

## What's On

### November

- 9<sup>th</sup> VRR Twilight Tan (8km, 4km), Cnr Government House Drive & Birdwood Avenue, (Melway 2F, K11), 6:30pm, (9744 1072)
- 12<sup>th</sup> VRR Jells Park (15km,10km, 5km), Ferntree Gully Road Entrance (Melway 72, A9), 8.30 am? (9744 1072)
- 12<sup>th</sup> Sri Chinmoy Yarra River Run 14KM run,7KM run/Walk Como Landing, (Melway 58 G1), www.srichinmoyraces.org 8AM
- 16<sup>th</sup> Thursday - Neighbours Night - Coburg Venue - contact Neville Wilson 94597827
- 18<sup>th</sup> Masters Dinner Dance - Hawthorn Receptions, Glenferrie Road, Hawthorn
- 19<sup>th</sup> Echuca Sweat vs Steam ,13km run,5krun/walk , Port of Echuca,(5482 2517) Echuca@ymca.org.au? 8AM
- 30<sup>th</sup> Keith Huddle Memorial Eaglehawk to Bendigo run? p.barrett@ozemail.com.au

### December

- 2<sup>nd</sup> VRR Tan Handicap & Breakfast (8km & 4km) Swan St Bridge at The Tan (Melway 2G A9). 7.30am, (9744 1072)
- 2<sup>nd</sup> Coburg Lake Classic Run & Walk,10km and 4km Harold Stevens Athletic Track, Coburg,(Melway 18 A10) (9386 9251) www.coburgharriers.org.au,9AM
- 2<sup>nd</sup> or 3<sup>rd</sup> Walk - Australian 50km Championship and Geelong National Series Meet, Geelong
- 3<sup>rd</sup> Big Rivers Nude Run, 8KM run 4KM run/walk River Valley Naturalist Resort, Echuca. 5482 6650
- 10<sup>th</sup> 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.srichinmoyraces.org/au
- 13<sup>th</sup> Wednesday - Knox - Half marathon - Knox Venue - contact Ian U'ren 97627801
- 14<sup>th</sup> VRR Twilight Tan (8km, 4km), Cnr Government House Drive & Birdwood Avenue, (Melway 2F, K11), 6:30pm, (9744 1072)
- 31<sup>st</sup> VRR New Years Eve Run, (8km, 4km), Champagne Breakfast, Swan Street Bridge at the Tan (Melway 2G A9)., 7:30am, (9744 1072)

### 2007

#### January

- 13<sup>th</sup> NSW National Series Meet, Sydney
- 17<sup>th</sup> Lindsay Thomas Memorial -Braeside Park - 5 or 10km run, 5km walk - contact Alan Bennie 9547 2978

#### February

- 7<sup>th</sup> Wednesday - Andy Salter Relays - Springvale Venue - contact Alan Bennie 95472978
- 13<sup>th</sup> 5Km team event consisting of four members - Inter-venue event - Duncan MacKinnon Reserve
- 19<sup>th</sup> Landy Trophy 7pm - Doncaster - Melway 33, J11 - Richard Trembath (9431 6963)

#### March

- 3<sup>rd</sup>-4<sup>th</sup> Queensland Championships - Decathlon & Heptathlon - Queensland State Athletic Centre, Kessels Road, Nathan, Brisbane
- 4<sup>th</sup> VMA Championships - Duncan MacKinnon Athletic Track - 12 Noon start
- 17<sup>th</sup>-18<sup>th</sup> Track & Field - VMA Championships - Duncan MacKinnon Athletic Track - 12 Noon start
- 25<sup>th</sup> WP - VMA Championships - Duncan MacKinnon Athletic Track - 10am start

#### April

- 6<sup>th</sup>-9<sup>th</sup> AMA National Championships - Hobart

#### September

- 4<sup>th</sup> - 15<sup>th</sup> 17th VMA World Stadia Championship - Riccione Italy

# News and Results

Victorian Masters Athletics Inc.

November 2006

## At 77, Jack is out for top time

Article from *The Sunday Herald Sun* - 8th October 2006

The oldest competitor in the Samsung Melbourne Marathon hopes he will not be the slowest when he takes to the streets today.

And Jack Gubbins's effort of contesting each running of the annual event may be a record.

Mr Gubbins, 77, will join an estimated 7500 participants for the 29<sup>th</sup> anniversary of the 42.195km marathon.

The marathon will follow the traditional course - starting in Frankston, following the beach road to St Kilda Rd and finishing at the Arts Centre.

Mr Gubbins, whose best time of 3hr 25min was "years ago", said he hoped to finish within five hours and enjoy the day.

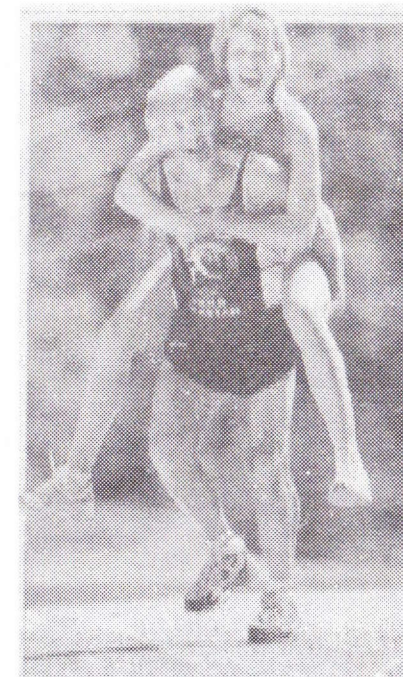
He had been running 60km to 70km a week around Dandenong for the past two months as training.

"I like doing it for the challenge. Once you get going you get hooked," he said.

Race favourites are Olympian Rod de Highden and Commonwealth Games netballer Karen Natoli.

Former Collingwood captain Tony Shaw will compete to raise money for Challenge, which supports children with cancer.

Competing in the Asics Half Marathon will be Logie-winning actor Daniel Macpherson.



**Jack Gubbins and  
Cyndi Nunn, 20**



## Victorian Masters Athletics Inc.

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

<b>President</b>	Rob Waters	9318-3802	5 Bellevue Court Maribyrnong 3032
<b>Vice President</b>	Tony Bradford	9749-2248	6 Merrett Avenue Hoppers Crossing 3030 abradruns@rabbit.com.au
<b>Vice President</b>	Alan Lucas	9758-9345	29 McIver Street Ferntree Gully 3156 lucasar2004@yahoo.com.au
<b>Secretary</b>	Ashley Page	9521-6070	3/40 Potter Street Black Rock 3193 apa16161@bigpond.net.au
<b>Asst Secretary</b>	Vacant		
<b>Treasurer</b>	Al Willey	9870 7616	42 Sonia Street Ringwood 3134 alpenwilley@bigpond.com
<b>Club Captain</b>	Lavinia Petrie	9728 3929	12 Jeannette Marie Court Kilsyth 3137 ljpetrie@alphalink.com.au
<b>Club Vice Captain</b>	David Sheehan	9725 5801	7 Natanya Way Kilsyth 3137
<b>Committee</b>	Wasył Drosdowsky	9387 2163	12 Hickford Street Brunswick East 3057
<b>Committee</b>	David Mather	9598-6827	13 Ludstone Street Hampton 3188 matherdh@hotmail.com
<b>Committee</b>	Graham Philpott	9568 0495	4/8 Hyslop Parade East Malvern 3145
<b>Committee</b>	Graeme Rose	9836 2350	71 Union Road Surrey Hills 3127 grarose@yahoo.com
<b>Committee</b>	Russ Oakley	9720 8835	12 Danielle Court Heathmont 3135 oakrun@bigpond.com
<b>Hon. Auditors</b>	Peter Le Get	9729 4473	13 Mountain View Road Heathmont 3135 pleget@bigpond.com
<b>Others</b>			
<b>Webmaster</b>	Gordon Stephen	9898-6664	gstmstephen@optusnet.com.au
<b>Uniforms</b>	Astrid Rose	9836-2350	grarose@yahoo.com
	Graham Philpott	9568 0495	4/8 Hyslop Parade East Malvern 3145
<b>Subscriptions</b>	Astrid Rose	9836-2350	grarose@yahoo.com
<b>Statistician</b>	Clyde Riddoch		
<b>Registrar</b>	Astrid Rose	9836-2350	grarose@yahoo.com
<b>Magazine Editor</b>	Lindsay Oxenham	9795-4471	loxenham@au1.ibm.com
	Vicki Thompson	9773-1157	vtompson@pc.gov.au
<b>Thrower's Group</b>	Graeme Rose	9836-2350	grarose@yahoo.com
<b>Mailing Officer</b>	Colin Browne	9874-2501	colinbrowne@optusnet.com.au

## Victorian Masters Athletics Venues

ABERFELDIE Athletic Track	Aberfeldie Park, Corio Street, 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 Reserve, 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 6pm 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 <a href="mailto:pjmccgx@melbpc.org.au">pjmccgx@melbpc.org.au</a>	9807 5656
Coburg	George Goode	PO BOX 191 Pascoe Vale South 3044	9306 8503
Coburg	Neville Wilson	11 Prospect Road Rosanna 3084 <a href="mailto:nlw@melbpc.org.au">nlw@melbpc.org.au</a>	9459 7827
Collingwood	Wasył Drosdowsky	12 Hickford Street Brunswick East 3057 <a href="mailto:w.drosdowsky@bom.gov.au">w.drosdowsky@bom.gov.au</a>	9387 2163
Collingwood	Graeme Paul	18 Cronus Court Eltham 3095 <a href="mailto:elthampauls@bigpond.com.au">elthampauls@bigpond.com.au</a>	9439 9667
Croydon	Karen Archer	27 Russell Street Mount Evelyn 3796 <a href="mailto:quinarcher@iprimus.com.au">quinarcher@iprimus.com.au</a>	9736 1684
Croydon	Ken Walters	5 Warra Road Upwey 3158 <a href="mailto:judyken@bigpond.com">judyken@bigpond.com</a>	9752 5977
Doncaster	Richard Trembath	P.O. Box 294 Greensborough 3088 <a href="mailto:tenek@bigpond.net.au">tenek@bigpond.net.au</a>	9431 6963
East Burwood	Trevor Jupp	4 Driftwood Drive Glen Waverley 3150 <a href="mailto:juppspecial@optusnet.com.au">juppspecial@optusnet.com.au</a>	9802 3355
East Burwood	Graham Philpott	4/8 Hyslop Parade East Malvern 3145	9568 0495
East Burwood	Ashley Ryan	29 Alvena Crescent Heathmont 3135 <a href="mailto:ryan.ashley.p@edumail.vic.gov.au">ryan.ashley.p@edumail.vic.gov.au</a>	8802 1046 0418 534 373 (M)
East Burwood	Allan Wood	44 Halls Parade Mitcham 3132 <a href="mailto:allansfurniture@optusnet.com.au">allansfurniture@optusnet.com.au</a>	9872 4362
Frankston	Peter Duggan	8 Myna Court Carrum Downs 3201 <a href="mailto:peterduggan2@bigpond.net.au">peterduggan2@bigpond.net.au</a>	9786 9169
Geelong	Mike McAvoyn	20 Melva Court Whittington 3219	5248 4087
Knox	Ian U'Ren	19 Lachlan Road Boronia 3155 <a href="mailto:ureni@optusnet.com.au">ureni@optusnet.com.au</a>	9762 7801
Southern Peninsula	Heather Carr	3 Arthur Street Dromana 3936 <a href="mailto:hcarr@cgd.vic.gov.au">hcarr@cgd.vic.gov.au</a>	5987 1235
Southern Peninsula	John Sutton	15 Roblyn Crescent Tootgarook 3941 <a href="mailto:jsutton@optusnet.com.au">jsutton@optusnet.com.au</a>	5985 9017

Venue	Manager	Address	Phone
Mentone	Ted McCoy	24 Blackwood Avenue Mentone 3194	9583 3280
Mentone	Ashley Page	3/40 Potter Street Black Rock 3193 <a href="mailto:apa16161@bigpond.net.au">apa16161@bigpond.net.au</a>	9521 6070
Mentone	Ian Cassell	29 Tiffany Avenue Cheltenham 3192 <a href="mailto:iancassell@optusnet.com.au">iancassell@optusnet.com.au</a>	9583 4440
Springvale/ Noble Park	Alan Bennie	75 Bertrand Avenue Mulgrave 3170 <a href="mailto:alanbennie@optushome.com.au">alanbennie@optushome.com.au</a>	9547 2978
Throwers	Graeme Rose	71 Union Road Surrey Hills 3127 <a href="mailto:grarose@yahoo.com">grarose@yahoo.com</a>	9836 2350

### Reference Websites

[www.vicnet.net.au/~vicvets/](http://www.vicnet.net.au/~vicvets/)  
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[www.european-athletic.org/](http://www.european-athletic.org/)  
[www.bvaf.org.uk/](http://www.bvaf.org.uk/)  
[www.sportsdialog.com/archive.html](http://www.sportsdialog.com/archive.html)  
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[www.athletics.musa.net.au](http://www.athletics.musa.net.au)  
[www.lollylegs.com](http://www.lollylegs.com)  
[www.actvac.com.au/AMA06/Home.htm](http://www.actvac.com.au/AMA06/Home.htm)  
[www.riccione.vma2007.org](http://www.riccione.vma2007.org)

**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**

On behalf of the Australian Masters Athletics Association Inc, Queensland Masters Athletics will conduct the Fourth National Decathlon & Heptathlon Championships

*FOR REGISTERED MASTERS/VETERANS ATHLETES 30 YEARS PLUS*

**AUSTRALIAN CHAMPIONSHIPS**  
**QUEENSLAND CHAMPIONSHIPS**  
 DECATHLON AND HEPTATHLON

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

**DATE:** *3<sup>RD</sup> & 4<sup>TH</sup> MARCH 2007*

**ENTRY FEES:** AS SHOWN ON ENTRY FORMS  
 COST INCLUDES; DAILY GROUND FEES, LUNCHES,  
 QMA ADMINISTRATIVE FEE - NATIONAL LEVY - MEDAL

**EQUIPMENT:** A NUMBER OF POLES WILL BE AVAILABLE  
 SIZE OF SPIKES: 7MM FOR TRACK & HORIZONTAL JUMPS  
 9MM FOR HIGH JUMP AND JAVELIN

**SUBMET ENTRIES TO:** MULTI EVENTS  
 QUEENSLAND MASTERS ATHLETICS  
 BOX 564 POST OFFICE  
 ROCHEDALE QLD 4123  
 OR EMAIL: coop@powerup.com.au  
 FAX: 07 3209 2144

**TIME OF EVENT:**

<b>MEN:</b>	SATURDAY	START 1.00 PM	SIGN IN BY 12-30PM
	SUNDAY	START 8-00 AM	
<b>WOMEN:</b>	SATURDAY	START 1.30 PM	SIGN IN BY 1-00PM
	SUNDAY	START 8-30 AM	

**DAY ONE:**

<b>DECATHLON</b>	<b>HEPTATHLON</b>
100 mts	Sprint Hurdles
Long Jump	High Jump
Shot Put	Shot Put
High Jump	200 mts
400 mts	

**DAY TWO:**

Sprint Hurdles	Long Jump
Discus	Javelin
Pole Vault	800 mts
Javelin	
1500 mts	



**ENTRY FORM FOR MEMBERS OF**  
**QUEENSLAND MASTERS ATHLETICS**

PLEASE NOTE: Queensland Masters Athletics will be conducting their State Championships for the Decathlon and the Heptathlon in conjunction with the Australian Championship. Queensland registered athletes have the option of competing in the following:

Queensland Decathlon/Heptathlon Championships with entry fee of \$ 30-00 OR  
 Australian Decathlon/Heptathlon Championships with entry fee of \$ 35-00 OR  
 Entering the **combined** QMA and Australian event with entry fee of \$ 40-00

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

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

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

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

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

**Payment Details:**

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

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

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

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

Signature: \_\_\_\_\_

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**ENTRIES CLOSE: 17<sup>th</sup> February 2007**

(Continued next page)



ENTRY FORM FOR MEMBERS OF QUEENSLAND MASTERS ATHLETICS (cont)

*Post Entry to:* Combined Events Championships  
C/-Queensland Masters Athletics Association  
Box 564 Post Office  
Rosedale QLD 4123

**OR** Fax: 07 3209 2144  
Email: coop@powerup.com.au

**OR:** Local athletes may hand their entry in at the Track to Judy Cooper

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## Obituary for Rudi Hochreiter (1926 - 2006)

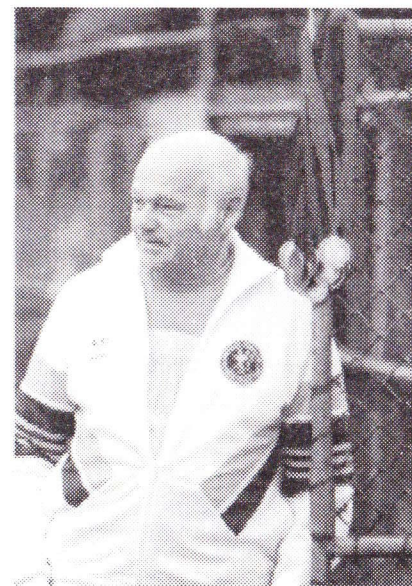
**R**udi was one of those gifted people who achieved the elite level in many sports. Few have achieved his excellence in track and field athletics, baseball, basketball, table tennis and martial arts as a competitor, coach and administrator. His contribution to sport in Geelong over 50 years was outstanding.

Rudi was born in Steyr in Austria on 21 October 1926. In his homeland, he was a top athlete and official, being selected as an 800m runner in the Austrian team for the 1948 London Olympic Games. Due to the occupation after World War II, Austria was not represented at these Games. Prior to immigrating to Australia with his family in 1955, Rudi qualified as an international starter and track and field referee.

Like so many before him Rudi his wife and children started life in Australia at the Bonegilla migrant camp. On 2 August 1955, he and his family moved to Geelong, where he joined the International Harvester Company. Although Rudi held an Austrian Diploma of Metallurgy he was employed initially by Harvester, Coughlands and Ford Motor Company as a welder and assembly line worker. However within two years of arriving in Geelong he became a member of Ford's Quality Control Laboratory, where he practiced his true profession, metallurgy. In 1959 Rudi changed his vocation. He applied for and was appointed to the position of physical education teacher at the newly opened East Geelong Technical School. His Austrian Diploma of Physical Education qualified him for this position. In 1962 the Victorian Education Department officially employed Rudi as a permanent teacher and recognised his Austrian qualifications. He augmented these with a Diploma of Education from the Melbourne Technical Teachers College. In addition to physical education, Rudi taught mathematics and science at the Moorabool Street and Belmont campuses of the Geelong Technical School. In 1978 Rudi lost his wife, Herta, to cancer after 30 years of marriage. Rudi married Patricia on 25 April 1982. In 1985 Rudi retired as a teacher and devoted himself to sport.

## Obituary for Rudi Hochreiter (1926 - 2006) (cont...)

Four days after arriving in Geelong Rudi joined the Geelong Guild Athletics Club. Based on his skills, qualifications and experience he was appointed the club's official coach the following month. Rudi's influence on elite athletic performance in Australia occurred from the start. Rudi coached Commonwealth Games representative Joan Beretta, World Cup representative Colin McQueen, and Olympians Mick McGrath and Toni Benson. Rudi also contributed to the literature on coaching, having articles published in journals in Australia, New Zealand and the United States of America. His comprehensive and dedicated approach to coaching assisted innumerable Geelong athletes in all grades and events to achieve their potential at state, regional and local levels.



Beside track and field athletics Rudi played basketball for 25 years and table tennis for ten years at the top level in Geelong. He coached baseball and basketball teams for over 20 years. He also gained a black belt and held instructor certificates in judo and jiu jitsu. In addition, between 1960 and 1978, he was a Royal Life Saving instructor. Rudi was an all rounder in every sense of the word.

At a civic reception held in his honour at Geelong City Hall in January 1957, John Landy raised the issue of an athletic track for Geelong. Geelong Guild accepted the challenge to identify a suitable venue and construct the new track. Rudi was a member of the first subcommittee, which later became the John Landy Field Management Committee, on which he served until 1987. Rudi was a driving force behind the committee and was responsible for the basic layout of the track at Riverside Reserve, now known as Landy Field. As testament to his dedication to the construction of Landy Field, Rudi accrued 340 volunteer hours, by far the most of any Guild member. After the facility was completed action was taken to form a Geelong Regional Centre as part of the Victorian Amateur Athletic Association (VAAA). Rudi was the founding President of the Centre, which was formed on 10 December 1962. He held this position until 1964. During this time he also served as Vice-President of the VAAA. Over time Rudi served the Geelong Centre in many capacities. He was Vice-President (1974-77), Summer Competition Manager (1990-93, 1994-96), Technical Manager (1968-70) and Publicity Manager (1981-82, 1989-90). Rudi was recognised for his service to the Geelong Centre with life membership in 1977.



## Obituary for Rudi Hochreiter (1926 - 2006) (cont...)

In 1975 he was named 'Geelong Sportsman of the Year', and in 1989 the Geelong Regional Centre presented Rudi with the John Landy Award for 'athletic excellence, distinction of character and general sportsmanship.' In 1995 Athletics Victoria presented Rudi with the Merit Award for service to athletics in Victoria. In 2000 Rudi received the Australian Sports Medal. In 2006 Athletics Victoria recognised Rudi's 50-years service to track and field athletics.

Impressive as Rudi's athletics achievements as a young man were, his achievements as a veteran athlete were stellar. Veterans athletics in Victoria was established in 1971 and provided competition for athletes over 40 years of age. The competition was Australia-wide. Rudi was again a driving force in the formation of the veterans' competition and wore the Victorian singlet number 9. Rudi won close to 150 gold medals at state level, including 44 state records, and 80 gold medals at the Australian level, including 26 national records. His dominance of the speed events was demonstrated by his record of 15 consecutive wins at Australian championships, for his age groups in the 100 metres. At international level he was a respected competitor, winning 20 gold medals in sprints, jumps and throwing events in five Oceania Games. In 1975, at the Toronto World Veteran Games, he won bronze in the pentathlon. In Gothenburg in 1977 he won bronze medals in the triple jump and pentathlon. In 1981 at Christchurch he improved his placing by winning the silver medal in the pentathlon, and also ran in the gold medal team in the 4 x 100 metres relay. In Rome in 1985, and Melbourne in 1987 he won gold in the pentathlon, setting world records for his age group. At Eugene in the USA, in 1989, Rudi set a new world record in his gold medal winning performance in the decathlon. In addition at this meet he was a member of the 4 x 100 metres and 4 x 400 metres teams which both won silver.

Rudi continued to compete at Landy Field at the veteran's level as well as coaching young athletes. Sport in Geelong, and athletics in particular, have lost an outstanding athlete, administrator, coach and mentor. Vale Rudi.

*G. A. McLean*

(Past President Geelong Athletics)

*S. Robley*

(Past President Geelong Athletics)

**Note - see Rudi's records pages 32 & 33**

## 10 MILES PRINCES PARK 13/8/06

Name	Time	Age Group	Age Group Placing	Home Venue
1 Phil Bowes	55.35	M50	1	None
2 Peter Gaffney	59.33	Inv.		
3 Mario Muscara	1.00.44	M40	1	Aberfeldie
4 Shane Pettingill	1.02.11	M35	1	Knox
5 Maryann Murray	1.02.38	W35	1	None
6 Greg Wilson	1.03.20	M50	2	Croydon
7 Colin Page	1.03.29	M50	3	Croydon
8 Peter Bence	1.04.39	M55	1	Caulfield
9 Peter Field	1.04.43	M45	1	Caulfield
10 Troy Kameme	1.05.46	Inv.		
11 Phil Twining	1.05.58	M45	2	Knox
12 Tony Dell	1.06.55	M40	2	Croydon
13 Ted Paulin	1.09.03	M65	1	Collingwood
14 Robert Dunning	1.09.03	M45	3	Collingwood
15 Greg Moore	1.09.16	Inv		
16 Allan Smith	1.09.34	M50	4	Aberfeldie
17 Noel Eastwood	1.10.59	M35	2	Knox
18 Paul Ban	1.11.03	M50	5	Collingwood
19 Craig Harrington	1.11.19	M40	3	Croydon
20 Daniel Cole	1.11.45	Inv		
21 Brian Mee	1.12.06	M65	2	Knox
22 John Daniel	1.12.21	M55	2	Croydon
23 Ian Uren	1.12.28	M55	3	Knox
24 Jade Alexander	1.13.59	Inv		
25 Jenny Alexander	1.13.59	W45	1	Aberfeldie
26 Glenn Claiden	1.15.16	M50	6	Knox
27 Andrew Tunne	1.16.47	M45	4	Croydon
28 Nancy Chorley	1.17.43	W55	1	Croydon
29 Ross Martin	1.17.58	M50	7	Springvale
30 Ashley Page	1.19.22	M65	3	Mentone
31 John Waite	1.20.46	M65	4	Mentone
32 Sonya McLennan	1.22.31	W50	1	Mentone
33 Lyn Arnel	1.22.36	W50	2	Springvale
34 Bill Page	1.23.04	M75	1	Aberfeldie
35 Mal Brown	1.24.45	M65	5	Collingwood
36 Ken Hough	1.25.27	M60	1	Springvale
37 Merle Want	1.25.32	W45	2	Caulfield
38 Jane Sturzaker	1.25.58	W50	3	Caulfield
39 Roy Jennings	1.30.15	M70	1	None
40 Stephen Barker	1.32.44	M60	2	Aberfeldie
41 Jim Crawford	1.34.03	M70	2	Caulfield
42 Rebecca Harding	1.37.16	Inv		
43 Heather Round	1.37.16	Inv		
44 Maria Davis	1.41.06	W40	1	Caulfield
45 Kevin Browne	1.41.36	M65	6	Caulfield
46 Shirley Young	1.42.39	W75	1	Collingwood
47 Judy Wines	1.44.14	W65	1	Caulfield
48 Peter Burt	1.47.08	Inv		
49 Jack Gubbins	1.49.56	M75	2	Springvale
Murray Hutchison	DNF			
Rob Henderson	DNF			



**VMA Marathon Frankston - Melbourne 8/10/06**

W40	Kate Weeks	Mentone	3.07.38
W75	Shirley Young	Collingwood	5.10.02
M40	1 Trevor McCann	Mentone	2.42.02
	2 Tony Dell	Croydon	3.34.06
M50	Bruce Rattenbury	Knox	3.23.20
M55	Jim Hopkins	Collingwood	3.47.35
M60	John Dean	Aberfeldie	3.51.27
M65	Ashley Page	Mentone	4.28.28

Runners in the Melbourne Marathon make their way along Nepean Highway towards Carrum on Sunday morning. There were 7300 competitors in the event which included the Marathon (42.2km from Frankston to the city), the Half Marathon (21.1km) and the MaraFun (7.5km). About 2000 took part in the full marathon, including this veteran female entrant who has taken part in each of the 29 runs. She gives a wave to Mr Sandman, the golden Labrador as she goes over Patterson River bridge.

Chelsea Independent on 10 October



**VICTORIAN MASTERS ATHLETICS INC  
MEMBERSHIP APPLICATION FORM 2007**

**Fees fall due on January 1 each year.**

Please indicate (with tick) which category you are applying in:  
(see next 2 pages for explanation of categories)

- Renewing** 2006 VMA member - \$35.
- Renewing-For two** at the same address cost is \$55.
- Lapsed** VMA member - \$10 joining fee + \$35 - total \$45;
- Lapsed two** at the same address cost is \$75.
- Associate** member - \$20                       **Social** member - \$20
- Volunteer** member - \$20                       **New** member

- a. joining before June 1; \$10 joining fee + \$35 - total \$45. Two at the same address \$75.
- b. joining June to end of September; \$10 joining fee + \$25 - total \$35. Two at same address \$60
- c. joining after end of September cost is the same as for (a.) but will cover 2008 as well.

Name: .....

Address: .....

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

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

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

Occupation or area of expertise: .....

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

Please make cheques or money orders payable to VMA and send to address below. Most venues will accept cash and forward your application for you, or else drop the cash off at the address below.

**If paying by credit card (see below) an extra \$1 will be charged per transaction.**

**SUBSCRIPTION SECRETARY:** Astrid Rose, 71 Union Road, Surrey Hills 3127 - Phone: 9836 2350



**Disclaimer**

I hereby declare that I am in good health and will be properly conditioned for the activities which I will enter with the Victorian Masters Athletics Inc. during the year 2007. I absolutely relieve the Victorian Masters Athletics Inc. of any responsibility for any injury or damage to myself which I may sustain in the course of competing in events organised by that club.

Signed: .....

**UNIFORMS & CLUB MERCHANDISE.**

For information on VMA uniforms contact Graham Philpott  
Ph 9568 0495 or Jenny Baldwin Ph 9764 5003

NOTE: CLUB UNIFORM MUST BE WORN FOR ALL CLUB CHAMPIONSHIP EVENTS.

**VMA PRIVACY STATEMENT**

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

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

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

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

Signature: .....

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

**Membership Fees**

Fees shall be determined by the VMA Committee on an annual basis to be applicable for each forthcoming year.

Membership fees apply for the period from 1st January to 31st December and fall due for payment on 1st January of each Financial Year and should be paid by the 31st January but no later than the end of February. Unfinancial members shall not be entitled to compete in Venue or Championship events. If the fees are not paid by 31st March, membership may be cancelled.

Fees should be forwarded to the Subscriptions Secretary but will be accepted at Venues for onforwarding.

**Fees as at 1 January, 2007**

**Joining    Subscription    Total**

**Renewals**

Members will be subject to an annual subscription.	\$35	\$35
In the case of two members residing at the same address.	\$55	\$55

**New Members**

(a) Individuals joining between 1st January and 31st May.	\$10	\$35	\$45
For two members residing at the same address.	\$20	\$55	\$75
(b) Those applying during the period 1st June to 30th September	\$10	\$25	\$35
Two members residing at the same address.	\$20	\$40	\$60
(c) Applications from 1st October to 31st December.	\$10	\$35	\$45
In these cases, membership will be covered until the end of the next financial year.			
Two members residing at the same address.	\$20	\$55	\$75

**Lapsed Membership**

Any member who is unfinancial for a period exceeding 12 months shall be deemed to be a lapsed member and be required to rejoin.	\$10	\$35	\$45
Two members residing at the same address.	\$20	\$55	\$75

**Associate Members**

Individuals aged between 16-29 may join as an Associate Member.      \$20      \$20

They would be entitled to run in Venue events but would be ineligible to participate in Championship events or receive Master's trophies.

Also, they would not be entitled to receive a printed copy of News & Results via the mail nor have any voting rights.



## Subscription Total

Social Member

Anyone wishing to attend Venues on purely social basis may join as a Social Member under the category of Associate Member. \$20 \$20

Volunteer Member

Those individuals who act in a voluntary capacity by assisting in the running of events or other functions at Venues may join as a Volunteer Member under the category of Associate Member. \$20 \$20

Should the respective Venue wish to reward them for their efforts, they may pay the membership fee on their behalf.

Transaction fee

Any payments made by Credit Card will incur a transaction fee to cover bank charges. \$1 \$1

**VMA CHAMPIONSHIP NOTICE 2007**

The VMA Championships will be held at Duncan Mackinnon Athletic Track on the following dates in 2007.

<b>T &amp; F Pentathlon:</b>	Sunday 4 <sup>th</sup> March.	12 noon
<b>T &amp; F Titles:</b>	Sat/Sun 17/18 March.	12 noon start
<b>WP</b>	Sunday 25 <sup>th</sup> March	10.00am start

Entries close on Friday 23<sup>rd</sup> February for Pentathlon and on 2 March for all others.

Fees: \$5 per single event: \$10 for T & F pentathlon and \$10 for WP.

Entry form and program will be contained in the January edition of N & R. as well as being available on the web.

**AMA National Championships 2007**

These Championships will be held in Hobart from 6<sup>th</sup> to 9<sup>th</sup> April (Easter).

Entry form and details will be included in the January edition of News & Results as well as being available on the AMA website.

**Inter-venue competition on Landy Trophy night**

Doncaster venue intends instituting a new INTER-VENUE competition to be run in conjunction with The Landy Trophy on the night of Monday, February 19 next year.

To be known as The Landy Shield, the event will be decided by adding the points earned in the heats plus the bonus points earned in the two finals by the **TOP THREE POINTS SCORERS FROM EACH VENUE**.

Basically the system is simple – each runner retains the points they score in the heats, with those qualifying for the finals adding bonus points according to their finishing positions.

Venues will **NOT** have to enter teams. Entry will be individual, as usual, on the basis of 'first in'. The field will be limited to 64 plus emergencies with runners going into the field strictly in the order in which their entries are received. This means in theory that a venue could have, say, 20 representatives but only the points earned by their top three points scorers would count in determining the shield.

As an example of how the system would work, the figures from 2003 and 2006 would have produced the following results:

(Based on FINAL: 1<sup>st</sup>, 8 pts; 2<sup>nd</sup>, 6; 3<sup>rd</sup>, 5; all others 3.

CONSOLATION: 5,3,2, all others 1).

Top three points scorers from each venue to count.

**2003:****1 - DONCASTER 68**

(Richard Trembath 26; Con Matthews 23; Alan Gibson 19).

**2 - FRANKSTON 65**

(Kathy Heagney 23; Bronwen Loizou 23; Syd Elks 19).

**3 - COLLINGWOOD 49****3 - EAST BURWOOD 49****5 - MENTONE 46\*****2006:****1 - EAST BURWOOD 62**

(Ron Arthur 23; Leo Coffey 21; Ashley Ryan 16)

**2 - COLLINGWOOD 57**

(Keith Howden 23; Wayne Fitzsimmons 18; George Rennie 16)

**3 - DONCASTER 56**

(Richard Trembath 21; Mark Crawford 20; Martin Fruin 15)

**4 - CROYDON 32****4 - MENTONE 32\*****6 - FRANKSTON 26\*\***

\* Only 2 runners

\*\* Only 1 runner



### Inter-venue competition on Landy Trophy night (cont..)

On last year's figures, any venue which has three runners can get 48 points without getting a runner into either final but a venue cannot really expect to win the shield without having a finalist. Nevertheless, in 2006 six different venues were represented in the finals while in 2003 there were seven.

The Landy Shield will not replace The Landy Trophy, which will still be an individual event run from handicaps based on the Age-Graded Percentage scale and which will be the highlight of the night but Doncaster officials hope introduction of the Shield competition will stimulate inter-venue rivalry.

Further details of Landy night will be announced later but those intending to participate should put Monday, February 19 in their diaries and remember that entry will be on the usual basis of 'first come, first served'.

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## ***THE LANDY SHIELD***

An Inter-Venue award to be contested between member venues of VMA, to be run in conjunction with The Landy Trophy.

1. Any venue may have an unlimited number of entrants for The Landy Trophy, with the top three individual points scores to count in deciding The Landy Shield.
2. All entries for The Landy Trophy to be done on an individual basis, with entrants representing the venue with which they are affiliated according to VMA registration.
3. Points earned by unaffiliated runners will not count in calculating the scores. Runners who finish behind unaffiliated runners will receive the points allotted to their own finishing position and shall not be promoted to the higher points level.
4. All entries to be on a 'first in' basis, regardless of the numbers from each venue. Entrants for The Landy Trophy will automatically be deemed to be representatives of their nominated venues for The Landy Shield.
5. The Landy Shield is a perpetual trophy which will be presented to the top points scorer from the winning venue on behalf of the venue and held by that venue for the following 12 months.
6. Total points for each competitor will consist of the points earned in the qualifying heats plus bonus points earned in the finals.
7. Heats points will continue to be 10, 8, 7, 5, 4, 3, 2, 1.

8. Bonus points will be awarded as follows:  
 \$ FINAL - 1<sup>st</sup> 8; 2<sup>nd</sup> 6; 3<sup>rd</sup> 5; all other starters 3.  
 \$ CONSOLATION - 1<sup>st</sup> 5; 2<sup>nd</sup> 3; 3<sup>rd</sup> 2; all other starters 1.
9. In the event of a tie, the winner will be the venue represented by the highest placed runner from the tied venues in the final, or the consolation final as the case may be.
10. If none of the tied venues has a representative in either of the finals, the winner will be decided on a countback on the basis of the greatest aggregate number of heat wins by the top three finishers from each venue, followed by the greatest number of seconds, and so on.

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Hi Folks:

The newly updated Doncaster venue website is up and running at:  
[mastersathleticsdoncaster.org.au](http://mastersathleticsdoncaster.org.au).

We'll regularly have each week's results plus news items etc of interest to our venue members and, in some cases, the wider Masters' Athletics community.

We'd encourage anyone who has anything of interest for us to contact either Bryan Bottomley or me on the addresses on the site.

I'd be grateful if Venue Managers could let their members know our web address.

Regards,  
*Richard Frembath*

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### **VALE Ivan Carter.**

Vets from Coburg and Collingwood and others will remember Ivan Carter who passed away after a lengthy illness in Mandurah, WA on 05/09/2006.

He had lived previously at Coburg and Rye. He was probably in his eighties.



Dear Editors,

I wish to voice my concern over a recent occurrence that I experienced following the Victorian Masters Women's and Men's 20km Race Walk Championship held at Middle Park on Saturday 19<sup>th</sup> August 2006.

This event was run in conjunction with the Victorian Race Walking Club, using VRWC facilities, including judges and time keepers. We, as a Masters group must pay homage to the VRWC, as it would be extremely difficult, almost impossible, to put on a Championship event with all the necessary work involved, by ourselves. A very special thank you must be passed on to all who run VRWC so capably and competently.

Marlaine Stanway and I each walked times in the 20km race walk that achieved Australian Records, a feat that is never easy. To claim these records, we were required to present the obligatory signed record forms to the State Statistician, but significantly in this case, it was deemed necessary to include a separate sheet from the Masters Association, signed by the Vice President, stating that allowances were to be made in the judging for those walkers who cannot maintain the correct style! These forms were then to be sent to the State Statistician to be ratified!

I must say I was affronted and offended by this. The implication being that I was not abiding by the IAAF rules of Race Walking. When competing at an International and Australian level, IAAF rules apply, so to be consistent, IAAF rules should be adhered to at all levels. If walkers find it difficult to maintain the IAAF rules of Race Walking, and if those walkers are determined to enter Championship events, then get the extra coaching to improve the technique that is required, or walk at local venues only, but please do not expect to break the

rules at Championship level. It is extremely disheartening for athletes to be given a false sense of security when competing at home, only to be disqualified after travelling thousands of kilometres overseas, by walking to the IAAF standard. Race Walking requires skill, dedication, commitment and respect.

In the 2006 20km Championship, 5 men and 9 women competed. The alteration to the rule was to encourage walkers to enter the longer competition; however in 2005, 10 men competed, whilst the competition was not open to women. The numbers were certainly not enhanced by the 'easing' of the 'soft knee' rule, as was articulated as an argument for altering the rule to assist competitors who had difficulty in maintaining a correct style. Twenty kilometres is indeed an arduous event, and is usually entered by athletes who have prepared adequately for this distance.

Another concern I have, is the instruction that all Masters athletes must wear the new uniform in State Championships or not be eligible for medals. This clearly is discriminatory against athletes who, for many and various reasons, such as cost, allergies to materials, cut and design of uniforms, are not able to purchase the new and expensive uniform. It should **not** be mandatory or compulsory to force athletes to wear the latest uniform. The current uniform is quite suitable to wear at Championships. Maybe Victorian Masters could subsidise uniforms by reducing the initial costs. There is surely enough 'money in the bank' to consider this! There must be a myriad of ways we can overcome this issue. To those on Committee, you are elected to work on behalf of members, not against, so please 'listen' to our members; we need to encourage, not discourage competitors. Yours Sincerely,

*Heather Carr.* 11<sup>th</sup> September 2006

## SUBMISSION TO VICTORIAN MASTERS ATHLETICS INC

### RE COMPULSORY NEW VICTORIAN MASTERS UNIFORM TOP

We the undersigned find the new Masters Uniform Top for women unsatisfactory because:

1. The top is unsuitable in its cut and style for all members' taste and/or comfort.
2. The new top requires the purchase of a specialised bra which is one that is not favoured either fashion or comfort wise by many women members.
3. The synthetic material of the new uniform top is found to be too hot for distance running or prolonged periods of field game activity by many of the women members.
4. The synthetic material of the new uniform top is not favoured on a health basis by many women members.
5. The compulsory immediate use of the top causes financial hardship to some members.

#### WE THEREFORE REQUEST THAT:

- The use of the new top be optional, assuming a new logo is applied to the previous *cotton* uniform top for use by members who prefer this style.
- The committee re-designs the uniform top to provide a suitable style for the mature aged figure.
- The re-designed uniform top be of a breathable *Cotton* mesh material.

I, the undersigned, agree with the above submissions and requested amendments:

NAME	ADDRESS	DATE
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## Victorian Masters Athletics Dinner Dance 2006

**DATE:** FRIDAY 17<sup>TH</sup> 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:** \_\_\_\_\_

## Venue Manager's Meeting - 28/08/06 Duncan Mackinnon Park Social Room

Present:

Caulfield:	Peter Mc Grath
Coburg:	George Goode, Neville Wilson
Collingwood:	Wasył Drosdowsky (comm..), Graeme Paul
Croydon:	Al Willey (comm..)
Doncaster:	Richard Trembath
East Burwood:	Alan Wood
Frankston:	Peter Duggan
Knox:	Ian Uren, Lavinia Petrie (comm..)
Mentone:	Ian Cassell, Ashley Page (comm..)
Springvale/Noble Park:	Alan Bennie
Throwers:	Graeme Rose (comm..)

Apologies: Altona: Stan Belcher; David Sheehan (comm..)

The meeting was chaired by Graeme Rose in the absence of Rob Waters.

Graeme opened proceedings by determining the roles that Venues would play in the 2007 VMA Championships. The venue roles are attached. Thanks to all venues for their assistance in 2006.

The dates for 2007 are:

4 March:	T & F Pentathlon
18 March:	WP
24/25 March:	T & F Titles

Graeme stated that Lavinia would again be in charge of officials and helpers and a sign-in procedure would operate. The sign-in worked extremely well in 2006 and was expected to be even better second time around.

Peter McGrath would be Competition Manager and his job is made much easier by the venues being competent in the roles they have undertaken.

Graeme stressed that there were many other duties outside of the direct venue commitments and he would be seeking helpers for these roles later on. EG. Teams to set up tents, assistants to Wasył for data input, results running, social assistance (refreshments for officials/helpers)

Graeme also gave the date for the AMA National Titles in Hobart.

These were 6 – 9 April.



## Venue Manager's Meeting - 28/08/06 (cont.)

In future Championships there will be 60 m sprints, three categories for relays (W: 120+, 160+, 200+ and for M: 120+, 170+, 220+) and a 10 k and 20 k road walk for all men and women with the restriction that only one can be entered.

For those aspiring to the WMA athletic titles in Riccione, 4 – 15 Sept 2007 venues were provided with an entry information booklet and Graeme gave some brief info. Further data will be printed in N & R, and the AMA Handbook. Colin Browne will be the international registrar for Australian athletes.

Graeme mentioned three other initiatives of AMA: Hall of Fame, Australian Standards and AMA National Relay Championships. He also sought some feedback on the AMA Marathon Champs held in conjunction with the Canberra Marathon.

Al Willey then gave a run-down on the new fee categories for VMA. See attached. Al also reminded venues about the requirement of Income and expenditure for June 30<sup>th</sup> and December 31<sup>st</sup>.

Graeme pointed out the discount of \$40 with AV for dual VMA/AV membership. This also gives athletes access to personal accident insurance via the AA Running card which can be separately purchased for \$10.

Graeme Rose asked venues to note that the Dinner Dance (to be held at Hawthorn Receptions, on 17 Nov.) could be paid for by credit card. VMA was trialing payment by credit card for a year and if members deemed this was a service they required (and it was at a reasonable cost) then it would continue.

Ian Cassell asked when the new uniforms would become mandatory and about supplies. Graeme R. said new uniforms were to be compulsory after the 28 Feb. 2007. Graham Philpott was ordering an ample supply of new uniforms covering all sizes and would have a sample of each available. Al Willey informed members that uniform costs had been reduced because of a better deal with the new supplier. New prices attached.

Ian U'ren asked about an intervenue competition that Alan Lucas had mentioned. Lavinia commented that Alan had raised this at the last VMA committee meeting. The venue managers agreed that this would be a good idea. Details would need to be worked out. Eg points could be awarded for entering various runs and walks throughout the year with perhaps extra for placing. The highest points would then win the Venue award. Alan Bennie noted that we had had a venue competition associated with the T & F Championships and perhaps we should consider re-instating this.

Apropos of this Richard Trembath reported that at the Landy Trophy the organisers were considering running a Landy Shield event for venues. The idea was the more competitors that venues had running the more points they could earn. Winners of heats and finals etc may gain bonus points. Venue with the greatest points wins the Shield. RT asked venues to provide feedback on the concept.

Graeme Paul raised the issue of the much awaited brochure. Sadly the VMA committee members could only report that the final copy for approval was in the hands of the President and was supposedly ready to go in two days some two months previously. The Venue managers unanimously demanded that a brochure be produced without delay.

Alan Wood asked about whether we might consider a promotional DVD for VMA. This was considered a good idea and should be passed to the Publicity and promotions sub-committee. A notice could be placed in N & R asking if someone would be interested in using their skills in helping produce such a DVD.

N & R. Lavinia Petrie urged venues to provide articles for N & R on a regular basis eg every 2 or 3 months. Articles could be just a bit gossipy or reporting on a feature event.

Some venue managers suggested that the format of N & R could be improved. Eg the front cover does not immediately invite one "to come and read". Many interstate magazines are much better. Refer to Publications and promotions sub-committee.

With respect to publicity Alan Bennie mentioned advertising in Australian Runner. Other suggested Run For Your Life.

Richard Trembath indicated that results could be published in the Sun and Age by providing them to AAP. Richard would provide details to venues.

The following Calendar dates were provided.

13 Dec. 06	Knox Half – Marathon	Ian Uren
17 Jan. 07	Lindsay Thomas 10 k Braeside	Alan Bennie
7 Feb. 07	Andy Salter Relays, Springvale	Alan Bennie
19 Feb. 07	Landy Trophy, Doncaster	Richard Trembath

The meeting closed at 10 pm and attendees retired to tea/coffee (thank you Peter McGrath) and dreamt of an "old fashioned venue managers nosh".

*Graeme Rose*  
Acting minute taker



## Venue Roles at 2007 T & F Championships

EVENT/DUTY	VENUE
Timekeeping	Springvale/Noble Park
Track/place Judging	Mentone
Walks Judges	Southern Peninsula
Triple Jumps	Caulfield
Hurdle/Steeple placement	East Burwood
Long Jump	Collingwood
High Jump	Knox
Pole Vault	Mentone
Hammer	Aberfeldie
Discus	Altona/Frankston
Shot	Coburg
Javelin	Croydon
Heavy Weight Throwers	
Recorders	Croydon
Lap Score Organisation	Alan Lucas - Croydon
Results running	East Burwood
Track Marshalling	Caulfield
Medal Presentation	Aberfeldie (Day 1) Doncaster (Day 2)

### Other Roles:

Field set-up	Throwers
Throws equipment	Throwers
Shade tents set-up	Throwers

### Uniform Pricing

Singlets ( M & W)	\$40
Crop tops	\$40
Shorts	\$35
Bike shorts	\$35

## Saturday 8<sup>th</sup> July Sandown Relays (4 x 6.2km)

What a wonderful day for a run, with fine weather, not a drop of rain to be seen. Is this the real Sandown in July? Our team for the day was Alan Bennie (23:50), Willie Sellick (25:20), Murray Hutchinson (26:20) and Graham Philpott (26:37) who all had very good runs. In our division we came 6<sup>th</sup> out of 13 teams. A great effort considering a number of the teams is a lot younger.

Well done lads a great team effort.

## Saturday 22<sup>nd</sup> July, Jells Park 12km Cross Country

Another wonderful July afternoon for a run. A very tough cross country course awaited the runners, a very friendly one for spectators. The course was a 3km lap x 4 = 12km. It was very heavily grassed, plenty of up hill with one long down hill section, finishing with an approx 200 metres up hill run to the tape. Our runners today: Alan Bennie (51:30), Willie Sellick (55:35) and Murray Hutchinson (58:46). Another great effort from the boys today.

## The Tan Relays Saturday 16<sup>th</sup> September

A fine overcast morning greeted the runners for the start of the relay. Each runner had a lap of the Tan to run (approx 3.8km). We had a team in the 50+ group. Murray Hutchinson (15:40), David Sheehan (16:04) and Graham Philpott (15:51). We all had good runs, and as a team put up a very competitive effort. This was the last run for the winter season.

Congratulations to everyone and thank you all for your support.

With Summer track season starting in mid November, I would be pleased to hear from sprinters, middle distances, walkers, jumpers and throwers who would be interested in joining us for a Saturday afternoon of athletics. We mainly compete at the Knox and Glenhuntly tracks.

*Yours in Running,  
David Sheehan*



## Half Marathon Burnley Boulevard - 3rd September 2006

Name	Time	Age Group	Age Group Placing	Home Venue
1 Phil Bowes	1.13.31	m50	1	
2 Michael Bialczak	1.16.32	M45	1	
3 Allan Long	1.17.58	M45 <sup>e</sup>	2	
4 Marc Vellin	1.19.00	M30	1	Springvale
5 Stacey Van Duerin	1.21.43	W45	1	Coburg
6 Shane Pettingill	1.22.42	M35	1	Knox
7 Phillip Van Duerin	1.23.06	M45	3	Coburg
8 Maryann Murray	1.23.18	W35	1	
9 Colin Heywood	1.23.47	M50	2	Collingwood
10 Noel Eastwood	1.23.54	M35	2	Knox
11 Paul Twining	1.24.26	M55	1	Knox
12 Peter Fitzgerald	1.24.52	M40	1	
13 Phillip Twining	1.24.55	M45	4	Knox
14 Geoffrey Clark	1.25.40	M55	2	Geelong
15 Ernie Stewart	1.25.57	M50	3	Aberfeldie
16 Tony Dell	1.26.30	M40	2	Croydon
17 Garry Blake	1.26.30	M55	3	
18 David Burton	1.26.51	M35	3	Knox
19 Gary Odwyer	1.27.50	M45	5	Coburg
20 Stuart McAuley	1.28.27	M35	4	
21 Allan Bennie	1.28.43	M55	4	Springvale
22 Allan Smith	1.29.06	M50	4	Aberfeldie
23 Murray Johnson	1.29.27	M40	3	Frankston
24 Barry Brooks	1.30.50	M65	1	
25 Russell Speight	1.30.57	M35	5	Knox
26 Sam Defanis	1.32.50	M55	5	Burwood
27 Robert Dunning	1.32.52	M45	6	Collingwood
28 Pauline Allan	1.35.48	W45	2	Caulfield
29 Ian U'Ren	1.35.56	M55	6	Knox
30 Jenny Alexander	1.35.57	W45	3	Aberfeldie
31 Colleen Stephens	1.36.13	W50	1	
32 Milan Stanisic	1.36.51	M50	5	Knox
33 Graeme Paul	1.36.01	M50	6	Collingwood
34 John Signorini	1.37.12	M50	7	Knox
35 David Jones	1.37.34	M55	7	Aberfeldie
36 John Dean	1.37.34	M60	1	Aberfeldie
37 Andrew Tunne	1.38.24	M45	7	Croydon
38 Nancy Chorley	4.42.07	W55	1	Croydon
39 Ashley Page	1.43.39	M65	2	Mentone
40 Jim Hopkins	1.43.52	M55	8	Collingwood
41 Sharon Higgins	1.45.23	W45	4	Caulfield
42 Liz Eastwood	1.45.52	W35	2	Knox
43 Chris Campbell	1.46.28	M55	9	Caulfield
44 Annette Pelgrim	1.46.59	W50	2	Burwood
45 Bob Lewis	1.48.06	M75	1	Burwood
46 David Dodson	1.49.11	M45	8	Frankston

## Half Marathon Burnley Boulevard - 3rd September 2006 (Cont.)

47 Bill Page	1.49.54	M75	2	Aberfeldie
48 Bruce Pippett	1.53.43	M55	10	Caulfield
49 Helen Van Der Nagel	1.53.43	W45	5	Burwood
50 Merle Want	1.54.40	W45	6	Caulfield
51 Ken Hough	1.54.58	M60	2	Springvale
52 Phillip Urquart	1.56.41	M60	3	Caulfield
53 Ronald Leggett	2.15.49	M70	1	Frankston
54 Judy Wines	2.19.36	W65	1	Caulfield
55 Antony Martin	2.22.08	M75	3	Burwood
56 Kevin Browne	2.22.08	M65	3	Caulfield
Shirley Young	DNF			
Westley Windsor	DNF			

Showers were forecast for the day of the half marathon and down they came - 5 minutes before the start of the race. This did not deter 56 hardy souls from contesting the championship.

Phil Bowes again showed a clean pair of heels being the first Master across the line in a new Victorian Record time for M50 in 1.13.31. First female again was Stacey Van Duerin who finished very strongly to take out the W45 age group in 1.21.43.

It was pleasing to see an increase in the number of females in the event again. Come on Girls! Let's see even more next year in our medal events.

A big thank you to Rob Waters who brought along the urn and supplied everyone with very welcome hot drinks.

This was the last of our Winter series of competition. Hope to see you all and more at next years events.

We are trying to initiate an inter-venue challenge associated with Winter events based on participation and of course placings. If you have any ideas on this please contact Lavinia either by mail, phone or email. It is envisaged that a trophy would be up for grabs.

*Lavinia Petrie*

Club Captain

Victorian Masters Athletics



## When I'm not running

While ago while down at my local running club (Knox Masters), I was approached and asked if I could contribute something to the Victorian Vets newsletter. Having been involved in other clubs for many years I know how difficult it can be to get stories to fill a newsletter. Everyone seems to have ideas but no one seems to have the time to put the ideas on paper. So naturally you can understand why this article took me a while to scribe. I formulated the ideas of what I could write more than a dozen times before I sat down to write it and of course by then could not remember the last mental draft I had conjured up.

The last few weeks it is not running that has taken my time up to stop me writing, it has been travel overseas. Normally when you think of travel overseas you can have images of running all the exotic locations in the various cities and imagine the 'Rave Runs' you could submit to Runners World.

Being active in sport and traveling would normally indicate a great time and plenty of running. Sport has been very kind to me over the years but the activity of it has been from an administrative point of view. Not that I can complain about it, I got a ring side spot at the last Winter Olympics, have traveled the World Cup circuit for the last 3 years and just got back from an international meeting of sport in Siberia.

I did get the chance to fit a run or two in while in Siberia and can tell you that it is a very foreign thing for the locals to see. They don't speak too much and don't seem to know how to return a smile or a wave, they just stop eating their picnic and must wonder where I am going. Running there is very flat with the Tigra valley being 100km long and only making up a small part of the great Siberian plains. It gives you an idea of the immensity of the area and when the Obb river floods in spring, it can cover an 80km width.

In all the time spent overseas I have never been able to time a trip to coincide with a major run event such as a marathon. Some of that has to do with the fact that it is always winter when I travel and marathons or other running events are few and far between.

So what do you do when you can't run that much and its winter in Europe? You ski of course. There are so many people who ski cross country over there throughout winter that you don't have to look too far to find someone to ski with or you can choose remote areas and have complete tranquility with the only noise being your skis gliding along the snow.

I have managed a few marathon and ultra marathon ski events while I am away (these events can still get 5000+ participants). I can honestly say that whilst it may look exhausting it is low impact on the muscles. It is a great cross training tool for running and the heart rate recovers quicker on the flat or downhill sections. Not to mention they feed you Schnapps enroute!

At one time I skied to stay fit for running now I seem to run to stay fit for skiing.

## When I'm not running (cont.)

No matter what form of exercise you choose to do, there is always an alternative for cross training. It gives the mind and body a rest and recovery period. Whatever you choose just make sure it's enjoyable and doesn't become a task. Even sports admin on a voluntary basis can be enjoyable; you get to write training programs, assist people reach their full potential and even go out on some training sessions with them.

Puts a different perspective of mixing business with pleasure. Enjoy your Leisure

*Paul Connor*  
Knox Venue

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## TO ALL VENUE MANAGERS

We propose to hold a new Inter-venue event at Caulfield Masters Venue (Duncan Mackinnon Reserve) on Tuesday 13 February 2007.

This would be a 5Km team event consisting of four members, which would include at least one woman.

The 5Km will be run on the track and is open to any member of the Victorian Masters.

It will be run on a handicap system and each member will be given a starting time as per the Masters percentage chart. The winning team will be determined by how high up each member of the team finishes in the run, so that the venue should find its best four runners according to the Age Percentage Masters Chart, to contest this event.

Trophies will be given to team winners and also to single performances.

An entry fee of \$10 per team is to be paid on the night.

We hope your Venue will support this new event as we would like a minimum of four Venues to commit so that we can prepare detailed entry forms. Please show your interest by contacting either:

**Peter McGrath, Caulfield Masters Venue Manager on 9807 5656**

or

**Peter Bence, Event Manager on 0401 720 524**



## Rudi Hochreiter Records

See pages 8-10 -Obituary for Rudi Hochreiter

Rudi's Victorian records are listed below. Current Victorian records are denoted by \*, current Australian records by \*\*, and current World records by #:

### 100m

M45 12.2 8/75 Toronto - was an Australian record for 2 years  
 M50 12.4 4/79 & 12.0 14/4/79 NSW - both Aust records  
 M55 12.42 14/3/82 Collingwood & 12.30 21/4/84 ACT  
 M60 \*12.5 12/86 Olympic Park  
 M65 \*13.2 19/3/94 Aberfeldie  
 M70 \*13.6 3/11/96 Miami, Qld

### 200m

M60 25.6 & 26.3 3/87 Murrumbeena - both were Australian records

### High Jump

M55 1.48 10/4/82 Perth - was an Australian record for 4 years  
 M75 1.20 3/11/01 Geelong & 1.23 18/1/02 Geelong

### Long Jump

M55 5.12 14/3/82 Collingwood  
 M60 4.89 3/88 Murrumbeena & 4.91 11/87 Olympic Park  
 M75 \*3.93 24/2/02 Geelong

### Triple Jump

M50 11.05 & 11.11 9/4/77 Perth - both were Australian records  
 M55 10.62 10/4/82 Perth

### Pole Vault

M60 2.20 12/12/88 VAA & 2.35 4/2/89 Geelong

### ShotPut

M55 11.06 21/4/84 ACT & 11.99 21/12/84 Geelong  
 M70 12.47 7/12/96 Geelong & \*12.82 8/11/97 Geelong  
 M75 10.80 27/10/01 Geelong, 11.12 10/11/01 Geelong & \*11.56 17/11/01 Geelong

**Discus** - all 6 were also Australian records at the time

M55 37.08 11/4/82 Perth  
 M60 43.00 24/10/87 Geelong  
 M65 42.76 4/92 Hobart  
 M70 38.52 1/11/96 Miami, Qld & 40.14 6/12/97 Geelong  
 M75 35.77 15/12/01 Geelong

### Hammer

M55 38.48 1/4/83 Melb

## Rudi Hochreiter Records (cont.)

### Javelin

M45 35.70 8/75 - was an Australian record  
 M70 36.72 30/3/97 Brisbane, 36.88 18/4/98 Ballarat, 36.22 1/00 Norfolk Island (new spec) &  
 \*37.00 21/4/00 Hobart  
 M75 31.09 27/9/02 Gold Coast & \*32.47 31/1/04 Geelong

### Pentathlon

M50 3541 8/8/77  
 M55 2919 6/3/83 & \*3767 6/85 Rome  
 M60 4440 14/3/87 & #4081 3/12/87 (scoring change)  
 M65 \*\*4035 28/3/92

### Decathlon

M60 \*\*7437 27/7/89 Eugene - was a world record for 16 years!

### 4 x 100 Relay

M70 \*\*55.5 16/3/97 Aberfeldie (with Charles Scarff, Mike Johnson & Jim Thomson)

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## IAAF / WMA BEST MASTERS 2006

From a total of 6 candidates forwarded by the WMA regions, William (Bill) Collins, USA and Melitta Czerwenka-Nagel, GER, were chosen as the WMA Best Masters for 2006.

It is the third time that WMA nominated the best master of the year and proposed them to IAAF.

On the occasion of the IAAF Gala in Monaco in November William (Bill) Collins (USA) and Melitta Czerwenka-Nagel (GER) will represent the World of Masters and they will be awarded as "IAAF Best Masters of the Year 2006".

The others male nominees were Arthur Thompson, GBR (EVAA) Hector Mein, NZL, (OCEANA). The female nominees were Karla DelGrande, CAN (NCCWMA). Marie Kay AUS, (Oceana)

Winston Thomas, WMA Secretary



## Farewell to an Old Clubmate

On Wednesday 4<sup>th</sup> October my wife Shirley and I arrived home after a short trip to Adelaide to find a number of messages on our answering machine. Four of the messages we had received were from friends who rang to let me know that an old St Stephens Harriers and Vic Vets Clubmate, Lindsay Hooper had died suddenly and peacefully at home on Tuesday 26<sup>th</sup> September.

My first memories of Lindsay go back to 1949-1950 when Lindsay first joined St. Stephens Harriers. At the time of his joining the club he was a member of the R.A.A.F. stationed at Laverton, I think he had signed on for twelve year term. Lindsay and I were both fortunate to be taken under the wing of an esteemed and highly respected member of St. Stephens Harriers Jack Draper who was an officer in the R.A.A.F. during the Second World War. Lindsay and I saw quite a lot of each other during the period and we both learnt a great deal about athletics and our club from Jack Draper.

Lindsay was a consistent member of our "C" grade team competing regularly in ¼ mile, ½ mile, and mile events, and was always a very tough competitor, a trend that carried over to his days with Vic Vets. Whilst serving in the Air Force he represented the R.A.A.F. on numerous occasions in inter service sports, many times as a team mate of Kevin Gosper 1956 Olympian and later IOC rep.

Lindsay also carried the torch as a representative of the R.A.A.F. in the 1956 Olympic torch relay. After completing his term in the R.A.A.F. Lindsay went to work at Repco Research Laboratories in Dandenong as a design draughtsman becoming deeply involved in the design and development of Repco's exercise equipment. In particular the ergometer exercise cycle which was Lindsay's baby. His involvement in the development of the equipment at Repco made it necessary for Lindsay to travel to the A.I.S. in Canberra on regular occasions to consult with A.I.S. staff members and coach Dick Telford who was working with Lindsay in the development and testing of the Repco equipment.

Lindsay formed a close friendship with Dick Telford and spent a great deal of time discussing athletic training methods and theories and was always ready to pass on the things he had learned or to discuss them with any of us who were interested.

As well as competing on a regular basis with St. Stephens Lindsay also became an early member of Vic Vets competing at the Croydon Venue and also took part at committee level. He was also heavily involved in the sport of orienteering where he met and formed a close long term friendship with Danny Pollock who he also introduced to Vic Vets at the Croydon Venue. Lindsay's entire family wife Val, daughter Caroline and son Neil, all competed regularly in orienteering events. I think it was with the Yarra Club and I will always remember how proud he was when daughter Caroline not only represented Australia internationally at the world championships, but was also named captain of the Australian team.

Lindsay was always a very easy going sort of a guy, always had a smile on his face, enjoyed a good joke. I can't ever recall seeing him lose his temper with anyone, but the same guy was never one to act on the spur of the moment. He researched and planned every thing he did very carefully. He was a tough competitor who studied his opposition closely and always pushed the opposition to their limits.

## Farewell to an Old Clubmate (cont.)

In January 1981 at World Vets Championships in Christchurch Lindsay ran 2nd to world record hurdler Derek Turnbull in the men's 50 - 1500 metres, pushing Derek Turnbull all the way, and was really pleased with his 2<sup>nd</sup> place result.

A few months later in April 1981 I turned 50 a week or so before the Australian Vet Championships in Brisbane. Lindsay and I had a neck and neck struggle through the entire race in the men's 50 - 1500 metres and I only managed to draw away from him in the final straight. Lindsay was delighted with his time because it bettered the time he ran in Christchurch a few months earlier in the world championships. Thanks to Lindsay's competitiveness that M50 - 1500 metres in 1981 still stands as a championship record today 25 years later.

Lindsay and his family lived in Belgrave for many years and I am sure that fellow Vets/ masters members Don McLean, Brian Mee and David Nobbs who were also members of St Stephens Harriers can also recall the many pack runs from the Hoopers' home when Lindsay would delight in running us into the ground on the numerous trails through Ferny Creek.

After separating from his first wife Val, Lindsay later married Joan Russell, a race walker who also competed at the Croydon Vets venue. After a period of time they moved interstate to Bateman's Bay in NSW. While they were living there, Lindsay would make the occasional trip to Canberra to compete at the Canberra Vets meeting also meeting up with another St. Stephens club mate, the late Hal Dalhelm who lived in Canberra and was a member of Canberra Vets club.

After Lindsay and Joan returned to Melbourne, Lindsay developed a blood disorder that forced him to give up running for a number of years. Joan and Lindsay have lived at a retirement village in Berwick where I believed he enjoyed his game of golf with other residents and my memories of Lindsay in past years would be that he spent some time around the billiard table as well, he always did enjoy a game. Unfortunately apart from the occasional phone call I lost touch with Lindsay in recent years, something I can no longer do anything about.

I am sure that there must be a number of old Vic Vets members who, like my wife and myself, were saddened to hear of Lindsay's passing and would also have many pleasant memories of the times that they had shared with Lindsay Hooper.

Farewell old friend, sorry we couldn't be there for your final event. Thanks for all the good times we shared

*Shirley and Ron Young*