

News and Results

Victorian Masters Athletics Inc.

January 2008

Jamieson wins world's top Masters' Athletics Award

Champion walker Andrew Jamieson has won the most prestigious award in Masters' Athletics, the IAAF Masters' Athlete of the Year.

Jamieson, 61, will be presented with his award at a gala dinner in Monaco on November 25.

The presentation will be made in conjunction with the IAAF's Athlete of the Year awards, for which the male nominees are US sprinter Tyson Gay, Ethiopian distance running legend Haile Gebrselassie and champion sprint hurdler Liu Xiang, of China.

The female nominees are the world's top middle distance runner Meseret Defar, of Ethiopia, decathlete Carolina Klufft of Sweden, and high jumper Blanka Vlasic of Croatia.

Jamieson broke 11 world records during the year and won five gold medals at the recent World Masters' Athletics Championships in Italy. While several of the world records he broke during the year were his own, he currently holds every Australian record from 3km to 50km and has world marks to his credit at 3km (13m 24.07s), 5km (22m 38.07s), 10km (46m 22.01s) and 30km (1h 35m 56.5s).

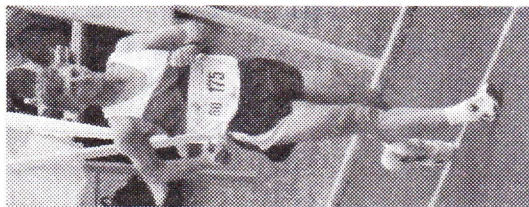
At the WMA Championships in Riccione, Italy, in September he won the 5km track walk and the 10km and 20km road walks and was a member of the gold medal winning teams in each of the two latter events.

Jamieson, formerly one of Australia's top surgeons, is a member of the Doncaster venue of Victorian Masters' Athletics but seldom competes at venue level since retiring and moving from North Balwyn to Fish Creek, in South Gippsland, a couple of years ago.

He still competes on a regular basis at Athletics Victoria inter-club meetings representing Old Scotch. Jamieson was a handy runner in his younger days before a back injury caused him to switch to walking. He is renowned for his tough training sessions and has been unrivalled in Australian Masters' Athletics during the past decade. He currently holds 19 Australian records over distances ranging from 1500 metres to 50km.

Jamieson's wife Lyn has also been prominent in Masters' Athletics and won the Australian 1500 metres title in the Women's 45-49 age group in Canberra in 1999 before injury problems forced her to scale down her involvement in the sport.

The Jamiesons leave for Monaco on November 22. Their only regret is that the invitation is only for two, which means Andrew's training partner, their kelpie Richie, will have to stay at home.



Vic Masters Athletics Inc News and Results

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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, Cliffton 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

Members are requested to advise the Secretary and the Registrar of any changes to their contact details including email addresses during the year. Contact details for the Secretary and the Registrar are shown on page 2

Venue	Manager	Address	Phone
Aberfeldie	Rob Waters	5 Bellevue Court Maribyrnong 3032	9318 3802
Altona	Stan Belcher	79 Sanctuary Lakes South Bvd Point Cook 3030	9395 2045
Caulfield	Peter McGrath	13 Bales Street Mount Waverley 3149 pjm039@optusnet.com.au	9807 5656
Coburg	George Goode	PO Box 191 Pascoe Vale South 3044	9306 8503
Coburg	Ken Carter	7 Oak Street Pascoe Vale 3044	9306 8065
Coburg	Neville Wilson	11 Prospect Road Rosanna 3084 nlw@melbpc.org.au	9459 7827
Collingwood	Wasyli Drosdowsky	12 Hickford Street Brunswick East 3057 wdrosdowsky@gmail.com	9387 2163
Collingwood	Graeme Paul	18 Cronus Court Eltham 3095 elthampauls@bigpond.com.au	9439 9667
Croydon	Karen Archer	27 Russell Street Mount Evelyn 3796 quinarcher@aapt.net.au	9736 1684
Croydon	Ken Walters	5 Warra Road Upwey 3158 judynken@bigpond.com	9752 5977
Doncaster	Richard Trembath	P.O. Box 294 Greensborough 3088 tenek@bigpond.net.au	9431 6963
East Burwood	Trevor Jupp	4 Driftwood Drive Glen Waverley 3150 juppspecial@optusnet.com.au	9802 3355
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Frankston	Peter Duggan	8 Myna Court Carrum Downs 3201 mduggan2@bigpond.net.au	9786 9169
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Knox	Lavinia Petrie	12 Jeannette Marie Court Kilsyth 3137 ljpetrie@alohalink.com.au	9728 3929

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Throwers	Graeme Rose	71 Union Road Surrey Hills 3127 grarose@yahoo.com	9836 2350

Reference Websites

www.vicnet.net.au/~vicvets/
www.users.bigpond.com/judynken/atg.html
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www.lollylegs.com
www.tasmasterathletics.org.au
www.athleticsnorthqld.org.au/oceania2008

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2007 National Championships
Oceania Masters Championships 2008

AMA NATIONAL POSTAL RELAY CHAMPIONSHIPS 2008

At the 2007 AMA Council meeting, held in Melbourne on the 4/5th August, the Council determined that in 2008 a National Postal relay competition would be conducted.

The AMA Board has determined that this competition will be conducted during the month of February and that results shall be posted to the Director of Competition by the 7th March. The winners will be announced and presented with a certificate at the AMA National T & Field Titles to be held at Blacktown, NSW in 2008.

The National Relay Championships shall involve only the following relays in 2008.

4 x 100 M 4 x 400 M 4 x 800 M 4 x 800 M walk

Long Jump Shot Putt Hammer Discus

Rules:

- The event shall be conducted in 10 year brackets (30-39; 40 - 49 etc) with the team age bracket being determined by the youngest member.
- An athlete may only compete in one age bracket for a particular relay (eg Shot) but may compete in a different age bracket for another relay (eg LJ).
- The age of an athlete shall be their age on the day of competition.
- The number of competitors in a track relay is four and a baton must be passed correctly at each change over zone.
- The number of competitors in a field relay is three and the best of three attempts, for each competitor, shall count towards the final total distance.
- The weight of the implement used by all team members in a throwing relay is that appropriate to the youngest member of the team.
- If the field relay is conducted as part of a competition where six attempts are involved then only the best of the first three shall count towards the relay.
- The teams shall be nominated to the Competition Director in charge of competition on the day or days the Relays are held, prior to the start of the event and cannot be changed once the event has commenced. This shall require a level of integrity on behalf of the Competition Director and those running the event.

The results shall be collated and sent to the Director of Competition along with a copy of the result sheet for each relay and a \$5 fee (paid to AMA) for each relay team (Use entry summary form).

The Result sheet for track relays shall show the Age Category, Names of competitors, their age on the day, and the time for the relay and be signed by the Chief Timekeeper.

The Result sheet for field relays shall show the Age Category, Names of competitors, their age on the day, the individual best performance of each team member and the total distance. This result sheet shall be signed by the Field Referee. Attached to the Result sheet shall be a copy of the field sheet signed by the Chief Field Judge.

Graeme Rose

AMA Competition Director
P.O. Box 277
Surrey Hills
Victoria 3127

AMA NATIONAL RELAY CHAMPIONSHIPS 2008**Entry Form (to be submitted with results)**

State or Territory Club: _____

MEN:**Track Relays: (please circle age groups entered)**

\$

4 x 100m:	30-39; 40-49; 50-59; 60-69; 70-79; 80-89 @ \$5 ea	_____
4 x 400m:	30-39; 40-49; 50-59; 60-69; 70-79; 80-89 @ \$5 ea	_____
4 x 800m:	30-39; 40-49; 50-59; 60-69; 70-79; 80-89 @ \$5 ea	_____
4 x 800m Walk:	30-39; 40-49; 50-59; 60-69; 70-79; 80-89 @ \$5 ea	_____

Field Relays: (please circle age groups entered)

Long Jump:	30-39; 40-49; 50-59; 60-69; 70-79; 80-89 @ \$5 ea	_____
Discus:	30-39; 40-49; 50-59; 60-69; 70-79; 80-89 @ \$5 ea	_____
Hammer:	30-39; 40-49; 50-59; 60-69; 70-79; 80-89 @ \$5 ea	_____
Shot:	30-39; 40-49; 50-59; 60-69; 70-79; 80-89 @ \$5 ea	_____

WOMEN:**Track Relays: (please circle age groups entered)**

\$

4 x 100m:	30-39; 40-49; 50-59; 60-69; 70-79; 80-89 @ \$5 ea	_____
4 x 400m:	30-39; 40-49; 50-59; 60-69; 70-79; 80-89 @ \$5 ea	_____
4 x 800m:	30-39; 40-49; 50-59; 60-69; 70-79; 80-89 @ \$5 ea	_____
4 x 800m Walk:	30-39; 40-49; 50-59; 60-69; 70-79; 80-89 @ \$5 ea	_____

Field Relays: (please circle age groups entered)

Long Jump:	30-39; 40-49; 50-59; 60-69; 70-79; 80-89 @ \$5 ea	_____
Discus:	30-39; 40-49; 50-59; 60-69; 70-79; 80-89 @ \$5 ea	_____
Hammer:	30-39; 40-49; 50-59; 60-69; 70-79; 80-89 @ \$5 ea	_____
Shot:	30-39; 40-49; 50-59; 60-69; 70-79; 80-89 @ \$5 ea	_____

Total Amount : \$ _____

VMA MULTI CHAMPIONSHIPS 2008

The VMA Multi Championships will be held at Duncan Mackinnon Athletic Track on the following dates in 2008.

T & F Pentathlon: Sunday 24th February 12 noon.
WP Sunday 2nd March 10.00 am start

Entries close on Friday 15th February for the Pentathlons

Late entry after close or on day: \$15 for both multi events,



2008 MULTI ENTRY FORM

SURNAME: _____ CALL NAME: _____

SEX: _____ DATE OF BIRTH: _____ AGE on Day: _____ PHONE: _____

EVENT	ENTRY FEES
WT. Pent @\$10	_____
T & F Pent @10	_____
Late fee \$5 per event	_____
Total Enclosed:	_____

Method of Payment

SURNAME _____ CALL NAME _____

ADDRESS _____

POST CODE _____

I am paying by: Cash Cheque Money Order Credit Card
 (Please make cheques or Money Order payable to: Victorian Masters Athletic Club Inc.
 For Credit Card payment fill out details below.)

Credit Card Payment * Mastercard Visa

Card Number: _____ Expiry Date: _____

Name on Card: _____ Signature: _____

* A \$1 transaction fee applies.

(Send to: VMA Championships 2008, PO Box 277, Surrey Hills VIC 3127)

(To arrive no later than February 15th for both Multis.)

Volunteers needed: Tick here if you are willing to be a volunteer on any of the days of the Championships and have not already been assigned duty by your venue.

"NEIGHBOURS NIGHT" AT COBURG 15/11/07 - COLLINGWOOD REGAIN TROPHY IN RECORD TIME

Sometimes the "behind the scenes" activity prior to a sporting event can be almost as interesting as the contest itself. Such was the case this year as the four venues went about their preparations for this year's Barb Dalglish 4 x 200m Memorial Relay.

Coburg, stung into action after failing to reach the final in 2006, appointed Benny Tancredi as team captain. At this stage both Coburg teams looked capable of causing an upset.

Collingwood, anxious to regain the trophy after two years as runner up, delegated teams selection to Keith Howden. On paper their No 1 team, "The Cougars" looked the team to beat. Doncaster, having early problems with the selection criteria (minimum age 180, one lady compulsory), announced their teams within minutes of starting time placing their faith in last year's winning combination.



Collingwood Cougars

Aberfeldie relied, once again, on stalwarts Tony Bradford and Noel Maghamez to carry the day. Tom Dalglish finding himself one runner short masterminded the coup of the evening in recruiting Bruce Gibbs from Collingwood to anchor his No 2 team. Disaster struck Coburg with David Woods injuring himself during the warm-up. Last minute adjustments still left their two teams competitive.

The two heats were indicative of a high standard final with fast times produced. Only one second separated Collingwood No 1 (The Cougars) and Doncaster No 1. Coburg Bluestones after finishing second in their heat could not take their place in the final - once again through injury - and were replaced by The Dalglish Family No 1 team. Doncaster No 2 and Coburg No 2 (The Lakers) also qualified for the final.

The "All-comers" Relay was an all Coburg result with Coburg Juniors romping home in 1.36.4 from Coburg Possibles 1.55.1. The Inter-venue final lived up to expectations. As in the previous year Doncaster 1 and Collingwood 1 featured in a thrilling finish with Collingwood getting up to win in the record time of 1.46.39.

Results: Barb Dalglish Memorial 4x200 Relay Final

Collingwood Cougars	John Schuijers, Keith Howden, Anita Newbery, Andrew Evans	1.46.39
Doncaster 1	Christie Faulks, Scott Chamberlain, Matt Scholes, Phil Rosevear	1.47.40
Doncaster 2	John Brown, Sonya Pollard, Grant Stewart, Graham Walter	1.51.63
Coburg Lakers	Julie Torrini, Paul Torrini, Benny Tancredi, Michael Carney	1.53.92
Dalglish Family 1	Damian & Peter Dalglish, Alan Harbison, Jenny Smith	2.00.63

Damian Dalglish, on behalf of the Dalglish family, presented Collingwood with the Perpetual Trophy, individual certificates of achievement and commemorative marble plaques, crafted by Paul Torrini of the Coburg Club. Nev Wilson, Co-Manager Coburg Venue, thanked Tom and the Dalglish family for their generous financial support and Heather Collyer and her helpers from the Coburg Venue who prepared and served the splendid supper.

George Goode, Co-Manager, Coburg Venue

Living Legends

Tuesday 13th November saw the running of the Living Legends night, held at the Caulfield Venue. This was the fifth year for this event which sees Venue teams from Mentone, Springvale/Noble Park and Caulfield meet and run and walk then acknowledge members of the Masters who are considered worthy of the honour of being the Living Legend and joining the ranks of those previously selected for the honour.

It is a team event where points are allocated in Open, Over 50 and Over 60 age group. This year saw Springvale/Noble Park win with 17 points with only a few points separating both Caulfield, 15 points, and Mentone 13 Points. The team events were Open: Springvale/Noble Park 37.32, Caulfield 43.41 and Mentone 46.17.

Over 50: Caulfield 40.26, Mentone 40.33 and Springvale/Noble Park 45.52.

Over 60: Springvale/Noble Park 43.15, Mentone 45.46 and Caulfield 45.48.

In the "Fun Team" groups an invitation team from East Burwood venue came in first with 8 other fun teams competing.

The Living Legends for this year were: Mentone Venue Frank Kealy.
Springvale/Noble Park Kevin Onley and Caulfield Peter and Marge Colthup.

Each recipient had their story/history told by John Morrison from Mentone and Alan Bennie and Peter McGrath for the other two venues.

Weather-wise it was a great night and this was possibly the largest crowd we have had for the event. A Plaque was presented to each of the Legends by our President, Russell Oakley and the trophy to the winning Venue.

The event is teams of four (With at least one female in each venue team) covering 1st leg. 3.7km (Outside) 2nd leg 3km track 3rd leg 2km Walk and 4th leg 1km run.

Individual results were:

Open

Springvale: B Vellin 12.43. G Burren 9.43 T Johnson 11.21 Y Webster 3.45 37.32

Caulfield: S Facey 14.46 J Holmes 12.29 S Middleton 12.28 G Smith 3.57 43.40

Mentone: B Hanns 16.06 D Dodson 12.52 J Morrison 12.25 R Kent 4.44 46.17

Over 50

Caulfield: J Berrington 14.35 A Edwards 11.13 J Holmes 11.10 J Boot 3.28 40.26

Mentone: P Bowes 13.09 L Collard 12.36 M Gourlay 11.01 G Stockdale 3.47 40.33

Springvale: L Buccieri 16.42 L Oxenham 13.10 T Doran 11.36 A Devine 4.24 45.52

Over 60

Springvale: A Bennie 14.37 H Rees 12.19 C Johnson 12.27 P Mullins 3.55 43.18

Mentone: R Bennett 15.28 A Page 13.33 S Machin 12.31 B Wishart 4.14 45.46

Caulfield: G Carmona 16.02 D Sheehan 12.23 M Binyon 13.41 D Adeny 3.42 45.48

Living Legends (cont.)

Fun Teams

No 1:	C Harris 13.49 B Lewis 12.48 K Braithwaite 12.42 E Stack 5.09	44.28
No 8:	F Pignataro 15.49 S Defanis 13.50 D Middleton 13.39 R O'Connor 4.11	47.29
No 3:	C Murphy 14.39 J Perez 13.36 R Brown 14.54 M Davin 5.16	48.25
No 2:	S Bone 15.36 J Sturzaker 14.36 R Bilston 15.36 R Oakley 4.09	49.57
No 7:	P Urquhart 19.24 T Koike 14.11 R Wood 11.47 I Poulton 4.35	49.57
No 5:	M Want 18.33 R Henderson 12.58 V Millard 13.03 B Morrey 7.28	52.02
No 6:	W Jordan 16.41 C Jordan 17.14 P Battrick 14.40 D Jordan 5.18	53.53
No 4:	B Lynch 20.54 K Onley 18.32 J Sinclair 16.33 J Gubbins 6.00	62.04
No 9:	Jim Machin and Rae Atkins	44.50

A special note should be made to Team No 4 who have a combined age of 309 years - great effort.

Many thanks to everyone who took part in the event and to the people who assisted with the successful conduct of the night. A special mention to everyone who prepared and served the great supper which was enjoyed by all.

On a sad note one of our Legends (Ralph Field) passed away only a few days before the event. Living Legends who attended on the night were Andy Smith, Leo Charles, Jack Gubbins, and Jim Sinclair.

Peter McGrath.



Ben Morrey, Peter and Marge Colthup



Springvale Team



Kevin Onley

Croydon Memorial Walk

On Tuesday 21st August 2007 at Croydon venue the 3km nominate your own time annual walk for cancer was held and over \$200 was raised for charity.

This was originally a memorial event for a walker and good friend to many namely Betty Leigh - but is now known as the 3km n.o.t. walk for cancer.

In the first years early in 1990 this social night would attract some 100 veterans. This event is unique as most runners also take part and estimate their time to walk instead of run 3km on the track. They can be seen before the race walking briskly in various styles over 2 laps peering at their watches and trying to estimate 7 1/2 laps at the same pace, with varying degrees of success.

Very often the winner will be less than a second out, and often it comes down to two or more participants being in the same second.

Following the sprints and n.o.t walk the runners get their opportunity for a 5km n.o.t. run followed by friendly chats and a sumptuous supper in the clubrooms.

The photo shows this year's winner. Tony Johnson from Springvale-Noble Park being presented with his trophy by Croydon venue manager Karen Archer.



VMA MELBOURNE MARATHON RESULTS 7/10/2007

W30	Yvonne Webster	Springvale	3.24.44
W35	Marie Kavanagh	Knox	3.12.24
W40	Denise Hearn Kim Wright	Knox Collingwood	3.32.52 4.07.46
W45	Merle Want	Caulfield	4.23.27
W50	Jane Sturzaker	Caulfield	3.51.01
W55	Sonya McLennan	Mentone	4.16.02
W65	Judy Wines	Caulfield	5.46.04
W75	Shirley Young	Collingwood	6.39.01
M40	Mal Grimmett Tony Dell Neil Woods	Springvale Croydon Knox	3.15.36 3.28.56 3.53.10
M45	Steven Barker Gavin Morton	Springvale Knox	3.01.08 4.13.48
M50	Peter Black Mike Bower Robert Dunning Peter Bignell John Signorini Milan Stanisic	Aberfeldie Knox Collingwood Knox Knox Knox	3.12.09 3.29.58 3.31.02 3.56.19 4.02.05 4.33.09
M55	Robin Broberg Ernie Stewart Jim Hopkins Graham Eadie	N/A Aberfeldie Collingwood Aberfeldie	3.07.03 3.17.57 3.58.31 4.27.07
M60	Westly Windsor Rod Bayley John Dean Stephen Barker David Rolfe Neville Gardner Peter Batrick	Collingwood Collingwood Aberfeldie Aberfeldie Knox Croydon Caulfield	3.28.17 3.58.57 4.06.32 4.07.13 4.16.22 4.35.04 6.38.59
M65	Stan Belcher Domenica Morina Ashley Page	Altona Springvale Mentone	3.49.44 4.48.29 5.44.46
M70	Ronald Leggett	Frankston	5.31.12
M75	Tony Martin Jack Gubbins	E. Burwood Springvale	5.06.58 6.45.24

KNOX VENUE HANDICAP HALF MARATHON 12/12/07

Our Annual Handicap Half Marathon was held in trying conditions. Fortunately we did not have the smoke and the heat to contend with this year. The evening was quite cool but the wind played havoc with the times except for the winner Liz Eastwood from the Knox Venue who actually ran a 2 minute PB.

Congratulations to all who finished the course.

The course is run entirely on bike paths and therefore traffic free. It has become an annual feature event for the Knox Venue and we would like to see more participate next year. Keep an eye out for next year's date.

The wind took its toll on quite a few competitors who went out a little bit too fast and had to come home into a head wind. One competitor, who shall remain nameless (PB!) was in so much trouble due to a bout of the flu that he swapped with the marshal on the bike and rode in to the finish whilst the marshal ran the rest of the way home on the bike path!

Knox took the teams trophy from last years winners Croydon with 8 points to Croydon 25points. Springvale was third with 63 points

Ken Matchett who won the event last year came along to present the trophy. It was the night of his 86th Birthday and we all sang Happy Birthday to him. Ken underwent major surgery earlier this year to remove a tumour on the brain. He is having on going treatment but was his usual cheeky self, chatting to all and sundry. He was even seen having a sly walk on the track.

Prior to the presentations Alan Lucas (Vice President VMA) introduced Dot Browne who presented the Dot & Colin Browne Shield to the Venue as the inaugural winner of the Winter Premiership Competition. Dot also presented sashes to the Male and Female winners of the individual sections. These were Paul Twining and Lavinia Petrie

Knox is proud to be the recipient of this award and we are all looking forward to the challenge of retaining the shield next year. (Results next page)

27th July - 3rd August - Oceania Masters Athletics Championships, Townsville, Qld
www.athleticsnorthqld.org.au/oceania2008
 Contact Yvonne Mullins 07- 4725 1022 or email - oceania@attglobal.net

Please note that deadline for articles in the March 2008 issue of this magazine is 17th February

KNOX HANDICAP -HALF MARATHON 12/12/07

	Age	Venue	H'cap	Finish Time	Actual Time
Liz Eastwood	38	Knox	40	2.22.32	1.42.32
Yvonne Webster	35	Springvale	50	2.24.38	1.34.38
Marie Kavanagh	39	Knox	51	2.25.07	1.34.07
Ian U'ren	56	Knox	45	2.25.20	1.40.20
Nick Thompson	45	Inv	35	2.25.31	1.50.31
Colin Page	53	Croydon	56	2.25.44	1.29.44
John Signorini	54	Knox	45	2.26.59	1.41.59
Ashley Page	67	Mentone	32	2.27.43	1.55.43
Geoff Hepworth	45	Inv	50	2.28.59	1.38.59
Helen Stanley	52	Knox	41	2.29.30	1.48.30
Andrew Tunne	49	Croydon	51	2.30.27	1.39.29
Anthony Kendall		Inv	50	2.30.33	1.40.33
Nathan Strange		Inv	45	2.20.38	1.45.38
Gary Stewart	62	Knox	55	2.30.42	1.35.42
Al Willey	68	Croydon	24	2.31.03	2.07.03
Paul Twining	58	Knox	1.03	2.31.12	1.28.12
Peter Shanley		Inv	53	2.31.38	1.38.38
Steven Barker	49	Springvale	1.03	2.31.41	1.28.41
Doug Stokes		Inv	47	2.31.46	1.44.46
Neil Woods	44	Knox	45	2.31.55	1.46.55
Christine Young		Inv	34	2.32.07	1.58.07
Peter Hyland		Inv	1.02	2.32.08	1.30.08
Denise Hearn	42	Knox	51	2.32.13	1.41.13
Mike Bower	53	Knox	51	2.32.33	1.41.33
Paul Wilson	40	Knox	1.13	2.33.16	1.20.16
Vic Potter	59	Knox	58	2.33.20	1.35.20
Steven Hyde		Inv	1.03	2.33.47	1.30.47
Frank Lang		Inv	55	2.33.48	1.38.48
Murray Hutchison	58	Croydon	47	2.35.14	1.48.14
Sandra Doyle	33	Croydon	47	2.35.37	1.48.37
Peter Field	49	Springvale	51	2.36.11	1.45.11
Celia Johnson	60	Springvale	Go	2.37.57	2.37.37
Brian Mee	70	Knox	49	2.41.48	1.52.48
Russell Speight	40	Knox	60	2.44.13	1.44.13
Noel Eastwood	36	Knox	60	2.44.13	1.44.13
Tom Richardson	54	Knox	27	2.46.29	2.19.29
Russell Dickenson	62	Croydon	29	2.56.53	2.27.53
Liz Feldman	59	Croydon	29	2.56.53	2.27.53

Gerald Burke DNF
 Mal Grimmett DNF
 Paul Connor DNF

Fastest Female: Marie Kavanagh 1.34.07
Fastest Male: Paul Wilson 1.20.16

Teams Result
 Knox 8pts
 Croydon 25pts
 Springvale 63pts

VICTORIAN MASTERS ATHLETICS INC
MEMBERSHIP APPLICATION FORM 2008
Fees fall due on January 1 each year.

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

- Renewing 2007 VMA member - \$35
- Renewing-For two at the same address cost is \$55.
- Lapsed VMA member - \$10 joining fee + \$35 = total \$45;
- Lapsed two at the same address cost is \$75.
- Associate member - \$20 Social member - \$20
- Volunteer member - \$20 New member

- a. joining before June 1; \$10 joining fee + \$35 = total \$45. Two at the same address \$75.
- b. joining June to end of September; \$10 joining fee + \$25 = total \$35. Two at same address \$60
- c. joining after end of September cost is the same as for (a.) but will cover 2009 as well.
- d. country residents outside a radius of 50km of GPO, for 1st year only: \$10 joining fee + \$20 = total \$30

Name:

Address:

Post Code: Telephone: Date of Birth:

Venue attending: Email address: (please print clearly)

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

Occupation or area of expertise:

Signature of Applicant: Date:

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

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

SUBSCRIPTION SECRETARY:
Astrid Rose, P.O.Box 277, Surrey Hills, 3127
Phone: 9836 2350

Disclaimer

I hereby declare that I am in good health and will be properly conditioned for the activities which I will enter with the Victorian Masters Athletics Inc. during the year 2008. I absolutely relieve the Victorian Masters Athletics Inc. of any responsibility for any injury or damage to myself which I may sustain in the course of competing in events organised by that club.

Signed:

UNIFORMS & CLUB MERCHANDISE.

For information on VMA uniforms contact Graham Philpott
Phone: 9568 0495

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

VMA PRIVACY STATEMENT

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

Credit Card Payment * Bankcard Mastercard Visa

Card Number: _ _ _ _ _

Expiry Date: Name on Card:

Signature:

* A \$1 transaction fee applies.

Membership Fees

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

Membership fees apply for the period from 1st January to 31st December and fall due for payment on 1st January of each Financial Year and should be paid by the 31st January. Individuals who have not paid by the end of February, shall be considered unfinancial and shall not be entitled to compete in Venue or Championship events. If the fees are not paid by 31st March, membership may be cancelled.

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

Fees as at 1 January, 2008**Joining Subscription Total****Renewals**

Members will be subject to an annual subscription.	\$35	\$35	
In the case of 2 members residing at the same address.	\$55	\$55	

New Members

(i) Individuals joining between 1 st January and 31 st May.	\$10	\$35	\$45
For 2 members residing at the same address.	\$20	\$55	\$75
(ii) Those applying during the period 1 st June to 30 th September	\$10	\$25	\$35
2 members residing at the same address.	\$20	\$40	\$60
(iii) Applications from 1 st October to 31 st December.	\$10	\$35	\$45
In these cases, membership will be covered until the end of the next financial year.			
Two members residing at the same address.	\$20	\$55	\$75
(iv) Country individuals residing outside a radius of 50km of GPO and joining for the first time, for the first year only. (No further discount for 2 members residing at the same address.)	\$10	\$20	\$30

Lapsed Membership

Any member who is unfinancial for a period exceeding 12 months shall be deemed to be a lapsed member and be required to rejoin.

Two members residing at the same address.	\$20	\$55	\$75
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Fees as at 1 January, 2008**Subscription Total****Associate Members**

Individuals aged between 16-29 may join as an Associate Member. They would be entitled to run in Venue events but would be ineligible to participate in Championship events or receive Master's trophies.

\$20	\$20
------	------

Social Member

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

\$20	\$20
------	------

Volunteer Member

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

\$20	\$20
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Should the respective Venue wish to reward them for their efforts, they may pay the membership fee on their behalf. Members in the Associate category would not be entitled to receive a printed copy of News & Results via the mail nor have any voting rights.

Transaction fee

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

\$1	\$1
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Conditions of Entry

The 2008 Victorian Masters & Athletics Victoria Track & Field Championships will be conducted according to the rules of the IAAF, Athletics Australia, Athletics Victoria and Victorian Masters.

Selected Victorian 40+ and 50+ Athletics Victoria Championship Events will be held in conjunction with the Victorian Masters Track & Field Championships:

Selected Athletics Victoria Championship events:

100m, 400m, 800m, 1500m, 5000m, 3000m Walk, High Jump, Long Jump, Shot Put, Discus

Athletes registered with both the Victorian Masters and Athletics Victoria will be automatically entered in both the Victorian Masters Track & Field Championships and the Victorian 40+ or 50+ Track & Field Championships.

Athletes registered with Victorian Masters but not registered with Athletics Victoria are not eligible to win a Athletics Victoria 40+ or 50+ Championship.

Athletes registered with Athletics Victoria but not registered with Victorian Masters are eligible to compete in other Victorian Masters events (by invitation), however, they are not eligible to win a Victorian Masters Championship.

Please complete the entry form to enter the Victorian Masters & Athletics Victoria Track & Field Championships (photocopied forms will be accepted). Signed entry forms must have all the details filled in correctly or they will be returned.

Any event must have at least one entry received prior to entry close for that championship event to be timetabled.

ENTRY FEE: \$10.00 per event
(4th, 8th, 12th events free etc)
Entries close: 5pm, THURSDAY 21 FEBRUARY 2008

Modification of IAAF Rules for WMA Athletes

AGE On first day of competition.

START RULES Masters athletes are not required to use starting blocks and do not need to start from a crouched position or have both hands in contact with track.

In any race, athletes who are charged with a false start, as determined by the head starter, shall be warned. Athletes who are charged with a second false start in the same race shall be disqualified.

Two or more age groups, men and women, may compete together provided there are separate results for each group.

When expected performance times have been submitted by entrants for laned events then the following lane draw is used; fastest in lane 4, second fastest in lane 5, third fastest in lane 3, next best in lane 6, then lane 2, then lane 7, then lane 1 and then lane 8.

THROWS Two hands must be used to throw the hammer and weight.

POLE VAULT & HIGH JUMP Both feet must be off the ground during the vault or jump. Masters' competitors are

Late entry fee: \$20.00 per event
Late entries close: 5pm, THURSDAY 28 FEBRUARY 2008

Entries sent by mail must be postmarked prior to the closing date. Closing dates will be strictly enforced and late entries will be charged accordingly. **Late entries will be accepted only if there is room in the event. No extra heats or rounds will be scheduled to accommodate entries taken after the close of entries.** Late entries MAY be taken up to 5pm, Thursday 28 February 2008.

Entry fees are non-refundable. A partial refund will be issued to those athletes unable to compete (due to sickness or injury) that can provide Athletics Victoria with a medical certificate. There is a \$10 administration fee charged for every refund.

PAYMENT DETAILS Credit Card: Mastercard & Visa Only
Cheque or Money Order: made payable to Athletics Victoria
Cash: on delivery of entry form to the Athletics Victoria office

CONFIRMATION OF ENTRY and a finalised timetable will be sent to athletes seven days prior to the Championships. Please contact the Athletics Victoria office: info@athsvic.org.au or (03) 9428 8195 should you not receive confirmation.

A DRAFT TIMETABLE and list of events to be contested can be viewed at www.athsvic.org.au

PRIVACY POLICY The Information Privacy Act 2000 requires Athletics Victoria to inform you that, in the conduct of Athletics Victoria meets, photographs may be taken of participants and results compiled to record athlete participation, celebrate athlete success and achievement and to promote Athletics Victoria and events conducted by Athletics Victoria. We limit the use and disclosure of any personal information to the purpose of participating in Athletics Victoria events. By accepting the invitation to participate in events under the auspices of Athletics Victoria, you undertake to abide by the Athletics Victoria Privacy Policy.

allowed to touch the landing area before clearing the bar but may not use the landing area to any advantage as determined by the Field Judge.

When a high jump or pole vault competition includes competitors in different age groups and there is only one competitor left in an age group, that competitor shall have the right to have the height of the bar raised in terms of applicable IAAF rules, even though other competitors in other age groups may still be competing. Said competitors must continue in the normal progression and may not jump at these special heights.

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

STEEPLECHASE In steeplechase events, competitor 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.

BIB NUMBERS Only one number is required to be worn by competitors in the throws, the high jump and pole vault.

2008

Victorian Masters & Athletics Victoria Track & Field Championships

Saturday 8 & Sunday 9 March
Olympic Park, Melbourne



Event Code: **08VTF05E**
TAX INVOICE (ABN 47 382 664 821)

Olympic Boulevard, Melbourne (Melway Ref: 2G C9)

Complete & return this entry form or enter online at www.athsvic.org.au

Family Name	<input type="text"/>			Given Name	<input type="text"/>		
Address	<input type="text"/>					Postcode	<input type="text"/>
Phone	<input type="text"/>			Mobile	<input type="text"/>		
Email	<input type="text"/>						
Gender	<input type="checkbox"/> Male	<input type="checkbox"/> Female	AGE GROUPS 30-34 50-54 70-74 90+ 35-39 55-59 75-79 40-44 60-64 80-84 45-49 65-69 85-89				OFFICE USE ONLY PAYMENT DETAILS
Date of Birth	<input type="text"/>						
Age Group	<input type="text"/>						
State	<input type="checkbox"/> Vic	<input type="checkbox"/> Other	Please indicate in which state or territory you are registered.				
AV Club	<input type="text"/>			Bib Number	<input type="text"/>		
VMA Venue	<input type="text"/>						

Event(s) Entered	Best Performance (since 01 January 2007)	Entry Fee
eg. 100m	performance date venue	\$ 10.00
<input type="text"/>	<input type="text"/>	\$ 10.00
<input type="text"/>	<input type="text"/>	\$ 10.00
<input type="text"/>	<input type="text"/>	\$ 10.00

I have read the attached conditions of entry and details concerning the Victorian Masters & Athletics Victoria Coverage Track & Field Championships. I understand these conditions and agree to abide by the decisions of Athletics Victoria, Victorian Masters and its Officials.

Total (GST inclusive) \$
Entries must be received with **full payment**

Signature of Athlete Date

CREDIT CARD PAYMENT (MASTERCARD & VISA ONLY):

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Cardholder Name					Cardholder Signature			MM / YY	

Fax, mail or deliver entries with payment to:
ATHLETICS VICTORIA
OLYMPIC PARK, OLYMPIC BLVD,
MELBOURNE VIC 3004
FAX: (03) 9427 9183

Entries close 21 February 2008 (late entries close 28 February 2008)

Event	Women					
	30-34	35-39	40-44	45-49	50-54	55-59
*100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
*400m	✓	✓	✓	✓	✓	✓
*800m	✓	✓	✓	✓	✓	✓
*1500m	✓	✓	✓	✓	✓	✓
*5000m	✓	✓	✓	✓	✓	✓
Sprint Hurdles	100m (84.0cm)	100m (84.0cm)	90m (76.2cm)	90m (76.2cm)	80m (68.6cm)	80m (68.6cm)
Long Hurdles	400m (76.2cm)	400m (76.2cm)	400m (76.2cm)	300m (76.2cm)	300m (68.6cm)	300m (68.6cm)
Steeple	3000m (76.2cm)	3000m (76.2cm)	3000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)
*Walks	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m
Pole Vault	✓	✓	✓	✓	✓	✓
*High Jump	✓	✓	✓	✓	✓	✓
*Long Jump	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓
*Shot Put	4kg	4kg	4kg	4kg	3kg	3kg
*Discus	1kg	1kg	1kg	1kg	1kg	1kg
Javelin	600gm	600gm	600gm	600gm	500gm	500gm
Hammer	4kg	4kg	4kg	4kg	3kg	3kg
Weight Throw	9.08kg	9.08kg	9.08kg	9.08kg	7.26kg	7.26kg

*Selected Victorian 40+ & 50+ Championship Events will be held in conjunction with the Victorian Masters Track & Field Championships

Event	Women					
	60-64	65-69	70-74	75-79	80-84	85-89 / 90+
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓
5000m	✓	✓	✓	✓	✓	✓
Sprint Hurdles	80m (60.0cm)	80m (60.0cm)	60m (60.0cm)	60m (60.0cm)	60m (60.0cm)	60m (60.0cm)
Long Hurdles	300m (60.0cm)	200m (60.0cm)	200m (60.0cm)	200m (60.0cm)	200m (60.0cm)	200m (60.0cm)
Steeple	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)
Walks	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m
Pole Vault	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓
Shot Put	3kg	3kg	3kg	2kg	2kg	2kg
Discus	1kg	1kg	1kg	0.75kg	0.75kg	0.75kg
Javelin	400gm	400gm	400gm	400gm	400gm	400gm
Hammer	3kg	3kg	3kg	2kg	2kg	2kg
Weight Throw	5.45kg	5.45kg	5.45kg	4kg	4kg	4kg

Event	Men					
	30-34	35-39	40-44	45-49	50-54	55-59
*100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
*400m	✓	✓	✓	✓	✓	✓
*800m	✓	✓	✓	✓	✓	✓
*1500m	✓	✓	✓	✓	✓	✓
*5000m	✓	✓	✓	✓	✓	✓
Sprint Hurdles	110m (99.1cm)	110m (99.1cm)	100m (91.4cm)	100m (91.4cm)	100m (91.4cm)	90m (84.0cm)
Long Hurdles	400m (91.4cm)	400m (91.4cm)	400m (91.4cm)	400m (84.0cm)	400m (84.0cm)	300m (84.0cm)
Steeple	3000m (91.4cm)	3000m (91.4cm)	3000m (91.4cm)	3000m (91.4cm)	3000m (76.2cm)	3000m (76.2cm)
*Walks	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m
Pole Vault	✓	✓	✓	✓	✓	✓
*High Jump	✓	✓	✓	✓	✓	✓
*Long Jump	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓
*Shot Put	7.26kg	7.26kg	7.26kg	7.26kg	6kg	6kg
*Discus	2kg	2kg	2kg	2kg	1.5kg	1.5kg
Javelin	800gm	800gm	800gm	800gm	700gm	700gm
Hammer	7.26kg	7.26kg	7.26kg	7.26kg	6kg	6kg
Weight Throw	15.88kg	15.88kg	15.88kg	15.88kg	11.34kg	11.34kg

*Selected Victorian 40+ & 50+ Championship Events will be held in conjunction with the Victorian Masters Track & Field Championships

Event	Men					
	60-64	65-69	70-74	75-79	80-84	85-89 / 90+
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓
5000m	✓	✓	✓	✓	✓	✓
Sprint Hurdles	90m (84.0cm)	80m (76.2cm)	80m (76.2cm)	60m (68.6cm)	60m (68.6cm)	60m (68.6cm)
Long Hurdles	300m (76.2cm)	300m (68.6cm)	300m (68.6cm)	200m (68.6cm)	200m (68.6cm)	200m (68.6cm)
Steeple	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)
Walks	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m
Pole Vault	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓
Shot Put	5kg	5kg	4kg	4kg	3kg	3kg
Discus	1kg	1kg	1kg	1kg	1kg	1kg
Javelin	600gm	600gm	500gm	500gm	400gm	400gm
Hammer	5kg	5kg	4kg	4kg	3kg	3kg
Weight Throw	9.08kg	9.08kg	7.26kg	7.26kg	5.45kg	5.45kg

**2008 Victorian Masters & Athletics Victoria
Track & Field Championships
Saturday 8 & Sunday 9 March, Olympic Park, Melbourne
Olympic Boulevard, Melbourne (Melway Ref: 2G C9)**

DRAFT TIMETABLE

Draft timetable is subject to change after close of entries

DAY 1	TRACK	FIELD
10:00am		Discus - Men 70+
10:45am		Discus - Women 60+ Hammer - Women 30-39
11:00am	3km Walk - Women & Men 75+	Long Jump - All Women
11:30am		Discus - Men 50+ Hammer - Women 50-59
11:45am	Sprint Hurdles	
12:00pm		Long Jump - Men 65+
12:15pm		Discus - Men 30-49 Hammer - Men 60-69
12:30pm	100m Sprints	
1:00pm	1500m	Discus - Women 50-59 Hammer - Men 70+ Long Jump - Men 50-64 High Jump - all <1.20m
2:00pm		Hammer - Women 60+ Long Jump - Men 30-49 High Jump - all 1.20m-1.40m
2:15pm	100m Finals	Discus - Women 30-49
2:45pm		Hammer - Men 30-49
3:00pm	400m Sprints	High Jump - all >1.40m
3:15pm	3000m Walk - Men under 75	Discus - Men 60-69
4:00pm	2km Steeple - Women & Men 60+	
4:15pm	3000m Steeple - Men under 60	
4:35pm	400m Finals	

DAY 2	TRACK	FIELD
10:00am		Shot Put - Women 60+ Javelin - Men 70+
10:45am	Long Hurdles	Shot Put - Men 50+
11:00am	1500m Walk - Men under 70	Triple Jump - Men 30-59 Javelin - Women 30-59
11:30am	200m Sprints	Shot Put - Men 70+
11:45am	800m - Women	
12:00pm	800m - Men	Triple Jump - Women Javelin - Men 60-69
12:15pm		Weight - Men 70+ Shot Put - Women 30-49
12:45pm	1500m Walk - Men 70+	
1:00pm	1500m Walk - Women	Pole Vault - all <2.00m Javelin - Women 60+ Shot Put - Men 30-49
1:15pm	5000m - all Women	Weight - Women 30-59 Triple Jump - Men 60+
1:45pm	200m Finals (if required)	Shot Put - Women 50-59 Javelin - Men 30-59
2:00pm		Weight - Women 60+
2:30pm		Pole Vault - all >2.00m Shot Put - Men 60-69
2:45pm	5000m - Men 55+	Weight - Men 30-59
3:15pm	5000m - Men 30-54	
3:30pm		Weight - Men 60-69

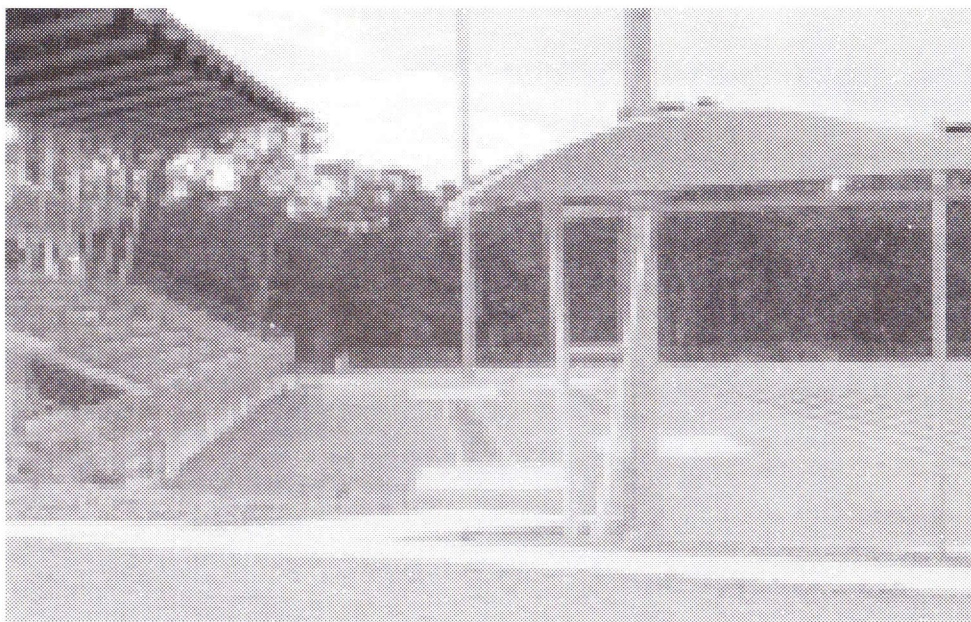
Note: Field events are shown in generalised, proposed order of competing. Groupings may vary depending on entrants in each age group.

ENTER ONLINE NOW! www.athsvic.org.au

For all enquiries please contact Athletics Victoria - phone (03) 9428 8195
or email info@athsvic.org.au.

36th AMA National Championships 2008

On behalf of Australian Masters Athletics and in conjunction with Athletics New South Wales, New South Wales Masters Athletics would like to invite you to attend the 36th Australian Masters Athletics Championships, to be held at Sydney's Blacktown Olympic Park from March 21-24, 2008.



Blacktown Olympic Park boasts an auspicious heritage - athletes from around the world used it as a training venue in the lead-up to the 2000 Sydney Olympics. When you compete at Blacktown Olympic Park, you'll be stepping into the same stadium that saw the likes of the Kenyan running team, Finnish shot put gold medallist Arsi Harju, British heptathlete Denise Lewis, decathlon world record holder Roman Sebrle, Caribbean sprinters Ato Boldon and Obadele Thompson (and many more big stars) prepare for their Olympic campaign.

Today, Blacktown Olympic Park, with its an eight-lane mondo running track and additional areas for throwing events, remains a world-class venue and continues to host major athletics events.

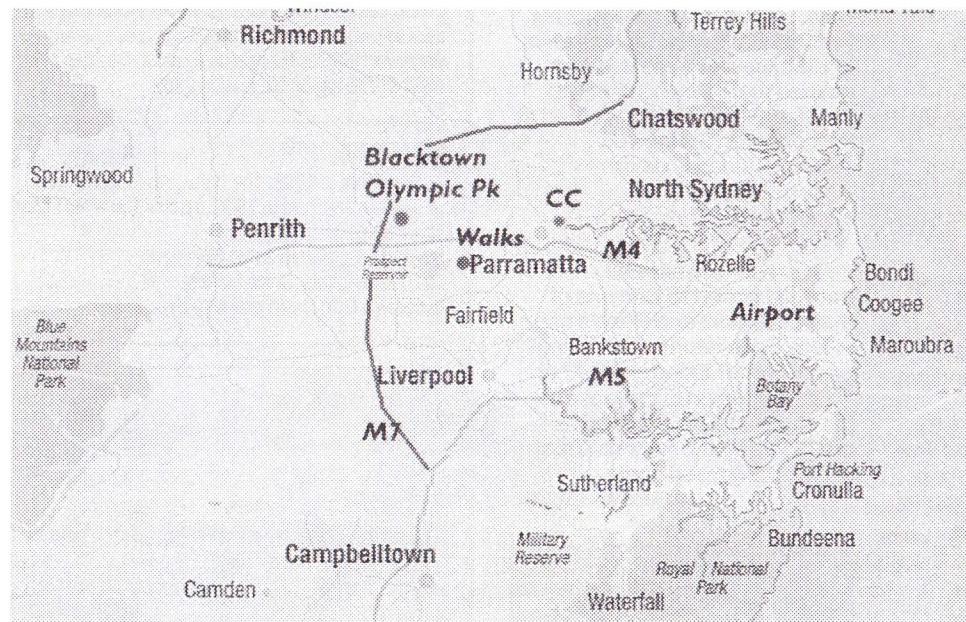
36th AMA National Championships 2008 (cont.)

CROSS-COUNTRY

The cross-country events will be held at Upjohn Park in Parramatta - 26km from Blacktown, about a 30-minute drive. A bus will be provided from Blacktown to the venue.

WALKS

The walks will be held at the Gipps Road Sporting Complex, Gipps Road, Greystanes - 14km from the Blacktown complex, a 20-minute drive. A bus will be provided from Blacktown to the venue.



COACHES AND ATHLETES FORUMS

The coaches and athletes forums will be held in the function room at Blacktown Olympic Park.

36th AMA National Championships 2008 (cont.)

ACCOMMODATION



We recommend that people stay at the Holiday Inn, Rooty Hill, which is adjacent to and runs in conjunction with the Rooty Hill RSL. They are offering special discounts at the restaurants and for show tickets, a complimentary pass to the RSL Fitness and Aquatic Centre next door, plus complimentary vouchers for soft drinks. Vouchers will be included in the registration package for all athletes. Most restaurants will be open over the Easter weekend, while the Fitness and Aquatic Centre is closed on Good Friday only.

Telephone: (02) 9832 3888.

Fax: (02) 9832 1347.

Central Reservations: 1300 363 300 (local call charge within Australia).

Web: Holiday Inn - Rooty Hill.

Email: holidayinnrootyhill@ichotelsgroup.com

36th AMA National Championships 2008 (cont.)

SHUTTLE BUS

A shuttle bus will operate between the Rooty Hill Holiday Inn and Blacktown Olympic Park every day of the championships. Currently, it's planned that the shuttle will run from 8.30am-10.30am and from 3.30pm-5.30pm. In addition, bus transport can be arranged from Sydney Airport to the Rooty Hill Holiday Inn, although members will need to advise us of their arrival times at the airport. The cost for this service is expected to be between \$10 and \$20 per person.

DINNER AND AWARDS EVENING

The championships major social occasion, the dinner and awards evening, will be held at the Rooty Hill RSL Club, next door to the Holiday Inn, on Saturday, March 22. For just \$49 per person, guests will enjoy a two-course dinner (plus two complimentary bottles of wine and soft drink for each table), a live band, a dance floor for those with energy left, and several excellent spot prizes.

GETTING THERE

Mini-bus transport can be arranged from the airport to the Holiday Inn as above. From the airport to the track is about 50-55 minutes by car, travelling via the M5 and M7 motorways. Alternatively, you can travel by train from the airport to Central Station, then change trains to Blacktown. The Rooty Hill station is 1.5km from the hotel and a similar distance from the track.

MERCHANDISE

The official 2008 championships T-shirt is a short-sleeve sports top in royal blue with light-blue side panels in a breathable high-tech fabric and sporting the 2008 championships logo. It comes in sizes small to extra-large and costs \$30.

OTHER ATTRACTIONS

The **Sydney Royal Easter Show** is a great place to take the family for the day. See its "new" home at the Showground, Homebush, 26km (about 20 minutes by car) from Blacktown Olympic Park. Combined train/Easter Show tickets are available from any city station.

The **Blue Mountains** are a World Heritage-listed natural attraction less than an hour's drive from Blacktown.

For further information, contact
infoAMA2008@nswmastersathletics.org.au

NSW Masters Athletics Inc

<http://www.nswmastersathletics.org.au>

Athletics NSW

<http://www.nswathletics.org.au>

Blacktown Olympic Park

<http://www.blacktownolympicpark.com.au>

Train, bus, ferry information such as routes, timetables etc:

Phone 131 500 for information or check on the internet at

<http://www.cityrail.info.networkmaps/index.jsp>

NEW RECORDS REPORT

Age	Event	Name	State	Performance	%Std	Date	Location
Pending World Records:							
W55	One Hour Run	Bronwen Cardy	Vic	15,233m	-	24-9-07	Doncaster
W85	One Hour Run	Margaret Prowse	Vic	6,469m	-	24-9-07	Doncaster
Australian Records:							
M50	One Hour Run	Mike McAvooy	Vic	16,900m	-	24-8-88	Geelong
M35	4x100m Relay	Kevin Matthews Michael Rutter Steve Jones Damian Rutledge	ACT	46.1s	-	12-2-98	Canberra
M30	One Hour Run	Adrian Sheppard	ACT	17,296m	-	1-2-01	Canberra
W40	200m	Julie Brims	Qld	25.13s	92.4%	9-9-07	Riccione
M35	4x100m Relay	David Chique Howard Arbutnot Andrew Keane Ken Telfer	Qld	46.28s	-	15-9-07	Riccione
M35	4x400m Relay	Andrew Keane Chris Neale Howard Arbutnot Ken Telfer	Qld	3:42.11	-	15-9-07	Riccione
M65	4x400m Relay	Colin Buyers Richard Trembath Michael Stevenson Tony Ireland	Qld	4:14.28	-	15-9-07	Riccione
M70	4x100m Relay	Norman Richards David Clive Robert Cozens Hugh Coogan	WA	54.45s	-	15-9-07	Riccione
M70	4x400m Relay	Donald Chambers Robert Cozens Norman Richards Hugh Coogan	Vic	4:38.33	-	15-9-07	Riccione
W60	4x400m Relay	Anne Stobaus Noreen Parris Marjorie Allison Peggy Macliver	Vic	4:57.86s	-	15-9-07	Riccione
M30	Marathon	Jason Hall	Qld	2:53.29	73.1%	21-9-07	Sydney
W60	100lb Weight	Trish Thomas	ACT	1.58m	-	22-9-07	Turner, ACT
M35	56lb Weight	Brett Kingston	NSW	5.24m	-	1-10-07	Turner, ACT

NEW RECORDS REPORT (cont.)

Age	Event	Name	State	Performance	%Std	Date	Location
W30	56lb Weight	Tatiana Sudarikova	NSW	3.97m	-	1-10-07	Turner, ACT
W30	100lb Weight	Tatiana Sudarikova	NSW	2.05m	-	1-10-07	Turner, ACT
M35	100lb Weight	Brett Kingston	NSW	2.79m	-	1-10-07	Turner, ACT
W40	100lb Weight	Jayne Hardy	ACT	2.24m	-	1-10-07	Turner, ACT
W45	100lb Weight	Sharon Gibbons	ACT	1.80m	-	1-10-07	Turner, ACT
W60	100lb Weight	Trish Thomas	ACT	1.61m	-	1-10-07	Turner, ACT
M45	High Jump	Volodymyr Selever	NSW	1.84m	90.2%	5-10-07	Adelaide
W80	3k	Lorna Thompson	Qld	20:28.81	69.3%	6-10-07	Nathan, Qld
W45	High Jump	Deann Mayfield	Qld	1.61m	94.2%	20-10-07	Nathan, Qld
M55	56lb Weight	Roger Glass	Vic	7.62m	-	21-10-07	Mentone
M50	56lb Weight	Geoff Crumpton	ACT	7.79m	-	25-10-07	Turner, ACT
W50	3k	Kathy Southgate	ACT	10:42.87	90.1%	3-11-07	AIS, ACT
M50	3k	Keith Bateman	NSW	9:09.61	93.5%	10-11-07	SOPAC, Sydney
M30	4x800m Relay	Brad Maye Travis Venema Brendan Whelan David Chique	Qld	9:45.46	-	17-11-07	Nathan, Qld
W45	High Jump	Deann Mayfield	Qld	1.62m	94.7%	24-11-07	SAF, Nathan, Qld
W40	4x1500m Relay	Charlie McCormack Kelley Flood Helen Larmour Katie Forestier	ACT	23:05.23	-	29-11-07	AIS, ACT
M30	3k Steeple	Scott McTaggart	ACT	9:05.44	88.4%	13-12-07	Olympic Park, Vic
M65	20k Walk	Ralph Bennett	Vic	1:50:24	91.5%	16-12-07	Middle Park
Victorian Records:							
M55	3k	Mike McAvooy		9:47.0	89.7%	11-4-90	Geelong
M55	One Hour Run	Mike McAvooy		16,355m	-	22-8-90	Geelong
M60	One Hour Run	Mike McAvooy		15,640m	-	2-11-94	Geelong
M60	3k	Mike McAvooy		10:27.0	87.9%	9-4-95	Geelong
M65	One Hour Run	Mike McAvooy		13,685m	-	6-3-02	Geelong
M65	3k	Mike McAvooy		11:15.29	86.8%	13-9-00	Geelong
M70	3k	Mike McAvooy		12:36.0	81.1%	4-8-04	Geelong
M40	Mile	Tony Wilson		4:21.27	90.5%	13-12-07	Olympic Park, Vic

Clyde Riddoch

VMA Records Officer

5/1236 Old Burke Road, Kew East Vic 3102

Telephone 03 9859 9855 (H), Mobile 0439 902 907, Email: clyderiddoch@msn.com

SIXTEENTH ANNUAL "TWILIGHT"**LINDSAY THOMAS MEMORIAL 10 KM RUN****WEDNESDAY 16 January 2008**

BRAESIDE PARK - MELWAYS REF: 88 D7
 (ENTRANCE LOWER DANDENONG ROAD - for parking follow park road around to Car Park No.9 - Rosella - last car park before exit)

3 EVENTS on the PROGRAM, all starting at 7 PM SHARP - 5KM WALK (One lap of the Park), 5 KM RUN (one lap of the Park) AND 10 KM RUN (Two laps of the Park). Note - Distances are actually a little longer than 5/10 km. Non Masters registered athletes are welcome to compete by invitation.

Entry fee is \$5 payable on the night and there are trophies for the first three males and females in each event, first 50+ and 60+ male and female in the 10km run (other than open placings), first non registered Master male and female in the 5km and 10kmruns, plus numerous spot prizes.

Conducted by Springvale/Noble Park venue. Enquiries to Ken Hough tel 9798 1231 (AH) 9854 4617 (Bus)

Officials - Athletics Victoria

Looking for an opportunity to put something back into the sport you enjoy?

Athletics Victoria is short of officials and has approached VMA to see if there are any Masters athletes (or relatives/friends of Masters athletes) who may be prepared to officiate at their events and school events. The school events are mostly on weekdays and payment is available to cover expenses.

To become an official you would be required to complete a one day seminar (no charge) followed by some practical work. Some of our members already are qualified Athletics Victoria and find it very rewarding.

The next introductory course for officials will be held on Sunday 3 February, 2008. The venue is yet to be confirmed.

If you are interested, or know someone who maybe interested, contact Don Blyth at Athletics Victoria on 9428 8195 or by email: don@athsvic.org.au for a registration form or further information.

Young runners get new deal in Landy Trophy

A 'new look' finals structure for this year's Landy Trophy will provide an extra incentive for those in younger age-groups to contest the event.

There has long been a perception that the age-graded handicaps in The Landy Trophy favour the older age-groups. They don't - they favour the best runners - but the organizers have decided to alter the event's finals format to encourage greater participation by the 'youngsters'.

The Landy Trophy meeting is to be run at Doncaster on the night of Monday, February 18.

For the first time there will be three finals, with one restricted to those in the younger age-groups, up to and including 50-54.

The remaining conditions of the event will be unchanged, with each competitor running a 200 metre heat and a 1000 metre heat from age-graded handicap marks, the top points scorers going into the Final, over 400 metres, with the next highest into the Consolation Final.

This time, however, there will be a 'Young Guns' final which will be contested by the top eight of those in the younger age-groups who have not qualified for either of the other two finals.

The inter-venue competition, The Landy Shield, will be run under the same conditions as previously with the trophy to go to the venue with the greatest aggregate points from its top three points scorers.

The only difference will be the addition of bonus points for the 'young' final identical to those awarded for the Consolation.

This means that in the final, points for the placegetters will be eight, six and five, with all other runners earning three points, while in the two minor finals, points will be allotted on the basis of five, three and two for the placegetters, with one point for each unplaced runner.

The Landy Trophy program will again feature its usual two supporting attractions, The Manningham Mile, for open class athletes, and The Doncaster Dash, of 100 metres, which is restricted to members of Doncaster Little Athletics.

The entry fee for The Landy Trophy and The Manningham Mile will remain unchanged at \$10 with entries closing on Friday, January 31. No late entries will be accepted.

Entries should be on the official entry form, which will be available at all venues or on the VMA or Doncaster venue websites. They should be submitted to Bryan Bottomley, PO Box 271, Rosanna, 3084.

ANDY SALTER MEMORIAL RELAY

When – Wednesday, 6th February 2008

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.

What's On

January 2008

16th Lindsay Thomas Memorial - 10km run - Braeside Park - Melways Ref 88 D7 - 7pm
20th Coburg Fun Run & Walk Harold Stephens Athletic Track (Melway 18 A10) 9AM, 9850 4958, gogginsbj@bigpond.com

February 2008

2nd AMA National Postal Relay Championships 2008 (see pages 6 & 7 for details)
VRR Tan Time Trial, 8km & 4km, Birdwood Ave opposite Shrine forecourt, (Melway 2F K12) 7.30AM, 9744 1072
3rd Sri Chinmoy Princes Park Run, 9853 4731, www.srichinmoyraces.org/au
6th Andy Salter Memorial Relay - Ross Reserve, Memorial Drive, Noble Park - 7pm
7th VRR Twilite Tan Time Trial, 8km & 4km, Birdwood Ave opposite Shrine forecourt, (Melway 2F K12) 6.30PM, 9744 1072
10th VRR Yarra Bend Fun Run, 12km & 6km, Yarra Bend Park, Fairfield, (Melway 30 H12, 9744 1072, 8.30 AM
13th Super Sunset Series, Melbourne Zoo Run, 8km & 4km, 7PM, mcs@ymca.org.au
17th Coburg Fun Run & Walk, Harold Stephens Athletic Track (Melway 18 A10) 9AM, 9850 4958, gogginsbj@bigpond.com
18th Landy Trophy - Rieschiecks Reserve, Doncaster. Entries close on February 8 with Bryan Bottomley, PO Box 271, Rosanna, 3084.
24th VMA Multi Championships - Track & Field Duncan Mackinnon Athletic - 12 noon
27th Super sunset Series, MC Labour Park, 8km & 4km, 7PM, mcs@ymca.org.au

March 2008

1st VRR Tan Handicap & Breakfast, 8km & 4km, Pillars of Wisdom on Tan on Alexandra Ave, (Melway 2G A9) 7.30 AM, 9744 1072.
2nd VMA Multi Championships - WP Duncan Mackinnon Athletic - 10am
2nd Sri Chinmoy Barwon River Run, Geelong, 9853 4731, www.srichinmoyraces.org/au
2nd Take on the Lake Fun Run, 8km & 4km. Community Building, Lilydale Lake, 9879 3768, www.easternvolunteers.asn.au
6th VRR Twilite Tan Time Trial, 8km & 4km, Birdwood Ave opposite Shrine forecourt, (Melway 2F K12) 6.30PM, 9744 1072
8th-9th 2008 Victorian Masters & Athletic Victoria - Track & Field Championships - Olympic Park, Melbourne
9th Beat the Boat and help beat stroke. 10km & 3km Run/Walk, Alexandra Gardens, Boat-house Drive, (Melway 1D V9) 9AM, 9670 1000, www.strokefoundation.com.au
9th King Island Imperial,? www.kingislandrace.org.au
12th Super Sunset Series, Tan Track, Botanical Gardens, 7PM, mcs@ymca.org.au
15th Run for Your Life, Daylesford, 8km, 5km, 3km, Lake Daylesford, 1.30PM. www.runforyourlife.org.au
16th Coburg King & Queen of the North. 9AM, Harold Stephens Athletic Track (Melway 18 A10) 9AM, 9850 4958, gogginsbj@bigpond.com
21st-24th 36th AMA National Championships 2008- Sydney Blacktown Olympic Park
22nd Beechworth Gold Easter Fun Run/Walk, 10km & 3km. bwfunrun@bigpond.com
24th Sri Chinmoy Yarra Boulevard Run, 9853 4731, www.srichinmoyraces.org/au
30th Run For The Kids, www.runforthekids.com.au
30th Coburg 6 hour Run/Walk, Harold Stephens Athletic Track (Melway 18 A10) 9AM, 9850 4958, gogginsbj@bigpond.com

April 2008

5th VRR Tan Time Trial, 8km & 4km, Birdwood Ave opposite Shrine forecourt, (Melway 2F K12) 7.30AM, 9744 1072

July 2008

27th-3rd Aug Oceania Masters Athletics Championships, Townsville, Qld www.athleticsnorthqld.org.au/oceania2008 - contact Yvonne Mullins 07- 4725 1022, oceania@attglobal.net