

Vic Masters News and Results

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News and Results

Victorian Masters Athletics Inc.

March 2006

ANDY SALTER RELAY - 2006

Wednesday 1st February 2006 saw the 23rd running of the Andy Salter relay at the Springvale/Noble Park venue. It was a concern when rain started falling consistently during the afternoon, particularly after we had to reschedule last year's event. However, the rain stopped just prior to start time and apart from a couple of puddles on the bridge crossing in Corrigan road, conditions were ideal for running. Certainly not too hot as has been a problem in the past. Despite the inclement weather during the afternoon, 102 competitors from 7 venues attended as well as a number of others who acted as officials etc. A good roll up.

The Challenge division was contested by 9 teams which was very encouraging. Knox was attempting back to back wins and at the end had managed to achieve that with a relatively comfortable 38 second margin to the Springvale team.



Paul Twining, Paul Wilson,
Graeme Leticq & Julie Norrey

Results were:

- 1st - Knox - 43.15 - Paul Wilson, Graeme Leticq, Paul Twining, Julie Norrey
- 2nd - Springvale - 43.53 - Dragan Isailovic, Theresia Baird, Tony McGarrigle, Mark Yellin
- 3rd - Caulfield - 46.09 - Jeff Boot, Andrew Edwards, Bronwyn Cardy, Peter Bence

Fastest times were: Female - Susi Wilson (Knox) - 11.32
Male - Paul Wilson (Knox) - 9.31

In the Fun Run division 15 teams competed for the nearest estimated time trophy. The winners, only 1 second out, were a team from Knox comprising David Wear, Peter Thorne, Sharron Hunter and Ian Uren. The Springvale team of Allison Devine, Jenny Field, Ross Martin and Peter Field can consider themselves unlucky as they were only 3 seconds out. The estimated time team walk attracted 4 teams, with a team from Springvale (Frank Allen, Celia Johnson and Tony Johnson) finishing closest to their estimated time but 46 seconds out. Obviously on the night, the walkers pace judgment was not as good as the runners.

A fine supper was enjoyed after the serious business of competing and as is usual at Masters events good comradeship was evident with much discussion on how everyone was running. Thanks to all who helped make the night a success, particularly all those who helped provide the supper and those who acted as officials. Full results will be in the February edition of Around the Grounds.

Victorian Masters Athletics Inc.

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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 - 9pm	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 pjmogx@melbpc.com.au	9807 5656
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Victorian Athletic League (Pros)
Victorian Race Walking Club
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Australian T&F Coaches Assn
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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
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
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
2006 National Championships

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.

Peak Performance

By Judy Wolff - Article in the Mail of 10 January 2006

After having nine children, Belgrave Heights mother Lyn Thompson decided to reclaim her body and lose some weight.

Little did she know that five years later she would be running marathons and racing up Victoria's highest mountain peaks.

She began slowly with gym work and walking when her last child started kindergarten then progressed to running. Lyn trains either during school time or on pre-breakfast runs.

Even on the darkest of winter mornings she is on the track, alone or with friends from the Masters Athletics clubs of Knox and Croydon.

While her family fully supports her efforts, they have no inclination to join her. Husband Darryl, a musician, says of the sport: "I loathe running, always have, since school cross-country runs." But he will drive her anywhere to check out a route and meet her at the finish line.



In November Lyn took on the Four Peaks Challenge, an extreme sport where in just two days contestants run up four of Victoria's highest peaks, Mts Mystic, Feathertop, Hotham and Buffalo.

Surprisingly, she finds mountains easier to tackle than flat marathons, thanks, she says, to her training in the Dandenong Ranges.

Traditionally a marathon is 26 miles or 42.2 kilometres, which is approximately the distance run in 490 BC by a Greek messenger, from Marathon to Athens. Legend says he spoke one word on arrival, Niki! (Victory!) then fell to the ground, dead.

Lyn has twice competed in the Melbourne marathon and her favourite, Lorne to Apollo Bay, which has a three-kilometre extension to finish at the pub.

Lyn's next goal is to run the 100 Kilometre Oxfam Trailwalker and to involve more people in the Four Peaks Challenge.

"I wanted to run a marathon before I turn 50 this month, and I've done three."

"So I'm pretty pleased with that. I would like to stay fit and involve more people in running."

Stretching - Is it causing you long term damage?

Article from the SLM Health-Letter Number 10 January 2006

(c) Steve Lockhart 2006, www.backpain.com.au

For as long as I can remember people have been told to stretch as a warm up or warm down to prevent injuries and for just as long physiotherapists have been using stretching, along with exercises, as the basis for their treatment of painful conditions. Everyone has jumped on the band wagon from doctors to personal trainers and most therapists and whenever someone complains of feeling tight or sore there are invariably asked 'have you been doing enough stretching' or 'I know a good stretch that will help you'.

But in saying that there are also varying opinions on the type of stretching that are good to do and which are bad or harmful and in fact whether any stretching does any good at all. Research conducted by Army physiotherapist Rod Pope and his colleagues on 2600 Army recruits showed that stretching provides no benefit in preventing injuries and his is not the only study that has reached this conclusion.

Now I'll grant you that stretching a tight area will provide some temporary relief but what is it actually doing to our body when used regularly over a long period of time?

Before I discuss that question I would like to take you back to where it all started with the exercise craze of the late 70's and early 80's. Back in those times people didn't go to gyms or do fitness classes like aerobics or pump and the topic of stretching was rarely raised because people hardly ever needed it. The only gyms that existed were for the serious sports people or trainers where you could use hand weights or punch a heavy bag in a dingy back room somewhere, run by an ex fighter or trainer. It wasn't the place the average person would go and most exercise was confined to organised sports such as tennis, basketball or touch football. Injuries that people sustained were seen to by your GP and treated with rest and anti inflammatory drugs and physiotherapists were mainly used for helping people rehabilitate after surgery or treating the elderly in nursing homes.

When the exercise craze finally did take off and gymnasiums as we now know them started to spring up everywhere, people started getting serious injuries that doctors were not equipped to deal with either with expertise, or experience and so Physiotherapists inherited the job because they were the only option available and stretching became the new buzzword.

If you ask most people, they will tell you they imagine that muscles are like lengths of elastic that when pulled from both ends, stretch evenly just as elastic does and are not aware that a muscle works more like a telescope where the filaments slide over one another requiring ample lubrication and a healthy function to be able to properly lengthen through its range of movement. Healthy function refers to the condition of the muscle generally, whereby the tissue needs to be supple and strong and responsive to the nerve stimulation orchestrated by our brain.

The reality of course is that perhaps 10% of people would fit into this category while the other 90% are dominated by muscle tissue that is damaged, stressed, congested, unhealthy or overworked. The result for this group is an inability for the muscles to respond to

Stretching - Is it causing you long term damage? (cont.)

stretching exercises without putting most of the pressure on the origin and insertion points and connective tissue around the joints. So what does that do? And more importantly what proof is there that indeed this is in fact what happens?

If you develop a pain in the body where does it usually manifest? In the joint. Most pains that people experience are things like knee pain, back pain, shoulder pain, elbow, wrist or ankle pain etc. And most of these pains when checked show that there is actually no damage to the structure of the joint, according to medical diagnosis they mainly come under the heading of inflammation or tendonitis and are treated with rest, anti inflammatory's or cortisone injections. In fact most medical specialists will tell you they are not sure why a pain is felt in a joint that shows no signs of injury when scanned. If it hangs around for too long, some people are told the pain is all in their head or other are operated on anyway with arthroscopy's so the specialist can 'have a look' because they can't figure out what the problem is, but regardless of which category you might fit into everyone is told to do more stretching.

It may be found that the joint is tracking incorrectly or there is an irritated nerve, ligament or tendon and where some of these injuries respond to a bit of ice and 'stretching' most hang around and require constant 'stretching', strapping or strengthening before they eventually settle. The reason they eventually settle is the body compensates for the injured muscle(s).

In fact what is really happening is a problem with the muscle supporting that joint is either causing an imbalance or irritation that settles or recovers in direct relation to the improvement of that muscle problem. Many times that muscle doesn't recover very well and despite all the stretching, the pain or irritation becomes chronic until the body slowly compensates and settles the problem away by itself.

Eventually as we get older and have an accumulation of these problems the body has no where else to compensate and the chronic pain stays with us, causing a curtailing of the activity that irritates the joint, tendon, ligament or nerve. On the other hand, if the problem muscle is able to be identified and its length and function restored, the pain can disappear overnight as mysteriously as it came.

Stretching doesn't achieve this goal evidenced by the fact that chronic pain, of all types, is an epidemic amongst the masses of people who exercise and stretch and stretch and stretch as advised by their doctor, physiotherapist, other therapist or trainer, with no result.

If you do some research into stretching you will see it gets quite complicated, there is dynamic, ballistic, active, passive, static, isometric and PNF stretching or proprioceptive neuromuscular facilitation which is really a technique combining passive and isometric stretching. Even the process of what happens in the muscle when we stretch is quite scientific, enough to tell you that in a perfect world maybe but certainly not in this world or stress, junk food and toxins where muscles do not behave in the manner that they are suppose to, at least for the 90% majority anyway.

Continued next page

Stretching - Is it causing you long term damage? (cont.)

The complicated anatomy we have that facilitates a stretch let alone the precise control and movements required that most people would have no idea about, should be enough to put doubt in anyone's mind that the effect of a stretch would come anywhere close to what is expected. Which brings us back to our original question of what happens to the body when we do all this stretching over a long period of time, the answer is many things:

Firstly as the connective tissue at the joint is the weakest point along the line we end up stretching the ligament, the small fibrous tissues that plays an important role in the support of the joint against dislocation and excessive, incorrect movement. Over time this constant stretching of a ligament causes it to stretch and become loose and weakened, making the joint hyper mobile and changing the important relationship that ligament has with muscles that also support that joint.

As we know from the science books a stretched loose ligament stays that way and doesn't return to its original length even after a long time has passed, especially if it is continually being stretched.

As a result the person doing the stretching feels looser and they are, in the joint, but that only makes them more susceptible to injury's like dislocation or more serious joint or ligament damage. A hyper mobile joint might work well in ballet or for martial arts kicks but it is not a good thing for a person involved in sports such as basketball, soccer, football, netball, or any activity involving body contact or where they are changing direction quickly.

If the ligaments are not providing the support for a joint that they should be, it is left to the muscles to pick up the slack and that causes them to become overworked and react by becoming tighter.

When the muscles become tighter a person feels like they need to stretch even more and the situation is exacerbated until you have the loose hyper mobile joints and muscles that are contracted in the belly and won't let go. An experienced bodyworker will feel this condition quite easily when working on a person who has stretched consistently over a long period of time.

The body has the ability to know when a joint is weak or unstable and contacting the muscles is the way it protects itself and strengthens against the joint being dislocated. Over time the constant state of contraction affects the circulation and the muscles correct function and co-ordination with the nerves, which in turn causes the muscle to become weaker and the chances of dislocation, ligament, tendon or joint damage even greater.

So as you can see if you think about it logically there is a valid reason why stretching is not as good for you as perhaps you have been led to believe and in fact long term stretching is very bad for the ligaments, muscles and joints in particular. How do I know this, well as a Myotherapist doing a lot of deep tissue massage work over a 17 year period, working on all types of body's, I have been able to compare the constantly stretched body with the rest and the difference is very obvious, loose sloppy joints and contracted belly of the muscles that does not respond to the usual techniques I successfully use to release the muscle contractions.

Continued next page

Stretching - Is it causing you long term damage? (cont.)

The chronic stretcher's don't have any fewer injuries than the non stretcher's in fact I'd say they have more, especially niggling injuries. When I get them to stop stretching, (which is like getting someone off a drug), the 'niggles' disappear and the injuries become less frequent, providing their body hasn't already changed too much.

What is the solution then?

- Warm up and warm down very well before activity, using ROM exercises.
- Eat a balanced healthy diet including supplements so your muscles and tissues are strong and will be supported for the activity you want to undertake.
- Get full body deep tissue massage as regular maintenance for your muscles and when you feel the need to stretch, do so sparingly and seek out a treatment that can restore length and function to your muscles. Get your body put back in balance without involving stretching or strengthening exercises because strengthening tight muscles with poor circulation causes them to tighten further, worsening and locking in any imbalances, but that is another story which has been expanded on in The Bad Back Book, available FREE from www.backpain.com.au

Article by Steve Lockhart www.myotherapy.com.au

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The views expressed are those of the author and members need to make their own decisions on these matters and that the article is only printed for general information. It is always recommended that members seek qualified medical treatment for any illnesses or injuries that they may have.



Andy Smith - read article *A very proud letter from Andy Smith* page 17

2006 TELSTRA - AUSTRALIAN MASTERS ATHLETICS NATIONAL CHAMPIONSHIPS - E-NEWSLETTER

Welcome to the first e-newsletter for the 2006 Telstra Australian Masters Athletics National Championships, to be held at the Australian Institute of Sport (AIS) at Canberra, ACT on 14 - 17 April 2006, hosted by the ACT Veterans Athletics Club (ACTVAC).

2006 Championship website now live!

The website for the 2006 Telstra Australian Masters Athletics National Championship is now live. The website provides a range of information to competitors, officials and their families, including:

- General conditions
- Official entry form
- Accommodation and transport details
- Event Program details
- Expression of Interest forms for officials
- Championship Dinner
- 2006 AMA Marathon Championships
- What's on in Canberra during Easter 2006

The site will be regularly updated with news and information on the Championship. The website is at: <http://www.actvac.com.au/AMA06/Home.htm>

A unique opportunity - The 30th Canberra Marathon - incorporating the 2006 Australian Masters Athletics Marathon Championships

Master's athletes have a very unique opportunity in 2006.

The 30th Canberra Marathon, which incorporates the Australian Masters Athletics Marathon Championships, will be held on the weekend prior to the 2006 Telstra Australian Masters National Athletics Championships. This provides the catalyst for a great holiday for distance runners who can run the marathon, or associated Marathon Eve 5km or 10km Fun Run, on the weekend of 8-9 April, then stay over and enjoy the AMA National Championships over Easter. Full details at www.canberramarathon.com.au

Dinner and Awards Evening - Sunday 16 April 7 for 7.30pm

The venue for this year's Championships Dinner and Awards Evening is at the Canberra Club, West Row, Canberra City.

The Canberra Club was the first licensed club in the A.C.T. and as such has a rich heritage and a proud tradition. The Club, a cosmopolitan meeting place with diverse patronage, is located in a prestigious, inner-city venue and boasts stately elegance. The club has excellent facilities and features friendly, personalised service. The restaurant caterers were awarded ACT Business of the Year 2003.

2006 TELSTRA - AUSTRALIAN MASTERS ATHLETICS NATIONAL CHAMPIONSHIPS - E-NEWSLETTER (cont.)

Enjoy dinner, dancing and socialising to the music provided by one of Canberra's top DJ's.

If any further information is required (including dietary queries) please contact Val Chesterton on (02) 62928994 or valches@optusnet.com.au.

Don't forget the merchandise!

Championship Polo shirts and T-shirts are available and can be ordered using the Championship entry form. At \$30 and \$20 respectively they represent good value.

Close of Entries

The closing date for entries for the 2006 Telstra Australian Masters Athletics National Championship is March 12, 2006.

The ACT Veterans Athletics Club and the Championship Organising Committee look forward to seeing you at the 2006 Telstra Australian Masters Athletics National Championships this April.

Presentation of trophies by Ken Hough for Lindsay Thomas Memorial



LINDSAY THOMAS MEMORIAL

Wednesday 18th January 2006 saw the 14th running of the Lindsay Thomas Memorial event at Braeside Park. On a night that was very pleasant for running (a bit of a stiff southerly breeze to keep runners working down the long straight) a good crowd of competitors, officials and supporters turned up.

The event is somewhat unique in that it is not an exact distance. It is either 1 or 2 laps, with each lap approximately 5.2 km. We like it that way as it makes the event a bit special which is appropriate because it is in honour of someone who was a special person.

There were 46 entries in the 2 lap run, 44 entries in the 1 lap run and 36 entries in the 1 lap walk - a total of 126 entries. There were representatives from 8 different venues plus quite a few non masters who come as friends of the Thomas family. Perhaps the only disappointing thing was the lack of females in the 2 lap run - only 1 starter. Come on ladies, how about a bigger roll up next year. It is a great course to run.

Results on the night are as follows;

	Male		Female	
10+km run (2 laps)	1. Murray Johnson	37.49	1. Margaret Beaumont	71.26
			2. Tony McGarrigle	38.16
			3. Noel Eastwood	39.52
5+km run (1 lap)	1. Mal Grimmett	19.08	1. Bronwen Cardy	21.03
	2. Jeff Boot	19.33	2. Allison Devine	27.28
	3. Mark Vellin	19.55	3. Judy Davison	32.01
5+km walk (1 lap)	1. John Morrison	31.15	1. Sylvia Machin	34.31
	2. Ron Bilston	33.16	2. Maureen Seedsman	37.32
	3. John Hallo	36.53	3. Marlene Stanway	38.13
10+km run (1 st 50+)	1. Andrew Edwards	40.52		
10+km run (1 st 60+)	1. Col Waring	48.03		
5+km run (non master)	1. Aaron Hall	20.54	1. Amy Burren (age 11)	22.36

In summary it was a very good night with plenty of good competition and lots of socialising after the event. A few organised people even brought their picnic hamper to enjoy. Particular thanks to all those who helped as officials, brought supper and donated spot prizes. Without these people the event couldn't happen. A special mention to organiser Ken Hough. He has organised all 14 and does a great job in ensuring the event continues run at a high standard.

The event is held on the 3rd Wednesday of January each year. The 2007 event is January 17th. Make a note in your diary now.

Still In Step At 93

By Teresa Murphy - Mordialloc-Chelsea Leader of 16th January, 2006

Age may have slowed Frank McGuire down but it had far from wearied him.

At 93 the veteran race walker and trainer is back in business as a fun and fitness walking coach in Mentone.

His own pace may be shuffle speed these days, at times aided by a walking stick, but he still does his daily 150 step-ups on the veranda of his Edithvale home, where he also trains a coterie of long-time "Frank fans".

"He's a legend," said Marlene Gourlay last week as the former national walking coach put her through her paces, a routine that began 17 years ago.

For the Burnley-born, Fitzroy-raised Mr McGuire, his love of fitness began more than 60 years ago, in 1930 when he joined the Collingwood Harriers, initially in middle-distance running and then race walking.

In 1950, he retired from competition to coach, resuming the sport as a veteran at age 68.

He has written books on race walking, prepared the Victorian squad for the 1956 Olympic Games in Melbourne and was official at the 1960 Rome Olympics.

He was national walking coach for Australia from 1960 to 1965, the first national coach of any sport to be appointed, and set up coaching and judging administration for Little Athletics in 1970.

As passionate about history as he is about sport, Mr McGuire was also long-time historian for the Chelsea and Mordialloc councils and has written many publications on local history.

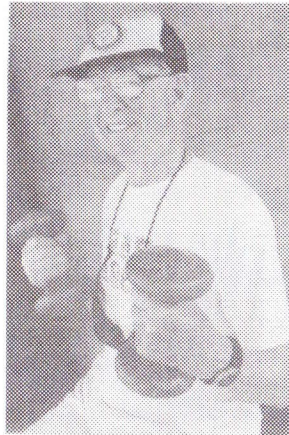
He is also a published poet.

Mr McGuire and his wife Freda (who died last year) moved to Chelsea in 1942, becoming intrinsic members of the community.

From 1965 to the mid-80s, Mr McGuire ran a successful gym in The Strand in Chelsea, where the likes of sprinter Raelene Boyle, footballers Stan Alves and Leigh Matthews, and other champion athletes sought his expertise in weight training.

As a veteran weightlifter himself, Mr McGuire held an Australian record for bench pressing 70kg (his body weight was 60kg) when he was 65.

In 1978, the McGuires helped to establish veteran race walking in Mentone, both competing until they were 80. As veteran competitors, they collected countless medals from events around Australia, Frank also excelling in shot-put, discus and pentathlon.



Still In Step At 93

Mr McGuire was coach of the Mentone race walkers until three years ago, when his wife suggested perhaps it was time to retire. But such was his desire to share his knowledge and passion for the sport; he agreed to return as trainer late last year.



SPECIAL GENERAL MEETING, 27TH FEBRUARY 2006

Colin Browne

A very important special general meeting was called at Duncan McKinnon Murrumbena last night. Over 800 notices were posted out to members, who showed their complete disregard for matters to do with the committee and constitution by staying away in their hundreds. The proposal was that we replace the general members of committee with representatives of the venues, one per venue, while keeping the executive officebearers.

This would have given the club a structure of an executive and a council, a structure not unlike that of other large sporting bodies which are an amalgamation of autonomous clubs. One thinks of Athletics Victoria, Australian Masters Athletics, the AFL and many other sports. The council would have met about two-monthly and reported back to the venues, while the executive or board would have met more often to attend to the responsibilities of running the club.

As our venues have become more like autonomous clubs over the years, the proposal had merit. The intention of the mover, Alan Lucas, was to achieve better liaison between the central committee and the members, who are often very active when it comes to participation at the venue level, but completely apathetic when they are called upon to take an active role in administration, nominating for election, officiating or entering championships.

So, last night, 27 people turned up out of 800+. QED. Almost all of them were already committed to the club as committee members or venue managers, in other words, the backbone of the club.

Discussion of the motion brought forth an excellent debate, and had the vote depended on only those in attendance, the motion would have been carried about 22 to 5. However, proxies had been gathered, in my opinion in a most irregular way, so that the total number of votes was 62. Still not very comforting as an indication of the interest of the general members in the future of their club. To pass a constitutional amendment requires a 75% vote in favour. The motion failed to achieve this majority by about three votes.

Charlene to be honoured at Landy Trophy

One of Australia's greatest middle-distance runners, Charlene Rendina, will celebrate a milestone by being the Guest of Honour at The Landy Trophy meeting at Doncaster athletics track on March 13.

Rendina, whose long-standing Australian women's 800 metres record passed the 30 year mark on February 28, has been invited to stand in for the Governor of Victoria, John Landy, in making the presentations at Australian Masters' Athletics' premier meeting of the year. Governor Landy, who usually presents the trophies, has had to decline the invitation to do so this year due to his hectic schedule during the week in which the Commonwealth Games open in Melbourne.

Rendina was thought to be the most appropriate replacement as officials were keen to acknowledge the 30th anniversary of her setting the record of 1 min. 59 sec. at the Victorian Championships at Olympic Park on February 28, 1976.

In addition to a new presenter, the night will feature new prizes valued at \$500 which will take the value of the evening's trophies and prizes to more than \$5000.

Rendina is one of an impressive list of Olympians who have been invited to the meeting, among them medallists Peter Norman (200, Mexico City 1968) and Gary Honey (long jump, Los Angeles 1984) and former champion sprint hurdler Ray Weinberg, who represented Australia in 1948 and '52 before being team manager in 1968.

This year's running of The Landy Trophy meeting was moved from its regular February timeslot to the evening of Monday, March 13 to take advantage of the influx of athletics fans into Melbourne for the Games.

Manningham City Council has arranged special entertainment on the program in honour of their 'adopted nations', Trinidad & Tobago and Grenada. There will be traditional ethnic musical entertainment before and after the athletics program, which will conclude with a free supper, to which all spectators are invited.

This year's program promises to be the best in the seven year history of The Landy Trophy, with entries having come from interstate and overseas competitors for the first time.

Another feature will be the introduction of two participation prizes, each of a night's accommodation and breakfast at the luxurious Sebel Heritage Yarra Valley, donated by fitness expert Dr John Tickell, a director of the Heritage Golf and Country Club at Chirnside Park.

All participants in The Landy Trophy will have an equal chance of winning, with one random draw being conducted among the 16 finalists and the other among those who complete both their heats but do not qualify for the finals.

The two supporting events, The Manningham Mile, for open class athletes, and The Doncaster Dash, for members of Little Athletics drew top class fields last year and are expected to do so again

All events on the program are run from handicaps based on the Age-Graded Percentage Scale, which permits athletes of varying age and gender to compete on 'level terms'.

A very proud letter from Andy Smith

It was a few months ago when I was told by the medical profession that I could no longer walk or run in competition. The only avenues left were the discus and shot-put, at which I was - and still am - terrible!

What could I do to make life interesting? Well, 65 years ago in World War 2, I was a parachutist - my last jump was at Mareeba in North Queensland. So, how about a jump I thought, and what better place to do so than the Essendon Aerodrome, next to Tullamarine where Her Majesty is expected to arrive prior to the Commonwealth Games.

I rang Judy Wines who works in government and knows the avenues of approach to achieve action at government level. Judy helped me compose a letter to the Premier of Victoria with my request, advising that I would be doing this to promote the Commonwealth Games.

Some time later, I received a pleasant letter from the Minister for Sport & Recreation wishing me well in my parachute jump, but unfortunately all publicity for the Games had already been taken. Thanks, but no Thanks in other words! Essendon Aerodrome would not allow parachuting by anyone.

I then rang Point Cook where I thought parachuting would be encouraged to 90 year olds!! On speaking with the base commandant, I was informed the base was now run by civilians, not service personnel and all parachuting had ceased. By then I was getting desperate, so I rang the Treasurer of the First Australian Parachute Battalion Association, who advised me to try the Commando Sky Divers Club at Tooraddin.

Well this time I had some luck, however only a tandem jump is allowed for the old geezers like me - well I thought, I don't mind roughing it seeing that I have travelled down to Tooradin in the Mercedes of David Madden, ex President of the Parachute Battalion Association. David does not walk or run, but otherwise is a good bloke and worth his weight in gold at Tooraddin. So, I was finally there!

I was most impressed by the conduct of the "Commando Sky Divers" Club and strongly recommend it to anyone interested in parachuting - young or old. The preliminary training on the ground and the trip up into the stratosphere was terrific.

During the war, we jumped between 1,000 feet and four hundred feet - here at Tooradin, I was to jump at ten thousand feet. I considered I must be careful not to jump on to the Moon on the way up!

The actual jump was excellent, thanks to the skill and ability of the gentleman on my back. One mistake I made was to ask my fellow jumper something near the ten thousand feet mark, when I had been told to keep my mouth shut at all times. I guess that's the story of my life - can't keep my mouth shut! The result was I was temporarily deaf when I reached the ground. The trip down took about five minutes and was everything I had wished for.

After the jump, the chief of staff told me if I go back when I turn 100 - he will give me a free jump and I might take him up on that!

Congratulations Andy on this really marvelous achievement. - Judy Wines

Minutes of Annual General Meeting of Victorian Masters Athletics held at Duncan McKinnon Reserve on Monday 18/04/2005

ATTENDANCE: 28 members signed the attendance roll

APOLOGIES were received from 10 members

The meeting opened at 8.13pm with vice president Tony Bradford in the chair until the arrival of president Rob Waters

MINUTES: The minutes of the 2004 AGM had been circulated and were confirmed on the motion of D. McLean & A. Willey

ANNUAL REPORT: The secretary Alan Lucas presented the annual report and various venue managers reported on the activities at their venues during the year. Graeme Rose praised the preparation of the report this year though noting that 2 reports were not received in time for inclusion. The report as presented was accepted on the motion of A Lucas & A Wood.

TREASURER'S REPORT: was presented by Al Willey and showed a strong result for the year and overall a very strong position. The report as presented was accepted on the motion of A. Willey & J. Dean.

ELECTION OF OFFICE BEARERS: The following persons were elected to the positions as indicated

President	Rob Waters
Vice Presidents	Tony Bradford Alan Lucas
Secretary	Vacant
Ass't Secretary	Vacant
Treasurer	Al Willey
Club Captain	David Sheehan
Vice Captain	Lavinia Petrie
Committee	David Mather Graham Philpott Graeme Rose Wasył Drosdowsky Amanda Mawson
Auditor	Peter Le Get

The president thanked Keith Routley for over 30 years of service as an auditor as Keith had declined to be nominated. The meeting supported the speech with acclamation.

The following persons had agreed to continue in positions as described and were duly appointed.

Statistician	Clyde Riddoch
Mailing Officer	Colin Browne
Registrar	Astrid Rose
Uniforms Officer	Graham Philpott

Minutes of Annual General Meeting (cont.)

SPECIAL APPRECIATION AWARD

A plaque was presented to Alan Lucas for his work as secretary and Nationals Organising Committee convenor

STATEMENT OF PURPOSES

The public officer made the appropriate statement of purposes of the club in accordance with section 30 (3) of the Act. The motion to receive the statement of purposes was carried.

GENERAL BUSINESS

Discussion was held on a variety of topics as listed below.

Alan Lucas presented a proposal to alter the structure of the general committee by replacing the elected general committee members with a representative of each venue. The general consensus was in favour and Alan would investigate this matter further.

Leo Charles spoke re problems with hurdle events at the state titles

Rob Waters & Don McLean responded and advised that a specific sub committee will be set up to handle the running of the titles.

Leo also raised concerns of older walkers being disqualified for bent knees. Alan Lucas responded advising that VMA has already reverted to the previous IAAF rule and cannot do any more because any further modifications would mean that competitors could not claim a record.

John Howard questioned if anything could be done about the standard of the public address system at Duncan McKinnon Reserve. Peter McGrath advised that the ground management committee were aware of the problem and looking at solutions.

Graeme Rose advised members of training for VMA officials

Bill Page questioned the timing and conduct of the VMA marathon in conjunction with the Melbourne marathon. David Sheehan advised that the majority of members preferred a gradual progression of events through the winter season with shortest first and the Melbourne Marathon fitted that timing even though we recognise that the cost burden is substantial for some members. Alan Lucas showed the meeting a large VMA trophy that had been passed on to him from Colin Browne. This trophy had not been presented since the early 1980's and he asked the meeting to consider how it could be used in the future.

Graham Paul queried if the advertising flyer was ready for production yet. Rob Waters advised that he was working on it.

The meeting closed at 9.50pm

ANDY SALTER RELAY - 2006 (cont. from page 1)

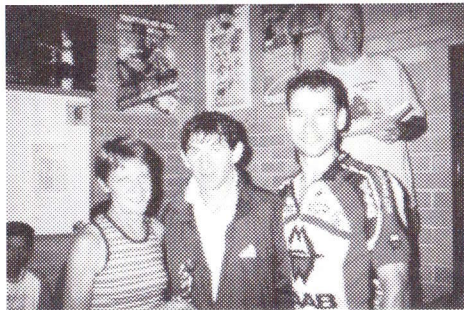
I am also trying to establish records for the fastest individual and team times in the event over the years. Unfortunately I have not been able to locate all results but from what I have the following are the best 3 times in each category.

- Team 1. Croydon - 1992 - 39.48 (Neil Griffen 9.47, Lavinia Petrie 11.17, John Castle 9.40, Brian Simmons 9.04)
 Eq 2. Springvale - 1991 - 40.09 (Alan Bennie 9.51, Theresia Baird 11.03, Neil Gray 9.47, Eric Greaves 9.28)
 Eq 2. Springvale - 1992 - 40.09 (Ross Martin 9.30, Theresia Baird 11.20, Neil Gray 9.44, Eric Greaves 9.35)

Male: 1. Brian Simmons - 1992 - 9.04
 2. Paul Wilson - 2005 - 9.10
 3. Ray Ramelli - 1987 - 9.17

Female: 1. Carmel Papworth - 2004 - 10.49
 2. Bronwen Cardy - 2002 - 10.56
 3. Dot Browne - 1987 - 10.59

If anyone has any better information can you let me know please at: alanbennie@optushome.com.au or ring me on 95472978.



2nd place - Theresia Baird, Dragan Isailovic & Tony McGarrigle
 Mark Velli (missing)



3rd place - Andrew Edwards, Jeff Boot, Bronwyn Cardy & Peter Bence



Estimated First - Sharron Hunter, Peter Thorne, Ian Uren & David Wear



1st Walk - Frank Allen, Celia Johnson & Tony Johnson

EARRING AID

While none of us condones the use in athletics of anything which can be remotely regarded as performance enhancing, there's no rule on the statutes about not trying to gain a psychological edge, nor has it been proven conclusively that there's anything much you can do to a woman's ears to make her go faster, unless perhaps to get Brad Pitt to nip them.

Anyway that's the way it is in most parts of the world, but not at the Doncaster venue of Victorian Masters' Athletics, where the females in the training group are adamant that unless you are wearing earrings, you can't run properly. Having trained with them on a regular basis over recent years, Richard Trembath is well aware of the rule and the magic mysticism it has upon the female mind. Trembath is also one who likes to pay attention to detail, so on the way to San Sebastian he took the precaution of buying a nice set of earrings which he intended presenting for luck to his training partner June Reeves if she qualified for a final, which he was confident she would do.

Came competition time and June started the meeting with brilliant wins in both her heat and the semi-final of the W60 100 metres. Time to break out the earrings, so Trembath retrieved them from their hiding place and set off for the stadium with them in their little satin pouch, firmly in the zipped up pocket of his tracksuit.

The passengers on the bus were mostly athletes, but Trembath thought nothing of sitting next to a young Spaniard, despite the fact that the team had been given a lecture in the early stages of the tour about the need to be wary of pickpockets. It really didn't appear to be a particularly threatening situation, despite the fact that during the trip Trembath took them out of his pocket to admire them before replacing them and doing up the zip.

June was third-fastest qualifier for the 100 final, and obviously needed whatever help she could get, so Richard headed for the warm-up track, located her in the distance and headed in that direction with the intention of presenting her with the symbols of victory.

But as he reached in his pocket, alas, no earrings!

As luck would have it, however, June had come prepared with an old pair and was able to manage to take silver medals in both her 100 metres and 200 metres before going on to win a gold and a silver in the relays.

There is no doubt she ran brilliantly and that the meeting was the highlight of her career - after all, a gold and three silvers at a World Championships, together with Victorian records in both the 100 and 200, all reads pretty well.

But how much better might it have been had she been able to upgrade to the latest model in jet-powered super-earrings...??

The girls at Doncaster will tell you it would have made a difference. But *how much* difference we'll never know!

[Oh, and by the way, girls - if you decide to adopt this approach in future, there's one more thing. Apparently it's pretty important to have your make-up right, too].

MINUTES OF VMA COMMITTEE MEETING HELD AT THE COLLINGWOOD VENUE 14 NOVEMBER 2005

BUSINESS ARISING:

Complaint from M Grimmett sent to Alan Lucas re additional \$10.00 entrance to Melbourne Marathon. This was discussed and the committee's stance reaffirmed. See previous month's minutes.

CLUB CAPTAIN'S REPORT:

- * No major event since the last meeting.
- * David Sheehan submitted the calendar for 2006, and there was discussion on a venue for the 10 km track race on 21 May. Decided on Sunday morning at Aberfeldie just after the Victorian Championships. Also discussed was the possibility of holding the race at one venue for two years consecutively.
- * Letter from VCCL re holding the 10km Cross Country in conjunction with VMA on 16 July. David Sheehan to liaise.
- * 10 Mile to be held 13 August.

AMA REPORT:

Rob Waters reported on the AMA Annual General Meeting.

- * All Notices of Motion from Victoria were lost.
- * Concern was raised at the Athlete's Forum during the last Nationals over the availability of seating for throwing and jumping events.
- * Also raised was concern re warm up times for athletes who have to move between events.
- * The need for a call room will be given a tryout at the Nationals in Canberra, and competition will be conducted as per the AMA Handbook.
- * Also to be tried out is the use of each state team having a Captain/Spokesperson/Manager to speak on behalf of a team member if needed, eg to the jury, or re a protest.

Rob Waters also went through the San Sebastian report.

GENERAL BUSINESS:

Suggested change to wording in sections 20, 21, 22 and 23 of the Constitution to include venue managers to be invited onto the committee and to change the structure of the committee to an executive and a general committee. Also included is to be an invitation to attend to clubs that run Masters on our behalf, eg Coburg.

It was proposed to call a venue managers meeting in early February for further discussion of committee changes. The Committee to discuss further prior to the proposed meeting and again after that meeting.

David Sheehan spoke to Gerry Robinson re editorial for N&R after Christmas. Suggested item: That the Secretary and Treasurer's positions need to be filled at the AGM.

Proposal that a number of relay events be chosen for a National Relay Championship was discussed.

Graham Phillpot reported on uniforms and proposed to place an order for new uniforms with a new supplier at a significantly lower cost than the Queensland source.

MINUTES OF VMA COMMITTEE MEETING HELD AT THE COLLINGWOOD VENUE - MONDAY DECEMBER 12 2005

BUSINESS ARISING:

- * Uniform order has been placed for January delivery.
- * Fifteen letters have been sent re a Venue Managers meeting concerning changes to the constitution. Thirteen answered, nine in favour, four against. This will require a petition of sixteen signatures to make a change at the AGM. Alan Lucas to call a special meeting of managers in February.

CLUB CAPTAIN'S REPORT:

- * Letter from Allan Bennie re moving the running of the Eric Greaves Memorial to another date. This is not possible as the year's programme has been set.

GENERAL BUSINESS:

- * Report on the dinner dance by David Sheehan, 103 people attended an enjoyable evening. Final figures \$543.00 short of target. Next year we should try for a target of 120 to 130 to be profitable.
- * Graham Rose attended the AA meeting and presented a favourable report on operations. The Throwers Group had a successful Christmas Breakup.
- * Also discussed the need to set a consistent standard entry fee for medal events. There appear to be some anomalies between events.
- * Membership for Shield Competition has been rectified and we now have the required number.
- * Email from Hazel McDonnell re relay selection was discussed in part and left until next year.

MINUTES OF VMA COMMITTEE MEETING HELD AT THE COLLINGWOOD VENUE - 16 JANUARY 2006

BUSINESS ARISING:

Alan Lucas received an email from Mal Grimmett re medal allocation. Alan sent two more medals and advised that \$10.00 entry for the marathon was a committee decision and will stand. Notice to be placed in next N & R for anyone claiming outstanding medals. Lavinia will take charge and then judge future requirements, will also contact Don McLean on requirements and place order accordingly.

CORRESPONDENCE:

- * Email from Richard Trembath re Landy Trophy, Manningham Council.
- * Receipt from Hanover Homes with thanks for donation re Eric Greaves' Trophy.
- * Alan Lucas has a list of signatures to call a special general meeting in February to discuss changes to the Constitution.

CLUB CAPTAIN'S REPORT:

- * Informed Alan Bennie that the date for the Eric Greaves Memorial cannot be changed.
- * Relays to be run 28 February at Caulfield will be 4 x 100 and 4 x 400. Entries close one week before.

GENERAL BUSINESS:

- * Discussion on emails received from Don McLean:

Doug Orr Trophy: Problems appear to revolve around handicaps and financial members. It was suggested that a memo be sent out to all venue managers to the effect that any inter/intra events to be conducted are open only to financial members. Astrid to send a list of financial members to all venue managers. Membership is only valid when Astrid has received sub., sent receipt and recorded same.

It was decided that the Captain and Vice Captain visit Doncaster venue and make suggestions, talk to people involved and try to adjust emphasis from sprinting to other events.

Graeme Rose reported on the format for the Victorian Championships. Officials for some events have been appointed, but there is still a need for additional personnel.

Changes have been made to 1500m and 3km walks for men and women of all ages.

MINUTES OF VMA COMMITTEE MEETING HELD AT THE COLLINGWOOD VENUE - 13 FEBRUARY 2006

CORRESPONDENCE:

- * Answering letter from Dept. of Sport and Recreation advising of continuing "consultation" on redevelopment of Olympic Park.
- * Letter from Mal Grimmett offering to resign and asking for his \$35.00 subscription to be returned. Committee agreed to accept his resignation and a letter will be sent confirming this decision.
- * Graeme Rose to reply to AMA re relay proposal. Other states have put in positive responses. The relays will be held over a four week period.

CLUB CAPTAIN'S REPORT:

- * Report on relay proposal. Only three teams have replied from any venue. W60 & W65 women and M60 men for 4x100m relay.
- * Keith Lockhart wanted to know about our combined runs with VCCL. David Sheehan has this in hand.
- * There have been some queries about the 10 mile on 13 August at Prince's Park as to the availability of change rooms etc.
- * Alan Lucas reported on the walk on Sunday 12 at the Coburg track. Brenda Riley broke the World Record but there were insufficient judges. Otherwise a good day was had by all. There was a reasonable turnout of 14 men and 10 women.
- * Andy Salter relay was another good night and was won by Knox.

GENERAL BUSINESS:

- * Graham Rose has had very few replies from venues offering to do jobs at the Championships.
- * Graham also asked about results from the Marathon. Lavinia has this under control and will also distribute trophy glasses.
- * Duncan McKinnon venue has been booked for the Special General Meeting, February 27.
- * Duncan McKinnon has been booked for the Annual General Meeting, April 10.
- * Letter received from Peter McGrath wishing to nominate a member for Life Membership. This is to be considered by the Committee for voting at the AGM.

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	M60-59, 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.

Friday 14 - morning	10,000 metres (track)	Long jump Shot put Javelin throw Pole vault
Friday 14 - afternoon	Short hurdles (80m, 100m, 110m) 800 metres (all run as finals)	Long jump Shot put Javelin throw Pole vault
Saturday 15 - morning	5,000 metres Walk Long Hurdles (300m, 400m) 1500 metres (all run as finals)	High Jump Discus throw Hammer throw
Saturday 15 - afternoon	100 metres heats 100 metres finals Steeplechase (2000 and 3000 metres) 200 metres heats	High Jump Discus throw Hammer throw
Sunday 16 - morning	5000 metres 200 metres finals Sprint Champion of Champions	Weight Pentathlon
Sunday 16 - afternoon	4 x 100 metres relays 400 metres heats	Weight Pentathlon (cont)
Monday 17 - morning	Pentathlon	Cross Country (8k) Road Walks (10k, 20k)
Monday 17 - afternoon	Pentathlon (cont) 400 metres finals 4 x 400 metres relays	Weight Throw Throws Champion of Champions (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 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 before 23 January to participate in a group share booking.
Address: 191 Dryandra Street, 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
Website: 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 Street, 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

Canberra Lyneham Motor Inn

Accommodation type: Motel with tea/coffee facilities, fridge, TV with DVD, air conditioning. Full size bath. (2.5 star)

Continued next page

Accommodation Guide for AMA Championships (cont.)

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.

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
Saturday 1st April	Sunday 2nd April
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	
Saturday 1st April	Sunday 2nd April
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 24th 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 st Hurdle	Between Hurdles	To Finish	Number Hurdles	Track Markings
Women							
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
Men							
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
Women					
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)
Men					
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 _____ DOB _____ 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 _____ P/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 24th 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.**

What's On

March

- 13th The Landy Trophy 2006 - Doncaster
 13th Angela Taylor Memorial Run 10km and 5km Run and Walk Victoria Police Academy View Mount Rd Glen Waverley Melway 71 E6 8.30 am
 15th-26th Commonwealth Games, Melbourne
 26th Sri Chinmoy Yarra Boulevard Run, 15 km run, 10 & 5 km run/walk, Kevin Bartlett Reserve, Yarra Boulevard, Richmond, Melway 45 B12, 8 AM 9421 2747, www.srichinmoyraces.org/au

April

- 1st VRR Tan Time Trial, (8km, 4km), Cnr Government House Drive & Birdwood Avenue (Melway 2F, K11), 7:30am, (9744 1072)
 1st Track & Field Titles, Murrumbena 12:00 pm - Day 1
 2nd Track & Field Titles, Murrumbena 12:00 pm - Day 2
 2nd 7am Frankston to Portsea. 55km. Davey Street Frankston. (Melway 100A B8) kc130860@hotmail.com (0425 733 336)
 9th Weight Pentathlon, Murrumbena 10:00 am
 9th Run For The Kids. 14.8km, 8:40am & 4.5km, 9:20am. Telstra Dome, Docklands. (Over Bolte Bride, through Domain Tunnel), (9292 1928), www.runforthekids.com.au
 14th-17th AMA National Championships Track and Field, Canberra
 22nd Coburg Ultra 24hr, 12hr, 6hr, Harold Stevens Athletic Track, Coburg, (Melway 18 A10), (9386 9251), www.coburgharriers.org.au
 23rd Sri Chinmoy Albert Park Run, 15 km run, 10 & 5 km run/walk, Palms Picnic Area, off Albert Road, Albert Park Lake, Melway 57 H3, 8 AM 9421 2747, www.srichinmoyraces.org/au
 30th VRR Westerfolds Park Half Mara & Fun Runs (21.1, 10 & 5 km) Porter St Entrance (Melway 33 E3) 8.30 am (9744 1072)

May

- TBA WMA Indoor Championships
 6th VRR Tan Time Trial, (8km, 4km), Cnr Government House Drive & Birdwood Avenue (Melway 2F, K11), 7:30am, (9744 1072)
 7th Great Train Race, 13.2km, Puffing Billy Office, Belgrave. (Melway 75 F10), (99754 6800), www.puffingbilly.com.au, 9:30am
 14th Mother's Day Classic, 4 & 8 km run/walk, Location TBA, 8.30AM.9819 9225, www.ausrun.com.au
 14th Walhalla Wound Up, 50/37/19km trail runs (5174 9869)
 20th Mt Beauty Half Marathon. 21.1/10/3km. Mt Beauty Sports Complex, (5754 4005), 10am
 21st CHC Coburg Fun Run & Walk, 12km & 6km. Harold Stevens Athletic Track, Coburg, (Melway 18 A10), (9386 9251), www.coburgharriers.org.au
 21st Great Ocean Road Marathon, 45/23km Lorne Post Office, 8am
 21st Jells Park Fun Run / Walk. 10/5km (Melway 72), victoria@dukeofed.org.au, 9:30am
 28th VCCL/GCCL Handicap 10km. Geelong Grammar School, (9690 0272). 10am
 28th Sri Chinmoy Running & Fitness Festival, Marathon & Teams Marathon (5 persons), Half Marathon, 10 & 4 km run/walk, Williamstown Athletics Track, cnr North Rd & The Strand, Newport, Melway 56 B4, 8 AM 9421 2747, www.srichinmoyraces.org/au

June

- 3rd VRR Tan Handicap & Breakfast (8km & 4km) Swan St Bridge at The Tan (Melway 2G A9). 7.30am, (9744 1072)
 10th VCCL Queens Birthday Sweepstakes 5km, Birds Lane, Belgrave Heights (9690 0272), 10am
 17th CHC Bluestone Classic, 15km/7km. Harold Stevens Athletic Track, Coburg (Melway 18 A10), (9386 9251), www.coburgharriers.org.au

Awards to Melbourne Marathon Runners

The following is a full result from Melbourne Marathon (as supplied by Melbourne Marathon organisation) of those athletes who indicated on their entry form that they were financial members of V.M.A. A committee decision was made prior to the event to award medals only to those who had fulfilled **OUR CRITERIA**, which was, that V.M.A. be notified previous to the event and a fee of \$10 be made payable to V.M.A.

If you believe that you fulfilled the criteria please apply to LAVINIA PETRIE so that she can award the appropriate medals.

Unfortunately the ages were not included with the result .

1	Mike Wheatley	2.47.39	21	Peter Vince	4.01.24
2	Mal Grimmett	2.58.18	22	Neville Gardner	4.08.17
3	Kate Weeks	3.05.06	23	Jim Hopkins	4.08.35
4	Geoff Wheeler	3.11.13	24	Ashley Page	4.10.02
5	Andrew Edwards	3.14.22	25	Lyn Thompson	4.10.40
6	Peter Moore	3.16.56	26	Jane Sturzaker	4.10.42
7	Geoff MCGowan	3.17.29	27	Ken Hough	4.20.34
8	Agni Ziogos	3.18.37	28	Merylin Kelly	4.20.42
9	Russell Mignot	3.28.03	29	Gary Bell	4.28.44
10	Peter Bignell	3.28.11	30	Brian Walsh	4.29.49
11	Peter Black	3.29.36	31	John Dean	4.35.22
12	Russell Speight	3.33.25	32	Shirley Young	4.36.46
13	David Murrhly	3.36.05	33	Ross Martin	4.38.09
14	Nicole Diamond	3.38.15	34	Vin Martin	4.44.48
15	Peter Maloney	3.51.38	35	Stephen Barker	4.48.15
16	Annette Pelgrim	3.54.36	36	Pete Battrick	4.56.23
17	Paul Ban	3.59.29	37	Brian Glover	4.57.26
18	Peter Field	3.59.29	38	Mark Benjamin	4.57.55
19	Gavin Morton	3.59.40	39	Antony Martin	5.20.56
20	Bruce Rattenbury	4.00.01	40	Bryan Johnston	4.46.17

LAVINIA PETRIE

12 JEANETTE MAREE COURT

KILSYTH 3137

Tel: 97282929

Email : ljpetrie@alphalink.com.au

What's On

June

- 18th Lap of the Lake, 4.6 & 9.27 km run/walk, Albert Park Lake. 9.30 AM 9819 9225, www.ausrun.com.au
 18th RetireInvest Eaglehawk to Bendigo 6.5km. Eaglehawk Town Hall, (9690 0272), 12pm
 18th Traralgon Marathon & Half Marathon, 42.2/21.1km. Tennis Courts, Davidson Street (5174 4965), ITwite@hazpower.com
 25th Sri Chinmoy Como Landing Run, 10 km run & 5 km run/walk, cnr Williams Rd & Alexandra Avenue, South Yarra, Melway 58 G1, 9 AM 9421 2747, www.srichinmoyraces.org/au