

What's On

July	
15 th	10k Road - Eric Greaves Memorial - Braeside Park with VCCL - 10am
August	
12 th	10 miles - Princes Park with VCCL - 10am
12 th	Weight Pentathlon - Duncan McKinnon Reserve - 12pm
14 th	5k Track Trial Walk - Croydon - 8pm
18 th	6k Women Cross Country & 8k Men Cross Country - Yarra Bend Park with AV - Time TBA
Cancelled	Track & Field meet - pre Riccione
September	
4 th - 15 th	17th VMA World Stadia Championship - Riccione Italy
9 th	Half Marathon - Yarra Boulevard with AV - 8am
October	
7 th	Melbourne Marathon & associated runs. 9864 1138 kphillips@imgworld.com
November	
16 th	Dinner Dance 2007 - Hawthorn Receptions, 555 Glenferrie Road, Hawthorn

Reference Websites

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Victorian Masters Athletics
VMA "Around the Grounds"
Athletics Victoria
Victorian Athletic League (Pros)
Victorian Race Walking Club
Athletics Australia
International Ass. of Aths Federation
Australian T&F Coaches Assn
Int. Marathons & Road Races
Aust. Ultra Runners' Assn
Best Australian Runners Site
Aust Mountain Running Association
Australia's Runner's World
ACT Cross Country Club
ACT Vets website
Australian Masters Athletics Inc.
Qld Masters Athletics Association
Sth Australia Masters Athletics
WA Masters Athletics Club
Alice Springs Masters Games
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
2007 National Championships
2007 World Championships

News and Results

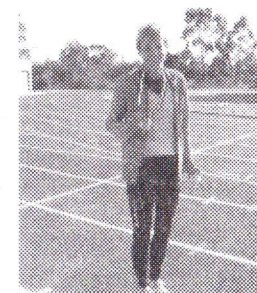
Victorian Masters Athletics Inc.

July 2007

The D & C Browne Shield and Individual Winter Season Competition 2007

Results From 10 KM Track Run at Collingwood 20 May

The first of the winter season events was held at Collingwood venue today and whilst there were 29 starters which was an improvement on last year it is still well short of what it could be given the number of distance runners in the club. Despite the numbers there were a few mighty performances with the highlight being a new World Record to Theresia Baird in the W65 section with a time of 42.07.02. This smashes the existing record by 90 seconds and gave her an amazing 101.17 age graded percentage rating. Another fantastic effort was by Bronwen Cardy whose time of 38.04.25 gave her an age graded % of 96.21 and broke Jean Albury's 22 year old Australian Record by 36 secs. In the men's section there were many performances of 80%+ and the individual competition will be very closely contested with victory likely to go to whoever can complete all events at a consistently high standard. In the inter venue competition Knox has a narrow lead over Croydon with Collingwood close at hand. There is still plenty of time for other venues to figure in the result but it is very important that a venue has 3 finishers in every event, so the distance runners at a venue make sure that your venue manager helps you get a team together for every race on our calendar.



Theresia Baird W65
Pending World Record
42:07.02

Below are the progressive results for the individual and inter venue competitions.

The D&C Browne Inter Venue Shield as at 20 May 2007

VENUE	SCORES	AGGREGATE	CUMULATIVE	PLACE
Knox	77.20, 83.93, 83.07	244.2	244.2	1
Croydon	96.21, 74.13, 70.50	240.84	240.84	2
Collingwood	65.86, 83.25, 80.07	229.18	229.18	3
East Burwood	78.24, 70.85	149.09	149.09	4
Aberfeldie	73.59, 72.57	146.16	146.16	5
Springvale	101.17	101.17	101.17	6
Caulfield	77.57	77.57	77.57	7
Coburg	74.03	74.03	74.03	8



Bill Page Aberfeldie
Bob Lewis East Burwood
After a tight finish in the M75 10k
3 seconds between Bill & Bob

See results page 33

Victorian Masters Athletics Inc.

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UPDATED CONSTITUTION

In February this year a Special General Meeting was held and the constitution of the club was amended in a number of areas. Copies of the amended constitution have been posted on our website as well as being sent to all venues. If any member would like their own copy please contact Alan Lucas on 9758 9345 mail 29 McIver St, Ferntree Gully Vic 3156 or email lucasar2004@yahoo.com.au and he will send one to you.

WE ARE LOOKING FOR IDEAS

The club has been accumulating substantial surpluses in recent years and is quite well placed in regards to its stock of equipment. We are calling for ideas on how best to use these funds for the betterment of the club. The idea of wild parties and overseas trips for committee members has already been rejected!! Seriously though if you have ideas that you think would benefit the club please discuss them with a committee member.

As all of the committee members are already doing a lot of work for the club the workload involved in your idea is a major factor and you should have plans of how this idea would be implemented when presenting it. On the subject of committee members once again we failed to fill all positions at the AGM and if you would like to join the committee please discuss this with one of the current committee to find out more."

Regards

Alan Lucas

VICTORIAN MASTERS ATHLETICS

Dinner Dance 2007

Date: Friday 16th November 2007

Where: HAWTHORN RECEPTIONS
555 Glenferrie Road
Hawthorn (Near Riversdale Road)

Cost: \$50.00 per head.
All monies to be paid by Friday 9 November

Drinks: BYO or Drinks at Bar prices

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

David Sheehan - Ph 9725 5801

Hobart Board Meeting Extract

Appointments: 2007 WMA Championships, Riccione

Harry Giles and Judy Cooper (Qld) were appointed Team Managers and Bruce Farlow (Qld) appointed as Team Massage Therapist. Wilma Perkins and Peter Crombie were appointed Team Relay Selectors. Once entries have been finalised, Judy and Harry will provide competitors with their contact details and other relevant information prior to departure for Riccione.

On-line Entries

NSWMA will trial use of on-line entries for the 2008 AMA national championships to be held in Blacktown 21-24 March.

WMA 2008 Indoors Championships - Clermont-Ferrant, France

Interested athletes should note that the date has now been changed and the meet will be held from 17-22 March 2008.

AMA "Asics" Awards

Announcement of the winners of the AMA "Asics" Awards for outstanding athletic performances achieved in the previous year (2006) were again a highlight of the annual Championships Dinner Dance. Finalists for each of the eleven categories are nominated by each state or territory.

The judging criteria for these awards included consideration of all outstanding performances, not necessarily winning performances. Masters competition throughout the 2006 season included participation in the Athletics Australia Telstra A Series, AMA National Championships in Canberra, WMA Indoor Championships in Linz, Austria as well as State Masters Championships, the AMA Marathon, Winter Throws and Multi Events Championships and the various club competitions.

Eleven areas of performance excellence were again recognized and the 2007 award winners were:

Sprints/Hurdles Wales	Peter Crombie	M60	New South
Middle Distance/Steeplechase Distance	Norm Pearce	M80	Queensland
Walks	Theresia Baird	W65	Victoria
Jumps	Andrew Jamieson	M60	Victoria
Throws	Irie Hill	W35	Victoria
Wales	Stuart Gingell	M40	New South
Multi Events/Relays	Julie Brims	W40	Queensland
Most Outstanding Individual Performance	Robin White	M60	ACT
Most Outstanding Male Athlete	Hugh Coogan	M70	Queensland
Most Outstanding Female Athlete	Marie Kay	W45	Queensland
Administrator/Official of the Year	Frank Rogers		South Australia

Congratulations to all.

Brief write up on the Victorian Athletes

Our recipients for this award do not travel to many Championship events, preferring to compete on their local scene. Thus they have a low profile nationally but are well known in their own state.

DISTANCE

In June our recipient competed in an inter-venue event where she won the age graded trophy with a 94.5% for the 5 km event. At the time our recipient was at the very end of her age group. One month later she ran a 93.25% for the 10km road race, again at an inter-venue competition. At the Australian Masters Games in Alice Springs, our recipient won the 800m, 1500m, 3000m, mile and the 10km road race. The 10km was the final event with a field of 54, and our recipient was the first female home, regardless of age group and disregarding that she was giving away up to 30-35 years on younger athletes. I should also add that our recipient set a pending world record on entering their new age group of W65 when she recorded a time of 20:57.4 for the 5 km.

Congratulations: W65 Theresia Baird Victoria

WALKS

Once again the walks award is one of the toughest categories to win. Three of our members managed to set six World Records during 2006. However, our recipient established four of these records. These were in the 5km and 20km walks and twice in the 10km. However, his best achievement was probably the walk on the very difficult 50km Geelong course. Whilst Nathan Deakes was setting his much heralded World Record, our recipient was walking a 99.9% age graded effort which converts to a time only a minute or so outside Nathan's time.

Congratulations: M60 Andrew Jamieson Victoria

JUMPS

Our recipient has put together some outstanding performances in her specialty event. Age graded performances of 105.6% and 106.1% saw her 2cm short of the current world record. Our recipient was overlooked by British Athletics for the Commonwealth Games Team in Melbourne even though she competed in the UK and Europe and performed better than the selected girls. Perhaps this was because our recipient is 38 and lives in Australia. But we will not overlook her outstanding performances.

Congratulations: W35 Irie Hill Victoria

VMA Winter Events 2007

Sunday 15th July	10am	10k Road Eric Greaves Memorial	Braeside Park with VCCL
Sunday 12th August	10am 12pm	10 miles Weight Pentathlon	Princes Park with VCCL Duncan McKinnon Reserve
Saturday 18th August	tba	6k Women Cross Country 8k Men Cross Country	Yarra Bend Park with AV
Sunday 9th September	8am	Half Marathon	Yarra Boulevard with AV
Lavinia Petrie 9728 3929			

FRIENDLY AND EFFICIENT HOBART NATIONALS

(Report by Bryan Thomas ACTVAC).

Many visiting athletes, especially those at the last national championships held in Hobart and indeed the local organising committee, were concerned that cold and/or wet conditions might be a problem for these 35th Telstra AMA Championships. However, the weather throughout Easter could not have been better with daily temperatures ranging from 17 to 24 degrees and sun-cream more likely to be needed than jackets.

This was the fourth occasion Tasmania has hosted our Australian Championships, the first being in 1985, then 1992 and the third was the infamously cold and windy carnival in 2000. All three previous championships were characterised by being efficiently conducted by friendly officials and volunteers and this Easter the Tasmanian Masters Athletics club further enhanced their deserved reputation. The many junior athletes clad in bright yellow T/shirts doing all sorts of tasks were greatly appreciated by competitors. Hopefully they enjoyed the experience and were inspired by observing the outstanding efforts of athletes many decades older than themselves. Two other aspects of these championships won widespread approval; they were the efficient medal presentations that immediately followed the completion of every event and the absence of a call room.

Not only was Hobart blessed with beautiful warm autumn weather and efficient and friendly personnel but organisers also had the use of excellent venues. The Domain Athletic Centre located on top of a hill above the Botanical Gardens and city with Mt Wellington dominating the background makes this track and field venue one of the most picturesque in the country. The Centre was also the venue for the AMA Board Meeting prior to competition and the Coaches' and Athletes' Forums. The 8km cross-country held in the area surrounding the stadium was popular with runners, many of whom commented after the race that the course was a little easier than they had imagined but a good test for off-track running. The 10km and 20km road walks were conducted on an almost level stretch of smooth traffic free road through the middle of Kempton, an attractive little village about 45km NW of Hobart. The Dinner-Dance and Awards Evening is always a highlight and the Tasmanian LOC again organised an excellent social occasion - this time in the ballroom of the Hotel Grand Chancellor overlooking Constitution Dock.

The LOC were thrilled that 431 competitors, almost a hundred more than in 2000 and only about sixty less than in Canberra last year, entered the championships. Victoria had the largest contingent with exactly 100 athletes, followed by the hosts with 96, NSW 92, Queensland 61, ACT 30, WA and SA 26 each, Northern Territory 1 and 3 from NZ.

Approximately 37.5% of participants were women; Western Australia had the ideal - equal numbers of men and women in their team while Queensland with 44.2% and the ACT 42.2% had the next best female representation. Most popular age group for men was M45 with 44 participants just three more than M65 while for women the W40 and W60 each had 24.

Older age groups were well represented with eleven M80s and three W80s. The remarkable and inspirational Ruth Frith from Queensland at 97 years-of-age was the most senior competitor as she has been for so many championships, while Victorian M85 Ken Matchett was the oldest male. Ruth and daughter Helen Searle featured in a story and photograph displaying the eleven gold medals won between them on the front page of the Hobart Mercury. Unfortunately M90 Victorian Andy Smith was unable to make it to Hobart and so sadly broke a unique and historic string of having participated in every national championship since they commenced in 1973.

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Hobart witnessed the introduction of three new events - 60m dash, three age bands for relays and the 20km road walk available for all race walkers. With the addition of the 60m, sprinters are now even better catered for with a sprint each day. The 200m was the most popular event with 120 nominations, the 100m had 118 and the 5000m 117. Women favoured the discus throw with 51 entries, closely followed by the 200m with 50, javelin 49 and shot and 100m 48 apiece; on the other hand men were more attracted to the 5000m and cross country with 78 and 74 entries respectively. Least popular events were the 20km walk (9 men and 3 women) and the women's pole vault with only two participants. Increasing popularity of the throws pentathlon creates logistical difficulties for organisers, but the 81 men and 37 women who participated in Hobart were pleased with how the event was conducted.

The average competitor entered four and a half events but some participated in many more. Most active were M75 Rad Leovic (ACT) with 15 events, M65 Don Chambers (Vic) 14, M45 Mark Cepak (NSW) 13 and M55 Rob Antonioli (WA) 12; while a pair of W40s Jennifer Baldwin (Vic) and Sharon Moloney (WA) were the busiest women completing ten events each. Most of these fit, enthusiastic and multi-talented athletes also included the pentathlon and/or throws pentathlon in their program. M70 New Zealander Ron Johnson, renowned for the number and variety of events he usually participates in championships, this year restricted himself to just eight. His explanation was that his preparation had not been ideal for serious competition because he had only just got off a cruise on the Queen Mary. Oh how awful!

These championships, like all before them, had its share of outstanding performances. Western Australian race walker Lyn Ventris who recently moved up to the W50 age group set two new World Records - 5000mW (23.37.78) and 10km road walk (48.27); times most athletes her age dream of achieving in a run let alone maintaining the technically difficult gait of race walking.

Apart from Lyn's World Records there were many new Australian and Championship Records set and of course even many more PBs achieved.

Listed is just a sample of some other outstanding individual performances - M70 Hugh Coogan (Q) 60m 8.50 and 200m 27.77, M75 Jack Thackray (ACT) 60m 9.47 and 100m 15.33, W45 Julie Forster (NSW) 200m 26.42 and W40 Gianna Mogentale (NSW) 100m 12.37 and 400m 58.09 in the sprints; middle distance runners M70 David Carr (WA) 800m 2.34 and 1500m 5.29, M45 John Jago (T) 1500m 4.14, W45 Victoria Gunn (T) 800m 2.38 and 1500m 5.06 and W60 Peggy Macliver (WA) 800m 2.58; long distance runners M70 Colin McLeod (Q) 2000m steeple 8.48 and 5000m 20.26, M65 Peter Sandery (SA) 10000m 37.40 and 5000m 18.36, W40 Glenda Banaghan (Q) 10000m 35.48 and 5000m 17.05 and W55 Bronwen Cardy (V) 10000m 37.50 and 5000m 18.52; hurdlers M65 Mike Stevenson (T) 100mH 16.95 and W45 Marie Kay (Q) 80mH 12.72; race walkers M45 Mark Donahoo 5000W 24.19 and 20kmW 1.54.52 and W55 Heather Carr (V) 5000W 26.01 and 10kmW 54.53; jumpers M45 Volodymyr Shelever (NSW) high jump 1.76m and triple jump 11.79m, W45 Marie Kay (Q) long jump 5.08m and W35 Kylie Strong (NSW) long jump 5.07m and triple 10.29m; and throwers M55 Bob Banens (ACT) javelin 47.39m, M40 Stuart Gingell (NSW) shot 15.82m and discus 44.81m, M60 Graeme Rose (V) heavy weight 18.33m, W55 Lisa Kirsch (T) hammer 46.14m and shot 11.40m and W30 Byron Glass (WA) hammer 53.93m and heavy weight 16.41m.

Two special "Champion of Champions" events are always features at the national championships. The Champion of Champions sprint, first conducted in 1987, is a handicapped 100m race for the best eight age-graded performances for both men and

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women run in the 100m finals. South Australian 78year-old Ann Cooper won in a close photo finish from W40 Gianna Mogentale. This was Ann's fifth victory in this prestigious event, having previously won last year and also in 2002, 03 and 04. M70 Hugh Coogan (Q) was the winner of the men's race. The other Champion of Champions event is a handicap throwing competition, first held in 1999, in which winners of each age group are invited to participate. This year shot put was the designated throw. W55 Lisa Kirsch (T) won the women's event while M40 Stuart Gingell (NSW) was male champion.

The Royce Foley Award, introduced in 1996, is presented to the male and female with the highest point score in the weight pentathlon, but may only be awarded to the same athlete once during each five-year age group. W65 Jan Banens (ACT) and M65 Keith James (NSW) were the 2007 recipients.

Highlight of the Sunday evening dinner-dance is always the presentation of the annual AMA "Asics" Awards for outstanding athletic performances achieved in the previous year (2006). Finalists for each of the eleven categories are nominated by each state or territory and the winner is announced in an Academy Award style keeping the audience guessing. This year's winners are - M60 Peter Crombie (NSW) sprints/hurdles, M80 Norm Pearce (Q) middle distance, W65 Theresa Baird (V) distance, M60 Andrew Jamieson (V) walks, M40 Stuart Gingell (NSW) throws, W35 Irie Hill (V) jumps, W40 Julie Brims (Q) multi/relays, M60 Robin Whyte (ACT) most outstanding performance, W45 Marie Kay (Q) most outstanding female athlete, M70 Hugh Coogan (Q) most outstanding male athlete and Frank Rogers (SA) administrator/official of the year.

Being part of the nationals is not only about athletics. Just as important is the socialising at the venues and at the dinner-dance as well taking time to explore another city and state. Many visiting athletes enjoyed dining in the numerous and excellent seafood restaurants and takeaways on the Hobart waterfront then after the championships setting out for a holiday to various attractions throughout Tasmania.

Thanks Tassie. Now we look forward to the 36th AMA Championships to be held at Blacktown Olympic Park (NSW) next Easter and the 2008 Oceania Masters Athletics Championships in Townsville (FNQ) in late July/early August next year. See you there.

Archiving AMA History

AMA is currently drawing up guidelines for archiving its History and would be pleased to receive an Expression of Interest from anyone with archiving experience to review the draft document and offer guidance in how to request, gather, sort/organise and scan information, write up, store and disseminate it. It is important that our History and information on past great masters athletes is not lost. Please send your EOI and details of experience by 30 June to AMA Secretary, Hazel McDonnell, email: secretary@australianmastersathletics.org.au.

Action Photos

AMA is calling all athletes and club newsletter editors for any action photographs of masters athletes (themselves and/or others) for inclusion in a portfolio of digital images of our history for inclusion in the AMA archives. The intention is to put together the best of the best (pictures) for display at future championship dinners. Please forward any material you have to Bob Banens, email: banens@ozemail.com.au or by mail to: Villa 21 "Melaleuca", 23 Termperry Street, Nicholls, ACT 2913.

Re-visit King Island

On the March Long weekend, I went to King Island with Jane Sturzaker to run in the King Island Imperial 20 (32Km). This was my 8th visit and Jane's 9th. Unfortunately our running mate, Kevin Browne (who has run 10 times there) was unable to come along due to suffering with DVT and not allowed to fly on an aircraft.

Well, we were very surprised to find the lack of VMA and VRR members there. In fact we could only count 9, Jane, John Dean, John Vance, Stephen Barker, Kevin Fowler, Roger Bond, Alan Jones, Rikki Bewley and me - and that is not many considering there were around 80 competitors! Maybe there were some more members and I did not recognize them?

We did very well though with our little lot - with Jane winning the very special **Eric Greaves memorial trophy**, John Vance winning the King Island Clock for becoming a 10 year runner and lo and behold, Stephen Barker coming in second place, to win a fortune!

As many of you who have been to this event in the past, would know that the Calcutta Sweep conducted the night before the run, churns out a lot of money for the handicapped runners, but alas this year, because our bookmaker Kevin Browne was not there, we did not "buy" Stephen Barker (Kevin would certainly have done so) and Stephen could not afford to buy himself, so we did not win anything. However, Stephen won a big prize for coming in second and was kind enough to buy us lunch after the run, so we gained there.

This is such a wonderful weekend, King Island has a lot to offer and the two days of organization by the committee to ensure our weekend is packed with events such as the Free Willy (this means running naked, but spectators are not allowed to look at the fabulous or otherwise bodies!) 100 Meter Run on the beach on the Saturday afternoon, and the Pasta Dinner and Calcutta draw that night. Then on the Sunday night, a terrific presentation evening with many prizes, magnificent feast of local seafood, cheeses, etc. and excellent entertainment put on by the local community to follow. They really are wonderful people over there. The weather conditions vary from year to year - not by much, usually around 18 - 23 deg during the run. However, this year it was extremely windy, so much so, that it kept me back to 2nd last placing!!!

So, if you are looking for a get-away weekend - I can highly recommend the King Island Imperial 20. (www.kingislandrace.org.au)

Judy Wines

Telstra AMA National Championships 6/4/2007 to 9/4/2007
35th Annual Track & Field Championships
Domain Athletic Centre, Hobart, Tasmania

Conducted on behalf of Australian Masters Athletics Inc.
by Tasmanian Masters Athletics Inc.

Name	Age	Finals	Wind	Age-Grading
Men 10000 Metres 70-74				
3. 7119 Colin Silcock-Delaney	M74	1:02:45.34		43:26.75 60.61%
Men 10000 Metres 85-89				
1. 8601 Ken Matchett	M85	1:00:52.92		32:19.34 81.47%
Women Shot Put 65-69				
2. 6506 Beverly Hugo	W67	5.75m		16.17m 71.50%
Women Shot Put 70-74				
2. 7003 Valerie Worrell	W72	6.38m		14.29m 63.17%
Women Shot Put 80-84				
1. 8002 Gwenyth Davidson	W84	6.06m		20.43m 90.31%
Men Hammer Throw 65-69				
1. 6628 Ken Priestley	M68	35.44m		60.84m 70.15%
3. 6629 Ken Readwin	M66	32.88m		53.48m 61.67%
8. 6607 Don Chambers	M69	21.84m		38.56m 44.45%
Men Hammer Throw 70-74				
3. 7122 Nino Stankovic	M74	17.25m		31.31m 36.10%
Men Pole Vault 60-64				
1. 6120 George Schillinger	M61	2.20m		3.30m 53.92%
Men Pole Vault 65-69				
1. 6602 Rob Barclay	M68	2.70m		4.61m 75.21%
2. 6627 Jim Poulter	M65	2.60m		4.19m 68.42%
Women Shot Put 55-59				
6. 5512 Lorraine Mussett	W58	6.02m		9.69m 42.85%
Women Shot Put 60-64				
2. 6004 Rhonda Dundas	W62	9.06m		15.86m 70.12%
4. 6015 Astrid Rose	W63	7.48m		13.39m 59.18%
Women Hammer Throw 70-74				
1. 7003 Valerie Worrell	W72	25.46m		52.77m 68.53%
Women Hammer Throw 80-84				
1. 8002 Gwenyth Davidson	W84	20.15m		65.10m 84.56%
Women 10000 Metres 50-54				
1. 5014 Annette Pelgrim	W52	45:14.15		38:37.89 77.70%
Women 10000 Metres 55-59				
1. 5501 Bronwen Cardy	W55	37:50.93		31:01.03 96.78%
Women 10000 Metres 60-64				
2. 6021 Petrina Trowbridge	W60	46:21.22		35:19.30 84.99%
Men Shot Put 65-69				
3. 6607 Don Chambers	M69	9.38m		15.81m 68.42%
5. 6602 Rob Barclay	M68	9.17m		14.92m 64.53%
8. 6629 Ken Readwin	M66	7.91m		12.02m 52.01%

AMA National Championships (cont.)

Name	Age	Finals	Wind	Age-Grading
Men Long Jump 60-64				
1. 6115 Graham Philpott	M64	3.89m	-1.5	5.96m 66.61%
Men Long Jump 65-69				
1. 6627 Jim Poulter	M65	4.06m	-1.1	6.32m 70.61%
2. 6607 Don Chambers	M69	4.01m	-1.2	6.67m 74.54%
4. 6606 Tony Bradford	M67	3.11m	-2	5.00m 55.94%
Men Long Jump 70-74				
3. 7103 Max Brook	M70	3.50m	-0.9	5.92m 66.16%
Women Hammer Throw 65-69				
3. 6506 Beverly Hugo	W67	17.82m		32.13m 41.73%
Women Hammer Throw 60-64				
1. 6004 Rhonda Dundas	W62	31.12m		49.66m 64.50%
4. 6015 Astrid Rose	W63	27.76m		45.34m 58.89%
Men Shot Put 60-64				
1. 6119 Graeme Rose	M63	13.18m		18.24m 78.92%
4. 6117 John Reynolds	M62	9.59m		12.88m 55.76%
5. 6124 David Wookey	M63	8.95m		12.38m 53.59%
Men Short Hurdles <80m> 70-74				
1. 7103 Max Brook	M70	20.16	-0.2	20.04 64.43%
Women Short Hurdles <80m> 40-44				
3. 4001 Jennifer Baldwin	W41	15.22	-0.7	16.48 74.11%
Women Short Hurdles <80m> 45-49				
2. 4503 Susan Chapman	W46	15.95	-0.7	16.40 74.48%
Men Short Hurdles <100m> 65-69				
2. 6607 Don Chambers	M69	20.91	0.2	16.42 78.62%
Men 10000 Metres 40-44				
1. 4115 Murray Johnson	M44	38:22.29		35:10.97 74.85%
Men 10000 Metres 50-54				
1. 5106 Phillip Bowes	M50	34:17.50		29:59.70 87.79%
Women Hammer Throw 55-59				
5. 5512 Lorraine Mussett	W58	19.55m		28.57m 37.10%
Women Shot Put 45-49				
2. 4501 Christine Bridle	W49	7.54m		11.02m 48.71%
Men Hammer Throw 50-54				
3. 5138 Ron Wynhoven	M51	39.06m		46.48m 53.59%
Men 60 Metres 65-69 Prelims (No Heats)				
1. 6602 Rob Barclay	M68			
2. 6606 Tony Bradford	M67			
3. 6607 Don Chambers	M69			
10. 6626 Graeme Noden	M69			
14. 6642 Allan Wood	M69			
Men 60 Metres 80-84				
3. 8110 Jim Sinclair	M82	11.07	0.2	7.67 83.38%
Men 60 Metres 85-89				
1. 8601 Ken Matchett	M85	12.51	0.2	8.33 76.74%
Women 60 Metres 80-84				
1. 8002 Gwenyth Davidson	W84	13.67	1.6	8.14 85.08%

AMA National Championships (cont.)

Name	Age	Finals	Wind	Age-Grading	
Men 60 Metres 70-74					
4. 7103 Max Brook	M70	17.09	2.8	13.25	48.22%
Men 60 Metres 50-54					
2. 5111 John DeAngelis	M50	7.95	1.3	7.04	90.82%
3. 5105 Wayne Bingham	M52	8.05	1.3	7.03	90.93%
Women 60 Metres 50-54					
1. 5008 Dorn Jenkins	W51	9.01	1.5	7.72	89.68%
Men Long Jump 50-54					
1. 5117 Terry Hicks	M52	5.32m	0	6.85m	76.55%
4. 5105 Wayne Bingham	M52	4.49m	0.4	5.78m	64.60%
100 Men Shot Put 70-74					
3. 7120 George Simons	M71	7.39m		9.88m	42.77%
4. 7122 NinoStankovic	M74	7.21m		10.51m	45.49%
Men Shot Put 80-84					
1. 8111 Stan Stankovic	M84	8.64m		15.80m	68.35%
Women 60 Metres 45-49					
2. 4501 Christine Bridle	W49	9.18	3	8.03	86.27%
Women 60 Metres 40-44					
4. 4019 Sonya Pollard	W40	J8.46	1.8	8.16	84.87%
Women Hammer Throw 45-49					
1. 4501 Christine Bridle	W49	21.66m		37.87m	49.19%
Men 60 Metres 65-69					
Qualifiers From Preliminaries					
3. 6607 Don Chambers	M69	8.98	0.9	7.01	91.20%
4. 6606 Tony Bradford	M67	9.27	0.9	7.33	87.27%
8. 6602 Rob Barclay	M68	10.15	0.9	7.97	80.20%
9. 6642 Allan Wood	M69	11.09	0.9	8.66	73.85%
Men 800 Metres 85-89					
1. 8601 Ken Matchett	M85	4:23.94		2:21.95	71.23%
Men 800 Metres 70-74					
4. 7119 Colin Silcock-Delaney	M74	4:44.21		3:15.06	51.84%
Women Long Jump 45-49					
2. 4503 Susan Chapman	W46	4:35m	-0.9	5.17m	68.83%
3. 4501 Christine Bridle	W49	3.87m	0	4.79m	63.76%
Men 800 Metres 65-69					
4. 6637 Richard Trembath	M65	2:33.16		1:58.01	85.68%
Women 800 Metres 55-59					
1. 5506 Kathryn Heagney	W56	2:47.74		2:18.21	81.97%
Women 800 Metres 60-64					
4. 6020 Vicki Thompson	W61	4:09.26		3:09.97	59.63%
Men 800 Metres 60-64					
4. 6121 David Sheehan	M60	2:36.34		2:05.20	80.76%
5. 6115 Graham Philpott	M64	2:44.12		2:07.46	79.33%
Women 800 Metres 45-49					
2. 4517 Katrina Philip	W45	2:51.96		2:39.98	70.81%
Men 800 Metres 50-54					
1. 5117 Terry Hicks	M52	2:12.28		1:53.10	89.40%
2. 5128 Colin Page	M53	2:18.35		1:57.31	86.19%

AMA National Championships (cont.)

Name	Age	Finals	Wind	Age-Grading	
Men Hammer Throw 60-64					
1. 6119 Graeme Rose	M63	44.99m		67.85m	78.23%
3. 6117 John Reynolds	M62	34.98m		51.50m	59.38%
5. 6124 David Wookey	M63	27.32m		41.20m	47.50%
Men 800 Metres 45-49					
3. 4626 Scott Lawrence	M45	2:12.81		2:00.61	83.83%
5. 4607 Mark Crawford	M48	2:14.62		1:59.12	84.88%
Day 2 - Saturday 7/4/07					
Men 5000 Metres Race Walk 70-74					
1. 7113 Geoff Major	M70	32:37.75		23:23.71	76.77%
2. 7119 Colin Silcock-Delaney	M74	33:19.20		22:41.66	79.14%
5. 7102 Ian Beaumont	M71	38:20.20		27:09.01	66.15%
Women 5000 Metres Race Walk 55-59					
1. 5502 Heather Carr	W57	26:01.40		21:32.22	91.86%
2. 5504 Elizabeth Feldman	W58	28:37.84		23:26.40	84.40%
3. 5508 Celia Johnson	W59	32:22.92		26:13.19	75.45%
Women 5000 Metres Race Walk 65-69					
2. 6502 Margaret Beaumont	W69	36:58.59		26:20.75	75.09%
3. 6506 Beverly Hugo	W67	37:08.18		27:13.04	72.69%
Women Discus Throw 65-69					
3. 6506 Beverly Hugo	W67	16.19m		30.43m	39.62%
Women Discus Throw 70-74					
1. 7003 Valerie Worrell	W72	20.61m		44.49m	57.94%
Women Discus Throw 80-84					
1. 8002 Gwenyth Davidson	W84	14.22m		40.53m	52.78%
Men Javelin Throw 65-69					
6. 6606 Tony Bradford	M67	24.07m		41.60m	42.25%
Men Javelin Throw 70-74					
4. 7122 Nino Stankovic	M74	16.36m		31.91m	32.41%
Men 5000 Metres Race Walk 30-34					
1. 3106 Adam Patterson	M34	30:21.58		29:55.72	60.01%
Men 5000 Metres Race Walk 45-49					
1. 4609 Mark Donahoo	M48	24:19.53		21:40.01	82.89%
2. 4611 Simon Evans	M46	24:35.33		22:15.77	80.67%
Men 5000 Metres Race Walk 55-59					
1. 5623 Alan Lucas	M59	27:53.95		22:33.39	79.62%
2. 5636 RobinWood	M57	33:44.31		27:47.83	64.61%
Men 5000 Metres Race Walk 60-64					
2. 6104 Russ Dickenson	M61	25:37.27		20:18.60	88.43%
Men 5000 Metres Race Walk 65-69					
1. 6610 Murray Dickinson	M68	27:40.65		20:48.15	86.34%
2. 6614 Ron Hugo	M68	28:39.25		21:02.79	85.33%
3. 6619 Anthony Johnson	M66	29:55.76		21:43.37	82.68%
Men High Jump 50-54					
1. 5117 Terry Hicks	M52	1.53m		1.91m	78.06%
2. 5131 William Ronald	M54	1.47m		1.88m	76.96%
Men High Jump 55-59					
4. 5611 Michael Cusack	M55	1.10m		1.42m	58.20%

AMA National Championships (cont.)

Name	Age	Finals	Wind	Age-Grading
Men High Jump 60-64				
1. 6115 Graham Philpott	M64	1.26m		1.81m 74.12%
2. 6120 George Schillinger	M61	1.10m		1.52m 62.50%
Men Discus Throw 80-84				
2. 8111 Stan Stankovic	M84	21.43m		47.37m 63.95%
Women Javelin Throw 55-59				
6. 5512 Lorraine Mussett	W58	11.17m		18.74m 25.68%
Women 5000 Metres Race Walk 40-44				
1. 4014 Annette Major	W44	27:34.83		25:43.13 76.92%
Women 5000 Metres Race Walk 45-49				
2. 4522 Pamela Tindal	W47	27:49.04		25:18.66 78.16%
Women 5000 Metres Race Walk 50-54				
2. 5003 Barbara Bryant	W52	28:38.37		24:55.50 79.37%
3. 5007 Janet Holmes	W53	29:26.00		25:22.30 77.97%
Women Discus Throw 60-64				
2. 6004 Rhonda Dundas	W62	23.28m		38.75m 50.47%
5. 6015 Astrid Rose	W63	21.29m		36.26m 47.23%
Men High Jump 65-69				
4. 6606 Tony Bradford	M67	1.15m		1.72m 70.55%
5. 6607 Don Chambers	M69	1.09m		1.67m 68.55%
Men Javelin Throw 50-54				
4. 5105 Wayne Bingham	M52	35.49m		47.09m 47.82%
Men Discus Throw 70-74				
6. 7120 George Simons	M71	20.45m		29.65m 40.03%
7. 7122 Nino Stankovic	M74	18.57m		29.24m 39.48%
Women Javelin Throw 40-44				
2. 4001 Jennifer Baldwin	W41	25.12m		28.17m 38.59%
Women Javelin Throw 45-49				
3. 4501 Christine Bridle	W49	30.38m		39.95m 54.73%
4. 4503 Susan Chapman	W46	23.75m		29.53m 40.45%
Men Long Hurdles <300m> 65-69				
2. 6607 Don Chambers	M69	58.28		56.76 82.43%
Women Long Hurdles <400m> 40-44				
1. 4001 Jennifer Baldwin	W41	1:17.09		1:10.51 74.24%
Women Long Hurdles <400m> 45-49				
1. 4503 Susan Chapman	W46	1:29.94		1:16.53 68.40%
Men Long Hurdles 400m> 50-54				
1. 5117 Terry Hicks	M52	1:08.10		54.58 85.71%
Women Discus Throw 55-59				
5. 5512 Lorraine Mussett	W58	14.14m		21.56m 28.08%
Women Javelin Throw 60-64				
2. 6004 Rhonda Dundas	W62	20.54m		37.46m 51.32%
3. 6015 Astrid Rose	W63	19.44m		36.27m 49.69%
Men 1500 Metres 70-74				
3. 7119 Colin Silcock-Delaney	M74	9:09.83		6:13.61 55.14%
Men 1500 Metres 85-89				
1. 8601 Ken Matchett	M85	8:51.48		4:51.42 70.69%

AMA National Championships (cont.)

Name	Age	Finals	Wind	Age-Grading
Women High Jump 45-49				
2. 4501 Christine Bridle	W49	1.36m		1.67m 80.00%
3. 4503 Susan Chapman	W46	1.30m		1.53m 73.45%
Women 1500 Metres 60-64				
7. 6020 Vicki Thompson	W61	8:17.89		5:59.93 64.59%
Men 1500 Metres 60-64				
4. 6101 Alan Bennie	M60	5:28.64		4:17.82 79.90%
5. 6115 Graham Philpott	M64	5:38.86		4:17.47 80.01%
Women 1500 Metres 45-49				
2. 4509 Sharon Higgins	W47	5:38.32		4:55.16 78.76%
3. 4517 Katrina Philip	W45	5:47.35		5:10.43 74.89%
Women 1500 Metres 50-54				
1. 5014 Annette Pelgrim	W52	5:49.18		4:45.98 81.29%
Men Discus Throw 65-69				
6. 6606 Tony Bradford	M67	25.24m		33.09m 44.67%
7. 6629 Ken Readwin	M66	24.75m		31.69m 42.78%
Men 1500 Metres 50-54				
2. 5128 Colin Page	M53	4:48.55		4:00.28 85.74%
Men 1500 Metres 45-49				
6. 4626 Scott Lawrence	M45	4:32.60		4:03.90 84.46%
7. 4607 Mark Crawford	M48	4:44.79		4:07.97 83.08%
Women 1500 Metres 40-44				
1. 4023 Suzanne Wilson	W40	5:04.73		4:48.25 80.65%
Men 1500 Metres 40-44				
3. 4115 Murray Johnson	M44	4:55.00		4:26.54 77.29%
Women High Jump 40-44				
2. 4001 Jennifer Baldwin	W41	1.37m		1.52m 72.87%
Men Javelin Throw 45-49				
3. 4617 Greg Gorter	M46	41.59m		52.00m 52.81%
Men 100 Metres 65-69 Prelims				
1. 6606 Tony Bradford	M67			
2. 6607 Don Chambers	M69			
9. 6626 Graeme Noden	M69			
12. 6642 Allan Wood	M69			
Men Discus Throw 60-64				
2. 6119 Graeme Rose	M63	38.18m		45.69m 61.68%
3. 6117 John Reynolds	M62	37.19m		43.55m 58.80%
5. 6124 David Wookey	M63	23.52m		28.14m 38.00%
Men 100 Metres 55-59 Prelims				
3. 5606 Bill Carr	M57			
Men 100 Metres 80-84				
2. 8110 Jim Sinclair	M82	17.72	2.6	11.81 82.90%
Men 100 Metres 85-89				
1. 8601 Ken Matchett	M85	21.17	2.6	13.38 73.22%
Women 100 Metres 80-84				
1. 8002 Gwenyth Davidson	W84	22.68	-1.1	12.60 83.29%

AMA National Championships (cont.)

Name	Age	Finals	Wind	Age-Grading	
Men 100 Metres 70-74					
2. 7109 John Howes	M71	15.00	0.1	11.69	83.80%
5. 7119 Colin Silcock-Delaney	M74	19.27	0.1	14.48	67.67%
6. 7122 Nino Stankovic	M74	20.53	0.1	15.42	63.52%
Women Javelin Throw 65-69					
5. 6506 Beverly Hugo	W67	14.10m		28.96m	39.68%
6. 6511 Anne Stobaus	W65	12.69m		24.82m	34.00%
Women Javelin Throw 70-74					
2. 7003 Valerie Worrell	W72	14.71m		34.59m	47.39%
Women Javelin Throw 80-84					
1. 8002 Gwenyth Davidson	W84	8.92m		32.12m	44.01%
Men 100 Metres 60-64					
2. 6109 Keith Howden	M61	12.90	0.9	10.73	91.24%
Women 100 Metres 55-59					
4. 5507 Chrisoulla Hondromatidis	W58	16.92	NW1	13.37	78.49%
Men 100 Metres 50-54					
2. 5111 John DeAngelis	M50	12.88	0.1	11.49	85.25%
5. 5105 Wayne Bingham	M52	13.79	0.1	12.14	80.64%
Women 100 Metres 50-54					
1. 5008 Dorn Jenkins	W51	14.41	-0.3	12.20	85.98%
4. 5006 Susan Guthrie	W53	15.47	-0.3	12.84	81.71%
Women 100 Metres 40-44					
4. 4019 Sonya Pollard	W40	13.38	0.6	12.78	82.14%
Women Discus Throw 40-44					
4. 4001 Jennifer Baldwin	W41	27.31m		30.69m	39.97%
Women Discus Throw 45-49					
1. 4503 Susan Chapman	W46	19.78m		24.10m	31.38%
2. 4501 Christine Bridle	W49	19.76m		25.35m	33.01%
Men 100 Metres 40-44					
3. 4113 Gary Hennessy	M44	12.96	-1.9	12.04	81.33%
Men 100 Metres 65-69 Qualifiers From Preliminaries					
5. 6607 Don Chambers	M69	14.92	0.2	11.27	86.97%
6. 6606 Tony Bradford	M67	15.13	0.2	11.83	82.77%
Men 100 Metres 55-59 Qualifiers From Preliminaries					
7. 5606 Bill Carr	M57	14.39	-0.9	12.28	79.78%
Men Javelin Throw 80-84					
4. 8111 Stan Stankovic	M84	18.52m		45.97m	46.69%
Women 2000M Steeplechase 55-59					
1. 5502 Heather Carr	W57	9:33.14		10:59.23	82.16%
Men 2000M Steeplechase 85-89					
1. 8601 Ken Matchett	M85	13:23.05		9:45.19	80.94%
Men 2000M Steeplechase 60-64					
1. 6115 Graham Philpott	M64	8:36.77		9:33.93	82.52%
Men 2000M Steeplechase 70-74					
4. 7119 Colin Silcock-Delaney	M74	13:04.03		11:58.18	65.95%

AMA National Championships (cont.)

Name	Age	Finals	Wind	Age-Grading	
Men Discus Throw 50-54					
4. 5138 Ron Wynhoven	M51	35.33m		35.97m	48.56%
11. 5105 Wayne Bingham	M52	24.18m		25.07m	33.85%
Men Javelin Throw 55-59					
2. 5611 Michael Cusack	M55	34.55m		48.57m	49.32%
Men Javelin Throw 60-64					
1. 6119 Graeme Rose	M63	43.23m		68.19m	69.25%
2. 6124 David Wooley	M63	38.26m		60.35m	61.28%
4. 6117 John Reynolds	M62	23.01m		35.52m	36.07%
Men 3000M Steeplechase 40-44					
2. 4115 Murray Johnson	M44	12:49.47		11:18.91	69.76%
Men 3000M Steeplechase 50-54					
1. 5123 Allan Long	M50	11:23.08		9:31.67	82.85%
Men 200 Metres 65-69 Prelims					
1. 6606 Tony Bradford	M67				
2. 6607 Don Chambers	M69				
7. 6637 Richard Trembath	M65				
Men 200 Metres 55-59 Prelims Heat 1					
5. 5606 Bill Carr	M57	29.55q	-0.8	24.28	79.59%
Women 200 Metres 40-44 Prelims (No Heats)					
1. 4001 Jennifer Baldwin	W41				
8. 4019 Sonya Pollard	W40				
Day 3 - Sunday 8/4/07					
Women Weight Pent Hammer 45-49					
2. 4501 Christine Bridle	W49	17.12m		25.96m	33.72%
Women 5000 Metres 50-54					
1. 5014 Annette Pelgrim	W52	21:28.14		18:02.30	79.89%
Women 5000 Metres 55-59					
1. 5501 Bronwen Cardy	W55	18:52.64		15:14.27	94.58%
Women 5000 Metres 60-64					
2. 6013 Lavinia Petrie	W63	21:57.15		15:47.04	91.30%
3. 6021 Petrina Trowbridge	W60	22:43.35		17:05.38	84.33%
7. 6020 Vicki Thompson	W61	31:00.84		22:58.89	62.71%
Men 5000 Metres 85-89					
1. 8601 Ken Matchett	M85	31:30.23		16:43.53	75.43%
Men Weight Pent Hammer 50-54					
3. 5138 Ron Wynhoven	M51	33.49m		39.03m	45.00%
Women Weight Pent Shot Put 45-49					
1. 4501 Christine Bridle	W49	7.46m		9.82m	43.42%
Men 5000 Metres 60-64					
4. 6101 Alan Bennie	M60	20:28.41		16:28.02	76.62%
5. 6121 David Sheehan	M60	20:57.75		16:51.61	74.83%
Men 5000 Metres 70-74					
5. 7115 Kevin Ontley	M73	30:45.03		21:37.25	58.35%
6. 7119 Colin Silcock-Delaney	M74	35:32.63		24:36.43	51.27%
Men Triple Jump 70-74					
3. 7122 Nino Stankovic	M74	5.02m	-0.5	8.95m	48.98%

AMA National Championships (cont.)

Name	Age	Finals	Wind	Age-Grading	
Men Triple Jump 80-84					
2. 8111 Stan Stankovic	M84	4.89m	+0.0	10.84m	59.27%
Men 5000 Metres 50-54					
1. 5106 Phillip Bowes	M50	16:50.37		14:43.78	85.66%
5. 5128 Colin Page	M53	19:02.36		16:15.12	77.63%
Women Weight Pent Hammer 55-59					
5. 5512 Lorraine Mussett	W58	18.88m		25.95m	33.70%
Women Weight Pent Hammer 60-64					
1. 6004 Rhonda Dundas	W62	30.57m		46.63m	60.57%
4. 6015 Astrid Rose	W63	27.42m		41.83m	54.33%
Men Weight Pent Shot Put 50-54					
2. 5138 Ron Wynhoven	M51	11.26m		12.91m	55.85%
Women Weight Pent Discus 45-49					
2. 4501 Christine Bridle	W49	18.29m		21.91m	28.54%
Women 5000 Metres 40-44					
2. 4023 Suzanne Wilson	W40	18:47.15		18:02.97	79.84%
Women 5000 Metres 45-49					
3. 4509 Sharon Higgins	W47	21:33.26		19:17.86	74.68%
Women Triple Jump 40-44					
3. 4001 Jennifer Baldwin	W41	9.22m	0.1	10.60m	68.45%
Women Triple Jump 45-49					
1. 4501 Christine Bridle	W49	8.93m	+0.0	11.39m	73.50%
2. 4503 Susan Chapman	W46	8.10m	+0.0	9.92m	64.03%
Men Weight Pent Hammer 60-64					
1. 6119 Graeme Rose	M63	43.88m		61.68m	71.12%
3. 6117 John Reynolds	M62	34.60m		48.64m	56.08%
4. 6124 David Wookey	M63	29.28m		41.16m	47.46%
Men Weight Pent Hammer 70-74					
5. 7122 Nino Stankovic	M74	17.15m		27.63m	31.85%
Women Weight Pent Shot Put 55-59					
5. 5512 Lorraine Mussett	W58	6.21m		9.43m	41.68%
Women Weight Pent Shot Put 60-64					
2. 6004 Rhonda Dundas	W62	8.87m		14.88m	65.80%
5. 6015 Astrid Rose	W63	7.47m		12.53m	55.42%
Men Weight Pentathlon Discus 50-54					
5. 5138 Ron Wynhoven	M51	28.77m		28.77m	38.84%
Men 5000 Metres 40-44					
1. 4115 Murray Johnson	M44	17:44.34		16:15.90	77.57%
Men Triple Jump 65-69					
1. 6616 Julian Jacotine	M67	9.77m	-0.7	15.33m	83.86%
2. 6627 Jim Poulter	M65	9.06m	-0.6	13.75m	75.19%
3. 6607 Don Chambers	M69	8.44m	0.0	13.72m	75.02%
Women Weight Pent Hammer 65-69					
3. 6506 Beverly Hugo	W67	18.22m		31.23m	40.56%
Women Weight Pent Hammer 70-74					
1. 7003 Valerie Worrell	W72	25.59m		50.04m	65.00%
Women Weight Pent Hammer 80-84					
1. 8002 Gwenyth Davidson	W84	20.93m		57.00m	74.04%

AMA National Championships (cont.)

Name	Age	Finals	Wind	Age-Grading	
Men Weight Pent Shot Put 60-64					
1. 6119 Graeme Rose	M63	12.99m		16.50m	71.37%
4. 6117 John Reynolds	M62	9.35m		11.87m	51.37%
5. 6124 David Wookey	M63	8.56m		10.87m	47.03%
Men Weight Pent Shot Put 70-74					
5. 7122 Nino Stankovic	M74	7.10m		9.24m	39.98%
Women Weight Pent Javelin 45-49					
1. 4501 Christine Bridle	W49	23.05m		28.66m	39.26%
Men 100 Metres Championships					
7. Keith Howden	M61	11.05	0.9	9.20	106.52%
Men 200 Metres 80-84					
2. 8110 Jim Sinclair	M82	37.38	2.3	22.75	84.91%
Men 200 Metres 85-89					
1. 8601 Ken Matchett	M85	48.78	2.3	27.72	69.70%
Men Triple Jump 50-54					
1. 5117 Terry Hicks	M52	10.56m	0.1	13.17m	72.03%
Men Weight Pent Hammer 65-69					
1. 6628 Ken Priestley	M68	34.44m		54.59m	62.94%
4. 6629 Ken Readwin	M66	32.11m		50.90m	58.68%
8. 6607 Don Chambers	M69	23.13m		36.66m	42.27%
Men Weight Pent Hammer 80-84					
2. 8111 Stan Stankovic	M84	23.99m		46.77m	53.92%
Women Weight Pent Shot Put 65-69					
2. 6506 Beverly Hugo	W67	8.39m		15.72m	69.51%
Women Weight Pent Shot Put 70-74					
1. 7003 Valerie Worrell	W72	6.55m		13.90m	61.44%
Women Weight Pent Shot Put 80-84					
1. 8002 Gwenyth Davidson	W84	6.41m		18.50m	81.76%
Women Weight Pent Discus 55-59					
5. 5512 Lorraine Mussett	W58	16.02m		22.98m	29.93%
Women Weight Pent Discus 60-64					
4. 6004 Rhonda Dundas	W62	21.76m		34.63m	45.10%
6. 6015 Astrid Rose	W63	20.45m		32.55m	42.38%
Women 200 Metres 65-69					
1. 6511 Anne Stobaus	W65	32.57	2.5	23.39	91.25%
Men 200 Metres 70-74					
2. 7109 John Howes	M71	29.99	0.0	22.12	87.36%
5. 7119 Colin Silcock-Delaney	M74	41.63	0.0	29.30	65.94%
6. 7122 Nino Stankovic	M74	44.64	0.0	31.42	61.49%
Men 200 Metres 65-69					
Qualifiers From Preliminaries					
4. 6637 Richard Trembath	M65	28.78	0.8	22.43	86.14%
6. 6606 Tony Bradford	M67	30.32	0.8	23.26	83.08%
Men 200 Metres 60-64					
1. 6109 Keith Howden	M61	26.38	0.3	21.11	91.55%
Women 200 Metres 55-59					
1. 5506 Kathryn Heagney	W56	30.60	-0.3	24.05	88.73%
3. 5507 Chrisoulla Hondromatidis	W58	34.74	-0.3	26.75	79.76%

AMA National Championships (cont.)

Name	Age	Finals	Wind	Age-Grading	
Men 200 Metres 55-59					
Qualifiers From Preliminaries					
8. 5606 Bill Carr	M57	28.96	0.0	23.80	81.22%
Women 200 Metres 50-54					
1. 5008 Dorn Jenkins	W51	30.07	1.5	24.94	85.57%
4. 5006 Susan Guthrie	W53	31.91	1.5	25.90	82.39%
Men 200 Metres 50-54					
2. 5117 Terry Hicks	M52	26.14	-0.8	22.23	86.95%
Men Weight Pent Shot Put 65-69					
4. 6607 Don Chambers	M69	9.08m		13.36m	57.80%
6. 6628 Ken Priestley	M68	8.32m		12.24m	52.96%
8. 6629 Ken Readwin	M66	7.88m		11.59m	50.16%
Men Weight Pent Shot Put 80-84					
1. 8111 Stan Stankovic	M84	8.10m		12.54m	54.25%
Men Weight Pentathlon Discus 60-64					
2. 6119 Graeme Rose	M63	40.70m		45.71m	61.71%
3. 6117 John Reynolds	M62	36.22m		40.68m	54.92%
6. 6124 David Wookey	M63	23.68m		26.59m	35.91%
Men Weight Pentathlon Discus 70-74					
5. 7122 Nino Stankovic	M74	16.42m		23.19m	31.31%
Men Weight Pentathlon Javelin 50-54					
6. 5138 Ron Wynhoven	M51	22.44m		28.70m	29.14%
Women 200 Metres 45-49					
3. 4503 Susan Chapman	W46	31.04	-1.6	27.25	78.32%
Womens 200 Metres 40-44					
Qualifiers From Preliminaries					
4. 4019 Sonya Pollard	W40	27.38	2.0	25.84	82.62%
Men 200 Metres 40-44					
3. 4113 Gary Hennessy	M44	25.68	-0.8	23.12	83.57%
Women Weight Pent Discus 65-69					
3. 6506 Beverly Hugo	W67	14.86m		26.56m	34.58%
Women Weight Pent Discus 70-74					
1. 7003 Valerie Worrell	W72	19.85m		40.45m	52.67%
Women Weight Pent Discus 80-84					
1. 8002 Gwenyth Davidson	W84	9.80m		23.58m	30.70%
Women Weight Pent Javelin 55-59					
5. 5512 Lorraine Mussett	W58	12.00m		18.54m	25.40%
Women Weight Pent Javelin 60-64					
2. 6004 Rhonda Dundas	W62	18.55m		32.38m	44.37%
3. 6015 Astrid Rose	W63	17.15m		29.94m	41.02%
Women Weight Pent Weight T 45-49					
1. 4501 Christine Bridle	W49	7.18m		11.16m	47.33%
Men 4x100 Metres Relay M220+					
2. 'A' 52.52 (Gary Hennessy 44, Terry Hicks 52, Keith Howden 61, John Howes 71)					
4. 'B' 54.76 (Peter Lamb 57, Bill Carr 57, Don Chambers 69, Tony Bradford 67)					
Women 4x100 Metres Relay W200+					
3. 'A' 1:00.05 (Susan Chapman 46, Susan Guthrie 53, Chrisoulla Hondromatidis 58, Dorn Jenkins 51)					

AMA National Championships (cont.)

Name	Age	Finals	Wind	Age-Grading	
Women 4x100 Metres Relay W160+					
2. 'A' 56.19 (Sonya Pollard 40, Jennifer Baldwin 41, Kathryn Heagney 56, Christine Bridle 49)					
Men Weight Pentathlon Discus 65-69					
4. 6629 Ken Readwin	M66	24.98m		31.25m	42.20%
7. 6628 Ken Priestley	M68	21.98m		27.50m	37.13%
8. 6607 Don Chambers	M69	20.95m		26.21m	35.39%
Men Weight Pentathlon Discus 80-84					
1. 8111 Stan Stankovic	M84	20.54m		39.09m	52.77%
Men Weight Pentathlon Javelin 60-64					
1. 6119 Graeme Rose	M63	44.52m		65.90m	66.93%
3. 6124 David Wookey	M63	33.48m		49.56m	50.33%
6. 6117 John Reynolds	M62	23.46m		34.73m	35.27%
Men Weight Pentathlon Javelin 70-74					
5. 7122 Nino Stankovic	M74	17.00m		29.68m	30.14%
Men Weight Pent Weight T 50-54					
2. 5138 Ron Wynhoven	M51	13.45m		14.96m	57.85%
Women Weight Pent Weight T 55-59					
4. 5512 Lorraine Mussett	W58	6.08m		8.26m	35.04%
Women Weight Pent Weight T 60-64					
2. 6004 Rhonda Dundas	W62	12.03m		15.32m	64.96%
4. 6015 Astrid Rose	W63	10.30m		13.12m	55.62%
Men 400 Metres 65-69 Prelims					
1. 6606 Tony Bradford	M67				
2. 6607 Don Chambers	M69				
9. 6637 Richard Trembath	M65				
13. 6642 Allan Wood	M69				
Men 400 Metres 55-59 Prelims - Heat 1					
1. 5621 Peter Lamb	M57	59.67Q		49.69	86.91%
5. 5606 Bill Carr	M57	1:11.28		59.35	72.76%
Men 400 Metres 45-49 Prelims (No Heats)					
3. 4607 Mark Crawford	M48				
Women Weight Pent Javelin 65-69					
3. 6506 Beverly Hugo	W67	12.83m		25.09m	34.38%
Women Weight Pent Javelin 70-74					
1. 7003 Valerie Worrell	W72	14.37m		31.94m	43.76%
Women Weight Pent Javelin 80-84					
1. 8002 Gwenyth Davidson	W84	9.60m		29.36m	40.23%
Men Weight Pent Weight T 60-64					
1. 6119 Graeme Rose	M63	18.15m		20.67m	79.96%
3. 6117 John Reynolds	M62	14.36m		16.35m	63.26%
5. 6124 David Wookey	M63	11.20m		12.75m	49.34%
Men Weight Pent Weight Throw 70-74					
5. 7122 Nino Stankovic	M74	6.31m		8.16m	31.58%
Men Weight Pentathlon Javelin 65-69					
3. 6607 Don Chambers	M69	25.37m		41.85m	42.50%
7. 6628 Ken Priestley	M68	20.45m		33.73m	34.25%
9. 6629 Ken Readwin	M66	18.58m		30.64m	31.12%

AMA National Championships (cont.)

Name	Age	Finals	Wind	Age-Grading	
Men Weight Pentathlon Javelin 80-84					
1. 8111 Stan Stankovic	M84	18.49m		38.11m	38.70%
Women Weight Pent Weight T 65-69					
3. 6506 Beverly Hugo	W67	7.20m		10.30m	43.64%
Women Weight Pent Weight T 70-74					
1. 7003 Valerie Worrell	W72	10.10m		16.47m	69.80%
Women Weight Pent Weight T 80-84					
1. 8002 Gwenyth Davidson	W84	7.33m		16.61m	70.41%
Men Weight Pent Weight T 65-69					
1. 6628 Ken Priestley	M68	13.92m		17.56m	67.90%
3. 6629 Ken Readwin	M66	12.25m		15.45m	59.76%
6. 6607 Don Chambers	M69	10.66m		13.44m	52.00%
Men Weight Pent Weight T 80-84					
1. 8111 Stan Stankovic	M84	11.23m		17.66m	68.31%

Day 4 - Monday 9/4/07 Out Of Stadium Events

Women 8k CC 60-64					
2. 6013 Lavinia Petrie	W63	37:22.00			
5. 6021 Petrina Trowbridge	W60	41:01.00			
8. 6020 Vicki Thompson	W61	57:39.00			
Women 8k CC 55-59					
1. 5501 Bronwen Cardy	W55	32:37.00			
Women 8k CC 50-54					
2. 5014 Annette Pelgrim	W52	39:46.00			
Women 8k CC 45-49					
2. 4509 Sharon Higgins	W47	37:59.00			
Women 8k CC 40-44					
6. 4011 Sharon Johns	W41	44:25.00			
Men 8k CC 60-64					
3. 6101 Alan Bennie	M60	35:42.00			
Men 8k CC 70-74					
4. 7115 Kevin Onley	M73	51:11.00			
Men 8k CC 85-89					
1. 8601 Ken Matchett	M85	55:33.00			
Men 20k Race Walk RR 45-49					
1. 4609 Mark Donahoo	M48	1:54:52.00			
Men 20k Race Walk RR 55-59					
1. 5636 Robin Wood	M57	2:22:33.00			
Men 20k Race Walk RR 60-64					
1. 6110 Andrew Jamieson	M60				
Men 20k Race Walk RR 65-69					
1. 6619 Anthony Johnson	M66	2:00:56.00			
2. 6610 Murray Dickinson	M68	2:06:46.00			
Women 20k Race Walk RR 40-44					
1. 4014 Annette Major	W44	2:08:27.00			
Women 20k Race Walk RR 50-54					
1. 5003 Barbara Bryant	W52	1:59:04.00			
Women 20k Race Walk RR 65-69					
1. 6502 Margaret Beaumont	W69	2:46:26.00			

AMA National Championships (cont.)

Name	Age	Finals	Wind	Age-Grading	
Men 10k Race Walk RR 30-34					
1. 3106 Adam Patterson	M34	1:07:06.00			
Men 10k Race Walk RR 45-49					
1. 4611 Simon Evans	M46	51:37.00			
Men 10k Race Walk RR 55-59					
1. 5623 Alan Lucas	M59	58:01.00			
Men 10k Race Walk RR 60-64					
2. 6104 Russ Dickenson	M61	54:36.00			
Men 10k Race Walk RR 70-74					
1. 7113 Geoff Major	M70	1:07:30.00			
2. 7119 Colin Silcock-Delaney	M74	1:08:15.00			
5. 7102 Ian Beaumont	M71	1:21:18.00			
Women 10k Race Walk RR 45-49					
1. 4522 Pamela Tindal	W47	1:00:05.00			
Women 10k Race Walk RR 50-54					
2. 5007 Janet Holmes	W53	1:01:25.00			
Women 10k Race Walk RR 55-59					
1. 5502 Heather Carr	W57	54:53.00			
2. 5504 Elizabeth Feldman	W58	1:00:24.00			
3. 5508 Celia Johnson	W59	1:06:39.00			
Women 10k Race Walk RR 65-69					
2. 6506 Beverly Hugo	W67	1:16:49.00			
Men 8k CC 40-44					
1. 4115 Murray Johnson	M44	31:27.00			
Men 8k CC 50-54					
1. 5106 Phillip Bowes	M50	27:51.00			
3. 5123 Allan Long	M50	31:02.00			
6. 5128 Colin Page	M53	32:14.00			
Day 4 - Monday 9/4/07 Track & Field Continued					
Women Weight Throw 45-49					
3. 4501 Christine Bridle	W49	6.69m		11.40m	48.34%
Women Outdoor Pent LJ 40-44					
2. 4001 Jennifer Baldwin	W41	4.35m	2.4	4.79m	63.78%
Women Outdoor Pent LJ 45-49					
1. 4503 Susan Chapman	W46	4.20m	2.2	4.93m	65.63%
Men Weight Throw 50-54					
3. 5138 Ron Wynhoven	M51	13.89m		15.70m	60.73%
Men Outdoor Pent Long Jump 55-59					
5. 5611 Michael Cusack	M55	2.88m	1.4	3.86m	43.18%
Men Outdoor Pent Long Jump 60-64					
1. 6115 Graham Philpott	M64	4.10m	2.0	5.78m	64.57%
Women Outdoor Pent Javelin 40-44					
1. 4001 Jennifer Baldwin	W41	24.55m		26.87m	36.81%
Women Outdoor Pent Javelin 45-49					
1. 4503 Susan Chapman	W46	21.99m		27.34m	37.46%
Women Weight Throw 60-64					
2. 6004 Rhonda Dundas	W62	11.58m		15.43m	65.39%
5. 6015 Astrid Rose	W63	9.93m		13.53m	57.37%

News and Results

AMA National Championships (cont.)

Name	Age	Finals	Wind	Age-Grading
Women Weight Throw 65-69				
3. 6506 Beverly Hugo	W67	7.26m		10.92m 46.30%
Women Weight Throw 70-74				
1. 7003 Valerie Worrell	W72	10.87m		18.78m 79.58%
Women Weight Throw 80-84				
1. 8002 Gwenyth Davidson	W84	7.76m		20.83m 88.28%
Men Outdoor Pent Long Jump 65-69				
1. 6627 Jim Poulter	M65	4.27m	3.9	6.64m 74.26%
2. 6607 Don Chambers	M69	4.20m	2.6	6.53m 73.04%
4. 6606 Tony Bradford	M67	3.37m	2.1	5.24m 58.61%
Men Outdoor Pent Long Jump 70-74				
3. 7120 George Simons	M71	2.75m	1.1	4.65m 51.98%
4. 7122 Nino Stankovic	M74	2.68m	2.0	4.53m 50.66%
5. 7103 Max Brook	M70	2.44m	1.1	4.13m 46.12%
Men Outdoor Pent Javelin 55-59				
1. 5611 Michael Cusack	M55	36.21m		50.90m 51.69%
Men Outdoor Pent Javelin 60-64				
2. 6115 Graham Philpott	M64	22.93m		33.94m 34.47%
Women Outdoor Pent 200M 40-44				
2. 4001 Jennifer Baldwin	W41	28.82	1.9	27.19 78.49%
Women Outdoor Pent 200M 45-49				
3. 4503 Susan Chapman	W46	41.93	3.1	37.23 57.33%
Women 400 Metres 65-69				
1. 6511 Anne Stobaus	W65	1:14.16		52.98 89.86%
Women 400 Metres 55-59				
1. 5506 Kathryn Heagney	W56	1:07.89		52.52 90.63%
4. 5507 Chrisoulla Hondromatidis	W58	1:26.55		1:05.77 72.39%
Women Outdoor Pent Discus 40-44				
3. 4001 Jennifer Baldwin	W41	27.81m		30.78m 40.09%
Women Outdoor Pent Discus 45-49				
2. 4503 Susan Chapman	W46	20.07m		24.04m 31.32%
Women 400 Metres 40-44				
4. 4001 Jennifer Baldwin	W41	1:04.88		58.22 81.77%
Men Outdoor Pent Javelin 65-69				
2. 6607 Don Chambers	M69	23.96m		39.52m 40.13%
3. 6606 Tony Bradford	M67	22.45m		37.03m 37.60%
4. 6627 Jim Poulter	M65	20.87m		34.42m 34.96%
Men Outdoor Pent Javelin 70-74				
3. 7122 Nino Stankovic	M74	17.87m		31.20m 31.68%
4. 7120 George Simons	M71	17.67m		30.85m 31.33%
5. 7103 Max Brook	M70	14.23m		24.84m 25.23%
Men Weight Throw 60-64				
1. 6119 Graeme Rose	M63	18.33m		22.17m 85.73%
3. 6117 John Reynolds	M62	14.66m		17.37m 67.19%
5. 6124 David Wooley	M63	11.53m		13.94m 53.93%
Men Outdoor Pent 200 Metres 60-64				
2. 6115 Graham Philpott	M64	31.11	2.9	25.05 77.15%

News and Results

AMA National Championships (cont.)

Name	Age	Finals	Wind	Age-Grading
Women Outdoor Pent L J 55-59				
1. 5506 Kathryn Heagney	W56	3.32m	0.5	4.48m 59.61%
Men Outdoor Pent 200 Metres 55-59				
4. 5611 Michael Cusack	M55	39.84	2.2	33.17 58.26%101
Men 400 Metres 80-84				
1. 8110 Jim Sinclair	M82	1:31.16		52.48 82.29%
Men 400 Metres 85-89				
1. 8601 Ken Matchett	M85	2:01.81		1:04.15 67.32%
Men Outdoor Pent Discus 55-59				
5. 5611 Michael Cusack	M55	19.14m		21.02m 28.38%
Men Outdoor Pent Discus 60-64				
2. 6115 Graham Philpott	M64	23.05m		25.88m 34.95%
Men 400 Metres 70-74				
3. 7109 John Howes	M71	1:08.62		49.30 87.60%
Women Outdoor Pent Javelin 55-59				
1. 5506 Kathryn Heagney	W56	14.58m		22.52m 30.86%
Women Weight Throw 55-59				
5. 5512 Lorraine Mussett	W58	5.95m		8.58m 36.39%
Event 635 Men 400 Metres 65-69				
Qualifiers From Preliminaries				
3. 6637 Richard Trembath	M65	1:04.86		51.35 84.10%
Men 400 Metres 55-59				
Qualifiers From Preliminaries				
1. 5621 Peter Lamb	M57	57.86		48.18 89.63%
Men 400 Metres 50-54				
1. 5117 Terry Hicks	M52	58.02		49.93 86.50%
Men Shot Put Champions				
7. 6119 Graeme Rose	M63	19.42m		26.87m 116.29%
Men 400 Metres 45-49				
Qualifiers From Preliminaries				
2. 4607 Mark Crawford	M48	57.80		51.10 84.52%
Men Outdoor Pent 200 Metres 70-74				
3. 7120 George Simons	M71	38.91	1.4	29.14 66.31%
4. 7122 Nino Stankovic	M74	43.22	1.4	32.37 59.69%
5. 7103 Max Brook	M70	45.90	1.4	34.37 56.21%
Men Outdoor Pent 200 Metres 65-69				
1. 6607 Don Chambers	M69	29.57	2.8	23.05 83.83%
2. 6606 Tony Bradford	M67	29.91	2.8	23.31 82.88%
4. 6627 Jim Poulter	M65	31.43	2.8	24.5 78.87%
Women Shot Put Champions				
3. 8002 Gwenyth Davidson	W84	20.29m		68.43m 302.38%
Women Outdoor Pent 200 M 55-59				
1. 5506 Kathryn Heagney	W56	30.43	1.3	24.16 88.33%
Men Weight Throw 65-69				
2. 6628 Ken Priestley	M68	13.04m		17.58m 67.99%
5. 6629 Ken Readwin	M66	11.38m		14.67m 56.73%
6. 6607 Don Chambers	M69	10.54m		14.54m 56.24%

AMA National Championships (cont.)

Name	Age	Finals	Wind	Age-Grading
Men Outdoor Pent Discus 65-69				
2. 6627 Jim Poulter	M65	24.12m		30.18m 40.74%
3. 6607 Don Chambers	M69	22.43m		28.06m 37.89%
4. 6606 Tony Bradford	M67	19.80m		24.77m 33.45%
Men Outdoor Pent Discus 70-74				
3. 7120 George Simons	M71	19.16m		27.06m 36.54%
4. 7122 Nino Stankovic	M74	18.71m		26.43m 35.68%
Women Outdoor Pent 800M 40-44				
3. 4001 Jennifer Baldwin	W41	2:48.42		2:43.74 69.18%
Women Outdoor Pent 800M 45-49				
1. 4503 Susan Chapman	W46	2:48.48		2:36.74 72.28%
Women Outdoor Pent Discus 55-59				
1. 5506 Kathryn Heagney	W56	16.72m		23.98m 31.23%
Men Outdoor Pent 1500M 55-59				
3. 5611 Michael Cusack	M55	6:21.76		5:12.32 65.96%
Men Outdoor Pent 1500 Metres 60-64				
2. 6115 Graham Philpott	M64	5:35.90		4:23.52 78.18%
Women 4x400 Metres Relay M220+				
1. 'A' 5:29.57 (Susan Chapman 46, Chrisoulla Hondromatidis 58, Annette Pelgrim 52, Anne Stobaus 65)				
Women 4x400 Metres Relay M170+				
3. 'A' 4:39.48 (Sonya Pollard 40, Jennifer Baldwin 41, Christine Bridle 49, Kathryn Heagney 56)				
Men Weight Throw 70-74				
4. 7122 Nino Stankovic	M74	6.53m		9.36m 36.20%
Men Weight Throw 80-84				
2. 8111 Stan Stankovic	M84	11.31m		20.33m 78.65%
Men 4x400 Metres Relay W200+				
1. 'A' 4:02.89 (Peter Lamb 57, Bill Carr 57, Keith Howden 61, Terry Hicks 52)				
Women Outdoor Pent 800 M 55-59				
1. 5506 Kathryn Heagney	W56	2:58.26		2:28.96 76.05%
Men Outdoor Pent 1500 M 65-69				
1. 6606 Tony Bradford	M67	6:49.88		5:08.89 66.69%
3. 6607 Don Chambers	M69	9:49.20		7:24.03 46.39%
Men Outdoor Pent 1500 Metres 70-74				
3. 7120 George Simons	M71	9:04.52		6:33.69 52.32%
4. 7122 Nino Stankovic	M74	9:29.29		6:51.60 50.05%
Day 3 - Sunday 8/4/2007 Weight Pentathlon Points Results				
Men Weight Pentathlon 50-54				
4. Ron Wynhoven	M51	2612		
Men Weight Pentathlon 60-64				
1. Graeme Rose	M63	4423		
3. John Reynolds	M62	3109		
5. David Wookey	M63	2656		
Men Weight Pentathlon 65-69				
4. Ken Priestley	M68	3024		
5. Ken Readwin	M66	2831		
7. Don Chambers	M69	2652		
Men Weight Pentathlon 70-74				
5. Nino Stankovic	M74	1730		

AMA National Championships (cont.)

Name	Age	Points
Men Weight Pentathlon 80-84		
1. Stan Stankovic	M84	3211
Women Weight Pentathlon 45-49		
1. Christine Bridle	W49	2251
Women Weight Pentathlon 55-59		
5. Lorraine Mussett	W58	1879
Women Weight Pentathlon 60-64		
2. Rhonda Dundas	W62	3603
4. Astrid Rose	W63	3117
Women Weight Pentathlon 65-69		
3. Beverly Hugo	W67	2361
Women Weight Pentathlon 70-74		
1. Valerie Worrell	W72	3789
Women Weight Pentathlon 80-84		
1. Gwenyth Davidson	W84	4133

Day 4 - Monday 9/4/2007 Outdoor Pentathlon Points Results

Men Outdoor Pentathlon 55-59		
4. Michael Cusack	M55	1669
Men Outdoor Pentathlon 60-64		
1. Graham Philpott	M64	2669
Men Outdoor Pentathlon 65-69		
2. Tony Bradford	M67	2457
3. Don Chambers	M69	2374
Men Outdoor Pentathlon 70-74		
3. George Simons	M71	1481
4. Nino Stankovic	M74	1232
Women Outdoor Pentathlon 40-44		
2. Jennifer Baldwin	W41	2624
Women Outdoor Pentathlon 45-49		
1. Susan Chapman	W46	2593
Women Outdoor Pentathlon 55-59		
1. Kathryn Heagney	W56	2780

Hall of Fame

At the 2006 AGM details of AMA's Hall of Fame proposal were provided for consideration by the State clubs. As there has been no comment back to the Board it will now go forward for approval at the forthcoming AGM.

The Board suggests the document be included in your next Club Newsletter (still as a proposal), asking members to think about who could be nominated. If the document is too large for reproducing, then please direct your members to the AMA website for viewing. Following approval by the Council at the AGM, and consideration of membership of the subcommittee required to assess and recommend nominations, the State clubs would then be asked to commence nominating appropriate Hall of Fame members.

It is seen that each Hall of Fame member (or living relative as appropriate) would receive a congratulatory letter and associated written summary of their citation (as would be provided on the website and Handbook), as well as an AMA metal plaque citation that incorporates an action or other photograph of the individual in their key event.

VICTORIAN MASTERS ATHLETICS Inc.

10 km "Eric Greaves Memorial" Road Race Championship

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

Braeside Park, Mentone

(Melway Map 88 D8)

Sunday 15 July 2007

10.00 am Start

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

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

Club Competition uniform must be worn to be eligible for the specially struck memorial medals for winners and placegetters in each 5 year age division. Non Victorian Masters members are welcome to run by Invitation (\$3 entry with \$2 to charity)

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

There will also be a 5Km run or a 5km walk for those who wish to participate but do not want to compete in the 10km run. Entry fee for these events will be \$3, with \$2 to charity. There will be no prizes for these events.

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

Tea, coffee and biscuits after the race

Enquiries Alan Bennie 9547 2978

THE SIXTY MINUTES

Doncaster revives one-hour run

NO, it's nothing to do with the popular television program, but if you're a distance runner and you've ever dreamed of holding a Victorian record, this could be for you. The Doncaster venue is planning to revive its feature event, *The Sixty Minutes*, which will be held on the night of Monday, September 24. As the name implies, the event will be a One-Hour Run, which will be open to runners of all age groups.

What makes it such a great opportunity for records lies in the fact that in several age groups, both men and women, no Victorian record exists. What is interesting to note, however, is that of the 18 times listed as Victorian Masters Athletics records, 12 have been set during previous editions of *The Sixty Minutes*. If you're lucky enough to be in one of the 'vacant' age groups and you want to have a go, all you have to do is to produce the best performance in your category on the night to establish a record. And if there's already a record, you can have a go at it and perhaps set a PB in the process, whether you set a new mark or not.

Of course if you're in an age group which already has a record, you'll have the benefit of knowing what you have to aim for and perhaps some extra satisfaction if you make it. Three of Victoria's top female distance runners, Jennie Dowie (W45), Lavinia Petrie (W60) and Corrie De Groot (W75) have set world records in recent years at *The Sixty Minutes*, while numerous other runners have set Victorian and Australian records.

The event has been re-scheduled by popular demand and will provide a warm-up for those intending to contest the Melbourne Marathon, three weeks later on October 14. *The Sixty Minutes* will not be restricted to runners making a record attempt, but those who are will be required to declare their intention to do so and supply their own lap scorer if possible.

It is hoped to get as many 'support' runners as possible but those attempting records will be required to wear colour-coded competition numbers, supplied by the Doncaster venue, so they can be easily identified for the purpose of accurate lap counting and distance measurement.

Due to a disappointing response the last time the event was scheduled, pre-post entries will be required at a fee of \$10, of which \$5 will be refunded to runners who take their place on the night. This will be in line with Doncaster's normal competition fee and will include supper. Doncaster officials have made it clear, however, that *if less than 12 entries are received, the event will not be held*. If such is the case, entrants will have their fees refunded in full.

A full program of events up to 400 metres will also be held on the night so athletes from all venues are encouraged to come and have a run and support their colleagues who are contesting the feature event.

Inquiries may be directed to venue managers Richard Trembath (94316963), Grant Stewart (98734892) or Bryan Bottomley (94577674).

Entries will close with Bryan Bottomley, PO Box 271, Rosanna, 3084 on Friday, September 8.

ENTRY FORM

THE SIXTY MINUTES*(Open to all athletes affiliated with Australian Masters' Athletics controlling bodies)**Rieschiecks Reserve (Melway: 33, J10)***DONCASTER****Monday, September 24, 2007 (Approx. 7:30pm)**

Name (PRINT): Age (on Sep 24):

I understand and acknowledge that:

- **ENTRIES CLOSE** with the last mail delivery on **Friday, September 8, 2007**. Entries may be posted to **The Sixty Minutes, C/o P.O. Box 271, ROSANNA, 3084, Victoria, Australia**, or e-mailed to bbots@ozemail.com.au.

I hereby declare that I am in good health and will be properly conditioned to actively participate in events at THE SIXTY MINUTES meeting at the Doncaster venue of the Victorian Masters' Athletic Club Inc. on September 24, 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')***

(To be refunded in full in the event of cancellation of The Sixty Minutes. Starters to be refunded \$5).*

SIGNED: Phone:

Address:

e-mail:

OFFICE USE ONLY:

NUMBER**COLOUR****PETER COLTHUP 5 MILE HANDICAP**

On Wednesday 18th April 2007 the annual Peter Colthup 5 mile handicap race was held on the road surrounding the Mentone Venue.

It was a mild night ideal for distance running and some very good performances eventuated.

Peter Colthup and his family attended as did runners from Doncaster, Frankston, Springvale, Croydon, Caulfield and Collingwood.

Peter is of course a Life Member of VMA and was the Secretary of the association for many years.

The handicapper had a difficult task but all runners finished within a 5 minute bracket over 5 miles which was a good outcome.

The fastest male and female runners were Dragan Ismailovic in a blistering 28.38 despite carrying a minor injury and Bronwen Cardy in 31.02, just ahead of local runner Kate Weeks and last year's winner, Theresia Baird.



Dragan Ismailovic, Ralph Bennett, Laurie Collard, Bronwen Cardy, Peter Colthup (sitting)

Bronwen Cardy also came third overall on handicap and the second placegetter was Ralph Bennett who has been setting Walk records regularly at Mentone.

First place went to Laurie Collard, a Mentone runner, who has participated in the Peter Colthup for some ten years and has been placed on several occasions. Laurie's win took place on the day following his 50th birthday and his cake, provided by Bronwyn Hanns, enhanced the supper provided by Mentone venue which contributed to the convivial atmosphere of the evening.

Peter Colthup presented the medals and trophies which included the magnificent wooden perpetual trophy carved by Louis Waser. All runners can be proud of their efforts and we look forward to next year's event.

The full results were :-

Peter Colthup 5 miles Road H/Cap - 18/04/07

		Clock		Actual
1	Laurie Collard	50	47.31	35.01
2	Ralph Bennett	65	48.06	34.06
3	Bronwen Cardy	55	48.32	31.02
4	Michael Heffernan	72	48.36	58.36
5	Ray Kemp	79	48.40	44.10
6	David Dodson	48	48.59	38.59
7	Kate Weeks	45	49.12	33.12
8	Frank Prowse	55	49.29	32.29
9	Col Waring	61	49.31	34.01
10	Robert Dunning	49	49.46	33.16
11	Amelia Faulkner	Inv	50.02	39.02
12	Janeen McKerran	46	50.05	42.35
13	John Kneen	64	50.07	45.37
14	Dragan Isailovic		50.08	28.38
15	Russell Johnston		50.47	33.17
16	Theresia Baird	65	50.59	34.59
17	Graeme Paul	53	51.31	37.31
18	Sean Conway	39	51.35	35.35
19	John Moore	56	52.33	40.33

F = fastest male & female

5k Track Trial Walk - 14th August - Croydon

As you would be aware several VMA members will be going to Riccione in September to compete in the World Masters championships and one event is the 5k track walk. To give those going to compete an opportunity to have a trial over that distance on the track rather than just on the road at AP the Croydon venue will hold a 5k track walk on Tuesday 14th August as part of the weekly program. The event is on at 8pm (Yes it can be cold and it might rain but usually there is not much wind there) and is held in conjunction with the distance running event.

This will be one of the few (only?) chances walkers will have to record a 5k time on the track before leaving for Riccione and with a strong walking contingent plus the runners there is plenty of competition. Obviously it is an unjudged event and as such can only be considered as training. The track was relaid a few months ago and is quite fast with a fair amount of spring. Other VRWC members who are not going to Riccione but would like to compete are welcome to walk by invitation. Cost is \$2. The program starts at 7.05pm with a short distance walk followed by a variety of running events.

Alan Lucas

Results From 10 KM Track Run at Collingwood 20 May

	Name	Age	Team	Finals	Age-Grading	Points
W35 10000 Metre Run						
1	3579 Julie Norney	W38	Knox	39:46.92	38:52.98	77.20%
W40 10000 Metre Run						
1	4043 Kim Wright	W42	Collingwood	47:50.41	45:34.93	65.86%
W55 10000 Metre Run						
1	5573 Bronwen Cardy	W55	Croydon	38:04.25	31:11.95	96.21%
W65 10000 Metre Run						
1	6523 Theresia Baird	W65	Sprinvale	42:07.02	29:40.29	101.17%
M35 10000 Metre Run						
1	3580 Craig Harris	M35	East Burwood	37:58.38	37:10.08	70.85%
M40 10000 Metre Run						
1	4035 Murray Johnson	M44	no venue	36:52.78	33:48.90	77.87%
2	4006 Tony Dell	M44	Croydon	38:44.52	35:31.36	74.13%
M45 10000 Metre Run						
1	4582 Gary O'Dwyer	M48	Coburg	40:01.36	35:34.33	74.03%
2	4581 Barry Whittle	M47	no venue	40:14.61	36:03.01	73.05%
3	4540 Andrew Tunne	M48	Croydon	42:01.65	37:21.25	70.50%
4	4583 Frank Pignataro	M49	East Burwood	44:08.87	38:55.51	67.65%
M50 10000 Metre Run						
1	5006 John Duck	M54	no venue	36:53.98	31:14.14	84.31%
2	5018 Graeme Paul	M53	Collingwood	43:25.92	37:04.42	71.03%
3	5090 Mick Carr	M54	Knox	44:08.46	37:21.93	70.48%
4	5049 Charles Livingston	M53	Collingwood	48:06.79	41:04.17	64.12%
M55 10000 Metre Run						
1	5570 Paul Twining	M57	Knox	38:00.86	31:22.63	83.93%
2	5575 Murray Hutchinson	M58	Knox	44:23.06	36:19.45	72.50%
-	5569 Ernie Stewart	M56	no venue	DNF		
M60 10000 Metre Run						
1	6072 Gary Stewart	M61	Knox	39:45.99	31:42.12	83.07%
2	6083 Westley Windsor	M62	Collingwood	41:37.21	32:53.30	80.07%
3	6047 Robert Henderson	M60	Knox	42:28.79	34:10.00	77.07%
4	6090 Gabriel Carmona	M64	Caufield	43:44.63	33:56.98	77.57%
5	6022 Rod Bayley	M60	Collingwood	45:06.77	36:17.06	72.58%
-	6059 Alan Bennie	M60	Springvale	DNF		
M65 10000 Metre Run						
1	6539 Ted Paulin	M69	Collingwood	42:44.15	31:37.99	83.25%
2	6527 Brian Mee	M69	Knox	46:26.62	34:22.66	76.60%
M70 10000 Metre Run						
1	7042 John Howes	M71	Aberfeldie	50:11.31	36:17.18	72.57%
M75 10000 Metre Run						
1	7529 Bill Page	M76	Aberfeldie	53:30.86	35:47.11	73.59%
2	7528 Bob Lewis	M79	East Burwood	53:33.11	33:39.45	78.24%

10k Cross Country - Yarra Bend Park - 17 June 2007

With the running of the 10k Cross Country event at Collingwood today competition in the men's individual event is very fierce whilst in the women's section as the 4 competitors from the track run didn't run the cross country this has opened the way for several other competitors to figure in proceedings.

In the inter venue Browne Shield, Knox have opened up a handy break on Croydon and Collingwood but one race can change things noticeably. With many more competitors today we can see what a closely fought event this can be as 4 venues were separated by less than a point on aggregate!

Our next event is the Eric Greaves 10k at Braeside Park on Sun 15 July at 10.00am. This is one of our most popular events and we should see more tight scoring. Full details are on our website or through Alan Bennie.

In scoring this event I have used the 10k road run factors as obviously there are no cross country factors. This means that the performances are probably a little better than the percentages indicate but as everybody is scored on the same basis then for the purposes of this competition this does not matter.

Alan Lucas

The D& C Browne Inter Venue Shield as at 17 June 2007

VENUE	SCORES	AGGREGATE	CUMULATIVE	PLACE
Knox	87.61, 80.95, 80.71	249.27	493.47	1
Croydon	68.36, 78.49, 78.17	225.02	465.86	2
Collingwood	75.87, 78.59, 70.68	225.14	454.32	3
Aberfeldie	77.06, 76.74, 71.79	225.59	371.75	4
Caulfield	67.64, 80.52, 77.72	225.88	303.45	5
East Burwood	77.53, 73.32	150.85	299.94	6
Springvale	73.12, 72.12	145.24	246.41	7
Coburg	70.23	70.23	144.26	8
Frankston	75.60	75.60	75.60	9
Mentone	72.22	72.22	72.22	10

VICTORIAN MASTERS 10K CROSS COUNTRY CHAMPIONSHIP YARRA BEND PARK 17/06/07

	Name	Team	Age	Finals
W30	Sandra Doyle	Croydon	32	46.23
W35	Liz Eastwood	Knox	38	48.41
W40	Ged Smith		42	45.41
W45	Jenny Alexander	Aberfeldie	49	44.27
	Sharon Higgins		48	46.59
	Pauline Allan	Caulfield	45	48.24
	Pam Tindall	Croydon	47	48.55
W55	Helen Ward		59	52.25
W60	Lavinia Petrie	Knox	63	47.14
	Petrina Trowbridge		60	49.06
	Merrilyn Kelly	Collingwood	60	52.13

M35	Brendan Watson	Inv		49.41
M40	Paul Connor	Knox	44	36.17
	Murray Johnson	Frankston	44	38.44
	Mal Grimmett	Springvale	41	39.09
	Tony Dell	Croydon	44	39.41
M45	Peter Field	Springvale	49	42.18
	Gary Odwyer	Coburg	48	43.01
	Andrew Tunne	Croydon	48	48.21
M50	Phillip Bowes		51	34.56
	Rod Neale	Croydon	50	39.16
	Jeff Boot	Caulfield	51	39.49
	Robert Dunning	Collingwood	50	43.34
	Joseph Campisi		50	44.13
	Graeme Paul	Collingwood	53	44.53
	Mick Carr	Knox	54	46.19
	Glenn Claiden	Knox	53	47.42
	Chris Brown	Caulfield	51	47.56
M55	Paul Twining	Knox	57	40.11
	Greg Wilson	Croydon	55	40.45
	Jim Byrne	n/f	55	40.54
	David Jones	Aberfeldie	56	42.02
	Murray Hutchison	Knox	58	45.54
	Ian U'ren	Knox	55	46.21
	Jim Hopkins	Collingwood	57	47.21
	Len Hallett	Collingwood	57	53.52
	John Neale	Aberfeldie	56	55.33
M60	Gary Stewart	Knox	61	42.03
	Gabriel Carmona	Caulfield	64	42.58
	Wes Windsor	Collingwood	62	43.14
	Robert Henderson	Knox	60	44.39
	David Sheehan	Croydon	60	46.02
	Graham Philpott	E. Burwood	64	47.11
	John Dean	Aberfeldie	62	49.41
	Stephen Barker	Aberfeldie	64	51.57
M65	Brian Mee	Knox	69	46.37
	Alan Irwin	Caulfield	65	47.45
	Mal Brown	Collingwood	66	49.51
	Juan Perez	Springvale	67	51.42
M70	John Howes	Aberfeldie	71	51.59
	Brian Lynch	Springvale	72	52.11
M75	Bob Lewis	E. Burwood	79	55.06
	Bill Page	Aberfeldie	76	55.56
	John Markham	Mentone	77	56.41
	Jack Gubbins	Springvale	78	70.49
	Jade Alexander	Inv		44.42

5k Non Championship Event

Morton Neve	19.29	Shirley Young	34.31
Ed Neve	23.59	Chas McRae	40.45
Toscha Stopar	27.43		