



The bi-monthly Newsletter of the Victorian Masters Association

NEWS AND RESULTS

January 2009

Jamieson Makes Clean Sweep of Records

With rain bucketing down and the 2km. loop track partially under water, the 2007 IAAF Masters Athlete of the year, Andrew Jamieson, set off in an attempt to break the only M. 60 walking World record that he didn't already own.

This was arguably the toughest Masters record in the book - the 50 km. time of 4:23:29 held by the German walking legend, Gerhard Weidner.

Andy was walking in the 2008 Australian 50 km. walking championship at Fawkner Park in Melbourne. He was to finish third behind Olympians Chris Erickson and Duane Cousins in this open event, and in doing so **broke the World Record by 13 seconds.**

To give you some idea of how tough this record was to break, the qualifying time for the Beijing Olympics in this event was 4:00:00.

The conditions did dry out mid way through the race, but then a cold wind kicked in and Andy still had to walk with his shoes and socks soaked from the very first lap.

To appreciate the conditions and the scale of this achievement look at this video from Athletics Victoria -

http://au.youtube.com/watch?v=Vk__oeyJmnM&feature=channel_page

Andy now holds M.60 World Records for 3000m.; 5000m.; 10km.; 20km.; 30km. and 50km.

To round off a great day for Masters Athletics, Western Australia's Lyn Ventris broke the 20 kilometre walk World Record for Women 50 - 54 with a tremendous time of 1:45:13.



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VMA Membership was due Jan 1,
2009

Lindsay Thomas- Jan 21 -
Braeside Park

Andy Salter Relays - Feb 4 -
Ross Res.

Landy Trophy - Feb 16-
Doncaster

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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, Tootgarook (off Nepean Hwy), 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 Contacts

Venue	Manager	Address	Phone
Aberfeldie	Rob Waters	5 Bellevue Court, Maribyrnong 3032 enrwaters@iprimus.net.au	9318 3802
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Reference Websites

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www.users.bigpond.com/judyngen/atg.html
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Victorian Masters Athletics
 VMA "Around the Grounds"
 Athletics Victoria
 Victorian Athletic League (Pros)
 Victorian Race Walking Club
 Athletics Australia
 Athletics NSW
 International Ass. of Aths Federation
 Australian T&F Coaches Assn
 Int. Marathons & Road Races
 Aust. Ultra Runners' Assn
 Best Australian Runners Site
 Aust Mountain Running Association
 Australia's Runner's World
 ACT Cross Country Club
 ACT Vets website
 Australian Masters Athletics Inc.
 NSW Masters Athletics Inc.
 Qld Masters Athletics Association
 Sth Australia Masters Athletics
 WA Masters Athletics Club
 Alice Springs Masters Games
 World Masters Athletics (WMA)
 Masters Track & Field Magazine
 "The" Masters Track & Field Site
 Pan Pacific Masters Games Gold Coast
 Masters Athletics Monthly
 Mentone Masters Website
 Doncaster Masters Website
 Victorian Road Runners
 European Veterans Athletic Association
 EAA European Athletic Association
 Sports Dialog Digest Archive
 Yahoo! Groups: vicmasters
 For Masters Athletes by Masters Athletes
 Oceania Masters Championships 2008



Russ Dickenson (left) with a "caring" Alan Wood and Hawley Thomas at the Relay for Life at East Burwood

CHANGES AT NEWS AND RESULTS

As foreshadowed by VMA President Russell Oakley in the November issue, we are making some changes at News and Results.

I have taken over from Lindsay Oxenham as Editor of the Newsletter and we will soon have a new name and a new Masthead.

I have been involved in Masters athletics for about 5 years now although I did a lot of running during the "fun run boom" of the 1980's. I am also Captain of the Victorian Racewalking Club so I will need to control my bias to walking.

Croydon is my venue, but I intend to get around the other venues this year so that I can meet all the Venue Managers and others that I will be relying on to provide me with information, results and photos for the newsletter.

I'd like to thank Lindsay Oxenham for the "crash course" he has given me in putting things together and I hope you will all bear with me while I get up to speed. I have had no experience in this type of work.

Hoping to meet you soon

Russ Dickenson

ANDY SALTER MEMORIAL RELAY

When – Wednesday, 4th February 2009

Where – Ross Reserve, Memorial Drive, Noble Park – Melway 80 E12

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.

Paul Newman

Only women of a certain era will fully appreciate this.... True story.

A Michigan woman and her family were vacationing in a small New England town where Paul Newman and his family often visited.

One Sunday morning, the woman got up early to take a long walk. After a brisk five-mile hike, she decided to treat herself to a double-dip chocolate ice cream cone.

There was only one other patron in the ice cream parlor... Paul Newman, sitting at the counter having a doughnut and coffee.

The woman's heart skipped a beat as her eyes made contact with those famous baby-blue eyes.

The actor nodded graciously, and the star struck woman smiled demurely.

"Pull yourself together!" she chided herself.

"You're a happily married woman with three children, You're forty-five years old, not a teenager!"

The salesperson filled her order, and she took the double-dip chocolate ice cream cone in one hand, and her change in the other. Then she went out the door, avoiding even a glance in Paul's direction.

*When she reached her car, she realized that she had a handful of change, but her other hand was empty!
Where's my ice cream cone? Did I leave it in the store?*

Back into the shop she went, expecting to see the Cone still in the salesperson's hand or in a holder on the counter!

No icecream cone was in sight!

With that, she happened to look over at Paul Newman. His face broke into his familiar, warm and friendly grin, and he said to the woman,

'You put it in your purse!'

RECORDS TUMBLE AT "NEIGHBOURS NIGHT" AT COBURG VENUE 13/11/08

The clubrooms at the Coburg Venue prior to the start of the fifth annual "Neighbours Night" featuring the Barb Dalglish Memorial 4 x 200m relays resembled the tally room on election night as Venue Managers fine tuned their teams (180 min. total age, 1 lady runner).

Richard Trembath, sidelined with injury, was particularly active in recruiting non-official team runners Tony Bradford (Aberfeldie) and Diane Brimacombe (Coburg) who joined the Doncaster Green team in the opening heats. Past-president Rob Waters narrowly escaped the same fate eventually settling for a leg in the "All Comers" relay.

Collingwood started their preparations early with Keith Howden once again directing operations. Entering six teams earned them a psychological advantage. Coburg fielded four teams, Doncaster and the Dalglish Family three each.

The weather was foreboding with rain forecast. It duly arrived during Heat 1 of the inter-venue relays causing consternation amongst the recorders. Happily, the rain ceased and the program continued in ideal conditions.

Collingwood No. 1 team The Cougars, The Coburg Lakers and Doncaster Gold coasted through their heats and together with Collingwood Cobras, The Dalglish Family No. 1 team, The Collingwood Cheetahs and Doncaster Red qualified for the final.

The curtain raiser to the final saw Coburg Juniors No.1 team lead Coburg Juniors No.2 to the post shaving 1.64 seconds off their time set last year.

The inter-venue final showed Collingwood Cougars at their very best romping home in a record 1m46.02 with keen competition for the minor placings.

The Results - Barb Dalglish Memorial 4 x 200m Relay:

1st Collingwood Cougars	
John Schuijers, Andrew Evans, Keith Howden, Carmel Pardy	1-46.02
2nd Doncaster Gold	
Katrina Philip, Matt Scholes, Mark Crawford, Paul Rosevear	1-52.45
3rd Coburg Lakers	
Rita Pana, Gary Blake, Gary O'Dwyer, Robert Tribuzio	1-53.28
4th Collingwood Cobras	
Gerard Adrien, Paul Viney, Michael Horn, Rachel Howden	1-53.48
5th Dalglish Family No. 1	
Peter Dalglish, Damian Dalglish, Greg Barton, Rowena Allsop	2-00.07
6th Collingwood Cheetahs	
Paul Ban, Charles Livingstone, Danny Hecker, Kate Hecker	2-00.19
7th Doncaster Red	
Grant Stewart, Graham Walter, David McConnell, Faye Browne	2-05.77

Adrian Dalglish, on behalf of the Dalglish family, thanked the Coburg Venue for their contribution to the organization of a very successful evening. Adrian congratulated the winning team and presented them with certificates and commemorative plaques, hand crafted by Coburg member Paul Torrini. Adrian considered the evening to be a fine tribute to the memory of his late mother Barbara Dalglish.

Coburg Manager, Neville Wilson, thanked the Dalglish family and members of the Coburg Venue who had worked together to make the evening a success.

George Goode

Living Legends Night

The Sixth Living Legends night was held at Caulfield Venue on November 11 on a beautiful warm night. This annual event is conducted between Caulfield, Mentone and Springvale/Noble Park at the Caulfield venue and is an important feature each year. It is a team event where points are allocated in the Open, Over 50 and Over 60 age groups. Based on a countback system, this year saw Mentone win the "Living Legends" trophy for the first time, narrowly beating Springvale/Noble Park, with Caulfield in third place.

The Mentone Open team crossed the line in first place in the time of 39.35 minutes. This was after the team had completed the standard course of 1st Runner doing the outside course of 3.1 km, 2nd leg of 3km on the track, 3rd leg a 2km walk and the final leg being 1000metres. Each team has to have at least one female member. The Second team across the line was the Springvale Over 50 team in 40.16 and then the Springvale Open team in the time of 40.41 The Mentone Over 60 team was first in their group in the time of 44.03. There were also 9 fun teams who took part in the event and first across the line was a team from Springvale/Noble Park. Fun teams are not constrained by the criteria for the official venue teams.

The Living Legends for 2008 are:

Springvale/Noble Park - **Ken Hough**

Mentone - **Ted McCoy**

Caulfield - **Ray O'Connor.**

Alan Bennie made the presentation to Ken; Ian Cassell made the presentation to Ted and Peter McGrath presented the award to Ray. Each of the recipients responded to the awards.

Mementos of the event were presented to members of the winning age group teams and the perpetual trophy presented to Ian Cassell representing Mentone venue.

Fun team number 7 was a unique group. These members were all from Springvale and each person was a previous "Living Legend". Their combined ages would be in excess of 360 years.

Appreciation is given to every one who took part, to the officials and timekeepers and to everyone who helped with the supper, which was enjoyed by all.

The "Living Legends" who have been recognised over the last six years are:

Year	Springvale	Mentone	Caulfield
2003	Jim Sinclair	Eddie Gamble	Andy Smith
2004	Jack Gubbins	Mike Johnston	Ralph Field
2005	Theresia Baird	Gordon Gourlay	Judy Wines
2006	Mick Davin	Ray Kemp	Leo Charles
2007	Kevin Onley	Frank Kealy	Marge and Peter Colthup
2008	Ken Hough	Ted McCoy	Ray O'Connor

Individual Results

Open

Mentone: T McCann 13.08. C Waring 12.17 Gayle McIntyre 10.19. D Dodson 3.51 = 39.35

Springvale: M Vellin 13.45 W Selleck 10.43 T Doran 11.37 A Devine 4.36 = 40.41

Caulfield: C Grafen 14.09 S Strelecky 12.10 D Middleton 11.25 G Smith 4.12 = 41.56

Over 50

Springvale; S Barker 13.26 C Murphy 11.05 T Johnson 11.29 L Arnel 4.16 = 40.16

Caulfield: J Berrington 14.38 A Edwards 12.01 J Holmes 11.08 P Bence 3.37 = 41.25

Mentone: J Moore 17.17 M Gourlay 13.28 I Cassell 12.29 S McLennan 4.30 = 47.56

Living Legends Night (continued)**Over 60**

Mentone: R Bennett 15.55 J Kneen 12.21 G Steed 11.35 B Wishart 4.12 = 44.03

Springvale: H Rees 15.29 B Irving 12.50 C Johnson 13.11 J Perez 4.16 = 45.46

Caulfield: S Defanis 15.52 B Power 13.54 M Binyon 13.13 R O'Connor 3.50 = 46.49

Fun Teams

F/T 6. P Field 15.05 K Boocock 12.16 R Brown 15.23 R Clutterbuck 4.01 = 46.33

F/T 1 P Urquhart 19.00 L Oxenham 13.18 A Lucas 11.10 D Adeney 4.01 = 47.30

F/T 3. M Want 19.19 J McKerran 12.19 S Middleton 13.08 J Rountree 4.12 = 49.08

F/T 5 F Bischel 17.54 C Ellery 16.40 D Morina 12.57 L Monk 4.34 = 52.05

F/T 4. C Miller 20.04 G Wilson 16.10 A Bilston 14.31 E Stack 6.15 = 56.59

F/T 9 R Kennedy 22.35 K Hough 15.34 R Wood 13.31 H Simmons 5.51 = 57.11

F/T 2. M Benjamin 22.07 J Cunningham 17.49 R Bilston 16.40 I Poulton 4.00 = 60.36

F/T 7 K Onley 24.24 M Davin 17.47 J Sinclair 12.48 TBaird/JGubbins 9.14 = 64.13

F/T 8 S Machin 21.05 P Mews 21.05 ??? ??

Peter McGrath - Manager - Caulfield Venue

KNOX VENUE HALF MARATHON HANDICAP NIGHT

Over 30 entries were received for the annual half marathon handicap held on November 26th 2008 . We had a few scratchings on the night of the event but those who did turn up were very enthusiastic.

After his usual complaining about the handicapping Colin Page (Croydon) was the winner in a time of 1.28.27 which was consistent with his performances throughout the season. Second place went to the ever improving Noel Eastwood (Knox) and popular ex Venue Manager Ian U'ren was third. Fastest male was Paul Connor (Knox) and fastest female for the second year in a row was Marie Kavanagh (Knox)

With only 2 Venues contesting the teams trophy Knox were runaway winners from Springvale regulars Peter Field, Steven Barker and Frank Lang.

Next year we will again hold this event November 26th 2009. If you would like to run a fast half marathon traffic free put the date in your diary now.

Results Page 31

article Lavinia Petrie

Can you help ?

Clyde Riddoch is having problems obtaining past National Masters Championship results, in computer format. These have been requested by NSW President Mark Johnston for possible inclusion on the AMA website. Thanks to Ray Callaghan and Phyllis Gosbell for sending a copy of the 1997 results. Could anyone still holding on to past results please contact Clyde on 9859 9855 or 0439 902 907, or email clyderiddoch@msn.com

**SEVENTEENTH ANNUAL "TWILIGHT"
LINDSAY THOMAS MEMORIAL 10 KM RUN
"WEDNESDAY" 21 January 2009**

BRAESIDE METROPOLITAN PARK - MELWAYS REF: 88 D7
(ENTRANCE-LOWER DANDENONG ROAD-best parking in Car Park No.9-Rosella-last Car Park before exit)

ENTRY FEE **\$5.00** - PAYABLE ON THE NIGHT

OPEN TO REGISTERED MASTERS ATHLETES - VMAI MEMBERS (OR BY INVITATION)

PROGRAM

7:00pm 5km Walk(One Lap of Park)

7:00pm 5km Run(One Lap of Park)

7:00pm 10km Run(Two Laps of Park)

AWARDS

10km RUN	5km RUN	5km WALK
First Male	First Male	First Male
Second Male	Second Male	Second Male
Third Male	Third Male	Third Male
First Female	First Female	First Female
Second Female	Second Female	Second Female
Third Female	Third Female	Third Female

Trophy for "first" 50+ Male & Female 10km Run (other than open placings)

Trophy for "first" 60+ Male & Female 10km Run (other than open placings)

Trophy for "first" Male & Female 5km Run (other than registered Masters Athletes)

Trophy for "first" Male & Female 10km Run (other than registered Masters Athletes)

NUMEROUS SPOT PRIZES - SUPPER PROVIDED -

**THE PERPETUAL TROPHY FOR THE 10KM RUN IN MEMORY OF
LINDSAY THOMAS IS HELD BY THE THOMAS FAMILY.**

**ORGANISED BY THE SPRINGVALE-NOBLE PARK VENUE OF
THE VICTORIAN MASTERS ATHLETICS INC.**

ENQUIRIES - KEN HOUGH - 9854 4617(W) 9798 1231(H)

PLEASE NOTE: The distances of all events have been "wheel measured" in fact they are.... A little bit longer.... than the advertised distance.

Knox - Winners of Browne Shield

Knox Venue members were presented with the Browne Shield for the highest aggregate in Winter competition by Club President Russell Oakley after their recent Half Marathon handicap event at the Venue on November 26th.

Competition this year was very keen . Knox was followed by Collingwood and Croydon.

Individual honours in the Mens Division again went to Paul Twining (Knox) and Bronwen Cardy (Croydon) took out the womens award. Both were presented with Myer vouchers to redeem at their leisure.

In winning the Browne Shield Knox members have won all inter-venue events contested this season, being successful in the Andy Salter relays at Springvale and the John Gosbell trophy event at E. Burwood. They were also the teams event winners at the annual Half Marathon event conducted by Knox Venue.



What's On

January 2009

21st Lindsay Thomas Memorial -10/5 km run - 5km walk -7pm Braeside Metropolitan Park (Melway 88 D7)

February 2009

4th. Andy Salter Memorial Relay - Registration 6.30 - Ross Reserve, Memorial Drive, Noble Park.

15th AMA National Relay - Running, jump and throwing relays - Glenhuntly 12 noon.

16th The Landy Trophy- Rieschiecks Reserve, Doncaster - 7.15 start - (Melway 33 J11)

21st -25th 2009 Australian Masters Games - Geelong

26th AMA National Relay - Walk relays - 7 pm - Burwood Road, opp. Mahoneys Road, (Melway 62 C7)

March 2009

15th Track and Field Pentathlon - Duncan McKinnon Reserve - Murrumbeena

22nd Weight Pentathlon - Duncan McKinnon Reserve - Murrumbeena

28th V.M.A. Track and Field Championships - Hagenauers Reserve - Box Hill

29th V.M.A. Track and Field Championships - Hagenauers Reserve - Box Hill

April 2009

10th - 13th 37th Australian Masters Athletics Championship - Adelaide 2009

26th 3K Track Championship - Duncan McKinnon Reserve - Murrumbeena

May 2009

18th V.M.A. 10K Championship - George Knott Reserve - Collingwood

July 2009

26th July - 8th Aug XVII World Masters Athletics - Lahti Finland

October 2009

10th - 18th World Masters Games - Sydney

NEW VICTORIAN, AUSTRALIAN & PENDING WORLD RECORDS

Age	Event	Name	State	Performance	%Std	Date	Location
Pending World Records:							
M85	10k Road Walk	Richard Keatinge	Qld	78:52	82.1%	2-11-08	Southport
Australian Records:							
M30	56lb Weight	Clayton Campodonicio	QLD	5.13m	-	1-10-07	Turner, ACT
M45	56lb Weight	Grant Edwards	ACT	10.24m	-	1-10-07	Turner, ACT
M85	56lb Weight	Felix Jekabsons	Qld	3.07m	-	1-10-07	Turner, ACT
W70	56lb Weight	Margarita Jekabsons	Qld	1.82m	-	1-10-07	Turner, ACT
M45	100lb Weight	Grant Edwards	ACT	4.38m	-	1-10-07	Turner, ACT
M85	100lb Weight	Felix Jekabsons	Qld	1.66m	-	1-10-07	Turner, ACT
W70	100lb Weight	Margarita Jekabsons	Qld	0.85m	-	1-10-07	Turner, ACT
M40	Pole Vault	Howard Arbuthnot	Qld	4.60m	82.8%	3-2-08	Sippy Downs, Qld
M55	Triple Jump	Clayton Tomkins	NSW	12.26m	88.5%	9-3-08	Homebush
W80	3k	Bob Lewis	Vic	15:08	79.0%	2-10-08	East Burwood
M35	56lb Weight	Darron Haworth	Qld	10.94m	-	6-10-08	Turner, ACT
M35	100lb Weight	Darron Haworth	Qld	5.57m	-	6-10-08	Turner, ACT
W30	56lb Weight	Karyne Di Marco	NSW	4.07m	-	6-10-08	Turner, ACT
W30	100lb Weight	Karyne Di Marco	NSW	2.24m	-	6-10-08	Turner, ACT
W50	100lb Weight	Jill Taylor	NSW	1.50m	-	6-10-08	Turner, ACT
M80	56lb Weight	Norm Windred	NSW	3.12m	-	6-10-08	Turner, ACT
M80	100lb Weight	Norm Windred	NSW	1.76m	-	6-10-08	Turner, ACT
W65	2k Walk	Gwen Steed	Vic	11:39.6	-	25-10-08	Knox
M60	4 x 800m Relay	Geoff Moore	ACT	10:29.19	-	30-10-08	AIS, ACT
		Geoff Sims	ACT				
		Garry Maher	ACT				
		Kevin Chamberlain	ACT				
W60	High Jump	Margaret Taylor	ACT	1.27m	86.9%	30-10-08	AIS, ACT
W60	3k Walk	Liz Feldman	Vic	16:34	86.8%	1-11-08	M 'beena
M85	1500m Walk	Richard Keatinge	Qld	11:07.00	80.5%	1-11-08	Southport
W80	1500m Walk	Lorna Thompson	Qld	11:12.83	81.9%	1-11-08	Southport
M35	Discus	Darron Haworth	Qld	54.15m	73.1%	1-11-08	Southport
W45	60m	Lisa Crouch	Qld	8.35s	90.9%	2-11-08	Southport
M65	60m	Neville McIntyre	NSW	8.30s(=)	96.3%	2-11-08	Southport
W75	Shot Put (2kg)	Heather Doherty	Qld	8.40m	-	2-11-08	Southport
M35	Weight Pent	Darron Haworth	Qld	3,620pts	-	2-11-08	Southport
M65	4 x 400m Relay	Col Buyers	Qld	4:11.80	-	3-11-08	Southport
		Neville McIntyre	NSW				
		Tony Ireland	NSW				
		Heinz Steinmann	Qld				
W75	Weight Pent	Heather Doherty	Qld	4,815pts	-	4-11-08	Southport
M30	4 x 800m Relay	Gary Parkinson	Qld	8:30.74	-	8-11-08	SAF, Nathan
		David Hill	Qld				
		Bruce Hill	Qld				
		Brendan Whelan	Qld				
W30	4 x 800m Relay	Petrina Brown	Qld	10:21.11	-	8-11-08	SAF, Nathan
		Anne Venema	Qld				
		Glenda Banaghan	Qld				
		Jeanette Flynn	Qld				
W35	4x1500m Relay	Rachelle Elis-Brownlee	ACT	23:56.61	-	20-11-08	AIS, ACT
		Bronwyn Calver	ACT				
		Nadine Thomlinson	ACT				
		Katie Forestier	ACT				

NEW VICTORIAN, AUSTRALIAN & PENDING WORLD RECORDS (continued)

M65	60m	Colin Buyers	Qld	8.27s	97.2%	22-11-08	SAF, Nathan
W60	High Jump	Marge Allison	Qld	1.28m	93.4%	22-11-08	SAF, Nathan
W80	3k Walk	Lorna Thompson	Qld	22:15.42	87.6%	22-11-08	SAF, Nathan
M30	4x1500m Relay	Ross Nicholls	Qld	19:57.62	-	22-11-08	SAF, Nathan
		Steven Bell	Qld				
		Brendan Whelan	Qld				
		Joshua Bridge	Qld				
W30	4x1500m Relay	Anne Venema	Qld	21:47.9	-	1-12-08	SAF, Nathan
		Jeanette Flynn	Qld				
		Petrina Brown	Qld				
		Glenda Banaghan	Qld				
M30	4x1500m Relay	Ross Nicholls	Qld	18:59.2	-	1-12-08	SAF, Nathan
		Joshua Bridge	Qld				
		Brendan Whelan	Qld				
		Shawn Claydon	Qld				
Victorian Records:							
M60	60m	Alan Lucas		10.4s	72.7%	2-10-08	East Burwood
M75	60m	Leo Coffey		9.3s	92.4%	2-10-08	East Burwood
W60	60m	June Reeves		10.1s	87.8%	2-10-08	East Burwood
W70	60m	Shirley Coppock		12.1s	80.3%	2-10-08	East Burwood
W45	3k	Katrina Philip		12:08	76.9%	2-10-08	East Burwood
M60	200m	Keith Howden		25.77s	95.0%	2-10-08	Southport
M35	Pole Vault	Rob Hill		4.60m	77.8%	3-11-08	Southport

KNOX HANDICAP HALF-MARATHON - 26 Nov 08
RESULTS

Name	Venue	Age	H'cap	10k Time	FinishTime	Actual Time
Johnny Roath	Invitation		20	48.39	2.05.58	1.45.58
Colin Page	Croydon	54	47	41.19	2.15.27	1.28.27
Noel Eastwood	Knox	37	53	38.2	2.15.46	1.22.46
Brian Ackerley	Invitation	37	54	39.03	2.16.29	1.22.29
Ian U'ren	Knox	57	37.3	46.25	2.17.37	1.40.07
Marie Kavanagh	Knox	40	42.3	44.56	2.18.12	1.35.42
John Signorini	Knox	54	35	47.00	2.19.13	1.44.13
Frank Lang	Springvale	37	40.3	46.22	2.19.23	1.38.53
Paul Twining	Knox	59	50	41.57	2.19.42	1.29.42
Paul Connor	Knox	45	58	37.09	2.20.24	1.22.24
Graeme Leticq	Knox	53	47	43.58	2.20.58	1.33.58
Barry Rosenberg	Invitation		47	42.59	2.21.45	1.44.45
Shane Pettingill	Knox	41	53	39.52	2.21.57	1.28.57
Steven Barker	Springvale	50	53.3	40.36	2.23.22	1.29.52
Peter Field	Springvale	50	40	46.06	2.24.05	1.44.05
Denise Hearn	Knox	43	40.3	49.06	2.24.52	1.44.22
Kathie Parker	E. Burwood	46	25	57.03	2.26.53	1.51.53
Thomas Boyd	Knox	43	48	44.57	2.27.47	1.39.47
Hawley Thomas	E. Burwood	70	19	56.33	2.27.59	2.08.29
Liz Eastwood	Knox	39	35	53.03	2.30.07	1.55.07
Anders Toren	Invitation		33	57.55	2.30.08	1.57.08
Neil Woods	Knox	45	29	50.04	2.35.13	2.06.13
Robert Alter	Invitation		33	57.55	2.39.36	2.06.36
John Zeleznikow	Gaul	55	Go	74.37	2.45.23	2.45.23

Masters Result

Colin Page	Croydon	1.28.27
Noel Eastwood	Knox	1.22.46
Ian U'ren	Knox	1.40.07

Fastest Female

Marie Kavanagh	Knox	1.35.42
Fastest Male		
Paul Connor	Knox	1.22.24

Team Points

Knox - Places 2,3,4 - 9 pts

Springvale - Places 6,12,13 - 31 pts

THIS IS A GREAT
EVENT TO WATCH
AND A TERRIFIC
SUPPER

COME ALONG !!

ENTRY FORM THE LANDY TROPHY

Sponsored by: City of Manningham

Qualitops, Collingwood

Runners' World

Rieschiecks Reserve (Melway: 33, J11)

Stuart Broadley & Associates

Silverglo Australia

Melican Thain Accountants

DONCASTER, February 16, 2009 - (7.15 start)

(All entrants for THE LANDY TROPHY contest 200m AND 1000m heats. 'A', 'B' and Young Guns finals)

Name (PRINT): _____ **Age (on Feb.16)** _____

T-Shirt size: SMALL - MEDIUM - LARGE*

* Delete whichever is not applicable

I understand and acknowledge that, for THE LANDY TROPHY:

- The number of contestants will be limited to 64, plus 8 emergencies.
- Sixteen runners selected by the organisers will be seeded, with the remainder of the draw being done by random ballot.
- Entries, on a 'first in' basis, *must* be accompanied by the **entry fee of \$10**.
- **ENTRIES CLOSE** with the last mail delivery on **Monday, February 2, 2009**.
On no account will late entries be accepted FOR ANY EVENT.
- Entries for ALL EVENTS may be posted to **Landy Entries, C/o P.O. Box 271, ROSANNA, 3084**, to arrive by **Monday, February 2** or may be lodged with any **VMA venue manager** no later than **Friday, January 30, 2009**.
- All runners *must* run in T-shirt/singlet tops supplied by the organisers.
- Please enclose career history/highlights (see reverse side) for form guide.

I hereby declare that I am in good health and will be properly conditioned to actively participate in events at THE LANDY TROPHY meeting at the Doncaster venue of the Victorian Masters' Athletic Club

Inc. on February 16, 2009. I absolutely relieve the said club and organisers of any responsibility for any

injury or personal damage I may sustain in the course of competing in events organised by that branch of

the VMACI. I further agree to be bound by all conditions set down by the organisers.

I enclose my entry fee of \$10 (cheques payable to 'VMA Doncaster').

(Fees for eliminated entrants will be refunded.)

SIGNED: _____ **Phone:** _____

Address: _____

email: _____

VMA venue affiliation(if any): _____

OFFICE USE ONLY:

NUMBER

COLOUR

200 HEAT

1000 HEAT

THE LANDY TROPHY

to be run in conjunction with

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

THE MANNINGHAM MILE and THE DONCASTER DASH

The Landy Trophy has been the premier Masters Athletics event in Australia since it was first run in 2000. It is named in honour of John Landy, an icon of Australian athletics who epitomised sportsmanship and athletics prowess.

The Landy Trophy has been designed to challenge the 64 competitors over both the 200m and the 1000m distances. Their overall places in both these heats are combined to establish finalists who compete over 400m. All competitors are handicapped for age.

There are three 400m 'Finals' giving 24 of the 64 competitors an opportunity to showcase themselves in front of the crowd over this challenging distance.

The three finals are **The Landy Trophy** (top 8 competitors over 200m & 1000m heats) **The Landy Trophy consolation final** (9th to 16th over 200m & 1000m heats) and the **Under 55's "Young Guns" final** (top 8 competitors under 55 years over the 200m & 1000m heats who don't qualify for final)

HANDICAPS

(Calculated according to the Age-Graded Percentage scale)

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

CAREER HIGHLIGHTS (for inclusion in program form guide)

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

NAME: _____

HISTORY: _____

TITLES: _____

RECORDS, PBs: _____

REPRESENTATION: _____

CELEBRATING 30 YEARS AT DOLAMORE RESERVE, MENTONE 1978 – 2008

DECEMBER 3 2008

The first Masters/ Veterans athletics meeting was held at Dolamore Reserve on November 15, 1978 organised by that tremendous enthusiast and great servant of masters athletics, Mike O'Neill.

One of the highlights, amongst many, of the celebratory activities to mark 30 years of Masters competition was the presence of seven competitors who participated in events at that first meeting – Peter and Marj Colthup, Jean O'Neill, Frank McGuire, Eddie Gamble, Jim Hunt and Joy Pallant.

Each was presented with a commemorative mug (in the Mentone colours of yellow and black, inscribed with the VMA insignia) to mark the occasion.

They were among the 130 who took part in the festivities. Other special guests who received mugs included :-

VMA Committee personnel – Russ Oakley, President, Ashley Page, Secretary and Lavinia Petrie, Club Captain.

Mentone Athletic Club President - Trevor McCann.

Former Venue Managers – Rex Chugg (1978-1980), Louis Waser (1993-1995) and David & Vivienne Cash (1996)

Former Treasurers – Marlene Gourlay (1987-1998) and Mike Johnston (1999-2002)

A group who had made a very significant contribution over 30 years included Peter and Marj Colthup, Frank Kealy, Frank McGuire and Jean O'Neill.

In addition all of those who had competed at Dolamore for 20 or more years were recognized with a gift mug – 30 of the 34 who were eligible were present.

Three wonderful nonagenarians attended – Frank Kealy, Frank McGuire and Eddie Gamble who had the honour of cutting the birthday cake.

This information was extracted from a comprehensive publication titled "**CELEBRATING 30 YEARS AT DOLAMORE RESERVE, MENTONE, 1978-2008**" compiled by Ted McCoy which contains:-

- (i) the names of all participants at Mentone over the 30 years and the years in which they competed.
- (ii) Results of all annual events such as the Peter Colthup 5 Miles Road Handicap
- (iii) Records – Venue, Victorian, Australian and World Records set by Mentone Masters members and a list of Gold Medalists at the World Masters Track and Field Championships.
- (iv) A multitude of photographs spanning the 30 years.

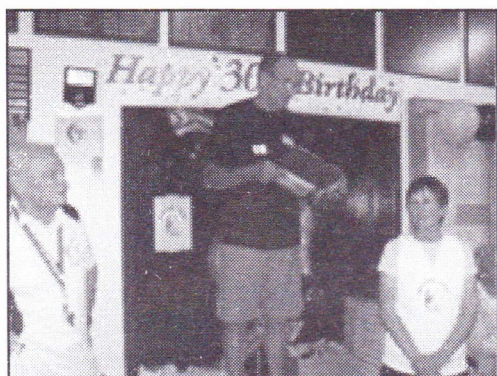
Copies of the publication will be on sale on CD and in hard copy in the near future.

The night's athletic events were very well patronised with the winners receiving \$30.00 Westfield vouchers

CELEBRATING 30 YEARS AT DOLAMORE RESERVE, MENTONE 1978 – 2008

The festive atmosphere inside the clubrooms was enhanced by yellow and black streamers and balloons, a memorabilia table featuring a collection of annual event trophies and a vast collection of photographs, a powerpoint presentation of more photos and a tableau of singlets representing the different eras of Masters athletics hung from the ceiling.

Over a generous supper the main function of the celebrations continued – the meeting of old friends, the re-living of past glories and the enjoyment of many memories.



Ted McCoy welcomes guests while Ashley Page and Glad Wishart look on.



Neil Boyle, David Dodson, Sonya McLennan, Janine McKerran and Russell Oakley

VALE GORDON GOURLAY

Ted McCoy was reading out Mentone's 2008 year's aggregate trophy winners on January 7th. when he understandably choked, for some time, on the announcement of a category's second place-getter – affectionately known as "Golden Gordon" Gourlay. Ted intended to present the trophy to Gordon's widow, Gwen in the following days.

Here is Ted's short statement:

"We of Dolamore Reserve, Mentone were deeply saddened to learn of the death of Gordon Gourlay, aged 79 years, on Wednesday December 17th at the Monash Palliative Care Institute, McCulloch House. Gordon had collapsed after taking part in an event at the weekly Saturday afternoon race walkers group on December 6th. He was rushed to Monash Medical Centre but failed to regain consciousness. '**Golden Gordon**', as he was affectionately known to all of us at Mentone, inspired us with his enthusiasm and courage. He overcame many serious health issues to achieve remarkable success in local, Victorian and Australian Masters competitions in such a diverse range of events as sprints, race walks, hurdles and high jumps. We shall greatly miss his good humoured presence and friendship which we have been privileged to share for nearly 30 years."

We will pay a more comprehensive tribute to Gordon in the next issue of this newsletter

LAHTI LOOMS!



**XVII
WORLD MASTERS ATHLETICS
CHAMPIONSHIPS STADIA
LAHTI FINLAND
28 JULY - 8 AUGUST 2009**



18 DAYS

Departing Saturday 25th July

From **AU \$4470.00** per person twin share

(excluding departure taxes)



TOUR HIGHLIGHTS

**IST has
visited
Lahti**

**Flying Qantas
Airways**

**Sightseeing
Specials**

**9 Day
Post Tour
St Petersburg
to Moscow**

**Accommodation
Options**

Full Breakfasts



For further information please contact

International Sports Tours

Phone: (02) 9922 6166 Toll Free: 1800 242 987

Email: info@sportstours.com.au

Visit: www.sportstours.com.au



www.australianmastersathletics.org.au

AMA NATIONAL RELAY CHAMPIONSHIPS

Further to the article in the November News and Results this is a reminder about the National Relay Championships.

The Championships will be conducted in February 2009 and involve the following relays for both Men and Women:

4 x 100 M; 4 x 400 M; 4 X 800 M; 4 x 800 M walk

Long Jump; Shot Put; Hammer; Discus

Dates set aside for the events are : -

Running, jump and throwing relays – Sunday 15 February at Glenhuntly commencing at 12 noon. A schedule of events will be available closer to the date when entries are known. It is planned to have a BBQ available on the day – free of charge.

Walk relays – Thursday evening 26 February at East Burwood.

What do you need to do to compete? Apart from encouraging fellow athletes to participate, contact the relevant organiser for your event and advise of your interest and relevant details eg age, event, likely performance and contact details. The organisers will then arrange teams or you can submit your own team. Entries need to be with the organisers by mid January.

Of course, as well as athletes we also will need officials so if you are able to assist we would love to hear from you.

Contacts are;

Throws – Graeme Rose – grarose@yahoo.com Ph. 98362350

Walk – Alan Lucas – lucasar@yahoo.com.au Ph. 97589345

Runs/Jump – Alan Bennie – alanbennie@optushome.com.au Ph. 95472978

A NOTE FROM DAVID SHEEHAN REGARDING THIS YEARS CANCELLED DINNER DANCE

Due to the lack of interest this years Dinner Dance was cancelled. I wish to apologise to all those people who supported the event. We needed 100 people to attend to receive the discount rate we had been offered. Unfortunately we fell about 40 people short, which meant the club would have had to pick up the short fall.

I hope this year was just a hiccup, that next year we will again have our Dinner Dance in November.

We only need 1 table per venue (8 or 10 people per table) to reach our target.

Please give this some thought, it is a terrific night out at a very reasonable price.



2009 Victorian Masters - 3km Track Championship Sunday 26th April 2009

Duncan Mckinnon Reserve, Cnr Murrumbeena & North Roads, Murrumbeena. Mel : 68 A9

Complete & Return this entry form:

Family Name

Given Name

Address

Gender: Male / Female

Date of Birth

Age Group on the day of event

VMA Venue

Anticipated Performance Time

If sufficient entries are received divisions will be allocated

**ENTRY FEE \$10 PAYABLE BY CASH OR CHEQUE
ALL ENTRIES CLOSE 18th April 2009**

All completed entries and any queries must be forwarded to:

Lavinia Petrie -- 12 Jeanette Maree Crt, Kilsyth, 3137
Phone: 03 9728 3929 or ljpetrie@alphalink.com.au



2009 Victorian Masters - 10km Track Championship
Tuesday 19th MAY 2009

George Knott Reserve, Heidelberg Road, Clifton Hill, Mel : 30 F12
Start Time 7.15 pm

Complete & Return this entry form:

Family Name

Given Name

Address

<input type="text"/>	
<input type="text"/>	<input type="text"/>

Gender: Male / Female

Date of Birth

Age Group on the night of event

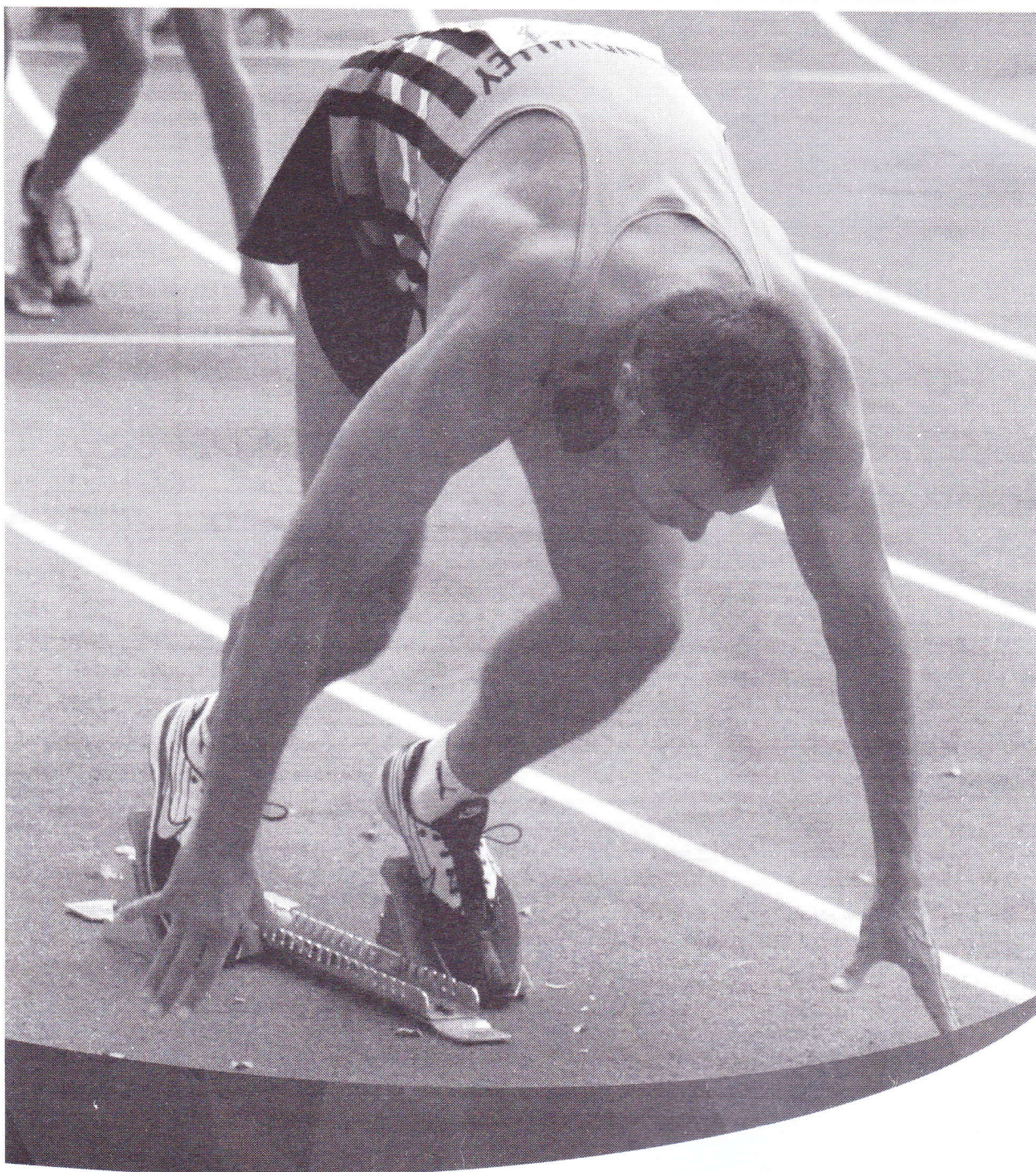
VMA Venue

Antieipated Performance Time

If sufficient entries are received divisions will be allocated
Start Time 7.15 pm
ENTRY FEE \$10 PAYABLE BY CASH OR CHEQUE
ALL ENTRIES CLOSE 13th May 2009

All completed entries and any queries must be forwarded to:

Lavinia Petrie – 12 Jeanette Maree Crt, Kilsyth, 3137
Phone: 03 9728 3929 or ljpetrie@alphalink.com.au



2009

Victorian Masters Track & Field Championships

Saturday 28 & Sunday 29 March 2009
Hagenauer's Reserve, Box Hill



2009

Victorian Masters Track & Field Championships



Conditions of Entry

The 2009 Victorian Masters Track & Field Championships will be conducted according to the rules of the IAAF, Athletics Australia, Athletics Victoria and Victorian Masters.

ALL Athletics Victoria and Victorian Masters registered athletes are eligible to compete in ALL events. Athletes will be issued with a number that identifies their age group and gender.

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 12 MARCH 2009
Late entry fee: \$20.00 per event
Late entries close: 5pm, FRIDAY 20 MARCH 2009

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, Friday 20 March 2009.

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.

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.

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

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

2009

Victorian Masters Track & Field Championships

Saturday 28 & Sunday 29 March
Hagenauer's Reserve, Box Hill

Barwon Street, Box Hill (Melway Ref: 33 J11)



Event Code: 09VTFOVE
TAX INVOICE (ABN 47 382 664 821)

Complete & return this entry form to Athletics Victoria by the closing date.

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 <small>(For Males & Females 17+)</small> 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	<small>Please indicate in which State or Territory you are registered</small>	
AV Club	<input type="text"/>	Bib Number	<input type="text"/>
VMA Venue	<input type="text"/>		

Age Group	Event(s) Entered	Best Performance (since 01 January 2008)	Entry Fee
<input type="text"/>	<input type="text"/>	<input type="text"/>	\$ 10.00
<input type="text"/>	<input type="text"/>	<input type="text"/>	\$ 10.00
<input type="text"/>	<input type="text"/>	<input type="text"/>	\$ 10.00
<input type="text"/>	<input type="text"/>	<input type="text"/>	Full event level

I have read the attached conditions of entry and details concerning the Victorian Masters & Athletics Victoria Overage 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"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Expiry Date /

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

Entries close 12 March 2009 (late entries close 20 March 2009)

Event	Women					
	30-34	35-39	40-44	45-49	50-54	55-59
60m	✓	✓	✓	✓	✓	✓
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓
5000m	✓	✓	✓	✓	✓	✓
Sprint Hurdles	100m (84.0cm)	100m (84.0cm)	80m (76.2cm)	80m (76.2cm)	80m (76.2cm)	80m (76.2cm)
Long Hurdles	400m (76.2cm)	400m (76.2cm)	400m (76.2cm)	400m (76.2cm)	300m (76.2cm)	300m (76.2cm)
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	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

Event	Women					
	60-64	65-69	70-74	75-79	80-84	85-89 / 90+
60m	✓	✓	✓	✓	✓	✓
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓
5000m	✓	✓	✓	✓	✓	✓
Sprint Hurdles	80m (68.6cm)	80m (68.6cm)	60m (68.6cm)	60m (68.6cm)	60m (68.6cm)	60m (68.6cm)
Long Hurdles	200m (68.6cm)	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
60m	✓	✓	✓	✓	✓	✓
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓
5000m	✓	✓	✓	✓	✓	✓
Sprint Hurdles	110m (99.1cm)	110m (99.1cm)	110m (99.1cm)	110m (99.1cm)	100m (91.4cm)	100m (91.4cm)
Long Hurdles	400m (91.4cm)	400m (91.4cm)	400m (91.4cm)	400m (91.4cm)	400m (84.0cm)	400m (84.0cm)
Steeple	3000m (91.4cm)	3000m (91.4cm)	3000m (91.4cm)	3000m (91.4cm)	3000m (91.4cm)	3000m (91.4cm)
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

Event	Men					
	60-64	65-69	70-74	75-79	80-84	85-89 / 90+
60m	✓	✓	✓	✓	✓	✓
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓
5000m	✓	✓	✓	✓	✓	✓
Sprint Hurdles	100m (84.0cm)	100m (84.0cm)	80m (76.2cm)	80m (76.2cm)	80m (68.6cm)	60m (68.6cm)
Long Hurdles	300m (76.2cm)	300m (76.2cm)	300m (68.6cm)	300m (68.6cm)	300m (68.6cm)	300m (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



AUSTRALIAN MASTERS ATHLETIC CHAMPIONSHIPS

ADELAIDE 2009

At Easter 2009 (April 10th to 13th) the South Australian Masters Athletics (SAMA) will host the 37th Australian Masters Athletic Championship in Adelaide. SAMA invites you to join us at Santos Stadium for the AMA Championships. Cross country and Road walks will be held within the Adelaide Parklands

Why not come across for a holiday at the same time. It will be a great opportunity to visit our wonderful wine districts in the Barossa, the Claire, McLaren Vale, the Adelaide Hills or Coonawarra. You can enjoy the wildlife at Cleland and Warrawong sanctuaries; visit the old mining settlements near Adelaide at Burra and Kapunda or on the York Peninsula at Moonta. There is always Victor Harbour and Kangaroo Island and for those wishing to go further afield the Flinders Ranges are only a few hours away.

Suggested Accommodation

Accommodation in Adelaide is readily available in and around the city from caravan/cabin parks to budget and medium to upmarket hotels and apartments. For those able to access the internet the SA Tourism Commission is a good place to look for information on all types of accommodation. Their web site is: www.southaustralia.com - then click onto "accommodation".

Another good site is www.accommodationadelaide.com.au where you can designate types and areas. To get you started we suggest any of the following:

Hotels/Motels

Adelaide Riviera, Ph.08 8231 8000 Email: reservations@adelaideriviera.com.au

31-34 North Terrace, Adelaide Internet: www.adelaideriviera.com.au

The dinner will be held at this hotel on Saturday night (about 2km from the track) and they are offering the following rate for accommodation. Queen rooms or twin rooms including full breakfast for 2 people - \$130. When calling to make a booking, mention SAMA to get this special price. When all the queen and twin rooms are booked out the special price spa suites will be \$165.00 including breakfast for two.

Festival City Hotel Motel Ph: 08 8212 7877
140 North Tce. Adelaide Email: ecfestival@chariot.net.au

Adelaide Paringa Motel Ph: 08 8231 1000
15 Hindley St. Email: manager@adelaideparinga.com
Adelaide Internet: www.adelaideparinga.com.au
(click on Golden Chain-SA-Adelaide)

Ambassadors Hotel Ph: 08 8231 4331
107 King William St., Adelaide Email: reception@ambhotel.com.au
Single \$70, Double \$85, Triple \$135

Adelaide Shores Caravan Park,
1 Military Road, West Beach

Phone: 08 8356 2748
Internet: www.adelaideshores.com.au

Adelaide Caravan Park.
Richmond St., Hackney

Ph: 08 8363 1566

Levi Caravan Park
Lansdowne Terrace, Walkerville

Ph.08 8344 2209

Apartments

For Adelaide City Fringe Apartments
1 & 2 bedroom family apartments

Freecall: 1800 180 128

Most Rates for 2009 are not available at this stage. If making a block booking at any of the above you may be able to negotiate cheaper rates.

Transport

If you stay within the city then there are 2 free transport options.

The new North Terrace Tramline extension is now offering free travel from South Terrace to North Terrace (City West Campus). Trams depart:

Monday to Friday: 8 am - 5.35 pm every 7.5 minutes on average

Saturday, Sunday and public holidays: 9 am - 6 pm approximately every 15 minutes

Other times (to Midnight) approximately every 20 minutes

The City Loop bus No 99C is a FREE bus service. It links with the Tram at Victoria Square and North Terrace, taking passengers on a loop around the inner city. Its destinations include cosmopolitan Rundle Street East, the stunning Botanic Gardens, University of SA City East Campus and Light Square. It runs both anti-clockwise and clockwise. Normal services, 7 days a week. On Saturday the service runs approximately every 30 minutes from 8.15am to 6pm and on Sunday and Monday every 30 minutes from 10.15am to 6pm. **Not operating Good Friday.**

Streets Serviced North Terrace, East Terrace, Grenfell Street, Pulteney Street, Wakefield Street, Grote Street, Victoria Square, Morphett Street, Light Square, Hindley Street, West Terrace

Santos Stadium is located 2km southwest of the Adelaide Railway Station. It is 1.25km from West Terrace where a number of busses run and is 1.75km from the free loop bus.

Bus 720 from the City to Marion Shopping Centre and Flinders Medical Centre, runs down King William then along Grote Street and Sir Donald Bradman Drive close to Santos Stadium. Busses run hourly. Helping people with Disabilities

More Information from

George White Ph **08 8357 5637**

Email gwhite@adam.com.au

Or www.samastersathletics.org.au

Schedule of events by day

FRIDAY 10,000 60, 100, 800, Long Jump, Hammer, Shot Put, **Coaches Forum**

SATURDAY 5,000 walks, Sprint Hurdles, 1,500, 200, Steeplechase, Discus, Javelin, High Jump, 400 heats, **Dinner/Awards Night**

SUNDAY 5,000, 400 finals, Weight Pentathlon, Sprint Championship, Triple Jump, 4 X 100 relays, Long Hurdles, Pole Vault, **Athletes Forum**

MONDAY Cross Country, Road walks, Pentathlon, Weight Throw, Throws Championship, 4 X 400 relays,



SAVINGS AND LOANS AUSTRALIAN MASTERS ATHLETIC CHAMPIONSHIPS

April 10- 13, 2009

Santos Stadium, Mile End, Adelaide

Conducted on behalf of Australian Masters Athletics by South Australian Masters Athletics Inc

Surname.....

Given Name.....Middle

Date of birth.....Sex Age as at April 10, 2009.....

Address.....

.....

State.....Postcode.....

Phone.....(H)(Mobile)

Email (print clearly).....

Emergency Contact.....Phone.....

TO ENTER, YOU MUST BE A FINANCIAL MEMBER OF A REGISTERED AUSTRALIAN OR OVERSEAS MASTERS CLUB. PLEASE CIRCLE YOUR CLUB:

ACT NSW Qld SA Tas Vic WA

Overseas Masters Club _____

I will wear the approved uniform of the abovementioned club - please sign
 ACT, NSW, Tas, Vic and WA - current uniform only
 Qld and SA - current and previous uniform only

.....
Failure to wear the correct uniform may result in disqualification

Note: athletes at AMA championships may be subject to drug testing.

AUSTRALIAN MASTERS ATHLETIC CHAMPIONSHIPS

WAIVER

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

I understand that my entry fee will not be refundable under any Act of God conditions causing the cancellation of the event or part of the event. I authorise the use of my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast, promotion or advertising or in any way related to this event.

.....
Signature

.....
Date

NO ENTRY WILL BE ACCEPTED UNLESS THE WAIVER IS SIGNED AND DATED.

Payment details

SAMA administration fee		\$20
AMA Championship registration fee		\$20
Event fees: Number of events entered @ \$10 each		\$
Function: Number of guests attending @ \$48 each.....		\$
Merchandise order: Please circle shirt size		
Men's Championship T-shirt @ \$28	S M L XL XXL	\$
Women's Championship T-shirt @ \$28	8 10 12 14 16 18	\$
Men's Championship Polo-shirt @ \$32	S M L XL XXL	\$
Women's Championship Polo-shirt @ \$32	8 10 12 14 16 18	\$
Results booklet @ \$7		\$
Total		\$

Relay fees: \$5 per person payable on the day

Payment details: Please mark

- () Cheque payable to South Australian Masters Athletics Inc
- () Money Order

Credit card payment only with on-line entries www.samastersathletics.org.au
We cannot accept cash via mail

Refunds

Entry fee: Prior to the closing date of March 13th, 2009 entry fees are refundable less a 20% handling fee. After the closing date, no fees are refundable.

Volunteer Officials

Note: qualifications are not necessary. The following people are available to assist as officials:

Names:

Please indicate preference(s) for
days/times/events _____

Confirmation of Entries

Confirmation of accepted entries and the events entered will be provided to all entrants. A program-of-events booklet will be supplied to all entrants. Race packs will be available at check-in from noon Thursday, 9th April from the function room at the top of the grandstand at the athletics track at Santos.

AUSTRALIAN MASTERS ATHLETIC CHAMPIONSHIPS

Mark with 'X' EVENT	ENTRY FORM Eligible Age Groups	Best Recent Performance (for events marked)
60m	All	
100m	All	
200m	All	
400m	All	
800m	All	
1500m	All	
5000m	All	
10000m	All	
2000m Steeple	M60+ W30+	
3000m Steeple	M30-59	
80m Hurdles	M70+ W40+	
100m Hurdles	M50-69 W30-39	
110m Hurdles	M30-49	
200m Hurdles	W70+	
300m Hurdles	M60+ W50-69	
400m Hurdles	M30 -59 W30-49	
5000m Walk	All	
20km Road Walk	**All	
10km Road Walk	**All	
8km Cross Country	All	
High Jump	All	
Long Jump	All	
Triple Jump	All	
Pole Vault	All	
Shot Put	All	
Discus Throw	All	
Javelin Throw	All	
Hammer Throw	All	
Weight Throw	All	
Weight Pentathlon	All	
Track & Field Pentathlon	All	

** 10km and 20km road walks will be held concurrently - athletes can enter either event **but NOT both**.

Race Walks: All Race Walk events will be judged according to IAAF Rule 230.

"Race walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible [to the human eye] loss of contact occurs. The advancing leg shall be straightened [i.e. not bent at the knee] from the moment of first contact with the ground until the vertical upright position."

Running Events: Competitors in running events must make a genuine attempt to run the event. Walking most of the event is not acceptable.

Hurdles: Competitors in hurdling events must hurdle with a continuous motion thus ensuring that both feet are off the ground for at least an instant. Failure to do this will result in disqualification.

Steeple chase: In steeplechase events the previous WMA rule has been withdrawn. Normal IAAF rules now apply.

Pole Vault & High Jump: Both feet must be off the ground during the vault or jump. Competitors are 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

Throws: A two handed release must be used to throw the hammer and weight

VERIFICATION OF ENTRIES

Please list the names of all the events you have entered:

EVENTS:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

ENTRIES CLOSE 13th March, 2009

Entry is available on-line at www.samastersathletics.org.au. Athletes are encouraged to use the on-line facility, as it reduces data entry and minimises errors. If mailing, please allow sufficient mailing time to ensure that your entry reaches the Championships Registrar before the closing date.

Entries should be sent to: The Championships Registrar
 Richard Moyle
 7 Silvereye Court
 Tee Tree Gully, SA 5091
 Phone: 08 8264 9239
 Email: rmoyle@bigpond.net.au

CHECK LIST

- ◆ All personal details entered? Proof of age for non -Australian athletes
- ◆ All events you wish to enter are listed?
- ◆ Best performances are included where required?
- ◆ Payment for entry fees, merchandise and functions included?
- ◆ Declaration and waiver completed & signed?
- ◆ Volunteer officials' information included?

PRIVACY STATEMENT

In this Privacy Statement, "personal information" has the same meaning as in the Privacy Act 1988. The Australian Masters Athletics (AMA) and the South Australian Masters Athletics (SAMA) are committed to protecting the privacy and security of the personal information we hold about you. Personal information provided in this entry form will be used to:

- Process your competition registration
- Provide you with competition and results information
- Provide you with information about future Masters Athletic events.

SAMA may disclose some of the information you provide to external service providers who have been contracted to supply printing and the dinner etc, but only for the purpose of processing your requirements. You have the right to access any personal information held about you and you may request the correction of any inaccurate information via the secretary of SAMA. For more information on the AMA and or SAMA Privacy Policies please visit their websites at www.athletics.org.au and www.samastersathletics.org.au

VMA MULTI CHAMPIONSHIPS 2009

The VMA Multi Championships will be held at Duncan Mackinnon Athletic Track on the following dates in 2009.

T & F Pentathlon: Sunday 15th March 12 noon check-in; 12.30 start

Weight Pentathlon: Sunday 22nd March 10.00 am start for first group.

Check with Graeme. Ph. 9836 2350

Closing dates: T & F Pentathlon: Friday 6th March; W P: Friday 13th March

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

Events:	Pentathlon:	Women:	L J, javelin, 200m, shot, 800m
		Men:	L J, javelin, 200m, discus, 1500m
	Weight Pentathlon:	All:	Hammer, Shot, Discus, Javelin, Weight

2009 MULTI ENTRY FORM

SURNAME: _____ **CALL NAME:** _____

SEX: M / F **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. Credit Card payment below.)

Credit Card Payment * Mastercard Visa * A \$1 transaction fee applies

Card Number: Expiry Date:

Name on Card: Signature:

Send Entry to: VMA Championships 2009, PO Box 277, Surrey Hills, 3127

(To arrive no later than closing date for the appropriate Multi-event.)

Volunteers needed: I am willing to be a volunteer official/helper on any of the days of the VMA Championships and have not already been assigned a duty by my venue. **Yes / No**

Membership Fees

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

New members require a Proposer and a Seconder who must sign the Application Form.

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 no later than 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.

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

Country individuals residing outside a radius of 50km of the GPO and joining for the first time will be entitled to a reduction of \$15 in the subscription, for the first year only. (No further discount for two members residing at the same address.)

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.

Non- competing individuals who act in a voluntary capacity by assisting in the running of events or other functions at Venues may join under the category of Associate Member **and not be subject to any fees.** 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.

Financial members of Athletics Victoria may join VMA as new members but not be subject to Joining Fees.

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

Fees as at 1st January, 2009			
	Joining	Subscription	Total
<i>Renewals</i>			
Members' subscription.		\$35	\$35
Two members residing at the same address.		\$55	\$55
<i>Lapsed Members</i>			
Individual fees	\$10	\$35	\$45
Two members residing at the same address	\$20	\$55	\$75
<i>Associate Members</i>			
Subscription		\$20	\$20
<i>New Members</i>			
(i) joining before 1 st June.	\$10	\$35	\$45
two members residing at the same address	\$20	\$55	\$75
(ii) joining June to September.	\$10	\$25	\$35
two members residing at the same address.	\$20	\$40	\$60
(iii) joining October to December. (membership will be until the end of the next financial year.)	\$10	\$35	\$45
two members residing at the same address.	\$20	\$55	\$75
(iv) country residents-50k+ from GPO (1 st year only)	\$10	\$20	\$30
(v) AV members		\$35	\$35
<i>Any payments made by Credit Card will incur a transaction fee to cover bank charges.</i>		\$1	\$1

VICTORIAN MASTERS ATHLETICS INC. MEMBERSHIP APPLICATION FORM 2009

Fees fall due on January 1 each year.

Please tick in the category you are applying. (see following explanation of categories)

- | | |
|---|------|
| <input type="checkbox"/> Renewing 2008 VMA member | \$35 |
| <input type="checkbox"/> Renewing - two at the same address | \$55 |
| <input type="checkbox"/> Lapsed VMA member (\$10 joining fee + \$35) | \$45 |
| <input type="checkbox"/> Lapsed-two at same address (\$20 joining fee + \$55) | \$75 |
| <input type="checkbox"/> Associate member | \$20 |
| <input type="checkbox"/> New member | |

- a. joining before June 1; \$10 joining fee+\$35=\$45. Two at same address \$75
- b. joining June to September; \$10 joining fee+\$25=\$35. Two at same address \$60
- c. joining October to December - cost is the same as (a) but will cover 2010 as well.
- d. country residents-50k+from GPO, for first year only; \$10 joining fee+\$20=\$30
- e. AV member \$35

Name.....

Address.....

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

Venue attending.....Email address.....

Do you wish to receive the newsletter via email ?..... (please print clearly)

Occupation or area of expertise.....

Applicant.s signature * Date.....

Proposer's signature _____ **Seconder's signature** _____

Please make cheques or money orders payable to VMA and send to the Subscription Secretary - Astrid Rose, PO Box 277, Surrey Hills,3127. (Ph. 9836 2350).

Most Venues will accept cash and forward your application. **If paying by credit card an additional \$1 transaction fee applies.** Credit Card () Visa () Mastercard

Card No. _____

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

Signature.....

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 2009. I absolutely relieve 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 the Association.

Signed * _____

VMA PRIVACY STATEMENT Personal information collected by the Association for registration purposes will not be passed to third parties except those sporting bodies with which the Association 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 Association.

UNIFORMS & ASSOCIATION MERCHANDISE For information on VMA uniforms contact Graham Philpott- Ph. 9568 0495

Note: The regulation uniform must be worn for all champion ship events.