

Vic Masters News and Results

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News and Results

Victorian Masters Athletics Inc.

May 2006

Landy Trophy goes Interstate

STAR Queensland athlete Hugh Coogan made a flying visit to Melbourne to score a brilliant win in Victorian Masters' Athletics' glamour event, The Landy Trophy, run at Doncaster on the night of March 13.

Coogan, 70, a dual World Champion, won both his qualifying heats, over 200 metres and 1000 metres, before scoring a comfortable win in the final, of 400 metres.

The only female finalist in the mixed-gender event, Kathy Heagney, 55, finished a game second, with the 2004 Landy winner, Keith Howden, 60, a close third.

Coogan, who holds the world 200 metres record in the M70 age-group, was the hot favourite for the event, which is run from handicap marks based on the internationally recognised Age-Graded Percentage Scale, which makes allowance for age and gender.

The scale is designed to make an accurate assessment of an athlete's performance from his age-graded handicap compared to open class.

In light of this, Coogan's performance requires very little explanation. His 400 metre time from his age-graded mark of 102 metres was 43.45. The open class world record is held by former US superstar Michael Johnson at 43.18. Johnson, however, had not been required to run heats in the hour and a half before the race.

Doncaster venue manager Richard Trembath told patrons at the meeting he doubted they would see a better performance in the 400 metres at the Commonwealth Games, which were scheduled to begin in Melbourne later in the week.

"You won't see a better 400 metre runner in Melbourne in the next two weeks than Hugh Coogan," he said. "You'll see younger, but not better."

Coogan's Landy time broke the event record of 46.20, held by dual winner Mike Johnston, by nearly three seconds!

Kathy Heagney's time of 47.56 in running second would have been good enough to win every previous Landy Trophy other than the two won by Johnston. But even her effort was overshadowed by the performance of veteran Leo Coffey, 76, who won the Consolation in 46.96, making him one of only three in the history of the event to go under 47 seconds.

Victorian Masters Athletics Inc.

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Mailing Officer	Colin Browne	9874-2501	colinbrowne@optusnet.com.au

Victorian Masters Athletics Venues

ABERFELDIE Athletic Track	Aberfeldie Park, Corio Street, Moonee Ponds Wednesday nights, 7 - 9pm	Melway 28 D6
ALTONA Athletic Track	Grants Reserve Sugar Gum Drive, off Civic Parade Tuesday nights, 7 - 9pm in daylight saving, Sunday in winter - 2pm Every Second Sunday - Different venue	Melway 54 G9
EAST BURWOOD Athletic Track	Burwood Road, opp. Mahoneys Road, behind basketball stadium Thursday nights, 7 - 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 pjmcgx@melbpc.com.au	9807 5656
Coburg	Geoge Goode	PO BOX 191 Pascoe Vale South 3044	9306 8503
Coburg	Neville Wilson	11 Prospect Road Rosanna 3084 nlw@melbpc.org.au	9459 7827
Collingwood	Wasył Drosdowsky	12 Hickford Street Brunswick East 3057 w.drosdowsky@bom.gov.au	9387 2163
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Croydon	Karen Archer	27 Russell Street Mount Evelyn 3796 quinarcher@iprimus.com.au	9736 1684
Croydon	Ken Walters	5 Warra Road Upwey 3158 judynden@bigpond.com	9752 5977
Doncaster	Richard Trembath	8/16 Inez Avenue Eltham 3095 tenek@bigpond.net.au	9431 6963
East Burwood	Trevor Jupp	4 Driftwood Drive Glen Waverley 3150 juppspecial@optusnet.com.au	9802 3355
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Frankston	Peter Duggan	8 Myna Court Carrum Downs 3201 peterduggan@bigpond.com	9786 9169
Geelong	Mike McAvoy	20 Melva Court Whittington 3219	5248 4087
Knox	Ian U'Ren	19 Lachlan Road Boronia 3155 ureni@optusnet.com.au	9762 7801
Mentone	Ted McCoy	24 Blackwood Avenue Mentone 3194	9583 3280
Southern Peninsula	Heather Carr	2 Arthur Street Dromana 3936 bill.carr@sandvik.com	5987 1235

Venue	Manager	Address	Phone
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Springvale/ Noble Park	Alan Bennie	75 Bertrand Avenue Mulgrave 3170 alanbennie@optushome.com.au	9547 2978
Throwers	Graeme Rose	71 Union Road Surrey Hills 3127 grarose@yahoo.com	9836 2350

Reference Websites

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Victorian Masters Athletics
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Athletics Victoria
Victorian Athletic League (Pros)
Victorian Race Walking Club
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Australian T&F Coaches Assn
Int. Marathons & Road Races
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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

**Annual Meeting Rescheduled
to Monday 22nd May at 8pm
Duncan McKinnon Reserve**

VALE

BRIAN FOLEY

Secretary, Australian Masters Athletics Inc.

With deep regret, the Board of Australian Masters Athletics (AMA) advises of the sudden death of its secretary Brian Foley, aged 62, on 1 April 2006 from a stroke. Brian had just returned home to Perth, Western Australia from two weeks as an Athletics official at the Commonwealth Games in Melbourne, an experience he enjoyed immensely.

Born in Tasmania, Brian's career as a chemical engineer took him to various regions such as Canada, Turkey and Africa. Settling in Western Australia he worked in many roles with Alcoa Australia, the latest being wetland preservation. Brian had planned to retire in a few weeks and enjoy more time with his family and to travel extensively with his wife Norma.

Brian's voluntary contribution to both Masters and Open Athletics in Australia has been outstanding and he will be greatly missed. He was well known, well liked and well respected in the wider athletic community as an athlete, an administrator and an official.

In 1994 Brian was elected to the Australian Masters Athletics Board and served as Secretary from 1996. In 2003 he received the AMA Administrator of the Year Award for his outstanding services nationally.

Brian was an Australian delegate to the World Masters Athletics General Assembly in Brisbane in 2001 and again in San Sebastian, Spain in 2005.

On a local level in Western Australia Brian served on the Masters Athletics WA committee for 14 years from 1987 to 2001, holding at various times the positions of President, Vice President and Secretary. Brian was awarded a club life membership in 1998. He also served on the organizing committee for the past three national AMA championships held in Perth and was an official at the Sydney Paralympics in 2000.

As an "A" grade qualified official Brian spent many a season with Open athletes. He was awarded a life membership of WA Athletics during the 2004-05 season having given over 20 years service in this area.

Notwithstanding these commitments, Brian still found time over the years to train and compete at a high level, his favourite events being 800m and 1500m. Despite a hip injury slowing him down, Brian still competed at world level in San Sebastian last year.

He was a remarkable man who will be hard to replace. Our thoughts go to the Foley family at this sad time.

Lynne Schickert
President

Australian Masters Athletics Inc.

VICTORIAN MASTERS ATHLETICS Inc.

10 km "Eric Greaves Memorial"

Road Race Championship

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

Braeside Park, Mentone
(Melway Map 88 D8)

SUNDAY 16 JULY 2006

10.00 am Start

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

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

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

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

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

Ample car parking (car park No. 9 - Rosella is best) – picnic facilities available

Tea, coffee and biscuits after the race

Enquiries Alan Bennie 9547 2978

Landy Trophy goes Interstate (cont.)

Coffey, a specialist sprinter who has never contested a Landy final, can consider himself most unlucky to have drawn Coogan in his 200 metre heat.

After finishing second, he then made a game bid in his long heat, but was run down by the tenacious George Rennie, leaving him with 16 points, one short of the cut-off mark for the final.

Heagney, too, can consider herself unlucky, having run second in 2002 final when Ross Kent ran 47.6 to beat her. Four years later she has bettered that time, but has struck a champion in Coogan, the first interstate athlete to contest a Landy final.

The two principal supporting events, The Manningham Mile, for open class athletes, and The Doncaster Dash, for members of Little Athletics, both provided thrilling contests.

The 2005 winner Bronte Gange, 13, successfully defended her Doncaster Dash title, scoring narrowly from Samuel Au, 12, and the backmarker Nathan Down, 13.

Gange ran the 100 metres from the 11 metre mark in 11.64 – 1-100th of a second faster than her winning time last year – then went on to contest The Manningham Mile, in which she started from the Under 16 female handicap mark of 216 metres.

Gange ran a brave race but was no match for the winner, Ben Ashkettle, 17, who scored in strong style with last year's runner-up, David McNeill, 19, again a gallant second. The 2005 winner, Katherine Katsanevakis, was third, with Gange fifth.

The guest of honour and presenter was Charlene Rendina, 1974 Commonwealth Games 800 metres champion who is also holder of the Australian record of 1.59, which she set 30 years ago, in February 1976.

Doncaster Dash participation medals were presented by Melbourne Commonwealth Games representatives Sonia Brito and Libby Allen and Sydney 2000 Olympian Elly Hutton, all of whom are members of Doncaster Athletics Club.

**Annual Meeting Rescheduled to
Monday 22nd May at 8pm
Duncan McKinnon Reserve**

Victorian Masters' Athletics:

The Landy Trophy meeting, Doncaster, March 13:

The Landy Trophy Final, 400 metres: Hugh Coogan (Qld) (age 70, 102m.) 1; Kathy Heagney (97m.) 2; Keith Howden (54m.) 3; Ron Arthur 4; Mike Johnston 5; Peter Lamb 6; Richard Trembath 7; Mark Crawford 8. Time 43.45 (record).

Landy Trophy Consolation Final, 400 metres: Leo Coffey (age 76, 121m.) 1; Bob Cozens (USA) (85m.) 2; Wayne Fitzsimmons (69m.) 3. Time 46.96.

Doncaster Dash (Little Athletics, 100metres): Bronte Gange (age 13, 11m.) 1; Samuel Au (6m.) 2; Nathan Down (Scr.) 3. Time 11.64.

Manningham Mile (Open): Ben Ashkettle (age 17, 49m.) 1; David McNeill (Scr.) 2; Katherine Katsanevakis (176m.) 3. Time 4.15.16.



World Masters - Riccione - September 2007

Hi Everyone,

Attached is our up to date itinerary with costings. The accommodation is excellent and the meals package you will find to be mouth watering. The only night dinner is not included, is the night of the Athletes Party, this will probably be on Wednesday the 12th September.

I am now taking deposits, the Turkey tour is going to be very popular, if you are keen to join us, **your deposit will confirm your place**. \$200 for the airfare & accommodation package and \$300 for the Turkey Tour.

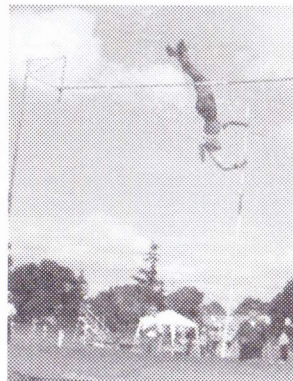
I have 180 beds booked firm. With the large number of Australian & New Zealanders planning to go this number may not be sufficient.

The three hotels are close to each other, 100m from the beach and main street shopping and 900m from the track. All hotels are sport oriented; the Attilius Hotel is the main sponsor for the Riccione track & field team.

Bicycles are available free of charge and access to the Blue Line Gym is complimentary.

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If anyone is interested in the package I can email them a document that describes what the hotels have to offer plus a guide for the Turkey tour.



Relay Night

On Tuesday 28th February 2006, VMA conducted a relay night at Caulfield Venue. Many thanks to Peter McGrath for giving us the opportunity to fit the relays in with Caulfield's program. Peter and his capable assistants did a wonderful job ensuring things run smoothly. Thank you all very much.

To the athletes who supported the night, I hope you enjoyed the experience.

We ran 4 x 100 and 4 x 100 relays and managed three state records on the night. Great night - hope to see you all and many more next year.

W65 4 x 100

Marlene Stanway
 Margaret Beaumont
 Pam Mews
 Jan Morrey

New Record
 1:28.6
 Old Record
 Nil

M60 4 x 100

Graeme Stockdale
 Richard Trembath
 Ross Kent
 Bob Wishart

New Record
 54.47
 Old Record
 56.5

M60 4 x 100

Bob Wishart
 Graeme Stockdale
 Ross Kent
 Richard Trembath

New Record
 4:17;16
 Old Record
 4:21:3

David Sheehan
 Club Captain

Please note the following announcement from David Sheehan:

EXPRESSIONS OF INTEREST

VMA have entered men's and women's teams in the AV Cross Country season for 2006.

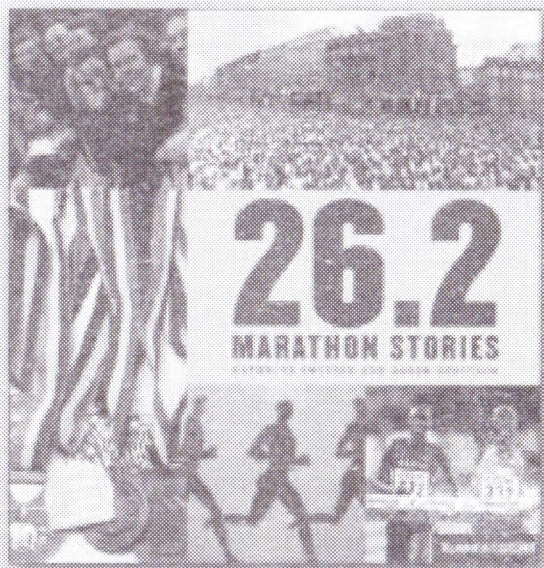
Season commences in April and runs through to the Melbourne marathon in October. We have an event every 2/3 weeks.

Would those interested in competing please contact David Sheehan on:-

(H) 9725 5801 (H) or (W) 9215 6108 (W).

Thank you in anticipation
David Sheehan

26.2



MARATHON STORIES

KATHRINE SWITZER AND ROGER ROBINSON

For anyone who has ever run a marathon or dreamed of doing so,

26.2 Marathon Stories is the ultimate tribute.

And the ultimate inspiration.

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Twenty-six informative, inspirational and entertaining chapters trace the history of the marathon — an epic distance that has immortalized heroes, ignited scandals and created a multi-billion-dollar shoe industry — and its current place in contemporary popular culture.

Hundreds of intimate photographs, many never published before, take you on the road as marathoners from around the world prepare themselves for their 26.2 miles of glory. These powerful images, along with personal reminiscences from many well-known marathoners, capture both the pain and the incredible rush of crossing the finish line.

KATHRINE SWITZER is best remembered as the woman who, in 1974, scaled the male bastion of the Boston Marathon and made them open its doors to women. Since then she has participated in a further thirty-five marathons and won the 1974 New York City Marathon. She still runs six miles a day and is married to ROGER ROBINSON, also a world-ranked, elite international runner for an unprecedented thirty years. Roger represented England and New Zealand in world championships and had record-breaking age-group victories in the Boston, New York and Vancouver marathons.

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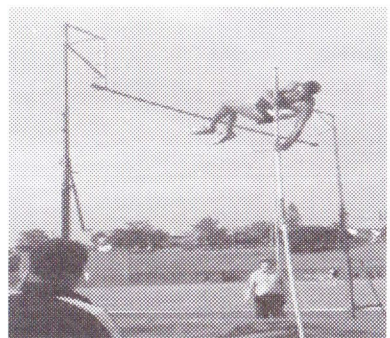
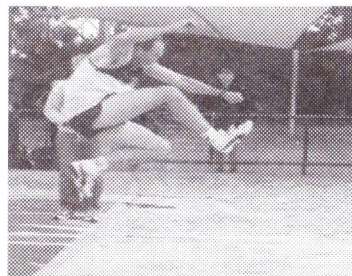
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Victorian Masters Athletics Inc
Proposed Medal program for 2006

Event	Date	Venue	Melway	Time
10km Track	Sunday 21st May	Abelfeldie		9:30am
Road Walks, 10km All	TBA June 2006	Albert Park	2K F10	2:15pm
Cross Country (VCCL)	Sunday 18th June	Yarra Bend Park, Fairfield	30 G12	10:00am
"Eric Greaves Memorial" 10km Road Race (VCCL)	Sunday 16th July	Braeside Park Mentone	88D8	10:00am
Winter Weight Pentathlon	Sunday 13th August	Duncan Mckinnon, Murrumbeena	68 K9	12 noon
10 miles Road Race (VCCL)	Sunday 13th August	Princes Park, Royal Parade	2B C1	10:00am
Road Walks, 20km Men 30-69				
10km Women & M70+	TBA September	Albert Park	2K F10	2:15pm
Half Marathon (in A.V 1/2)	Sunday 3rd September	The Boulevard, Burnley		8:00am
Marathon (in Melbourne)	Sunday 8th October	Frankston	99 D11	8:00am



NEW RECORDS REPORT

Age	Event	Name	State	Performance	%Std	Date	Location
Pending World Records:							
W55	3k Track Walk	Heather Carr	Vic	15:31.84	92.3	15-1-06	Christchurch, NZ
W55	10k Road Walk	Heather Carr	Vic	54:01	93.2	20-1-06	Christchurch, NZ
W95	Discus	Ruth Frith	Qld	10.90m	101	21-1-06	Christchurch, NZ
W95	Weight Throw	Ruth Frith	Qld	5.16m	75.0	17-1-06	Christchurch, NZ
W65	5k Track Walk	Brenda Riley	Vic	27:19.1	100.5	12-2-06	Coburg, Vic
W95	Javelin	Ruth Frith	Qld	9.03m	74.2	19-3-06	Southport, Qld
M80	One Mile	Norm Pearce	Qld	7:24.0	80.7	25-3-06	Nathan, Qld
W65	3k Track Walk	Brenda Riley	Vic	16:22.1	97.2	1-4-06	Murrumbeena,
W65	5000m	Brenda Riley	Vic	21:01.2	93.1	2-4-06	Murrumbeena,
M70	400m	Hugh Coogan	Qld	60.77s	97.5	2-4-06	Nathan, Qld
W95	Weight Pent	Ruth Frith	Qld	7383 pts	-	16-4-06	Canberra
Australian Records:							
W65	Triple Jump	Pat Carr	WA	8.03m(=)	94.5	4-8-99	Gateshead
M40	800m	Robert McCubbin	Vic	1:51.83	96.9	15-2-04	Olympic Park, Vic
M40	4 x 1500 Relay	Dale Moore Colin Farlow Paul Considine Bryce Anderson	ACT	18:57.9	-	21-2-04	AIS, ACT
W50	4 x 1500 Relay	Kathy Sims Maureen Rossiter Charmaine Knobel Cathy Montalto	ACT	25:06m	-	21-2-04	AIS, ACT
M45	4 x 1500 Relay	John Morton Gary Bowen Nigel Coldrick Rod Lynch	ACT	20:24	-	27-1-05	AIS, ACT
M55	4 x 1500 Relay	Garry Maher Trevor Cobbold Kevin Chamberlain Geoff Sims	ACT	21:42	-	27-1-05	AIS, ACT
M65	4 x 1500 Relay	Tony Booth Ian Kenny Ray Bramwell Roger Abbott	ACT	25:42	-	27-1-05	AIS, ACT
W55	4 x 1500 Relay	Alice Scott Jill Brown Rae Palmer Margaret McSpadden	ACT	29:02	-	27-1-05	AIS, ACT
W85	100m	Margaret Prowse	Vic	35.4s	43.3	7-8-05	Doncaster
W85	200m	Margaret Prowse	Vic	76.8s	41.3	7-8-05	Doncaster
W85	400m	Margaret Prowse	Vic	180.8s	41.0	7-8-05	Doncaster
M30	Discus	Randal Humich	WA	50.13m	70.5	4-12-05	Perth
M65	Long Jump	Don Fraser	ACT	5.13m	93.5	15-12-05	AIS ACT
M45	4 x 800m	John Morton Paul Considine Mick Horan Rod Lynch	ACT	9:23.77	-	15-12-05	AIS ACT
M55	4 x 800m	Jim White	ACT	10:48.93	-	15-12-05	AIS ACT

Continued next page

NEW RECORDS REPORT (Cont.)

Age	Event	Name	State	Performance	%Std	Date	Location
W30	4 x 800m	Garry Maher	ACT	10:36.06	-	15-12-05	AIS ACT
		Neil Boden					
		Patrick Stakelum					
		Mel Cockshutt					
		Jenny Langton					
W45	4 x 800m	Anna Danielsson	ACT	13:33.14	-	15-12-05	AIS ACT
		Katie Forestier					
		Kerry Boden					
		Sue Bourke					
		Annemarie Calnan					
W50	4 x 800m	Vicki Matthews	ACT	12:07.99	-	15-12-05	AIS ACT
		Charmaine Knobel					
		Maria O'Reilly					
		Jill Brown					
		Maureen Rossiter					
W60	4 x 800m	Fran Harris	ACT	15:16.25	-	15-12-05	AIS ACT
		Alice Scott					
		Norma Lindemann					
		Jillian Clark					
M50	4 x 1500m	Ray Wilson	Vic	19:15.21	-	18-12-05	Newport
		Terry Pearce					
		John Ayton					
		Russell Johnson					
M50	3000m	Keith Bateman	NSW	9:14.02	90.8	7-1-06	Homebush, NSW
M40	Decathlon	Chris Boylen	Vic	4,863pts	61.5	8-1-06	OP Melbourne
M70	2k Steeple	Colin McLeod	Qld	8:23.2	94.9	14-1-06	Nathan, Brisbane
W55	5k Track Walk	Heather Carr	Vic	26:21.36	93.9	17-1-06	Christchurch, NZ
M80	Shot Put	Felix Jekabsons	Qld	10.09m	67.6	16-1-06	Christchurch, NZ
W65	Weight Pent	Helen Searle	Qld	5387 pts	-	17-1-06	Christchurch, NZ
W40	1 Mile	Jenny Brichacek	ACT	4:59.91	88.4	17-1-06	AIS ACT
W40	100m	Gianna Mogentale	NSW	12.47s	92.6	21-1-06	Sydney
M55	4 x 800m	Pat Stakelum	ACT	9:56.90	-	25-1-06	AIS ACT
		Geoff Sims					
		John Lamb					
		Kevin Chamberlain					
W55	4 x 800m	Margaret Taylor	ACT	12:54.80	-	25-1-06	AIS ACT
		Maureen Rossiter					
		Jill Brown					
		Margaret McSpadden					
M30	Long Jump	Shane Hair	WA	7.43m	83.0	4-2-06	Perth
M80	Shot Put	Felix Jekabsons	Qld	10.19m	68.3	11-2-06	SAF, Brisbane
M80	3000m	Norm Pearce	Qld	16:10.95	72.9	18-2-06	SAF, Brisbane
M35	Decathlon	John Gan	Qld	5,334pts	-	19-2-06	SAF, Brisbane
M40	Decathlon	Troy McLaren	Qld	5,242pts	-	19-2-06	SAF, Brisbane
M80	Decathlon	Fred O'Connor	NSW	6,082pts	-	19-2-06	SAF, Brisbane
W35	Pole Vault	Irie Hill	Vic	4.18m	105.6	28-2-06	Aberfeldie, Vic
W35	Pole Vault	Irie Hill	Vic	4.20m	106.1	4-3-06	Box Hill, Vic
M30	Triple Jump	Shane Hair	WA	14.25m	79.3	5-3-06	Perth
W45	#Long Jump	Marie Kay	NSW	5.41m	-	15-3-06	Linz, Austria
W45	#Pentathlon	Marie Kay	NSW	4350 pts	-	18-3-06	Linz, Austria
W45	#60m Hurdles	Marie Kay	NSW	9.43s	-	18-3-06	Linz, Austria

Continued next page

NEW RECORDS REPORT (Cont.)

Age	Event	Name	State	Performance	%Std	Date	Location
W45	#Shot Put	Marie Kay	NSW	10.02m	-	18-3-06	Linz, Austria
W45	#High Jump	Marie Kay	NSW	1.51m	-	18-3-06	Linz, Austria
W45	#800m	Marie Kay	NSW	2:39.79	-	18-3-06	Linz, Austria
W45	#400m	Marie Kay	NSW	59.16s	-	20-3-06	Linz, Austria
M60	#200m	Peter Crombie	NSW	25.59s	-	16-3-06	Linz, Austria
M60	#400m	Peter Crombie	NSW	58.38s	-	20-3-06	Linz, Austria
W60	Pentathlon	Peggy Maclver	WA	3253 pts	-	19-3-06	Perth
M45	4 x 1500 Relay	John Moreton	ACT	19:38.94	-	23-3-06	AIS, ACT
		Mick Horan					
		Roger Pilkington					
		Amelendu Edelsten					
W40	4 x 1500 Relay	Helen Larmour	ACT	23:08.08	-	23-3-06	AIS, ACT
		Charlie McCormack					
		Gabrielle Brown					
		Katie Forestier					
M70	4 x 1500 Relay	Peter Trotter	ACT	28:09.85	-	23-3-06	AIS, ACT
		Ray Bramwell					
		Michael Freer					
		Bob Chapman					
M80	3000m	Norm Pearce	Qld	15:46.64	74.7	2-4-06	Nathan, Qld
W70	Discus	Heather Doherty	Qld	25.45m	76.0	2-4-06	Nathan, Qld
W85	800m	Margaret Prowse	Vic	6:56.8	53.0	2-4-06	Murrumbeena
W70	Weight Throw	Val Worrell	Vic	10.94m	70.7	2-4-06	Murrumbeena
M50	Pole Vault	Bruce Arnold	Qld	3.71m	81.0	8-4-06	Nathan, Qld
M60	Weight Pent	Graeme Rose	Vic	4394 pts	77.5	9-4-06	Murrumbeena
W85	800m	Margaret Prowse	Vic	6:35.91	55.8	14-4-06	Canberra
M80	10,000m	Bill Burrige	NSW	50:23.45	83.4	14-4-06	Canberra
W50	Javelin	Yasha Watkins	Qld	32.20m	58.5	14-4-06	Canberra
W70	Javelin	Heather Doherty	Qld	26.14m	83.6	14-4-06	Canberra
M70	Javelin	Erkki Saarinen	Qld	42.00m	87.3	14-4-06	Canberra
W90	Shot Put	Ruth Frith	Qld	5.04m	-	14-4-06	Canberra
W85	100m	Margaret Prowse	Vic	34.60s	52.4	15-4-06	Canberra
W65	Hammer	Helen Searle	Qld	41.41	114.1	15-4-06	Canberra
W80	Hammer	Gwen Davidson	Vic	23.12m	87.9	15-4-06	Canberra
M70	200m	Hugh Coogan	Qld	27.46s	95.4	16-4-06	Canberra
W30	Triple Jump	Maree Bugeja	Qld	11.68m(=)77.4	-	16-4-06	Canberra
M40	Weight Pent	Stuart Gyngell	NSW	3747 pts	61.0	16-4-06	Canberra
M60	Weight Pent	Graeme Rose	Vic	4538 pts	71.8	16-4-06	Canberra
M60	Weight Throw	Graeme Rose	Vic	19.03m	90.9	16-4-06	Canberra
W85	400m	Margaret Prowse	Vic	2:51.21	52.7	17-4-06	Canberra
M60	20k Road Walk	George White	SA	102:20	93.8	17-4-06	Canberra

Indoors record

Australian Championship Records from Canberra 14th to 17th April 2006
(in addition to Australian records from Canberra listed above):

M65	100m Hurdles	Michael Stevenson	Tas	17.33s	89.0	14-4-06
W35	Pole Vault	Iris Hill	Vic	3.85m	97.2	14-4-06
W45	Pole Vault	Dawn Hartigan	Vic	3.35m	101.2	14-4-06
W45	Long Jump	Marie Kay	NSW	5.21m	86.0	14-4-06
M80	Shot Put	Felicks Jecabsons	Qld	10.05m	67.3	14-4-06
M45	Javelin	John Kay	NSW	57.18m	79.0	14-4-06

Continued next page

NEW RECORDS REPORT (Cont.)

Age	Event	Name	State	Performance	%Std	Date	Location
M65	100m	John Cooper	Qld	12.68s	94.6	15-4-06	
M70	100m	Hugh Coogan	Qld	13.37s	96.0	15-4-06	
M80	1500m	Norm Pearce	Qld	7:12.41	76.8	15-4-06	
W45	5k Track Walk	Lynette Ventris	WA	23:51.03	96.6	15-4-06	
W65	5k Track Walk	Brenda Riley	Vic	27:51.04	97.5	15-4-06	
W30	2k Steeple	Alison Rothwell	NSW	7:54.21	75.9	15-4-06	
M70	2k Steeple	Colin McLeod	Qld	8:56.12	51.9	15-4-06	
W55	Discus	Chris Schultz	Vic	32.35m	66.9	15-4-06	
M70	Hammer	Val Worrell	Vic	28.64m	83.7	15-4-06	
M80	Hammer	Felicks Jecabsons	Qld	30.82m	69.3	15-4-06	
W35	200m	Melissa Medlicott	NSW	25.43s	87.0	16-4-06	
W40	200m	Gianna Mogentale	NSW	25.92s	88.8	16-4-06	
W85	200m	Margaret Prowse	Vic	77.10s	49.4	16-4-06	
W65	5k	Brenda Riley	Vic	21:13.68	91.0	16-4-06	
M80	5k	Bill Burridge	NSW	24:39.08	82.4	16-4-06	
W30	Weight Pent	Tatiana Sudarikova	NSW	2692 pts	44.5	16-4-06	
M80	Weight Pent	Felicks Jekabsons	Qld	4208 pts	67.3	16-4-06	
W70	400m	Constance Larmour	ACT	1:32.64	74.7	17-4-06	
M70	400m	Hugh Coogan	Qld	62.17s	95.3	17-4-06	
W45	10k Road Walk	Lynette Ventris	WA	48:34	96.6	17-4-06	
W65	10k Road Walk	Brenda Riley	Vic	56:53	97.1	17-4-06	
M70	10k Road Walk	Bob Chapman	ACT	65:36	79.1	17-4-06	
M55	20k Road Walk	Andrew Jamieson	Vic	99:44	95.3	17-4-06	
W65	Weight Throw	Helen Searle	Qld	16.10m	110.3	17-4-06	
W70	Weight Throw	Val Worrell	Vic	10.62m	78.4	17-4-06	
W80	Weight Throw	Gwen Davidson	Vic	8.76m	78.6	17-4-06	

Victorian Records:

W40	Heptathlon	Jennifer Baldwin		3739 pts	62.9	8-1-06	OP Melbourne
M60	400m	Keith Howden		59.18s	90.6	21-1-06	Christchurch
W40	Pentathlon	Jennifer Baldwin		2631 pts	-	26-2-06	Murrumbeena
W55	Pentathlon	Kathy Heagney		3091 pts	-	26-2-06	Murrumbeena
M80	Pentathlon	Syd Elks		2442 pts	-	26-2-06	Murrumbeena
W30	3k Walk	Kylie Irshad		16:11.0	72.5	1-4-06	Murrumbeena
W75	3k Walk	Jean Knox		22:14.0	85.3	1-4-06	Murrumbeena
W40	90m Hurdles	Jennifer Baldwin		16.5s	-	1-4-06	Murrumbeena
M75	60m Hurdles	Gordon Gourlay		14.1s	77.0	1-4-06	Murrumbeena
M80	60m Hurdles	Syd Elks		18.3s	63.3	1-4-06	Murrumbeena
W65	1500m	Brenda Riley		6:07.1	85.9	1-4-06	Murrumbeena
M90	400m	Eddie Gamble		2:52.4	48.6	1-4-06	Murrumbeena
M70	2k Steeple	Bob Gardiner		8:51.2	89.9	1-4-06	Murrumbeena
W50	300m Hurdles	Margaret Tweedie		50.8s	89.2	2-4-06	Murrumbeena
M80	200m Hurdles	Syd Elks		48.7s	-	2-4-06	Murrumbeena
M60	1500m Walk	Russ Dickenson		7:28.9	86.2	2-4-06	Murrumbeena
M65	1500m Walk	Tony Johnson		7:52.3	86.0	2-4-06	Murrumbeena
M75	1500m Walk	Gordon Gourlay		10:45.9	72.3	2-4-06	Murrumbeena
M90	800m	Eddie Gamble		6:16.13	54.4	14-4-06	Canberra
W55	Shot Put	Chris Schultz		11.01m	71.7	14-4-06	Canberra
W55	Discus	Chris Schultz		32.35m	66.9	15-4-06	Canberra
M60	200m	Keith Howden		25.96s	92.3	16-4-06	Canberra

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Telstra - AMA Track and Field Championships

Canberra - 14/04/2006 - 17/04/2006

Victorian Results Only

W40 800 Metre Run		M65 10000 Metre Run	
2 Laurel Gore	2:33.06	1 John Waite	47:23.89
W55 800 Metre Run		M70 10000 Metre Run	
1 Kathy Heagney	2:38.57	5 Colin Silcock-Delaney	1:04:42.00
W60 800 Metre Run		M75 10000 Metre Run	
4 Vicki Thompson	4:20.18	1 Bob Lewis	48:33.12
W65 800 Metre Run		W40 80 Metre Hurdles	
2 Margaret Beaumont	4:41.11	1 Jennifer Baldwin	14.94
W85 800 Metre Run		W45 80 Metre Hurdles	
1 Margaret Prowse	6:35.91	2 Susan Chapman	15.08
M35 800 Metre Run		4 Christine Bridlle	16.21
4 Stuart Macaulay	2:17.50	M75 80 Metre Hurdles	
M40 800 Metre Run		1 Gordon Gourlay	20.45
1 Robert McCubbin	1:59.01	M80 80 Metre Hurdles	
5 Scott Lawrence	2:13.44	2 Sydney Elks	23.52
6 Darren McGee	2:15.25	M65 100 Metre Hurdles	
M50 800 Metre Run		2 Don Chambers	20.41
1 Terry Hicks	2:05.17	M40 110 Metre Hurdles	
4 Frank Prowse	2:25.14	1 Terry Baldwin	21.03
5 Freddy Rademaker	2:27.12	M45 110 Metre Hurdles	
M55 800 Metre Run		1 Greg Varigos	21.11
2 Peter Lamb	2:14.66	W35 Pole Vault	
M65 800 Metre Run		1 Iris Hill	3.85m
5 John Waite	3:18.38	W45 Pole Vault	
M70 800 Metre Run		1 Dawn Hartigan	3.35m
2 John Howes	2:59.26	M35 Pole Vault	
3 Don McLean	3:03.53	1 Warren Hill	2.50m
6 Colin Silcock-Delaney	4:38.60	M40 Pole Vault	
M75 800 Metre Run		1 Terry Baldwin	2.50m
1 Bob Lewis	3:13.38	M60 Pole Vault	
M90 800 Metre Run		1 George Schillinger	2.70m
1 Eddie Gamble	6:16.13	2 Jim Poulter	2.50m
W75 10000 Metre Run		M65 Pole Vault	
1 Shirley Young	1:00:59.30	1 Rob Barclay	2.70m
M40 10000 Metre Run		W40 Long Jump	
1 Murray Johnson	35:51.20	2 Jennifer Baldwin	4.69m
2 Alan Jenkins	36:25.94	3 Sharyn Caulfield	4.39m

Telstra - AMA Track and Field Championships (cont.)

W45 Long Jump		W70 Shot Put	
2 Susan Chapman	4.42m	3 Valerie Worrell	6.51m
3 Christine Bridlle	4.30m	5 Tina Baarslag-Leb	5.48m
W60 Long Jump		6 Anna Zeitzen	5.44m
1 Nyala Waite	3.06m	W80 Shot Put	
W65 Long Jump		1 Gwenyth Davidson	6.72m
1 Roberta Foster	2.19m	M45 Shot Put	
M40 Long Jump		1 Stephen Basser	10.72m
4 Jeff Lang	5.67m	M55 Shot Put	
5 Steven Behin	5.48m	1 Peter Young	11.32m
M45 Long Jump		M60 Shot Put	
6 Peter Tuckett	4.25m	1 Graeme Rose	13.19m
M50 Long Jump		5 John Reynolds	9.72m
1 Kirthi Perera	5.21m	M65 Shot Put	
2 Greg Champion	5.13m	1 Thomas Hancock	10.54m
3 Robert Scholes	5.02m	6 Don Chambers	8.93m
5 Freddy Rademaker	4.24m	M70 Shot Put	
M55 Long Jump		7 Sinisa Stankovic	7.82m
1 Peter Lamb	5.13m	9 Barry Zeitzen	4.73m
M60 Long Jump		M80 Shot Put	
2 Jim Poulter	4.19m	4 Stan (Stojan) Stankovic	7.94m
3 Graham Philpott	3.97m	M90 Shot Put	
M65 Long Jump		1 Andrew Smith	0.99m
4 Don Chambers	3.98m	W35 Javelin Throw	
6 Tony Bradford	3.54m	1 Nicole Tibos	27.94m
M70 Long Jump		W40 Javelin Throw	
5 Sinisa Stankovic	2.90m	2 Jennifer Baldwin	25.05m
M75 Long Jump		W45 Javelin Throw	
1 Leo Coffey	3.81m	1 Dawn Hartigan	34.63m
M80 Long Jump		2 Susan Chapman	25.91m
4 Sydney Elks	2.91m	3 Christine Bridlle	22.81m
5 Stan Stankovic	2.56m	W55 Javelin Throw	
W35 Shot Put		1 Christine Schultz	24.25m
1 Nicole Tibos	11.24m	4 Judy Coram	20.80m
W55 Shot Put		6 Lorraine Mussett	12.00m
1 Christine Schultz	11.01m	W60 Javelin Throw	
4 Lorraine Mussett	5.73m	5 Astrid Rose	18.13m
W60 Shot Put		W65 Javelin Throw	
4 Astrid Rose	7.37m	2 Roberta Foster	13.15m
W65 Shot Put		W70 Javelin Throw	
2 Roberta Foster	6.30m	4 Valerie Worrell	16.30m

Telstra - AMA Track and Field Championships (cont.)

W80 Javelin Throw		W85 100 Metre Dash	
2 Gwenyth Davidson	11.23m	1 Margaret Prowse	34.60
M40 Javelin Throw		M45 100 Metre Dash	
1 Terry Baldwin	46.28m	2 Steven Berry-Brown	12.17
2 Steven Behin	42.06m	3 Peter Tuckett	12.26
M45 Javelin Throw		6 Mark Crawford	12.76
2 Greg Gorter	44.04m	7 Colin Flowers	12.94
M50 Javelin Throw		8 Greg Varigos	13.82
2 Andrew Watts	38.50m	M50 100 Metre Dash	
3 Michael Cusack	35.51m	1 Andrew Watts	12.82 0.6
M55 Javelin Throw		M60 100 Metre Dash	
2 Andrew Farr	46.00m	5 Keith Howden	13.26 -0.8
3 Peter Young	36.51m	M65 100 Metre Dash	
M60 Javelin Throw		3 Don Chambers	14.08 2.0
1 Graeme Rose	45.88m	4 Tony Bradford	14.40 2.0
5 John Reynolds	27.42m	M70 100 Metre Dash	
M65 Javelin Throw		3 John Howes	15.50 -0.3
3 Thomas Hancock	34.00m	5 Barry Zeitzen	19.18 -0.3
5 Tony Bradford	23.64m	6 Sinisa Stankovic	19.85 -0.3
M70 Javelin Throw		M75 100 Metre Dash	
8 Sinisa Stankovic	19.49m	1 Leo Coffey	15.41 1.5
M80 Javelin Throw		4 Gordon Gourlay	16.99 1.5
4 Stan Stankovic	18.37m	M80 100 Metre Dash	
W40 100 Metre Dash		4 Sydney Elks	18.49 0.9
6 Sharyn Caulfield	13.97	M90 100 Metre Dash	
W45 100 Metre Dash		1 Eddie Gamble	30.59 0.9
4 Christine Bridlle	14.21	Women 100 Metre Dash Champions	
W50 100 Metre Dash		8 June Reeves	12.39
1 Dorn Jenkins	14.06	W40 200 Metre Dash	
W55 100 Metre Dash		6 Sharyn Caulfield	29.35
5 Chrisoulla Hondromatidis	16.16	W45 200 Metre Dash	
W60 100 Metre Dash		4 Christine Bridlle	29.16
1 June Reeves	14.83	7 Susan Chapman	30.21
W65 100 Metre Dash		W50 200 Metre Dash	
2 Roberta Foster	18.64	1 Dorn Jenkins	28.76
W70 100 Metre Dash		W55 200 Metre Dash	
3 Anna Zeitzen	20.43	1 Kathy Heagney	28.91
W80 100 Metre Dash		5 Chrisoulla Hondromatidis	33.14
1 Gwenyth Davidson	22.84	W60 200 Metre Dash	
		2 June Reeves	30.38

Telstra - AMA Track and Field Championships (cont.)

W65 200 Metre Dash		W75 5000 Metre Run	
2 Roberta Foster	39.17	1 Shirley Young	28:25.02
W70 200 Metre Dash		M40 5000 Metre Run	
2 Anna Zeitzen	47.21	1 Alan Jenkins	17:04.92
W85 200 Metre Dash		2 Murray Johnson	17:20.27
1 Margaret Prowse	1:17.10	M45 5000 Metre Run	
M40 200 Metre Dash		4 Allan Long	17:08.57
6 Darren McGee	25.74	M50 5000 Metre Run	
M45 200 Metre Dash		1 Christopher Lynch	16:29.07
2 Peter Tuckett	25.06	M55 5000 Metre Run	
4 Mark Crawford	25.97	6 David Sheehan	22:02.56
6 Colin Flowers	26.82	M60 5000 Metre Run	
M50 200 Metre Dash		5 Graham Philpott	21:36.29
1 Andrew Watts	25.22	M65 5000 Metre Run	
2 Terry Hicks	25.65	4 John Peacock	25:17.24
6 Freddy Rademaker	29.71	M70 5000 Metre Run	
M55 200 Metre Dash		5 Colin Silcock-Delaney	31:05.65
3 Peter Lamb	26.18	M75 5000 Metre Run	
M60 200 Metre Dash		1 Bob Lewis	23:21.60
2 Keith Howden	25.96	3 Ronald Young	27:14.80
M65 200 Metre Dash		W30-99 4x100 Metre Relay 150+	
3 Don Chambers	29.65	2 VIC 'A'	54.04
4 Tony Bradford	29.88	1) Christine Bridlle	48
M70 200 Metre Dash		2) Jennifer Baldwin	40
4 John Howes	31.33	3) Sharyn Caulfield	40
5 Barry Zeitzen	41.25	4) Dorn Jenkins	50
6 Colin Silcock-Delaney	43.67	W30-99 4x100 Metre Relay 200+	
M75 200 Metre Dash		1 VIC 'A'	58.10
1 Gordon Gourlay	35.06	1) Susan Chapman	45
M90 200 Metre Dash		2) June Reeves	60
1 Eddie Gamble	1:11.74	3) Chrisoulla Hondromatidis	57
W35 5000 Metre Run		4) Kathy Heagney	55
1 Maryann Murray	18:16.17	W40 Triple Jump	
W50 5000 Metre Run		2 Jennifer Baldwin	9.44m
1 Bronwen Cardy	19:28.80	3 Sharyn Caulfield	7.77m
W60 5000 Metre Run		W45 Triple Jump	
1 Lavinia Petrie	21:11.88	2 Christine Bridlle	7.47m
3 Vicki Thompson	31:54.31	W60 Triple Jump	
W65 5000 Metre Run		1 Nyala Waite	6.88m
1 Brenda Riley	21:13.68		

Telstra - AMA Track and Field Championships (cont.)

M40 Triple Jump		M55 400 Metre Dash	
4 Jeff Lang	11.56m	1 Peter Lamb	56.41
M50 Triple Jump		M60 400 Metre Dash	
1 Kirthi Perera	10.02m	5 Keith Howden	1:02.68
3 Robert Scholes	9.15m	M65 400 Metre Dash	
M60 Triple Jump		2 Tony Bradford	1:12.81
3 Jim Poulter	8.47m +0.0	3 Don Chambers	1:21.67
4 Graham Philpott	7.59m -2.4	M70 400 Metre Dash	
M65 Triple Jump		3 John Howes	1:11.38
2 Julian Jacotine	9.42m	4 Don McLean	1:15.70
4 Don Chambers	8.07m	5 Colin Silcock-Delaney	1:57.96
M70 Triple Jump		M75 400 Metre Dash	
3 Sinisa Stankovic	5.35m	1 Leo Coffey	1:17.83
M75 Triple Jump		W35 8K Cross Country	
1 Leo Coffey	8.00m	1 Maryann Murray	31.32
M80 Triple Jump		W50 8K Cross Country	
2 Sydney Elks	6.02m	1 Bronwen Cardy	33.49
W45 400 Metre Dash		W60 8K Cross Country	
1 Christine Bridle	1:06.26	1 Lavinia Petrie	36.04
W50 400 Metre Dash		4 Vicki Thompson	59.00
1 Dorn Jenkins	1:07.81	W75 8K Cross Country	
W55 400 Metre Dash		1 Shirley Young	50.39
1 Kathy Heagney	1:06.44	M40 8K Cross Country	
4 Chrisoulla Hondromatidis	1:21.43	1 Murray Johnson	30.11
W60 400 Metre Dash		M45 8K Cross Country	
2 June Reeves	1:13.98	3 Allan Long	28.44
W85 400 Metre Dash		M65 8K Cross Country	
1 Margaret Prowse	2:51.21	2 John Waite	38.44
M40 400 Metre Dash		M75 8K Cross Country	
1 Robert McCubbin	49.73	1 Bob Lewis	40.16
4 Darren McGee	55.62	2 Ronald Young	44.50
7 Bruce Collins	56.74	W30 10000 Metre Race Walk Road	
M45 400 Metre Dash		1 Justijana Roseman	59.47
1 Peter Tuckett	55.28	W40 10000 Metre Race Walk Road	
3 Mark Crawford	56.24	1 Annette Major	56.28
M50 400 Metre Dash		W45 10000 Metre Race Walk Road	
1 Terry Hicks	55.50	2 Carmel Drennan	1:01.08
2 Andrew Watts	56.40	W55 10000 Metre Race Walk Road	
5 Frank Prowse	1:02.89	1 Elizabeth Feldman	1:00.21
6 Freddy Rademaker	1:05.11		

Telstra - AMA Track and Field Championships (cont.)

W60 10000 Metre Race Walk Road	
1 Sylvia Machin	1:06.19
W65 10000 Metre Race Walk Road	
1 Brenda Riley	56.53
3 Margaret Beaumont	1:16.10

M70 10000 Metre Race Walk Road	
2 Colin Silcock-Delaney	1:14.09
3 Ian Beaumont	1:21.24

M45 20000 Metre Race Walk Road	
1 Mark Donahoo	1:38.49

M50 20000 Metre Race Walk Road	
1 Colin Heywood	1:48.55
2 Frank Prowse	2:15.46

M55 20000 Metre Race Walk Road	
1 Andrew Jamieson	1:39.44
2 Alan Lucas	2:04.11

M60 20000 Metre Race Walk Road	
2 Russell Dickenson	1:58.21

M65 20000 Metre Race Walk Road	
1 Murray Dickson	2:01.16
4 Geoff Major	2:17.37

W30-99 4x400 Metre Relay 150+	
2 VIC 'A'	4:26.03
1) Christine Bridle	48
2) Jennifer Baldwin	40
3) Sharyn Caulfield	40
4) Dorn Jenkins	50

W30-99 4x400 Metre Relay 200+	
2 VIC 'A'	5:01.80
1) Susan Chapman	45
2) June Reeves	60
3) Chrisoulla Hondromatidis	57
4) Kathy Heagney	55

M30-99 4x400 Metre Relay 160+	
2 VIC 'A'	3:48.14
1) Darren McGee	43
2) Peter Tuckett	46
3) Andrew Watts	50
4) Terry Baldwin	43

M30-99 4x400 Metre Relay 220+	
3 VIC 'A'	4:14.17
1) Peter Lamb	56
2) John Howes	70
3) Keith Howden	60
4) Robert McCubbin	43

W30-99 Hammer Throw Champions	
4 Nicole Tibos	49.30m
6 Gwenyth Davidson	49.28m
9 Valerie Worrell	48.19m

M30-99 Hammer Throw Champions	
1 Graeme Rose	59.19m
2 Ken Priestley	58.95m

W35 Weight Throw	
1 Nicole Tibos	11.28m

W55 Weight Throw	
2 Christine Schultz	11.74m
3 Judy Coram	10.08m

4 Sharon Reynolds	7.50m
5 Lorraine Mussett	6.36m

W60 Weight Throw	
3 Astrid Rose	10.91m

W70 Weight Throw	
1 Valerie Worrell	10.62m

W80 Weight Throw	
1 Gwenyth Davidson	8.76m

M55 Weight Throw	
2 Peter Young	11.34m

M60 Weight Throw	
1 Graeme Rose	19.01m
3 John Reynolds	14.53m

M65 Weight Throw	
1 Ken Priestley	14.21m

M80 Weight Throw	
2 Stan Stankovic	11.64m

W40 1500 Metre Run	
1 Laurel Gore	5:33.56

W50 1500 Metre Run	
2 Bronwen Cardy	5:37.21

Telstra - AMA Track and Field Championships (cont.)

W60 1500 Metre Run	
1 Lavinia Petrie	5:58.64
4 Vicki Thompson	8:53.17

W65 1500 Metre Run	
1 Brenda Riley	6:10.81

M35 1500 Metre Run	
2 Stuart Macaulay	4:51.73

M40 1500 Metre Run	
2 David Ayers	4:24.50

5 Scott Lawrence	4:39.83
7 Alan Jenkins	4:44.09

M50 1500 Metre Run	
1 Christopher Lynch	4:28.32

2 Terry Hicks	4:43.44
6 Frank Prowse	5:22.03

7 Freddy Rademaker	5:42.53
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M60 1500 Metre Run	
3 Graham Philpott	5:49.86

M65 1500 Metre Run	
5 John Waite	7:01.49
6 John Peacock	7:06.63

M70 1500 Metre Run	
3 Colin Silcock-Delaney	9:24.60

M75 1500 Metre Run	
1 Bob Lewis	6:26.70
2 Ronald Young	6:39.40

W30 5000 Metre Race Walk	
1 Justijana Roseman	28:29.71

W40 5000 Metre Race Walk	
1 Annette Major	26:25.47
4 Sandra Howorth	35:04.46

W45 5000 Metre Race Walk	
2 Carmel Drennan	28:46.38

W55 5000 Metre Race Walk	
1 Elizabeth Feldman	29:13.97

W60 5000 Metre Race Walk	
1 Sylvia Machin	32:14.12

W65 5000 Metre Race Walk	
1 Brenda Riley	27:51.04

M45 5000 Metre Race Walk	
1 Mark Donahoo	23:19.22
2 Siman Evans	25:35.25

M50 5000 Metre Race Walk	
1 Frank Prowse	30:02.30

M55 5000 Metre Race Walk	
1 Alan Lucas	27:44.60

M60 5000 Metre Race Walk	
2 Russell Dickenson	27:23.42

M65 5000 Metre Race Walk	
1 Murray Dickson	28:03.09

M70 5000 Metre Race Walk	
2 Colin Silcock-Delaney	34:40.95
3 Ian Beaumont	38:30.30

M75 5000 Metre Race Walk	
1 Gordon Gourlay	37:25.94
2 James Machin	42:31.31

M65 300 Metre Hurdles	
2 Don Chambers	57.42

M75 300 Metre Hurdles	
2 Gordon Gourlay	1:13.48

W40 400 Metre Hurdles	
1 Jennifer Baldwin	1:17.04

W45 400 Metre Hurdles	
2 Christine Bridle	1:19.54
3 Susan Chapman	1:27.50

M40 400 Metre Hurdles	
1 Terry Baldwin	1:02.81

M45 400 Metre Hurdles	
1 Greg Varigos	1:31.77

M50 400 Metre Hurdles	
2 Freddy Rademaker	1:14.13
3 Michael Cusack	1:18.02

W40 2000 Metre Steeplechase	
1 Laurel Gore	8:44.32

W55 2000 Metre Steeplechase	
1 Kathy Heagney	8:55.70

M60 2000 Metre Steeplechase	
2 Graham Philpott	8:28.02

Telstra - AMA Track and Field Championships (cont.)

M70 2000 Metre Steeplechase		W45 Discus Throw	
4 Colin Silcock-Delaney	12:54.56	6 Christine Bridlle	20.02m
M40 3000 Metre Steeplechase		W55 Discus Throw	
4 Murray Johnson	11:58.13	1 Christine Schultz	32.35m
M45 3000 Metre Steeplechase		3 Judy Coram	21.67m
1 Allan Long	11:00.43	4 Lorraine Mussett	13.88m
M50 3000 Metre Steeplechase		W60 Discus Throw	
1 Christopher Lynch	10:23.28	2 Astrid Rose	21.59m
4 Michael Cusack	13:44.06	W65 Discus Throw	
W40 High Jump		2 Roberta Foster	18.19m
1 Jennifer Baldwin	1.35m	W70 Discus Throw	
W45 High Jump		2 Valerie Worrell	19.25m
1 Christine Bridlle	1.35m	5 Tina Baarslag-Leb	12.00m
2 Susan Chapman	1.30m	W80 Discus Throw	
M40 High Jump		1 Gwenyth Davidson	14.71m
2 Jeff Lang	1.70m	M50 Discus Throw	
5 Terry Baldwin	1.40m	3 Andrew Watts	35.35m
M45 High Jump		M60 Discus Throw	
3 Greg Varigos	1.50m	3 Graeme Rose	40.85m
M50 High Jump		5 John Reynolds	35.90m
1 Bill Ronald	1.50m	M65 Discus Throw	
3 Greg Champion	1.40m	1 Thomas Hancock	37.74m
4 Michael Cusack	1.20m	8 Tony Bradford	27.78m
M60 High Jump		M70 Discus Throw	
2 George Schillinger	1.30m	8 Sinisa Stankovic	20.42m
2 Graham Philpott	1.30m	M80 Discus Throw	
M65 High Jump		3 Stan Stankovic	19.88m
3 Thomas Hancock	1.30m	M90 Discus Throw	
6 Tony Bradford	1.15m	1 Andrew Smith	2.12m
7 Don Chambers	1.10m	W35 Hammer Throw	
M75 High Jump		1 Nicole Tibos	26.01m
1 Gordon Gourlay	1.24m	W40 Hammer Throw	
M80 High Jump		2 Sandra Howorth	30.16m
1 Sydney Elks	1.10m	W55 Hammer Throw	
W35 Discus Throw		2 Christine Schultz	31.46m
1 Nicole Tibos	34.18m	3 Judy Coram	26.88m
W40 Discus Throw		4 Sharon Reynolds	23.52m
2 Jennifer Baldwin	26.36m	6 Lorraine Mussett	21.66m
3 Sandra Howorth	25.92m	W60 Hammer Throw	
		4 Astrid Rose	29.55m

Telstra - AMA Track and Field Championships (cont.)

W65 Hammer Throw		M60 Hammer Throw	
2 Roberta Foster	17.92m	1 Graeme Rose	45.74m
W70 Hammer Throw		3 John Reynolds	36.65m
1 Valerie Worrell	28.64m	M65 Hammer Throw	
6 Tina Baarslag-Leb	16.25m	1 Ken Priestley	35.23m
W80 Hammer Throw		4 Thomas Hancock	32.88m
1 Gwenyth Davidson	23.12m	M70 Hammer Throw	
M55 Hammer Throw		5 Sinisa Stankovic	19.54m
2 Peter Young	26.62m	M80 Hammer Throw	
		3 Stan (Stojan) Stankovic	26.12m



100 m Men 35



100 m Women 45



200 m Men 50



800 m Men 55

Telstra - AMA Track and Field Championships (cont.)

Weight Pentathlon

	Points	HT	SP	DT	JT	WT
— W35 —						
1 Nicole Tibos		27.00m	11.70m	34.50m	25.64m	10.68m
Age-Graded Mark:		30.74m	12.35m	35.49m	25.64m	13.61m
Age-Graded Percent:		40.42%	53.45%	46.22%	35.12%	57.7%
	2869	(509)	(684)	(567)	(394)	(715)
— W40 —						
2 Sandra Howorth		29.60m	7.82m	24.34m	16.98m	10.16m
Age-Graded Mark:		38.50m	9.16m	26.94m	18.58m	14.23m
Age-Graded Percent:		50.62%	39.66%	35.09%	25.46%	60.33%
	2574	(678)	(475)	(405)	(263)	(753)
— W55 —						
2 Judy Coram		26.91m	8.81m	22.49m	22.64m	9.33m
Age-Graded Mark:		36.98m	13.38m	32.26m	34.97m	12.68m
Age-Graded Percent:		48.63%	57.88%	42.01%	47.92%	53.78%
	3131	(645)	(753)	(505)	(571)	(657)
3 Sharon Reynolds		22.35m	6.05m	14.01m	13.08m	6.80m
Age-Graded Mark:		30.72m	9.19m	20.10m	20.20m	9.24m
Age-Graded Percent:		40.39%	39.75%	26.17%	27.68%	39.19%
	2006	(509)	(477)	(280)	(293)	(447)
4 Lorraine Mussett		19.50m	6.18m	12.98m	11.54m	6.31m
Age-Graded Mark:		26.80m	9.38m	18.62m	17.82m	8.58m
Age-Graded Percent:		35.24%	40.6%	24.25%	24.42%	36.37%
	1822	(424)	(489)	(253)	(249)	(407)
— W60 —						
3 Astrid Rose		29.77m	7.54m	19.72m	19.03m	10.80m
Age-Graded Mark:		45.41m	12.65m	31.39m	33.22m	13.76m
Age-Graded Percent:		59.71%	54.72%	40.87%	45.52%	58.32%
	3285	(830)	(704)	(489)	(538)	(724)
— M55 —						
2 Peter Young		26.84m	11.65m	32.98m	36.02m	10.89m
Age-Graded Mark:		34.87m	14.83m	36.22m	50.64m	13.18m
Age-Graded Percent:		40.2%	64.19%	48.9%	51.42%	50.98%
	3025	(429)	(779)	(588)	(598)	(631)
— M60 —						
1 Graeme Rose		48.38m	13.14m	39.36m	43.12m	19.03m
Age-Graded Mark:		68.01m	16.69m	44.20m	63.83m	21.67m
Age-Graded Percent:		78.41%	72.2%	59.68%	64.82%	83.83%
	4538	(977)	(894)	(750)	(796)	(1121)

Telstra - AMA Track and Field Championships (cont.)

5 John Reynolds	36.46m	9.58m	34.96m	25.26m	14.49m	
Age-Graded Mark:	51.25m	12.16m	39.26m	37.39m	16.50m	
Age-Graded Percent:	59.09%	52.64%	53.01%	37.97%	63.83%	
	3188	(697)	(616)	(650)	(404)	(821)
— M65 —						
1 Thomas Hancock	34.67m	10.41m	35.59m	29.06m	13.93m	
Age-Graded Mark:	54.96m	15.32m	44.53m	47.93m	17.57m	
Age-Graded Percent:	63.36%	66.26%	60.12%	48.68%	67.95%	
	3766	(759)	(809)	(757)	(558)	(883)
— M70 —						
6 Sinisa Stankovic	20.51m	8.25m	20.73m	20.15m	6.79m	
Age-Graded Mark:	33.04m	10.73m	29.28m	35.18m	8.78m	
Age-Graded Percent:	38.09%	46.45%	39.53%	35.73%	33.98%	
	2136	(399)	(530)	(450)	(373)	(384)
— M80 —						
2 Stan (Stojan) Stankovic	28.02m	8.40m	20.43m	20.73m	10.64m	
Age-Graded Mark:	62.81m	14.96m	38.88m	42.72m	16.73m	
Age-Graded Percent:	72.42%	64.71%	52.49%	43.39%	64.72%	
	3635	(890)	(787)	(642)	(482)	(834)



Discus M70



Weight Pentathlon W30+



Hammer W60

Telstra - AMA Track and Field Championships (cont.)

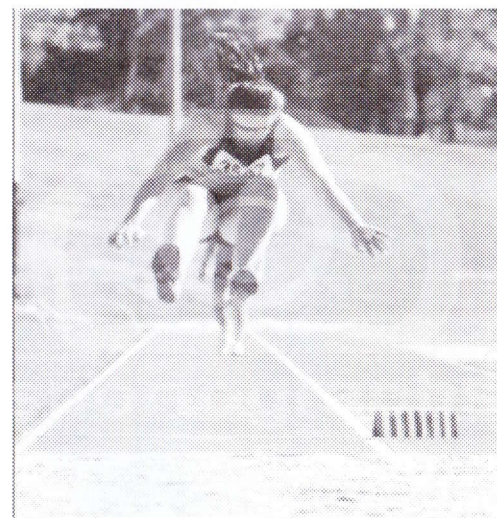
Outdoor Pentathlon

	Points	LJ	JT	200	DT	1500
— M50 —						
1 Freddy Rademaker		4.19m	23.45m	29.45	15.91m	5:30.89
Age-Graded Mark:		5.25m	29.99m	25.39	15.91m	4:42.82
Age-Graded Percent:		58.77%	30.45%	76.13%	21.48%	72.84%
	2162	(431)	(299)	(573)	(196)	(663)
— M60 —						
2 Graham Philpott		4.05m	26.83m	30.66	21.59m	5:44.44
Age-Graded Mark:		5.83m	39.71m	24.69	24.24m	4:30.22
Age-Graded Percent:		65.22%	40.33%	78.28%	32.74%	76.24%
	2715	(550)	(438)	(632)	(352)	(743)
— M65 —						
2 Don Chambers		3.70m	23.40m	29.84	22.87m	9:18.54
Age-Graded Mark:		5.76m	38.60m	23.26	28.61m	7:00.92
Age-Graded Percent:		64.35%	39.2%	83.08%	38.63%	48.94%
	2226	(535)	(422)	(761)	(437)	(71)
— M70 —						
2 Sinisa Stankovic		2.63m	17.69m	43.84	18.75m	8:13.73
Age-Graded Mark:		4.45m	30.88m	32.83	26.48m	5:56.97
Age-Graded Percent:		49.72%	31.37%	58.85%	35.76%	57.71%
	1380	(281)	(312)	(114)	(396)	(277)
— W40 —						
1 Jennifer Baldwin		4.49m	24.72m	28.69	25.30m	2:43.16
Age-Graded Mark:		4.94m	27.05m	27.07	28.00m	2:38.63
Age-Graded Percent:		65.84%	37.07%	78.84%	36.47%	71.41%
	2684	(543)	(421)	(706)	(425)	(589)



Telstra - AMA Track and Field Championships (cont.)

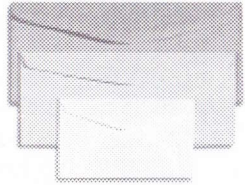
— W45 —						
1 Christine Bridlle		4.06m	23.77m	28.91	20.85m	2:47.47
Age-Graded Mark:		4.76m	29.55m	25.67	24.98m	2:35.80
Age-Graded Percent:		63.44%	40.49%	83.15%	32.53%	72.71%
	2780	(495)	(468)	(826)	(369)	(622)
2 Susan Chapman		4.32m	19.97m	29.69	18.80m	2:46.94
Age-Graded Mark:		5.07m	24.83m	26.36	22.52m	2:35.31
Age-Graded Percent:		67.5%	34.01%	80.97%	29.33%	72.94%
	2674	(578)	(379)	(766)	(323)	(628)
— W55 —						
1 Kathy Heagney		3.81m	9.96m	29.31	17.02m	DNF
Age-Graded Mark:		5.14m	15.38m	23.27	24.42m	
Age-Graded Percent:			68.4%	21.08%	91.71%	31.8%
	2212	(598)	(204)	(1052)	(358)	(0)
— W65 —						
1 Roberta Foster		2.14m	13.02m	54.49	17.28m	DNF
Age-Graded Mark:		3.39m	25.46m	39.13	30.88m	
Age-Graded Percent:		45.24%	34.89%	54.54%	40.21%	
	1092	(178)	(391)	(44)	(479)	(0)



Long Jump W30+



Polevault



Letter to Editor

Dear Lindsay,

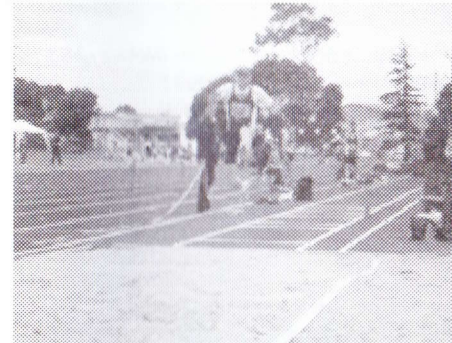
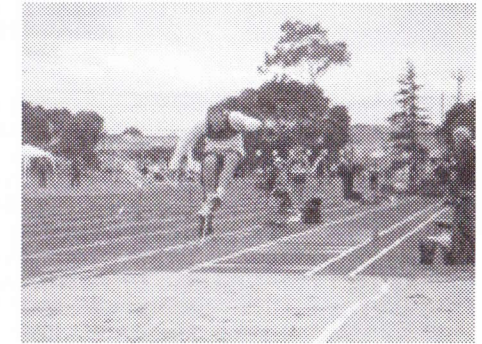
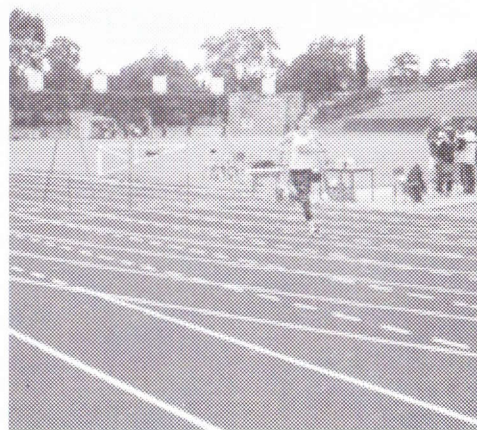
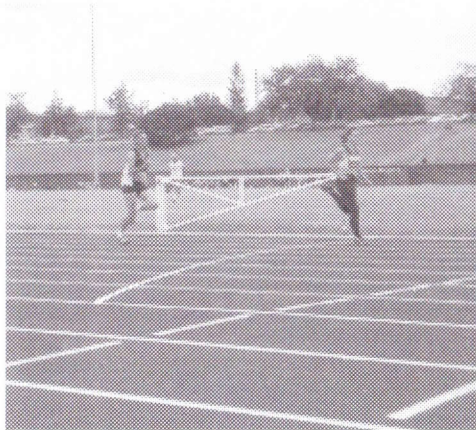
As Editor of News & results I have been encouraged to contact you regarding the announcement made on 2nd April at the State Competition that women who did not wear the new uniform at next years competition would be not be eligible for medals.

This decision is of concern to a number of women including myself.

The material in the new uniform does not breathe, clings & is hot, while the navy & white cotton mesh top is cool. Many women do not want to wear the clinging, hot material in the brief top or the design in the gaping singlet.

Would you please pass on my concerns to the decision makers & the request to be allowed to continue to wear the cotton, mesh singlet at the State championships. For many women like myself the uniform is only worn once a year at these championships.

Thanking you,
Marg Wegner.



What's On

May

- 13th Sandown 10K Classic - 5k race starts at 1:45pm & 10k race at 2:30pm
 14th Mother's Day Classic, 4 & 8 km run/walk, Location TBA, 8.30AM
 9819 9225, www.ausrun.com.au
 14th Walthalla 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 10km Track, Alefeldie 9:30am
 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

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 Retire Invest 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
 18th Cross Country (VCCL) - Yarra Bend Park, Fairfield. Melway 30 G12 10:00am
 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/auwww.srichinmoyraces.org/au

July

- 16th "Eric Greaves Memorial" 10km Road Race (VCCL) Braeside Park, Mentone.
 Melway 88 D8. 10:00am

August

- 13th Winter Weight pentathlon - Duncan McKinnon, Murrumbena. Melway 68 K9 12 noon
 13th 10 miles Road Race (VCCL) - Princes Park, Royal Parade. Melway 2B C1 10:00am

September

- 3rd Half Marathon - The Boulevard, Burnley - 8:00am

October

- 7th VRR Tan Time Trial, (8km, 4km), Cnr Government House Drive & Birdwood Avenue
 (Melway 2F, K11), 7:30am, (9744 1072)
 8th Marathon (in Melbourne) - Frankston - Melway 99 D11 - 8:00am
 12th VRR Twilight Tan (8km, 4km), Cnr Government House Drive & Birdwood Avenue ,
 (Melway 2F, K11), 6:30pm, (9744 1072)

What's On

November

- 4th Tan Time Trial, (8km, 4km), Cnr Government House Drive & Birdwood Avenue (Melway
 2F, K11), 7:30am, (9744 1072)
 9th VRR Twilight Tan (8km, 4km), Cnr Government House Drive & Birdwood Avenue,
 (Melway 2F, K11), 6:30pm, (9744 1072)
 18th Masters Dinner Dance - Hawthorn Receptions, Glenferrie Road, Hawthorn

December

- 2nd VRR Tan Handicap & Breakfast (8km & 4km) Swan St Bridge at The Tan (Melway 2G A9).
 7.30am, (9744 1072)
 14th VRR Twilight Tan (8km, 4km), Cnr Government House Drive & Birdwood Avenue,
 (Melway 2F, K11), 6:30pm, (9744 1072)
 31st VRR New Years Eve Run, (8km, 4km), Champagne Breakfast, Swan Street Bridge at the
 Tan (Melway 2G A9)., 7:30am, (9744 1072)

2007

January

- 17th Lindsay Thomas Memorial -Braeside Park - 5 or 10km run, 5km walk

