

News and Results

Victorian Masters Athletics Inc.

July 2008

PETER COLTHUP 5 MILE HANDICAP

On Wednesday 23 April the annual Peter Colthup 5 mile Handicap race was held on the roads 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 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's difficult judgment was vindicated when the first 8 finishers were running the final 400 metres at the same time.

The fastest male and female runners were newcomer James O'Brien in a blistering 31.45 and Janeen McKerran in 40.24. Russell Johnston, who is the only runner to compete in all 14 previous races and was fastest male in 11, had to be content with second fastest in 32.10 but there was some consolation in that he mounted the podium for the first time.

For once first place went to the fastest runner, James O'Brien, who joined Mentone recently and is a big improver. The evening was enhanced by the supper provided by Mentone venue which contributed to the convivial atmosphere.

Many thanks to the officials including the handicapper and the caterers.

It was also great to see Ron and Shirley Young participate.

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.



Peter Colthup presents trophy to James O'Brien

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 enrwaters@iprimus.net.au	9318 3802
Altona	Stan Belcher	79 Sanctuary Lakes South Bvd Point Cook 3030 stan.belcher@bigpond.com stan.belcher@bigpond.com	9395 2045
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Doncaster	Graham Walter		9736 4433
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Frankston	John Hallo	thehallows@optusnet.com.au	5975 6866
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Mentone	Ian Cassell	29 Tiffany Avenue Cheltenham 3192 iancassell@optusnet.com.au	9583 4440

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Throwers	Ken Priestley	knjoy@bigpond.com.au	9596 3591

Reference Websites

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Masters Athletics Monthly
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Victorian Road Runners
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Sports Dialog Digest Archive
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Oceania Masters Championships 2008

AMA National Championships 2008 - 21/3/2008 to 24/3/2008
36th Annual Track & Field Championships
Blacktown Olympic Park

	Name	Age	Team	Finals
Event 1	W55 10000 Metre Run 30-64			
1	Bronwen Cardy	W56	VIC	39:02.1h
Event 1	W60 10000 Metre Run 30-64			
1	Petrina Towbridge	W61	VIC	47:14.2h
Event 2	M75 10000 Metre Run 65+			
2	Colin Silcock-Delaney	M75	VIC	1:19:04.0h
Event 2	M80 10000 Metre Run 65+			
1	Robert Lewis	M80	VIC	52:24.4h
Event 5	Men Long Jump 50 - 54			
3	David Wilkins	M50	VIC	4.88m
Event 6	Men Long Jump 55 - 59			
2	Peter Lamb	M58	VIC	5.03m
Event 12	Women Shot Put 30 - 34			
4	Kylie Italiano	W33	VIC	8.32m
Event 14	Men Hammer Throw 65 - 69			
1	Ken Priestley	M69	VIC	34.49m
Event 15	Men Hammer Throw 70 - 74			
2	Thomas Hancock	M71	VIC	39.29m
Event 16	Women Hammer Throw 50 - 54			
1	Christine Bridle	W50	VIC	27.30m
Event 17	Women Hammer Throw 55 - 59			
3	Christine Schultz	W57	VIC	29.85m
6	Lorraine Mussett	W59	VIC	21.10m
Event 20	Men Pole Vault 70 - 74			
2	Thomas Hancock	M71	VIC	1.60m
Event 21	Men Pole Vault 55 - 59			
3	Wayne Sabransky	M55	VIC	1.90m
Event 22	Men Pole Vault 65 - 69			
1	Rob Barclay	M69	VIC	2.70m
Event 30	Men Long Jump 70 - 74			
1	Graeme Noden	M70	VIC	4.25m
5	Thomas Hancock	M71	VIC	3.20m
Event 31	Men Long Jump 75 - 79			
2	Nino Stankovic	M76	VIC	2.53m
Event 32A	Men Long Jump 85 - 89			
1	Stan Stankovic	M85	VIC	2.40m
Event 39	Women Shot Put 45 - 49			
7	Susan Chapman	W47	VIC	6.00m
Event 40	Women Shot Put 50 - 54			
3	Christine Bridle	W50	VIC	8.16m
Event 47	Men Hammer Throw 60 - 64			
1	Graeme Rose	M64	VIC	47.56m
4	John Reynolds	M63	VIC	34.58m
5	Peter Young	M61	VIC	29.17m
6	David Wookey	M64	VIC	28.62m

AMA National Championships 2008 (Cont.)

Event 55	Men Long Jump 60 - 64			
2	Keith Howden	M62	VIC	4.27m
Event 56	Men Long Jump 65 - 69			
1	Graham Philpott	M65	VIC	3.72m
2	Tony Bradford	M68	VIC	2.83m
Event 58	Women Long Jump 45 - 49			
1	Susan Chapman	W47	VIC	4.40m
Event 59	Women Shot Put 55 - 59			
2	Christine Schultz	W57	VIC	10.16m
6	Lorraine Mussett	W59	VIC	6.20m
Event 65	Men Shot Put 70 - 74			
1	Thomas Hancock	M71	VIC	11.50m
Event 66	Men Shot Put 75 - 79			
4	Nino Stankovic	M76	VIC	6.96m
Event 67	Men Shot Put 85 - 89			
2	Stan Stankovic	M85	VIC	7.22m
Event 69	Women Shot Put 60 - 64			
-	Astrid Rose	W64	VIC	ND
Event 69A	Men 60 Metre Dash 85 - 89			
1	Stan Stankovic	M85	VIC	14.43
Event 71	Men 60 Metre Dash 75 - 79			
4	Nino Stankovic	M76	VIC	15.28
Event 75	Men 60 Metre Dash 70 - 74			
4	Graeme Noden	M70	VIC	9.28
Event 76	Men 60 Metre Dash 65 - 69			
5	Tony Bradford	M68	VIC	9.82
Event 81	Men 60 Metre Dash 50 - 54			
8	David Wilkins	M50	VIC	8.68
Event 82	Women 60 Metre Dash 50 - 54			
1	Christine Bridle	W50	VIC	9.08
Event 90	Men 60 Metre Dash 30 - 34			
2	Damien Downing	M30	VIC	8.07
Event 91A	Men Short Hurdles <80m> 85 - 89			
1	Stan Stankovic	M85	VIC	34.62
Event 93	Women Short Hurdles <80m> 50 - 54			
1	Christine Bridle	W50	VIC	15.05
Event 96	Men Long Jump 30 - 34			
1	Damien Downing	M30	VIC	5.93m
Event 98	Women Long Jump 50 - 54			
1	Christine Bridle	W50	VIC	4.05m
Event 106	Men Shot Put 60 - 64			
1	Graeme Rose	M64	VIC	12.92m
3	Peter Young	M61	VIC	11.52m
6	John Reynolds	M63	VIC	8.81m
7	David Wookey	M64	VIC	8.76m
Event 108	Men Hammer Throw 75 - 79			
4	Nino Stankovic	M76	VIC	16.00m
Event 109A	Men Hammer Throw 85 - 89			
2	Stan Stankovic	M85	VIC	23.59m

AMA National Championships 2008 (Cont.)

Event 115	Women Short Hurdles <80m>	45 - 49		
1	Susan Chapman	W47	VIC	16.12
Event 120	Men Short Hurdles <100m>	55 - 59		
2	William Ronald	M55	VIC	20.66
Event 124	Men Short Hurdles <110m>	30 - 34		
2	Damien Downing	M30	VIC	21.43
Event 126	Men 800 Metre Run	80 - 84		
1	Robert Lewis	M80	VIC	3:13.58
Event 132	Women 800 Metre Run	60 - 64		
4	Vicki Thompson	W62	VIC	4:13.24
Event 133	Men 800 Metre Run	65 - 69		
2	Graham Philpott	M65	VIC	2:47.48
Event 135	Men 800 Metre Run	55 - 59		
4	Peter Lamb	M58	VIC	2:20.58
7	Ewen Wilson	M55	VIC	2:26.42
8	Peter Bence	M58	VIC	2:38.62
Event 137	Men 800 Metre Run	50 - 54		
1	Terry Hicks	M53	VIC	2:09.17
4	Stephen mulholland	M50	VIC	2:10.19
5	Colin Page	M54	VIC	2:16.77
Event 138	Women 800 Metre Run	45 - 49		
3	Katrina Philip	W46	VIC	2:38.26
5	Sharon Higgins	W48	VIC	2:48.59
Event 139	Men 800 Metre Run	45 - 49		
3	Scott Lawrence	M46	VIC	2:08.90
Event 201	W30 5000 Metre Race Walk	30+		
1	Justijana Roseman	W32	VIC	26:17.10
Event 201	W35 5000 Metre Race Walk	30+		
1	Harlene Hercules	W37	VIC	37:56.97
Event 201	W45 5000 Metre Race Walk	30+		
1	Annette Major	W45	VIC	29:08.92
Event 201	W50 5000 Metre Race Walk	30+		
2	Barb Bryant	W53	VIC	27:58.12
Event 201	W55 5000 Metre Race Walk	30+		
1	Heather Carr	W58	VIC	27:57.09
2	Elizabeth Feldman	W59	VIC	30:09.21
Event 201	W70 5000 Metre Race Walk	30+		
1	Margaret Beaumont	W70	VIC	37:30.73
Event 202	M45 5000 Metre Race Walk	30+		
1	Mark Donahoo	M49	VIC	25:18.13
Event 202	M60 5000 Metre Race Walk	30+		
2	Alan Lucas	M60	VIC	28:13.67
Event 202	M65 5000 Metre Race Walk	30+		
1	Murray dickinson	M69	VIC	28:41.38
Event 202	M70 5000 Metre Race Walk	30+		
2	Geoffrey Major	M71	VIC	33:27.33
3	Ian Beaumont	M71	VIC	37:37.37
Event 202	M75 5000 Metre Race Walk	30+		
1	Colin Silcock-Delaney	M75	VIC	37:23.55

AMA National Championships 2008 (Cont.)

Event 204	Men High Jump	30 - 34		
2	Damien Downing	M30	VIC	1.60m
Event 205	Men Javelin Throw	55 - 59		
3	Michael Cusack	M56	VIC	30.71m
Event 206	Men Javelin Throw	60 - 64		
1	Graeme Rose	M64	VIC	44.00m
2	Peter Young	M61	VIC	37.50m
3	David Wookey	M64	VIC	35.43m
Event 207	Women Javelin Throw	30 - 34		
3	Kylie Italiano	W33	VIC	22.49m
Event 213	Men Discus Throw	70 - 74		
1	Thomas Hancock	M71	VIC	33.96m
Event 214	Men Discus Throw	75 - 79		
4	Nino Stankovic	M76	VIC	16.44m
Event 216	Men Discus Throw	85 - 89		
2	Stan Stankovic	M85	VIC	18.71m
Event 217	Women Discus Throw	55 - 59		
1	Christine Schultz	W57	VIC	28.44m
8	Lorraine Mussett	W59	VIC	13.89m
Event 220	M65 2000 Metre Steeplechase	60+		
1	Graham Philpott	M65	VIC	8:37.06
Event 222	Men High Jump	50 - 54		
2	David Wilkins	M50	VIC	1.45m
Event 223	M55 3000 Metre Steeplechase	30-59		
1	Wayne Sabransky	M55	VIC	12:44.18
Event 224	Men Javelin Throw	65 - 69		
7	Tony Bradford	M68	VIC	23.14m
Event 225	Men Javelin Throw	70 - 74		
3	Thomas Hancock	M71	VIC	31.73m
Event 226	Women Javelin Throw	45 - 49		
2	Susan Chapman	W47	VIC	26.07m
Event 227	Women Javelin Throw	50 - 54		
3	Christine Bridle	W50	VIC	23.73m
Event 239	Men Long Hurdles <300m>	65 - 69		
2	Richard Trembath	M66	VIC	51.16
Event 240	Women Long Hurdles <300m>	50 - 5		
1	Christine Bridle	W50	VIC	55.26
Event 243	Women Long Hurdles <400m>	45 - 4		
1	Susan Chapman	W47	VIC	1:27.49
Event 250	Men Long Hurdles <400m>	30 - 34		
1	Damien Downing	M30	VIC	1:09.68
Event 251	Women High Jump	50 - 54		
1	Christine Bridle	W50	VIC	1.30m
Event 255	Men 1500 Metre Run	75 - 79		
3	Colin Silcock-Delaney	M75	VIC	9:35.54
Event 256	Men 1500 Metre Run	80 - 84		
1	Robert Lewis	M80	VIC	6:34.57
Event 258	Women 1500 Metre Run	60 - 64		
2	Vicki Thompson	W62	VIC	8:31.37

AMA National Championships 2008 (Cont.)

Event 263 Men Javelin Throw 75 - 79				
3	Nino Stankovic	M76	VIC	16.04m
Event 265 Men Javelin Throw 85 - 89				
2	Stan Stankovic	M85	VIC	18.69m
Event 266 Men Discus Throw 60 - 64				
2	Peter Young	M61	VIC	39.55m
5	Graeme Rose	M64	VIC	35.65m
6	John Reynolds	M63	VIC	31.68m
8	David Wookey	M64	VIC	25.88m
Event 267 Men Discus Throw 65 - 69				
7	Tony Bradford	M68	VIC	22.15m
Event 268 Women Discus Throw 30 - 34				
3	Kylie Italiano	W33	VIC	25.81m
Event 271 Men 1500 Metre Run 65 - 69				
1	Graham Philpott	M65	VIC	5:46.17
Event 275 Men High Jump 70 - 74				
3	Thomas Hancock	M71	VIC	1.20m
Event 277 Women 1500 Metre Run 45 - 49				
4	Katrina Philip	W46	VIC	5:29.80
5	Sharon Higgins	W48	VIC	5:44.51
Event 278 Men 1500 Metre Run 55 - 59				
1	Ewen Wilson	M55	VIC	4:49.04
2	Peter Bence	M58	VIC	4:59.18
4	Wayne Sabransky	M55	VIC	5:11.22
Event 279 Men 1500 Metre Run 50 - 54				
3	Stephen mulholland	M50	VIC	4:31.08
5	Colin Page	M54	VIC	4:50.33
Event 280 Men 1500 Metre Run 45 - 49				
2	Scott Lawrence	M46	VIC	4:22.50
Event 287 Women High Jump 30 - 34				
1	Kylie Italiano	W33	VIC	1.35m
Event 290 Women High Jump 45 - 49				
1	Susan Chapman	W47	VIC	1.30m
Event 292 Men 100 Metre Dash 55 - 59				
Preliminaries				
—	John Browne	M56	VIC	DNF
Event 299 Women Javelin Throw 55 - 59				
2	Christine Schultz	W57	VIC	20.36m
6	Lorraine Mussett	W59	VIC	12.92m
Event 305 Women Discus Throw 50 - 54				
2	Christine Bridle	W50	VIC	20.34m
Event 305A Men 100 Metre Dash 85 - 89				
1	Stan Stankovic	M85	VIC	22.89
Event 306 Men 100 Metre Dash 75 - 79				
5	Nino Stankovic	M76	VIC	25.85
Event 312 Men 100 Metre Dash 65 - 69				
5	Tony Bradford	M68	VIC	15.17
Event 318 Women 100 Metre Dash 50 - 54				
1	Christine Bridle	W50	VIC	14.50

AMA National Championships 2008 (Cont.)

Event 319 Men 100 Metre Dash 45 - 49				
3	Gary Hennessy	M45	VIC	12.39
Event 321 Men High Jump 55 - 59				
2	William Ronald	M55	VIC	1.50m
Event 323 Men High Jump 65 - 69				
2	Graham Philpott	M65	VIC	1.20m
3	Tony Bradford	M68	VIC	1.10m
Event 329 Men 100 Metre Dash 30 - 34				
2	Damien Downing	M30	VIC	12.76
Event 331 Men 200 Metre Run 55 - 59				
Preliminaries				
2	Peter Lamb	M58	VIC	26.16 Q
Event 332 Men 200 Metre Run 50 - 54				
Preliminaries				
2	Terry Hicks	M53	VIC	25.94 Q
Event 407 W45 5000 Metre Run 30+				
4	Sharon Higgins	W48	VIC	21:48.70
Event 407 W55 5000 Metre Run 30+				
1	Bronwen Cardy	W56	VIC	18:49.38
Event 407 W60 5000 Metre Run 30+				
1	Petrina Towbridge	W61	VIC	22:45.24
3	Vicki Thompson	W62	VIC	30:25.17
Event 422 Men Triple Jump 50 - 54				
2	David Wilkins	M50	VIC	9.20m
Event 425 Men Triple Jump 65 - 69				
1	Julian Jacotine	M68	VIC	9.42m
Event 428 M65 5000 Metre Run 60+				
3	Graham Philpott	M65	VIC	21:54.84
Event 428 M75 5000 Metre Run 60+				
4	Colin Silcock-Delaney	M75	VIC	35:43.83
Event 428 M80 5000 Metre Run 60+				
1	Robert Lewis	M80	VIC	25:09.27
Event 429 M55 5000 Metre Run 30-59				
2	Ewen Wilson	M55	VIC	18:21.26
3	Peter Bence	M58	VIC	19:19.66
4	Wayne Sabransky	M55	VIC	19:20.18
Event 479A Men 200 Metre Run 85 - 89				
1	Stan Stankovic	M85	VIC	53.29
Event 485 Men 200 Metre Run 70 - 74				
4	John Howes	M72	VIC	32.26
Event 486 Men 200 Metre Run 65 - 69				
5	Tony Bradford	M68	VIC	30.64
Event 508 Men 200 Metre Run 55 - 59				
Finals				
3	Peter Lamb	M58	VIC	26.36
Event 509 Women 200 Metre Run 50 - 54				
1	Christine Bridle	W50	VIC	30.30

AMA National Championships 2008 (Cont.)

Event 510 Men 200 Metre Run 50 - 54

Finals				
3	Terry Hicks	M53	VIC	25.91

Event 511 Women 200 Metre Run 45 - 49

5	Susan Chapman	W47	VIC	31.40
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Event 512 Men 200 Metre Run 45 - 49

3	Gary Hennessy	M45	VIC	24.88
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Event 516 Women Triple Jump 45 - 49

1	Susan Chapman	W47	VIC	8.38m
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Event 517 Women Triple Jump 50 - 54

2	Christine Bridle	W50	VIC	8.96m
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Event 520 Men Triple Jump 30 - 34

1	Damien Downing	M30	VIC	11.89m
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Event 530 Men 200 Metre Run 30 - 34

2	Damien Downing	M30	VIC	25.25
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Event 544 Men 4x100 Metre Relay M170+

4		VIC	A	51.73
	Damien Downing 30	Gary Hennessy 45		
	Tony Bradford 68	Peter Lamb 58		

Event 559 Men 400 Metre Run 55 - 59

Preliminaries					
4	Peter Lamb	M58	VIC	1:03.15	Q

Event 631 Women Weight Throw 50 - 54

2	Christine Bridle	W50	VIC	9.09m
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Event 632 Women Weight Throw 55 - 59

3	Christine Schultz	W57	VIC	9.55m
5	Lorraine Mussett	W59	VIC	6.89m

Event 633 Men Weight Throw 60 - 64

1	Graeme Rose	M64	VIC	17.87m
3	John Reynolds	M63	VIC	14.25m
5	David Wookey	M64	VIC	11.81m

Event 661 Men Weight Throw 65 - 69

1	Ken Priestley	M69	VIC	14.47m
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Event 665 Men Weight Throw 70 - 74

1	Thomas Hancock	M71	VIC	15.73m
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Event 675 Men 400 Metre Run 75 - 79

4	Nino Stankovic	M76	VIC	2:01.47
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Event 675A Men 400 Metre Run 85 - 89

1	Stan Stankovic	M85	VIC	2:11.32
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Event 679 Men 400 Metre Run 55 - 59

Finals				
2	Peter Lamb	M58	VIC	57.10

Event 680 Men 400 Metre Run 65 - 69

4	Richard Trembath	M66	VIC	1:05.79
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Event 682 Women 400 Metre Run 50 - 54

1	Christine Bridle	W50	VIC	1:09.10
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Event 683 Men 400 Metre Run 50 - 54

2	Terry Hicks	M53	VIC	56.35
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AMA National Championships 2008 (Cont.)

Event 685 Men 400 Metre Run 45 - 49

7	Scott Lawrence	M46	VIC	57.95
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Event 694 Men Weight Pentathlon 60 - 64

1	Graeme Rose	M64	VIC	4362
3	Peter Young	M61	VIC	3511
5	John Reynolds	M63	VIC	2795
6	David Wookey	M64	VIC	2675

Event 696 Men Weight Pentathlon 70 - 74

1	Thomas Hancock	M71	VIC	4102
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Event 697 Men Weight Pentathlon 75 - 79

6	Nino Stankovic	M76	VIC	1987
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Event 699 Men Weight Pentathlon 85 - 89

2	Stan Stankovic	M85	VIC	3146
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Event 705 Men Weight Throw 85 - 89

2	Stan Stankovic	M85	VIC	7.85m
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Event 706 Women Weight Pentathlon 50 - 54

1	Christine Bridle	W50	VIC	2511
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Event 706 Men Weight Throw 75 - 79

3	Nino Stankovic	M76	VIC	6.05m
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Event 707 Women Weight Pentathlon 55 - 59

3	Christine Schultz	W57	VIC	3509
6	Lorraine Mussett	W59	VIC	1836

Event 721 Men Weight Throw Champions

1	Graeme Rose	M64	VIC	18.21m
3	Ken Priestley	M69	VIC	14.41m

Event 723 Men Outdoor Pentathlon <Field> 55 -

2	Michael Cusack	M56	VIC	2308
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Event 725 Men Outdoor Pentathlon <Field> 65 -

1	Graham Philpott	M65	VIC	2629
2	Tony Bradford	M68	VIC	2255

Event 727 Men Outdoor Pentathlon <Field> 75 -

3	Nino Stankovic	M76	VIC	1120
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Event 729 Men Outdoor Pentathlon <Field> 85 -

1	Stan Stankovic	M85	VIC	1416
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Event 735 Women Outdoor Pentathlon <Field> 4

1	Susan Chapman	W47	VIC	2200
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Event 736 Women Outdoor Pentathlon <Field> 5

1	Christine Bridle	W50	VIC	2855
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Event 809 Women 20000 Metre Race Walk 50 -

1	Barb Bryant	W53	VIC	2:00:49.0h
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Event 811 Women 20000 Metre Race Walk 70 -

1	Margaret Beaumont	W70	VIC	2:45:11.0h
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Event 814 Women 8000 Metre Run 60 - 64

1	Petrina Towbridge	W61	VIC	42:30.0h
3	Vicki Thompson	W62	VIC	1:06:42.0h

Event 817 Women 8000 Metre Run 45 - 49

3	Sharon Higgins	W48	VIC	39:10.0h
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Event 824 Men 8000 Metre Run 80 - 84

1	Robert Lewis	M80	VIC	47:50.00
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AMA National Championships 2008 (Cont.)

Event 830 Men 10000 Metre Race Walk 75 - 79

1 Colin Silcock-Delaney M75 VIC 1:13:55.0h

Event 843 Men 8000 Metre Run 50 - 54

3 Colin Page M54 VIC 34:00.0h

Event 844 Men 8000 Metre Run 55 - 59

4 Wayne Sabransky M55 VIC 40:21.0h



PETER COLTHUP 5 MILE HANDICAP (cont. from page 1)

The full results were :-

Peter Colthup 5 mile H/cap - 30/04/08

			<u>Clock</u>	<u>Actual</u>
1	James O'Brien	55	47.45	31.45
2	Ralph Bennett	66	47.57	34.57
3	Russell Johnston	56	48.10	32.10
4	Ashley Page	67	48.21	38.21
5	Judy Wines	70	48.27	51.27
6	John Markham	78	48.45	44.00
7	Laurie Collard	51	49.16	36.16
8	Sonya McLennan	55	49.22	40.52
9	Col Waring	62	49.33	35.33
10	David Dodson	49	50.36	38.21
11	Janeen McKerran	47	50.54	40.24
12	Peter McGrath	68	50.57	47.57
13	Lindsay Oxenham	58	51.00	40.00
14	Peter Battrick	64	52.35	52.35
15	Shirley Young	78	55.32	61.32
16	John Kneen	65	56.02	49.17
17	Michael Heffernan	73	56.10	63.40
18	Jim Crawford	73	57.59	51.14
19	Ron Young	77	60.54	58.24



Back row:
Ralph Bennett, James O'Brien &
Russell Johnston

Front row:
Janeen McKerran &
Peter Colthup

“Back To The Future” @ the 10k

By Graeme Paul

This years running of our 10k Track Championship represented a return to days gone by. Many years ago this event was conducted by the then Victorian Veterans Athletic Club at the Collingwood Venue on a Tuesday and Wednesday night. There were so many participants that 3 Divisions could not be run on one night. The event was subsequently conducted at other Venues on their competition night before being moved to Saturday night. However, a few years ago the interest from competitors started to wane. A shift to Sunday morning did not improve participation rates and the demise of this prestigious Championship looked imminent. Then in 2007 there was an encouraging increase in numbers. In an attempt to build on this resurgence the Victorian Masters Committee made the decision to go “Back to the Future” and return the event to the Collingwood Venue on a Tuesday night.

The team at the Collingwood Venue set about preparing for the conduct of the event, not knowing how many entrants there would be, but ever hopeful for a big field. The innovation of pre-race entries assisted the organizers immensely with the vast majority complying with this request. Of course, with our Club philosophy being “participation”, we also accepted some late entries on the night. The result was a huge increase to 65 entrants. This is more than double the field of 2007 but still well short of the halcyon days of the past. There is still a lot of work to be done to reach those heady days again. The numbers compelled us to run 2 Divisions for the first time in several years. There were 12 Venues represented as well as a non-aligned Member and some invitation runners.

Weather conditions on the night were very conducive to good performances, cool with no wind. The races provided some spirited competition which was also evident within several age groups. The fastest male was Bert Pelgrim, M50 from Knox Venue, who recorded 35:21.53, whilst the fastest female was Bronwen Cardy, W55 from Croydon Venue, in 38:34.19.

The best performances of the night were by Bob Lewis and Bronwen Cardy. Firstly, Bob, from East Burwood Venue and newly promoted to M80, ran a Victorian record of 52:24.91. This feat eclipsed the previous record held by the late Ken Matchett by over 7 minutes. Congratulations to Bob on yet another record. Then Bronwen Cardy, W55, ran 38:34.19 which amounted to an Age-graded Performance of 96.32%, easily the highest of the night.

Congratulations to all the competitors no matter what standard for at least “having a go”. Without your involvement there would be no Championship. This event provided the first opportunity of 2008 to score points for the Dot & Colin Browne Shield. The Collingwood Venue team used their home ground advantage to grab an early lead.

Lastly, a big thank you to all the volunteers who assisted with the preparation and conduct of the event, especially the Athletics Victoria accredited Officials whose expertise was invaluable. We hope that this years Championship is a precursor to the return to the competitor numbers of days gone by and more.

10km Track Championship - Collingwood 22nd April 2008

Results - 10km Track Championship - Age Grading: 1 Yr Indiv & 5 yr Multi

Name	Age	Team	Finals	Age-Grading	Points
W30 10000 Metre Run					
1 3026 Sandra Doyle	W33	Croydon	44:03.33	43:51.44	68.45%
W35 10000 Metre Run					
1 3579 Kylie Irshad	W36	Croydon	45:48.16	45:10.52	66.45%
2 3580 Sofie Fabre	W39	Collingwood	46:21.45	45:03.85	66.61%
W40 10000 Metre Run					
1 4072 June Petrie	W40	Knox	40:31.40	39:09.22	76.67%
W45 10000 Metre Run					
1 4502 Pam Tindall	W48	Croydon	46:28.17	41:47.13	71.84%
2 4501 Sharon Higgins	W48	Caufield	46:52.90	42:09.37	71.21%
W50 10000 Metre Run					
1 5011 Helen Stanley	W52	Knox	45:05.42	38:30.43	77.95%
2 5009 Kerrin Braithwaite	W51	East Burwood	57:57.61	50:09.88	59.84%
W55 10000 Metre Run					
1 5501 Bronwen Cardy	W56	Croydon	38:34.19	31:09.87	96.32%
W60 10000 Metre Run					
1 6084 Petrina Trowbridge	W61	Collingwood	46:10.70	34:39.42	86.62%
- 6085 Lavinia Petrie	W64	Knox	DNF		
M30 10000 Metre Run					
1 3002 Troy Kameme	M31	Invitation	40:42.27	40:30.55	65.01%
2 3001 Doug Stokes	M30	Invitation	43:35.40	43:28.87	60.56%
M35 10000 Metre Run					
1 3501 Andrew Fletcher	M39	Coburg	44:58.85	42:49.58	61.49%
M40 10000 Metre Run					
1 4035 Paul Van Kopplen	M40	Croydon	36:14.28	34:14.92	76.89%
2 4043 Mal Grimmett	M42	SPR	38:29.63	35:50.27	73.48%
3 4006 Jim Hejtmanek	M43	Collingwood	41:58.01	38:46.65	67.91%
4 4071 Kevin Pardy	M42	Collingwood	44:35.10	41:30.52	63.44%
M45 10000 Metre Run					
1 4540 Steven Barker	M49	SPR	36:16.59	31:59.10	82.33%
2 4582 Alan Jenkins	M46	Geelong	37:06.33	33:29.94	78.61%
3 4585 TonyDell	M45	Croydon	38:19.96	34:52.74	75.50%
4 4504 Shane Derby	M47	Collingwood	40:23.62	36:11.08	72.78%
5 4503 Gary O'Dwyer	M49	Coburg	41:06.52	36:14.74	72.65%
6 4581 Andrew Tunne	M49	Croydon	43:52.77	38:41.32	68.06%
7 4583 Frank Pignataro	M46	East Burwood	44:05.52	39:48.38	66.15%
M50 10000 Metre Run					
1 5001 Bert Pelgrim	M51	Knox	35:21.53	30:40.64	85.84%
2 5003 Peter Black	M53	Aberfeldie	40:20.78	34:26.38	76.46%
3 5007 Peter Field	M50	SPR	41:01.72	35:53.27	73.38%
4 5006 Paul Ban	M53	Collingwood	42:25.41	36:12.77	72.72%
5 5004 Graeme Paul	M54	Collingwood	43:17.00	36:38.37	71.87%
6 5005 Glenn Claiden	M54	Knox	43:21.13	36:41.86	71.76%
7 5002 Mick Carr	M54	Knox	44:14.25	37:26.83	70.32%
8 5008 Gary Bell	M54	Collingwood	49:30.41	41:54.46	62.84%

10km Track Championship - Collingwood (cont.)

Results - 10km Track Championship - Age Grading: 1 Yr Indiv & 5 yr Multi

Name	Age	Team	Finals	Age-Grading	Points
M55 10000 Metre Run					
1 5509 John Duck	M55	no venue	37:07.97	31:10.39	84.47%
2 5579 Tim Byrne	M56	Collingwood	39:14.23	32:39.67	80.63%
3 5512 Paul Twining	M58	Knox	39:31.91	32:21.18	81.39%
4 5595 David Jones	M57	Aberfeldie	39:40.33	32:44.73	80.42%
5 5502 Russell Johnson	M55	Geelong	39:56.68	33:32.02	78.53%
6 5585 Greg Moore	M56	Aberfeldie	40:42.97	33:53.53	77.70%
7 5575 Jim Hopkins	M58	Collingwood	42:13.31	34:33.27	76.21%
8 5573 Frank Prowse	M56	Doncaster	42:20.16	35:14.43	74.72%
9 5596 Ian U'Ren	M57	Knox	43:50.23	36:11.00	72.78%
10 5576 Murray Hutchinson	M59	Knox	44:40.27	36:14.51	72.66%
11 5570 Lindsay Oxenham	M58	SPR	47:32.71	38:54.66	67.68%
M60 10000 Metre Run					
1 6022 Kevin Solomon	M61	Collingwood	39:23.69	31:24.34	83.85%
2 6047 Gary Stewart	M62	Knox	40:44.05	32:11.29	81.81%
3 6083 Jeff Walker	M60	Geelong	40:56.00	32:55.37	79.99%
4 6059 Westley Windsor	M63	Collingwood	42:02.77	32:55.84	79.97%
5 6088 Rod Bayley	M61	Collingwood	45:58.44	36:39.03	71.85%
6 6087 Stephen Barker	M64	Aberfeldie	49:10.16	38:09.62	69.01%
7 6086 John Dean	M63	Aberfeldie	52:20.80	40:59.88	64.23%
8 6035 Bryan Kelly	M60	Collingwood	57:49.98	46:30.91	56.61%
- 6072 Alan Bennie	M61	SPR	DNF		
M65 10000 Metre Run					
1 6523 Ted Paulin	M69	Collingwood	40:52.95	30:15.68	87.02%
2 6554 George Rennie	M66	Collingwood	41:24.29	31:33.03	83.46%
3 6597 Graham Philpott	M65	East Burwood	44:57.18	34:34.41	76.17%
4 6527 Malcolm Brown	M67	Collingwood	47:50.06	36:06.90	72.92%
5 6549 Stan Belcher	M65	Altona	48:08.46	37:01.52	71.12%
6 6539 Hawley Thomas	M69	East Burwood	54:33.89	40:23.34	65.20%
M70 10000 Metre Run					
1 7044 Fred Bichsel	M71	Caufield	52:03.03	37:37.96	69.98%
2 7042 Bernie Goggin	M70	Coburg	1:02:42.09	45:53.48	57.38%
M75 10000 Metre Run					
1 7531 Bill Page	M77	Aberfeldie	52:06.92	34:10.95	77.04%
2 7528 John Markham	M78	Mentone	55:32.35	35:41.04	73.80%
3 7532 Colin Silcock-Dela	M75	Geelong	1:12:19.26	49:14.17	53.48%
M80 10000 Metre Run					
1 8014 Bob Lewis	M80	EastBurwood	52:24.91	32:10.35	81.85%

Please note that deadline for articles in the September 2008 issue of this magazine is 14th August

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 20 July 2007

10.00 am Start

ENTRY FEE \$10.00 – enter on the day until 9.45 am

(\$2 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 (\$5 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 \$5, 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 Tony Doran: 9547 7320 or Chris Murphy: 9547 6234

COLLINGWOOD VENUE**30th YEAR CELEBRATION**

Tuesday 22nd July 2008

**George Knott Athletic Track
Clifton Hill**

An invitation is extended to all VMA Members, former VVACI Members, families and friends to join us in celebrating this momentous occasion

The Venue would be especially honoured to welcome the return of those who have a Collingwood connection from the past to reminisce and relive past glories

**Pass the word around
All welcome**

**The athletic program commences at 7:00pm
100m, 800m, 300m, 15 min. Time Trial**

Supper at about 8:00pm

We hope to see YOU there

RSVP: Graeme - 9439 9667 or Wasy1 - 9387 2163

The By Laws of VMA were adopted at the AGM in April and were modified at the May general committee meeting. The changes at the committee meeting were to add the 3,000 metres run to the list of championship events and create a "Register of best performances by VMA members in approved athletic events". Currently the approved events are : indoor events as conducted by WMA and the double decathlon. These changes will need to be ratified at the next general meeting of the club which at this stage is expected to be the AGM next year. The heavy hammer has been added to the list of events for record purposes as it was omitted in error from the original list. The updated By Laws with these modifications are dated effective from 12/05/08.

Alan Lucas
Vice President

VICTORIAN MASTERS ATHLETICS INC

BY-LAWS effective as of 12 May 2008

Introduction

The functioning and conduct of Victorian Masters Athletics Inc (VMA) is principally guided by the Constitution. However, Clause 2.3 and elsewhere within the VMA Constitution provides for the creation and amendment of By-Laws covering matters concerning the operation and activities of the Association that are not specifically addressed by the Constitution. By-Laws are drawn up by the Committee of Management and submitted for approval at a General Meeting.

By-Laws may be added to, altered or rescinded by the General Committee at any time subject to ratification by the Association at any General Meeting. Individual members wanting to change these By-Laws must advise the Secretary in writing with the proposed amendment not less than 28 days prior to the General Meeting at which the motion for amendment will be presented. The proposed alteration must also be seconded by a financial member.

The VMA By-Laws current as of 12 May 2008 include:

- Management of Venues
- Conduct of VMA Championship Competitions
- VMA Performance Records

Management of Venues

1. These rules cover the operation of approved venues as listed in Appendix 3 of the Constitution

1.1 The members at each venue shall elect a Venue Manager, an Assistant Manager and a Treasurer each year. One person cannot hold more than one position at the same time. A venue may elect or appoint additional persons to assist in the operation of the venue as appropriate to local operating requirements.

VMA BY LAWS (cont.)

1.2 Elections shall be conducted by an "Electoral Officer" appointed by the general consensus of members at the venue. Elections shall be held in February each year and results of the elections must be reported to the VMA Secretary by the 15th of March. If a venue cannot agree on the appointment of an Electoral Officer then the VMA General Committee shall appoint a person to the position.

1.3 The Electoral Officer shall notify members at the venue of the day that elections are to be held at least 14 days before the election. Notice shall be by written notice on the noticeboard and announcements at the venue. Nominations for a position shall be given to the Electoral Officer before the conduct of the elections. In the event that there is a contest for a position the election shall be held by secret ballot. All parties to the election are required to be financial members of VMA.

1.4 Each venue shall maintain a bank account in the name of "Victorian Masters Athletics [insert name of venue] venue". All cheques must be signed by two authorised persons. Each venue shall submit financial reports as follows: For period 01 Jan to 30 Jun by 31 Jul, and for the period 01 Jan to 31 Dec by 31 Jan of the following year. The Venue Manager shall submit a report on the activities of the venue for the calendar year to the VMA Secretary no later than 28 Feb of the following year.

1.5 The Venue Manager shall be responsible for the safe and orderly conduct of events at a venue and these duties are detailed in the Venue Hand Book.

Conduct of VMA Championship Competitions

2 Victorian Masters Athletics Championships shall be conducted annually in accordance with the technical rules of the International Amateur Athletic Federation (IAAF) except as modified by the Constitution and By-Laws of World Masters Athletics (WMA), Australian Masters Athletics (AMA) and VMA.

2.1 VMA conducts the following state Masters championships for its members:

Track & Field

100 metres,	200 metres,	400 metres,	800 metres,
1500 metres,	3000 metres,	5000 metres,	
1500 metres race walk,	3000 metres race walk,		
Men 30-59	3000 metres steeplechase,		
Women and Men 60+	2000 metres steeplechase,		
Sprint Hurdles,	Long Hurdles,		
Long Jump,	High Jump,	Triple Jump,	Pole Vault,
Discus Throw,	Hammer Throw,	Weight Throw,	
Javelin Throw,	Shot Put,		
Pentathlon,			
Weight Pentathlon			
5000 metres track race walk			
10000 metres track run			

VMA BY LAWS (cont.)**Road & Cross Country**

10000 metres race walk,	20000 metres race walk,
10000 metres run,	10000 metres cross country,
8000 metres (men) cross country,	6000 metres (women) cross country,
10 miles,	Half Marathon, Marathon

2.2 Technical specifications and weights of throwing implements shall be those approved by WMA or as modified by AMA & VMA for use in Australia.

2.3 Only current financial members of VMA shall be entitled to win medals at VMA championships. The track referee shall have the power to decide if persons wanting to compete by invitation shall be allowed to do so.

2.4 An athlete's age group shall be determined by their age on the day of competition or the first day of a multi day program.

2.5 VMA Championship entry shall not be subject to any prior achievement or qualifying standard.

2.6 Current Association uniform must be worn at all VMA championships. Competitors not wearing the correct singlet/crop top will not be eligible to receive medals.

2.7 Two or more age groups may compete together in a single event provided that there shall be separate results and awards for each age group.

2.8 Allegations at VMA championships of the offences listed below shall be considered and adjudicated by the VMA Committee in accordance with the Constitution and in consultation with the Competition Director according to the procedures set out in the WMA By-Laws. Offences include but are not limited to:

- Un-sportsmanlike conduct
- Conduct likely to bring the sport into disrepute
- Improper use of drugs as specified by the World Anti-Doping Agency (WADA) code
- Incorrect statement of age or age group or gender

VMA Performance Records

3 VMA shall issue record certificates for performances in events conducted at championship level by AMA or VMA or that are conducted in regular competition by Athletics Victoria. The Association may agree to record and recognise performances in other events for record purposes not covered by the foregoing principle by resolution at a general meeting. The list of events currently recognised for record purposes is listed in clause 3.6.

3.1 Victorian and Championship records and best performances on record shall be recognized in all five year age groups for all approved events subject to the fulfilment of the necessary criteria.

VMA BY LAWS (cont.)

3.2 Victorian records or best performances can only be set by current financial members of VMA.

3.3 Championship records or best performances can be set by any current financial member of a masters/veterans athletic club affiliated with AMA or WMA, including clubs outside of Australia.

3.4 Record or Best Performance on Record applications must be made on the official VMA, AMA or WMA application form. Applications must be lodged with the VMA Records Officer within 28 days of the performance. The Records Officer shall review each application to see that it meets the necessary criteria and forward a summary of the performances to the general committee for final approval before certificates are issued and records declared. If the Records Officer or General Committee reject an application because of incomplete documentation then the athlete must supply the missing documentation within 28 days of being notified of the rejection for the claim to be reconsidered. If an athlete feels that their application has been rejected in error then they can lodge an appeal to present their case in person at a general committee meeting and if still not satisfied then may follow the procedures as set out in the Disputes section of the Constitution.

3.5 Performances must have been done on recognised certified tracks and grounds, or road or other courses where certification is provided by a registered course measurer. Regulations as set out in the IAAF handbook shall apply to all record applications except where specifically modified by WMA, AMA or VMA.

3.6 Events to be recognized for records - VMA**Running - Track**

60m	100m
200m	400m
800m	1500m
1 mile	3000m
5000m	10000m

Running - Road

10000m	10 Miles
Half Marathon	Marathon

Steeplechase

3000m	M30 to 59
2000m	M60+
2000m	Women

Hurdles

Per current WMA, AMA or VMA specifications

Jumps

High Jump	Long Jump
Triple Jump	Pole Vault

VMA BY LAWS (cont.)

Field Events

Shot Put
Discus Throw
Hammer Throw
Javelin Throw
Weight Throw
56lb Weight Throw
100lb Weight Throw
Heavy Hammer

Multiple Events

Decathlon
Pentathlon
Weight Pentathlon

Racewalking

1500m track
2000m track
3000m track
5000m track
10000m
15000m
20000m
30000m
50000m

Relays

4 x 100
4 x 400
4 x 800

Events approved by resolution at a General Meeting for record purposes:

1 hour run

3.7 When a new event is approved for addition to the list of events no certificates shall be awarded until 12 months after the date of approval.

3.8 Record claims for performances recorded more than 28 days ago shall be considered only if that performance was done at a Championship level and the athlete signs a Statement that they were a financial member of VMA or another Masters/Veterans athletic club affiliated with AMA/AAVAC at the time of recording the performance.

3.9 The Records Officer shall also maintain a register of "Best Performances by VMA members in approved athletic events". These are events that are either not conducted within Australia or at a championship level. Currently the approved events are :

Indoor events as conducted by WMA
Double Decathlon

NEW RECORDS REPORT

Age	Event	Name	State	Performance	%Std	Date	Location
Pending World Records:							
W55	One Hour Run	Bronwen Cardy	Vic	15,323m	-	24-9-07	Doncaster
M75	4x1500 Relay	David Carr	WA	34:17.0	-	31-1-08	Perth
		Kenneth Whistler	WA				
		Robert Hayres	WA				
		Cecil Walkley	WA				
M60	4x1500 Relay	Bruce Wilson	WA	21:48.4	-	31-1-08	Perth
		Jim Klinge	WA				
		John Oldfield	WA				
		Jim Langford	WA				
W45	4x1500 Relay	Gillian Young	WA	24:32.0	-	31-1-08	Perth
		Karen March	WA				
		Karyn-Sue Gower	WA				
		Robin King	WA				
M35	4x1500 Relay	Christopher Neale	WA	20:11.9	-	31-1-08	Perth
		Paul Burke	WA				
		Eldon George	WA				
		Brett Roach	WA				
M75	800m	David Carr	WA	2:34.3(=)	97.9%	16-3-08	Perth
M75	2k Steeple	David Carr	WA	8:56.59	97.3%	23-3-08	Blacktown
W35	4 x 100m Relay	Ranell Hobson	NSW	47.74s	-	24-3-08	Blacktown
		Julie Brims	Qld				
		Kylie Strong	NSW				
		Gianna Mogentale	NSW				
Australian Records:							
M40	60m	Greg Potts	Qld	7.51s	91.7%	29-10-04	Southport
W35	4x800m Relay	Sue Gore	NSW	10:21.03	-	7-11-07	Homebush
		Cris Penn	NSW				
		Sue Ward	NSW				
		Gianna Mogentale	NSW				
M80	2k Steeple	Rad Leovic	ACT	11:17.54	84.3%	3-1-08	AIS ACT
W30	20k Road walk	Justijana Roseman	Vic	1:56:56	76.6%	13-1-08	Middle Park
W35	4x1500 Relay	Saskia Letham	WA	25:01.1	-	31-1-08	Perth
		Toni Phillips	WA				
		Carol Bowman	WA				
		Elizabeth Neville	WA				
M65	4x1500 Relay	Bob Schickert	WA	22:15.3	-	31-1-08	Perth
		David Roberts	WA				
		Bert Carse	WA				
		David Carr	WA				

NEW RECORDS REPORT (Cont.)

Age	Event	Name	State	Performance	%Std	Date	Location
W80	Weight Throw	Raema McMillan	WA	9.33m	79.9%	12-2-08	Perth
W45	4x800 Relay	Margaret Saunders	WA	11:53.3	-	14-2-08	Perth
		Karen March	WA				
		Kay Burt	WA				
		Robin King	WA				
M30	4x800 Relay	Graeme Watson	WA	9:21.0	-	14-2-08	Perth
		Paul Burke	WA				
		Joel Burns	WA				
		Chris Neale	WA				
M75	4x800 Relay	Brian Paxman	WA	16:07.1	-	14-2-08	Perth
		Ken Whistler	WA				
		Bob Hayres	WA				
		Cecil Walkley	WA				
W60	4x800 Relay	Peggy Macliver	WA	13:04.9	-	14-2-08	Perth
		Jackie Halberg	WA				
		Christine Oldfield	WA				
		Gillian Young	WA				
M65	4x800 Relay	Bert Carse	WA	11:19.6	-	14-2-08	Perth
		Dave Roberts	WA				
		Mike O'Reilly	WA				
		Bob Schickert	WA				
M75	2k Steeple	David Carr	WA	9:17.60	93.6%	17-2-08	Perth
W80	Javelin	Raema McMillan	WA	14.93m	58.5%	19-2-08	Perth
M85	Shot Put	Feliks Jekabsons	Qld	8.39m	83.5%	23-2-08	Brisbane
W70	60m	Annette Horsnell	Qld	10.22s	92.0%	23-2-08	Brisbane
W80	5k	Lorna Thompson	Qld	36:05.23	67.6%	23-2-08	Brisbane
W35	4x800 Relay	Petrina Brown	Qld	11:31.70	-	23-2-08	Brisbane
		Karen Lakin	Qld				
		Donna Emerson	Qld				
		Glenda Banaghan	Qld				
M55	4x800 Relay	Jason Collie	Qld	9:34.44	-	23-2-08	Brisbane
		Bruce Bodsworth	Qld				
		Bob Grayson	Qld				
		Terry Dauphinnet	Qld				
M65	4x800 Relay	Alan Bradford	Qld	11:15.37	-	23-2-08	Brisbane
		Brian Morling	Qld				
		Colin McLeod	Qld				
		Colin Buyers	Qld				
W45	56lb Weight	Jayne Hardy	ACT	4.32m	-	23-2-08	Turner ACT
W65	56lb Weight	Jan Banens	ACT	2.71m	-	23-2-08	Turner ACT
M30	400m Hurdles	Cameron Yorke	WA	54.83s	85.9%	24-2-08	Perth

NEW RECORDS REPORT (Cont.)

Age	Event	Name	State	Performance	%Std	Date	Location
M75	Hammer	Wim Van Weenen	Vic	43.84m	91.9%	2-3-08	Murrumbeena
W70	60m	Annette Horsnell	Qld	9.99s	94.1%	2-3-08	Southport
M75	400m	David Carr	WA	67.7s	93.1%	6-3-08	Perth
W45	Long Jump	Marie Kay	Qld	5.52m	95.2%	8-3-08	Brisbane
M75	Pentathlon	David Carr	WA	3,462 pts	-	8-3-08	Perth
M75	1500m	David Carr	WA	5:28.1(=)	93.6%	8-3-08	Perth
M85	Shot Put	Feliks Jekabsons	Qld	9.66m	96.1%	9-3-08	Brisbane
M85	Discus	Feliks Jekabsons	Qld	23.97m	68.8%	9-3-08	Brisbane
M60	1500m Walk	Andrew Jamieson	Vic	6:52.50	94.5%	9-3-08	Olympic Park
M65	1500m Walk	Ralph Bennett	Vic	7:30.84	91.2%	9-3-08	Olympic Park
M75	Weight Throw	Wim Van Weenen	Vic	15.90m	84.4%	9-3-08	Olympic Park
M35	Discus	Darron Haworth	Qld	50.33m	70.8%	15-3-08	SAF Brisbane
W80	Discus	Raema McMillan	WA	17.29m	65.9%	16-3-08	Perth
W80	Shot Put	Raema McMillan	WA	7.12m	92.0%	16-3-08	Perth
W30	10k	Billinda Schipp	NSW	35:07.4	85.9%	21-3-08	Blacktown
M80	1500m	Bob Lewis	Vic	6:34.57	83.7%	22-3-08	Blacktown
W30	Hammer	Karyne Di Marco	NSW	56.30m	74.0%	22-3-08	Blacktown
W30	Weight Throw	Karyne Di Marco	NSW	17.61m	87.3%	23-3-08	Blacktown
W30	Weight Pent	Karyne Di Marco	NSW	3,828 pts	-	23-3-08	Blacktown
W30	Hammer	Karyne Di Marco	NSW	59.27m	77.9%	23-3-08	Blacktown
W30	Weight Throw	Karyne Di Marco	NSW	18.57m	92.1%	23-3-08	Blacktown
M85	Weight Pent	Feliks Jekabsons	Qld	4,505 pts	-	23-3-08	Blacktown
M85	Discus	Feliks Jekabsons	Qld	25.28m	78.6%	23-3-08	Blacktown
M70	20k Road Walk	Margaret Beaumont	Vic	2:45:11	76.9%	24-3-08	Blacktown
W80	Pentathlon	Shirley Brasher	Tas	2,558 pts	-	24-3-08	Blacktown
M75	400m	David Carr	WA	66.92s	97.1%	24-3-08	Blacktown
W45	100lb Weight	Jayne Hardy	ACT	2.27m	-	29-3-08	Turner ACT
W40	4 x 800m Relay	Karen Lakin	Qld	11:17.3	-	31-3-08	SAF Brisbane
		Paula Moorhouse	Qld				
		Julie Brims	Qld				
		Glenda Banaghan	Qld				
W60	4 x 800m Relay	Marge Allison	Qld	12:18.0	-	31-3-08	SAF Brisbane
		Jean Hampson	Qld				
		Irene Davey	Qld				
		Betty Menzies	Qld				
M90	5k	Peter Brownbill	Vic	36:56.1	79.1%	21-5-08	Mentone

Australian Indoor Records from 2008 British Masters Championships

M45	1500m	John Lisiewicz	SA	4:28.51	84.7%	23-2-08	Lee Valley UK
M50	3k Walk	Mark Wall	Tas	15:21.33	79.6%	24-2-08	London

NEW RECORDS REPORT (Cont.)

Age	Event	Name	State	Performance	%Std	Date	Location
Australian Indoor Records from 2008 WMA Indoor Championships, Clermont-Ferrand, France, 17-22 March 2008							
M40	60m	Ken Telfer	ACT	7.44s	91.6%		
W40	60m	Jacqueline Bezuidenhout	NSW	8.36s	85.8%		
W65	60m	Noreen Parrish	Qld	9.88s	86.0%		
M40	200m	Ken Telfer	ACT	23.90s	88.5%		
M50	200m	Stuart Paterson	NSW	29.07s	77.1%		
W40	200m	Jacqueline Bezuidenhout	NSW	27.57s	82.1%		
W45	200m	Marie Kay	Qld	25.85s	96.2%		
							also World Masters Record
M40	400m	Ken Telfer	ACT	52.99s	88.4%		
M80	400m	Rad Leovic	ACT	88.33s	80.4%		
W45	400m	Marie McKay	Qld	56.99s	100.0%		
M50	800m	Stuart Paterson	NSW	2:18.25	84.1%		
M55	800m	Robert Pearce	SA	2:31.33	80.8%		
M65	800m	Peter Sandery	SA	2:30.46	88.1%		
M80	800m	Rad Leovic	ACT	3:44.71	72.5%		
M50	1500m	Stuart Paterson	NSW	4:41.99	85.5%		
M65	1500m	Peter Sandery	SA	5:07.61	89.6%		
M80	1500m	Rad Leovic	ACT	8:58.06	61.4%		
M45	3k	John Lisiewicz	SA	9:23.74	85.8%		
M60	3k	Kevin Solomon	Vic	10:11.85	89.4%		
M65	3k	Peter Sandery	SA	10:39.33	90.3%		
M80	3k	Rad Leovic	ACT	15:56.73	74.9%		
M55	60m Hurdles	Steve McGugan	NSW	10.42s	82.8%		
M80	60m Hurdles	Rad Leovic	ACT	15.33s	76.0%		
M80	High Jump	Rad Leovic	ACT	0.99m	73.1%		
M80	Long Jump	Rad Leovic	ACT	3.11m	71.3%		
W45	Long Jump	Marie Kay	Qld	5.57m	90.6%		
M80	Triple Jump	Rad Leovic	ACT	6.98m	77.1%		
M80	Shot Put	Rad Leovic	ACT	7.37m	56.8%		
W40	Shot Put	Caroline Layt	NSW	9.58m	51.9%		
W40	Weight Throw	Caroline Layt	NSW	11.22m	69.4%		
M80	Pentathlon	Rad Leovic	ACT	3,036 pts	-		
M50	4x200m Relay	Robert Pearce	SA	2:00.17	-		
		Peter Sandery	SA				
		Kevin Solomon	Vic				
		Stuart Paterson	NSW				
W40	4x200m Relay	Jacqueline Bezuidenhout	NSW	1:49.48	-		
		Caroline Layt	NSW				
		Janet Naylor	NSW				
		Marie Kay	Qld				

NEW RECORDS REPORT (Cont.)

Age	Event	Name	State	Performance	%Std	Date	Location
Australian Indoor Records from USA Masters, Boston, 28-30 March 2008							
M65	400m	Peter Sandery	SA	68.16s	81.3%		
M30	800m	Brendan Whelan	Qld	2:04.24	81.4%		
M55	800m	Robert Pearce	SA	2:27.34	83.0%		
M30	Mile	Brendan Whelan	Qld	4:31.43	83.3%		
M55	Mile	Robert Pearce	SA	5:25.02	82.3%		
M60	Mile	Kevin Solomon	Vic	5:01.62	91.8%		
							also World Masters Record
M65	Mile	Peter Sandery	SA	5:22.70	90.5%		
M30	3k	Brendan Pearce	SA	9:02.38	82.4%		
M65	3k	Peter Sandery	SA	10:36.54	90.7%		
Australian Championship Record from 2006 Canberra Marathon							
M70	Marathon	Colin McLeod	Qld	3:04:07	91.3%	9-4-06	Canberra
Australian Championships Records from Blacktown at Easter, 21st to 24th March 2008, in addition to those that are Australian Records and shown above:							
M40	60m	Greg Fopp	SA	7.74s	87.3%		
M45	60m	David Isackson	NSW	7.63s	92.0%		
M50	60m	Leo Kennedy	ACT	7.71s	93.6%		
M60	60m	Wayne Cousins	Qld	8.39s	92.7%		
M65	60m	Neville McIntyre	NSW	8.41s	95.0%		
M70	60m	David Janssan	SA	8.85s	93.1%		
W35	60m	Ranell Hobson	NSW	8.05s	86.0%		
W45	60m	Debbie Lance	Tas	8.66s	88.6%		
W70	60m	Annette Horsnell	Qld	10.00s	96.6%		
W70	100m	Annette Horsnell	Qld	16.14s	91.8%		
W40	200m	Julie Brims	Qld	25.14s	92.2%		
W70	400m	Miriam Cudmore	SA	84.63s	85.1%		
M75	800m	David Carr	WA	2:39.46	94.7%		
W30	5k	Billinda Schipp	NSW	17:03.13	84.5%		
M85	80m Hurdles	Stan Stankovic	Vic	34.62s	50.6%		
M70	2k Steeple	Colin McLeod	Qld	8:35.31	96.8%		
W65	20k Road Walk	Joan Purcell	NSW	2:34:56	76.8%		
M55	High Jump	Clayton Tompkins	NSW	1.68m(=)	88.9%		
M40	Shot Put	Stuart Gyngell	NSW	17.68m	83.7%		
M85	Shot Put	Feliks Jakobsons	Qld	8.54m	70.1%		
M85	Discus	Feliks Jakobsons	Qld	23.40m	72.8%		
M85	Hammer	Feliks Jakobsons	Qld	25.70m	71.8%		
M60	Hammer	Graeme Rose	Vic	47.56m	84.8%		

NEW RECORDS REPORT (Cont.)

Age	Event	Name	State	Performance	%Std	Date	Location
W60	Javelin	Mary Thomas	NSW	32.72m	83.6%		
M85	Hammer (WP)	Feliks Jakobsons	Qld	27.36m	76.5%		
M85	Shot Put (WP)	Feliks Jakobsons	Qld	9.10m	74.8%		
W80	200m	Shirley Brasher	Tas	49.20s	73.2%		

Victorian Records:

M30	Discus	Yohan Amerasekera		46.16m	64.9%	3-12-05	Frankston
M80	Triple Jump	Syd Elks		6.77m	72.4%	18-3-07	Murrumbena
M35	Discus	Yohan Amerasekera		46.35m	65.2%	27-10-07	Knox
M35	Decathlon	Steven Polizzi		5,314pts	-	13-1-08	Doncaster
W50	Heptathlon	Christine Bridle		4,619pts	-	13-1-08	Doncaster
M60	1500m	Kevin Solomon		4:39.89	92.2%	8-3-08	Olympic Park
M80	1500m	Bob Lewis		6:37.74	83.5%	8-3-08	Olympic Park
W80	1500m	Jean Knox		10:41.9	62.3%	8-3-08	Olympic Park
M80	60m Hurdles	George Goode		17.4s	66.6%	8-3-08	Olympic Park
W35	3k Walk	Kylie Irshad		15.21.6	79.8%	8-3-08	Olympic Park
W30	Hammer	Raelene Warren		46.50m	77.5%	8-3-08	Olympic Park
M80	5k	Bob Lewis		26:23.97	76.9%	9-3-08	Olympic Park
M55	60m	Philip Rosevear		8.1s	90.6%	17-3-08	Doncaster
M30	60m	Damien Downing		8.07s	79.2%	21-3-08	Blacktown
M70	60m	Don Chambers		9.19s	90.0%	21-3-08	Blacktown
M75	60m	Nino Stankovic		15.28s	56.5%	21-3-08	Blacktown
M80	10k	Bob Lewis		52:24.4	81.9%	21-3-08	Blacktown
M85	80m Hurdles	Stan Stankovic		34.62s	50.6%	21-3-08	Blacktown
M80	5k	Bob Lewis		25:09.27	81.7%	23-3-08	Blacktown

Record Certificates Not Received

Please contact me if you haven't received a Victorian, Australian or World record certificate, which you believe you should have.

Unrecognized Records

Please contact me if you are aware of any athletic performance better than any of the records in the Victorian or Australian Masters record lists, no matter how old the performance, or how little detail you have. The more time that passes before record claims are investigated, the more difficult it is.

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

AUSTRALIAN MASTERS ATHLETICS INC

2009 WORLD MASTERS ATHLETICS CHAMPIONSHIPS

LAHTI, FINLAND, 28 JULY - 8 AUGUST 2009

CALL FOR EXPRESSIONS OF INTEREST

AMA Appointment: Team Sports Masseur

Australian Masters Athletics is calling for expressions of interest from members interested filling the role of Team Sports Masseur, for the group travelling to the WMA Championships at Lahti, 28 July - 8 August 2009. The provision of massage services at Riccione was very well received by the 182 Australian athletes competing. It is expected that a similar number of Australian competitors will go to Lahti.

Funding:

Partial funding for travel and accommodation costs (est \$2,500) will be available. The masseur will also have an opportunity to supplement travel and massage supply costs by charging a set fee to Australian athletes using the massage services, either by way of pre-paid vouchers issued prior to departure for Lahti or during the competition. It is expected that the sports masseur would be available for a minimum number of hours each day at the main stadium.

Details of charges and hours worked at Riccione can be obtained from the AMA Secretary. To determine the appointment applicants should submit a resume to the AMA Secretary which addresses the following:

Sports Masseur:

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

Role of Sports Masseur:

- On appointment, send resume and details of service and charges to the AMA Travel Director for dissemination to club newsletters and website.
- Liaise with Travel Director on number of athletes, accommodation details, and emergency contact details.
- On arrival, determine a suitable place for routine contact with athletes to book for sports masseur services at the main track.
- To be available for an agreed time period each day.
- Option to compete in several events and be part of the competition experience.
- Enjoy the experience.

Expressions of interest are to be forwarded to the AMA Secretary at the address below, or by email: hazelmcd@bigpond.com. Applications are required by 15 August 2008 and an appointment will be made shortly thereafter.

Hazel McDonnell

Secretary AMA Inc.

13 Sevenoaks Street, Alexandra Hills Qld 4161

Phone: 07 3206 3243 (h) Email: hazelmcd@bigpond.com

THE SIXTY MINUTES

Doncaster one-hour run is on again

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 again run its feature event, *The Sixty Minutes*, which will be held on the night of Monday, September 29. 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 times listed as Victorian Masters Athletics records, more than half 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.

Four of Victoria's top female distance runners, Bronwen Cardy (W55), 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 manager Richard Trembath (9431 6963) or Bryan Bottomley (9457 7674).

Entries will close with Bryan Bottomley, PO Box 271, Rosanna, 3084 on Friday, September 12.

ENTRY FORM

THE SIXTY MINUTES

(Open to all athletes affiliated with Australian Masters' Athletics controlling bodies)

Rieschiecks Reserve, George Street, Doncaster (Melway: 33, J10)

DONCASTER

Monday, September 29, 2008 (Approx. 7:30pm)

Name (PRINT): Age (on Sep 29)

I understand and acknowledge that:

- **ENTRIES CLOSE** with the last mail delivery on **Friday, September 12, 2008**. Entries may be posted to **The Sixty Minutes, %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 29, 2008. 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