



ANDY SALTER 2022

The 39th running of the Andy Salter relay was held at Springvale/Noble Park on February 2nd. Like last year we weren't sure of how many competitors to expect with COVID issues, but were pleased to see for the second year in a row over 100 competitors, something that hasn't happened for quite a few years. Obviously with all the disruptions in 2021, people were keen to get involved in some inter venue competition.



I won't claim credit for the weather, but we were blessed with perfect weather for running and socialising outside after the event. With COVID we didn't want people inside, but the truth is the crowd was so large they would not have fitted inside. There were 21 run teams and 6 walk teams representing 9 venues. Thanks to the venue managers for organising their teams and making check in easy for the officials.

Once again the question was – could Knox be beaten, particularly as their gun female Julie Norney was absent, and there were injury rumours about their main man Shane Grund. The answer was an emphatic “no”, though the margin was closer than last year with Eastern Masters again runners up. In third place was East Burwood, and this is their first placing for many years. Well done to them. The rumour about Shane was obviously false, as he was only 4 seconds slower than his record time from last year.

1st Knox Bryan Poppenpoel, Shane Grund, Helen Stanley, Mike Bieleny – 45.55

Results were

1st Knox (Brian Poppenpoel, Helen Stanley, Mike Bieleny, Shane Grund) – 45.55

2rd Eastern Masters No 1 (Brad Buyck, Jamie Rae, Kym Osmond, Paul Earle) – 48.17

3rd East Burwood (Pia Hunter, Stephen Day, Perry Birkett, Dean Sciacca) – 49.42

Fastest female – Kym Osmond 12.27 Fastest male – Shane Grund 9.00

In the estimated time category the Springvale team of Sayed Khatab, Dominique Ruellot, Celia Johnson and Tracey Hutchinson were only 3 seconds out. The walk team winner, the Croydon team of Gary Turner, Liz Wrigley and Paul Moritz, were also just 3 seconds out. As an interesting observation, both estimated time team winners were last across the line in their respective events. Just shows that it is not speed that counts but pace judgement.



After the event we enjoyed a supper of sandwiches, pizzas and various other delights, which went down well on a balmy evening. There was much chatter amongst all present before the presentations were made, and people departed vowing to be back next year.

Many thanks to the Springvale crew for organising the supper, and the officials for timekeeping, recording, marshalling etc. As usual our members do a great job and make life easy for the event manager.

Alan Bennie
Event Manager

2rd Eastern Masters No 1 Kym Osmand, Jamie Rae, Brad Buyck, Paul Earle 48.17

Results and more photos pages 28 to 32

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THE LANDY LEGACY

By Richard Trembath

Most of those who have been around Masters' Athletics for a while can look back on their time in the sport and recall highlights, be they performance-based, friendships made or merely the satisfaction of mixing with like-minded people and feeling fitter and more vibrant than the rest of the community.



Whether or not they're blessed with extraordinary talent is pretty much a matter of luck and genetics but whether or not they fulfil that talent is generally

due to guts, determination, courage and the willingness to do what it takes.

But it doesn't all happen on the track.

I have had the good fortune to have had a few highlights during the past 25 or so years but undoubtedly one of them which ranks near the top of the list is the opportunity to meet and get to know John Landy.

Of those even vaguely connected with athletics, 99 per cent would know of the deeds of John Landy, arguably Australia's greatest ever middle distance runner.

Certainly Landy was not the first to break the 'magic' 4:00 barrier for the mile. He was the second, in Turku, Finland, in 1954, seven

weeks after England's Roger Bannister etched his name into history by becoming the first, running 3:59.4 at Oxford, where he was studying to be a neurologist.

Those are the facts, but another fact which usually is not taken into account is that, whereas Bannister had two pacemakers – first Melbourne 1956 steeplechase gold medallist Chris Brasher, then Chris Chataway – Landy did it 'on his own', leading all the way to clock 3:57.9.

Brasher set the pace for Bannister for the first two and a half laps, then Chataway ran the next lap before Bannister 'let go' halfway through the final lap. Certainly Bannister had to run the time, and he did, but any serious middle or long distance runner will tell you that the task is made a lot easier if you've got someone there to help. This is regularly seen in such events as the Diamond League, the major marathons and most elite middle-distance events.

Chataway, incidentally, finished second in both Bannister's and Landy's world record runs.

Landy's one 'Achilles heel' in his arsenal of talents was that he couldn't sprint. If he had an opponent who could maintain his pace then turn it into a sprint for the line, Landy was lacking, which illustrated the courage he showed in the events in which he went to the front and did his best to run his opponents off their feet.

He told me once that his PB for 400 metres was 52 seconds. With that type of speed – or lack of it – it is incredible that he was able to get anywhere near 4:00 minutes for a mile. Without really

knowing, my guess is that almost all four-minute milers could run a single lap in, say, 47 or 48 seconds.

But that's not the point, nor does it have anything to do with the association John Landy had with Masters' Athletics.

In 1999 it was agreed that the following year Doncaster would hold a unique event in which all heats were run from age-graded handicap marks, with competitors having to run first a 200 metres heat, then a 1000 metres heat with points allocated according to finishing positions, with the top eight points scorers going into the final, over 400 metres. The program was to be run on the one night with supporting events for open class milers (to honour Landy) and one for members of Little Athletics, over 100 metres.

Obviously we needed a 'catchy' name for the main event and ultimately, as Venue Manager, I contacted Landy and asked if we could use his name, to which he readily agreed. What I didn't know at the time was that six weeks later he would be appointed Governor of Victoria. Had I known that, there is no way I would have had the 'front' to approach him.

Anyway, the first running of The Landy Trophy was held the following February. Ironically Landy was unable to attend, and the



trophies that night were presented by another Olympic medallist, the late Peter Norman, probably best known for his part in the famous

‘black power salute’ at the Mexico City Olympics in 1968.

It was over the next few years, however, that I got to know Landy well. He attended the following year, amid all the ‘pomp and ceremony’ his staff assured me was necessary. This all dissipated at the gate, however, as I was preparing to bow (or curtsy), only to have him extend his hand and say, “Call me John...”

‘The Landy’ developed over the years and we quickly attracted entrants from all over Australia – every state except South Australia – plus one from Ireland and one from Houston, USA. We also ‘graduated’ to having a collection of the finest trophies ever presented in Masters’ Athletics, and it was this which led to me getting to know the man well.

Every year I would take the trophies in to Government House to show him, and it became a regular occurrence that for half an hour at the start of the day we would have coffee in his study and chat about athletics, to his delight, before, with a slight roll of his eyes, he’d say something like, “Well, I’d better go and do some work – I’ve got a meeting with the president of Kazakstan...”

We discussed all sorts of things, but perhaps the most memorable was the day I asked him what was the single most important thing which contributed to excellence, or improvement, in running.

He thought for several moments and said, “Gradually decreasing the recovery time between reps (repetitions)”. I’ve never forgotten that, as anyone who has ever trained with me will attest.

Landy’s association with Doncaster did not end with the presentations on Landy night. He also agreed to become ‘patron’

of Doncaster Masters' Athletics, which led to some pride among the members of the venue as, so far as we knew, we were the only sporting body of our size in Australia which could boast such a dignitary as patron.

Landy was also later appointed patron of Australian Masters' Athletics, but unfortunately members of the Board forgot he had afforded them that honour and, about a decade later, appointed Glenys Nunn, herself an Olympic gold medallist, to that esteemed position without informing anyone, including Landy, that he had been replaced.

The Landy Trophy and John Landy's support of it also brought the event and the venue to the attention of many of the sport's dignitaries. Among the other Olympians to attend over the years, some as 'stand-in' presenters, others as spectators, were Ron Clarke, Gary Honey, Dave Culbert, hurdlers Ray Weinberg and Ken



Doubleday, Charlene Rendina, Les Perry and, as mentioned, Peter Norman. Quite a formidable line-up.

While they were names such as these who were well-known on the world stage, there were many involved in The Landy whose names are just as well known in Masters' Athletics.

Undoubtedly the star of the event was multiple world champion Queenslander Hugh Coogan (pictured left), who won The Landy on five occasions, and others such as Mike Johnston (twice), Bob Wishart (twice), Ross Kent (twice), Keith Howden, Marge Allison, and Jan Morrey. Then there was the

brilliant Kathy Heagney, who finished second four times. Champions, all of them.

It has been said, many times, and was written in one of the leading sports magazines in the US, that The Landy Trophy was the best single Masters' Athletics event in the world (as opposed to World Championships, which are multiple events held over multiple days).

This is illustrated by the fact that on one occasion the final field of eight included six world champions. Each of them had at some stage come home from the Worlds with a gold medal, but only one of them went home with The Landy Trophy.

John Landy's interest in the event and his enthusiasm for it was well illustrated late in 2013 when his personal assistant rang asking the date for the 2014 Landy so she could put it in his diary. Sadly, I had to tell her I had had to resign as Venue Manager and that the event had lapsed.

I have wonderful memories of The Landy Trophy and, in particular, of getting to know one of the truly greats – a man of integrity, who had both the common touch and the courage and talent on the athletic track to take him to 'the top of the mountain'.

His times have been surpassed, as have the performance levels in most sports, but what has not been surpassed is the stature of the man.

I have sad memories of the lapse of The Landy Trophy, but considerable gratitude for the privilege of having known the man whose name it carried. I trust this has done him justice.

Masters 2022 T& F championships

AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS 2022



**Brisbane, Queensland
1 April to 4 April 2022**

Website: <https://www.brisbane2022nationals.com.au>

Registration for the 2022 Championships is now open, and the final closing date for receipt of entries will be 7th March 2022.

Entry fees and other fees are as follows:

- \$60 “early-bird” administration fee for those who register by 21st February 2022, otherwise the administration fee will be \$110
- Entry fees - \$20 per event
- Awards Presentation and Social Event (Sunday 3rd April 2022) - \$50 per person

Non Stadia Changes

The cross country will be held on the Saturday morning and the 10km road walk has been moved to the Sunday. This has resulted in some changes to the program for these championships for the longer track events so as to balance the schedule as a result of these non-stadia changes.

For full details of draft timetable refer to website.

<https://www.brisbane2022nationals.com.au/program>

Register at <https://emlsports.com/registration/ama-champs-2022>

Jim Sinclair Memorial Evening

Jim Sinclair, a Masters athlete for over 40 years, died in September 2020 at the age of 96, not too long after attending the World Indoor Masters Championships in Poland, his last major competition. Jim was much loved by all who knew him, but, in particular, by the members of the Glen Eira and Springvale/Noble Park venues, which he attended regularly. Jim was still attending Sunday morning training at Duncan Mackinnon until just a few weeks before his passing.

Unfortunately, the curse of the pandemic has meant that our efforts to farewell Jim appropriately have been in vain until now. On Monday 22nd February, almost 18 months later, we held a memorial tribute evening for Jim at the Duncan Mackinnon track. We were not able to use the large function room, so numbers had to be limited, and we were only able to invite athletes from the two venues most associated with Jim. We were also delighted that Jim's daughter Jeanie, son-in law Russell and grandson Simon were able to attend, along with Gareth Jones, from Dyson's, the company Jim worked for for over 45 years.



The night began with The Pacemakers 4x100m relay, followed by the Jim Sinclair Tea & Coffee walk over 2km and the '40 years a Masters Athlete' run, consisting of 7 laps in lane 5. This was followed by a one lap walk (with everybody on the track) to remember Jim. After that we all shared a delicious BBQ with dessert supper and listened to many humorous memories & tributes of Jim's life, recounted by his grandson and a few of his longest and closest friends from Masters Athletics. Finally, a brass plaque in honour of Jim was unveiled. I include a photo of some of the attendees, two of whom can be seen holding up the plaque. There are lots more photos of the event on the Glen Eira Facebook page for those who are interested.

Jim's humility, determination and sense of humour will be greatly missed, but he will always hold a special place in our memories. My thanks to all who helped to make the evening possible.

Mike Clapper

Venue Manager – Glen Eira



“FINDS” Out On A Run And The ‘Ultimate’ Running Prize?

By Kath Gawthorn

Podium placings now a thing of the past for you? Join the club! Perhaps, ‘The Ultimate Running Prize’ still awaits! Is it finding a \$100 note camouflaged in the green of the nature strip? Hail any runner who has found this ‘4-leaved clover’, in a world that’s now mostly gone cashless! Brain filled with oxygen, and eyes razor sharp – the possibility of lucky finds is a great alternative running incentive!

Been accused of being hunched as you run? That habit of constantly looking down for cash – ‘Eyes on the Prize’ so to speak definitely does it! If not a \$100 bill, how much have you found over the years? Do you notice the direction of the wind and follow your eyes to see if the note has some plastic companions? On a ‘serious’ run – what is the minimum value you’ll stop for? \$5 and you’re a very serious runner! A 50 cent coin; and that’s more like it!



Head down and keep a look out! You’ve seen the tenner on the footpath, but be sure to cast your eyes in the direction of the wind.....a fifty camouflaged on the grass! A great day’s work!

What else have you found on a run? Around the traps, you’ll certainly hear some stories! At Rieschiecks Reserve (of which Doncaster track forms a part) some years ago, \$20,000 cash was found! Gets you thinking about what you’d do with such a find! Hide it under the bed and lie low, and for the next 6 months listen for any suspicious sounds during the night? Talking of crime, maybe you’ve found some stolen goods in a park? Intuition and a bit of ‘busy body’ gets you over to a pile of items, and you discover a Cash Converters receipt from the other side of town with them. Again, the fresh oxygen in your brain has you solve this crime for the police and the victim. A job well done!

Hard rubbish piles are always a temptation.....but very few items can be stashed in the running shorts or down the sports bra! If it’s something really worth having, a dash home and a hurried return in the car is required! If it’s something for a loved one, actually carrying it home and emphasising its weight (and add some “panting” for good measure) gets *many* more brownie points! Or, they might tell you to put it back in hard rubbish (apparently, “Where it belongs”). A big letdown!



Trash or treasure? This one was worth a look, but a dud on closer inspection.

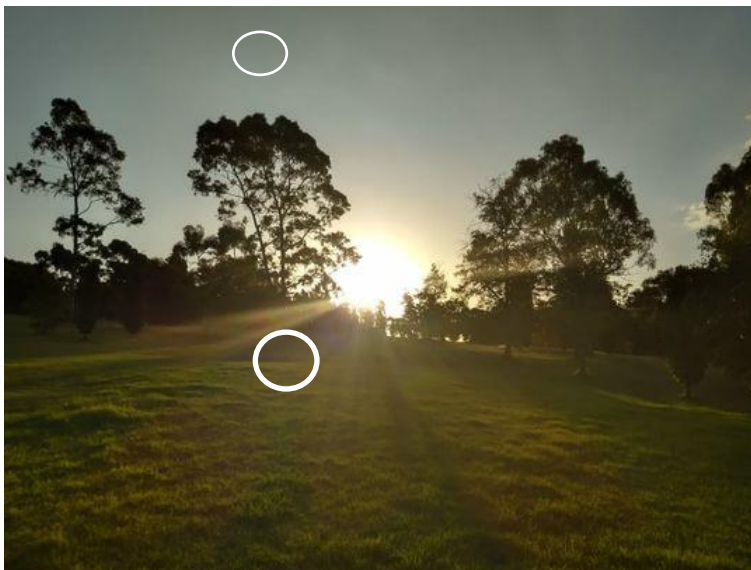
On a run there's a world of fabulous cafes and bakeries to find! Your nose just about takes you there as the scent of coffee and pull of carbs ignite the 'Hunter Gatherer' in you. However, your nose could get it wrong sometimes – leading you to a private formal garden function you thought was a park coffee cart! Your shorts and singlet are a giveaway, and the disapproving looks have you on your way quick smart!

Speaking of tail between your legs; you might find a lost dog, or he might find you.....and decide it's fun to follow you home! You make the owner's day! Sometimes you find yourself in the eye of a thunderstorm, and this adds a surge of adrenaline; being pitted against the elements and the drivers who can no longer see you. They don't make 'windscreen wipers' for your glasses either, so getting home in one piece is another job well done!



Found a loo just in time! These are really rank – hold your nose! However, better than unwanted fame on the TV news!

Isn't it nice if you can, once again, find your running mojo? Both rhythmic and effortless. Perhaps a fantastic new route or landmark where you've got your own space? When thirst calls, even a tap is great! A toilet (usually BYO paper) at the very moment you need it – a blissful find! In contrast, some unfortunate runners have been portrayed in some very awkward positions. A quick duck into bushes of a front yard has yielded compromising CCTV footage that's ended up on the evening news! Perhaps on a run that fresh oxygen and calm bring solutions to your toughest dilemmas? And you find that life's not so bad after all? And you're "OK" too? If nothing else, isn't that the ultimate running prize, and why we choose to run?



Found yourself at the end of another day? You've been for a run, and all is 'OK'.

Natalie Irvine – Living Treasures Award

Taken from <https://dandenong.starcommunity.com.au/news/2022-01-28/irvine-earns-another/>

By Marcus Uhe



Natalie Irvine has been recognised for her years of volunteering work with a Living Treasures award from the City of Greater Dandenong as part of the council’s Australia Day Awards.

Ms Irvine has volunteered at Palliative Care South East (PCSE) for 18 years and has supported more than 25 clients with a life-limiting illness as a companion volunteer.

She has also provided support in PCSE’s bereavement program by assisting with the memorial services, singing in the choir, reading poems or verses, taking registrations, and providing support to those in need.

City of Greater Dandenong Mayor Jim

Memeti (left) and Natalie Irvine

She said the occasion was a “magical day” as she was surrounded by her husband, her current client, her best friend who had made the trek from Portland in the state’s far west, and her PCSE coordinator.

“It was an absolute delight, surprise and honour to receive the award,” Ms Irvine said. “It came truly out of the blue.” In her capacity as a companion volunteer, Ms Irvine fills a variety of roles depending on the needs of the client.

That may involve going to the movies, heading to the local café for a coffee, taking them out for a drive, or simply just sitting and chatting.

Ms Irvine's background in nursing makes her a valuable asset to the PCSE team, drawing on her medical expertise to provide feedback to doctors and nurses responsible for the clients when she notices concerns or changes in their condition.

It's not the first time the council has recognised Ms Irvine, who was awarded 2015 Volunteer of the Year for her work as a volunteer language tutor with the Dandenong Regional Adult Literacy Group, and then as a tutor at the Dandenong Library in English conversation classes, working largely with migrant groups.

"I love volunteering and tutoring. Those people become my friends and they love the fact that you're helping them. "It's an amazing experience."

Of course, dealing with patients in palliative care comes with the inescapable reality of the patient's time coming to an end.

But Ms Irvine manages to maintain an even keel and keep a healthy dose of perspective.

"I don't know what makes you cope with it or not. We all have coping skills, I don't know where they come from.

"I think I'm fortunate that I'm pretty easy going and don't get depressed". She aims to continue her support work for as long as she can.

"I'm not planning on stopping until I need one of my own!"

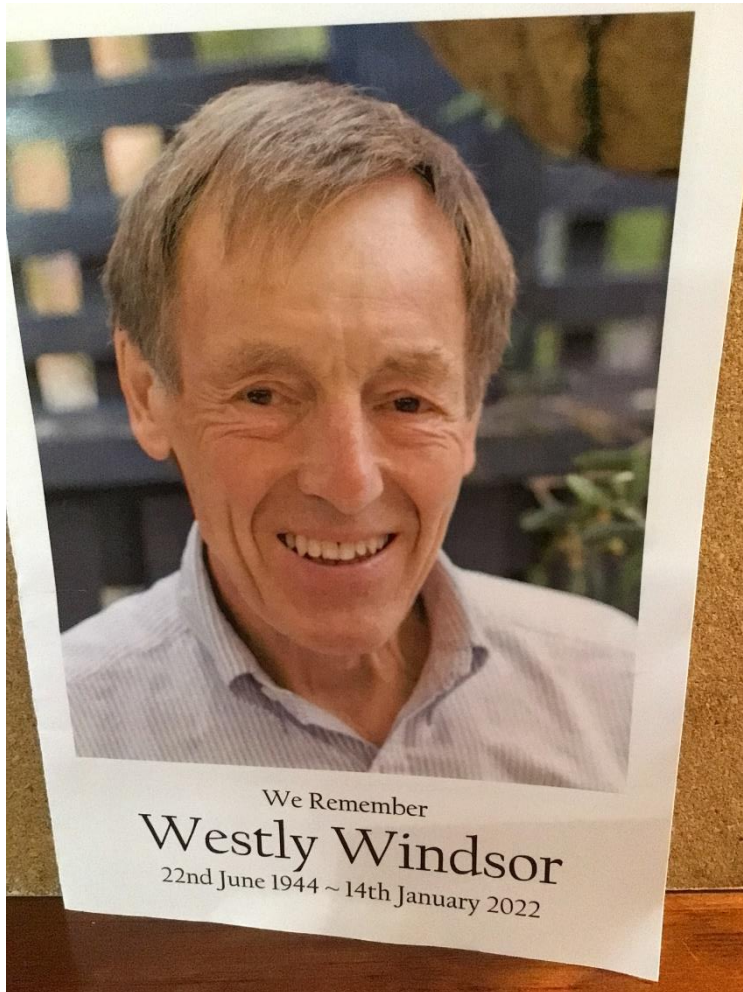
Living Treasures is a local project where people who have made a lasting impact on the quality and nature of life for all of the City of Greater Dandenong community are named and honoured.

Natalie is an active member at Springvale/Noble Park

Vale Westly Windsor

In running as in life, Westly Windsor participated with enthusiasm, a big heart and considerable talent. He died on 14 January 2022 after a seven-month fight with cancer.

Westly ran the first of his 14 Melbourne Marathons in 1982 at 38 years of age. He ran his last Melbourne Marathon 25 years later, astonishingly in a faster time, still able to break 3:30 at the age of 63!! Along the way, he broke 3 hours for the marathon on 3 occasions (including twice in a Melbourne Marathon, his PB of 2:57.33 achieved in 1988, and another sub-3 hour effort in 1992). Westly trained for many of his marathons alongside his good friend, fellow Spartan Rod Bayly. After his own marathoning finished, Westly continued to run the final few kms of Melbourne Marathons alongside Rod, and to encourage other marathoners.



In recent years, Westly took up parkrun, enjoying many events at Studley parkrun with Rod Bayly, and they shared the milestone of 100 parkrun finishes in April 2021.

Westly had long associations with the Burnley Runners after he joined in 1994, and even longer with the Collingwood Masters where the Magpie Marathon involving events of various distances adding to 42.2 kms was tailor-made for his enthusiastic approach to every event he entered.

Westly's greatest legacy in running relates to his coaching and mentoring. Many runners (me included) received from his sage advice, which would often go beyond running. Fellow Spartan and close friend Paul Ban reflected that Westly was not

just a mentor in running, but a mentor in life. Before and after the turn of the century, young runners at Box Hill AC and a secondary school in Camberwell benefited greatly from his advice. Many retained an active lifestyle in adult life which they will undoubtedly hand down to their own children.

A way to avoid stress, anxiety and depression

Donated by Juan Perez

Important in these times of pandemic in which we see us confined and restricted by the pandemic.

After consulting various sources, we suggest how to deal with silent diseases: stress, anxiety and depression, through the harmony of the spirit, movement, tranquillity and rest.



If you enjoy company it is even better as it cheers you up, especially if you feel listless. You have to have will and never give up; movement, movement.

Harmony of the spirit

Thoughts determine our life: "Man is what he thinks". "The spirit decides: what you think is what you will be", said Buddha.

Always think positively, say loudly ENOUGH!, when you realize that you return to your usual bad thoughts. Repeat several times a day: "I'm doing well, every day I'm doing better."

Love yourself: those who do not love themselves limit their confidence in their own performance. Without any consideration you will demand more and more of yourself and you will fall into continuous stress. Do you want something to change in you or around you? Start by considering yourself as an irreplaceable person, with your virtues and defects, who loves and accepts them.

Encourage interests and predilections: Look for what type of activity would provide you with excitement, relaxation and satisfaction. It is about finding a new orientation in time and achieving another way of acting that gives meaning to your life.

Movement: Dedicate some time to some bodily activity in the open air, practice a sport or simply take long walks, if possible accompanied by a family member or friend. Go to the movies, the theatre, or sporting events.

Tranquillity and rest: Rest when it is necessary, plan in your daily chores, moments dedicated only to you and your rest. Sleep the necessary hours.

Exercise is one of the most important things you can do to combat stress

It may seem counterintuitive, but putting your body under physical stress through exercise can relieve mental stress. The benefits are greatest when you exercise regularly. People who exercise regularly are less likely to experience anxiety than those who don't. There are a few reasons for this:

Stress hormones: In the long term, exercise reduces your body's stress hormones, like cortisol. It also helps to release endorphins, which are mood-enhancing chemicals that act as a natural pain reliever.

Sleep: Exercise can also improve sleep quality, which can be negatively affected by stress and anxiety.

Confidence: When you exercise regularly, you can feel more competent and confident in your body, which in turn promotes mental well-being.

The undersigned can affirm the benefit of the exercise: For one, the best exercise is walking, running if possible and any exercise in which the heart doubles its beats.

If possible, at least an hour, since at first you have to warm up the body so that it picks up the rhythm. We don't have to be able to speed up the pace.

At the end it is not recommended to stop for a long time, since the body would cool down and thus be prone to catch a cold. A shower, or at least wipe off the sweat, trying to wear dry clothes and wrap up warm if it's winter, even in summer, is essential.

I have also observed that if after exercise (once I am rested), I check if my blood pressure goes down, high systolic and low diastolic. I feel inspiration during the exercise and my thoughts are clearer. And of course my dreams, my sleep and rest improve. I don't have any diet, but I try not to abuse food. I have a tendency to gain weight, but when I exercise it keeps me in shape, especially at my age. When you are young it is easier to lose weight as you spend more energy. The older you are, the more things change as it is more difficult to spend energy, so it is good to consider and reduce what you eat.

In addition to exercise, entertainment in some activity is highly recommended: since its completion produces satisfaction.

You have to forget that: "From forty and above, don't wet your belly" (*Spanish saying meaning that at certain ages there are things that should be avoided*) no matter how old you are, because it is something negative as are many attitudes and beliefs of the past, but you have to listen to your body. It is not good to compare yourself with others because of your age, since we are all different genetically. ■



5 things to think about when returning to running after lockdown

Dr Brea Kunstler (Physiotherapist and Run Coach)

In Melbourne we have emerged from several pretty tough periods of lockdown enforced by the government to contain the spread of COVID-19. This emergence sees restrictions ease and people starting to get out more. A lot of people¹ are wanting to get back into their old exercise regime. However, as they dig their running shoes out from the back of the cupboard, many think "Am I ready for this?"

Here are my top 5 things you should consider before lacing up those running shoes and jumping back into your old exercise regime.

1. How much running did I do during lockdown?

Did you maintain a basic level of fitness during lockdown or did you become one with the couch? Those who maintained some level of fitness, be it simply walking around the block or participating in online exercise classes, will still have a basic level of fitness that sets them up for some level of running. Those who have done absolutely nothing will likely have lost a lot of their fitness (maybe not all!), depending on the length of their lockdown period.

You should start slowly and gradually increase your running. This might mean that you start with a distance much shorter than you ran before lockdown (e.g. a half marathoner might start with a 3km), potentially mixing in some walking in a "walk-run-walk-run" type pattern. This sounds extremely conservative, but it's important to give your body the chance to remember what running feels like before attempting a personal best effort.

2. What's my strength like?

Your body experiences large forces with every running step. These forces go through your bones and muscles, which then need to absorb and distribute these forces. Bones and muscles quickly adapt to absorbing the forces you place on them, but they need the time/training to do so, otherwise they will break (just like anything else that can't handle the force it's put under).

Building up your strength with a simple resistance program can support your bones and muscles to get stronger as you start building up your mileage and/or speed. This is especially important if you are hitting the concrete paths (ouch!).

¹ This information is specific to people who have not experienced SARS-CoV-2 infection, or are no longer experiencing symptoms post-infection. For specific guidance on return to exercise post-infection, please see [this British Journal of Sports Medicine blog post](#).



Donna Clarke celebrating the return to Masters Athletics at East Burwood.

3. How old are my shoes?

There are so many things to consider when choosing the right shoes to run in. Six months in nothing but slippers might result in weaker muscles in your feet and a different foot "posture", suggesting that your foot might move and absorb force differently now compared to before lockdown. Jumping straight into your old shoes and running might be uncomfortable and increase your risk of injuries such as shin splints or plantar fasciitis.

Use your slow re-introduction to running as an opportunity to get a proper treadmill-based running shoe assessment at your local running shoe provider. You might learn that you were running in the wrong shoes all along! And what runner doesn't like an excuse to get a brand new pair of fancy shoes?

4. What do I want to achieve?

Do you have an event coming up that you want to participate in? Do you just want to get outside and run because you can? Do you want to reduce your stress levels? What about losing some of those couch-induced lockdown kilos?

Whatever your reason for getting back into running, you should set some goals to give you something to focus on and achieve to help you to build and maintain your motivation over time. Setting some short- and long-term goals will also give you a focus for your running program.

5. What's my plan and who do I have on my team?

Make sure you get the OK from your doctor before getting back into running, especially if it has been a while since you have exercised and if you have any medical conditions.

Get a run coach who can write a simple program with you (yes, with you, not for you). Take ownership over your program so you know that it suits you, has enough variety to excite you and focuses on your goals so that it also motivates you to keep going when things get tough.



Geoff Wheeler and Sam Defanis enjoying the return to the track.

Consider checking in with a physio to make sure you are strong enough to run and avoid injury (*remember the resistance exercise I mentioned earlier?*). A physio can also make sure that your training program is safe, which is especially important if you have any medical conditions (e.g. arthritis) or have been injured in the past (e.g. shin splints).

Planning to change your diet as well? Be sure to talk with an accredited dietician to get some sound advice on what you should be eating to achieve your goals.

Use social media groups to surround yourself with other people undergoing a similar journey to you. They will cheer you on and keep you going towards achieving your goals. Just don't use it for medical advice. Save all your medical questions to ask the professionals!

Reference: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7593778/>

Need some help achieving your running goals? [Book a FREE 10 minute telehealth appointment](#) with Performance Medicine's run coach and physio, [Dr Brea Kunstler](#), to see how she can help you. There are several in-person and telehealth coaching options available to suit your needs! Go to <https://performancemedicine.com.au/run-coaching>

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NEWS FROM EAST BURWOOD

We started 2022 with optimism about the year ahead, and the first two months have gone to plan. We have another vibrant programme for the months ahead. Each Thursday night we start with a 60 m sprint. There are two other sprints, one or two middle distance events, a walk, a longer run and a field event. We have quite a few series, handicaps and NOT events planned.

On the 13th Jan we had a celebration of Andrew Fraser's birthday, including a large sumptuous chocolate birthday cake baked by Christine Robinson. A heartening rendition of "Happy Birthday" was sung by all. A few weeks later we celebrated Leo Coffey's 92nd birthday. He still does the 60 m each week.

We also had special days for Australia Day and Valentine's Day, with appropriately themed suppers, special prizes, and people dressing to suit each occasion. Get out your green clobber for St Patrick's Day.

EAST BURWOOD MASTERS 100 m AGE GRADED CHAMPIONSHIP Shirley Coppock ran 23.77 (82 %) to take the gold medal in hot, blustery conditions. Donna Clarke was second with 17.90 (81 %), and Graham Ford was third with 16.24 (78 %).

GWEN DAVIDSON 100 m HANDICAP Rounds 2 and 3 each required two heats, as the enthusiasm was bubbling over for this series. In the first heat of the second round, Toni Matters was second, splitting the front markers Allan Wood and Leo Watson. Peter Wilmott won the second heat ahead of Bernie McLoughlan and Arthur Kapoulitsa. In the third round, Donna Clarke just pipped Bill Liouliakis and Ann Holcombe.

EAST BURWOOD MANAGER'S PENTATHLON This five event series is held over four weeks. Points are given on age graded performances. The shot put was the first event. It attracted thirteen competitors. Toni Matters was a clear winner with 60 %, followed by Allan Wood with 58 % and Bernie McLoughlan with 56 %. The second event was the long jump (or as some cheeky athletes would say, the "short jump"). There were fifteen in this field. Bernie won this with 65 %, followed by Allan 63 % and Paul Durrant 60 %.

Fifteen athletes also tried the discus. Toni was the best with 54 %, then Paul (47 %) and Allan (41 %). The javelin was next with Allan (46 %) the winner, Barry Dorr (41 %) second and Chris Robinson (40 %) third. The series was completed with 200 m. Chris was the best with 81 %, then Donna Clarke on 80 %, and Allan on 78 %. Toni had to withdraw for the last two events due to a pesky injury.

HOLD YOUR BREATH The points for the pentathlon are still being calculated and will be announced shortly.

Donna Clarke taking over from Sam Defanis at the Andy Salter Relay.



1200 m WALK HANDICAP SERIES This series continued in the New Year with Chris Worsnop winning, followed by Pete Battrick and Donna Clarke. Arthur Kapoulitsa was just one second ahead of Peter Shanahan, and then a fair way back to Worsnop in the final round. Worsnop was the series winner, with Gerald Burke second and Pete third

1000 m NOT WALK SERIES This also resumed in the New Year, but a hot night reduced the field in the third round. Pete Battrick had the best estimate (just five seconds out), followed by Chris Worsnop and Janet Holmes. Gerald estimated his time to the second to win the last round and take the gold medal in the series. Arthur Kapoulitsa was second and Paul Moritz

was third in this round. Consistency across the four rounds gave Pete the silver and Worsnop the bronze medal.

TERRIFIC TETRA TWO km HANDICAP SERIES These series are becoming popular as the first two rounds had twelve runners, plus a walker in the second. Dean Sciacca was the quickest in the first three rounds, with 7:27, 7:32, and then 7:23. Ahmet Latifoglu was a clear winner in the first handicap, with 8:37. Paul Durrant was second with 9:20, and he was nearly caught by Dean, Ron Gillies 8:22, Paul Earle 8:23 and Michael Collins 8:18, all just one or two seconds behind.

In Round Two Worsnop surprised the handicapper, himself and the rest of the field by maintaining a solid pace to run 9:32 and win the handicap by eighteen seconds, ahead of fast finishing Perry (8:05) and Paul Earle (8:11). In Round Three Sam Defanis ran 9:54 to win the handicap, just ahead of the fast finishing Stephen Day (7:55). Kylie Irshad did the 2 km as a walk to come in third. The handicapping by Pete Battrick was impressive, as the second to eighth place getters were all within eight seconds.

East Burwood runners at the Andy Salter Relay: Pia Hunter, Bernie McLoughlan, Ros Lording, Peter Dodgshun, Perry Birkett, Stephen Day, Dean Sciacca, Michael Collins, Ron Gillies, Geoff Wheeler. FRONT ROW: Sam Defanis, Donna Clarke.



SIZZLING SUMMER SPIRAL 3 km HANDICAP It was sizzling for the first round with the temperature around 30 for the seven runners who lined up at the start line. For a spiral 3 km, athletes start in lane two, then complete seven laps, moving out a lane with each lap. This is surprisingly close to 3000 m. Dean Sciacca was fastest with 11:59. Sam Defanis (15:20) won the handicap, followed by Michael Collins (13:28) and Worsnop (15:08).

Dean ran quicker in Round Two, clocking 11:38 to come third on handicap behind Stephen Day (18:04) and Michael Collins (18:07). Dean continued to improve, running 11:22 in the third round. Bill Liouliakis (17:09) won, followed by Leonie Gillies (17:21) and Bernie McLoughlan (14:20).

800 m WALK HANDICAP SERIES This series has just started. Zac Matters chased down the field from the back mark to the win with a time of 3:38. But he is a junior, so the handicap and second fastest time went to Janet Holmes (4:59). Leonie Gillies and Phyllis Gosbell were second and third.

Come and join us on a Thursday night at the Bill Stewart Athletic Track in the East Burwood Reserve. Give me a call if you have any questions.

Christopher Worsnop 0403 910 183



CELEBRATING 50 YEARS!

Townsville Road Runners will celebrate their 50th anniversary over the 28 & 29 May weekend!

Catch up with some of the original crew Saturday morning with a legendary ``about 8km'' morning run. Enjoy a social dinner Saturday evening. Recover on Sunday morning with a recovery run from Strand Park.

Contact info@townsvilleroadrunners.com.au for details. All welcome and looking forward to seeing you there!

Follow up the celebrations with the 50th annual Townsville marathon on Sunday August 7, as part of the McDonald Townsville Running Festival.

See <https://townsvillerunningfestival.com> (registrations open now)

Andy Salter Relay Results

CHALLENGE TEAMS			
KNOX 1	AGE	ACCUM TIME	ACTUAL TIME
Bryan POGGENPOLL	51	11.20	11.20
Helen STANLEY	66	26.19	14.59
Mike BIELENY	59	36.55	10.36
Shane GRUND	40	45.55	9.00
Estimated time		45.16	diff. 0.39
EASTERN MASTERS 1	AGE	ACCUM TIME	ACTUAL TIME
Brad BUYCK	44	10.42	10.42
Jamie RAE	42	22.51	12.09
Kym OSMOND	39	35.18	12.27
Paul EARLE	58	48.17	12.59
Estimated time		50.30	diff. 2.13
EAST BURWOOD 1	AGE	ACCUM TIME	ACTUAL TIME
Pia HUNTER	55	12.58	12.58
Stephen DAY	51	25.19	12.21
Perry BIRKETT	59	39.01	12.42
Dean SCIACCA	55	49.42	11.41
Estimated time		53.19	diff. 3.37
MENTONE	AGE	ACCUM TIME	ACTUAL TIME
Michael THOMAS	50	11.02	11.02
Kuni BOWDEN	56	24.28	13.26
Stephen BIRD	59	38.25	13.57
Matt BOWDEN	56	50.32	12.07
Estimated time		48.00	diff. 2.32
EASTERN MASTERS 2	AGE	ACCUM TIME	ACTUAL TIME
Peter WHITE	48	12.50	12.50
Paula SWANNOCK	37	26.20	13.30
Glenn WALSH	54	40.50	14.30
Sagar PADWAL	40	53.28	12.38
Estimated time		57.05	diff. 3.37
EAST BURWOOD 2	AGE	ACCUM TIME	ACTUAL TIME
Ron GILLIES	66	13.16	13.16
Ros LORDING	49	26.49	13.33
Bernie McLOUGHLAN	69	41.22	14.33
Michael COLLINS	55	54.58	13.36
Estimated time		54.40	diff. 0.18
FRANKSTON-PENINSULA 1	AGE	ACCUM TIME	ACTUAL TIME
Rob TAYLOR	65	12.43	12.43
Bronwyn HANNS	65	28.04	15.21
Dave SUTHERLAND	60	42.42	14.38
Russell DOW	58	55.09	12.27
Estimated time		55.55	diff. 0.46
SPRINGVALE 1	AGE	ACCUM TIME	ACTUAL TIME
Alan ANDERSON	30	13.28	13.28
Ian ORR	70	28.18	14.50
Helen ANDERSON	59	44.20	16.02
Les WILLIAMS	66	57.03	12.43
Estimated time		58.10	diff. 1.07

CHALLENGE TEAMS (continued)			
CASEY 1	AGE	ACCUM TIME	ACTUAL TIME
Rachel TRAVICA	35	15.50	15.50
Kuldeep SINGH	37	28.28	12.38
Rob ITALIA	56	45.42	17.14
Pramesh PRASAD	47	57.28	11.46
Estimated time		51.25	diff. 6.03



3rd East Burwood Dean Sciacca, Stephen Day, Pia Hunter, Perry Birkett 49.42

Fastest Female Kym Osmond 12:27 and Fastest Male Shane Grund 9:00

Andy Salter Relay Results (cont.)

FUN RUN TEAMS			
KNOX 2	AGE	ACCUM TIME	ACTUAL TIME
Peter THORNE	73	16.07	16.07
Paul DURRANT	50	30.21	14.14
Michelle QUAN	62	45.36	15.15
Graeme LETICQ	67	59.18	13.42
Estimated time		59.52	diff. 0.34
EASTERN MASTERS 3	AGE	ACCUM TIME	ACTUAL TIME
Trevor O'BRIEN	64	16.17	16.17
Kylie BARTON	50	32.14	15.57
Aldo D'ALBERTO	47	48.20	16.06
Emma HUTCHINSON	34	64.10	15.50
Estimated time		68.50	diff. 4.40
FRANKSTON-PENINSULA 2	AGE	ACCUM TIME	ACTUAL TIME
Barry JEFFS	73	16.08	16.08
Gary MEYER	67	32.07	15.59
Charlie MALLIA	72	47.36	15.29
David DODSON	63	64.36	17.00
Estimated time		75.40	diff. 11.04
EASTERN MASTERS 4	AGE	ACCUM TIME	ACTUAL TIME
Karen TRAVILL	65	17.02	17.02
Mark TRAVILL	65	33.41	16.39
Mark PRYN	60	48.37	14.56
Ian McFARLANE	58	65.23	16.46
Estimated time		68.44	diff. 3.21
GLEN EIRA	AGE	ACCUM TIME	ACTUAL TIME
Jo COCKWILL	69	18.20	18.20
Mike CLAPPER	69	32.47	14.27
Janet HOLMES	68	49.48	17.01
Chris BROWN	66	65.33	15.45
Estimated time		66.25	diff. 0.52
KNOX 3	AGE	ACCUM TIME	ACTUAL TIME
Paul TWINING	72	14.58	14.58
David WEAR	75	30.29	15.31
Peter SHANAHAN	60	49.57	19.28
Jack DURRANT	24	66.34	16.37
Estimated time		67.25	diff. 0.51
SPRINGVALE 2	AGE	ACCUM TIME	ACTUAL TIME
Lindsay OXENHAM	72	18.27	18.27
Howard REES	74	33.57	15.30
Bill IRVINE	73	51.32	17.35
Lou BUCCIERI	66	68.19	16.47
Estimated time		69.43	diff. 1.24
EAST BURWOOD 3	AGE	ACCUM TIME	ACTUAL TIME
Sam DEFANIS	73	15.46	15.46
Donna CLARKE	68	36.59	21.13
Geoff WHEELER	65	52.22	15.23
Peter DODGSHUN	69	68.21	15.59
Estimated time		68.59	diff. 0.38

FUN RUN TEAMS (continued)			
CASEY 2	AGE	ACCUM TIME	ACTUAL TIME
Albin HESS	62	16.13	16.13
Dave TALBOT	67	32.41	16.28
Gautum PANDEY	40	49.04	16.23
Narinder SINGH	37	69.34	20.30
Estimated time		62.00	diff. 7.34
FRANKSTON-PENINSULA 3	AGE	ACCUM TIME	ACTUAL TIME
Bill CARR	72	16.34	16.34
Nonie CHAN	36	36.35	20.01
Frances HALTON	60	56.34	19.59
Greg LOVEJOY	79	73.38	17.04
Estimated time		74.40	diff. 1.02
SPRINGVALE 3	AGE	ACCUM TIME	ACTUAL TIME
Geoff TODD	61	18.51	18.51
Padraig BRADY	39	36.57	18.06
Paul MULLINS	81	55.57	19.00
Peter ELLIS	71	77.05	21.08
Estimated time		81.10	diff. 4.05
SPRINGVALE 4	AGE	ACCUM TIME	ACTUAL TIME
Sayed KHATAB	71	17.39	17.39
Dominique RUELLOT	70	39.33	21.54
Celia JOHNSON	74	62.48	23.15
Tracey HUTCHINSON	50	86.03	23.15
Estimated time		86.00	diff. 0.03



Estimated time -Springvale - Dominique Ruellot, Sayed Khatab,

Celia Johnson and Tracey Hutchinson 3 seconds out

Andy Salter Relay Results (cont.)

WALK TEAMS			
CASEY	AGE	ACCUM TIME	ACTUAL TIME
Sarah CLARKE	47	16.39	16.39
Mahne GRACE	47	30.10	13.31
Kevin CASSIDY	62	40.39	10.29
Estimated time		41.28	diff. 0.49
FRANKSTON-PENINSULA	AGE	ACCUM TIME	ACTUAL TIME
Greg LOVEJOY	79	14.33	14.33
Heather CARR	72	27.27	12.54
John SUTTON	78	44.02	16.35
Estimated time		43.55	diff. 0.07
GLEN EIRA	AGE	ACCUM TIME	ACTUAL TIME
Greg HUGHES	63	16.27	16.27
Jim BERRINGTON	65	29.39	13.12
Phil URQUHART	77	45.19	15.40
Estimated time		44.10	diff. 1.09
SPRINGVALE 1	AGE	ACCUM TIME	ACTUAL TIME
Tony DORAN	69	14.19	14.19
Frank ALLEN	78	31.41	17.22
Anand THILLAISUNDARAM	45	45.33	13.52
Estimated time		48.50	diff. 3.17
SPRINGVALE 2	AGE	ACCUM TIME	ACTUAL TIME
Natalie IRVINE	76	19.02	19.02
Rebecca KENNY	55	34.31	15.29
Mick CARR	68	48.49	14.18
Estimated time		52.50	diff. 4.01
CROYDON	AGE	ACCUM TIME	ACTUAL TIME
Gary TURNER	68	17.23	17.23
Liz WRIGLEY	66	35.10	17.47
Paul MORITZ	62	50.02	14.52
Estimated time		50.05	diff. 0.03

100 METRES	TIME
Rob ITALIA	12.80
Sayed KHATAB	15.60
Alan ANDERSON	16.40
D CLARKE	16.90
Mike HALL	18.10
Dominique RUELOT	23.70
Jenny	27.70

CHALLENGE TEAM WINNERS

KNOX 1 time 45.55

ESTIMATED TIME WINNERS

SPRINGVALE 4 diff. 3 seconds

CROYDON WALKERS diff. 3 seconds

FASTEST FEMALE Kym OSMOND 12.27

FASTEST MALE SHANE GRUND 9.00

What's On

Date	Event	Location
2022		
6 March	Victorian Master Bradford Sheehan Pentathlon – starting 8am	Duncan McKinnon Reserve
6 March	50 th Anniversary BBQ Celebration – starting noon	Duncan McKinnon Reserve
8 March	Neighbours Night	Collingwood
19-20 March	Vic Masters Athletic Championships	Lakeside
27 March	VMA Throws Pentathlon Championship	Duncan McKinnon Reserve
1-4 April	AMA Track and Field Championships	Brisbane
29 June-10 July	WMA Championships	Tampere Finland

Browne Shield events for 2022

Event	Location	Date
VMA 10,000 metre Track Championship	Collingwood	Tues. 17th May
VMA 8 km Cross Country	Collingwood	Sun. 5th June
VMA 10k Road Race /Eric Greaves Memorial 10 km	Braeside Park	Sun. 17th July
VMA 10 Mile Road Race	Knox	Sun. 14th August
AV/VMA Half Marathon	Burnley	Sun. 4th September

It's possible there may be some change to these dates if there are changes to the Athletics Victoria Cross Country program.

Peter Thorne

Scheduling of VMA events

With tight scheduling of events across all organisations during March 2022 as a result of Covid, the VMA has set the following dates to minimise clashes with other events.

Sunday 6 March	VMA Bradford Sheehan T&F Pentathlon Championship
Sunday 6 March	50th anniversary BBQ
19-20 March	Vic Masters Athletic Championships (Lakeside)

These events lead into the Australian Masters Championships in Brisbane 1-4 April 2022

Sunday 6th of March events are both being held at the Duncan McKinnon Reserve with the pentathlon starting with registration at 7:30am and the first event at 8am. This will be followed by the 50th anniversary celebration BBQ from noon to 4pm. There will be a limited range of events starting at 1pm. It is anticipated that the anniversary polo shirts will be available for distribution at this event.

Those wishing to try a pentathlon before the championships are reminded that Doncaster hold a pentathlon competition on the third Monday of each month.

Refer to elsewhere in Footprints for details of the above events. Also check the VMA website, Facebook and Instagram for any further information during February. Take careful note of the closing date and time of all events as none have registration on the day.

Australian Records

CAT	EVENT	ATHLETE	STATE		%AGE	DATE	VENUE
W70	4 x 200m Relay	Cory Collins	ACT	2:50.19	-	04-02-2021	Woden
		Jill Brown	ACT				
		Maureen Rossiter	ACT				
		Margaret Taylor	ACT				
M55	200m	Michael Roden	ACT	23.80s	98.2%	06-11-2021	Woden
M95	200m	Mervyn Collins	ACT	65.04s	78.4%	11-11-2021	Woden
M35	5000m	Aidan Hobbs	Qld	14:15.34	90.4%	13-11-2021	SAF Nathan
W80	Super Weight Throw	Jan Banens	ACT	6.04m	-	13-11-2021	Turner
W80	Heavy Wt Pentathlon	Jan Banens	ACT	3496pts	-	14-11-2021	Turner
W80	Weight Throw	Jan Banens	ACT	9.98m	95.9%	27-11-2021	Turner
W80	Hammer	Jan Banens	ACT	28.57m	-	11-12-2021	Turner
M55	400m	Michael Roden	ACT	53.62s	96.1%	18-12-2021	Woden
M55	Shot Put	Todd Davey	WA	14.97m	82.5%	30-12-2021	Cannington
M40	4 x 800m Relay	Shane Mathewson	Qld	8:42:23	-	08-01-2022	SAF Nathan
		Wayne Adams	Qld				
		Andrew Willey	Qld				
		Daniel Mellish	Qld				
M35	3000m	Aidan Hobbs	Qld	8:26.82	88.7%	08-01-2022	SAF Nathan
W50	Pentathlon	Lee-Anne Nelson	Qld	3656pts	-	22-01-2022	SAF Nathan
M75	Pole Vault	George Schillinger	Vic	2.95m	95.1%	22-01-2022	Murrumbeena
W65	Super Weight Throw	Dorn Jenkins	Vic	10.70m	-	23-01-2022	Murrumbeena
M45	100lb Throw	Simon Van Baalen	Vic	4.61m	-	23-01-2022	Murrumbeena
M45	4 x 800m Relay	Andrew Willey	Qld	8:49.58	-	29-01-2022	SAF Nathan
		Wayne Adams	Qld				
		Peter Link	Qld				
		Michael Jackson	Qld				
M80	Pole Vault	Jim Poulter	Vic	2.00m	72.7%	30-01-2022	Bendigo
M55	Shot Put	Todd Davey	WA	15.01m	82.7%	30-01-2022	Cannington
W70	60m	Maureen Keshwar	WA	9.67s	99.9%	03-02-2022	Cannington
W80	High Jump	Lynne Schickert	WA	0.95m	92.9%	03-02-2022	Cannington
M75	2k Walk	Andrew Jamieson	Vic	10:55.9	-	05-02-2022	Cranbourne
M85	2k Walk	Bob Gardiner	Vic	16:20.1	-	05-02-2022	Aberfeldie
W30	Triple Jump	Linda Allen	Vic	12.39m	84.7%	12-02-2022	Adelaide
W60	High Jump	Deann Mayfield	Qld	1.40m	95.8%	13-02-2022	SAF Nathan
W35	100lb Throw	Miranda Ramsden	Qld	2.36m	-	13-02-2022	SAF Nathan
M75	100lb Throw	Don Quinn	Qld	2.47m	-	13-02-2022	SAF Nathan
W70	60m	Maureen Keshwar	WA	9.58s	100.9%	17-02-2022	Cannington
W30	Triple Jump	Linda Allen	Vic	12.48m	85.3%	19-02-2022	Albert Park
M45	5k Walk	Mark Blackwood	Vic	22:10.75	88.7%	26-02-2022	Albert Park

Victorian Records

CAT	EVENT	ATHLETE		%AGE	DATE	VENUE
W50	Marathon	Jill Wilkie	3:00.58	92.5%	Sept 2019	Berlin
W45	Heavy Wt Pentathlon	Nicole Johansen	3475pts	-	16-01-2022	
W70	2k Steeplechase	Marlene Gourlay	10:03.9	96.0%	22-01-2022	Murrumbeena
W45	56lb Throw	Nicole Johansen	4.17m	-	23-01-2022	Murrumbeena
W45	100lb Throw	Nicole Johansen	1.76m	-	23-01-2022	Murrumbeena
W65	56lb Throw	Dorn Jenkins	2.80m	-	23-01-2022	Murrumbeena
M35	100lb Throw	Colin Newman	4.01m	-	23-01-2022	Murrumbeena
M50	4 x 400m Relay	Stewart Dobrzynski	3:49.78	-	26-01-2022	Albert Park
		Grant Murfett				
		Rob Mayston				
		Andrew Wilcox				
M30	Hammer	Nigel Skurrie	53.32m	61.5%	30-01-2022	Murrumbeena
W45	Super Weight Throw	Nicole Johansen	6.63m	-	06-02-2022	Murrumbeena
W80	Super Weight Throw	Jane Kinsey	4.62m	-	06-02-2022	Murrumbeena
M50	4 x 100m Relay	Stewart Dobrzynski	49.41s	-	10-02-2022	Ballarat
		Andrew Wilcox				
		Grant Murfett				
		Robert Mayston				
W55	Discus	Judy Pfanner	33.54m(=)	63.9%	12-02-2022	Albert Park
W40	3000m	Vanessa Wilson	9:50.9	88.8%	12-02-2022	Albert Park
W45	20k Walk	Kelly Ruddick	1:36:58	97.8%	13-02-2022	Adelaide
W80	Heavy Wt Pentathlon	Jane Kinsey	2480pts	-	19-02-2022	Murrumbeena

World Records

CAT	EVENT	ATHLETE	STATE		%AGE	DATE	VENUE
M65	4 x 800m Relay	Robert Gunningham	Qld	10:44:06	-	08-01-2022	SAF Nathan
		Mark McLean	Qld				
		Peter Reeves	Qld				
		Ian Cameron	Qld				
W45	5k Walk	Kelly Ruddick	Vic	23:14.49	94.3%	29-01-2022	Bendigo
W45	5k Walk	Kelly Ruddick	Vic	22:47.17	96.2%	26-02-2022	Albert Park

Clyde Riddoch
 VMA & AMA Records Officer
 40 Beauchamp Street, Preston 3072
 Email: cllydeR@outlook.com.au
 Mobile: 0439 902 907

Victorian Masters Athletics Inc.		Venues
ABERFELDIE Athletic Track	Aberfeldie Park, Corio Street, Moonee Ponds	Melways 28 D6 Wednesday nights, 7 – 9pm
CASEY	160 Berwick – Cranbourne Road, Cranbourne East	Melways 134 E8 Monday nights, 7 – 9pm
COBURG Athletic Track	Harold Stevens Athletic Field, Outlook Road, Coburg	Melways 18 A9 Thursday nights, 7 – 9pm
COLLINGWOOD Athletic Track	George Knott Reserve, Heidelberg Road, Clifton Hill	Melways 30 F12 Tuesday nights, 7 – 9pm
CROYDON Athletic Track	Behind Arndale Shopping Centre, Mount Dandenong Road, Croydon	Melways 50 K5 Tuesday nights, 7 – 9pm
DONCASTER Athletic Track	Tom Kelly Athletic Track, Rieschieks Reserve, George Street, East Doncaster	Melways 33 J11 Monday nights, 7:30pm
EAST BURWOOD Athletic Track	Burwood Road, Opposite Mahoneys Road, Behind Basketball Stadium	Melways 62 C7 Thursday nights, 7 – 9pm
FRANKSTON Athletic Track	Ballam Park, Bananee Terrace, Frankston	Melways 103 B4 Thursday nights, 7 – 9pm
GEELONG Athletic Track	Landy Field, off Barwon Terrace, Geelong	Melways 228 C7 Wednesday nights, 6 – 8pm
GLEN EIRA Athletic Track	Duncan McKinnon Reserve, Cnr North Road & Murrumbeena Road	Melways 68 K9 Tuesday nights, track events, 7 – 9pm Sunday, field events
KNOX Athletic Track	Bunjil Way, Off Ferntree Gully Road, Scoresby	Melways 73 D7 Wednesday nights, 7 – 9pm
MENTONE Athletic Track	Dolamore Reserve, Cnr First Street & Queen Street, Mentone	Melways 87 B6 Wednesday nights, 7 – 9pm
SPRINGVALE/NOBLE PARK	Ross Reserve, Memorial Drive, Off Corrigan Road, Springvale	Melways 80 E12 Wednesday nights, 7 – 9pm
EASTERN MASTERS	A middle distance Running group who offers structured Speed & Tempo training session for VMA runners of all abilities. Meeting Tuesday & Thursday evenings Jells Park : Summer Knox Track Car park : Winter 6pm Start	

Victorian Masters Athletics Inc. – Venue Managers

Venue	Manager	Email Address	Telephone
Aberfeldie	Tony Bradford	anthonybradford@bigpond.com	0447 139 202
Casey	Pramesh (Mesh) Prasad	caseyfieldsmasters@hotmail.com	0408 340 151
Coburg	Paul O'Neill	advancedhealth@bigpond.com	0409 331 979
Collingwood	John Pocock	pocockjr87@gmail.com	0412 077 223
Croydon	Andrew Egginton	egg123@bigpond.com	03 5962 3072 0408 325 356
Doncaster	Graham Ford	gford@bigpond.net.au	0419 361 487
East Burwood	Christopher Worsnop Gerald Burke Jack Fredrickson	Christopher.worsnop@austin.org.au geraldburke@optushome.com.au	0403 910 183 0408 315 471 03 9802 6926
Frankston & Peninsula	Bronwyn Hanns David Dodson	paulbronwynhanns@gmail.com david.dodson@iinet.net.au	0400 872 202 0498 717 245
Geelong	Alan Jenkins	Alanjenkins4@bigpond.com	03 5221 7468 0419 314 568
Glen Eira	Mike Clapper	Mikeandjo52@gmail.com	0419 993 893
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