

What's On

October

- 29th Coburg Run for Tanzania Charity Run and Walk, 12km, 6km and 4km Harold Stevens Athletic Track, Coburg, (Melway 18 A10) (9386 9251) www.coburgharriers.org.au, 9AM
- 29th Gisborne Fitness Classic, 10kmrun, 6km run/walk Gisborne Fitness Centre Hamilton St Gisborne (5428 3318) gf@macedon-ranges.vic.gov.au? 9AM
- 29th Sri Chinmoy Eastern Beach Run 10KM run, 5KM run/walk Richie Boulevard, Geelong (Melway 402 L4) Melbourne@srchinmoyraces.org, 9AM

November

- 4th Tan Time Trial, (8km, 4km), Cnr Government House Drive & Birdwood Avenue (Melway 2F, K11), 7:30am, (9744 1072)
- 4th-7th Bright Alpine Four Peaks
- 5th Portland 3-Bays Marathon Mara and Half Mara Runs and Walks 10km and 5km Relays Bantick St Portland (P Reefman 5523 2811) peter@energised.com.au Various Start Times
- 9th VRR Twilight Tan (8km, 4km), Cnr Government House Drive & Birdwood Avenue, (Melway 2F, K11), 6:30pm, (9744 1072)
- 12th VRR Jells Park (15km, 10km, 5km), Ferntree Gully Road Entrance (Melway 72, A9), 8.30 am? (9744 1072)
- 12th Sri Chinmoy Yarra River Run 14KM run, 7KM run/Walk Como Landing. (Melway 58 G1), www.srchinmoyraces.org 8AM
- 18th Masters Dinner Dance - Hawthorn Receptions, Glenferrie Road, Hawthorn
- 19th Echuca Sweat vs Steam , 13km run, 5kmrun/walk , Port of Echuca, (5482 2517) Echuca@ymca.org.au? 8AM
- 30th Keith Huddle Memorial Eaglehawk to Bendigo run? p.barrett@ozemail.com.au

December

- 2nd VRR Tan Handicap & Breakfast (8km & 4km) Swan St Bridge at The Tan (Melway 2G A9). 7.30am, (9744 1072)
- 2nd Coburg Lake Classic Run & Walk, 10km and 4km Harold Stevens Athletic Track , Coburg, (Melway 18 A10) (9386 9251) www.coburgharriers.org.au, 9AM
- 2nd or 3rd Walk - Australian 50km Championship and Geelong National Series Meet, Geelong
- 3rd Big Rivers Nude Run, 8KM run 4KM run/walk River Valley Naturalist Resort, Echuca. 5482 6650
- 10th Sri Chinmoy Williamstown Foreshore Run. 10 km run, 5 km run/walk. Sadler Reserve, The Esplanade, Williamstown, Melway 56 B11, 8 AM -9421 2747, www.srchinmoyraces.org/au
- 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

- 13th NSW National Series Meet, Sydney
- 17th Lindsay Thomas Memorial - Braeside Park - 5 or 10km run, 5km walk

September

- 4th-15th 17th VMA World Stadia Championship - Riccione Italy

News and Results

Victorian Masters Athletics Inc.

September 2006

12k Cross Country Championship Report

Davin Gone (home!), Battrick Still Coming!

Regular multi-venue competitor Mick Davin and Peter Battrick have been great rivals for years. Here is Pete's review of their most recent clash ...

PRE-RACE. Despite some questionable pre-race 'eye-balling' from the opposition, I was fired up and ready to avenge the huge defeat at the recent 16K Cross Country Championship.

LAP ONE. My tactics were to start fast and demoralise Mick. Up the first hill then the second and I'm holding Mick off. At the end of the first lap I had close to a 100-metre lead. Plan going well!

LAP TWO. Again worked very hard up the hills to the Netball Centre and I still have close to 100 metres advantage. Still going to plan. At this stage Mona and the lead group lapped me; Geez they were hiking.

The last 800 metres of each lap is a high speed downhill section. Half way down the slope the lead (lapping) runners were flashing past but then (**shock, horror!**) bloody Davin passes me. I reckon he must have borrowed Shane's skateboard to catch up on the bitumen path which ran parallel to the Cross Country course. So I implement Plan-B, hang on the back of him and wait for him to drop out! He couldn't possibly finish at this pace.

LAP THREE. I'm definitely holding Mick on the uphill sections up to the Netball Centre but once we hit the downhill he pulls out a fifty metre lead by the bell.



Mick Davin at the recent Eric Greaves Memorial Event

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	Bunjil Way, 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 pjmcox@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 McAvooy	20 Melva Court Whittington 3219	5248 4087
Knox	Ian U'Ren	19 Lachlan Road Boronia 3155 ureni@optusnet.com.au	9762 7801
Southern Peninsula	Heather Carr	3 Arthur Street Dromana 3936 hcarr@cdg.vic.gov.au	5987 1235

Venue	Manager	Address	Phone
Southern Peninsula	John Sutton	15 Roblyn Crescent Tootgarook 3941 jsutton@optusnet.com.au	5985 9017
Mentone	Ted McCoy	24 Blackwood Avenue Mentone 3194	9583 3280
Mentone	Ashley Page	3/40 Potter Street Black Rock 3193 apa16161@bigpond.net.au	9521 6070
Mentone	Ian Cassell	29 Tiffany Avenue Cheltenham 3192 iancassell@optusnet.com.au	9583 4440
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
British Masters Athletic Federation
Sports Dialog Digest Archive
Yahoo! Groups: vicmasters
Melbourne University Athletics Club
For Masters Athletes by Masters Athletes
2006 National Championships
2007 World Championships

Davin Gone (home!), Battrick Still Coming! (cont.)

LAP FOUR (and LAST LAP). As soon as we start back up the hilly section I'm struggling. On the short downhill near the first playground my hammys are screaming "no more". By the time I start the final downhill, Davin has disappeared out of sight and I'm now on Plan-X (which is to try and not collapse face down in the mud plus keep shuffling in the right direction!).

THE FINISH STRAIGHT. After four tough cross country laps, the organisers have seen fit to make it a 200-metre UPHILL finish. The pain of struggling up this hill worsened when I see bloody Davin, silhouetted against the setting sun, with both arms raised in "V" for Victory.

POST RACE. Next day my 'gluts' were very stiff and sore but I'm not sure if it was from the hills and mud or from *having my arse kicked big time by Mick.* I've given everything to beat him as my Heart Rate Monitor tells me I've been *'in the red'* (i.e. *above* the recommended HR *maximum* zone) *for around 60%* of the race.

We both ran very well but the bugger beat me!

MICK 67 mins 13 secs

PETE 69 mins 19 secs



Mick at Eric Greaves Event

Note To All Members

UNIFORMS

All members are eligible to run in any Championship Event. However, to be eligible for Club Medallions you **MUST** wear Club uniform.

Uniform is V.M.A. uniform which is available from Graham Philpott.

THE PREVIOUS VIC VETS UNIFORM IS NO LONGER ACCEPTABLE

Graham can be contacted on 95680495 or
by mail Unit 4, 8 Hyslop Parade, East Malvern 3145

KOKODA ADVENTURE JUNE 2006

By Peter Johnstone

Early in 2006 Peter Maddigan (an old running mate and also Masters Runner) and I decided to tackle the 96 Km Kokoda Track.

After much research and training, lugging a weighted pack up and down the surrounding hills near our homes, the time had come. We headed off to New Guinea on the fourth of June from Melbourne via Brisbane to Port Moresby. We met the rest of our group, nine in total, eight males and one female. Ages ranged from two young chaps of twenty two, two brothers and a sister in their late thirties early forties, two chaps from Queensland in their early sixties, Peter M, sixty four and yours truly sixty nine.

After an over night stay in Port Moresby we headed off by bus to Owers Corner to begin our trek that would last nine days until we reached Kokoda.

Ah! Kokoda

The name conjures up many images, most of them true. The track is tough, very tough. The mountains are steep both up and down. It is hot and humid, nothing dries. Clothes that are washed stay wet; you put them on wet the next day. The hikes are long and arduous. Five minutes after starting the day's hike you would be dripping with sweat. But the good points far out way the bad.

The scenery is magnificent, giant butterflies are everywhere, wild flowers grow in abundance. In the dry season (April to October) there are few mosquitoes, no flies, few leeches, no ticks, no stinging insects or plants. The water in the many, many rivers and streams you cross is crystal clear and drinkable.

We started our trek on the 5th June from Owers Corner, two and a half hours out of Port Moresby, heading north. The first river, we crossed, one of many, the bridge had been washed away. No problems, the porters felled some thin trees and using "jungle rope" stripped vines and a new bridge was constructed in thirty minutes.

The night of the second day, after a very big day, which included me having a fall and bending my hiking stick, I had real doubts about making it to the finish. After pushing those negative thoughts out of my head I was OK.

The porters were great, they carry your big pack (up to a maximum of 16kg), I carried a small pack around 7kg. When you are going up hill they are behind you and going down hill they are in front. They help set up your tent and cook the evening meal.

Breakfast consists of Wheat-Bix, cereal and powered milk. You carry your nine lunches, consisting of tin baked beans (cold) muesli bars. At night the porters cooked the evening meal consisting of pasta or rice and freeze dried vegetables. It gets dark about six o'clock so by seven o'clock we were in our tent resting and sleeping. We are up around five thirty in the morning, packing up tents, having breakfast and ready to start hiking by seven o'clock. I carried two to three litres of water a day, a small amount of Gatorade in the water to keep up electrolytes and jellybeans. I saved the black ones for the big climbs.

Everyone in the group was very encouraging and positive. Doubts and tiredness were brushed aside with jokes and laughter. We spent four nights in our tents in jungle camps and five nights in villages. We slept in village huts on the floor. The people in the villages were very fine people. There was no welfare; no alcohol and no drugs. They grow all their own food. The villages are clean and neat and the children seem healthy and happy. In the afternoon we played cricket with the kids in the village, also kick to kick with an old footy. In the village of Menari we met up with an original Fuzzy-Wuzzy Angel, who is a village elder, must be well in his eighties, a very distinguished looking gentleman.

On arrival at some villages the village women would bring us fruit, bananas, paw paw, oranges and a white passionfruit (delicious and sweet). There is an arrangement with our tour group and the village for this service. Fruit never tasted so good.

The war memorials and plaques were heart breaking sad. So many eighteen, nineteen and twenty year old boys who had died for this wonderful country. Made me realize how lucky we are.

So on the 13th June after nine unforgettable days we finally reached Kokoda. We spent the last night of our trek here in the village. We flew back to Port Moresby via Tufi for a hot shower (heaven) and shave, clean and dry clothes, a nice meal and a few beers to celebrate our achievement. Back to Melbourne via Brisbane the next day.

All in all a great trek. I would recommend it to anyone who has the desire to achieve this challenge.

PS Weight Watchers please note Skinny old me lost 4 kg in nine days.

Information Re Andy Smith

Andy has finally decided that he needs some tender loving care and therefore has moved to the address below where he has his own room and television set, and can come and go whenever he pleases and will be well looked after.

Andy hopes to participate in the VMA Championships in Melbourne next year and from time to time we will still see him at Caulfield and Mentone Venues.

Should you wish to ring or visit him at any time, he would love to hear from you.

His details are:

MR ANDY SMITH Personal Phone: 9530 6762
 ANZAC Hostel
 21 Downes Avenue
 BRIGHTON 3186 General Phone: 9819 4528

VICTORIAN MASTERS ATHLETICS

2006 STATE CHAMPIONSHIPS

1/04/2006 to 2/04/2006

Provisional Results

(continued from last issue of News & Results)

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

Event 250	M40 Weight Throw		
1	Andrew Stirling	M41 no venue	8.94m
Event 250	M50 Weight Throw		
1	Clyde Riddoch	M52 Aberfeldie	9.72m
2	Robert Scholes	M53 no venue	7.29m
Event 250	M55 Weight Throw		
1	Peter Young	M59 Doncaster	10.10m
2	John Neale	M55 Aberfeldie	9.64m
Event 251	M70 Weight Throw		
1	Lawrence Kendall	M73 no venue	9.07m
2	Nino Stankovic	M73 no venue	8.43m
Event 251	M75 Weight Throw		
1	Harry Wynhoven	M76 Caulfield	11.71m
2	Milton Ballantyne	M77 Caulfield	9.66m
3	Colin Murraylee	M77 no venue	9.49m
Event 251	M80 Weight Throw		
1	Stan Stankovic	M83 no venue	11.10m
Event 252	W60 Weight Throw		
1	Astrid Rose	W62 Throwers	10.44m
Event 252	W70 Weight Throw		
1	Val Worrell	W71 Throwers	10.94m
2	Diana Kendall	W70 no venue	7.85m
3	Tina Baarslag-Leb	W72 Croydon	6.10m
Event 252	W80 Weight Throw		
1	Gwen Davidson	W83 East Burwood	8.45m
Event 253	W40 Weight Throw		
1	Sandra Howorth	W43 Throwers	10.73m
Event 253	W50 Weight Throw		
1	Kris Bowles	W54 no venue	7.97m
Event 253	W55 Weight Throw		
1	Christine Schultz	W55 Throwers	11.36m
2	Judy Coram	W56 Throwers	9.71m
3	Sharon Reynolds	W58 Throwers	6.86m
4	Lorraine Mussett	W57 Throwers	6.19m
Event 254	M60 Weight Throw		
1	Graeme Rose	M62 Throwers	18.56m
2	John Reynolds	M61 Throwers	14.50m
3	David Wookey	M62 Throwers	10.13m
Event 254	M65 Weight Throw		
1	Ken Priestley	M67 Mentone	14.76m
2	George Knight	M69 Throwers	10.84m
3	George Christodoulou	M66 Caulfield	7.70m
Event 255	M60 Javelin Throw		
1	Graeme Rose	M62 Throwers	45.10m
2	Ray Mooney	M61 no venue	38.82m
3	David Wookey	M62 Throwers	33.38m
4	John Reynolds	M61 Throwers	28.09m

2006 STATE CHAMPIONSHIPS (cont)

Event 255	M65 Javelin Throw			
1	Allan Wood	M68 Croydon	25.96m	
2	Tony Bradford	M66 Aberfeldie	23.17m	
3	Don Chambers	M68 Aberfeldie	23.10m	
4	George Christodoulou	M66 Caulfield	19.63m	
Event 256	M30 Javelin Throw			
1	Steven Polizzi	M33 Geelong	40.41m	
Event 256	M40 Javelin Throw			
1	Steven Behin	M44 no venue	42.49m	
2	Andrew Stirling	M41 no venue	34.03m	
3	Keith Hyndes	M40 Aberfeldie	21.26m	
Event 256	M45 Javelin Throw			
1	Greg Gorter	M45 no venue	44.90m	
2	Mark Cauchi	M48 no venue	38.56m	
3	Graham Walter	M48 Doncaster	29.64m	
Event 257	M50 Javelin Throw			
1	Wayne Bingham	M51 Aberfeldie	36.20m	
2	Clyde Riddoch	M52 Aberfeldie	33.91m	
2	Andrew Watts	M50 Knox	40.81m	
3	Phil Curtain	M51 Coburg	33.34m	
4	Michael Cusack	M54 no venue	32.31m	
5	Chris Brown	M50 Caulfield	31.28m	
6	Tas Maniatakis	M52 Throwers	27.13m	
7	Robert Scholes	M53 no venue	24.97m	
8	Ken Carter	M53 Coburg	21.72m	
Event 257	M55 Javelin Throw			
1	Andrew Farr	M56 no venue	47.14m	
3	Peter Young	M59 Doncaster	35.00m	
4	John Neale	M55 Aberfeldie	27.75m	
Event 258	M70 Javelin Throw			
1	Lawrence Kendall	M73 no venue	26.88m	
2	Nino Stankovic	M73 no venue	19.68m	
Event 258	M75 Javelin Throw			
1	Colin Murraylee	M77 no venue	30.65m	
2	Harry Staecker	M75 Caulfield	25.55m	
3	Milton Ballantyne	M77 Caulfield	18.42m	
4	Harry Wynhoven	M76 Caulfield	18.11m	
Event 258	M80 Javelin Throw			
1	Stan Stankovic	M83 no venue	17.36m	
Event 259	W30 Javelin Throw			
1	Kirrilee Radford	W30 Collingwood	22.91m	
Event 259	W35 Javelin Throw			
1	Sharyn Hunter	W37 Knox	28.99m	
Event 259	W40 Javelin Throw			
1	Judy Pfanner	W40 Throwers	29.62m	
2	Linda Buttigieg	W41 no venue	21.78m	
3	Sandra Howorth	W43 Throwers	19.87m	
Event 259	W45 Javelin Throw			
1	Dawn Hartigan	W49 no venue	28.23m	
2	Susan Chapman	W45 no venue	22.12m	
Event 259	W50 Javelin Throw			
1	Marg MacLean	W52 Knox	20.10m	

2006 STATE CHAMPIONSHIPS (cont)

Event 259	W55 Javelin Throw				
1	Christine Schultz	W55 Throwers	23.05m		
2	Judy Coram	W56 Throwers	19.93m		
3	Lorraine Mussett	W57 Throwers	11.62m		
4	Liz Feldman	W57 Croydon	11.40m		
Event 260	W60 Javelin Throw				
1	Astrid Rose	W62 Throwers	19.92m		
Event 260	W65 Javelin Throw				
1	Roberta Foster	W67 no venue	11.41m		
2	Beverly Hugo	W66 Mentone	13.56m		
Event 260	W70 Javelin Throw				
1	Val Worrell	W71 Throwers	16.44m		
2	Diana Kendall	W70 no venue	15.26m		
3	Tina Baarslag-Leb	W72 Croydon	9.12m		
Event 260	W80 Javelin Throw				
1	Gwen Davidson	W83 East Burwood	10.96m		
Event 261	M40 Triple Jump				
1	Chris Siomou	M42 Aberfeldie	11.57m	1.2	
2	Steven Behin	M44 no venue	11.00m	1.1	
3	Christopher Boylen	M42 Collingwood	10.55m	0.2	
4	Keith Hyndes	M40 Aberfeldie	9.71m	2.6	
Event 261	M45 Triple Jump				
1	Grant Sargent	M49 Collingwood	10.48m	0.8	
2	David Wilkins	M48 Mentone	10.40m	2.2	
3	Grant Stewart	M49 Doncaster	10.02m	0.8	
4	Rob Hopcroft	M49 no venue	9.20m	1.4	
5	Graham Walter	M48 Doncaster	9.11m	2.7	
Event 262	W35 Triple Jump				
1	Sharyn Hunter	W37 Knox	8.22m	2.5	
Event 262	W40 Triple Jump				
1	Jennifer Baldwin	W40 no venue	9.33m	2.9	
2	Linda Buttigieg	W41 no venue	8.50m	2.1	
Event 262	W45 Triple Jump				
1	Christine Bridle	W48 no venue	9.06m	2.5	
Event 262	W50 Triple Jump				
1	Margaret Tweedie	W51 Doncaster	9.40m	3.0	
Event 262	W70 Triple Jump				
1	Anna Zeitzen	W73 Frankston	4.73m	3.2	
Event 263	M65 Triple Jump				
1	Julian Jacotine	M66 Springvale Noble Park	9.95m	1.1	
2	Don Chambers	M68 Aberfeldie	7.85m	2.5	
3	Allan Wood	M68 Croydon	6.07m	1.2	
Event 263	M70 Triple Jump				
1	Peter Berry	M70 Visitor	7.31m	1.7	
2	Doug Ramm	M71 Aberfeldie	6.87m	2.5	
3	Nino Stankovic	M73 no venue	5.09m	1.7	
Event 263	M75 Triple Jump				
1	Leo Coffey	M76 East Burwood	7.51m	1.1	
Event 263	M80 Triple Jump				
1	Sydney Elks	M80 Frankston	6.28m	0.7	
2	Stan Stankovic	M83 no venue	4.36m	0.3	

2006 STATE CHAMPIONSHIPS (cont)

Event 264	M50 Triple Jump			
1	Robert Scholes	M53 no venue	9.80m	1.3
2	Graham Eadie	M54 Aberfeldie	9.66m	1.5
3	Clyde Riddoch	M52 Aberfeldie	8.70m	2.5
Event 264	M55 Triple Jump			
1	Jack Buckingham	M56 no venue	9.47m	1.4
2	Tino Fulgenzi	M57 Collingwood	9.01m	0.6
3	John Neale	M55 Aberfeldie	8.42m	2.2
Event 264	M60 Triple Jump			
1	Jim Poulter	M64 Doncaster	8.86m	1.2
2	George Schillinger	M60 East Burwood	8.84m	1.6
3	Graham Philpott	M63 East Burwood	8.32m	1.3
4	Myer Vorchheimer	M61 no venue	7.88m	2.0
Event 265	M70 Shot Put			
1	Nino Stankovic	M73 no venue	8.08m	
2	George Simons	M70 Croydon	7.85m	
3	Doug Ramm	M71 Aberfeldie	7.80m	
4	Lawrence Kendall	M73 no venue	6.75m	
5	Barry Zeitzen	M72 Frankston	4.65m	
Event 265	M75 Shot Put			
1	Harry Wynhoven	M76 Caulfield	8.69m	
2	Colin Murraylee	M77 no venue	8.38m	
3	Milton Ballantyne	M77 Caulfield	7.83m	
4	Alexander Harris	M76 Geelong	7.39m	
Event 265	M80 Shot Put			
1	Stan Stankovic	M83 no venue	7.46m	
Event 265	M90 Shot Put			
1	Andy Smith	M91 Caulfield	2.01m	
Event 266	W60 Shot Put			
1	Astrid Rose	W62 Throwers	7.30m	
Event 266	W65 Shot Put			
1	Roberta Foster	W67 no venue	6.63m	
2	Beverly Hugo	W66 Mentone	5.76m	
Event 266	W70 Shot Put			
1	Val Worrell	W71 Throwers	6.53m	
2	Tina Baarslag-Leb	W72 Croydon	5.60m	
3	Anna Zeitzen	W73 Frankston	5.55m	
Event 266	W80 Shot Put			
1	Gwen Davidson	W83 East Burwood	6.45m	
Event 267	W30 Shot Put			
1	Kirralee Radford	W30 Collingwood	6.93m	
Event 267	W40 Shot Put			
1	Judy Pfanner	W40 Throwers	10.71m	
2	Linda Buttigieg	W41 no venue	7.54m	
Event 267	W45 Shot Put			
1	Christine Bridle	W48 no venue	7.85m	
2	Chris Tew	W46 no venue	7.41m	
Event 267	W50 Shot Put			
1	Kris Bowles	W54 no venue	7.52m	
Event 267	W55 Shot Put			
1	Christine Schultz	W55 Throwers	11.14m	
2	Judy Coram	W56 Throwers	8.69m	
3	Lorraine Mussett	W57 Throwers	5.93m	

2006 STATE CHAMPIONSHIPS (cont)

Event 268	M60 Shot Put			
1	Graeme Rose	M62 Throwers	12.40m	
2	Ray Mooney	M61 no venue	11.80m	
3	John Reynolds	M61 Throwers	9.73m	
4	David Wookey	M62 Throwers	9.43m	
5	Myer Vorchheimer	M61 no venue	7.95m	
Event 268	M65 Shot Put			
1	Don Chambers	M68 Aberfeldie	8.98m	
2	George Knight	M69 Throwers	8.45m	
3	George Christodoulou	M66 Caulfield	7.20m	
Event 269	M40 Shot Put			
1	Andrew Stirling	M41 no venue	11.11m	
2	Steven Behin	M44 no venue	8.86m	
3	Christopher Boylen	M42 Collingwood	8.46m	
Event 269	M45 Shot Put			
1	Mark Cauchi	M48 no venue	7.65m	
Event 269	M50 Shot Put			
1	Phil Curtain	M51 Coburg	9.59m	
2	Robert Scholes	M53 no venue	9.44m	
3	Clyde Riddoch	M52 Aberfeldie	8.33m	
4	Ken Carter	M53 Coburg	7.97m	
5	Tas Maniatakis	M52 Throwers	7.83m	
Event 269	M55 Shot Put			
1	Peter Young	M59 Doncaster	11.11m	
2	John Neale	M55 Aberfeldie	8.29m	
Event 270	W35 Pole Vault			
1	Irie Hill	W37 no venue	4.04m	
Event 270	W40 Pole Vault			
1	Linda Buttigieg	W41 no venue	2.50m	
Event 270	W45 Pole Vault			
1	Dawn Hartigan	W49 no venue	3.45m	
Event 271	M60 Pole Vault			
1	George Schillinger	M60 East Burwood	2.90m	
2	Jim Poulter	M64 Doncaster	2.60m	
Event 271	M65 Pole Vault			
1	Rob Barclay	M67 Box Hill	2.90m	
Event 271	M70 Pole Vault			
	Doug Ramm	M71 Aberfeldie	NH	
Event 272	M30 Pole Vault			
1	Steven Polizzi	M33 Geelong	3.50m	
Event 272	M35 Pole Vault			
1	Warren Hill	M37 no venue	2.90m	
Event 272	M40 Pole Vault			
1	Christopher Boylen	M42 Collingwood	3.05m	
	Keith Hyndes	M40 Aberfeldie	NH	
Event 272	M45 Pole Vault			
	David Wilkins	M48 Mentone	NH	
Event 272	M50 Pole Vault			
1	Graham Eadie	M54 Aberfeldie	2.60m	
Event 272	M55 Pole Vault			
1	Tino Fulgenzi	M57 Collingwood	2.90m	
2	John Neale	M55 Aberfeldie	2.00m	

Victorian Masters Athletics Inc Proposed Medal Program for 2006

Event	Date	Venue	Melway	Time
Marathon (in Melbourne)	Sunday 8th October	Frankston	99 D11	8:00am

Melbourne Marathon

To be eligible for V.M.A. medals in the Melbourne Marathon you must tick the box on the entry form that says you are a financial member of V.M.A. and enter with Melbourne Marathon Organisation.

An additional fee of \$10 payable to Vic. Masters must be received by Lavinia Petrie by 2nd October 2006

V.M.A. Marathon
Lavinia Petrie
12 Jeanette Maree Court
Kilsyth 3137

Two Athletes Suspended

The following athletes who tested positive for the use of steroids during the World Masters Indoor Championships in Linz, Austria in March 2006, have been provisionally suspended, pending the outcome of hearings:

Neil Griffin	(GBR) M55 Shot Put
Andrew Fedyashin	(RUS) M40 Shot Put

In addition it is being announced that the current results listing for shot put M40 competition is under investigation and consequently the published/announced results for the event cannot be regarded as final.

WMA 4th July 2006

Andrey Fediaschin, RUS, who had placed 2nd in the M40 shot put competition at the World Indoor Championships in Linz in March 2006, has been suspended by his Federation effective June 19, 2006 for a period of two years (terminating June 18, 2008), as a result of a doping conviction. The athlete had tested positive (Stenozolon) at a test taken during the Linz championships. His Federation declared him ineligible from competing in all WMA and IAAF athletics competitions including competitions sanctioned by WMA or IAAF.

The athlete has been informed that his result will be erased from the official results list, and he has been requested to return his medal and his certificate.

WMA will deal with the correction of the rankings and medal distribution of the M40 shot put competition in due time, once other investigations relating to this competition are concluded.

WMA 6th July 2006

Calluses and Corns

By Healthwise

What are calluses and corns?

Calluses and corns are areas of thick, hardened, dead skin. They form to protect the skin and body structure under the skin from pressure, friction, and injury. They may appear grayish or yellowish, be less sensitive to the touch than surrounding skin, and feel bumpy. Calluses on the hands and feet of an active person are normal. Calluses and corns become a problem when they grow large enough to cause pain.

- Calluses generally form on the hands or feet, although they may form wherever there is pressure on the skin, such as on the knees or elbows.
 - o Calluses on the hands generally form at the base of the fingers. They usually are not painful and may be useful. For example, a carpenter might develop calluses that protect his or her hands from scrapes and cuts while working. A tennis player might develop calluses on the palm that protect his or her hand from the pressure and friction of handling a tennis racket.
 - o Calluses on the feet generally form on the ball of the foot, the heel, and the underside of the big toe. They often form where the foot and the beginning of the toe meet (under the end of the metatarsal bone).
- Corns generally are found where toes rub together. Corns have an inner core that can be soft or hard. A soft corn is found between toes (usually the fourth and fifth toes), while a hard corn is often found over a bony part of a toe (usually the fifth toe).

What causes calluses and corns?

Calluses and corns are caused by repeated pressure or friction on an area of skin over time. The pressure causes the skin to die and form a hard, protective surface. A soft corn is formed in the same way, except that when perspiration is trapped where the corn develops, the hard core softens. This generally occurs between toes. Calluses and corns are not caused by a virus and are not contagious.

Calluses and Corns (cont.)

Regularly handling an object that puts pressure on the hand, such as tools (gardening hoe or hammer) or sports equipment (tennis racket), typically causes calluses on the hands over time.

Calluses and corns on the feet are often caused by pressure from footwear.

- Tight shoes squeeze the foot.
- High-heeled shoes squeeze the front part of the foot.
- Loose shoes may cause your foot to slide and rub against the shoe.
- Shoes with a thin sole can create more pressure on the ball of the foot when walking than do thicker-soled shoes.
- Wearing sandals and shoes without socks can lead to increased friction.
- The foot may rub against a seam or stitch inside the shoe.
- Socks that don't fit may result in pressure where a sock bunches up.

Walking barefoot also causes calluses.

Calluses and corns often develop on deformities caused by rheumatoid arthritis or on toe deformities, such as bunions or hammer, claw, or mallet toes. Calluses and corns on the feet may also be caused by repeated pressure due to sports (such as a callus on the bottom of a runner's foot), an odd way of walking (abnormal gait), or an underlying bone structure, such as flat feet or bone spurs (small, bony growths that form along joints).

What are the symptoms?

The symptoms of calluses and corns include pain while walking or wearing shoes and difficulty fitting into shoes. Any type of pressure applied to the callus or corn, such as squeezing it, can also cause pain. However, calluses and corns often are not painful. You can tell you have a corn or callus by its appearance. A callus is hard, dry, and thick and may appear grayish or yellowish. It may be less sensitive to the touch than surrounding skin, and it may feel bumpy. A hard corn is also firm and thick. It may have a soft yellow ring with a gray center. A soft corn looks like an open sore.

How are calluses and corns diagnosed?

Calluses and Corns (cont.)

Calluses and corns generally are diagnosed during a physical examination. Your health professional may also ask you questions about your work, hobbies, or the types of shoes you wear. An X-ray of the foot may be done if your health professional suspects a problem with the underlying bones.

How are they treated?

If you have diabetes, peripheral arterial disease, peripheral neuropathy, or other conditions that cause circulatory problems or numbness, consult with your health professional before trying any treatment for calluses or corns.

It is not necessary to treat calluses or corns unless they cause pain. If they do cause pain, the treatment goal is to remove the pressure or friction that is causing the callus or corn, giving it time to heal. This is done by wearing footwear that fits properly and using doughnut-shaped pads (such as moleskin) or other protective padding to cushion the callus or corn. Protective padding includes toe separators, toe crest pads, and toe caps and toe sleeves. The callus or corn can also be softened and the dead skin removed by using products such as salicylic acid.

Your health professional may use a small knife to pare (trim) the callus or corn. You may reduce the size of the callus or corn yourself by soaking your foot in warm water and then using a pumice stone to rub the dead skin away. Never cut the corn or callus yourself, especially if you have diabetes or other conditions that cause circulatory problems or numbness. In some cases, surgery may be done to remove the callus or corn or alter the underlying bone structure.

How common are calluses and corns?

Most people get calluses and corns. They are seen more frequently in people with bony feet and in women, probably because women often wear shoes that create friction on the feet, such as high-heeled or thin-soled shoes.

Two Athletes Suspended (cont.)

WMA has finalised the investigation regarding rule violations committed at the Indoor World Championships in Linz/Austria in March 2006 by the athlete Sergey Rubtsov of Kazakhstan and has decided to disqualify him.

As previously announced the Russian athlete Andrey Fedyaschin has committed a doping offence at the same championships, and his results will also be removed from the official results lists.

The following corrections will be made in the official results lists:

M40 Shot Put

Rank 1 S. Rubtsov disqualified
Rank 2 A. Fedyaschin disqualified

M40 Javelin Throw

Rank 4 A. Fedyaschin disqualified

M40 Discus Throw

Rank 2 A. Fedyaschin disqualified

All ranking in these events will be corrected accordingly. The results lists which can be viewed in the internet will be corrected shortly. The printed official results booklets which are unfortunately delayed but hopefully also become available within the next several weeks, will show these corrections.

The new medal winners will be individually notified and receive their medals and certificates in due time.

Friedel Schunk, Chairman Law & Legislation

WMA 7th August 2006

Dear Mr. Beccalli. (VMA)

This is to inform you that on August 17, 2006 the DLV-Disciplinary Commission made the following decision in the above mentioned case:

1. The athlete Werner Schallau has committed a doping offence,
2. The athlete is declared ineligible for two years from the date of the decision with a deduction for the suspension served from July 13, 2006, that is, until July 12, 2008.
3. The athlete has to bear the costs.

If you need further information, please let us know.

Kind regards

DEUTSCHER LEICHTATHLETIK-VERBAND
Justitiariat / Anti-Doping-Koordinierungsstelle
Dr. jur. Anne Jakob, LL.M.
Head of Disciplinary Commission

10 km Road Championship -Eric Greaves Memorial

Sunday 16/7/2006 saw the 8th running of the Eric Greaves 10km memorial road race at Braeside Park, a joint event between the VMA and VCCL. For those who did not know Eric, he was a former Club Captain who fought valiantly against a brain tumour which eventually took his life at the far too early age of 51. He was a very dogged competitor who was also forthright and an absolute character as could be seen from the photo which was on display at the event, depicting Eric with a look of determination on his face whilst competing in the annual King Island Coast to Coast and sporting Skull and Crossbones painted on his bald head. Eric and his great mate Kevin Onley were regarded as legends at King Island. Eric was a lovable fun loving man who was passionate about his clubs, both Vic Vets (as it was then) and the VCCL and was a tremendous worker for both clubs.

Despite rain on the Saturday and the promise of more to come, the gods (or maybe it was Eric) were smiling on us as Sunday morning dawned clear though overcast with only a gentle breeze - ideal conditions for distance running.

A total of 83 Masters entered the event, together with 36 invitation entrants who completed either the 10km event or a 1 lap (5.278 km) run or walk. Coupled with the VCCL runners, a field in the order of 200 greeted the starter who this year was Jean Onley. Jean and her husband Kevin were long time friends of Wendy and Eric.

The first Master home was Phillip Bowes (M50-54) in the very smart time of 34.08. This gave him an age graded percentage of 88.08% which saw him win the Most Outstanding Performance memorial trophy. The first female, for the second year in a row, was Stacey Van Dueren (F45-49) in a very commendable time of 38.23. Both Stacey and Phillip smashed their age group records for the event.



Phillip Bowes with the Age Graded trophy

Other good performances came from Barry Brooks (M65-69) who made the trip down from Ballarat and ran strongly to finish in 39.53, while the evergreen Bob Lewis (M75-79) showed a clean pair of heels to his rivals and many runners in younger age groups. Among the ladies, Lavinia Petrie and Theresia Baird (both F60-64) continue to perform at a high level and beat most of the younger ladies home.

It was great to have Eric's parents, Linda and Ted at the event and they presented the medals. They were accompanied by Eric's sister Marilyn and her husband Barry and his niece Bev.

Many thanks to the large band of volunteers from the Springvale venue led by Mick Colgan who assisted me in making sure the event was well conducted. Thanks also to Peter McGrath, Caulfield and Les Clark, Croydon for their support. A special mention to Glen Oliphant from Parks Victoria for his assistance.

Alan Bennie,
Race Manager with thanks to Lavinia Petrie, Club Captain for the words on Eric.

Results of the event follow.

Invitation Entrant Results

10km run

Mark Clarence	38.55
Steve Hyde	39.41
Shane Davin	40.19
Jeff Elliott	43.37
Chris Day	43.50
Murray Jones	44.21
Rob Gillett	45.19
Anne Bridges	50.56
Brian Usher	50.58
Judy Curtis	53.17
Gordon Arnel	57.11
David Lang	61.07
Bethany Vaughan	66.22

5.278km walk

Ian Cassell	34.35
Frances Halton	36.47
Andrew Piercy	41.44
Bev Hugo	43.29
Ron Hugo	43.29

5.278km run

Amy Burren	22.32
David Sheehan	22.53
Stephanie Armstrong	23.00
Ashley Albert	24.13
Sarah Burren	25.06
Deborah Lewis	26.02
Allison Devine	28.05
Christopher Albert	29.42
Angela Slattery	29.45
Alf Lakin	32.49
Judy Davison	32.50
Tony Martin	33.38
George Simons	36.15
Pam Mews	42.21
Ben Morrey	43.32

Braeside Park

Eric Greaves 10KM Memorial Incorporating VMA 10KM Road Championship

16 July 2006

		Age	Time	AG%			Age	Time	AG%		
F35	1	NORNEY Julie	37	41.30	73.42	M55	1	BENCE Peter	56	38.33	81.93
	2	EASTWOOD Liz	37	50.04	60.86		2	TWINING Paul	56	39.22	80.23
	3	STOPAR Toscha	36	54.49	55.15		3	BENNIE Alan	59	39.47	81.57
F40	1	TAINTON Karen	42	42.25	74.81		4	BLAKE Gary	55	41.24	75.64
	2	ALLAN Pauline	44	43.08	74.81		5	DEFANIS Sam	58	42.56	74.90
	3	LAKIN Karen	43	47.18	67.65		6	HENDERSON Robert	59	43.12	75.12
F45	1	VAN DUEREN Stacey	48	38.23	87.06		7	HUTCHISON Murray	56	43.44	72.22
	2	ALEXANDER Jenni	48	43.05	77.57		8	ORR Ian	55	45.06	69.41
	3	HIGGINS Sharon	47	43.54	75.45		9	UREN Ian	55	45.07	69.44
	4	TINDAL Pam	46	46.56	69.95		10	REES Howard	58	45.38	70.47
	5	WANT Merle	45	53.07	61.27		11	GRAY Neil	58	47.33	67.63
F50	1	ARNEL Lyn	50	49.37	68.58		12	MOORE John	56	50.51	62.11
	2	THOMPSON Lyn	50	50.04	67.96		13	DAVIN Michael	56	51.57	63.37
	3	STURZAKER Jane	53	52.32	66.64		14	ZELEZNIKOW John	56	64.15	49.16
	4	SIMMONS Helen	51	65.44	52.25	M60	1	STEWART Gary	60	40.20	81.20
F55	1	TROWBRIDGE Petrina	59	48.58	76.00		2	DEAN John	61	45.28	72.74
F60 INV		BAIRD Theresia	64	42.15	93.25		3	BENNETT Ralph	64	45.33	74.82
	1	PETRIE Lavinia	62	43.51	87.74		4	LOVEJOY Greg	64	46.12	73.77
F75	1	YOUNG Shirley	76	60.43	77.00		5	HOUGH Ken	61	50.40	62.96
	2	DE GROOT Corrie	78	64.01	75.68		6	BARKER Stephen	63	52.32	64.22
M35 INV		BURREN Gavin	36	36.41	73.88	M65	1	BROOKS Barry	66	39.53	87.28
	1	EASTWOOD Noel	35	37.09	72.61		2	PAULIN Ted	68	42.31	83.75
	2	PETTINGILL Shane	38	37.48	72.69		3	MEE Brian	68	43.39	81.47
	3	SPEIGHT Russell	39	39.37	69.85		4	PAGE Ashley	65	47.44	72.13
M40	1	CONNOR Paul	43	35.18	80.68		5	PEREZ Juan	67	48.12	73.04
	2	MUSCARO Mario	44	36.23	78.85		6	BROWNE Kevin	69	58.10	61.91
INV		ROYALL Simon	42	36.39	77.14	M70	1	STANWAY Roy	72	47.12	79.19
	3	JOHNSON Murray	43	37.28	76.01		2	LYNCH Brian	72	50.17	74.34
	4	DELL Tony	43	40.06	71.02		3	BROOK Max	70	50.46	71.77
M45	1	VAN DUEREN Philip	47	39.05	75.08		4	JENNINGS Roy	73	53.03	71.39
	2	MURPHY Chris	48	39.24	75.05		5	HOWES John	70	53.49	67.70
	3	TWINING Philip	46	39.51	73.08		6	MCCRAE Chas	73	57.29	65.88
	4	DUNNING Robert	45	41.34	69.53		7	LEGGETT Ron	72	58.58	63.39
	5	ARMSTRONG Kevin	45	43.57	65.76		8	ONLEY Kevin	72	62.48	59.84
	6	TUNNE Andrew	47	44.57	65.28	M75	1	LEWIS Bob	78	48.52	83.31
	7	DODSON David	47	48.48	60.13		2	PAGE Bill	75	52.44	73.75
M50	1	BOWES Philip	50	34.06	88.08		3	MARKHAM John	76	55.03	71.72
	2	BOOT Jeff	50	38.20	78.36		4	Young Ron	75	56.46	68.51
	3	EDWARDS Andrew	53	39.03	78.83		5	GUBBINS Jack	77	64.27	62.20
	4	PAUL Graeme	52	42.43	71.47	Most outstanding performance memorial trophy					
5		CARR Mick	53	43.35	70.63	Winner			Age	Time	AG%
	6	CLAIDEN Glen	52	44.17	68.95	BOWES Philip	50	34.06	88.08		
	7	BUCCIERI Lou	51	46.07	65.66						
	8	MARTIN Ross	54	47.15	65.70						

Most outstanding performance memorial trophy

Winner	Age	Time	AG%
BOWES Philip	50	34.06	88.08

AG% = Age Graded Performance

INV = no club uniform

Victorian Masters Athletics Dinner Dance 2006

DATE: FRIDAY 17TH NOVEMBER 2006

WHERE: HAWTHORN RECEPTIONS
555 GLENFERRIE ROAD
HAWTHORN (Just over Riversdale Road)

COST: \$45 PER PERSON

DRINKS: BYO OR DRINKS AT BAR PRICES

7:00pm For Sherries / Nibbles
7:30pm Sit Down
3 Course Meal
Live Band

Tables of 8 or 10 are available or we can place you at a table if there are less than 10 people in your group.

Please contact your Venue Manager to make a booking, or:

David Sheehan - Ph. 9725 5801
7 Natanya Way
Kilsyth
Vic 3137

Payment may be by cash, cheque or credit card (fill in details below).

Credit Card Payment * Bankcard Mastercard Visa

Payment for persons (#) for Dinner Dance

Card Number Expiry Date:/.....

Name on Card Signature

*** A \$1 transaction fee applies.**

Names of persons included in this payment: _____

MINUTES OF VMA COMMITTEE MEETING HELD AT THE COLLINGWOOD VENUE 8.00 pm 14 AUGUST 2006.

BUSINESS ARISING

The topic of updating the website was discussed further and Alan Lucas indicated that he will contact Gordon Stephen for further details.

The Venue Managers' Meeting will be held at the Duncan McKinnon Reserve on 28 August at 8.00 pm.

TREASURER'S REPORT:

The Treasurer noted that membership has increased to 921. The issue of utilisation of the surplus will be subject to consultation with the venues.

Following the Eric Greaves 10km Run a donation of \$250 will be made to a charity in consultation with the organiser, Allan Bennie.

The Treasurer tabled an analysis of Membership Fees.

CLUB CAPTAIN'S REPORT:

The Club Captain's Report was tabled by Lavinia Petrie covering the four medal events held since the last report.

There was discussion on the organisation of the 10 Mile Championship and the Captain outlined the problems that arose and were resolved.

Alan Lucas moved that the Club call for volunteers to train as walk judges. Seconded by David Mather and carried. Alan Lucas will organise a training program.

SUB-COMMITTEE REPORT

Ashley Page advised that the Constitution Sub-Committee had met immediately prior to the Committee Meeting. The Sub-Committee comprises Alan Lucas, Al Willey, Tony Bradford and Ashley Page. Alan Lucas was appointed Convenor.

It was resolved :-

1. To introduce urgent amendments e.g. dispute settlement clauses and some minor amendments as a matter of priority at a Special General Meeting to be held prior to the end of the year.
2. In the longer term a full revision will take place with a view to presenting an updated format to the next Annual General Meeting in 2007.
3. An updated set of bye laws is required and Tony Bradford will contact the AMA Secretary for their current set of bye laws.
4. The Venue Managers' Handbook needs to be updated. This will proceed after feedback from the upcoming Venue Managers' Meeting.

GENERAL BUSINESS:

The AMA AGM is to be held in Melbourne on 19/ 20 August. The VMA delegates will be Rob Waters and Tony Bradford on day 1 and Tony Bradford and Alan Lucas on day 2. Discussion ensued on the nominations for positions and the proposed AMA constitutional amendments and notices of motion.

Alan Lucas proposed that an inter venue shield competition be held in conjunction with the winter season events. Lavinia Petrie will gather statistics on venue participation and the topic will be raised at the Venue Managers' Meeting.

The schedule of events conducted at Southern Peninsula was discussed and it was resolved that the Secretary would send a letter to the club confirming that events not sanctioned by the VMA are not covered by the VMA and are not to be conducted in the name of the VMA.

Alan Lucas moved that 2000 copies of a VMA brochure tabled be printed immediately. It was decided that the brochure should be discussed at the Venue Managers' Meeting before proceeding.

Graeme Rose reported that the bid for Commonwealth Games equipment had resulted in receipt of an assortment of throwing equipment, flags and a trolley.

David Sheehan advised that the venue for the Dinner Dance has been booked for Friday 17 November and proposed that the cost be set at \$45.00 per head. Agreed. A flier has been drawn up and it is suggested that credit card facilities be arranged.

Following discussion on the procedure for acknowledging records Tony Bradford will contact Clyde Riddoch requesting that records be referred to the VMA Committee before ratification.

Following discussion on the issue of the wearing of VMA uniforms at events it was suggested that entry forms be completed by participants acknowledging the uniform requirements.

Graham Philpott advised that orders had been placed for further VMA uniforms and delivery was anticipated in 3-4 weeks. After discussion Graham Philpott proposed that the cost of mens' and womens' singlets and crop tops be \$40.00 and shorts and bike shorts be \$35.00.

It was proposed that the few remaining Vets track suits be reduced in price to clear.

The meeting closed at 10.45pm.

Next Meeting: Collingwood Venue, Monday 11 September 2006 at 8pm.

VMA & VRWC Races, Albert Park, Saturday 15 July 2006

From Heel and Toe Online - Number 35

We were joined by the Victorian Masters walkers last Saturday and this swelled our numbers to just over 70 competitors. The cold wet weather did not deter anyone and we saw our usual swag of PBs and fine walking.

Victorian Masters 10km Championship - Men

Mark Donahoo	M45	1	49:24
Colin Heywood	M50	1	49:12
Ross Reid	M50	2	51:37
Clyde Riddoch	M50	3	54:40
Frank Prowse	M50	4	62:58
Alan Lucas	M55	1	57:07
Geoff Barrow	M55	2	62:15
Russ Dickenson	M60	1	56:03
Ralph Bennett	M60	2	57:47
Murray Dickinson	M65	1	58:21
Tony Johnson	M65	2	58:57
Robert Gardiner	M70	1	59:32
Geoff Major	M70	2	65:59

Victorian Masters 10km Championship - Women

Annette Major	W40	1	56:06
Carmel Drennan	W45	1	61:39
Alison Thompson	W50	1	57:59
Barbara Bryant	W50	2	59:52
Marlaine Gourlay	W50	3	60:07
Janet Holmes	W50	4	60:37
Heather Carr	W55	1	54:33
Liz Feldman	W55	2	61:00
Celia Johnson	W55	3	65:30
Gwen Steed	W60	1	64:11
Marlaine Stanway	W65	1	70:29
Margaret Beaumont	W65	2	75:08
Bev Hugo	W65	3	79:16



Annette Major

The VRWC races saw some great walks. Chris Erickson led from the front to record 45:53 in his first hitout since the World Cup 50 km in May. He was closely shadowed for the first 5 km by Megan Szirom who walked a very fast 22:50 to win the 5 km event. The most impressive walk of the day was by young Bendigo walker Kyle Bryant who recorded 48:28 for the 10 km. Last week in Bendigo he recorded around 48:20 so he may well be our next junior walker to make the big break thru. Tracey Feiner (24:43) and Regan Lambie (25:05) also walked outstandingly in the 5km events.

VMA & VRWC Races, Albert Park, Saturday 15 July 2006

10km Open	Time	Handicap
1. Heather Carr	54:33	5
2. Janet Holmes	60:37	1
3. Carmel Drennan	61:39	6
4. Gwen Steed	64:11	3
5. Celia Johnson	65:30	2
6. Marlaine Stanway	70:29	4

1. Chris Erickson	45:53	6
2. Kyle Bryant	48:28	
3. Mark Donahoo	49:24	5
4. Duncan Knox	54:25	
5. Alan Lucas	57:07	4
6. Ralph Bennett	57:47	2
7. Geoff Barrow	62:15	3
8. Robin Wood	68:28	1

5km Open	Time	Handicap
1. Megan Szirom	22:50	2
2. Tracey Feiner	24:43	
3. Siobhan Donovan 26:12	1	
4. Kylie Irshad 26:42	3	
5. Tamara Attard 29:02	4	
1. Bill Dyer 26:18	1	
2. John Bunker 26:21	2	

5km Under 15	Time	Handicap
1. Regan Lambie	25:05	2
2. Natalie Laurie	27:00	4
3. Beth Alexander	28:00	6
4. Nicole Hallett	29:06	3
5. Amy Burren	30:02	5
6. Sarah Burren	31:51	1
7. Ashley Albert	34:20	
1. Rhydian Cowley	24:30	1
2. Timucin Girgin	26:35	2

3km Open	Time	Handicap
1. Caitlin Campbell	17:35	2
2. Maryanne Harrison	21:48	5
3. Kiersten Coulter	21:53	1
4. Christine Griffiths	24:28	4
5. Donna Elms	25:49	3

1. Jason Elms	19:38	2
2. Lindsay Harrison	19:48	1

VMA & VRWC Races, Albert Park, Saturday 19 August 2006

From Heel and Toe Online - Number 40

Last Saturday, we played host to the Victorian Masters Association on the occasion of their 20 km roadwalking championships. For the women, this was a first - up till now their championship road distances have been 5 km and 10 km. So for most of the women, this was their first attempt at such a long distance - and they rose to the occasion with some great performances. At the top of the list were the walks of **Marlaine Stanway** and **Heather Carr** who both set **new Australian Masters records**. Marlaine broke the W65 record by some 8 minutes while Heather broke her own W55 record by over 1 minute.

For Marlaine, this is a great comeback considering that she spent over 12 months sidelined with a very serious shoulder injury after tripping and falling during one of our VRWC races last winter. Well done Marlaine - fantastic!

Walkers having their first outings over such a long distance included Ralph Bennett, Gayle McIntyre, Carmel Drennan, Barbara Bryant, Alison Thompson, Heather Carr and Marlaine Stanway. We had some tired but pleased masters at the presentations.

VMA 20 KM MEN		Place	Time
Heywood, Colin	M50	1	1:44:33
Lucas, Alan	M55	1	1:59:27
Wood, Robin	M55	2	2:14:30
Bennett, Ralph	M60	1	2:02:38
Major, Geoff	M70	1	2:18:10

VMA 20 KM WOMEN		Place	Time
McIntyre, Gayle	W35	1	2:20:55
Howorth, Sandra	W40	1	2:37:03
Drennan, Carmel	W45	1	2:19:06
Bryant, Barbara	W50	1	2:02:58
Thompson, Alison	W50	2	2:08:34
Carr, Heather	W55	1	1:54:17 Aust Record
Feldman, Liz	W55	2	2:10:09
Stanway, Marlaine	W65	1	2:29:25 Aust Record
Beaumont, Margaret	W65	2	2:36:36

We also had our last points day for the winter season and competition was hot with people after those final handicap and fastest times points. Club walker of the day was Tim Girgin who took some 6 minutes off his best 10 km time to record 53:15. At only 14 years of age, this is a great time and one which indicates that Tim is a walker with a big future.

We also welcomed Harlene Hercules for her first walk with the club. She has been walking at Mentone and decided "it was time to step us". Welcome Harlene! Other great walks were seen from Regan Lambie, Natalie Laurie and Nicholas Mirarchi. They will all be in action next weekend in Hobart.

VMA & VRWC Races, Albert Park, Saturday 19 August 2006

VRWC 10 KM OPEN

	Hcp	Place
1. Heywood, Colin	51:40	5
2. Girgin, Tim	53:15	1
3. Bunker, John	54:51	4
4. Bennett, Ralph	59:04	3
5. Wood, Robin	65:45	2

1. Carr, Heather	55:00	2
2. Stanway, Marlaine	70:51	1
3. Beaumont, Margaret	76:24	3

VRWC 5 KM OPEN

	Hcp	Place
1. Lambie, Regan	25:08	4
2. Laurie, Natalie	25:15	3
3. Drennan, Lauren	26:04	5
4. Holmes, Janet	29:00	2
5. Attard, Tamara	29:15	6
6. Hallett, Nicole	29:23	7
7. Brazel, Hilary	29:43	9
8. Steed, Gwen	31:12	8
9. Hercules, Harlene	38:38	
10. Mews, Pam	44:37	1

1. Mirarchi, Nicholas	25:42	1
2. Burgess, Shaun	26:57	3
3. Dyer, Bill	27:22	8
4. Barrow, Geoff	29:49	4
5. Morrison, John	30:34	5
6. Cooper, Stuart	30:44	6
7. Elms, Bradley	32:11	7
8. Wicks, Barry	33:41	
9. Conboy, Bruce	34:52	2
Cowley, Rhydian	DNF	

VRWC 3 KM OPEN Non handicap

1. Coulter, Kiersten	21:02
2. Elms, Donna	25:36



Heather Carr



Marlaine Stanway

Holiday Memories - Helen Stanley

A simple wedding invitation led to a wonderful overseas adventure for my partner and myself in the South of France. We spent five days in Paris using the MET train system and on day five took delivery of a brand new Peugeot courtesy of a buy back/lease scheme. Nice was our destination on our first trip in Europe and a first effort in driving and navigating through the French countryside. We stopped at various lovely locations savouring the food, wine, sights and experiences.

The Cote d'Azur, French Riviera is beautiful, the water blue and sparkling. Townships are built perched onto cliffs overlooking the Mediterranean. It is truly a beautiful and wonderful area to explore by road.

Our wedding destination was the village of St. Dalmas which is an hour's drive from Nice in the Alps de Maritime. The drive was scenic and a challenge; narrow, windy roads with barely any barriers between the roadway and the steep decline below. On numerous occasions I simply had to hold my breath as we negotiated rather sharp difficult curves. The challenge was magnified for the driver, who being used to driving on the left hand side of the road in Australia and competently so, was catapulted into uncertainty and a whole new driving experience on the opposite side of the road! As we rode higher into the mountains, the temperature dropped and on arrival at our destination we were surrounded by majestic, snow capped mountains.

St. Dalmas sits at 13,000 metres above sea level. It is part of the Valberg municipality which consists of four tiny villages. St. Dalmas, La Bolline, La Roche and La Colmiane. The total population of these villages is 800 however during the ski season the population swells to several thousand. La Colmiane sits at 1,500 metres above sea level and is the heart of the ski community with a chair lift and a range of other such services.

The wedding ceremony was held at La Bolline and afterwards we gathered at St. Dalmas for the wedding reception. The wedding was truly a gala event and is another story in itself.

After the wedding celebrations we drove into Italy for nine days and then returned to St. Dalmas so that I could participate in the annual fun run. This run is held on the last Sunday of June and commences at the "Fields" in St. Dalmas. Participants run from the open fields to the road which leads to La Colmiane. The first 5 kilometers of the run are uphill and mainly on road, climbing from 1,300 meters to 1,500 metres above sea level. Once you hit the 5K marker you are in a beautiful forest and the following 10K is over a lovely trail. The entire run is 15K and once over the initial challenge of running uphill at altitude the next 10Ks are far more comfortable. Generally the course from the 5K marker is downhill, although there are sections of uphill. I found by the end of the run that my legs were quite tired due to the constant downhill pounding. However, the course is spectacular in its scenery and if you are in good form you would enjoy the challenges the run has to offer. (See www.colmiane.com).

The French know how to host a fun run, they were well organized with registrations, although on this occasion I was introduced to the race director and was given preferential treatment avoiding all the normal queues and processes associated with registering for a fun run.

Holiday Memories (cont.)

Before the start of the adult run, a series of children's events were organized. Parents encouraged their children in these age graded competitions by running alongside them and cheering them on. This was a wonderful sight to observe, particularly the littlies. After this, the starter positioned himself near the official starter banner and we all lined up. The starter, Fernand Blanchi, the Mayor (and our friend) held the "starter's gun". The race organizer spoke a few words and then handed over to Fernand who wished participants good luck. He proceeded to fire the gun into the air. This was a sight to behold; the gun was not the usual starter's pistol, but an original, antique rifle with a real bullet! We were off - without injury!

At the conclusion of the run, participants were greeted with a drink and fresh fruit. Show bags were provided along with a t-shirt and a newspaper. At 11.45 am we were ushered to the food marquis where we were served with a beautiful meal of penne bolognaise (home made by one of the locals), tuna and salad, French bread, a lovely French dessert, cheese and of course a very nice red wine. I hope Australian fun run organizers read this and take this on board!

There was a variety of entertainment options for families including boxing demonstrations, physical challenges, music and food set in a wonderful sunny atmosphere surrounded by spectacular mountains. I really felt I needed to pinch myself to check that I was part of this amazing event. Many teams/clubs were represented by uniform, and I enjoyed reading the names of places such as: Nice, Monte Carlo, Grasse, Monaco and Provence. I wondered if they were pondering over my uniform and trying to identify which region or club I belonged to.

I was treated like royalty during the day and at the presentation I was invited up on stage and was introduced to the crowd and presented with a beautiful medallion engraved "Avec les compliments de Michel Vauzelle, Depute President de la Region Provence-Alpes-Cote d'Azur", the race organizers also gave me a special T-Shirt and hat and I was handed the microphone. The only comment I could make was a humble 'merci beau coup' I was touched by the generosity and warmth of my hosts and wished I could have expressed these feelings more eloquently in their language. Nevertheless, I believe they could clearly see I was thrilled and appreciative of their lovely gesture.

The St. Dalmas fun run was certainly a highlight of the holiday and a great note to conclude our French holiday. I can highly recommend this particular run to anyone who may be in the South of France on the last weekend in June. The run was well supported with drink stations and sponges and the before and after run organization was superb.

If you are invited to a wedding in the South of France, or a wedding overseas I would recommend you jump at the chance. A wedding in another country gives you a great insight into the customs and traditions of that particular country. We learnt so much and experienced such warmth and goodwill and importantly made many new friends.

Finally if you can combine a fun run into your holiday it is worth doing. It adds another facet to your holiday and will provide immense enjoyment and wonderful memories.

Some six weeks later it all seems like a dream, but I have the photos, the medallion and the warm memories to last a lifetime.

Helen Stanley - Knox Venue

Some Memorable Moments from The Eric Greaves Memorial Run



**AUSTRALIAN MASTERS ATHLETICS INC
2007 WORLD MASTERS ATHLETICS CHAMPIONSHIPS
RICCIONE, ITALY 4-15 September 2007**

**CALL FOR EXPRESSIONS OF INTEREST
AMA Appointments: Team Managers, Sports Masseur**

Australian Masters Athletics is calling for expressions of interest from members interested filling the roles of Team Manager/s and Sports Masseur, for the team travelling to the WMA Championships, 4-15 September 2007. The number of managers required will depend on the number of athletes competing but ideally there should be at least one male and one female team manager.

It is expected that partial funding of travel and accommodation will be available for the team managers. The amount of funding provided will be determined by entries and the number travelling.

For the sports masseur, partial funding of travel will be available with the opportunity to supplement travel costs by charging a set fee to athletes using the massage services. It is expected that the sports masseur would be available for a number of hours each day at the main stadium.

AMA previously appointed two managers (one male and one female) and two medical officers for the 1999 Gateshead team, and two team managers (one male and one female) for San Sebastian in 2005. Having the services of a dedicated Australian sports masseur available was seen as beneficial by the San Sebastian athletes.

The AMA Board expect to be in a position to determine appointments at the National Championships in Hobart at Easter.

To determine the appointments applicants should submit a resume to the AMA Secretary, which addresses the following:

Team Manager(s):

Personal details: name, age, address, other contact details
Athletics background
Masters athletics background
Management experience in sport or business
How the applicant is able to fulfil the position
References for the AMA Board to contact

Sports Masseur:

Personal details: name, age, address, other contact details
Medical qualifications
Masters athletics background
Similar team experiences
Outline on how the applicant expects to be able to fulfil the position
References for the AMA Board to contact

Role of Team Manager:

- . On appointment, send resume to AMA Travel Director for advice to club newsletters and on website.
- . Liaise with Travel Director on number of athletes, accommodation details, and emergency contact details.
- . Send updates to club newsletters on relevant pre-competition information.
- . Obtain location of Australian Embassy / Consulate, and advise them of the involvement of the Australian Team.
- . Arrive early at the championships to determine location of events, relative to accommodation and transport arrangements.
- . Meet local organising management.
- . Attend Managers Meetings.
- . Organise team meetings, when required, to pass on relevant competition information.
- . Arrange message board to pass on relevant competition information.
- . Appointment of flag bearer.
- . Deal with competition issues - team selection for non stadia events, disqualifications, appeals, Australian records, incorrect entries, etc.
- . Liaise with Team captains regarding sprint relay team selection
- . Collect result sheets
- . Compete yourself in 1-2 events, to be part of the experience.
- . Have a good time.

Role of Sports Masseur

- . On appointment, send resume and charges for this service to AMA Travel Director for advice to club newsletters and website.
- . Liaise with Travel Director on number of athletes, accommodation details, and emergency contact details.
- . On arrival, determine a suitable place of routine contact for athletes to book for sports masseur services at the main track.
- . To be available for a set time each day.
- . Compete yourself in several events, to be part of the experience.
- . Have a good time.

Expressions of interest are to be forwarded to the AMA Secretary at the address below, or email at hazelmcd@bigpond.com

Applications are required by 15 March 2007.

Hazel McDonnell

Secretary AMA Inc.
13 Sevenoaks Street
Alexandra Hills Qld 4161
Ph: 07 3206 3243 (h)
Email: hazelmcd@bigpond.com

Ten Miles George Perdon Memorial race

The Ten Miles George Perdon Memorial race was held on Sunday 13th August in conjunction with the Victorian Cross Country League (VCCL) at Princes Park in absolutely perfect conditions. We had 51 entries which was slightly up on last years event. Phil Bowes showed a clean pair of heels once again to the rest of the field when he was first over the line for V.M.A. with an outstanding time of 55.35. First of the females was new member Maryann Murray in 62.38.

Due to unforeseen circumstances we were unable to provide a drink station until part way through the event. We apologise to everyone and hope that you can forgive us on this occasion.

Because of the nature of our club and our reliance on member volunteers we sometimes cannot fulfil everyone's expectations.

A big thank you to Alan Bashford and John Howes who came along to help record etc. and Ron Young and Murray Hutchison who also helped on the drink station.

Please try and support our winter events. If you have any constructive suggestions as to how we can improve on competition days etc please do not hesitate to contact me or any committee member. We welcome any feedback from members.

Lavinia Petrie

MINUTES OF VMA COMMITTEE MEETING HELD AT THE COLLINGWOOD VENUE 8.00 pm 3 JULY 2006.

CLUB CAPTAIN'S REPORT:

The Club Captain's Report was tabled by Lavinia Petrie covering the 10k Cross Country on 18 June and thanking the Collingwood members whose assistance was invaluable. Future events were noted.

GENERAL BUSINESS:

Gordon Stephen, webmaster, who was welcomed and asked to discuss the possible upgrading of the VMA website. Gordon addressed 3 topics (1) website updating (2) web hosting e.g. through Coolrunning and (3) information contained on the site and provided approximate costs. Gordon indicated that he would prepare a proposal on updating and protocols for retention of data. Gordon was invited by the Committee to participate in the Promotions and Publicity Sub-Committee and agreed.

It was noted that Lindsay Oxenham, editor of News and Results, requires support especially in the provision of articles and items for inclusion in the magazine. A précis of the minutes of each Committee will be sent to the editor for information.

MINUTES OF VMA COMMITTEE MEETING - 3 JULY 2006 (cont)

Progress on the publication of an advertising brochure was noted and Graeme Rose proposed that the Executive vet the draft pamphlet on behalf of the full committee. Seconded by Graham Philpott and carried unanimously.

Rob Waters advised that he negotiated with Southern Peninsula concerning a grant to assist in the purchase of a Timing System.

Rob Waters advised that he would preside at the Venue Managers' Meeting on 28 August and Graeme Rose undertook to arrange a location for the meeting.

The Constitution was discussed following provision of Model Rules from Consumer Affairs Victoria and it was moved by Al Willey and seconded by Graeme Rose that a Sub-Committee be formed to review the Constitution and recommend any changes to the Committee. Carried unanimously.

What's On

September

- 3rd Half Marathon - The Boulevard, Burnley - 8:00am
- 9th Peninsula Road Runners Ballam Park Cross Country, 10km, 4km, 2km, Ballam Park Benanee Drive Frankston (Melway 103 A3) (5975 4685) peninsularoadrunners@hotmail.com 2PM
- 10th CHC Coburg Fun Run & Walk, 12km and 6km Harold Stevens Athletic Track, Coburg, (Melway 18 A10) (9386 9251) www.coburgharriers.org.au, 9AM
- 10th VCCL Barrie Milligan Handicap, 8 km, Two Bridges, Alexandra Ave, (9690 0272) www.vccl.org.au 10 AM
- 17th Sri Chinmoy Yarra Boulevard Half Marathon, 21.1 km run, 10 & 5 km run/walk, Kevin Bartlett Reserve, Yarra Boulevard, Richmond, Melway 45 B12, 8 AM. 9421 2747, www.srichinmoyraces.org/au
- 17th VCCL 41th Norm Charles Handicap, 10 km, Lysterfield Park, (9690 0272) www.vccl.org.au 10 AM
- 23rd Peninsula Road Runners Jubilee Park Train Run , 8 km, 4km, 1.5km, Jubilee Park Hillcrest Rd Frankston (Melway 103 A3) (5975 4685) peninsularoadrunners@hotmail.com 2PM
- 24th VCCL Presidents Handicap & Clarrie French Memorial 40+ Handicap, 6.5 km, (9690 0272) www.vccl.org.au 10 AM
- 29th Peninsula Road Runners 1 hour track run, Ballam Park Benanee Drive Frankston (Melway 103 A3) (5975 4685) peninsularoadrunners@hotmail.com 7PM

October

- 1st CHC Coburg Fun Run & Walk, 12km and 6km Harold Stevens Athletic Track, Coburg, (Melway 18 A10) (9386 9251) www.coburgharriers.org.au, 9AM
- 7th VRR Tan Time Trial, (8km, 4km), Cnr Government House Drive & Birdwood Avenue (Melway 2F, K11), 7:30am, (9744 1072)
- 8th 8:00am Melbourne Marathon and Half Marathon (9381 4666) info@eventwizard.com.au
- 12th VRR Twilight Tan (8km, 4km), Cnr Government House Drive & Birdwood Avenue, (Melway 2F K11), 6:30pm, (9744 1072)
- 22nd Walk - 50km Championship, Auckland, NZ
- 23rd Sri Chinmoy Maribyrnong River Run, ? 12 km run, 8 & 4 km run/walk, Riverside Park, The Boulevard, Moonee Ponds, Melway 28 B6, 8 AM 9421 2747, www.srichinmoyraces.org/au