

Vic Masters

News and Results

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News and Results

Victorian Masters Athletics Inc.

July 2006

Grandmother is a Grand Athlete

Article from the Leader

Kathy Heagney's mother told her she should have been twins because she could not sit still.

The 55-year-old fitness fanatic has not stopped running, and her efforts won her six gold medals and one silver medal at the Australian Masters Athletics Championships in Canberra last month.

Heagney won all her individual events at the championships in the 55-year-old to 65-year-old age bracket, including the 200m, 400m, steeplechase and pentathlon.

She broke three national records and won gold as a member of the 4x400m relay and silver in the 4x100m relay.

Heagney said she trained hard for the event and was happy to get the results.

But it is not only on the athletics track that Heagney shines.

The grandmother of six also runs half and full marathons and is a personal trainer

"I love being fit and I love getting other people fit," Heagney said.

"Unless people have something like this they are missing out."

In 2004, she was second in the Stawell Gift 400m women's race.

She won her age group in the Mother's Day Classic fun run around the Royal Botanic Gardens this month and later walked the course with her family.

She competes in open women's races at regular interclub athletics competitions.

Last June, she ran a fitness camp in Portsea which raised money for the Cancer Council.



Victorian Masters Athletics Inc.

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

President	Rob Waters	9318-3802	5 Bellevue Court Maribyrnong 3032
Vice President	Tony Bradford	9749-2248	6 Merrett Avenue Hoppers Crossing 3030 abradrns@rabbit.com.au
Vice President	Alan Lucas	9758-9345	29 McIver Street Ferntree Gully 3156 lucasar2004@yahoo.com.au
Secretary	Ashley Page	9521-6070	3/40 Potter Street Black Rock 3193 apa16161@bigpond.net.au
Asst Secretary	Vacant		
Treasurer	Al Willey	9870 7616	42 Sonia Street Ringwood 3134 alpenwilley@bigpond.com
Club Captain	Lavinia Petrie	9728 3929	12 Jeannette Marie Court Kilsyth 3137
Club Vice Captain	David Sheehan	9725 5801	7 Natanya Way Kilsyth 3137
Committee	Wasył Drosdowsky	9387 2163	12 Hickford Street Brunswick East 3057
Committee	David Mather	9598-6827	13 Ludstone Street Hampton 3188 matherdh@hotmail.com
Committee	Graham Philpott	9568 0495	4/8 Hyslop Parade East Malvern 3145
Committee	Graeme Rose	9836 2350	71 Union Road Surrey Hills 3127 grarose@yahoo.com
Committee	Russ Oakley	9720 8835	12 Danielle Court Heathmont 3135 oakrun@bigpond.com
Hon. Auditors	Peter Le Get	9729 4473	13 Mountain View Road Heathmont 3135 pleget@bigpond.com
Others			
Webmaster	Gordon Stephen	9898-6664	gstmstephen@optusnet.com.au
Uniforms	Astrid Rose Graham Philpott	9836-2350 9568 0495	grarose@yahoo.com 4/8 Hyslop Parade East Malvern 3145
Subscriptions	Astrid Rose	9836-2350	grarose@yahoo.com
Statistician	Clyde Riddoch	9204-7085	clyde.riddoch@auspost.com.au
Registrar	Astrid Rose	9836-2350	grarose@yahoo.com
Magazine Editor	Lindsay Oxenham Vicki Thompson	9795-4471 9773-1157	loxenham@au1.ibm.com vthompson@pc.gov.au
Thrower's Group	Graeme Rose	9836-2350	grarose@yahoo.com
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 pjmccgx@melbpc.org.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
Collingwood	Graeme Paul	18 Cronus Court Eltham 3095 elthampauls@bigpond.com.au	9439 9667
Croydon	Karen Archer	27 Russell Street Mount Evelyn 3796 quinarcher@iprimus.com.au	9736 1684
Croydon	Ken Walters	5 Warra Road Upwey 3158 judynken@bigpond.com	9752 5977
Doncaster	Richard Trembath	P.O. Box 294 Greensborough 3088 tenek@bigpond.net.au	9431 6963
East Burwood	Trevor Jupp	4 Driftwood Drive Glen Waverley 3150 juppspecial@optusnet.com.au	9802 3355
East Burwood	Graham Philpott	4/8 Hyslop Parade East Malvern 3145	9568 0495
East Burwood	Ashley Ryan	29 Alvena Crescent Heathmont 3135 ryan.ashley.p@edumail.vic.gov.au	8802 1046 0418 534 373(M)
East Burwood	Allan Wood	44 Halls Parade Mitcham 3132 allansfurniture@optusnet.com.au	9872 4362
Frankston	Peter Duggan	8 Myna Court Carrum Downs 3201 peterduggan2@bigpond.net.au	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
Mentone	Ashley Page	3/40 Potter Street Black Rock 3193 apal6161@bigpond.net.au	9521 6070

Venue	Manager	Address	Phone
Southern Peninsula	Heather Carr	2 Arthur Street Dromana 3936 bill.carr@sandvik.com	5987 1235
Southern Peninsula	Ken Taylor	18 Charles Street Blairgowrie 3942	5988 8823
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
VMA "Around the Grounds"
Athletics Victoria
Victorian Athletic League (Pros)
Victorian Race Walking Club
Athletics Australia
International Ass. of Aths Federation
Australian T&F Coaches Assn
Int. Marathons & Road Races
Aust. Ultra Runners' Assn
Best Australian Runners Site
Aust Mountain Running Association
Australia's Runner's World
ACTVAC and others
Qld Masters Athletics Association
Sth Australia Masters Athletics
WA Masters Athletics Club
Alice Springs Masters Games
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
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Sports Dialog Digest Archive
Yahoo! Groups: vicmasters
Melbourne University Athletics Club
For Masters Athletes by Masters Athletes
2006 National Championships
2007 World Championships

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

Just a gambol for 90-year-old

By Marty Shevelone

The adage "one doesn't get older, one gets better" is proved each Wednesday night at Dolamore Oval in Mentone when local members of the Victorian Masters Athletic Club hit the track.

Athletes ranging in age from 30 to 90 use the training session to fine-tune their skills for upcoming events and their hard work paid off at the recent Victorian Masters Championships where the enthusiastic Mentone troop trotted off with 58 medals.

Its race walkers were prominent, particularly Marlene Gourlay, Gwen Steed, Jim Machin, Sylvia Machin, Ian Beaumont, Margaret Beaumont, Gordon Gourlay, Graeme Davis and John Morrison.

Successful sprinters included Bob Wishart, Jimmy Thomson, Mike Johnston, Gordon Gourlay and 90-year-old evergreen Eddie Gamble.

Middle-distance medallists were Trevor McCann, John Moore and Pam Mews, who is still getting it done in her 70's.

Kate Weeks won the 5000m in the 40-plus age group in convincing fashion while throwers Beverly Hugo and Ken Priestly were also winners.

David Wilkins medalled in the long and triple jumps while Gordon Gourlay captured both of his hurdle events.

A smaller Mentone group ventured to Canberra over Easter weekend to compete in the Australian Masters Athletic Championships.

Walker Jim Machin, Sylvia Machin, Ian Beaumont and Margaret Beaumont sparkled.

Top sprinters Graeme Noden and Ross Kent missed the meet with injuries.

Mature adults interested in joining Masters Athletics can turn up at Dolamore Oval on Wednesdays at 6:30pm or ring manager Ted McCoy on 9583 3280



Masters Competing in Athletics Victoria's Winter Competition

Sandown 10km Road Race Saturday 13th May 2006.

What a great day for a run - Fine, cloudy with a slight breeze. We had five members running, with some very good individual efforts.

Alan Bennie	(Springvale)	40.08
Will Sellick	(Springvale)	41.56
Graham Philpott	(East Burwood/Caulfield)	43.28
Murray Hutchison	(Knox)	44.15
David Sheehan	(Caulfield)	45.38

Well done boys- thank you very much for your support.

Saturday 3rd June - Ballam Park Frankston 16km Cross Country

Once again the weather was kind to us. Fine, overcast around 16 degrees. A very testing course which our boys handled really well. Unfortunately through illness and injury we only had two starters.

Allan Bennie (Springvale)	70.26
Will Sellick (Springvale)	73.30

Saturday 24th June saw us travel to Bendigo to compete in the Coliban Relay over 32.3 km, from Harcourt to Bendigo finishing with a lap of Bendigo Athletic track. A very enjoyable day with the team travelling to each change over together by car. We had some bad luck when Will Sellick had to withdraw because of a foot injury suffered in the Traralgon half-marathon the previous weekend. So our five man team was reduced to four. Alan (Jack) Bennie offered to run two legs so we could still compete. Well done Jack - a great effort over some tough terrain. The rest of the boys appreciated your effort; we all enjoyed our sections and had a fantastic afternoon. Thank you "Jack". We finished second team out of eight starters. Next year we will return and try and improve on that effort.

1 st Leg	Alan Bennie	(Springvale)	6.3km	
2 nd leg	Alan Bennie		5.0km	51:25
3 rd Leg	Graham Philpott	(East Burwood/Caulfield)	7.5km	31:16
4 th Leg	Murray Hutchinson	(Knox)	8.6km	36:56
5 th Leg	David Sheehan	(Caulfield)	4.9km	21:15
				141:52

Masters Competing in Athletics Victoria's Winter Competition (Cont)

If any other members would like to join us for the rest of the winter season and the summer track season, please give me a call or see any of the above members. The more athletes we can get the less the work load for each one. It's a great way to meet members from other teams and have an enjoyable afternoon as well.

Yours in Running

David Sheehan

Vice Captain - VMA

Vic Masters 10k Track Aberfeldie 21/05/06

The 10k track V.M.A. Medal event was held at the Aberfeldie Venue track in perfect conditions on Sunday morning 21/05/06.

Thanks must go to Rob Waters and his team of helpers on the day - Margaret, Leslie and George. Also the willing lap scorers who helped to make the day a success. Mario Muscara (M40) in his first attempt at 10k on the track was a runaway winner overall with Paul Twining (M55) a gallant second.

Unfortunately only two ladies contested the event with Pam Tindal (W45) looking very comfortable at her first attempt at 10k on the track and Shirley Young (W75) in spite of complaining all the way managed to run another time which better the existing fastest time for her age group!

Unfortunately the turn out was very poor compared to other years. If you think that we can do anything to improve the event please contact Lavinia 97283929 with some feed back. Thank you to all the athletes did compete. Next year the 10k will again be held on a Sunday morning in May the exact date and location to be confirmed later.

W45	1	Pam Tindal	45.31	M60	1	Gary Stewart	39.20
W75	1	Shirley Young	57.49		2	Gabriel Carmona	45.22
M40	1	Mario Muscara	36.21		3	Robert Waters	47.17
	2	Peter Fitzgerald	38.40	M65	1	Juan Perez	45.08
	3	Chris Boylen	39.34		2	John Waite	47.39
M50	1	Glenn Claiden	43.37	M70	1	Roy Jenning	52.34
	2	Clyde Riddoch	47.01	M75	1	Bob Lewis	49.01
M55	1	Paul Twining	37.42				
	2	Ernie Stewart	39.10				
	3	Ian U'ren	45.07				

17 Starters

VMAI CROSS COUNTRY CHAMPIONSHIPS 2006

Yarra Bend Park, 18th June 2006

From Colin Browne

For a winter's day, it was an excellent day for a run. A bit overcast, and cool, but not windy or raining, so it was "no excuses day". The course had been marked out to perfection by the Collingwood gang, led by Ron Young, Ray Harbert, Rocket, Graham Paul, Ken Senior, Bernie Leddin, Carol Ryan, Heather and Peter Johnston, Judy and Harry Mason and quite a few others. Organisation was ten out of ten.

We had a two lap course, a bit different from previous years but real cross country. There was some long grass, some hills, and not much easy going. A bit wet underfoot, but that is what cross country is about, isn't it.

This year our friends from the professional Cross Country League did not join us, but we hope to meet them next month at Braeside for the "Eric Greaves" event.

There were two events, a five km and a ten km. Quite a good turn-up, with runners aged between 35 and 75+. These are the results:

10km Championship

(in finishing order)

Place Group	Name	Time	Age Group	Place in
1	Andrew White	36:53	INV	
2	Murray Johnson	37:50	M40	1
3	Mario Muscara	38:03	M40	2
4	Shane Pettingill	39:28	M35	1
5	Greg Wilson	38:32	M50	1
6	Paul Twining	40:05	M55	1
7	Colin Heywood	41:19	M50	2
8	Fiona Turner	41:32	INV	
9	Alan Bennie	41:47	M55	2
10	Bronwyn Cardy	42:04	W50	1
11	David Jones	42:59	M55	3
12	Gary Stewart	43:10	M60	1
13	Philip Twining	43:29	M45	1
14	Mark Travill	43:36	M45	2
15	Graeme Paul	43:43	M50	3
16	Westley Windsor	43:50	M60	2
17	Karen Tainton	44:02	W40	1
18	Craig Harrington	44:07	M40	3
19	Pauline Allan	44:11	W40	2
20	Jenny Alexander	44:15	W45	1
21	Lavinia Petrie	44:51	W60	1
22	Mick Carr	45:17	M50	4
23	Sharon Higgins	45:20	W45	2
24	Murray Hutchison	45:54	M55	3

25	Robert Henderson	46:19	M55	4
26	Andrew Tunne	46:21	M45	3
27	Ian U'Ren	47:10	M55	5
28	Jim Hopkins	47:32	M55	6
29	Glenn Claiden	47:55	M50	5
30	Juan Perez	48:11	M65	1
31	Pam Tindal	48:20	W45	3
32	John Dean	49:23	M60	3
33	Russ Dickenson	49:38	M60	4
34	Clyde Riddoch	50:10	M50	6
35	Petrina Trowbridge	50:26	W55	1
36	Rob Waters	50:57	M60	5
37	Mal Brown	51:13	M65	2
38	Bob Lewis	51:46	M75	1
39	Lynette Arnel	53:01	W50	2
40	Brian Lynch	53:37	M70	1
41	Len Hallett	54:29	M55	7
42	John Neale	55:50	M55	8
43	Roy Jennings	56:23	M70	2
44	Toscha Stopar	56:40	W35	1
45	Chas McRae	58:08	M70	3
46	Helen Myall	58:57	W60	2
47	Ron Young	61:14	M75	2
48	Tony Martin	62:14	M75	3
49	Jeanette Morton	62:15	W45	4
50	Karen Travill	62:15	W50	3
51	Shirley Young	63:09	W75	1
52	Corrie DeGroot	69:01	W75	2
53	Jack Gubbins	70:32	M75	4

5km Fun Run

1	David Sheehan	22.51
2	Lyn Thompson	24.35
3	John Hertz	25.08
4	Therese Montalbo	25.30
5	Debra Lewis	25.36
6	Jim Crawford	29.24
7	Julie Hertz	32.24
8	Ross Montalbo	34.10



Karen Tainton, Lavinia Petrie,
Pauline Allan & Jenny Alexander



Start of Cross Country

2006 Telstra Australian Masters Athletics Championships

April 14-17 AIS Canbrra

PRESS*RELEASE*PRESS*RELEASE*PRESS*RELEASE*PRESS*RELEASE*PRESS*RELEASE

2006 Telstra AMA National Championships a success

The ACT Veterans Athletic Club successfully staged the 2006 Telstra Australian Masters Athletics National Championship over Easter weekend. Throughout the four days there was intense competition, as well as the renewing of old friendships and making of new ones.

Queensland's Ruth Frith set a W95 World record in the Shot Put and two world's best performances in the hammer throw and the weight pentathlon. A number of Australian records were also set with NSW's Bill Burrridge creating new M80 marks in the 10,000 and 5,000 metres. Other Australian Records included Queenslanders Heather Doherty and Yasha Watkins in the W70 and W50 Javelin respectively, Helen Searle in the W65 Weight throw and Victoria's Margaret Prowse in the W85 400m. Victoria's Graeme Rose and ACT's Ray Green surpassed the previous Australian Record point-score in the M60 Weight Pentathlon during an epic struggle where Graeme had to set a new Australian Record in the weight throw to secure the Gold.

A highlight of the Championship was the Opening Ceremony, which was attended by Commonwealth Games Gold Medallist Stuart Rendell, Mr Lincoln Hawkins of the ACT Department of Economic Development, AMA President Lynne Schickert and ACT Veterans Athletics Club (ACTVAC) President Geoff Simms. Stuart spoke warmly of his involvement with Master's athletics, telling the audience how as a teenager he trained with ACTVAC members and it was they who introduced him to the hammer throw when he was fourteen - prior to this he had thrown the discus!

The Opening Ceremony was however tinged with sadness. Flags were at half mast and a minute's silence observed for AMA Secretary Bob Foley who died suddenly a fortnight ago, shortly after returning home from officiating duties at the Commonwealth Games.

The premier events of the Championship was the 100m and Hammer Throw 'Champion of Champion's' handicap competitions. In the 100, SA's Anne Cooper (W75) won the women's event and Queensland's John Cooper (M65 - no relation) won the men's. In the Hammer throw, NSW's Tatiana Sudarivoka (W30) and VIC's Graeme Rose (M60) were the winners.

ACTVAC President Geoff Simms has praised "the red shirt brigade", the 140 odd volunteers who made the Championship such a success. Both Geoff and AMA President Lynne Schickert also publicly thanked Telstra for their crucial support of the Championships.

PRESS*RELEASE*PRESS*RELEASE*PRESS*RELEASE*PRESS*RELEASE*PRESS*RELEASE

For further information contact the 2006 Telstra AMA Championships Media Officer, John Stoney on 0408 261 781

MINUTES OF VMA SPECIAL GENERAL MEETING HELD AT DUNCAN McKINNON VENUE MONDAY 27 FEBRUARY 2006

PRESENT: As per attendance sheet. Twenty seven members present.

APOLOGIES: Milton Ballantyne, Richard Trembarth, Leslie Clark, Sid Elks, Russell Johnson, Peter McGrath, George Goode, Bronwyn Cardy, John Dean, Leo Charles, Ashley Ryan, Shirley Pocock.

GENERAL BUSINESS:

The meeting was opened at 8.20 pm with President Rob Waters in the chair. He then outlined the reasons for calling a Special Meeting, was to discuss and vote on Motions to change sections of the Constitution.

Motion #1 for an Amendment to the Constitution was read by Vice President Alan Lucas that changes be made to the structure of the Committee to replace the existing makeup of the Committee.

Moved by Alan Lucas.
Seconded by Don McLean.

Vice President Alan Lucas then outlined the purpose for proposing the changes. In effect to create an Executive, made up of President, Vice President, Secretary, Treasurer, Club Captain and Vice Captain. The Executive to meet every month. Also a Council made up of all Venue Managers or their appointed delegate to meet every two months. The purpose being to give all members input into the running of the Club through the Managers.

In order:-

Vice President Tony Bradford spoke against the motion.
Russ Oakley spoke for the motion.
Graham Philpott spoke against the motion.
Annette Corcoran spoke for and expressed the opinion that the eventual benefit would be in the long term.
Don McLean spoke in support.
Neville Wilkins spoke against.
Colin Brown and Dot Brown spoke in support.
Ian U'Ren spoke in support.
Al Willey spoke in support.

Alan Lucas then exercised Right of Reply and outlined the motion briefly again.

The Meeting was then temporarily adjourned at 9.30pm and a vote called.

MINUTES OF VMA SPECIAL GENERAL MEETING (Cont.)

The Meeting recommenced at 10.12pm after all votes were counted.

The result was as follows:-

FOR	AGAINST
42	20

21 Present	6 Present
21 Proxy	14 Proxy.

45.75 votes, i.e. 75% of members, were needed to pass the Motion. This was not achieved and so Motion 1 failed. The other four motions related to changes to various sections of the Constitution to reflect Motion 1 if it had been successful. Since Motion 1 failed these motions were not presented.

The Meeting closed at 10.20pm.

V.M.A. DINNER DANCE

Friday 17th November 2006

Hawthorn Receptions

555 Glenferrie Road
Hawthorn

3 Course Meal

Great Music

*Come along and enjoy a wonderful night
Make up a table from venue or with a group of friends*

Colin Silcock-Delaney

When the baton reached Port Campbell, Victoria in the Queen's baton relay, one of the runners carrying it was Col Silcock-Delaney, 73.

Article by Julia Thorn - Runner's World April 2006

Colin Silcock-Delaney has been a keen runner since 1954 when he did his national service in Puckapunyal, Victoria at the age of 21. He currently runs five times a week, over distances of 2km to 7km, as well as doing weights and stretching, keeping himself in shape for events such as the Australian Masters Track and Field championships in Canberra this month where he will contest the 800m, 1500m and 3000m on the track, and the 5km and 10km race walks.

Sounds impressive? Col has also run 100 marathons between 1978 and 2004, and competed during this time at distances from 800m to marathon all over the world. "I decided to make the 2004 Melbourne Marathon my final one, as it would be my 100th and that seemed a good note to go out on. I have run Melbourne 25 times."

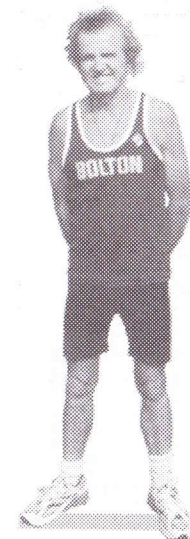
He was born in Warrnambool but grew up in a Melbourne orphanage. In 1979 he managed to find out the identity of his parents, and it transpired that his father had been a champion middle distance runner, winning a 2.3 mile race at Stawell in 1938, and several races in Bendigo. "I never met him, but running must be in the genes," says Silcock-Delaney.

On his running CV you will find a win at his first marathon at Lara, Victoria where he ran 2:51; competing in the World Masters marathon in Puerto Rico in 1983 with a time of 3:11 followed three weeks later by running 3:13 in the New York Marathon; winning his 70-75 age group at the World Fire-fighters Games in Christchurch after appealing for the cut-off restriction to be removed. "I'm a golden oldie" he told the officials, "and I can't run a marathon in under three and a half hours."

Two marathons that stand out from the rest came about by pure chance. "I had been competing in the World masters Track and Field in Finland and was travelling through Norway. A guy told me he was putting on an inaugural marathon on a small island, and he invited me to run to give the event an international flavour. I ended up finishing last, but it was all written up in the local paper. Of course I couldn't understand a word of it.

"Another time I had run at a championship in Buffalo in the US and was travelling in Alaska, when I saw a run advertised in the capital, Juneau. So I went along and ran their marathon."

He is equally proud of other achievements in the sporting arena, like carrying the baton in Port Campbell for the 2000 Olympics, and then working as a volunteer at the games. "I was nominated because I had coached runners at St Joseph's College in Geelong for 30 years over the 800m to 3000m. I felt this was the pinnacle of my sporting career.





"I celebrated my involvement in the Olympics by training for and swimming the Lorne Pier to Pub swim, my only competitive swim and I thought I was going to drown." At the 2005 Melbourne Marathon, having told the organisers that he would not be running, he was given the task of handing out the finisher's medals.

Over the years he has run with many clubs, starting as an inaugural member of the Geelong Cross Country Club in 1971, winning the first race they staged. Then

he joined The Victorian Veterans and ran at Glenhuntly, and later the Victorian Marathon Club (now disbanded). "I did a lot of fun runs. This was high season for fun running in the 1980s.

"Nowadays I love to run in the country, in the fresh air, with no cars and no pollution. I've got to the age where my body says I have to slow down. My knees are worn out. But I always wanted to give it my best shot."

And one benefit of all those marathons: "When I can't get to sleep at night I start counting through my marathons. I never get to 100."

Victorian Masters Athletics Inc Proposed Medal Program for 2006

Event	Date	Venue	Melway	Time
"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

Ninth Time Around It's Still a Fun Run

By Renee Switzer – Age

Nancy Chorley has a "runner's bible" she says she will be taking to her grave. It records her many feats.

"It's going in the coffin with me when I go," she said.

Later today, that bible will record her 70th half-marathon - a milestone Mrs Chorley, 59, has reached with only one regret.

"I started running when I was 47 and my real wish is that I started earlier. I think, 'Gee I missed out on a lot of fun'."

Mrs Chorley is taking part in the Age Run to the G today - the ninth time she has participated in the event. Despite being a veteran of the run, Mrs Chorley sought a little extra help in her preparation this year and has been working with a personal trainer.

"I always do a long run on a Tuesday night on my own and I try and run for two hours. I run from home and meet my husband at the gym."

For those who are participating in the event for the first time, Mrs Chorley has some advice.

"For the first kilometre or two it's a real battle because you are surrounded by lots and lots of people so you really just have to gradually work your way through," she said.

"Sometimes you might see someone and you keep your eye on them and think you want to try and stay with them... but it can be very crowded for a good kilometre before you get sorted out."

Mrs Chorley said she loved the half-marathon as it was an achievable challenge.

"I love the Run to the G because you know you are going to see a lot of people and it's a great area of Melbourne - it's a flat course and nice to be in the heart of Melbourne.

"My husband and I always make a bit of a day of it, have lunch in the city and have a wander around (after the run)."

Mrs Chorley has bought a new running outfit for this year's run and recommends people wear comfortable clothing and footwear.

"I always wear three-quarter leggings - only because I haven't got nice legs," she said



VICTORIAN MASTERS ATHLETICS
2006 STATE CHAMPIONSHIPS 1/04/2006 to 2/04/2006
Provisional Results

Any queries, please contact Wasył Drosdowsky - wdrosdowsky@gmail.com

Event 101	W30 3000 Metre Race Walk				
1	Kylie Irshad	W34 Croydon	16:11.00		
2	Jillian Cole	W34 no venue	20:43.00		
Event 101	W40 3000 Metre Race Walk				
1	Annette Major	W43 no venue	15:02.00		
2	Frances Halton	W44 Frankston	19:47.00		
Event 101	W45 3000 Metre Race Walk				
1	Carmel Drennan	W46 Aberfeldie	16:32.00		
2	Pam Tindal	W46 Croydon	16:34.00		
3	Julie Challen	W48 Croydon	19:47.00		
Event 101	W50 3000 Metre Race Walk				
1	Alison Thompson	W53 Croydon	16:09.00		
2	Marlene Gourlay	W54 no venue	16:43.00		
3	Janet Holmes	W52 Caulfield	16:58.00		
Event 101	W55 3000 Metre Race Walk				
1	Heather Carr	W56 no venue	15:51.00		
2	Liz Feldman	W57 Croydon	17:05.00		
3	Celia Johnson	W58 Springvale	19:06.00		
Event 101	W60 3000 Metre Race Walk				
1	Gwen Steed	W63 Mentone	17:44.00		
2	Sylvia Machin	W64 Mentone	19:07.00		
3	Heidi Engel	W63 Mentone	25:20.00		
Event 101	W65 3000 Metre Race Walk				
1	Brenda Riley	W66 Geelong	16:22.10		
2	Margaret Beaumont	W68 Mentone	21:51.00		
3	Beverly Hugo	W66 Mentone	22:03.00		
Event 101	W70 3000 Metre Race Walk				
1	Shirley Coppock	W70 East Burwood	23:27.00		
Event 101	W75 3000 Metre Race Walk				
1	Jean Knox	W79 Geelong	22:14.00		
Event 102	M75 3000 Metre Race Walk				
1	David McNair	M75 no venue	22:18.00		
2	Kees Zwynenburg	M77 Frankston	22:59.00		
3	Jim Machin	M75 Mentone	25:26.00		
Event 102	M80 3000 Metre Race Walk				
1	Victor Harley	M80 Caulfield	24:59.00		
Event 104	M40 100 Metre Hurdles				
1	Christopher Boylen	M42 Collingwood	17.80	NWI	
Event 104	M45 100 Metre Hurdles				
1	Greg Varigos	M48 no venue	18.40	NWI	
2	Mark Cauchi	M48 no venue	18.90	NWI	
Event 104	M50 100 Metre Hurdles				
1	Clyde Riddoch	M52 Aberfeldie	23.10	NWI	
Event 105	M55 90 Metre Hurdles				
1	John Neale	M55 Aberfeldie	17.40	NWI	
Event 106	W40 90 Metre Hurdles				
1	Jennifer Baldwin	W40 no venue	16.50	NWI	
Event 107	W45 90 Metre Hurdles				
1	Joanne Russell	W49 no venue	15.10	NWI	
2	Susan Chapman	W45 no venue	17.90	NWI	
3	Christine Bridle	W48 no venue	19.00	NWI	

2006 STATE CHAMPIONSHIPS (cont)

Event 108	M65 80 Metre Hurdles				
1	Don Chambers	M68 Aberfeldie	17.90	NWI	
2	Max Brook	M69 S. Peninsula	26.00	NWI	
Event 108	M70 80 Metre Hurdles				
1	Doug Ramm	M71 Aberfeldie	22.40	NWI	
	Peter Berry	M70 Visitor	DNF	NWI	
Event 109	M75 60 Metre Hurdles				
1	Gordon Gourlay	M77 Mentone	14.10	NWI	
Event 109	M80 60 Metre Hurdles				
1	Sydney Elks	M80 Frankston	18.30	NWI	
2	Stan Stankovic	M83 no venue	24.10	NWI	
Event 110	W70 60 Metre Hurdles				
1	Anna Zeitzen	W73 Frankston	18.10	NWI	
Event 111	M35 100 Metre Sprint				
1	Paul Basile	M38 Frankston	13.00	NWI	
2	Glenn Shannon	M39 Frankston	13.30	NWI	
Event 112	M40 100 Metre Sprint				
1	Chris Siomou	M42 Aberfeldie	12.10	NWI	
2	Steven Behin	M44 no venue	12.90	NWI	
3	Cameron McDonald	M41 Aberfeldie	13.20	NWI	
Event 113	M45 100 Metre Sprint				
1	Glenn White	M47 Caulfield	12.60	NWI	
2	Peter Tuckett	M46 no venue	12.70	NWI	
3	John Schuijers	M45 Collingwood	13.00	NWI	
4	Grant Stewart	M49 Doncaster	13.60	NWI	
5	Mike May	M45 Visitor	13.80	NWI	
6	Stephen Russell	M46 Coburg	14.80	NWI	
7	Leigh Kendall	M48 no venue	15.80	NWI	
Event 114	M50 100 Metre Sprint				
1	Paul Turner	M52 Geelong	12.30	NWI	
2	Andrew Watts	M50 Knox	12.70	NWI	
3	Richard Wearmouth	M53 no venue	13.00	NWI	
4	Wayne Bingham	M51 Aberfeldie	13.20	NWI	
5	Chris Brown	M50 Caulfield	13.60	NWI	
6	Don Martin	M53 no venue	13.90	NWI	
7	John Browne	M54 Doncaster	14.10	NWI	
8	Joseph Dilworth	M54 Aberfeldie	14.70	NWI	
Event 115	M55 100 Metre Sprint				
1	Stephen Baird	M55 no venue	13.20	NWI	
2	Philip Rosevear	M56 Doncaster	13.30	NWI	
3	Peter Lamb	M56 Geelong	13.40	NWI	
4	Paul Lynch	M56 Caulfield	14.00	NWI	
5	John Neale	M55 Aberfeldie	14.40	NWI	
Event 116	M60 100 Metre Sprint				
1	Bob Wishart	M64 Mentone	12.70	NWI	
2	Keith Howden	M60 Collingwood	13.00	NWI	
3	George Schillinger	M60 East Burwood	14.40	NWI	
4	Myer Vorchheimer	M61 no venue	14.90	NWI	
5	Tony Rogan	M64 no venue	16.00	NWI	
6	Andrew Fraser	M64 East Burwood	16.10	NWI	

2006 STATE CHAMPIONSHIPS (cont)

Event 117	M65 100 Metre Sprint				
1	Ron Arthur	M66 East Burwood	13.80	NWI	
2	Col Burnett	M66 no venue	13.90	NWI	
3	Don Chambers	M68 Aberfeldie	14.30	NWI	
4	Tony Bradford	M66 Aberfeldie	14.80	NWI	
5	Con Matthews	M69 Doncaster	15.30	NWI	
6	Allan Wood	M68 Croydon	16.60	NWI	
Event 118	M70 100 Metre Sprint				
1	Kevin Marion	M70 Caufield	14.90	NWI	
2	Lucas Kakris	M72 Aberfeldie	15.50	NWI	
3	Peter Berry	M70 Visitor	15.70	NWI	
4	John Howes	M70 Aberfeldie	16.00	NWI	
5	Lawrence Kendall	M73 no venue	18.10	NWI	
6	Nino Stankovic	M73 no venue	20.70	NWI	
Event 119	M75 100 Metre Sprint				
1	Leo Coffey	M76 East Burwood	15.60	NWI	
2	Jimmy Thomson	M79 Mentone	15.80	NWI	
3	Gordon Gourlay	M77 Mentone	17.20	NWI	
4	Roy Giesemann	M76 Frankston	17.90	NWI	
Event 120	M80 100 Metre Sprint				
1	Mike Johnston	M84 Mentone	17.60	NWI	
2	Sydney Elks	M80 Frankston	18.30	NWI	
3	Jim Sinclair	M81 Springvale	18.90	NWI	
Event 120	M90 100 Metre Sprint				
1	Eddie Gamble	M90 Mentone	32.90	NWI	
Event 121	W30 100 Metre Sprint				
1	Kirrilee Radford	W30 Collingwood	14.90	NWI	
Event 121	W35 100 Metre Sprint				
1	Sonya Pollard	W39 East Burwood	13.40	NWI	
2	Jodi Chandler	W37 Doncaster	14.70	NWI	
3	Sharyn Hunter	W37 Knox	15.50	NWI	
Event 122	W40 100 Metre Sprint				
1	Mandy Emmett	W43 no venue	14.20	NWI	
2	Linda Buttigieg	W41 no venue	14.50	NWI	
3	Marlene Johns	W42 East Burwood	15.10	NWI	
4	Frances Halton	W44 Frankston	18.00	NWI	
Event 122	W45 100 Metre Sprint				
1	Christie Faulks	W45 Doncaster	14.00	NWI	
2	Joanne Russell	W49 no venue	14.90	NWI	
3	Christine Bridle	W48 no venue	15.00	NWI	
4	Cathy McDonald	W47 Knox	15.20	NWI	
Event 123	W50 100 Metre Sprint				
1	Margaret Tweedie	W51 Doncaster	14.10	NWI	
2	Kay Burnie	W53 Doncaster	17.30	NWI	
Event 123	W55 100 Metre Sprint				
1	Chrisoulla Hondromati	W57 Doncaster	16.10	NWI	
2	Bev Learmont	W57 Doncaster	16.90	NWI	
3	Helen Steadman	W57 Aberfeldie	17.10	NWI	
4	Marg Wegner	W59 East Burwood	19.20	NWI	
Event 123	W60 100 Metre Sprint				
1	June Reeves	W60 Doncaster	14.90	NWI	
Event 124	W65 100 Metre Sprint				
1	Roberta Foster	W67 no venue	18.90	NWI	
2	Anna Hunt	W67 no venue	19.80	NWI	

2006 STATE CHAMPIONSHIPS (cont)

Event 124	W70 100 Metre Sprint				
1	Shirley Coppock	W70 East Burwood	21.10	NWI	
2	Anna Zeitzen	W73 Frankston	21.70	NWI	
Event 124	W80 100 Metre Sprint				
1	Gwen Davidson	W83 East Burwood	22.40	NWI	
Event 124	W85 100 Metre Sprint				
1	Margaret Prowse	W85 Doncaster	36.80	NWI	
Event 125	M35 1500 Metre Run				
1	Stuart Macaulay	M39 Aberfeldie	4:54.70		
Event 125	M40 1500 Metre Run				
1	David Ayers	M42 Box Hill	4:31.90		
2	Trevor McCann	M40 Mentone	4:36.50		
3	Scott Lawrence	M44 Collingwood	4:40.30		
Event 125	M45 1500 Metre Run				
1	Ian Dent	M45 no venue	4:42.70		
2	David Murrhly	M48 Knox	5:00.00		
Event 126	M50 1500 Metre Run				
1	Terry Hicks	M51 no venue	4:34.10		
2	Chris Lynch	M51 no venue	4:35.60		
3	Robert Caldwell	M50 Croydon	4:44.20		
4	Ashley Ryan	M51 East Burwood	4:57.20		
5	Frank Prowse	M54 Doncaster	5:06.70		
6	Russell Weavers	M51 no venue	5:08.40		
7	Ken Carter	M53 Coburg	8:17.10		
	Freddy Rademaker	M53 Coburg	DNF		
Event 127	M55 1500 Metre Run				
1	Alan Bennie	M59 Springvale	5:12.75		
2	John Moore	M55 Mentone	5:33.03		
Event 127	M60 1500 Metre Run				
1	George Rennie	M64 Collingwood	5:12.35		
2	Graham Philpott	M63 East Burwood	5:43.91		
3	Rob Waters	M60 Aberfeldie	5:55.68		
4	Neville Gardner	M62 Croydon	5:59.24		
5	Bob Power	M63 Caufield	6:05.77		
Event 128	M65 1500 Metre Run				
1	Ray O'Connor	M68 Frankston	5:48.73		
2	Paul Mullins	M65 Springvale	5:51.81		
3	Max Brook	M69 S. Peninsula	6:04.80		
4	Hawley Thomas	M67 East Burwood	6:27.39		
Event 128	M70 1500 Metre Run				
1	Ron Young	M74 Collingwood	6:45.17		
2	Chas McRae	M73 Knox	7:09.56		
3	Colin Silcock-Delaney	M73 Geelong	8:21.97		
4	Barry Zeitzen	M72 Frankston	8:30.68		
Event 128	M75 1500 Metre Run				
1	Bob Lewis	M78 East Burwood	6:26.66		
Event 128	M80 1500 Metre Run				
1	Victor Harley	M80 Caufield	10:49.20		
Event 129	W35 1500 Metre Run				
1	Julie Norney	W37 Knox	5:17.71		
Event 129	W40 1500 Metre Run				
1	Laura Campbell	W44 no venue	5:11.40		
2	Pauline Allan	W44 Caufield	5:24.96		
Event 129	W45 1500 Metre Run				
1	Janine Higham	W45 Aberfeldie	5:16.05		
2	Pam Tindal	W46 Croydon	6:09.68		

2006 STATE CHAMPIONSHIPS (cont)

Event 129	W50 1500 Metre Run		
1	Carolyn Dickson	W54 Croydon	6:22.35
2	Jill Jacimovic	W52 no venue	7:29.53
Event 129	W60 1500 Metre Run		
1	Lavinia Petrie	W62 Knox	6:13.55
2	Vicki Thompson	W60 no venue	9:08.77
Event 129	W65 1500 Metre Run		
1	Brenda Riley	W66 Geelong	6:07.02
Event 129	W70 1500 Metre Run		
1	Diana Kendall	W70 no venue	8:12.82
2	Pam Mews	W71 Mentone	10:33.79
Event 129	W75 1500 Metre Run		
1	Shirley Young	W76 Collingwood	8:15.95
2	Jean Knox	W79 Geelong	9:00.29
Event 130	M45 3000 Metre Race Walk		
1	Mark Donahoo	M47 Aberfeldie	13:53.03
2	David Wilkins	M48 Mentone	18:35.69
Event 130	M50 3000 Metre Race Walk		
1	Colin Heywood	M51 Collingwood	14:44.56
2	Clyde Riddoch	M52 Aberfeldie	15:48.03
3	Frank Prowse	M54 Doncaster	16:26.17
4	Ian Cassell	M52 Mentone	18:30.71
Event 130	M55 3000 Metre Race Walk		
1	Alan Lucas	M58 Croydon	16:27.98
2	Graeme Davis	M56 Caufield	16:32.09
3	Geoff Barrow	M57 Mentone	18:02.70
Event 130	M60 3000 Metre Race Walk		
1	Russ Dickenson	M60 Croydon	16:10.59
2	Ron Bilston	M62 Caufield	18:52.61
3	John Hallo	M63 Frankston	19:17.84
Event 130	M65 3000 Metre Race Walk		
1	Murray Dickinson	M67 Collingwood	16:33.97
2	Tony Johnson	M65 Springvale	16:37.43
3	John Morrison	M66 Mentone	17:22.92
4	Geoff Major	M69 no venue	18:11.87
5	Barrie Wicks	M65 Croydon	19:41.00
Event 130	M70 3000 Metre Race Walk		
1	Ken Walters	M73 Croydon	20:05.52
2	Colin Silcock-Delaney	M73 Geelong	20:12.85
3	Ian Beaumont	M70 Mentone	22:26.26
	Gordon Onley	M71 Collingwood	DQ
Event 131	M30 400 Metre Sprint		
1	Brett Maurer	M30 Aberfeldie	52.62
Event 131	M35 400 Metre Sprint		
1	Matthew Scholes	M36 Doncaster	57.94
2	Glenn Shannon	M39 Frankston	1:03.13
Event 132	M40 400 Metre Sprint		
1	Robert McCubbin	M43 Aberfeldie	51.04
2	Terry Baldwin	M43 no venue	56.59
3	Darren McGee	M43 East Burwood	58.21
4	Christopher Boylen	M42 Collingwood	59.52
5	Cameron McDonald	M41 Aberfeldie	1:04.14

2006 STATE CHAMPIONSHIPS (cont)

Event 133	M45 400 Metre Sprint		
1	Mark Crawford	M47 Doncaster	56.69
2	Peter Tuckett	M46 no venue	57.93
3	John Schuijers	M45 Collingwood	58.20
4	David Murrhiy	M48 Knox	1:02.08
5	Mike May	M45 Visitor	1:03.71
Event 134	M50 400 Metre Sprint		
1	Andrew Watts	M50 Knox	58.72
2	Colin Page	M52 Croydon	1:02.57
3	Ashley Ryan	M51 East Burwood	1:02.01
4	Chris Brown	M50 Caufield	1:05.65
5	Richard Wearmouth	M53 no venue	1:03.95
6	Graham Eadie	M54 Aberfeldie	1:07.40
7	Freddy Rademaker	M53 Coburg	1:04.76
8	Russell Weavers	M51 no venue	1:07.19
9	Ken Carter	M53 Coburg	1:51.65
Event 135	M55 400 Metre Sprint		
1	Peter Lamb	M56 Geelong	58.77
2	Paul Lynch	M56 Caufield	1:08.14
3	John Neale	M55 Aberfeldie	1:15.68
Event 136	M60 400 Metre Sprint		
1	Keith Howden	M60 Collingwood	1:03.67
2	Wayne Fitzsimmons	M61 Collingwood	1:07.88
3	Andrew Fraser	M64 East Burwood	1:15.05
4	Bob Power	M63 Caufield	1:15.67
Event 137	M65 400 Metre Sprint		
1	Ron Arthur	M66 East Burwood	1:05.80
2	Russell Oakley	M66 Croydon	1:07.82
3	Con Matthews	M69 Doncaster	1:09.28
4	Tony Bradford	M66 Aberfeldie	1:13.21
5	Gerry Robinson	M67 Croydon	1:14.42
6	Max Brook	M69 S. Peninsula	1:18.32
Event 138	M70 400 Metre Sprint		
1	John Howes	M70 Aberfeldie	1:12.06
2	Lucas Kakris	M72 Aberfeldie	1:16.69
3	Peter Berry	M70 Visitor	1:22.45
4	Edmund Stack	M71 East Burwood	1:28.41
5	Colin Silcock-Delaney	M73 Geelong	1:48.04
6	Barry Zeitzen	M72 Frankston	1:48.58
Event 139	M75 400 Metre Sprint		
1	Gordon Gourlay	M77 Mentone	1:37.66
Event 140	M80 400 Metre Sprint		
1	Mike Johnston	M84 Mentone	1:27.74
2	Jim Sinclair	M81 Springvale	1:34.18
Event 140	M90 400 Metre Sprint		
1	Eddie Gamble	M90 Mentone	2:52.39
Event 141	W35 400 Metre Sprint		
1	Sonya Pollard	W39 East Burwood	1:06.75
2	Jodi Chandler	W37 Doncaster	1:10.96
Event 141	W40 400 Metre Sprint		
1	Jennifer Baldwin	W40 no venue	1:06.78
2	Marlene Johns	W42 East Burwood	1:08.53
3	Linda Buttigieg	W41 no venue	1:09.70

2006 STATE CHAMPIONSHIPS (cont)

Event 142	W45 400 Metre Sprint			
1	Joanne Russell	W49 no venue	1:07.87	
2	Christine Bridle	W48 no venue	1:08.60	
3	Cathy McDonald	W47 Knox	1:09.07	
Event 142	W50 400 Metre Sprint			
1	Carolyn Dickson	W54 Croydon	1:22.90	
Event 143	W55 400 Metre Sprint			
1	Chrisoulla Hondromati	W57 Doncaster	1:26.74	
2	Bev Learmont	W57 Doncaster	1:36.24	
3	Marg Wegner	W59 East Burwood	1:51.13	
Event 143	W60 400 Metre Sprint			
1	June Reeves	W60 Doncaster	1:17.73	2
2	Vicki Thompson	W60 no venue	2:06.76	2
Event 143	W85 400 Metre Sprint			
1	Margaret Prowse	W85 Doncaster	3:08.90	2
Event 144	W40 2000 Metre Steeplechase			
1	Laurel Gore	W42 Doncaster	8:46.52	
Event 144	W55 2000 Metre Steeplechase			
1	Heather Carr	W56 no venue	10:23.19	
Event 145	M60 2000 Metre Steeplechase			
1	Graham Philpott	M63 East Burwood	8:41.26	
Event 145	M65 2000 Metre Steeplechase			
1	Fred Bichsel	M68 Caulfield	13:20.44	
Event 145	M70 2000 Metre Steeplechase			
1	Bob Gardiner	M70 no venue	8:51.16	
2	Colin Silcock-Delaney	M73 Geelong	12:48.52	
Event 145	M75 2000 Metre Steeplechase			
1	Peter Couttie	M75 no venue	11:42.81	
Event 146	M40 3000 Metre Steeplechase			
1	Scott Chamberlain	M41 Doncaster	12:10.81	
Event 146	M45 3000 Metre Steeplechase			
1	Michael Bialczak	M46 no venue	11:42.12	
2	David Murrhny	M48 Knox	13:34.89	
3	Graham Walter	M48 Doncaster	13:40.27	
Event 146	M50 3000 Metre Steeplechase			
1	Frank Prowse	M54 Doncaster	13:06.32	
2	Michael Cusack	M54 no venue	13:48.99	
Event 150	W35 Long Jump			
1	Sharyn Hunter	W37 Knox	3.93m	2.8
Event 150	W40 Long Jump			
1	Jennifer Baldwin	W40 no venue	4.31m	1.1
2	Linda Buttigieg	W41 no venue	3.84m	2.0
Event 150	W45 Long Jump			
1	Susan Chapman	W45 no venue	4.36m	4.7
2	Christie Faulks	W45 Doncaster	4.20m	1.8
3	Christine Bridle	W48 no venue	4.13m	4.8
Event 150	W50 Long Jump			
1	Margaret Tweedie	W51 Doncaster	4.38m	4.0
2	Kay Burnie	W53 Doncaster	3.47m	3.0
3	Jill Jacimovic	W52 no venue	2.82m	1.5
Event 150	W65 Long Jump			
1	Roberta Foster	W67 no venue	2.17m	3.9
Event 150	W70 Long Jump			
1	Anna Zeitzen	W73 Frankston	2.13m	4.2

2006 STATE CHAMPIONSHIPS (cont)

Event 151	M65 Long Jump			
1	Don Chambers	M68 Aberfeldie	3.93m	4.5
2	Tony Bradford	M66 Aberfeldie	3.65m	1.6
3	Max Brook	M69 S. Peninsula	3.38m	1.3
4	Allan Wood	M68 Croydon	3.13m	5.4
Event 151	M70 Long Jump			
1	Peter Berry	M70 Visitor	3.40m	2.0
2	Doug Ramm	M71 Aberfeldie	3.16m	2.9
3	Nino Stankovic	M73 no venue	2.54m	0.3
Event 151	M75 Long Jump			
1	Leo Coffey	M76 East Burwood	3.22m	2.6
Event 151	M80 Long Jump			
1	Sydney Elks	M80 Frankston	2.95m	2.3
2	Stan Stankovic	M83 no venue	2.19m	0.2
Event 152	M50 Long Jump			
1	Robert Scholes	M53 no venue	4.91m	4.7
2	Greg Champion	M51 Doncaster	4.77m	3.2
3	Wayne Bingham	M51 Aberfeldie	4.26m	1.2
Event 152	M55 Long Jump			
1	Peter Lamb	M56 Geelong	4.74m	1.1
2	Jack Buckingham	M56 no venue	4.31m	2.9
3	John Neale	M55 Aberfeldie	3.64m	4.0
Event 152	M60 Long Jump			
1	George Schillinger	M60 East Burwood	4.40m	2.5
2	Myer Vorchheimer	M61 no venue	3.87m	4.7
3	Graham Philpott	M63 East Burwood	3.78m	1.6
Event 153	M40 Long Jump			
1	Chris Siomou	M42 Aberfeldie	5.58m	5.8
2	Steven Behin	M44 no venue	5.56m	5.5
3	Christopher Boylen	M42 Collingwood	5.34m	4.8
4	Jeff Lang	M41 Caulfield	5.13m	3.3
Event 153	M45 Long Jump			
1	Glenn White	M47 Caulfield	5.11m	2.8
2	David Wilkins	M48 Mentone	4.90m	3.5
3	Grant Stewart	M49 Doncaster	4.82m	3.8
4	Grant Sargent	M49 Collingwood	4.78m	3.9
5	Mark Cauchi	M48 no venue	4.66m	3.8
6	Rob Hopcroft	M49 no venue	4.26m	3.0
Event 154	M35 High Jump			
1	Glenn Shannon	M39 Frankston	1.60m	
Event 154	M40 High Jump			
1	Jeff Lang	M41 Caulfield	1.85m	
2	Christopher Boylen	M42 Collingwood	1.70m	
3	Steven Behin	M44 no venue	1.55m	
Event 154	M45 High Jump			
1	David Wilkins	M48 Mentone	1.65m	
2	Greg Varigos	M48 no venue	1.50m	
3	Rob Hopcroft	M49 no venue	1.45m	
4	Mark Cauchi	M48 no venue	1.45m	
Event 154	M50 High Jump			
1	Bill Ronald	M53 no venue	1.55m	
2	Greg Champion	M51 Doncaster	1.50m	
3	Graham Eadie	M54 Aberfeldie	1.50m	
4	Robert Scholes	M53 no venue	1.45m	
5	Clyde Riddoch	M52 Aberfeldie	1.30m	
6	Michael Cusack	M54 no venue	1.25m	

2006 STATE CHAMPIONSHIPS (cont)

Event 154	M55 High Jump		
1	John Neale	M55 Aberfeldie	1.35m
Event 155	M60 High Jump		
1	George Schillinger	M60 East Burwood	1.40m
2	Graham Philpott	M63 East Burwood	1.30m
3	Myer Vorchheimer	M61 no venue	1.20m
Event 155	M65 High Jump		
1	Don Chambers	M68 Aberfeldie	1.25m
2	Tony Bradford	M66 Aberfeldie	1.15m
3	Allan Wood	M68 Croydon	1.10m
Event 155	M70 High Jump		
1	Doug Ramm	M71 Aberfeldie	1.20m
2	Peter Berry	M70 Visitor	1.10m
Event 155	M75 High Jump		
1	Gordon Gourlay	M77 Mentone	1.25m
Event 156	W40 High Jump		
1	Jennifer Baldwin	W40 no venue	1.40m
Event 156	W45 High Jump		
1	Christine Bridle	W48 no venue	1.30m
2	Susan Chapman	W45 no venue	1.25m
3	Chris Tew	W46 no venue	1.25m
Event 157	M40 Discus Throw		
1	Andrew Stirling	M41 no venue	29.67m
2	Jeff Lang	M41 Caulfield	20.40m
Event 157	M45 Discus Throw		
1	Mark Cauchi	M48 no venue	21.07m
2	Rob Hopcroft	M49 no venue	18.55m
Event 157	M50 Discus Throw		
1	Andrew Watts	M50 Knox	29.72m
2	Clyde Riddoch	M52 Aberfeldie	29.23m
3	Phil Curtain	M51 Coburg	25.11m
4	Wayne Bingham	M51 Aberfeldie	25.02m
5	Tas Maniatakis	M52 Throwers	24.73m
6	Ken Carter	M53 Coburg	24.17m
7	Robert Scholes	M53 no venue	23.83m
8	Chris Brown	M50 Caulfield	22.58m
Event 157	M55 Discus Throw		
1	John Neale	M55 Aberfeldie	30.81m
2	Peter Young	M59 Doncaster	30.58m
Event 158	W60 Discus Throw		
1	Astrid Rose	W62 Throwers	20.43m
Event 158	W65 Discus Throw		
1	Roberta Foster	W67 no venue	16.91m
2	Beverly Hugo	W66 Mentone	13.59m
Event 158	W70 Discus Throw		
1	Val Worrell	W71 Throwers	19.03m
2	Diana Kendall	W70 no venue	15.66m
3	Tina Baarslag-Leb	W72 Croydon	13.41m
Event 158	W80 Discus Throw		
1	Gwen Davidson	W83 East Burwood	16.21m
Event 159	W50 Discus Throw		
1	Kris Bowles	W54 no venue	19.65m

2006 STATE CHAMPIONSHIPS (cont)

Event 159	W55 Discus Throw		
1	Christine Schultz	W55 Throwers	30.29m
2	Judy Coram	W56 Throwers	20.63m
3	Helen Steadman	W57 Aberfeldie	16.71m
4	Lorraine Mussett	W57 Throwers	14.42m
Event 160	W40 Discus Throw		
1	Judy Pfanner	W40 Throwers	35.98m
2	Sandra Howorth	W43 Throwers	25.68m
3	Jennifer Baldwin	W40 no venue	25.58m
4	Linda Buttigieg	W41 no venue	22.24m
Event 160	W45 Discus Throw		
1	Chris Tew	W46 no venue	25.40m
2	Cathy McDonald	W47 Knox	20.90m
3	Susan Chapman	W45 no venue	19.69m
4	Christine Bridle	W48 no venue	18.47m
Event 161	M60 Discus Throw		
1	Graeme Rose	M62 Throwers	40.73m
2	John Reynolds	M61 Throwers	34.04m
3	Ray Mooney	M61 no venue	32.85m
4	Errol Amerasekera	M62 no venue	29.53m
5	Neville Gardner	M62 Croydon	27.89m
6	David Wookey	M62 Throwers	25.64m
Event 161	M65 Discus Throw		
1	George Knight	M69 Throwers	25.64m
2	Tony Bradford	M66 Aberfeldie	23.63m
3	George Christodoulou	M66 Caulfield	22.75m
4	Don Chambers	M68 Aberfeldie	22.61m
5	Allan Wood	M68 Croydon	17.47m
Event 162	M70 Discus Throw		
1	Wim Van Weenen	M74 Throwers	28.40m
2	Lawrence Kendall	M73 no venue	21.34m
3	Nino Stankovic	M73 no venue	20.01m
4	George Simons	M70 Croydon	19.88m
5	Barry Zeitzen	M72 Frankston	11.78m
Event 162	M75 Discus Throw		
1	Harry Wynthoven	M76 Caulfield	26.49m
2	Alexander Harris	M76 Geelong	22.32m
3	Milton Ballantyne	M77 Caulfield	21.48m
4	Colin Murraylee	M77 no venue	19.30m
5	Jim Davy	M76 no venue	16.13m
Event 162	M80 Discus Throw		
1	Stan Stankovic	M83 no venue	20.77m
Event 162	M90 Discus Throw		
1	Andy Smith	M91 Caulfield	3.80m
Event 163	M60 Hammer Throw		
1	Graeme Rose	M62 Throwers	43.88m
2	John Reynolds	M61 Throwers	36.44m
3	David Wookey	M62 Throwers	29.58m
4	Myer Vorchheimer	M61 no venue	22.14m
Event 163	M65 Hammer Throw		
1	Ken Priestley	M67 Mentone	34.05m
2	George Knight	M69 Throwers	31.83m
3	George Christodoulou	M66 Caulfield	22.87m
4	Don Chambers	M68 Aberfeldie	22.50m

2006 STATE CHAMPIONSHIPS (cont)

Event 164	W40 Hammer Throw		
1	Sandra Howorth	W43 Throwers	31.92m
2	Linda Buttigieg	W41 no venue	24.56m
Event 164	W45 Hammer Throw		
1	Chris Tew	W46 no venue	22.22m
Event 164	W50 Hammer Throw		
1	Christine Schultz	W55 Throwers	31.53m
2	Judy Coram	W56 Throwers	28.49m
3	Kris Bowles	W54 no venue	27.42m
4	Sharon Reynolds	W58 Throwers	22.62m
5	Lorraine Mussett	W57 Throwers	19.19m
Event 165	M70 Hammer Throw		
1	Wim Van Weenen	M74 Throwers	43.14m
2	Lawrence Kendall	M73 no venue	22.83m
3	Nino Stankovic	M73 no venue	20.41m
Event 165	M75 Hammer Throw		
1	Harry Wynhoven	M76 Caufield	31.37m
2	Colin Murraylee	M77 no venue	28.37m
3	Harry Staecker	M75 Caufield	27.15m
4	Milton Ballantyne	M77 Caufield	24.57m
5	Jim Davy	M76 no venue	20.54m
Event 165	M80 Hammer Throw		
1	Stan Stankovic	M83 no venue	22.70m
Event 166	M40 Hammer Throw		
1	Andrew Stirling	M41 no venue	32.98m
Event 166	M50 Hammer Throw		
1	Clyde Riddoch	M52 Aberfeldie	21.64m
2	Ken Carter	M53 Coburg	21.31m
3	Tas Maniatakis	M52 Throwers	19.68m
Event 166	M55 Hammer Throw		
1	John Neale	M55 Aberfeldie	29.46m
Event 167	W60 Hammer Throw		
1	Astrid Rose	W62 Throwers	28.08m
Event 167	W65 Hammer Throw		
1	Roberta Foster	W67 no venue	18.48m
2	Beverly Hugo	W66 Mentone	15.73m
Event 167	W70 Hammer Throw		
1	Val Worrell	W71 Throwers	24.96m
2	Diana Kendall	W70 no venue	15.35m
3	Tina Baarslag-Leb	W72 Croydon	14.95m
Event 167	W80 Hammer Throw		
1	Gwen Davidson	W83 East Burwood	21.31m
Event 201	M40 400 Metre Hurdles		
1	Christopher Boylen	M42 Collingwood	1:06.13
2	Scott Chamberlain	M41 Doncaster	1:08.43
3	Keith Hyndes	M40 Aberfeldie	1:12.52
Event 202	M45 400 Metre Hurdles		
1	Glenn White	M47 Caufield	1:07.20
2	Mark Cauchi	M48 no venue	1:18.61
Event 203	W40 400 Metre Hurdles		
1	Jennifer Baldwin	W40 no venue	1:19.99
Event 204	M50 400 Metre Hurdles		
1	Freddy Rademaker	M53 Coburg	1:11.55
2	Greg Champion	M51 Doncaster	1:13.34
3	Michael Cusack	M54 no venue	1:16.60
4	John Browne	M54 Doncaster	1:21.93

2006 STATE CHAMPIONSHIPS (cont)

Event 205	M55 300 Metre Hurdles		
1	Graham Ford	M56 Doncaster	49.00
2	John Neale	M55 Aberfeldie	58.50
Event 206	W45 300 Metre Hurdles		
1	Joanne Russell	W49 no venue	50.00
2	Christine Bridle	W48 no venue	55.90
Event 207	M65 300 Metre Hurdles		
1	Don Chambers	M68 Aberfeldie	55.40
2	Mike Hall	M67 Springvale	56.40
3	Max Brook	M69 S. Peninsula	1:08.30
Event 208	M70 300 Metre Hurdles		
1	Roy Cunliffe	M71 Geelong	1:01.10
2	Peter Berry	M70 Visitor	1:04.70
3	Doug Ramm	M71 Aberfeldie	1:14.20
Event 209	W50 300 Metre Hurdles		
1	Margaret Tweedie	W51 Doncaster	50.80
Event 210	M75 200 Metre Hurdles		
1	Gordon Gourlay	M77 Mentone	45.60
Event 210	M80 200 Metre Hurdles		
1	Sydney Elks	M80 Frankston	48.70
Event 211	W70 200 Metre Hurdles		
1	Anna Zeitzen	W73 Frankston	1:06.20
Event 212	M45 1500 Metre Race Walk		
1	Mark Donahoo	M47 Aberfeldie	6:24.90
2	David Wilkins	M48 Mentone	9:26.50
Event 212	M50 1500 Metre Race Walk		
1	Colin Heywood	M51 Collingwood	7:00.70
2	Clyde Riddoch	M52 Aberfeldie	7:06.30
3	Frank Prowse	M54 Doncaster	7:59.10
4	Ian Cassell	M52 Mentone	8:56.00
Event 212	M55 1500 Metre Race Walk		
1	Alan Lucas	M58 Croydon	7:39.10
2	Graeme Davis	M56 Caufield	7:49.90
3	Geoff Barrow	M57 Mentone	8:07.20
Event 212	M60 1500 Metre Race Walk		
1	Russ Dickenson	M60 Croydon	7:28.90
2	Ron Bilston	M62 Caufield	9:06.90
Event 212	M65 1500 Metre Race Walk		
1	Tony Johnson	M65 Springvale	7:52.30
2	Murray Dickinson	M67 Collingwood	7:56.30
3	John Morrison	M66 Mentone	8:04.10
4	Geoff Major	M69 no venue	8:45.90
5	Barrie Wicks	M65 Croydon	9:34.60
Event 212	M70 1500 Metre Race Walk		
1	Ken Walters	M73 Croydon	9:51.10
2	Colin Silcock-Delaney	M73 Geelong	10:56.60
3	Ian Beaumont	M70 Mentone	11:10.70
	Gordon Onley	M71 Collingwood	DQ
Event 213	W30 800 Metre Run		
1	Jillian Cole	W34 no venue	3:01.38
Event 213	W35 800 Metre Run		
1	Sharyn Hunter	W37 Knox	2:47.05
2	Jodi Chandler	W37 Doncaster	2:52.23
Event 213	W40 800 Metre Run		
1	Laura Campbell	W44 no venue	2:34.05
2	Pauline Allan	W44 Caufield	2:40.56

2006 STATE CHAMPIONSHIPS (cont)

Event 213	W45 800 Metre Run		
1	Cathy McDonald	W47 Knox	2:45.92
2	Susan Chapman	W45 no venue	2:58.92
Event 213	W50 800 Metre Run		
1	Carolyn Dickson	W54 Croydon	3:04.03
2	Marg MacLean	W52 Knox	3:27.67
Event 213	W55 800 Metre Run		
1	Kathy Heagney	W55 Frankston	2:37.21
2	Heather Carr	W56 no venue	3:08.21
3	Marg Wegner	W59 East Burwood	4:05.76
Event 213	W60 800 Metre Run		
1	Vicki Thompson	W60 no venue	4:23.03
Event 213	W70 800 Metre Run		
1	Diana Kendall	W70 no venue	3:53.30
2	Pam Mews	W71 Mentone	5:12.14
Event 213	W85 800 Metre Run		
1	Margaret Prowse	W85 Doncaster	6:56.78
Event 214	M35 800 Metre Run		
1	Stuart Macaulay	M39 Aberfeldie	2:17.16
Event 214	M40 800 Metre Run		
1	Robert McCubbin	M43 Aberfeldie	1:56.54
2	Trevor McCann	M40 Mentone	2:08.66
3	Christopher Boylen	M42 Collingwood	2:13.08
4	Scott Lawrence	M44 Collingwood	2:13.91
5	Alan Jenkins	M44 Geelong	2:25.60
Event 214	M45 800 Metre Run		
1	Mark Crawford	M47 Doncaster	2:12.32
2	Leigh Kendall	M48 no venue	3:45.42
Event 214	M50 800 Metre Run		
1	Terry Hicks	M51 no venue	2:05.72
2	Colin Page	M52 Croydon	2:16.29
3	Ashley Ryan	M51 East Burwood	2:17.59
4	Frank Prowse	M54 Doncaster	2:32.30
5	Freddy Rademaker	M53 Coburg	2:33.98
Event 215	M55 800 Metre Run		
1	Peter Lamb	M56 Geelong	2:20.70
2	Alan Bennie	M59 Springvale	2:34.30
3	John Moore	M55 Mentone	2:40.80
Event 215	M60 800 Metre Run		
1	George Rennie	M64 Collingwood	2:31.60
2	Wayne Fitzsimmons	M61 Collingwood	2:36.20
3	Graham Philpott	M63 East Burwood	2:39.30
4	Rob Waters	M60 Aberfeldie	2:48.30
5	Bob Power	M63 Caulfield	2:54.50
Event 216	M65 800 Metre Run		
1	Russell Oakley	M66 Croydon	2:41.30
2	Ray O'Connor	M68 Frankston	2:44.67
3	Paul Mullins	M65 Springvale	2:45.80
4	Con Matthews	M69 Doncaster	2:48.73
5	Max Brook	M69 S. Peninsula	2:54.42
6	Gerry Robinson	M67 Croydon	2:55.44

2006 STATE CHAMPIONSHIPS (cont)

Event 216	M70 800 Metre Run			
1	John Howes	M70 Aberfeldie	2:57.39	
2	Don McLean	M72 East Burwood	3:03.74	
3	Chas McRae	M73 Knox	3:22.47	
4	Edmund Stack	M71 East Burwood	3:32.86	
5	Colin Silcock-Delaney	M73 Geelong	4:43.35	
Event 216	M75 800 Metre Run			
1	Bob Lewis	M78 East Burwood	3:05.13	
Event 216	M80 800 Metre Run			
1	Mike Johnston	M84 Mentone	3:43.57	
Event 217	W30 1500 Metre Race Walk			
1	Kylie Irshad	W34 Croydon	6:58.43	
2	Jillian Cole	W34 no venue	9:50.00	
Event 217	W40 1500 Metre Race Walk			
1	Annette Major	W43 no venue	6:59.78	
Event 217	W45 1500 Metre Race Walk			
1	Carmel Drennan	W46 Aberfeldie	7:37.92	
2	Pam Tindal	W46 Croydon	7:57.12	
3	Lynette Pimm	W45 no venue	9:44.00	
Event 217	W50 1500 Metre Race Walk			
1	Alison Thompson	W53 Croydon	7:25.25	
2	Janet Holmes	W52 Caulfield	7:57.76	
Event 217	W55 1500 Metre Race Walk			
1	Heather Carr	W56 no venue	7:17.92	
2	Liz Feldman	W57 Croydon	8:06.28	
3	Celia Johnson	W58 Springvale	9:10.88	
Event 217	W60 1500 Metre Race Walk			
1	Gwen Steed	W63 Mentone	8:27.92	
2	Sylvia Machin	W64 Mentone	9:13.44	
3	Heidi Engel	W63 Mentone	12:18.96	
Event 217	W65 1500 Metre Race Walk			
1	Brenda Riley	W66 Geelong	7:54.90	
2	Margaret Beaumont	W68 Mentone	9:57.58	
3	Beverly Hugo	W66 Mentone	11:02.57	
Event 217	W70 1500 Metre Race Walk			
1	Tina Baarslag-Leb	W72 Croydon	10:57.48	
2	Shirley Coppock	W70 East Burwood	11:49.36	
3	Pam Mews	W71 Mentone	14:03.86	
Event 217	W75 1500 Metre Race Walk			
1	Jean Knox	W79 Geelong	11:03.97	
Event 218	M75 1500 Metre Race Walk			
1	Gordon Gourlay	M77 Mentone	10:45.88	
2	David McNair	M75 no venue	10:48.15	
3	Kees Zwynenburg	M77 Frankston	11:20.11	
Event 218	M80 1500 Metre Race Walk			
1	Victor Harley	M80 Caulfield	13:12.36	
Event 219	M40 200 Metre Sprint			
1	Chris Siomou	M42 Aberfeldie	24.90	NWI
2	Gary Hennessy	M43 Coburg	25.60	NWI
3	Scott Chamberlain	M41 Doncaster	27.00	NWI
4	Cameron McDonald	M41 Aberfeldie	27.70	NWI
5	Keith Hyndes	M40 Aberfeldie	28.50	NWI
Event 220	M35 200 Metre Sprint			
1	Matthew Scholes	M36 Doncaster	26.00	NWI

2006 STATE CHAMPIONSHIPS (cont)

Event 221	M45 200 Metre Sprint				
1	John Schuijers	M45 Collingwood	26.20	NWI	
2	Mark Crawford	M47 Doncaster	26.30	NWI	
3	Grant Stewart	M49 Doncaster	29.00	NWI	
Event 222	M50 200 Metre Sprint				
Preliminaries					
1	Paul Turner	M52 Geelong	26.90Q	NWI	1
1	Terry Hicks	M51 no venue	26.90Q	NWI	2
3	Andrew Watts	M50 Knox	27.20Q	NWI	1
4	Wayne Bingham	M51 Aberfeldie	28.00Q	NWI	2
5	Don Martin	M53 no venue	28.10Q	NWI	2
6	Freddy Rademaker	M53 Coburg	30.30Q	NWI	1
7	Chris Brown	M50 Caulfield	28.20q	NWI	2
8	Ashley Ryan	M51 East Burwood	28.90q	NWI	2
9	John Browne	M54 Doncaster	29.20	NWI	2
10	Joseph Dilworth	M54 Aberfeldie	31.30	NWI	1
11	Ken Carter	M53 Coburg	37.20	NWI	2
Event 222	M50 200 Metre Sprint				
Finals					
1	Terry Hicks	M51 no venue	25.80	NWI	
2	Paul Turner	M52 Geelong	25.90	NWI	
3	Andrew Watts	M50 Knox	26.00	NWI	
4	Wayne Bingham	M51 Aberfeldie	27.50	NWI	
5	Chris Brown	M50 Caulfield	28.10	NWI	
6	Ashley Ryan	M51 East Burwood	28.60	NWI	
7	Don Martin	M53 no venue	28.90	NWI	
Event 223	M55 200 Metre Sprint				
1	Stephen Baird	M55 no venue	27.40	NWI	
2	Graham Ford	M56 Doncaster	28.00	NWI	
3	Gary Mahon	M55 East Burwood	28.30	NWI	
4	Paul Lynch	M56 Caulfield	29.30	NWI	
Event 224	M60 200 Metre Sprint				
1	Keith Howden	M60 Collingwood	27.30	NWI	
2	Myer Vorchheimer	M61 no venue	29.90	NWI	
3	Wayne Fitzsimmons	M61 Collingwood	30.80	NWI	
4	Andrew Fraser	M64 East Burwood	32.70	NWI	
5	Tony Rogan	M64 no venue	34.00	NWI	
Event 225	M65 200 Metre Sprint				
1	Russell Oakley	M66 Croydon	30.10	NWI	
2	Tony Bradford	M66 Aberfeldie	30.30	NWI	
3	Con Matthews	M69 Doncaster	30.70	NWI	
4	Don Chambers	M68 Aberfeldie	31.10	NWI	
Event 226	M70 200 Metre Sprint				
1	Lucas Kakris	M72 Aberfeldie	31.70	NWI	
2	John Howes	M70 Aberfeldie	32.70	NWI	
3	Peter Berry	M70 Visitor	33.60	NWI	
4	Edmund Stack	M71 East Burwood	38.60	NWI	
5	Colin Silcock-Delaney	M73 Geelong	48.10	NWI	
Event 227	M75 200 Metre Sprint				
1	Leo Coffey	M76 East Burwood	32.80	NWI	
2	Gordon Gourlay	M77 Mentone	37.30	NWI	
3	Jimmy Thomson	M79 Mentone	58.40	NWI	
Event 228	M80 200 Metre Sprint				
1	Mike Johnston	M84 Mentone	35.00	NWI	
2	Sydney Elks	M80 Frankston	38.20	NWI	
3	Jim Sinclair	M81 Springvale	39.60	NWI	

2006 STATE CHAMPIONSHIPS (cont)

Event 228	M90 200 Metre Sprint				
1	Eddie Gamble	M90 Mentone	1:07.20	NWI	
Event 229	W30 200 Metre Sprint				
1	Kirralee Radford	W30 Collingwood	33.20	NWI	
Event 229	W35 200 Metre Sprint				
1	Jodi Chandler	W37 Doncaster	30.90	NWI	
2	Sharyn Hunter	W37 Knox	31.60	NWI	
Event 230	W40 200 Metre Sprint				
1	Marlene Johns	W42 East Burwood	29.50	NWI	
2	Mandy Emmett	W43 no venue	29.90	NWI	
3	Linda Buttigieg	W41 no venue	30.20	NWI	
4	Frances Halton	W44 Frankston	34.90	NWI	
Event 231	W45 200 Metre Sprint				
1	Christie Faulks	W45 Doncaster	28.50	NWI	
2	Christine Bridle	W48 no venue	29.90	NWI	
3	Cathy McDonald	W47 Knox	30.20	NWI	
4	Susan Chapman	W45 no venue	32.00	NWI	
Event 232	W50 200 Metre Sprint				
1	Margaret Tweedie	W51 Doncaster	28.70	NWI	
2	Kay Burnie	W53 Doncaster	34.80	NWI	
3	Marg MacLean	W52 Knox	37.80	NWI	
Event 233	W55 200 Metre Sprint				
1	Kathy Heagney	W55 Frankston	29.90	NWI	
2	Chrisoulla Hondromati	W57 Doncaster	34.50	NWI	
3	Bev Learmont	W57 Doncaster	35.90	NWI	
4	Marg Wegner	W59 East Burwood	40.30	NWI	
Event 234	W60 200 Metre Sprint				
1	June Reeves	W60 Doncaster	31.00	NWI	
Event 234	W65 200 Metre Sprint				
1	Roberta Foster	W67 no venue	40.00	NWI	
2	Anna Hunt	W67 no venue	41.30	NWI	
Event 234	W70 200 Metre Sprint				
1	Shirley Coppock	W70 East Burwood	45.20	NWI	
Event 234	W85 200 Metre Sprint				
1	Margaret Prowse	W85 Doncaster	1:18.20	NWI	
Event 235	W30 5000 Metre Run				
1	Amanda Branson	W32 no venue	18:55.50		
Event 235	W35 5000 Metre Run				
1	Maryann Murray	W36 no venue	17:58.60		
Event 235	W40 5000 Metre Run				
1	Kate Weeks	W44 Mentone	18:57.40		
Event 235	W45 5000 Metre Run				
1	Pam Tindal	W46 Croydon	22:20.70		
Event 235	W50 5000 Metre Run				
1	Bronwen Cardy	W54 no venue	20:15.30		
2	Alison Thompson	W53 Croydon	23:28.90		
Event 235	W60 5000 Metre Run				
1	Lavinia Petrie	W62 Knox	21:17.10		
2	Vicki Thompson	W60 no venue	31:42.70		
Event 235	W65 5000 Metre Run				
1	Brenda Riley	W66 Geelong	21:01.20		
Event 235	W75 5000 Metre Run				
1	Jean Knox	W79 Geelong	31:28.70		
	Shirley Young	W76 Collingwood	DNF		
Event 236	M75 5000 Metre Run				
1	Bob Lewis	M78 East Burwood	23:45.40		

2006 STATE CHAMPIONSHIPS (cont)

Event 236	M80 5000 Metre Run		
1	Victor Harley	M80 Caulfield	36:51.80
Event 237	M55 5000 Metre Run		
1	Peter Bence	M56 Caulfield	19:02.43
1	Ernie Stewart	M55 Aberfeldie	19:09.29
2	David Jones	M55 Aberfeldie	19:17.00
3	Jim Hopkins	M56 Collingwood	20:49.14
Event 237	M60 5000 Metre Run		
1	Gary Stewart	M60 Knox	18:51.30
2	George Rennie	M64 Collingwood	19:30.39
3	Rob Waters	M60 Aberfeldie	22:06.00
4	Bob Power	M63 Caulfield	23:00.15
Event 237	M65 5000 Metre Run		
1	Ted Paulin	M67 Collingwood	20:02.63
2	Brian Mee	M68 Knox	20:42.68
3	Juan Perez	M66 Springvale	21:40.03
4	Hawley Thomas	M67 East Burwood	23:05.70
5	John Peacock	M69 Collingwood	24:45.57
Event 237	M70 5000 Metre Run		
2	Ron Young	M74 Collingwood	24:43.21
3	Ray Callagan	M72 Croydon	26:15.73
4	John Eyre	M70 no venue	30:00.07
5	Colin Silcock-Delaney	M73 Geelong	31:59.28
Event 238	M40 5000 Metre Run		
1	Alan Jenkins	M44 Geelong	17:08.45
2	Murray Johnson	M43 no venue	17:24.33
Event 238	M45 5000 Metre Run		
1	Dragan Iaslovic	M45 Invitation	16:22.36
1	Michael Bialczak	M46 no venue	16:27.23
2	Allan Long	M49 no venue	17:10.93
3	Martin Leggett	M49 Frankston	17:29.49
4	Rod Neal	M49 Croydon	18:18.33
5	Philip VanDueren	M46 Coburg	18:49.66
6	Andrew Tunne	M47 Croydon	20:29.99
7	Joseph Campisi	M48 no venue	20:37.63
Event 238	M50 5000 Metre Run		
2	Chris Lynch	M51 no venue	16:33.47
3	Robert Caldwell	M50 Croydon	17:39.27
4	Andrew Edwards	M52 Caulfield	18:10.75
5	Jeff Boot	M50 no venue	18:15.03
6	Charles Chambers	M52 no venue	18:29.95
7	Colin Page	M52 Croydon	19:00.14
8	Jon Holmes	M54 Caulfield	20:23.10
2	Jim Poulter	M64 Doncaster	2.60m

More results - next issue of News & Results

What's On

July

- 15th Walk - VRMC & VMA events start 2:15pm - Albert Park.
Peninsula Road Runners Rosebud Foreshore, 8km, 4km, 2km, Rotary Park, Pt. Nepean (Melway 170 A1) (5975 4685)
- 16th "Eric Greaves Memorial" 10km Road Race (VCCL) Braeside Park, Mentone.
Melway 88 D8. 10:00am
- 22nd Athletics Victoria Cross Country 12km,8km,4km,2km Jells Park (Melway 72 A9) (9428 8195) jade@athsvic.org.au Afternoon Various Times
- 23rd Sri Chinmoy Princes Park Run, 10 & 5 km run/walk, Northern Pavilion, Princes Park, Royal Parade, Parkville, 8 AM, Melway 43 G12 9421 2747, www.srichinmoyraces.org/au
- 23rd VCCL Independent Signs Handicap, 10 km, Woodland park, Greenvale, (9690 0272) www.vccl.org.au 10 AM
- 29th Peninsula Road Runners Mordialloc Canal , 8 km, 3km, Benanee Drive Frankston (Melway 103 A3) (5975 4685) peninsularoadrunners@hotmail.com 2PM
- 30th VCCL Hash House harriers Handicap, 8 km, Jubilee park, Frankston, (9690 0272) www.vccl.org.au 10 AM

August

- 5th Tan Time Trial, (8km, 4km), Cnr Government House Drive & Birdwood Avenue (Melway 2F, K11), 7:30am, (9744 1072)
- 6th VCCL Ann Neill Handicap, 10 km, Carey Grammar School, Bulleen, (9690 0272) www.vccl.org.au, 10 AM
- 13th Winter Weight Pentathlon - Duncan McKinnon, Murrumbena. Melway 68 K9 12 noon
- 13th 10 mile Road Race (VCCL) - Princes Park, Royal Parade. Melway 2B C1 10:00am
- 19th Walk - VRMC & VMA events start 2:15pm - Albert Park.

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)

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