

## What's On

### 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 95472978

### 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

- 1<sup>st</sup> VMA 5K Walk Championships - East Burwood venue  
 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

## VMA 5k Walk Championships

Sunday 1st April

East Burwood venue

8.30am Women

9.15am Men

10.00am VRWC events

It is the responsibility of all entrants to ensure that they have a lap scorer to record their times. Some members of the VRWC will possibly be available to help in this regard but that cannot be assumed.

# News and Results

Victorian Masters Athletics Inc.

January 2007

## Ken Walters

### “JACK OF ALL SPORTS AND MASTER OF MANY”

Lots of us know Ken Walters by his cheerful outlook and positive energy, always coming up with new ideas for his beloved Croydon venue, but few know his extensive sporting achievements and involvement.

His voice is very familiar to those of us who compete regularly at the Victorian Championships as Ken has been course announcer on most such occasions for years, and his jokes in “Around The Grounds” which he produces every month (with help from his capable team), are laughed or groaned at by many.

Racewalking has been the most recent and successful vet's discipline for Ken personally and you never know when he'll make another comeback - but just have a look at the following summary of the sporting career of this proud father of four and grandfather of seven:-



- Professional cyclist from 1953 to 1962, winning his division of the 1955 Sun Tour, coming second overall and winning several sprints.
- Aussie Rules football umpire for 41 years, initially running the boundary with the V.F.A. and had two grand finals before being encouraged to step up to field umpiring. Still going strong and outrunning the slower players!
- Started squash in 1962 and helped Ringwood win their first pennant.
- Co-founder of Sherbrooke Little Athletics and one of the pioneers of Saturday Kids sport.
- Did Racewalking coaching course initially to help Little Athletics walkers but expanded to coach an impressive list of athletes (juniors, vets and open age walkers) several of whom have gone on to represent Australia at World Cup level.
- Founder of the famous “Bushrangers Classic” team relay run in the hills in the 1980's.
- One of the key organisers of the World Veteran Games in Melbourne in 1987.
- Participant in the “4 Peaks” alpine climb runs up Porepunkah, Hotham, Feathertop and Buffalo.
- Became a “Centurion” racewalker last century, joining a very special and rather small group of walkers, by completing 100 miles (Yes, miles) around Collingwood track in under 24 hours.
- Medallist in World Vet's Championship - both individually and as a team member.
- Keen golfer and improving - so much so that the colourful language that once flowed from his vicinity has made way for a calm and reflective attitude. (Mostly!)

Continued page 11

## 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 abradrans@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 wdrosdowsky@gmail.com
<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 oakanru@bigpond.com
<b>Hon. Auditor</b>	Peter Le Get	9729 4473	13 Mountain View Road Heathmont 3135 pieget@bigpond.com
<b>Others</b>			
<b>Webmaster</b>	Gordon Stephen	9898-6664	gstmstephen@optusnet.com.au
<b>Uniforms</b>	Astrid Rose Graham Philpott	9836-2350 9568 0495	grarose@yahoo.com 4/8 Hyslop Parade East Malvern 3145
<b>Subscriptions</b>	Astrid Rose	9836-2350	grarose@yahoo.com
<b>Statistician</b>	Clyde Riddoch	9859 9855	5 / 1236 Old Burke Road Kew East 3102 clyderiddoch@msn.com
<b>Registrar</b>	Astrid Rose	9836-2350	grarose@yahoo.com
<b>Magazine Editor</b>	Lindsay Oxenham Vicki Thompson	9795-4471 9773-1157	loxenham@au1.ibm.com vthompson@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 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 Bafes Street Mount Waverley 3149 <a href="mailto:pjmcbgx@melbpc.org.au">pjmcbgx@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	Wasyl Drosdowsky	12 Hickford Street Brunswick East 3057 <a href="mailto:wdrosdowsky@gmail.com">wdrosdowsky@gmail.com</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@primus.com.au">quinarcher@primus.com.au</a>	9736 1684
Croydon	Ken Walters	5 Warra Road Upwey 3158 <a href="mailto:judynken@bigpond.com">judynken@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:mduggan2@bigpond.net.au">mduggan2@bigpond.net.au</a>	9786 9169
Geelong	Mike McAvoy	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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**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)**  
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**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**  
**2007 National Championships**  
**2007 World Championships**

**Telstra - AMA National Championships  
35th Annual Track and Field Championships  
Hobart, Tasmania - April 6<sup>th</sup> to 9<sup>th</sup> 2007**

**EVENT ENTRY FORM**

Mark with 'X'	Event	Eligible Age Groups	Best Recent Performance
[ ]	60m	All	_____
[ ]	100m	All	_____
[ ]	200m	All	_____
[ ]	400m	All	_____
[ ]	800m	All	_____
[ ]	1500m	All	_____
[ ]	5000m	All	_____
[ ]	10000m	All	_____
[ ]	2000m Steeple	M60+W30+	_____
[ ]	3000m Steeple	M30-59	_____
[ ]	80m Hurdles	M70+W40+	_____
[ ]	100m Hurdles	M50-59, W30-39	_____
[ ]	110m Hurdles	M30-49	_____
[ ]	300m Hurdles	M60+W50+	_____
[ ]	400m Hurdles	M30-59	_____
[ ]	400m Hurdles	W30-49	_____
[ ]	5000m Walk	All	_____
[ ]	20km Road Walk	*All	_____
[ ]	10 km Road Walk	*All	_____
[ ]	8km Cross Country	All	_____
[ ]	High Jump	All	_____
[ ]	Long Jump	All	_____
[ ]	Triple Jump	All	_____
[ ]	Pole Vault	All	_____
[ ]	Shot Put	All	_____
[ ]	Discus Throw	All	_____
[ ]	Javelin Throw	All	_____
[ ]	Hammer Throw	All	_____
[ ]	Weight Throw	All	_____
[ ]	Weight Pentathlon	All	_____
[ ]	Field Pentathlon	All	_____

10k & 20k road walks will be held concurrently.  
Athletes can enter either event but **NOT** both.

**VERIFICATION OF ENTRIES**

Please list the names of all the events you have entered

**EVENTS**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_

NB: The high jump will be set at a minimum of 90cm

**Entries Close March 4<sup>th</sup>, 2007 NO LATE ENTRIES WILL BE ACCEPTED**

Please allow sufficient mailing time to ensure that your entry reaches the Championships Secretary before the closing date.

**Entries should be sent to:**

The Championship Registrar  
GPO Box 890  
Hobart Tas 7000  
Enquiries: 03 6272 1182  
Email: mick.stevenson@utas.edu.au

**Check List**

- All personal details plus proof of age are provided?
- All events you wish to enter are listed?
- All best recent performances are included?
- Payment for entry fees, merchandise and functions are included?
- Waiver Signed?
- Volunteer officials information included?

**Note: State uniforms are compulsory**

*Continued next page*

Official Entry Form
35th AMA National Championships

Personal Details:

Surname:
Given Name: Middle:
Date of Birth: Sex: M/F
Age on April 6th, 2007:
Address:
State: Post Code:
State Club: No.:
Telephone: (h) (m)
Email:
Emergency Contact:

Waiver

I hereby declare that I am in good health and will be properly conditioned for the events I have entered. I absolutely relieve the Tasmanian Masters Athletics Inc, Australian Masters Athletics and all other parties in any way involved in the conduct of AMA National Championships of responsibility for any injury, loss or damage to me or my property which I may sustain in the course or in connection with these championships.

Signature: Date:

No Entry will be accepted unless it is signed and dated

Payment Details

Table with 2 columns: Item, Amount. Includes TMA Administration Fee (\$20), Registration Fee (\$20), Event Fees, Function, Merchandise Order, Polo Shirt, Relays fees, and Total.

Standard engraving of medals free of charge

Payment Details

Mark X

- [ ] Cheque payable to TMA Inc.
[ ] Credit Card (details below)
[ ] Money Order
[ ] Cash

Privacy Statement

I acknowledge that I have read the Privacy Statement listed under General Conditions and agree to the conditions stated.

Credit Card Payment: Telstra AMA Championship Entry
Please tick card type: Bankcard Mastercard Visa
Card Number:
Name on Card: Expiry Date:
Signature: Amount:

Refunds

Entry Fee: Prior to the closing date of March 4th 2007, entry fees are refundable less a 20% handling fee. After the closing date no entry fees are refundable.

Volunteer Officials

The following people are available to assist as officials:

Names:
Areas of Preference:
Qualifications:

Note: Qualifications are not necessary.

Confirmation of Entries

Confirmation of accepted entries and the events entered will be provided to all entrants. A program of events booklet will be supplied to all entrants and will be available at check in from Thursday, April 5th onwards at the Domain Athletic Centre.

### AUSTRALIAN MASTERS ATHLETIC CHAMPIONSHIPS ADDITIONAL INFORMATION FOR HOBART 2007

#### Venues

Track and field	Domain Athletic Centre, Queens Domain, Hobart
Cross country	Cross Roads Oval, Queens Domain, Hobart
Road walks	Kempton (return transport from the Domain Athletic Centre provided)
Athletes forum	Domain Athletic Centre, Queens Domain, Hobart
Coaches Forum	Domain Athletic Centre, Queens Domain, Hobart
Dinner	Grand Chancellor Hotel, Davey St, Hobart

#### Indicative event program

The table shows the expected allocation of events to days and sessions. Allocation of age/sex groups to particular sessions in field events will be based on achieving optimal balance of competitor numbers and avoidance of clashes likely to affect individual athletes. A distribution similar to earlier AMA Championships is expected. In track events, older age groups will be scheduled ahead of younger age groups.

<b>Friday 6th</b>	10,000 metres (track)	Long Jump
	60 metres	Shot Put
	Sprint hurdles(80m,100m, 110m)	Hammer
	800 metres	Pole Vault
<b>Saturday 7th</b>	(all run as finals)	
	5,000 metres Walk	Discus
	Long Hurdles (300m, 400m)	Javelin
	1500 metres (all run as finals)	High Jump
	100 metres heats	
	100 metres finals	
<b>Sunday 8th</b>	Steeplechase (2000 and 3000m)	
	200 metres heats	
	5000 metres	Weight Pentathlon
	200 metres finals	Triple Jump
	Sprint Champion of Champions	
	4 x 100 metres relays	
<b>Monday 9th</b>	400m Heats	
	Pentathlon Track & Field	Weight Throw
	400 metres finals	Throws Champion
	4 x 400 metres relays	of Champions
	Cross Country (8k)	
Road Walks (10k, 20k)		

There will be a Coaches Forum after completion of competition on Friday 6th and an Athletes Forum after competition on Saturday 8th April. Both will be held in the Function Centre at the Domain Athletic Centre.

#### Weather Bureau statistics predict sunny weekend for championships.

Thanks to TMA member Mike Pook, ex ABC Weather Reporter and his contacts at the Hobart Weather Bureau we have received the following statistics of the Hobart weather for the period of the championships.

Average max: 18 deg C: Average min: 9.5 deg C

Average sunshine (bright): 5.9 hours per day:

Average rainfall for April is 52mm ie less than 2mm per day.

Sunrise: around 0630: Sunset: around 1755

## Ken Walters (cont.)

- Keen member and past president of Upwey Lawn Bowls Club, instilling that club with renewed vigour and introducing much innovation. (With wife Judy enjoying bowling too, and beating most of the men.)

Ken doesn't like things to stand still, least of all himself! When you see that sparkle in his eye you just know he's scheming up something new.

Just keep it going Ken!

### *Tony Johnson*

Quality Hearing  
Suite 2, 6-8 Hamilton Pl  
Mt Waverley 3149  
Tel: 9830 8511

### Hearing Not What It Used To Be?

As we age, perception of high frequency sounds often worsens. The change is usually so gradual, others often notice a problem before we do. The first indications that hearing may not be what is use to be usually include one or more of the following:

Trouble hearing in groups and background noise

The TV needs to be louder than others prefer

Sometimes saying "yes" when you should be saying "no"

The desire not to address a hearing problem is understandable, but usually not to our advantage. One can find themselves gradually withdrawing from social encounters, without realizing that positive change can be obtained with little effort.

Hearing aids are not what they used to be. Almost all hearing aids today have technical and physical features that didn't exist even a few years ago. Most people with even a mild hearing loss, where hearing in noisy places is their main problem, are today able to hear better with the use of hearing aids. There are many styles and technical features to choose from, with some hearing aids so inconspicuous, it would be hard for others to know they're being worn. On the other end of the spectrum, there are "funky look" hearing aids that are brightly coloured or interestingly shaped and make a fashion statement! .

At Quality Hearing, we would be most happy to test your hearing, and, if you have diminished hearing, show you what your options are. We have had over 50 years combined clinical experience and are able to offer the highest level of professional and ethical service, as we are being very competitive price-wise. We are approved Government hearing service providers, and are accredited to see pensioners and veterans.

Hope to see you soon.

Carolyn Sigmont and Lesley Langdon

Quality Hearing

## ANDY SALTER MEMORIAL RELAY

When - Wednesday, 7th February 2007

Where - Ross Reserve, Memorial Drive, Noble Park

The **Andy Salter Relay** has been a highlight of the Springvale /Noble Park calendar for many years. Also held on the same night is the **Bert Warburton Memorial Walk Relay**.

The Andy Salter Relay is run over a 3.1km road course, with four runners in each team completing one lap of the course. There are two divisions, one for Challenge teams and the other for Fun Run teams.

**Challenge teams** must consist of three men and one woman and the total combined age of the team must be at least 175 years. The winning team will be presented with the "Andy Salter Perpetual Trophy" to hold for 12 months. Members of the first three teams receive trophies.

**Fun Run teams** consist of four runners but there are no age (other than runners being of Masters age) or sex restrictions.

The **Bert Warburton Walk Relay** is over a 2 km course with each walker completing one lap. Teams will consist of three walkers of masters age and can be male, female or mixed.

To give everyone a chance at a trophy all run and walk teams will compete on an estimated time basis. Upon entry, teams nominate an estimated total team time. The teams (one run and one walk) that finishes closest to their estimated time will receive trophies. The first three Challenge teams will be excluded, having already received trophies.

Entry fee is \$8.00 per run team and \$6 per walk team, payable on registration between 6.30 pm and 7.00 pm on the night.

The program for the night is;

7.10 pm 100 metre sprint  
7.15 pm Andy Salter relay/Bert Warburton Relay

There will be a 3km track run after the relay for the truly dedicated, followed by supper and presentations. Come along and have a great night. Enquiries to Alan Bennie on 9547 2978.

### VICTORIAN MASTERS ATHLETIC CLUB INC 2007 SUMMER EVENTS

DATE	EVENT	START TIME	VENUE	MELWAY MAP REF.	CLOSING DATE (By 23rd Feb; late entry on day)
Sun 4th Mar	Pentathlon	12.00pm	CAULFIELD	(69,a9)	{ 2 March }
Sat 17th Mar	Track & Field	11.45am	CAULFIELD	(69,a9)	{ for T & F }
Sun 18th Mar	Track & Field	11.45am	CAULFIELD	(69,a9)	{ and WP events }
Sun 25th Mar	Wt.Pentathlon	10.00am	CAULFIELD	(69,a9)	

#### Provisional Timetable for Track & Field

DAY 1	DUNCAN MacKINNON Saturday 17th March	DAY 2	DUNCAN MacKINNON Sunday 18th March
12.00	3km Walk - Women and M75+	12.00	2/3/400m Hurdles
12.00	Sprint Hurdles	12.20	1500m Walk - Men under 75
12.45	100m Sprints	12.50	800m Runs
1.30	1500m Runs	1.40	1500m Walk - Women, M75+
2.30	100m finals (if req.)	1.50	200m Sprints
2.35	3km Walk - Men under 75	2.40	5km Run All Women
3.15	400m Sprints	3.20	5km run M55+
4.00	2km Steeple - Women and M60+	4.00	200m Finals (If needed)
4.15	3km Steeple - Men under 60	4.05	5km Run M30-54
4.30	400m Finals		
	<b>Saturday 17th March</b>		<b>Sunday 18th March</b>
12.00	Long Jump All Women, M65+ M50-64, M30-49	12.00	Javelin M60/65, M30-59 M70+, W60+, W30-59
12.00	Discus M30-59, W60+ W50/55, W30-49 M60/65, M70+	12.00	Triple Jump M30-59, All women M60+
12.00	Hammer M60/65, W30-54 M70+, M30-59, W55+	12.00	Shot Put M70+, W60+, W30-59 M60/65, M30-59
1.00	High Jump All < 1.20m	12.00	Weight Throw M30-59, M70+, W60+, W30-59 M60/65,
2.00	High Jump All 1.20 - 1.40 m		
3.00	High Jump All >1.40 m	1.00	Pole Vault All competitors < 2.00 m
		2.30	Pole Vault All competitors > 2.00 m

- Field Events are shown in generalised, proposed order of competing.
- Results will be posted on the Club Website as soon as we can.
- Please collect your Program and Age group Numbers when you arrive at the track to compete.

#### CONDITIONS OF ENTRY:

1. You must be a financial member of the club. (If unsure ring Astrid Rose on 9836 2350)
2. Club uniform must be worn. (Navy blue or black shorts. Current singlet)
3. Please supply your own lap scorer for events 3km and longer.
4. Be available to start your event at least 30 minutes before the official start time.

POST ENTRIES TO :- VMA Championships 2007, PO Box 277, Surrey Hills, 3127  
(To arrive no later than March 2<sup>nd</sup> for T & F and WP)

No late entries accepted

## VICTORIAN TECHNICAL SPECIFICATIONS

## VMA Hurdles Specifications

(Collated by RICHARD TREMBATH — Revised October, 2003)

Note: All these specifications are currently not used by WMA or AMA.

Age Group	Race	Height	To 1 <sup>st</sup> Hurdle	Between Hurdles	To Finish	Number Hurdles	Track Markings
<b>Women</b>							
30-39	100m	.840m	13.0m	8.5m	10.5m	10	Yellow
40-44	90m	.762m	13.0m	8.0m	13.0m	9	White
45-49	90m	.762m	13.0m	7.5m	17.0m	9	Nil
50-59	80m	.686m	12.0m	7.0m	19.0m	8	Black
60-69	80m	.600m	12.0m	7.0m	19.0m	8	Black
70+	60m	.600m	13.0m	7.0m	12.0m	6	Black
<b>Men</b>							
30-39	110m	.991m	13.72m	9.14m	14.02m	10	Blue
40-54	100m	.914m	13.0m	8.5m	10.5m	10	Yellow
55-59	90m	.840m	13.0m	8.0m	13.0m	9	White
60-64	90m	.840m	13.0m	7.5m	17.0m	9	Nil
65-74	80m	.762m	12.0m	7.0m	19.0m	8	Black
75 +	60m	.686m	13.0m	7.0m	12.0m	6	Black
<b>IMPLEMENTS</b>							
<b>Women</b>							
30-49	Shot Put	Discus	Hammer	Javelin	Weight		
30-49	4.00kg	1.00kg	4.00kg	600gms	9.08kg(20lbs)		
50-59	3.00kg	1.00kg	3.00kg	500gms	7.26kg(16lbs)		
60-74	3.00kg	1.00kg	3.00kg	400gms	5.45kg(12lbs)		
75+	2.00kg	0.750kg	2.00kg	400gms	4.00kg(8.8lbs)		
<b>Men</b>							
30-49	7.26kg	2.00kg	7.26kg	800gms	15.88kg(35lbs)		
50-59	6.00kg	1.50kg	6.00kg	700gms	11.34kg(25lbs)		
60-69	5.00kg	1.00kg	5.00kg	600gms	9.08kg(20lbs)		
70-79	4.00kg	1.00kg	4.00kg	500gms	7.26kg(16lbs)		
80+	3.00kg	1.00kg	3.00kg	400gms	5.45kg(12lbs)		

AGE	Shot Put	Discus	Hammer	Javelin	Weight
<b>Women</b>					
30-49	4.00kg	1.00kg	4.00kg	600gms	9.08kg(20lbs)
50-59	3.00kg	1.00kg	3.00kg	500gms	7.26kg(16lbs)
60-74	3.00kg	1.00kg	3.00kg	400gms	5.45kg(12lbs)
75+	2.00kg	0.750kg	2.00kg	400gms	4.00kg(8.8lbs)
<b>Men</b>					
30-49	7.26kg	2.00kg	7.26kg	800gms	15.88kg(35lbs)
50-59	6.00kg	1.50kg	6.00kg	700gms	11.34kg(25lbs)
60-69	5.00kg	1.00kg	5.00kg	600gms	9.08kg(20lbs)
70-79	4.00kg	1.00kg	4.00kg	500gms	7.26kg(16lbs)
80+	3.00kg	1.00kg	3.00kg	400gms	5.45kg(12lbs)

STEEPLECHASE - 3000m for M30-59 2000m (.762m) for M60+ and Women

PENTATHLON EVENTS - MEN: - LJ, JAV, 200m, DISCUS, 1500m  
WOMEN: - LJ, JAV, 200m, DISCUS, 800m

WEIGHT PENT. EVENTS - ALL - HAMMER, SHOT, DISCUS, JAVELIN, WEIGHT

*See rules to be applied at VMA Championships - page 27*DONCASTER "BACK TO BACK" IN "NEIGHBOURS NIGHT"  
4 x 200M RELAY AT COBURG VENUE (16/11/06)

The forecast "showers on or south of the ranges contracting to the east later in the day" was encouraging after the previous day's record cold snap. We were grateful for the prevailing chilly but dry conditions for the third annual Neighbours Night featuring the "Barb Dalglish" 4 x 200m Memorial Relay.

Pre-event reports indicated that Doncaster and Collingwood would again be at full strength whilst Coburg would lament the loss of top sprinters, David Woods (overseas) and Gary Hennessy (unavailable). Aberfeldie were unable to meet the criteria (one lady, minimum age to total 180 years) but were represented on the night by Vice President, Tony Bradford, and Noel Maghamez who was drafted into the Coburg No. 3 squad.

The heats gave little indication of the drama to follow with Collingwood No. 1 and Doncaster No.1 coasting home in the quite moderate times of 1.52.18 and 1.57.46 respectively. Doncaster 2, Collingwood 2 and the Dalglish Family No. 2 team also qualified for the final.

As a curtain raiser to the final the All-comers Relay gave some consolation to the Coburg Club with Coburg Harriers Juniors (average age 17) winning in style from Coburg Harriers Seniors in 1.46.07 which was best time of the night. The Dalglish Family Juniors were a respectable third.

The final of the 4 x 200m Relay was an absolute thriller! Doncaster appeared to have the race well in hand until the final quarter, Keith Howden (Collingwood) received the baton facing daylight but powered home in the straight to just fail to overtake the Doncaster No 1 team. Keith's final 200m may well have been the quickest 60+ ever run on the Coburg track.

The result: Barb Dalglish Memorial 4 x 200 Relay

1 <sup>st</sup> Doncaster No 1	1.48.43	Christie Faulks, Phil Rosevear, Matt Scholes, Scott Chamberlain
2 <sup>nd</sup> Collingwood No 1	1.48.48	Carly McGinniskin, Gerard Adrian, John Schuijers, Keith Howden
3 <sup>rd</sup> Doncaster No 2	1.57.47	June Reeves, Graham Walter, Bryan Bottomley, John Browne
4 <sup>th</sup> Dalglish Family No 2	1.58.64	Helen O'Meara, Greg Williams, Paul Dalglish, Adrian Dalglish
5 <sup>th</sup> Collingwood No 2	2.01.44	Carmel Parady, Shane Derby, Michael Horn, Bernie Leddin

Tom Dalglish, on behalf of the Dalglish family, presented Doncaster with the Perpetual Trophy and individual certificates of achievement. He thanked Heather Collyer and members of the Coburg Venue for their contribution to the success of the evening. In acknowledgement, Nev Wilson, Co-Manager Coburg Venue, referred to the strong support given by the Dalglish family through a generous supper donation and in providing three very competitive teams and an enthusiastic cheer squad!

Attendances were excellent with 56 runners (14 teams) in the relays alone and a good night was enjoyed by all.

George Goode, Co-Manager, Coburg Venue

*see pictures page 18*



## Eric Greaves 5km Handicap Series

The running of the 9<sup>th</sup> Eric Greaves memorial handicap series at Springvale was completed on 8<sup>th</sup> November 2006. The series consists of 3 heats with the top 12 qualifiers advancing to the final. It is probably the most keenly contested event on the calendar for the year and invariably runners seem to find an extra yard in the final. This year was no exception.

The out marker Peter Battrick (handicap 0.30) went out solidly but by the half way mark had been passed by his nemesis (and sentimental crowd favourite) Mick Davin (1.20) who was trying to make every post a winner. However it was not to be as middle markers Howard Rees (4.50) and Lou Buccieri (4.20) reined him in with 2 laps to go. At this stage Howard was looking the stronger and so it proved as he went on to win by almost the length of the straight from Lou. Howard becomes the first dual winner of the event having been successful 2 years ago. A close battle was looming for third place with backmarker Chris Murphy (7.40) charging home in pursuit of Ross Martin (4.20) and managing to catch him at the top of the straight. Another backmarker Will Sellick (7.20) ran on strongly for 5<sup>th</sup>, followed closely by Mick Davin. Peter Battrick tired to finish last.

Final results

1 <sup>st</sup> Howard Rees	20.53
2 <sup>nd</sup> Lou Buccieri	21.31
3 <sup>rd</sup> Chris Murphy	18.35 (fastest time)



Chris Murphy, Howard Rees & Lou Buccieri

## Bert Warburton memorial 3km walk handicap

This event is conducted concurrently with and in the same format as the Eric Greaves 5km. Despite there being only a small group of walkers it is a seriously contested event. This year saw the closest finish on record. Out marker Frank Allen (6.20) looked to have the trophy in his keeping at the top of the straight but he began to tire and backmarker Tony Johnson (10.10) was storming home. However he failed by about 10 cm and Frank gained the trophy with a time of 20.19 with Tony 2<sup>nd</sup> in a time of 16.29 (and fastest). Close up in third place was Jim Smith (7.20) in a time of 19.32.



Barb Dalgleish  
Memorial Relay



Peter B Colthup OAM  
8 Pokolbin Court  
Bangholme 3175  
22<sup>nd</sup> November 2006  
9706 5639

Dear Ashley,

Firstly I should like to congratulate everyone who has been involved in keeping "News and Results" magazine going since I left the club so many years ago, not forgetting "Around The Grounds". I can remember running off six hundred copies of eighteen pages or so monthly and enjoying doing it.

Unfortunately some years ago I developed a loss of nerves from my hips to my toes which not only stopped me running but made it difficult to walk without a stick and old age made it difficult to drive at night so I was unable to attend meetings and drive home afterwards.

I have been most grateful to receive copies of the magazines and when I saw the copy of the Victorian Athletic team of 1954 I had to say how much I appreciated being sent a copy. To Lindsay Oxenham and Vicki Thomson, also Dot and Colin Browne for not forgetting me "Thank You Very Much". To the committee who together with all the ground managers, congrats on keeping the "Veterans - Masters" going, I see by the numbers it's still appreciated. Now I'm eighty-five and my devoted wife Marjorie is eighty. We are involved in lawn bowls and both play pennant every week for the Dandenong R.S.L. - Recreation Club - most competitively. One unfortunate thing caused by old age is that we have never been involved by websites so cannot read a lot of news that is published through this medium,

however news still gets to us eventually by word of mouth (telephone).

I would also like to thank Ken Walters, Ted McCoy, Judy Wines and Trevor Jupp who we still occasionally speak to as well as my good friends Ron and Shirley Young who are two of the most marvellous people I know. My only disappointment is that some of the managers don't keep their programs up-to-date. "We do look at them".

If you should print this letter, we live at Willow Lodge and would welcome anyone for a chat; a phone call would ensure we are at home. It's about eight kilometres out of Dandenong on the Dandenong-Frankston Road.

Looking forward to seeing you or hearing from you and wishing you all good health.

*Peter Colthup*

PS If I could get a copy of that photo, I would gladly pay the cost - Thanks

29 Wallabah Street  
Mount Waverley 3149  
18th November 2006

Dear Colin,

The recent Vic Masters News & Results mailed to Reg McRae at the above address has just been received. Would you please remove Reg's name from your mailing list. Sadly I must advise that Reg passed away on 1st November after a lengthy illness.

Reg was a life member of Malvern Harriers, and No. 2 member when Victorian Veterans was formed. Ill health prevented him competing in recent years.

Yours Sincerely

*Annette McRae*

**THE "LIVING LEGENDS RELAY"  
WAS HELD AT CAULFIELD VENUE ON 14 NOVEMBER 2006.  
HERE ARE SOME OF THE DETAILS.**

**The Living Legend chosen for Springvale is Michael Davin.**

Michael joined the Glenhuntly Athletic Club from Glenroy in 1979 and is still an active member, he was a team manager for about 10 years and was also on the general committee as a leader of the left wing faction and served for a time as assistant secretary. He was also club representative on Duncan McKinnon Venue Committee of Management and chaired that for at least two years. Michael has mainly been a distance runner and has run the Marathon with a best time of 2hrs.44 min.

He has been competing in Vets/Masters since around mid 1980s on a regular basis.

At his home venue of Springvale he holds a few venue age records for the walks and also used to do weekly reports for the Dandenong Journal and a Radio report for Southern FM. With the newspaper reports he gave himself free licence to let his imagination run wild, but still gave a true account of what transpired on the night.

In 1998 Michael had a stroke. The stroke left Michael unconscious for almost four days and when he regained consciousness he had all but lost the power of speech, and movement down his right side was restricted to the extent that he had little strength in his right arm. Incredibly he confounded all the pundits by getting back into a regular routine of running. However he was unable to work and for a family man with four children ranging in age from 3 to 16, this was a devastating blow. Still the smile never left his face. Nothing seems to get him down and he has battled on better than anyone could ever have expected.

Within a year of Michael's stroke his wife Karen suffered an aneurysm in the brain. Karen was very lucky to have survived the initial crisis which left her blind for weeks afterwards. During this time no one knew if she would regain her sight, fortunately she did.

As for Michael he is not running as well as he was, but he is certainly one of the most courageous. That he is running at all speaks volumes about his determination. If you look at him and that stupid grin you'd never guess what he has been through. He still has a positive outlook. He will still say giddy to everyone and speak to complete strangers just like he always did. For the rest of us who wonder how we might overcome minor crises in our lives we look at Michael and his cheerful disposition in awe.

For that and for the simple fact that we all like him, Michael really is a Living Legend.

**The Living Legend chosen for Mentone is Ray Kemp**

Some people may think that the Mentone nomination for Living Legend is in truth, a Caulfield legend and this may be so in that he has run here and was at one stage the Distance Handicapper. Nevertheless we believe that there is no reason that a Living Legend cannot transcend more than one venue so I am proud to introduce Mentone's Living Legend, Ray Kemp.

When I turned 65 last year I thought that there may be some soft venue records that I could have a crack at. I consulted the records and found the name of Ray Kemp all over the sheets! In fact Ray holds no less than 28 venue records at Mentone ranging from 3km to 10 km in the age groups M55 - M75. Ray turns 80 next year so we can expect a series of new records!

Ray has been running for some 48 years having been persuaded by a workmate to take part in professional races as a young man and he supplemented his income handsomely through his efforts.

Ray has run 15 marathons and at the age of 55 ran the Big M in 2.54 - not only that, but 3 weeks later he ran the South Melbourne Marathon in 2.57. Ray joined the Vets at the age of 55 and promptly won the 10 mile Championship at Princes Park. Perhaps the highlight of his running career was the 1987 World Games at Melbourne where Ray won a Silver Medal in the 8km Cross Country and then Gold in the Marathon.

At the age of 70 Ray was found to have a heart beat irregularity and was advised by a cardiologist to stop running. That lasted for about four weeks and Ray has run for 9 years since without any problems and hopes to compete for many more years to come.

On a personal note I have always found Ray to be a cheerful competitor and his encouragement to me when I was recovering from injury was greatly appreciated.

We at Mentone are pleased to honour Ray as a Living Legend.

**The Living Legend chosen for Caulfield is Leo Charles.**

We are proud to have Leo Charles as our Living Legend for 2006 who joins our list of Living Legends from the Caulfield venue, these are Andy Smith, Ralph Field and Judy Wines.

Leo first came in contact with the Victorian Veterans Athletic Club at Mentone and then, after a few years, moved over to Caulfield. He was active as a competitor and helper and became Manager in 1994, a position he held for four years. Leo brought in many innovations to the venue. Handicaps became popular in sprints, mid distance and distance. He also brought in the "Supper bin" money system which is still in use.

He was a very popular Manager and has never stopped helping both the Club and Venue with his time and knowledge. Over the last few years he has stepped in and become the starter for many of the events at our Track and Field championships and assisting with the marshalling duties on those days. Each week he still handicaps the sprints and mid distance events, and continues to help out in the kitchen preparing and cleaning up each night.

Leo ran professionally for 25 years and has won races over 70, 100, 130 and 400 metres. He still has a keen interest in the Victorian Athletic League meetings.

We are pleased to acknowledge that Leo has been unselfish in giving his time and knowledge to helping make Caulfield a successful venue. These are attributes which help make the Victorian Masters both a great athletic and social club and group.

Here are the results of the very enjoyable night, followed as always by a delicious supper provided by the Hosts, Caulfield Venue.

**(R) 3 LAPS OUTSIDE TRACK (R) 7-1/2 LAPS TRACK**  
**(W) 5 LAPS WALK (R) 2.5 LAPS TRACK**

**SPRINGVALE OPEN 1<sup>ST</sup>**

Name	Time	Total
R Mark Vellin	12.34	12.34
R Gavin Burren	9.30	22.04
W Tony Doran	11.24	33.28
R Yvonne Webster	3.50	37.18

**MENTONE OPEN 2<sup>ND</sup>**

Name	Time	Total
R Trevor McCann	13.08	13.08
R Sean Conway	11.19	24.27
W David Wilkins	11.55	36.22
R Bronwyn Hanns	3.53	42.03

**CAULFIELD OPEN 3<sup>RD</sup>**

Name	Time	Total
R Sam Defanis	15.40	15.40
R Jeff Boot	11.23	27.03
W Des Middleton	11.00	38.03
R Ged Smith	4.00	42.03

**CAULFIELD OVER 50 1<sup>ST</sup>**

Name	Time	Total
R Jim Berrington	14.13	14.13
R Andrew Edwards	10.49	25.02
W Janet Holmes	11.15	36.17
R Peter Bence	3.31	39.48

**MENTONE OVER 50 3<sup>RD</sup>**

Name	Time	Total
R John Moore	16.46	16.46
R John Kneen	13.34	30.20
W Marlene Gourlay	11.28	41.48
R Ian Cassell	4.15	46.03

**SPRINGVALE OVER 60 2<sup>ND</sup>**

Name	Time	Total
R Theresia Baird	15.49	13.00
R Paul Mullins	13.00	28.49
W Tony Johnson	10.52	39.41
R Juan Perez	4.08	43.49

**SPRINGVALE OVER 50 2<sup>ND</sup>**

Name	Time	Total
R Alan Bennie	14.55	14.55
R Rob Clutterbuck	12.05	27.00
W Celia Johnson	12.32	39.32
R Neil Gray	3.39	43.11

**MENTONE OVER 60 1<sup>ST</sup>**

Name	Time	Total
R Col Waring	15.00	15.00
R Ashley Page	12.57	27.57
W Gwen Steed	11.44	39.41
R Ralph Bennett	3.44	43.25

**CAULFIELD OVER 60 3<sup>RD</sup>**

Name	Time	Total
R Doug Adeney	16.57	16.57
R Ray O'Connor	12.44	29.41
W Ron Bilston	12.29	42.10
R Judy Wines	5.51	48.01

**FUN TEAMS****SPRINGVALE 1<sup>ST</sup>**

Name	Time	Total
R Chris Murphy	14.26	14.26
R Mark Robinson	10.57	25.23
W Mick Davin	14.58	40.21
R Howard Rees	3.59	43.59

**CAULFIELD**

Name	Time	Total
R Terry Stubbs	17.38	17.38
R Janine McKerran	14.58	32.36
W Anne Bilston	15.52	48.28
R Ian Poulton	4.47	53.15

**CAULFIELD**

Name	Time	Total
R Mi Kaoke	18.51	18.51
R Ray Kemp	16.22	35.13
W Robin Wood	12.30	47.43
R Jim Rountree	4.14	51.57

**CAULFIELD**

Name	Time	Total
R Mark Benjamin	19.00	19.00
R Doug Wallace	13.00	32.00
W Robyn Bilston	15.43	47.43
R Cynthia Ellery	5.15	52.58

**CAULFIELD 2<sup>ND</sup>**

Name	Time	Total
R Jon Holmes	19.02	19.02
R Chris Brown	12.14	32.16
W Sandra Middleton	11.22	44.38
R David Sheehan	3.45	48.23

**CAULFIELD**

Name	Time	Total
R Colin Miller	19.23	19.23
R Merle Want	14.58	34.21
W Harlene Hercules	14.38	48.54
R Dom Morina	5.08	54.02

**CAULFIELD**

Name	Time	Total
R Gerald Burke	19.26	19.26
R Pete Battrick	15.58	35.24
W Maureen Binyon	12.48	48.12
R Bill Carr	4.09	52.21

**VERY MIXED TEAM!**

Name	Time	Total
Brian Lynch	19.21	19.21
Jack Gubbins	18.13	37.34
John Zeleznikow	12.32	50.16
Pete Battrick	5.03	55.19

Thank you to all those who came along and participated on the night and listened to these great stories....Judy Wines

**Living Legends**

Mick Davin,  
Ray Kemp &  
Leo Charles

**Springvale Open Team-**

Tony Doran,  
Yvonne Webster,  
Mark Vellin & Gavin Burren

**Caulfield over 50**

Jim Berrington,  
Andrew Edwards,  
Janet Holmes & Peter Bence

**Mentone over 60**

Gwen Steed,  
Ralph Bennett,  
Ashley Page & Col Waring

## NEW RECORDS REPORT

## Change of my Mailing Address: Clyde Riddoch

Please note due to my retirement the address to be used to send me record application forms has changed, and is now: 5/1236 Old Burke Road, Kew East VIC 3102. My phone number is 03 9859 9855, and my new email address is clyderiddoch@msn.com (Please do not use my old work address GPO Box 1777, Melbourne Vic 3001.)

Age	Event	Name	State	Performance	%Std	Date	Location
<b>Pending World Records:</b>							
W95	Weight Pent	Ruth Frith	Qld	7383 pts	-	16-4-06	Canberra
W55	10k Road Walk	Heather Carr	Vic	53:55	93.4%	20-5-06	Middle Park, Vic
M60	10k Road Walk	Andrew Jamieson	Vic	47:17	99.0%	22-7-06	Middle Park, Vic
M60	20k Road Walk	Andrew Jamieson	Vic	96:15	99.7%	30-7-06	Middle Park, Vic
W55	1 Mile	Jeanette Flynn	Qld	5:27.57	92.7%	25-11-06	SAF, Nathan, Qld
<b>Australian Records:</b>							
M30	5k	David Lewis	NSW	14:51.8	87.3%	3-12-89	Randwick, NSW
M30	3k	David Lewis	NSW	8:33.7	85.7%	27-10-90	Randwick, NSW
W30	100m	Melissa Medlicott	NSW	11.55s	91.5%	18-8-00	Sydney
W80	Pentathlon	Phyllis Head	WA	598 pts	-	16-1-01	Bunbury, WA
W75	10k	Shirley Young	Vic	56:59	80.6%	22-5-05	Aberfeldie, Vic
W30	Half Marathon	K Seibold-Crosbie	Vic	77:45	84.6%	4-9-06	Burnley, Vic
W65	Pole Vault	Val Chesterton	ACT	1.50m	58.4%	24-11-05	AIS, ACT
W30	2k Steeple	K Seibold-Crosbie	VIC	7:08.7	84.0%	26-11-05	Murrumbena
M30	Discus	Randal Humich	WA	50.13m	70.5%	4-12-05	Perth
M30	100m	Brett Blanco	WA	10.88s	90.6%	18-12-05	Perth
M40	Shot Put	Stuart Gyngell	NSW	18.46m	92.2%	7-1-06	Homebush, NSW
W60	3k Walk	Sandy Brunner	SA	16:50.23	94.5%	20-1-06	Christchurch
M40	Shot Put	Stuart Gyngell	NSW	18.55m	92.6%	3-2-06	Homebush, NSW
M50	3000m	Keith Bateman	NSW	9:13.21	91.4%	11-3-06	Campbelltown, NSW
M80	10k	Bill Burridge	NSW	53:49.2	78.1%	12-3-06	Blacktown, NSW
M50	Pole Vault	Bruce Arnold	Qld	3.71m	79.8%	8-4-06	Nathan, Qld
M30	Hammer	Stuart Rendell	NSW	77.53m	93.1%	24-3-06	MCG, Melbourne
M55	100lb Weight	Bob Banens	ACT	3.34m	-	25-3-06	Turner, ACT
M80	100lb Weight	Ewen Drummond	ACT	1.39m	-	25-3-06	Turner, ACT
W40	100lb Weight	Jayne Hardy	ACT	2.23m	-	25-3-06	Turner, ACT
M80	5k	Bill Burridge	NSW	24:33.46	82.7%	2-4-06	Bass Hill, NSW
W60	56lb Weight	Raylea Rudov	ACT	3.13m	-	28-4-06	Turner, ACT
M30	1 Mile	Brendan Whelan	Qld	4:29.48	83.3%	5-5-06	St Lucia, Qld
W55	20k Road Walk	Heather Carr	Vic	1:55:39	92.3%	2-7-06	Middle Park, Vic

M30	Marathon	Brendan Whelan	Qld	3:00:48	70.2%	2-7-06	Gold Coast, Qld
M60	30k Road Walk	George White	SA	2:56:52	84.4%	9-7-06	Victoria Park, SA
M30	Marathon	Brendan Whelan	Qld	3:00:41	70.1%	6-8-06	Townsville, Qld
W65	20k Road Walk	Marlaine Stanway	Vic	2:29:25	78.5%	19-8-06	Middle Park, Vic
W55	20k Road Walk	Heather Carr	Vic	1:54:17	94.3%	19-8-06	Middle Park, Vic
W65	50k Road Walk	Val Chesterton	ACT	7:07:53	84.9%	9-9-06	Canberra
M55	100lb Weight	Bob Banens	ACT	3.36m	-	23-9-06	Canberra
W60	56lb Weight	Raylea Rudov	ACT	3.22m	-	28-10-06	Canberra
W65	56lb Weight	Jan Banens	ACT	2.57m	-	28-10-06	Canberra
M30	400m Hurdles	Cameron Yorke	WA	55.46s	84.3%	29-10-06	Perth
W95	Hammer (2kg)	Ruth Frith	Qld	13.71m	-	2-11-06	Canberra
W95	Weight Throw	Ruth Frith	Qld	5.58m	93.0%	2-11-06	Canberra
M50	Weight Throw	Bob Wagner	Qld	19.77m	87.6%	4-11-06	Southport, Qld
W70	4 x 100 Relay	Anne Young	ACT	83.45s	-	16-11-06	Canberra
		Consie Larmour	ACT				
		Alison Ide	ACT				
		Cory Collins	ACT				
W40	4 x 800 Relay	Annette Sugden	ACT	11:50.01	-	20-11-06	Canberra
		Bernice Matthews	ACT				
		Gabrielle Brown	ACT				
		Charlie McCormack	ACT				
M30	4 x 800 Relay	Brad Osborn	ACT	12:29.52	-	20-11-06	Canberra
		Robert Gerrard	ACT				
		Simon Carmichael	ACT				
		Craig Edwards	ACT				
M50	4 x 800 Relay	Peter Hawes	Qld	9:14.4	-	20-11-06	Nathan, Qld
		Bruce Bodsworth	Qld				
		Bob Grayson	Qld				
		Terry Dauphinet	Qld				
W50	4 x 1500 Relay	Fay McNeill	Qld	23:24.5	-	20-11-06	Nathan, Qld
		Jeanette Flynn	Qld				
		Betty Menzies	Qld				
		Jean Hampson	Qld				
W95	Shot Put (2kg)	Ruth Frith	Qld	5.25m	-	20-11-06	Nathan, Qld
M85	3k	Peter Kennedy	WA	28:17.5	47.0%	21-11-06	Perth
M30	1 Mile	Brendan Whelan	Qld	4:25.25	84.6%	25-11-06	Nathan, Qld
M60	50k Road Walk	Andrew Jamieson	Vic	4:27:40	99.9%	2-12-06	Geelong
W70	4 x 400m	Cory Collins	ACT	7:00.77	-	7-12-06	Canberra
		Alison Ide	ACT				
		Consie Larmour	ACT				
		Anne Young	ACT				

## Australian Indoor Records:

M55 200m	Peter Crombie	NSW 25.30s	93.4%	Mar2004	Sindelfingen, Germany
M55 400m	Peter Crombie	NSW 57.04s	92.4%	Mar2004	Sindelfingen, Germany
W45 Long Jump	Marie Kay	NSW 5.41m	89.3%	15-3-06	Linz, Austria
M60 200m	Peter Crombie	NSW 25.59s	94.5%	16-3-06	Linz, Austria
M60 60m	Peter Crombie	NSW 7.98s	96.1%	17-3-06	Linz, Austria
W45 Pentathlon	Marie Kay	NSW 4350 pts	-	18-3-06	Linz, Austria
W45 60m Hurdles	Marie Kay	NSW 9.43s	92.4%	18-3-06	Linz, Austria
W45 Shot Put	Marie Kay	NSW 10.02m	57.3%	18-3-06	Linz, Austria
W45 High Jump	Marie Kay	NSW 1.51m	88.3%	18-3-06	Linz, Austria
W45 800m	Marie Kay	NSW 2:39.79	79.3%	18-3-06	Linz, Austria
W45 400m	Marie Kay	NSW 59.16s	90.7%	20-3-06	Linz, Austria
M60 400m	Peter Crombie	NSW 58.38s	92.7%	20-3-06	Linz, Austria
M60 400m	Peter Crombie	NSW 57.62s	93.1%	26-3-06	Boston, USA

## Victorian Records:

W30 Mile	Kate Seibold-Crosbie	5:00.49	82.9%	29-9-05	Olympic Park, Vic
W55 Shot Put	Chris Schultz	11.39m	74.2%	20-1-06	Christchurch
W55 Discus	Chris Schultz	33.54m	69.4%	21-1-06	Christchurch
W30 1500m	K Seibold-Crosbie	4:25.11	86.9%	26-1-06	Canberra
M60 4 x 100m Relay	Graham Stockdale Richard Trembath Ross Kent Bob Wishart	54.5s	-	28-2-06	Murrumbeena
W65 4 x 100m Relay	Marlaine Stanway Marg Beaumont Pam Mews Jan Morrey	88.7s	-	28-2-06	Murrumbeena
M60 4 x 400m Relay	Bob Wishart Graham Stockdale Ross Kent Richard Trembath	4:17.2	-	28-2-06	Murrumbeena
W30 3k	Kate Seibold-Crosbie	9:45.60	85.0%	9-3-06	Olympic Park
W55 2k Steeple	Kathy Heagney	8:55.70	86.4%	16-4-06	Canberra
W60 200m	June Reeves	30.38s	89.5%	16-4-06	Canberra
M55 4 x 800m Relay	Len Hallett Bernie Leddin John Pocock Jim Hopkins	11:59.1	-	18-7-06	Collingwood
M45 4 x 800m Relay	Gerard Adrien John Schuijers Shane Derby Ron Scholes	9:54.3	-	18-7-06	Collingwood

M50 Half Marathon	Phil Bowes	73:31	89.7%	3-9-06	Burnley
W50 3k	Bronwen Cardy	11:04.9	89.6%	11-11-06	Frankston
W30 5k	Kate Seibold-Crosbie	16:48.36	85.7%	19-11-06	East Burwood
M30 Pole Vault	Steven Polizzi	4.00m	65.0%	2-12-06	Aberfeldie

Clyde Riddoch

VMA & AMA Records Officer

5/1236 Old Burke Road, Kew East VIC 3102

Telephone: 03 9859 9855 (H), Mobile 0439 902 907,

Email: clyderiddoch@msn.com

## RULES TO BE APPLIED AT VMA CHAMPIONSHIPS

The following Rules will be implemented at the VMA T & F Championships for 2007.

1. All walks will be conducted under the current IAAF unless otherwise modified by the WMA Board.
2. The "Trial Hurdles" will continue to be used at VMA Champs for 2007.
3. The WMA rules applying to hurdles and Steeplechase races shall be enforced.

These are reproduced to below so that all competitors are fully aware of the rules. If not performing the event as detailed a competitor will be disqualified.

### Rule 9 (2) Hurdles:

*Competitors must hurdle with a continuous motion thus ensuring that both feet must be off the ground for at least an instant.*

### Rule 10 (3) Steeplechase:

*Competitors may hurdle or vault the barriers or step on the top rail in continuous motion but may not climb them. The hands or feet may touch only the top surface of the barrier and no other part of the body may touch any part of the barriers.*

## ENTRY FORM

**THE LANDY TROPHY**

- Sponsored by: City of Manningham
- Stuart Broadley & Associates
- JNJ Electrics
- Qualitops, Collingwood
- AXA Financial Planning
- Silverglo Australia
- Runners' World
- Andrew's Shoes
- Melican Thain Accountants
- Sebel Heritage, Yarra Glen

Rieschiecks Reserve (Melway: 33, J11)

**DONCASTER, February 19, 2007**

(All entrants for THE LANDY TROPHY contest 200m AND 1000m heats. 'A' & 'B' finals)

Name (PRINT): \_\_\_\_\_ Age (on Feb. 19) \_\_\_\_\_

T-Shirt size: **SMALL - MEDIUM - LARGE\***

\* Delete whichever is not applicable

**I understand and acknowledge that, for THE LANDY TROPHY:**

- § The number of contestants will be limited to 64, plus 8 emergencies.
- § Sixteen runners selected by the organisers will be seeded, with the remainder of the draw being done by random ballot.
- § Entries, on a 'first in' basis, *must* be accompanied by the entry fee of \$10.
- § **ENTRIES CLOSE** with the last mail delivery on **Monday, February 5, 2007**. On no account will late entries be accepted FOR ANY EVENT.
- § Entries for ALL EVENTS may be posted to Landy Entries, C/o P.O. Box 271, ROSANNA, 3084, to arrive by Monday, February 5 or may be lodged with any VMA venue manager no later than Friday, February 2, 2007.
- § All runners *must* run in T-shirt/singlet tops supplied by the organisers.
- § Please enclose career history/highlights (see reverse side) for form guide.

*I hereby declare that I am in good health and will be properly conditioned to actively participate in events at THE LANDY TROPHY meeting at the Doncaster venue of the Victorian Masters' Athletic Club Inc. on February 19, 2007. I absolutely relieve the said club and organisers of any responsibility for any injury or personal damage I may sustain in the course of competing in events organised by that branch of the VMACI. I further agree to be bound by all conditions set down by the organisers.*

**I enclose my entry fee of \$10** (cheques payable to 'VMA Doncaster').  
(Fees for eliminated entrants will be refunded.)

SIGNED: \_\_\_\_\_ PHONE: \_\_\_\_\_

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

e-mail: \_\_\_\_\_

VMA venue affiliation (if any): \_\_\_\_\_

OFFICE USE ONLY:

NUMBER                      COLOUR                      200 HEAT                      1000 HEAT

**THE LANDY TROPHY**

to be run in conjunction with

**THE LANDY SHIELD (Inter-venue event, no entry required)**

**THE MANNINGHAM MILE and THE DONCASTER DASH**

Rieschiecks Reserve, Doncaster, February 19, 2007

(Open to members of all clubs affiliated with Australian Masters' Athletics)

**HANDICAPS**

(Calculated according to the Age-Graded Percentage scale)

AGE	200 Run		1000 Run		400 Run	
	M	W	M	W	M	W
30		12		70		27
35	Scratch	19	Scratch	106	Scratch	41
40	7	26	35	142	13	55
45	14	33	70	178	26	68
50	21	40	106	216	40	82
55	27	46	144	254	54	97
60	33	53	183	295	69	112
65	40	60	225	337	85	128
70	48	69	271	383	102	146
75	57	77	321	433	121	165
80	66	87	376	487	142	186

**CAREER HIGHLIGHTS** (for inclusion in program form guide)

*Please include athletics history, titles, records, PBs, performances of note and representation etc. at school, club, State and international levels:*

NAME: \_\_\_\_\_

HISTORY: \_\_\_\_\_

TITLES: \_\_\_\_\_

RECORDS, PBs: \_\_\_\_\_

REPRESENTATION: \_\_\_\_\_

## Entries due for new-look Landy Trophy

Victoria's top Masters' Athletics feature event The Landy Trophy has a new major sponsor in AXA Financial Planning in conjunction with Stuart Broadley Financial Advisers of Heidelberg.

Entries close on February 5 for what promises to be the event's best running yet.

The night will take on a new look this year, with the introduction of The Landy Shield, a handsome trophy for inter-venue competition. The shield, a perpetual trophy, will go to the venue whose top three performers accumulate the highest points tally in the competition.

The Landy Trophy, to be contested at Doncaster on Monday evening, February 19, is conducted from age-graded handicap marks which make allowance for age and gender. Each participant runs both a 200 metre heat and a 1000 metre heat, with the top eight points scorers going into the final and the next eight into the consolation final.

It will not be necessary for venues to enter teams for The Landy Shield section of the competition but the top three points scorers from any venue will be deemed to be that venue's team. This means a venue may have any number of entrants, but only the top three at the end of the night will count.

Entry forms should be available from Venue Managers or may be downloaded from the Doncaster's website, [mastersathleticsdoncaster.org.au](http://mastersathleticsdoncaster.org.au), or the VMA website. The entry fee is unchanged at \$10, which includes supper and a high-quality souvenir program. Programs will be available to non-competitors for \$5, which will also include supper.

Doncaster officials are hoping the introduction of the inter-venue competition will stimulate further interest in the night, which has become one of the highlights of the Masters' Athletics year since its introduction in 2000.

The program will again feature two top class supporting events in The Manningham Mile, for open-class athletes, and the Doncaster Dash, for members of Doncaster Little Athletics.

Presentations this year will be made by the event's official patron, athletics icon and former Governor of Victoria, John Landy, in whose honour the event is named.

The Landy Trophy always draws a quality field, but it is interesting to note that in recent years The Landy Shield would not have been won by the venue represented by the individual winner.

Thus a new era comes to Landy night, and one which should provide a worthwhile challenge for every VMA venue.

## AUSTRALIAN MASTERS ATHLETICS INC

2007 WORLD MASTERS ATHLETICS CHAMPIONSHIPS

RICCIONE, ITALY 4-15 September 2007

[www.riccione.wma2007.org](http://www.riccione.wma2007.org), email: [info@riccione.wma2007.org](mailto:info@riccione.wma2007.org)

### VERIFICATION OF ENTRIES FOR INTERNATIONAL COMPETITION

Entry for the 2007 World Masters Athletics championships is by postal mail only, on-line entries are not being accepted for this event. Entry forms can be downloaded from the Riccione website under Technical Information/Rules. You are reminded that your entry must first be validated by AMA who will then forward it to the WMA local organizing committee. Documents required with the completed official entry form must include proof of age (ie a photocopy of the athlete's birth certificate or passport). These are to be forwarded to Colin Browne, AMA Entries Clerk, together with the required AMA fee.

To assist processing, please also complete the attached athlete information form and include details of a contact at home for use by the team manager/s in case of emergency. Entrants must be financial members of a State/Territory masters/veterans club. AMA will verify this information.

**AMA Administration Fee:** In addition to the WMA entry costs, Australian Masters Athletics charges an administration fee of **\$35.00** for each entrant to cover the costs of sending a Team Manager and other incidentals such as bank charges, postage and phone calls relating to entry verification. As AMA asks you to submit your entry fees for Riccione in Australian dollars, this amount of **\$35** may be included in the one cheque or money order. Credit card payment is not available as AMA has no credit card facility. See the accompanying note about calculation of Euros to AU\$.

**CLOSE OF ENTRIES IN AUSTRALIA: 30 April 2007.** Your entry documentation should reach: **Colin Browne, AMA Entries Clerk**  
**4 Victory Street, Mitcham VIC 3132**

no later than **30 April 2007** (preferably before) to allow validation processing prior to close of entries in Riccione on 31 May 2007.

**TRAVEL AND ACCOMMODATION:** travel packages for the 2007 WMA Championships 4-15 September 2007 in Italy are now being offered by two companies. Roy Skuse of Online Sports Tours, New Zealand (email: [roy@netfares.co.nz](mailto:roy@netfares.co.nz), ph: +64-6-868 7700) is offering packages with a tour to Turkey and Brian Travers of Sydney-based International Sports Tours Pty Limited (IST) (email: [brian@sportstours.com.au](mailto:brian@sportstours.com.au), ph 02 9922 6166) has a package with a tour of Italy.

**AUSTRALIAN UNIFORMS:** It should be noted that when competing in an international event it is **compulsory** for competitors to wear the uniform of their country and that for Australian competitors, only the current or immediate previous design will be recognized as the required uniform.

Australian uniforms can be viewed via the Queensland Masters Athletics website at [www.mastersathletics.com.au](http://www.mastersathletics.com.au), or can be purchased by contacting uniform coordinator Hazel McDonnell, 13 Sevenoaks Street, Alexandra Hills, Qld 4161, (ph: 07 3206 3243 (h), 0408 172 283 (M), email: [hazelmcd@bigpond.com](mailto:hazelmcd@bigpond.com) )

**RELAY TEAMS:** To assist selection, please indicate your interest in competing in the relay teams on the attached information form. Relay teams will be chosen with the national interest in mind and selection criteria is available on the AMA website or from your club secretary.

**TEAM MANAGERS:** The number of Australian entries for the World Masters Athletics Championships at Riccione will determine the number of team managers appointed to coordinate teams, manage athletic activities, handle issues such as protests and attend daily briefing meetings. A Team Manager may compete in several events on the understanding that their participation does not impact on managerial duties. The administration fees paid by athletes together with additional AMA funds provide a level of reimbursement of travel and accommodation costs of the Team Manager/s.

*Expressions of interest in this position should reach Hazel McDonnell, Secretary AMA Inc, 13 Sevenoaks Street, Alexandra Hills, Qld 4161, (ph: 07 3206 3243 (h), 0408 172 283 (M), email: [hazelmcd@bigpond.com](mailto:hazelmcd@bigpond.com) ) by 31 March 2007. Applicants should provide a brief summary of their qualifications and experience.*

#### PAYMENT OF ENTRY FEES

Australian Masters Athletics and all other competing countries are required to submit hard copy entries verified by the National Association together with a bulk payment.

Intending competitors are asked to forward just ONE payment in Australian dollars (AUD) to AMA to cover all fees required. AMA will then forward a bulk bank draft in Euros to cover all entries. To cover the additional expenses involved AMA will require an administration fee of \$35 per entrant.

#### Calculation of entry costs

To convert your entry cost to AUD use the factor of 1.75 times the entry fee in Euros. Another way to check this calculation is to multiply the Euros by 7 and divide by 4.

To the total entry fee add the AMA administration fee of \$35.00 to cover costs for team officials and administration expenses.

<i>Example:</i>	an entry fee of 150 euros, times 1.75 is	\$262.50
	Plus AMA administration fee	\$35.00
	Total AUD	\$297.50

Please make cheques or money orders payable to **Australian Masters Athletics Inc.** (not WMA)

Credit card payment is NOT available as AMA has no credit card facility.

**OFFICIAL CLOSE OF ENTRIES: 31 May 2007**

Your entry form, validation documentation and a cheque or money order for the total fee should therefore reach

**Colin Browne,  
AMA Entries Clerk  
4 Victory Street  
Mitcham Vic 3132**

no later than **30 April 2007**, (preferably earlier) to allow validation processing.

#### REMINDER: WMA ANTI-DOPING REQUIREMENTS

Athletes are reminded that WMA observes strictly the IAAF Anti-Doping Rules. This means that a medical certificate explaining the use by an athlete of a prohibited substance, even for sound medical reasons, will not avail in the event of an athlete testing positive to a prohibited substance. The only exception is if the athlete is in possession of a Therapeutic Use Certificate ("TUE") issued to him/her either by the WMA Medical Officer or the assigned body provided for in IAAF Rule 34(5).

For athletes wishing to apply to the WMA Medical Officer for a TUE, written applications are to be submitted to:

**Dr. KARRI WICHMANN**  
Ritarikatu 7, FIN-00170 Helsinki, Finland  
Fax: (358) 9 621 337  
E-mail: [karri.wichmann@netlife.fi](mailto:karri.wichmann@netlife.fi)

All such applications are to be fully supported by medical documentation setting out the existing medical condition/s and the need for the use of the prohibited substance. The provisions of IAAF Rule 34(5) must be followed irrespective of to whomsoever the athlete submits the TUE application.

**Hazel McDonnell**  
Secretary, AMA Inc  
13 Sevenoaks Street, Alexandra Hills, Qld 4161,  
Phone (H): 07 3206 3243 (M): 0408 172 283  
email: [hazelmcd@bigpond.com](mailto:hazelmcd@bigpond.com)



2007 WORLD MASTERS ATHLETICS CHAMPIONSHIPS  
 RICCIONE, Italy, 4-15 September 2007

ATHLETE INFORMATION, CONTACTS AND RELAY NOMINATION FORM

Please complete and forward to:

**Colin Browne, AMA Entries Clerk**  
 4 Victory Street, Mitcham Vic 3132

1. Entry form with cheque, payable to Australian Masters Athletics Inc for Euro costs converted to AUD.
2. Proof of age.
3. Include in the cheque or money order **\$35.00** AUD (for AMA administration fee)
4. This athlete's information form.

PERSONAL DETAILS (Please print)

Surname: \_\_\_\_\_

Preferred first name: \_\_\_\_\_

Sex (M/F) \_\_\_\_\_ Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

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

State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Contact number (H) ( \_\_ ) \_\_\_\_\_ (M) \_\_\_\_\_

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

Registered with which State/Territory Masters/Veterans club: \_\_\_\_\_

Emergency contact number ( \_\_\_\_\_ ) \_\_\_\_\_

Emergency contact name: \_\_\_\_\_

Relay Team Interest: 4 x 100m Yes/No  
 4 x 400m Yes/No

Competitor's Signature \_\_\_\_\_ Date: \_\_\_\_\_

AUSTRALIAN MASTERS ATHLETICS

AMA NATIONAL TRACK & FIELD CHAMPIONSHIPS

RELAY SELECTION CRITERIA AND PROCEDURES

Background

Relays conducted at the end of the program during the AMA National Championships provide an opportunity for state clubs to compete against each other. They also provide an opportunity to medal for runners who otherwise might not do so as an individual thereby achieving additional success for their state.

New age bands were endorsed at the AMA annual general meeting, August 2006.

The **AMA Championship Manual** adopted by the AMA Council states:

Relays

4 x 100m and 4 x 400m relays will be conducted with the age groups being 120+, 160+ and 200+ for women and 120+, 170+ and 220+ for men. Teams must be state based and entries close two hours prior to the advertised start time with the Competition Manager.

SELECTION CRITERIA

- Age groups shall be determined by adding together the **age group** of each athlete nominated, not their actual age.
- Women can only compete with women and men with men.
- Only **ONE** team per state can enter a relay and receive medals.
- All teams, indicating team members and up to two (2) reserves must be nominated by an approved official and submitted to the Competition Manager at least 2 hours before the nominated event.
- If sufficient lanes are available and at the discretion of the Competition Manager, composite or second state teams can be made up from those runners who were not initially selected by their own state. These teams will not qualify for medals.
- Athletes can be nominated for more than one (1) age division but can only compete in one age division.
- A team can only race with the athletes nominated on their final entry form.
- Nominated runners can run in any order, not necessarily in the order shown on the entry form.
- To be valid the correct entry fee shall be paid when the entry is lodged.

Revised August 2006