40  | 7       | 26 | 35       | 142 | 13      | 55  |
| 45  | 14      | 33 | 70       | 178 | 26      | 68  |
| 50  | 21      | 40 | 106      | 216 | 40      | 82  |
| 55  | 27      | 46 | 144      | 254 | 54      | 97  |
| 60  | 33      | 53 | 183      | 295 | 69      | 112 |
| 65  | 40      | 60 | 225      | 337 | 85      | 128 |
| 70  | 48      | 69 | 271      | 383 | 102     | 146 |
| 75  | 57      | 77 | 321      | 433 | 121     | 165 |
| 80  | 66      | 87 | 376      | 487 | 142     | 186 |

### CAREER HIGHLIGHTS (for inclusion in program form guide)

Please include athletics history, titles, records, PBs, performances of note and representation etc. at school, club, State and international levels:

NAME: \_\_\_\_\_

HISTORY: \_\_\_\_\_

TITLES: \_\_\_\_\_

RECORDS,  
PBs: \_\_\_\_\_

REPRESENTATION: \_\_\_\_\_

### San Sebastian Results - Teams and Throwers

#### MEN

##### 8km Cross Country Team Event

- M60 - 6. Australia (Jim Langford, Bob Shickert, Barry Lloyd)  
 M55 - 6. Australia (David Pottage, John Doust, William McLure)  
 M65 - 6. Australia (Ronald Stuart, John Hertz, Peter Johnstone)

##### Hammer Throw

- M40 - 9. Stuart Gyngell 40.61  
 M55 - 12. Bob Banens 38.26  
 M60 - 11. Ray Green 39.59  
       18. John Reynolds 33.06

##### Hammer Weight

- M40 - 4. Stuart Gyngell 14.20  
 M55 - 6. Bob Banens 14.46  
 M60 - 7. Ray Green 15.52  
       -10. John Reynolds 14.17  
 M75 - 8. Hans Joachim Kirsch 9.10

##### Discus Throw

- M40 - 4. Stuart Gyngell 46.18  
 M60 - 5. Ray Green 47.91

##### Javelin Throw

- M55 - 2. Bob Banens 47.33  
 M60 - 14. Ray Green 35.37  
 M75 - 7. Bruce Campbell 20.80

##### Shot Put

- M40 - 1. Stuart Gyngell 17.70  
 M55 - 12. Bob Banens 10.90  
 M60 - 7. Ray Green 12.99

##### Throwing Pentathlon

- M55 - 5. Bob Banens 3812  
 M60 - 4. Ray Green 4032  
       - 16. John Reynolds 2980

##### Throwing Pentathlon

- M40 - 2. Stuart Gyngell 3650  
 M55 - 5. Bob Banens 3812

##### Decathlon

- M45 - 22. Robert Hanbury-brown 3754  
 M80 - 4. Frederick O' Connor 5737  
       - 8. Max Mckay 3280

## San Sebastian Results - Teams and Throwers

## WOMEN

## 10km Road Walk Teams Event

F45 - 3. Australia (Lynette Ventris, Heather Carr, Margaret Beaumont)

F60 - 3. Australia (Joan Purcell, Roxani Papageorgiou, Lynne Schickert)

## 8km Cross Country Teams Event

F45 - 3. Australia (Kathy Heagney, Robin King, Bronwen Cardy)

F55 - 8. Australia (Shirley Brasher, Judith Rowland, Irene Davey)

F60 - 3. Australia (Susan Lloyd, Jean Hampson, Heather Johnstone)

## Hammer Throw

F45 - 4. Sharon Gibbins 37.46

F50 - 2. Elisabeth Kirsch 41.20

- 8. Christine Schultz 28.63

F55 - 4. Kathryn Teresa Glass 36.86

- 8. Judith Coram 30.74

- 18. Lorraine Mussett 18.75

F60 - 1. Janice Banens 38.30

- 12. Patricia Thomas 24.13

- 14. Mary Thomas 22.91

F70 - 3. Valerie Worrell 26.13

F75 - 8. Shirley Brasher 14.11

## Hammer Weight Throw

F45 - 5. Sharon Gibbins 11.10

F50 - 1. Elisabeth Kirsch 13.60

- 6. Christine Schultz 11.96

F55 - 4. Kathryn Teresa Glass 11.80

- 11. Lorraine Mussett 6.36

F60 - 2. Janice Banens 14.10

- 11. Mary Thomas 10.18

- 12. Patricia Thomas 9.68

F70 - 5. Valerie Worrell 10.09

F75 - 5. Shirley Brasher 5.35

## Discus Throw

F45 - 5. Sharon Gibbins 31.14

F50 - 2. Christine Schultz 31.98

F55 - 16. Judith Coram 21.17

F60 - 8. Mary Thomas 21.17

- 14. Patricia Thomas 19.59

F70 - 10. Valerie Worrell 17.55

## Javelin Throw

F45 - 1. Dawn Hartigan 33.03

- 8. Sharon Gibbins 20.02

F50 - 13. Karen Le Rossignol 14.57

F55 - 11. Wilma Perkins 23.05

- 14. Judith Coram 19.86

F60 - 3. Mary Thomas 32.66

- 13. Frances Harrys 21.69

- 15. Janice Banens 19.88

- 20. Patricia Thomas 15.58

## Shot Put

F45 - 11. Sharon Gibbins 9.07

F50 - 2. Christine Schultz 12.01

- 6. Elisabeth Kirsch 10.42

F55 - 15. Judith Coram 8.78

F60 - 5. Mary Thomas 9.94

- 11. Patricia Thomas 8.14

- 17. Janice Banens 7.55

## Throwing Pentathlon

F45 - 4. Sharon Gibbins 3618

F50 - 2. Elisabeth Kirsch 3953

- 4. Christine Schultz 3664

F55 - 4. Kathryn Teresa Glass 3828

- 7. Judith Coram 2959

- 14. Lorraine Mussett 1651

F60 - 4. Janice Banens 3891

- 5. Mary Thomas 3729

- 11. Patricia Thomas 2925

F70 - 6. Valerie Worrell 3934

## Heptathlon

F45 - 1. Marie Kay 6094

F55 - 3. Wilma Perkins 3160

## AUSTRALIAN MASTERS ATHLETICS INC

2006 WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOOR

AUSTRIA - LINZ - MARCH 15 - 20

www.linz2006.com

email: office@linz2006.com

## VERIFICATION OF ENTRIES FOR INTERNATIONAL COMPETITION

With World Masters Athletics Championships Indoor at Linz, AMA members are reminded that evidence of age is 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 to the AMA Entries Clerk together with the completed entry form, entry payment, AMA administration fee, relay option and emergency contact at home. The AMA Entries Clerk will verify the information and forward relevant items to the LOC at Linz. He will bank the monies in the AMA account until entries close and then send the appropriate amount in euros to the organizers at Linz.

To assist processing, please complete the attached athlete information form. 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 **\$20.00** for each entrant to cover the costs of incidentals such as registered postage and phone calls regarding the entry. As we are asking you to submit your entry fees to Linz in Australian dollars, this amount of \$20 may be included in the one cheque or money order. Credit card payment is not available as AMA has no credit card facility.

## 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 \$20.00

Example: an entry fee of 150 euros, times 1.75 is \$262.50

Plus AMA administration fee \$20.00

Total AUD \$282.50

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

**OFFICIAL CLOSE OF ENTRIES: 10<sup>th</sup> January 2006** with the national federation, (ie. AMA)

Send all items to

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

Earlier entries will be appreciated to allow time for verification and postage between Australia and Austria.

**2006 WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOOR (Cont.)  
AUSTRIA - LINZ -MARCH 15 - 20**

**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. The relay is 4 X 200m. Age groups will depend on the available athletes. Teams are not selected until the entrants meet in Linz.

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

Please complete and forward with your entry

**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 200m Yes / No

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

**FOURTEENTH ANNUAL "TWILIGHT"**

**LINDSAY THOMAS MEMORIAL - 10Km RUN**

**"WEDNESDAY " 18 JANUARY 2006**

**BRAESIDE PARK (Parks Victoria) - MELWAYS REF: 88 D7**

(ENTRANCE - LOWER DANDENONG ROAD - best parking in Car Park No 9 - Rosella - last car park before exit)

ENTRY FEE **\$4.00** - PAYABLE ON THE NIGHT

OPEN TO BOTH REGISTERED MASTERS ATHLETES - VMAI MEMBERS AND BY INVITATION

**PROGRAM**

|        |      |                        |
|--------|------|------------------------|
| 7.00pm | 5km  | Walk (One Lap of Park) |
| 7.00pm | 5km  | Run (One Lap of Park)  |
| 7.00pm | 10km | Run (Two Laps of Park) |

**AWARDS**

| 10km RUN      | 5km RUN       | 5km WALK      |
|---------------|---------------|---------------|
| First Male    | First Male    | First Male    |
| Second Male   | Second Male   | Second Male   |
| Third Male    | Third Male    | Third Male    |
| First Female  | First Female  | First Female  |
| Second Female | Second Female | Second Female |
| Third Female  | Third Female  | Third Female  |

Trophy for "First" 50+ Male & Female 10km Run (other than open placings)  
Trophy for "First" 60+ Male & Female 10km Run (other than open placings)  
Trophy for "First" Male & Female 5km Run (other than registered Masters Athletes)

**NUMEROUS SPOT PRIZES**

**- SUPPER PROVIDED -**

THE PERPETUAL TROPHY FOR THE 10KM RUN IN MEMORY OF  
LINDSAY THOMAS IS HELD BY THE THOMAS FAMILY.

ORGANISED BY THE SPRINGVALE - NOBLE PARK VENUE OF  
VICTORIAN MASTERS ATHLETICS INC.

ENQUIRIES - KEN HOUGH- TEL. 9854 4617 (W) 9798 1231 (H)

**PLEASE NOTE:** The distances of all events have not been "wheel measured" in fact they are .....*a little bit longer* ..... than the advertised distance.

**EVENT ENTRY FORM**

| Mark with 'X' | Event             | Eligible Age Groups | Best Recent Performance |
|---------------|-------------------|---------------------|-------------------------|
| [ ]           | 10000m            | W30+W30+            | _____                   |
| [ ]           | 100m              | All                 | _____                   |
| [ ]           | 200m              | All                 | _____                   |
| [ ]           | 400m              | All                 | _____                   |
| [ ]           | 800m              | All                 | _____                   |
| [ ]           | 1500m             | All                 | _____                   |
| [ ]           | 5000m             | All                 | _____                   |
| [ ]           | 2000m Steeple     | M60+W30+            | _____                   |
| [ ]           | 3000m Steeple     | M30-59              | _____                   |
| [ ]           | 80m Hurdles       | M70+W40+            | _____                   |
| [ ]           | 100m Hurdles      | M50-59, W30-39      | _____                   |
| [ ]           | 110m Hurdles      | M30-49              | _____                   |
| [ ]           | 300m Hurdles      | M60+W50+            | _____                   |
| [ ]           | 400m Hurdles      | M30-59              | _____                   |
| [ ]           | 400m Hurdles      | W30-39              | _____                   |
| [ ]           | 5000m Walk        | All                 | _____                   |
| [ ]           | 20km Road Walk    | M30-69              | _____                   |
| [ ]           | 10km Road Walk    | M70+W30+            | _____                   |
| [ ]           | 8km Cross Country | All                 | _____                   |
| [ ]           | High Jump         | All                 | _____                   |
| [ ]           | Long Jump         | All                 | _____                   |
| [ ]           | Triple Jump       | All                 | _____                   |
| [ ]           | Pole Vault        | All                 | _____                   |
| [ ]           | Shot Put          | All                 | _____                   |
| [ ]           | Discus Throw      | All                 | _____                   |
| [ ]           | Javelin Throw     | All                 | _____                   |
| [ ]           | Hammer Throw      | All                 | _____                   |
| [ ]           | Weight Throw      | All                 | _____                   |
| [ ]           | Weight Pentathlon | All                 | _____                   |
| [ ]           | Field Pentathlon  | All                 | _____                   |

**Verification of Entries**

Please list the names of all the events you have entered

**Events**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_

**Entries Close March 12, 2006**

**NO LATE ENTRIES WILL BE ACCEPTED**

Please allow sufficient mailing time to ensure that your entry reaches the Championship Secretary before the closing date.

**Entries should be sent to:**

**THE CHAMPIONSHIP REGISTRAR  
GPO BOX 2356  
CANBERRA ACT 2001**

**Enquiries: (02) 62547284**

**Email: president@actvac.com**

**Internet: actvac.com.au**

**CHECK LIST**

- All personal details plus proof of age provided?
- All events you wish to enter are listed?
- All best recent performances are included?
- Payment for entry fees, merchandise and functions are included?
- Waiver signed?
- Volunteer officials information included?
- Information on medical conditions included?

**Note: State uniforms are compulsory.**

**Telstra – AMA  
National  
Championships**

**34th Annual  
Track and Field  
Championships  
Canberra ACT  
April 14 to 17**



Principal  
sponsor

**Official Entry Form  
and Championships Information**



Conducted on behalf the Australian Masters  
Athletics by the  
ACT Veterans Athletic Club Inc

**Official Entry Form  
34th AMA National  
Championships**

**Personal Details:**

Surname .....  
 First Name ..... Middle.....  
 Date of Birth ..... Sex.....M/F  
 Age on April 14, 2006.....  
 Address .....  
 .....  
 State ..... Post Code .....  
 State Club.....No.....  
 Telephone.....(h).....(m)  
 Email .....  
 Emergency Contact .....

**Waiver**

I hereby declare that I am in good health and will be properly conditioned for the events I have entered. I absolutely relieve the ACT Veterans Athletic Club Inc Australian Masters Athletics and all other parties in any way involved in the conduct of AMA National Championships of responsibility for any injury, loss or damage to me or my property which I may sustain in the course or in connection with these championships.

I understand that my entry fee will not be refundable under any Act of God conditions causing the cancellation of the event or part of the event. I authorise the use of my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast, promotion or advertising or in any way related to this event.

Signature ..... Date .....

**No entry will be accepted unless  
is signed and dated**

**Payment details**

|                                             |      |
|---------------------------------------------|------|
| ACTVAC Administration Fee                   | \$20 |
| Registration Fee AMA Championships          | \$20 |
| Event Fees: Number of Events @ \$7 Each     | \$   |
| Function: Number of Guests @ \$35 each      | \$   |
| Merchandise Order Circle Size               | \$   |
| Polo Shirt @ \$30 S M L XL XXL              | \$   |
| T-Shirt @ \$20 S M L XL XXL                 | \$   |
| Relays fees \$5 per person paid on the day. |      |

**Total \$**

**Payment Details**

Mark 'X'

- Cheque payable to ACTVAC
- Credit Card (details below)
- Money Order
- Cash

**Privacy Statement**

I acknowledge that I have read the Privacy Statement listed under General Conditions and agree to the conditions stated.

**Credit Card Payment: Telstra AMA Championship Entry**

Please tick card type: BankCard MasterCard Visa

Card Number .....

Name on card .....

Expiry Date .....

Signature ..... Amount .....

**Refunds**

Entry Fee: Prior to the closing date of March 12, 2006 entry fees are refundable less a 20% handling fee. After the closing date no entry fees are refundable.

**Volunteer Officials**

The following people are available to assist as officials:

Names .....

Areas of Preference .....

Qualifications .....

Note: Qualifications are not necessary.

**Confirmation of  
Entries**

Confirmation of accepted entries and the events entered will be provided to all entrants. A program of events booklet will be supplied to all entrants and will be available at check-in from Thursday, April 13 onwards at the AIS.

## Australian Masters Athletics Championships 2006 Canberra 14 to 17 April

### Indicative event program

The table shows the expected allocation of events to days and sessions. Allocation of age/sex groups to particular sessions in field events will be based on achieving optimal balance of competitor numbers and avoidance of clashes likely to affect individual athletes. A distribution similar to earlier AMA Championships is expected. In track events, older age groups will be scheduled ahead of younger age groups.

|                                |                                                                                                  |                                                                   |
|--------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|
| <b>Friday 14 - morning</b>     | 10,000 metres (track)                                                                            | Long jump<br>Shot put<br>Javelin throw<br>Pole vault              |
| <b>Friday 14 - afternoon</b>   | Short hurdles (80m, 100m, 110m)<br>800 metres (all run as finals)                                | Long jump<br>Shot put<br>Javelin throw<br>Pole vault              |
| <b>Saturday 15 - morning</b>   | 5,000 metres Walk<br>Long Hurdles (300m, 400m)<br>1500 metres (all run as finals)                | High Jump<br>Discus throw<br>Hammer throw                         |
| <b>Saturday 15 - afternoon</b> | 100 metres heats<br>100 metres finals<br>Steeplechase (2000 and 3000 metres)<br>200 metres heats | High Jump<br>Discus throw<br>Hammer throw                         |
| <b>Sunday 16 - morning</b>     | 5000 metres<br>200 metres finals<br>Sprint Champion of Champions                                 | Weight Pentathlon                                                 |
| <b>Sunday 16 - afternoon</b>   | 4 x 100 metres relays<br>400 metres heats                                                        | Weight Pentathlon (cont)                                          |
| <b>Monday 17 - morning</b>     | Pentathlon                                                                                       | Cross Country (8k)<br>Road Walks (10k, 20k)                       |
| <b>Monday 17 - afternoon</b>   | Pentathlon (cont)<br>400 metres finals<br>4 x 400 metres relays                                  | Weight Throw<br>Throws Champion<br>of Champions<br>(Hammer Throw) |

There will be a Coaches Forum after completion of competition on Friday 14 and an Athletes Forum after competition on Saturday 15 April.

## Accommodation Guide for AMA Championships

The following accommodation has been selected as most convenient to the main competition venue at the Australian Institute of Sport. Availability is not assured. For other accommodation options see the Australian Capital Tourism website [www.canberratourism.com.au](http://www.canberratourism.com.au) or call Canberra Getaways on 1300 733 228.

Transport options to the AIS from the selected establishments are indicated below. Route 80 buses from either City or Belconnen Interchanges pass through the AIS at hourly intervals (Sunday and Public Holiday timetables will operate). First services leave Belconnen Interchange at 7.38 and City Interchange at 8.12 am. Route 80 buses from the City Interchange pass motels in Mouat Street Lyneham at 23 minutes past the hour on their way to the AIS. Public transport is not available for travel early Monday morning to the Cross Country at Weston Park or Road Walks at Lennox Gardens. Competitors and others without private transport should enquire through ACTVAC officials about informal transport pools.

### Bush Capital Lodge

Accommodation type: Newly refurbished (opening 1 March) dormitory style (4/6/10 bed dorms)  
Rates: \$38.50 per night for groups of 20 or more. Includes dinner, breakfast and a cut lunch. Room only rate for a 4 person share is \$24 per person. Contact Roy Jones 02 6251 0148 or email [rbjones@tpg.com.au](mailto:rbjones@tpg.com.au) before 23 January to participate in a group share booking.  
Address: 191 Dryandra St  
O'Connor ACT 2602  
Proximity to AIS: 5k by road but about 2k via bike path.  
Transport to AIS: Walking (20 mins) or car (5 mins)  
Phone: 02 6162 1915  
Email: [bushcapitalodge@ymca.org.au](mailto:bushcapitalodge@ymca.org.au)  
Website: [www.bushcapitalodge.com.au](http://www.bushcapitalodge.com.au)

### Canberra City Gateway Motel

Accommodation type: Motel, with bar/restaurant facilities (3.5 star)  
Rates: Single room \$110, Double \$120, Triple \$133, extra person \$13.  
Address: Cnr Northbourne Avenue and Mouat St  
Lyneham ACT 2602  
Proximity to AIS: Approx 5km  
Transport to AIS: Car (5 mins via Mouat St and Ginninderra Dr). Route 80 bus to the AIS hourly from 8.23 am.  
Other features: Close to Dickson's variety of cafes and restaurants. Pool. Broadband internet.  
Phone/Fax: Reservation hotline 1800 026 194.  
Phone 02 6247 2777. Fax 02 6247 4671  
Email: [canberramotel@yahoo.com.au](mailto:canberramotel@yahoo.com.au)

### Canberra Lyneham Motor Inn

Accommodation type: Motel with tea/coffee facilities, fridge, TV with DVD, air conditioning. Full size bath. (2.5 star)  
Rates: Standard room (1 double, 1 single bed) \$145 for 1 or 2 people.  
Triple share room (1d, 2s beds) \$160 for 3 or 4 people. Minimum 4 nights stay over Easter weekend.

Continued next pag



### Accommodation Guide for AMA Championships (cont.)

Address: Cnr Northbourne Avenue and Mouat St  
Lyneham  
Proximity to AIS: Approx 5km  
Transport to AIS: Car (5 min via Mouat St and Ginninderra Dr). Route 80 bus to the AIS hourly from 8.23 am.  
Other features: Close to Dickson's variety of cafes and restaurants.  
Phone/Fax: Phone 02 6249 6855. Fax 02 6247 6184  
Website: www.clmi.com.au

#### Canberra Motor Village

Accommodation type: Motel and Cabins units for up to 6 persons. Camp kitchen, BBQs.  
Rates: Motel rooms range from \$70 to 110 for 2 persons, \$15 extra person. Cabins (serviced) \$95 to \$150, \$15 extra person. Unserviced cabins \$65, \$8 extra person. Minimum 4 nights booking over Easter weekend.  
Address: Kunzea St  
O'Connor ACT 2602  
Proximity to AIS: 1km.  
Transport to AIS: A convenient walk via forest trail and bike path (15 min) or short drive by car (less than 10 min)  
Other features: Bush setting, close to AIS track and throwing field.  
Phone/Fax: Phone 02 6247 5466 Fax 02 6249 6138  
Email: canmotorvillage@ozemail.com.au  
Website: www.canberravillage.com

#### Belconnen Premier Inn (formerly Quality Inn)

Accommodation type: Motel with bar/restaurant facilities (4 star)  
Rates: Standard \$120 Family \$128 Deluxe \$140, Boardroom \$160, Apartments, 1 bedroom \$150, 2 bedroom \$180. Third person \$25, fourth \$20.  
Address: 110 Benjamin Way  
Belconnen ACT 2617  
Proximity to AIS: Approx 4km  
Transport to AIS: Car (5 min). Route 80 bus from Belconnen Interchange (800m from hotel) leaves hourly from 7.38 am.  
Other features: Pool on site. Close to Belconnen fruit and veg markets. A variety of restaurants about 1 km.  
Phone/Fax: Reservations 1800 672 076  
Phone 02 6253 3633. Fax 6253 3688  
Email: info@belconnenpremierinn.com  
Website: www.belconnenpremierinn.com

### VICTORIAN MASTERS ATHLETIC CLUB INC 2006 SUMMER EVENTS

| DATE         | EVENT         | START TIME | VENUE     | MELWAY MAP REF. | CLOSING DATE                     |
|--------------|---------------|------------|-----------|-----------------|----------------------------------|
| Sun 26th Feb | Pentathlon    | 12.00pm    | CAULFIELD | (69,a9)         | (By 23rd Feb; late entry on day) |
| Sat 1st Apr  | Track & Field | 12.00pm    | CAULFIELD | (69,a9)         | { 24 March }                     |
| Sun 2nd Apr  | Track & Field | 12.00pm    | CAULFIELD | (69,a9)         | { for T & F }                    |
| Sun 9th Apr  | Wt.Pentathlon | 10.00am    | CAULFIELD | (69,a9)         | { and WP events }                |

#### Provisional Timetable for Track & Field

| DAY 1 DUNCAN MacKINNON            | DAY 2 DUNCAN MacKINNON          |
|-----------------------------------|---------------------------------|
| <b>Saturday 1st April</b>         | <b>Sunday 2nd April</b>         |
| 12.00 3km Walk - Women and M75+   | 12.00 2/3/400m Hurdles          |
| 12.00 Sprint Hurdles              | 12.20 1500m Walk - Men under 75 |
| 12.45 100m Sprints                | 12.50 800m Runs                 |
| 1.30 1500m Runs                   | 1.40 1500m Walk - Women, M75+   |
| 2.30 100m finals (if req.)        | 1.50 200m Sprints               |
| 2.35 3km Walk - Men under 75      | 2.40 5km Run All Women          |
| 3.15 400m Sprints                 | 3.20 5km run M55+               |
| 4.00 2km Steeple - Women and M60+ | 4.00 200m Finals (if needed)    |
| 4.15 3km Steeple - Men under 60   | 4.05 5km Run M30-54             |
| 4.30 400m Finals                  |                                 |
| <b>Saturday 1st April</b>         | <b>Sunday 2nd April</b>         |
| 12.00 Long Jump                   | 12.00 Javelin                   |
| All Women, M65+                   | M60/65, M30-59                  |
| M50-64, M30-49                    | M70+, W60+, W30-59              |
| 12.00 Discus                      | 12.00 Triple Jump               |
| M30-59, W60+                      | M30-59, All women               |
| W50/55, W30-49                    | M60+                            |
| M60/65, M70+                      | 12.00 Shot Put                  |
| 12.00 Hammer                      | M70+, W60+, W30-59              |
| M60/65, W30-54                    | M60/65, M30-59                  |
| M70+, M30-59, W55+                | 12.00 Weight Throw              |
| 1.00 High Jump                    | M30-59, M70+, W60+, W30-59      |
| M30-64, M65+, All Women           | M60/65,                         |
|                                   | 1.00 Pole Vault                 |
|                                   | All women, M60+, M30-59         |

- (Field Events are shown in generalised, proposed order of competing.)
- Results will be posted on the Club Website as soon as we can.
- Please collect your Program and Age group Numbers when you arrive at the track to compete.

#### CONDITIONS OF ENTRY:

1. You must be a financial member of the club. (If unsure ring Astrid Rose on 9836 2350)
2. Club uniform must be worn. (Navy blue or black shorts. Current or previous singlet)
3. Please supply your own lap scorer for events 3km and longer.
4. Be available to start your event at least 30 minutes before the official start time.

POST ENTRIES TO :- VMA Championships 2006, PO Box 4237, East Burwood, 3127  
(To arrive no later than March 24<sup>th</sup> for T & F and WP)  
No late entries accepted

**VICTORIAN TECHNICAL SPECIFICATIONS  
VMA Hurdles Specifications**

(Collated by RICHARD TREMBATH – Revised October, 2003)

Note: All these specifications are currently not used by WMA or AMA.

| Age Group    | Race | Height | To 1 <sup>st</sup> Hurdle | Between Hurdles | To Finish | Number Hurdles | Track Markings |
|--------------|------|--------|---------------------------|-----------------|-----------|----------------|----------------|
| <i>Women</i> |      |        |                           |                 |           |                |                |
| 30-39        | 100m | .840m  | 13.0m                     | 8.5m            | 10.5m     | 10             | Yellow         |
| 40-44        | 90m  | .762m  | 13.0m                     | 8.0m            | 13.0m     | 9              | White          |
| 45-49        | 90m  | .762m  | 13.0m                     | 7.5m            | 17.0m     | 9              | Nil            |
| 50-59        | 80m  | .686m  | 12.0m                     | 7.0m            | 19.0m     | 8              | Black          |
| 60-69        | 80m  | .600m  | 12.0m                     | 7.0m            | 19.0m     | 8              | Black          |
| 70+          | 60m  | .600m  | 13.0m                     | 7.0m            | 12.0m     | 6              | Black          |
| 30-44        | 400m | .762m  | 45.0m                     | 35.0m           | 40.0m     | 10             | Green          |
| 45-49        | 300m | .762m  | 50.0m                     | 35.0m           | 40.0m     | 7              | Green          |
| 50-59        | 300m | .686m  | 50.0m                     | 35.0m           | 40.0m     | 7              | Green          |
| 60-64        | 300m | .600m  | 50.0m                     | 35.0m           | 40.0m     | 7              | Green          |
| 65 plus      | 200m | .600m  | 20.0m                     | 35.0m           | 40.0m     | 5              | Green          |
| <i>Men</i>   |      |        |                           |                 |           |                |                |
| 30-39        | 110m | .991m  | 13.72m                    | 9.14m           | 14.02m    | 10             | Blue           |
| 40-54        | 100m | .914m  | 13.0m                     | 8.5m            | 10.5m     | 10             | Yellow         |
| 55-59        | 90m  | .840m  | 13.0m                     | 8.0m            | 13.0m     | 9              | White          |
| 60-64        | 90m  | .840m  | 13.0m                     | 7.5m            | 17.0m     | 9              | Nil            |
| 65-74        | 80m  | .762m  | 12.0m                     | 7.0m            | 19.0m     | 8              | Black          |
| 75 +         | 60m  | .686m  | 13.0m                     | 7.0m            | 12.0m     | 6              | Black          |
| 30-44        | 400m | .914m  | 45.0m                     | 35.0m           | 40.0m     | 10             | Green          |
| 45-54        | 400m | .840m  | 45.0m                     | 35.0m           | 40.0m     | 10             | Green          |
| 55-59        | 300m | .840m  | 50.0m                     | 35.0m           | 40.0m     | 7              | Green          |
| 60-69        | 300m | .762m  | 50.0m                     | 35.0m           | 40.0m     | 7              | Green          |
| 70-74        | 300M | 0.686m | 50.0M                     | 35.0M           | 40.0M     | 7              | Green          |
| 75+          | 200m | 0.686m | 20.0m                     | 35.0m           | 40.0m     | 5              | Green          |

**IMPLEMENTS**

| AGE          | Shot Put | Discus  | Hammer | Javelin | Weight         |
|--------------|----------|---------|--------|---------|----------------|
| <i>Women</i> |          |         |        |         |                |
| 30-49        | 4.00kg   | 1.00kg  | 4.00kg | 600gms  | 9.08kg(20lbs)  |
| 50-59        | 3.00kg   | 1.00kg  | 3.00kg | 500gms  | 7.26kg(16lbs)  |
| 60-74        | 3.00kg   | 1.00kg  | 3.00kg | 400gms  | 5.45kg(12lbs)  |
| 75+          | 2.00kg   | 0.750kg | 2.00kg | 400gms  | 4.00kg(8.8lbs) |
| <i>Men</i>   |          |         |        |         |                |
| 30-49        | 7.26kg   | 2.00kg  | 7.26kg | 800gms  | 15.88kg(35lbs) |
| 50-59        | 6.00kg   | 1.50kg  | 6.00kg | 700gms  | 11.34kg(25lbs) |
| 60-69        | 5.00kg   | 1.00kg  | 5.00kg | 600gms  | 9.08kg(20lbs)  |
| 70-79        | 4.00kg   | 1.00kg  | 4.00kg | 500gms  | 7.26kg(16lbs)  |
| 80+          | 3.00kg   | 1.00kg  | 3.00kg | 400gms  | 5.45kg(12lbs)  |

STEEPLECHASE - 3000m for M30-59 2000m (.762m) for M60+ and Women

PENTATHLON EVENTS - MEN: - LJ, JAV, 200m, DISCUS, 1500m  
WOMEN: - LJ, JAV, 200m, DISCUS, 800m

WEIGHT PENT. EVENTS - ALL - HAMMER, SHOT, DISCUS, JAV, WEIGHT

**VICTORIAN MASTERS ATHLETIC CLUB INC  
2006 TRACK & FIELD ENTRY FORM**

SURNAME \_\_\_\_\_ CALL NAME \_\_\_\_\_

SEX \_\_\_ DATE OF BIRTH \_\_\_\_\_ AGE on First Day \_\_\_\_\_ PHONE \_\_\_\_\_

NORMAL VMA MID-WEEK VENUE \_\_\_\_\_ (If you go to one)

To select an event, please mark it with your recent best (or hoped for) time or distance. This will enable us to properly grade everyone in heats and divisions.

| Code | Perf | Event          | Code | Perf | Event                           |
|------|------|----------------|------|------|---------------------------------|
| SH   | ___  | Sprint Hurdles | LH   | ___  | 3/400m Hurdles                  |
| 1    | ___  | 100m Sprints   | 3W   | ___  | 3km Walk - Men                  |
| 15   | ___  | 1500m Runs     | 8    | ___  | 800m Runs                       |
| 5W   | ___  | 5km Walk       | SW   | ___  | 1500m Walk - Women              |
| 4    | ___  | 400m Sprints   | 2    | ___  | 200m Sprints                    |
| ST   | ___  | 2/3km Steeple  | 5    | ___  | 5km Runs                        |
| LJ   | ___  | Long Jump      | TJ   | ___  | Triple Jump                     |
| HJ   | ___  | High Jump      | PV   | ___  | Pole Vault                      |
| DJ   | ___  | Discus         | SP   | ___  | Shot Put                        |
| HT   | ___  | Hammer         | JT   | ___  | Javelin                         |
|      |      |                | WT   | ___  | Weight Throw                    |
| WP   | ___  | Wt Pentathlon  | PE   | ___  | Pentathlon (see bottom of form) |

**ENTRY FEES**

Track & Field @ \$5 / event \_\_\_\_\_  
 Wt. Pent @ \$10 \_\_\_\_\_  
 T & F Pent (\*) @ \$10 \_\_\_\_\_  
 Total Enclosed: \$ \_\_\_\_\_ With entry\* Include if entering all events by 23 Feb.

**Method of Payment**

SURNAME \_\_\_\_\_ CALL NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ POST CODE \_\_\_\_\_

I am paying by: Cash Cheque Money Order Credit Card  
 (Please make cheques or Money Order payable to Victorian Masters Athletic Club Inc. For Credit Card payment fill out details below.)

**Credit Card Payment \* Bankcard Mastercard Visa**

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_/\_\_\_\_  
 Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

\* A \$1 transaction fee applies.

(Send to VMA Championships 2006, PO Box 4237, East Burwood, 3127)

(To arrive no later than March 24<sup>th</sup> for T & F and WP - No late entries accepted)

**Volunteers needed:** Tick here if you are willing to be a volunteer on any of the days of the Championships and have not already been assigned duty by your venue.

**Entry for T & F Pentathlon, 26 Feb 2006**

SURNAME \_\_\_\_\_ CALL NAME: \_\_\_\_\_ Est. SCORE: \_\_\_\_\_  
 SEX \_\_\_ DATE OF BIRTH \_\_\_\_\_ AGE on Day \_\_\_\_\_ PHONE \_\_\_\_\_

Send this entry separately to above address with \$10 to arrive by 23rd Feb. 2006 or Late entry on day before 12 noon. Check that you have paid subs for 2006.