



Victorian Masters Athletics 50th Birthday Celebrations

The Victorian Masters Athletics (VMA) celebrated our 50th Anniversary at the Duncan McKinnon Athletics Track on Sunday 6th March 2022, along with the 2022 pentathlon titles event, organised by Tony Bradford preceding the celebration.

There was an excellent attendance (150+) at the 50th celebration from across all the Victorian venues. It was great to reconnect with life members Phillip Urquhart, Russell Oakley, Tony Bradford, Ted McCoy, Lavinia Petrie, David Sheehan, Dot & Colin Browne, Graeme & Astrid Rose, Les Clarke, Clyde Riddoch, Alan Bennie and Peter McGrath, with much time spent in catching up with them and reminiscing over past VMA events and experiences.



Life members [L to R] Tony Bradford, Ted McCoy, Lavinia Petrie, Les Clarke, Graeme Rose, Astrid Rose, Clyde Riddoch, Alan Bennie, Russell Oakley

The mingling of venue members enabling the catching up friends from other venues, along with a popular choice of four different “lunch in a box” options provided by the VMA committee made for a relaxing afternoon. This atmosphere gave members the chance to meet and renew friendships across the VMA following limited opportunities in 2020 and 2021.

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Victorian Masters Athletics 50th Birthday Celebrations (cont.)



The day included the launch of the commemorative 50th Anniversary Polo tops to celebrate this very special occasion. There are over 600 names on the polo shirt, including all our life members, service award members and current members (registered prior to 1/1/22). With nearly four hundred shirts being ordered, they were truly a memento of the occasion.

The afternoon included a program that consisted of four events: 100m, 3000m, 1500m Walk and shot put, an event for everyone. Each event had two categories: Age graded result and Nominated time/distance, each receiving specially minted medallions for 1st, 2nd and 3rd. The participants and results of these events can be found in the March edition of 'Around the Grounds' on the VMA website or the next few pages.

It is a very significant achievement for a sports body to reach and celebrate 50 years of activities in this way, given the pioneering work of the committees since the beginning and the increased recognition of social running and involvement in sports activities across the State of Victoria. We congratulate all who have gone before to make the club what it is today, and also the work that was put in to make this 50th Anniversary celebration so memorable.

Thank you to all the VMA volunteers who made this special day possible and such a success, and to all those who were able to attend to take part in these celebrations. Thank you also to those who volunteered to officiate for their time to assist in the running of the pentathlon and anniversary events.

[Margaret Hunter & Ewen Wilson, Photos: Erika Bedyne]

Dot and Colin Browne Reflection on 50th Birthday Celebrations

Col and I just wish to thank the committee of Victorian Masters for the sensational afternoon they organised for their 50th Anniversary at Duncan McKinnon venue today. We as life members were delighted to renew friendships with so many of our old mates from early Victorian Veteran days.

We joined Croydon venue in the mid-70s, when Ray Callaghan was venue manager, and the welcoming friendliness that we experienced at that Tuesday night venue had us hooked for the next 30 years. One particular member, Doug Orr, took me under his wing and introduced me to training for the Melbourne Marathon, which all of the other Croydon members were doing.

Starting from scratch, I began running longer and longer blocks from home each morning as my distance-running fitness developed. I did 3.35 in my first Melbourne Marathon, but then was recommended to a good coach called Dennis Moore, who trained a stable of professional runners. He didn't mind a 35 year old woman turning up to his training sessions, as long as she was able to keep up with the pack. My marathon times took a dive once I started taking Dennis's advice. Every week I was training around 120km per week, running twice a day, before and after work, doing a hill's session and a track speed session of 10 x 400m reps. at Waverley Athletic Track with his stable boys once a week, and a long 30km run every Sunday morning at Ferny Creek. His advice worked, and before long I was getting invitations to run in international marathons all over the world. This is what Masters Athletics can do for you.

Today we appreciated the lovely lunchboxes, the commemorative shirts that we were given as Life Members and the wonderful camaraderie that we appreciated amongst all our members, old and new.

We appreciate what a nightmare it must have been in terms of organisation. You had to consider the events on the track, the presentation of their results, the catering of food boxes, the design and ordering of 50th anniversary shirts, the taking of commemorative photographs of the whole group out on the oval, and the special presentation of Life Members to the whole assembled members after everything else was completed. Indeed a marathon effort.

Thank you again for your combined efforts. So great to see that Masters Athletics is going from strength to strength since we are too old to compete.

Kindest regards,

Dot & Col Browne OAM.

50th Anniversary – 6th March 2022

Shot (Age % or Estimated Distance)

Name	Age	E/D	Best	Difference	Age %	PosnED	Posn%
Rob Newling	62	7.00	6.92	0.08	40.23	1	
Judy Pfanner	56	10.01	10.09	0.08	69.06	X	2
Mark Cauchi	64	8.20	8.02	0.18	49.48	2	9
Rhondda Dundas	77	7.60	7.38	0.22	85.02	X	1
Jodi Sinclair	51	5.77	6.03	0.23	37.62	3	
Heather Lamb	57	6.50	6.76	0.26	47.17	4	10
Paul Olsson	65	9.10	8.82	0.28	56.14	5	7
Parminder Gill	35	7.00	7.29	0.29	31.53	6	
Nicole Johansen	49	8.40	8.73	0.33	56.4	7	5
George Christodoulou	82	6.70	6.35	0.35	52.83	8	8
Kim Peak	55	6.00	5.50	0.50	36.91	9	
Narelle Messerle	63	8.75	8.10	0.65	64.08	10	4
Didimo Tonelli	78	8.60	7.86	0.74	56.38		6
Tom Leong	80	6.75	5.78	0.97	44.53		
Shane Carstairs	33	15.93	14.83	1.10	64.14	X	3

1500m Walk (ET and Age %)

First name	Primary	E/T	Clock	Difference	Age %	PosnET	Posn%
Geoff Barrow	73	10:30	10.30	0	71.38	1=	
Greg Hughes	63	12:54	12.54	0	51.72	1=	
Frank Prowse	70	9:20	9.19	1	77.48	3=	
Debbie Voogd	56	11:25	11.24	1	58.48	3=	
Terry O'Neill	66	9:10	9.05	-5	75.85	5	8
Tracy Colbert	52	9:15	9.21	6	68.84	6	
Pramesh Prasad	47	7:15	7.21	6	78.39	X	3
Kevin Cassidy	61	7:30	7.23	7	88.51	X	2
Tony Johnson	81	12:01	12.10	9	68.95	7	
Kylie Irshad	50	8:20	8.10	-10	77.49	8	5
Anthony Doran	69	10:52	10.41	-11	66.77	9=	
Albin Hess	62	9:20	9.09	-11	72.15	9=	
Sylvia Machin	80	11:45	11.32	-13	78.27		4
Donna-Marie Elms	60	9:11	8.57	-14	77.41		6
Bernadette Holohan	56	9:15	8.58	-17	74.35		9
Jim Berrington	65	8:45	9.11	26	74.21		10
Sandra Middleton	73	11:00	10.33	-27	76.73		7
Joan Clarke	87	17:00	17.30	30	58.95		
Karyn O'Neill	67	11:15	10.44	-31	69.75		
David Smyth	52	8:15	8.50	35	67.47		
Des Middleton	75	10:50	10.11	-39	75.56		
Celia Johnson	74	11:40	12.22	42	66.42		
Ralph Bennett	80	9:40	8.52	-48	93.18	X	1
Clyde Riddoch	68	9:30	10.23	53	67.88		
Beverly Hugo	82	14:08	13.13	55	70.76		
Pamela Mews	87	16:00	19.04	184	54.16		

3000m (Age % or ET) – Heat 1

Name	Age	E/T	Order	Clock	Difference	Age %
Shane Grund	40	8:38	1	8:35.67	2.33	90.29
Robert Schwerkolt	56	10:30	2	No times taken		
Shane Draper	48	10:45	3	No times taken		
Dean Sciacca	55	11:15	4	No times taken		
Yassine Belaabed	70	11:35	5	No times taken		
Kym Osmand	39	12:10	6	No times taken		
Michael Collins	55	12:40	7	No times taken		
Pia Hunter	55	13:10	8	No times taken		
Robert Taylor	53	12:25	9	No times taken		
Paul Earle	58	12:55	10	No times taken		
Stephen Day	51	12:20	11	No times taken		
Alan Bennie	75	13:40	12	No times taken		
Greg Moore	69	13:05	13	No times taken		
Susanne Wilson	55	13:30	14	No times taken		
Mark Cant	60	13:15	15	No times taken		
Rozlyn Walker	58	14:11	16	No times taken		
Elizabeth Grover	58	14:00	17	No times taken		
Michelle Quan	52	15:10	18	No times taken		
Bronwyn Hanns	58	15:15	19	No times taken		
Jim Hopkins	72	14:14	20	No times taken		
Janine McKerron	61	15:15	21	No times taken		

3000m - Heat 2: 1.40pm

Name	Age	E/T	Clock	Difference	Age %
Lavinia Petrie	78	15:30	14.21	69	106.27
Sam De Fanis	73	15:30	14.49	41	70.42
Mark Pryn	60	15:30	14.59	31	60.86
Stephen Strelecky	72	15:45	15.25	20	66.7
Christopher Worsnop	64	15:30	15.47	17	59.86
Glenn Claiden	68	16:00	16.09	9	60.71
David Dodson	63	16:40	16.13	27	56.18
David Talbot	67	16:30	16.22	8	59.35
Peter Thorne	73	16:25	16:25	0	63.55
Janet Holmes	68	16:59	16.26	33	77.38
Erika Bedyne	59	17:30	16.44	46	66.14
Michael Orelli	77	19:21	16.50	151	66.44
Chris Brown	66	18:00	16.52	68	57.06
Connie Davy	69	18:30	16.58	92	76.23
Lindsay Oxenham	72	18:00	16.59	61	60.55
Jo Cockwill	69	17:10	17.13	3	75.12
Helen Van Der Nagel	65	18:50	18.25	25	65.79
Graham Stockdale	79	18:00	19.22	82	60.24
Phillip Urquhart	77	19:30	19.31	1	57.3
Maggie Hawkes	66	23:20	22.26	54	52.79
Colin Silcock-Delaney	89	27:00	25.35	85	63.26

Neighbours Night 8th March 2022

Neighbours Night No 18 produces more race records.

Another Neighbours Night in the north-west of Melbourne has come and gone.

Fourteen teams competed for two shields in the 180+ and 240+ categories in the eighteenth running of this yearly competition on a cool, cloudy evening at the Collingwood track on 8th March. Aberfeldie, Coburg, Collingwood and Doncaster venues all had teams run during the evening, which was concluded with a great supper and the shield presentations to the winning teams.

All venues had difficulties in making up teams to their usual standards, with Covid isolations, illness and injury all taking a toll, some at the last minute.

Despite these restraints there were about 100 in attendance for this unique relay event including runners, officials and supporters.



240+ Winners: Magpie Moonbeams: Chris Russo, Anna Corney, Keith Howden & Michael Horn (2.08.13)

Highlights included:

- The record breaking win by The Magpie Moonbeams in the 240+ 4x200M relay.
 - A come from behind win by The Doncaster Dynamos to outlast the Coburg Cobras to win the 180+ 4 x 200M relay
 - The establishment of a 320+ record for the Doncaster Octogenarians (3:10.9)
 - The win by Jamieson Perrine (Doncaster) in the 10 minute time trial contested by 13 runners after the relays concluded.
 - The dual runs of several athletes, with Anna Corney of Collingwood showing great resilience in running in three consecutive relays.
- George Rennie (80) from Collingwood ran in the All-comers Relay, and then fronted up for the 'time trial' where he was 6th in a field of 13!

Here are a few pics taken on the night:-

(Top left) Aberfeldie Team

Collingwood Teams (Top right)



Doncaster Teams – New holders of 180+ Trophy

Coburg Team Members – our co-Hosts

We finish the article with a quote from first time NN runner Michael Lombardo
“The night was superb. I enjoyed the friendly rivalry and competition. It was great to see some familiar faces from A/V shield and run against them. I met some new people as part of the relay and made some more friends around the club. I’m looking forward to next year’s event.”

Article by Keith Howden

Photos by Wayne Fitzsimmons

Results Neighbours Night 8th March 2022

240+ 4 x 200M Relay			180+ 4 x 200M Relay			Allcomers 4x200M Relay		
Name	Age	Time	Name	Age	Time	Name	Age	Time
1. Magpie Moonbeams	(254)	02:08.4	1. Doncaster Dynamos	(184)	01:53.0	1. The Awesome Foursome		02:08.1
Anna Corney	54.02		Matt Hughes	46.11		Peter Gerolemou	33.11	
Michael Horn	69.05		Paul Mierisch	45.07		Michael Horn	69.05	
Keith Howden	76.07		Jameson Perrine	42.07		Keith Howden	76.07	
Chris Russo	56.01		Wendy Smith	48.10		Chris Russo	56.01	
2. Doncaster Devils	(242)	02:12.3	2. Coburg Cobras	(207)	01:55.1	2. Magpie Mudlarks		02:21.7
Darryl Kilmartin	55.08		Michael Carney	62.02		Nick Carah	52.05	
David McConnell	69.07		Josephine Gaisie	52.02		Andrew Close	32.10	
Ian McCormack	71.07		Norman Maquire	61.10		Michael Lombardo	26.02	
Kim Peak	55.09		Paul O'Neill	56.07		George Rennie	80.05	
3. Magpie Matadors	(264)	02:20.2	3. Magpie Mustangs	(192)	02:02.0	3. "The Golden Girls"		02:43.1
Marty Galea	66.01		Anna Corney	54.02		Anna Corney	54.02	
Mary Murphy	61.08		Adam Delbridge	50.01		Sofie Fabre	52.11	
John Russell	78.03		Peter Gerolemou	33.11		Mary Murphy	61.08	
Ian Winnen	60.00		Scott Lovell	56.06		Kim Peak	55.09	
4. Coburg Bluestones	-243	02:31.1	4. Aberfeldie Arrows	(229)	02:21.8	4. Doncaster Octogenarians	(327)	03:10.8
Frank Bradley	66.02		Maggie Armstrong	59.11		Carolyn Aughy	79.07	
Michael Carney	62.02		John Cooper	69.05		John Aughy	84.07	
Brian Delaney	62.02		Marlon Cummings	44.02		Barry Dorr	83.08	
Paul O'Neill	56.07		Bill Ristevski	57.04		Kathy Skultety	80.03	
Doncaster Ducks-DQ	(272)	02:31.0	5. Magpie Marines	(214)	02:44.8	10-Minute Time Trial		10:00
Graham Ford	72.11		Andrew Close	32.10		1. Jamieson Perrine		
Bev Learmont	73.05		Tony Dell	59.02		2. Nick Carah		
Jason Merrett	49.07		Wasył Drosdowsky	71.00		Jason Merrett		
Nigel Shipley	78.08		Sofie Fabre	52.11		Ian Winnen		
						Chris Russo		
						George Rennie		
						Graham Paul		
						David McConnell		
						Mary Murphy		
						Wasył Drosdowsky		
						Rod Bayley		
						Kim Peak		
						Michael Orelli		

Frankston Venue's 40th Birthday Celebration

On the 17th of February, the Frankston Peninsula venue celebrated the 40th birthday of the Frankston venue. The weather gods were kind, with a fine sunny evening. Surprisingly, the dreaded "Frankston Doctor" took the night off, and perfect running conditions prevailed.

There was an athletic program with a 40 theme. When can anyone remember running a 40m sprint or a 440-yard race? We lacked imagination for the distance run and could only come up with a 4km run.

Thanks to our members for getting so many of our past members to attend. It was great to catch up and reminisce over past glories. It was also gratifying to see old friendships and rivalries being rekindled.

All from Frankston & Peninsula are thankful to the athletes from the Casey, Springvale and Mentone venues for attending and sharing Frankston's special night. I hope you enjoyed the occasion. Also, thanks to the Knox venue for conveying their best wishes.

Of course, there must be speeches, and it was fascinating to hear from Frankston's very first venue manager, Rex Chugg, on how the venue actually started. Another venue manager from the 1980s, Bob Tait, entertained us all with amusing anecdotes from the early days. Frankston's longest serving manager, Peter Duggan, gave an informative speech on his long association with the venue. Charlie Mallia, the only one of the original members 40 years ago who is still regularly attending, gave interesting reflections on how much has changed over 40 years. Frances Halton wrapped up the speeches by speaking of the current achievements of the Frankston Peninsula venue.

Again, my thanks to all those who helped and attended Frankston's 40th birthday. A good night enjoyed by all.

David Dodson

Co venue manager Frankston & Peninsula venue



Greg Lovejoy

Gary Meyer, Peter Duggan, Nick O' Brien, Charlie Mallia and John Wallace

FRANKSTON VENUE 40th CELEBRATIONS - SOUTHERN PENINSULA SUMMARY By Heather Carr

Reminiscing with fellow Masters Athletes regarding the now inoperative Southern Peninsula Masters Athletics Club had me travelling back through time, a captivating, nostalgic walk recalling a myriad of memories and an enormous variety of emotions.

The unveiling of the Tootgarook venue of the Victorian Veterans Athletic Club was held on 6th October 1991 at the Truemans Road Reserve grass athletics track. John Reid, the inaugural manager oversaw this historic occasion attended by at least 30 local athletes and other Victorian Veteran athletes from various metropolitan venues.

The Victorian Veterans venue in Tootgarook gradually developed and grew to the point where weekly competitions observed the club numbers slowly stabilising, although numbers did fluctuate during those early years, continually testing the strength of the initial committee. Although numbers varied, the committee persevered, and gradually a strong core group of athletes emerged.

During 1992, Alan and Meredith Radford assisted John Reid. However, they eventually acquired the reins of the club when John retired from the position, with Ken and Jackie Taylor becoming co-managers a year or so later.

Our 1st anniversary dinner was held at the Rye RSL on the 9th October 1992, a momentous celebration, considering the difficulties that arose during the first year. The track was built on an old tip, subsequently the track surface was uneven and challenging for both runners and walkers. Throughout 1993 and 1994, athlete numbers continually see-sawed, the track lacked lights, many issues that arose were challenging, but eventually overcome by the ingenuity, imagination, persistence and perseverance of the managers.

We continued to hold annual dinners until the final dinner, the club's 27th, which was held at the Atrium Restaurant, Safety Beach. October 6th 2021 would have observed the 30th birthday of the club, but alas, this was not to be. Members voted on 31 January 2020 to amalgamate with Frankston, emerging as Frankston Peninsula Masters Athletics.

Southern Peninsula Masters club was unique. The basis of competition formed around family, and the addition of youngsters was part of the reason the club flourished. It was necessary to bolster the numbers in the early years, and of course the athletes had young families and encouraged them to compete with their parents.

With this in mind, our club welcomed family participation, with many memorable events held annually, with much hilarity and laughter, yet including fierce competition, friendly rivalry, usually accepted, sometimes not!!

Southern Peninsula Veterans/Masters Athletics Club highlights:

1. Australia Day. Running and walking from Safety Beach to Rosebud, followed by a 1500m swim at the Mount Martha Life Saving Club. This arrangement changed over the years; currently a 10km run, followed by a 1500m swim, both at McCrae.

2. Wilsons Promontory weekend. Held on the second weekend in February, events included running from Tidal River to the Mt Oberon Car Park - all straight up hill! The tone was then set, with beach relays on the flat hard Norman Bay sand, followed by swimming in Norman Bay. Point to point for the stronger swimmers, body and board surfing for others. Finally the Squeaky Beach run, a 6.6km run from Tidal River, to Squeaky Beach, over hard or soft sand depending on the tide. This weekend began in 1996 and continues to the present day.

This weekend became a family experience, with families initially camping, then progressing to caravans or staying in accommodation in Tidal River. Again, so much laughter and shenanigans took place. The Parks

Victoria Ranger challenged the children and adults to find and identify many indigenous species during the warm evening torchlight strolls.

3. Post Office Dash. A 9km run from Sorrento PO to Rye PO, held the Sunday before Christmas Day. This became a very popular event. At one time the club recorded over 100 runners and walkers. The run finished with a 'high breakfast' of cereals and fruit salad, happily dished out by the children, all for \$5. Great value! This run was very, very popular, but as organisational issues arose, the legendary 'PO Dash' was reluctantly disbanded.

4. Melbourne Cup. A 3.200m handicap race. Again, hugely popular, followed by the competitors finishing order gaining them first selection of a horse. Often not enough horses to go around! The traditional baronial spread was then held during the afternoon at willing runners' or walkers' homes. Punters chose their best bet or long shot from the 26 horses available. Much money flowed whilst watching races on TV. Understandably, the handicap winner did not necessarily win the big money!

5. Tootgarook supported many events held by other venues, particularly Springvale, who staged events such as the Lindsay Thomas Memorial run, the Andy Salter relays and the Eric Greaves run at Braeside. In the beginning our club drove a mini bus load up to the venue with much hilarity and rerunning of the event on the way home. Puffing Billy runs were also supported over many years and were very well attended.

6. Peninsula Relays were held during the first year, arranged by John Reid, who gained sponsorship from Mercantile Mutual. Unfortunately this event was a one off occurrence.

7. Bush Bash Relays were held at Heyfield at the home of Jackie and Ken Taylor. The teams were evenly chosen by the handicapper. Again much fun, hilarity and tall stories were told around the evening campfire. The children created their own fun, riding motorbikes, and generally hanging out.

8. Other events supported by Southern Peninsula Masters included the Portsea Twilight run, the Sweat vs Steam in Echuca, the Bellarine Trail Run, and Queenscliff.

9. Cycling 'Around the Bay in a Day'. Remember the shock we experienced before the start when a tyre blew? Ahhh, memories.....

10. Arthurs Seat run, followed by lunch and tennis at Red Hill.

11. Baldrys crossing and Greens bush events. Lots of thrills and spills, particularly when Lachlan decided to leap off his bike at 30km an hour to get the jump start on his fellow competitors. Quite an amount of flesh was left on the road!

12. The club was very active during the 2000s, with, of course, weekly events at the Tootgarook grass track. Swimming events at McCrae and triathlons at Dromana [beach] and Rosebud [swimming pool]. Several members achieved their Bronze medallions as well during this time.

13. Many games nights, particularly New Year's Eve being very loud, large and popular. They were indeed our halcyon days with wonderful memories.

As I conclude my walk down memory lane, I am flooded with images and memories of

FUN, FAMILY, FRIENDS, HAPPINESS, SHARING, EXCITEMENT AND FRIENDLY RIVALRY.

VMA Bradford Sheehan T&F Pentathlon 2022

History: 34 years of an annual event.

This year the VMA Committee decided to change the name of VMA Pentathlon to honour Tony Bradford and David Sheehan, long time stalwarts of the Event.

Tony Bradford – Life Member- a past President-current Vice President.

33 years involvement as Event Manager and Competition Manager, Tony has competed in the Event over 20 times, but in recent years, due to the large number of Competitors has been restricted to a non-competing role only

David Sheehan-Life Member- a past Club Captain- current Team Manager.

About 28 years involvement, early days as a Competitor, since then the Leading Qualified Track Official. David still holds the M45 Record in the Pentathlon set in 1993 with 3126 Points.

For all the VFA fans, David can be remembered as Number 32 for Dandenong. He was the little bloke who fed off the famous Frosty Miller and kicked many goals.



Dot Browne (LM), David Sheehan (LM), Tony Bradford (LM), Phil Urquhart (LM)

2022 Event

It was decided that due to 50th Anniversary Celebrations, to hold the Event on the same day. So for the first time, it commenced at 8am. There were many enthusiastic Qualified Officials and willing Volunteers to get things away at that early time.

Tony stated he would have all Events over by 12 Noon so that Celebrations could commence.

He fired the Gun at 11.55 to start the last 1500 Metres on the Program.

A record number of 52 Entries.



All Athletes displayed great talents and fortitude in their endeavours. Amongst those, some who finished with high number of points:-

Melisa Foster- former West Australian 3066 Points –W40

Katja Mondous 2191 -W35

Kath Heagney 2561 -W70

Gurpreet Rai 3043 -M30

Mike Clapper 2593 – Glen Eira Venue Manager – M65



Overall it turned out to be a great Event, as was the 50th Anniversary Celebrations.

There are many people to thank for their participation in this outstanding Event, unfortunately too numerous to mention, although Ewen Wilson must be mentioned and thanked for learning the Meet Manager system for recording and Results.

Thanks to everybody involved.

[photos: Erika Bedy]

Cat	Name	Points	100m	SP	LJ	JT	800m
W35							
W36	Mondous, Katja		14.88	9.30m	4.22m	26.57m	3:02.85
		2191	493	506	411	443	338
W35	Rose, Sarah-Jade		15.74	5.70m	3.23m	12.35m	3:14.58
		1233	379	265	178	162	249
W38	Mcguire, Elisabeth		17.22	5.58m	3.12m	10.19	4:24.02
		747	214	257	155	121	0
W40							
W43	Foster, Melissa		13.42	8.29m	5.62m	23.29m	2:59.41
		3066	801	477	921	415	452
W50							
W50	Meadows, Vani		15.06	7.17m	3.09m	12.34m	4:34.08
		1697	715	466	279	219	18
W50	Whittle, Jo		18.20	6.47m	2.90m	13.26m	3:16.71
		1644	317	409	227	241	450
W55							
W59	Anderson, Helen		16.35	5.64m	2.88m	10.68m	3:24.42

		1952	621	382	276	205	468
W55	Pollard, Sonya		15.56	5.75m	2.66m	9.32m	3:34.51
		1889	731	392	212	169	385
W55	Edwards, Angela		20.74	6.54m	2.32m	19.55m	4:36.12
		1239	161	462	124	445	47
W55	Peak, Kim		18.81	5.59m	2.21m	12.04m	4:03.06
		1239	331	377	100	241	190
W59	Bedyn, Erika		20.98	6.04m	2.17m	12.34m	3:49.42
		1176	144	417	91	249	275
W57	Lamb, Heather		22.26	7.33m	1.71m	11.68m	5:26.14
		842	67	532	11	232	0
W60							
W63	Robinson, Christine		17.51	6.47m	2.65m	14.74m	3:35.18
		2173	564	510	265	359	475
W65							
W68	Clarke, Donna		17.62	5.96m	2.60m	12.47m	3:47.33
		2320	647	522	317	338	496
W70							
W71	Heagney, Kath		17.63	4.18m	2.62m	9.81m	3:40.76
		2561	762	383	411	300	705
W73	Learmont, Bev		19.66	4.92m	2.69m	13.45m	5:03.26
		2047	521	473	441	443	169
W72	Leitch, Mary		25.80	4.81m	1.87m	10.34m	6:15.74
		972	57	459	135	321	0
M30	Name	Points	LJ	JT	200	DT	1500
M30	Rai, Gurpreet		6.34m	45.36m	23.32	33.84m	4:58.67
		3043	661	520	754	541	567
M34	Tang, Yu		5.25m	23.56m	26.66	15.98m	6:05.35
		1554	431	210	472	198	243
M35	Chapmann, Shane		5.22m	27.18m	27.71	23.29m	6:16.00
		1706	457	264	429	341	215
M40							
M42	McLeod, Alistair		4.69m	12.79m	27.26	16.62m	7:15.95
		1334	404	81	524	240	85
M45							
M47	Featherston, David		4.90m	38.44m	27.46	27.02	5:04.25
		2813	512	515	576	515	695
M47	Prasad, Pramesh		3.72m	18.79m	31.26	15.97m	6:16.00
		1357	254	189	319	258	337
M50							
M51	Schroeter, James		4.57m	19.88m	28.56	20.33	5:53.22
		2087	504	221	563	287	512
M54	Murfett, Grant		3.63m	24.85m	29.08	22.60m	5:42.26
		2008	281	306	525	330	566
M52	Breed, Ray		3.66m	SCR	SCR	SCR	SCR
		DNF	288				
M55							

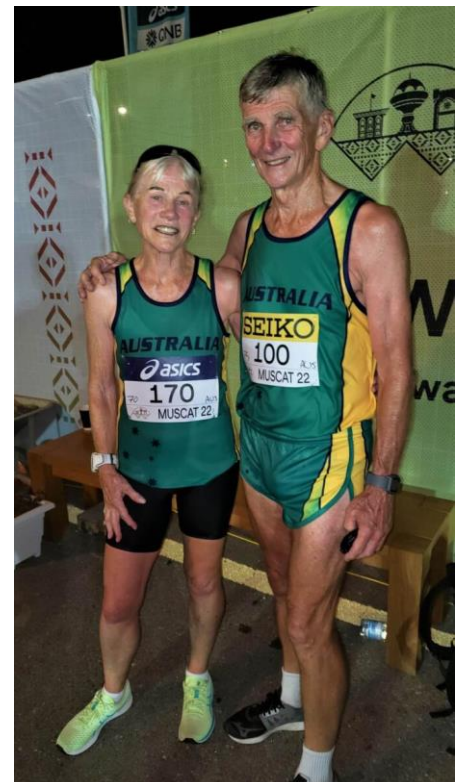
M57	Duncan, Malcolm		4.45m	13.26m	29.66	30.00m	7:41.93
		1937	550	131	555	530	171
M59	Dell, Tony		2.57m	19.79m	38.94	17.65m	6:45.37
		1071	112	250	84	264	361
M60							
M62	Newling, Rob		2.80m	20.84m	33.14	20.01m	5:30.31
		1983	196	292	403	296	796
M61	Kyriakakis, Michael		3.91m	19.24m	33.00	22.85m	7:14.55
		1835	481	260	412	353	329
M62	Hess, Albin		2.24m	14.59m	41.48	15.93m	7:08.47
		874	84	170	54	215	351
M65							
M69	Clapper, Mike		4.23m	21.54m	31.95	22.07m	6:23.64
		2593	679	351	557	380	626
M66	Brown, Chris		3.42m	24.71m	34.33	22.30m	7:35.44
		1976	419	422	412	385	338
M69	McLoughlan, Bernard		2.62m	18.71m	43.42	21.07m	6:27.72
		1502	201	288	48	358	607
M70							
M70	Prowse, Frank		2.07m	15.29m	49.20	11.32m	8:04.91
		864	118	239	1	170	336
M75							
M75	Jenkins, Llewellyn		1.93m	19.85m	SCR	18.25m	10:39.28
		DNF	126	407	0	389	75
M80							
M83	Dorr, Barry		2.02m	17.08m	41.24	15.02m	9:41.92
		1683	207	381	403	361	331
M84	Wood, Alan		2.36m	18.59m	43.26	13.73m	11:20.75
		1500	324	427	312	321	116
M80	Fraser, Andrew		1.88m	13.35m	48.58	13.49m	12:31.56
		901	164	271	126	313	27
M80	Leong, Tom		2.58m	15.00m	DNS	14.13m	DNF
		DNF	405	319	0	333	0

Heather and Andrew get Gold in Muscat

At the World Athletics Race-walking Team Championships in Muscat, Oman, a Masters teams event was held for the first time, after longstanding negotiations between WAVA and World Masters Athletics. Originally there was to be a mixed relay (4x 2k), with one male and one female in age groups. However, this was cancelled by World Athletics, leaving a 10k teams race, which included a mixed race for two. Despite very little warning of the event and COVID restrictions, 38 enthusiastic Masters Athletes made it to Muscat and all had a ball! The course was a 2K loop with a pretty significant gradient in warm conditions, which challenged even the elite open athletes, so times were relatively slow. The younger Aussie girls excelled, earning a silver medal, and the open men would have medalled too if not for a 2 min time penalty for Declan Tingay (WA), who was battling for the bronze medal. The Masters race was held at 7pm in the dark, which made it interesting for the judges, although the course was well lit and only one DQ was registered. Victorians Heather Carr (69.22) and Andrew Jamieson (61.53) were the only Australians, and easily won the 70+ age group mixed teams race from an Iranian team, and also won their individual age groups. Heather, Andrew and his wife Lyn stayed on for a few days to see more of Oman, which is a very orderly, peaceful and friendly modern country with lots to see and do.

For full results see:

<https://world-masters-athletics.com/news/race-walking-championships-2022-results/>



The second and third women to cross the finish line were Marina Crivello of Canada W40, and Heather Carr W70 of Australia. Both had a very fluid walking style.

The oldest man to finish did it in an incredible time of 1:01:53. Andrew Jamieson M75 is a multi-record and award winner from Australia.

Mixed Team Results

70+ Place 1 Aus 2:11:19 1:09:26 Heather Carr 70-74

1:02:53 Andrew Jamieson 75-79

2022 Annual Coburg Distance Carnival

Casey Masters Athlete Marnie Grace (47) set a high standard at this year’s popular 24-hour carnival championships on the 9th April at Coburg.

Successfully completing the 12-hour walk in a distance of 67.4km, Marnie secured the coveted award as 1st female and 1st overall walker.

A Regular member at Casey Venue since 2018, she has steadily established herself in Victorian Masters Athletics, particularly in long distance events.

Mike Hall



Heather Carr

(Victoria)

Australia's total domination in Masters race walking in recent years is in no small way attributable to this remarkable athlete, Heather Carr. Once again, one of this country's finest female Masters race walkers over almost the last three decades, Heather's sheer consistency during her last five age divisions, arguably has no equal. I personally recall the very day in 1986 when she arrived at the Mentone track to first discover the sport of Veteran Athletics. Little did she foresee just how that memorable day would change her lifestyle dramatically.

From the inaugural initiation, her dedication and passion for race walking and an insatiable appetite for competition have escalated her to the highest level of world-class Masters Athletics over many years. Further testament to her amazing durability and dedication is that despite her longevity in athletics, she was still capable of single-handedly raising four children in the process.

After several years on her own, Heather met and married fellow masters athlete and UK soccer star Bill Carr in 1999. They now live in Dromana on the Mornington Peninsula, where she competes regularly and is a current committee member of the strong Victorian Race Walking Club.

Heather's initial coaches were the late Frank McGuire and later Harry Summers, with whom she was duly selected for Australia on two occasions (1990/1991) to compete in Grassau (Germany) at the age of forty-one, and in the process recorded her personal best 10,000 m time of 49.37.

In the early nineties she then turned to Charlie Gorman for expert advice, and under his guidance over a scintillating five-year period was unbeatable in three successive World Masters Championships 1993, 1995 and 1997, winning triple gold medals in each of her events.

Originally coached by Mark Donahoo and ex-Olympian Simon Baker, she continued to dominate her events at world level again, winning gold at successive games in 2001, 2003 and 2005 and, more recently, in the W60 category, again three gold in Sacramento 2011 and Brazil 2013.

A previously unsurpassed fourteen consecutive World Masters Championships dating back to Melbourne 1987 have seen Heather accumulate a remarkable twenty-five gold and seven silver medals in the process. Over the same period she established no fewer than twenty world and nineteen Australian national records, and currently still holds three W60 world 3,000m/15.21.94, 5,000m/26.10.22 and 10,000m/53.56.6 and ten national records.

In recent years Heather has continued to dominate her opposition at World level in all her distances, winning her three events 5000/10000/20000 in 2015 (Lyon/France) and likewise in 2016 (Perth). Her recent achievements include gold medals in the 10Km individual at Race Walk Championships in Puscat (Oman) and yet again a further two world records, now in W70 division, 3000/18.01.06 (90.29%). She even bettered that with 3000/17.58.01 (90.54%) !! under the astute guidance of well-known racewalker coach, Jim Leppik.

Always forthcoming to encourage other competitors and take responsibilities within the Masters Athletics organisation she is indeed not only a great achiever within the sport but, more importantly, a role model for us all.

Extract from "Age Shall Prove No Barrier in Pursuit of Excellence" – by Mike Hall



VICTORIAN MASTERS ATHLETICS INC.
ANNUAL GENERAL MEETING
SUNDAY 15 MAY 2022

Notice is hereby given that the 50th Annual General Meeting of Victorian Masters Athletics Inc. will be held at Duncan Mackinnon Reserve, Cnr. North Road and Murrumbeena Road, Murrumbeena, on Sunday 15 May 2022 commencing at 1:00 pm.

Note that if Covid related restrictions limit the number who may physically meet, the meeting will be by videoconference using zoom. Details will be forwarded to members prior to the meeting.

AGENDA

- Confirm minutes of last preceding AGM.
- Presentation and receipt of the Annual Report and Audited Financial Statement.
- Receive the Certification of the Financial Statement by two Committee Members.
- Minute incorporating Financial Statements into AGM minutes.
- Ballot for the election of officers of the Association and the ordinary members of the Committee.
- Declaration of the result of the election for President.
- Declaration of the result of the election for other named positions.
- Declaration of the result of the election for other positions.
- Election of auditor.
- Election of Life Members.
- Presentations of special awards, trophies etc.
- Other general business of which notice has been duly given.

Election of Committee members

The committee shall consist of officers of the association and 7 ordinary members.

The officers of the Association are:

President	Assistant secretary
Vice presidents (2)	Club Captain
Treasurer	Club Vice Captain
Secretary	

NOMINATION OF CANDIDATES

VICTORIAN MASTERS ATHLETICS INC.

Clause 21 of the Constitution states that nominations of candidates for election as officers of the Association or as ordinary members of the Committee shall be made in writing, signed by two members of the Association and accompanied by the written consent of the candidate, and shall be delivered to the Secretary of the association not less than 7 days before the date fixed for the holding of the annual general meeting.

To nominate a candidate please complete the details below and forward to the Secretary by post to:

Margaret Hunter 87 Chute Street Mordialloc Vic 3195

or by email to secretary@vicmastersaths.org.au

To be valid nominations must be mailed in time to arrive before 8 May 2022

Candidate Name.....

- Office (please indicate) President
- Vice President
- Treasurer
- Secretary
- Assistant Secretary
- Club Captain
- Club Vice Captain
- Ordinary member of Committee
- Any of the above

Proposer: Name.....

Signature.....Date.....


Seconder: Name.....

Signature.....Date.....

Consent of Candidate : I consent to the above nomination

Name.....

Signature.....Date.....

<p>The Club</p>  <p>needs you</p>	<p>Seeking to involve more members in non-committee functions</p>
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With the recent move of active members to positions at the AMA and some unforeseen circumstances a number of functions are currently being managed by one person. We are seeking to spread the load and have more members actively contributing to the running of the club.

The functions that are available for distribution are:

- | | |
|---------------------------|--|
| 1. Club registrar | computer knowledge an advantage |
| 2. Events registrar | computer knowledge an advantage |
| 3. Merchandise officer | computer knowledge & some space to store merchandise |
| 4. Web site administrator | WordPress software used |

Those of you who are interested in helping out please contact Ewen on:

assistant-secretary@vicmastersaths.org.au

[m] 0423 424 185

3000 Metre Track Championship

Sunday 15 May 2022

Location: Duncan Mackinnon Reserve, cnr North Road and Murrumbeena Road

Report in by: 10:30 am

Start: 11:00 am

Link to registration page: <https://www.registernow.com.au/secure/Register.aspx?E=46904>

Or use the link on the home page of the website.

For any further queries please contact Ewen Wilson registrar@vicmastersaths.org.au

Additional information 3km

1. The event is open to financial members of the VMA.
2. Entries close 23:59 on Wednesday 11 May 2022. No entries accepted on the day.
3. If not currently a member go to vicmastersaths.org.au to register as a member
4. To be eligible for VMA medals, participants **MUST** wear a **VMA or venue** uniform. VMA uniforms can be purchased through the VMA website. Venue uniforms can be purchased through the respective venues.


Followed by lunch at 12:30pm and AGM

1. All VMA members and partners/friends are invited to attend the **AGM** and **complimentary lunch** to be held in the pavilion following the race.
2. All VMA Committee positions become vacant at the AGM.
3. Members are invited to nominate for any position on the committee. Please contact a member of the current committee to discuss the duties involved in running VMA

3,000 Metres Championship Records				
W30	Kym Osmand	11.40.60	24-04-2016	Murrumbeena
W35	Nicola Hamilton-Morris	11.47	02-05-2021	Murrumbeena
W40	Susi Wilson	11.24.3	19-04-2015	Murrumbeena
W45	Elizabeth Grover	13.05	14-04-2013	Murrumbeena
W50	Pam Tindal	12.26	22-04-2012	Murrumbeena
W55	Stacey Van Gueren	11.36.4	19-04-2015	Murrumbeena
W60	Helen Stanley	13.06	23-04-2017	Murrumbeena
W65	Lavinia Petrie	12.46	10-04-2011	Murrumbeena
W70	Lavinia Petrie	13.13.9	13-04-2014	Murrumbeena
W75	Judy Wines	20.22.8	13-04-2014	Murrumbeena
W80	Pam Mews	28.5	23-04-2017	Murrumbeena
W85	Pam Mews	32.15	02-05-2021	Murrumbeena
M30	Matt Hallett	9:50	18-06-2019	Collingwood
M35	Shane Draper	9.48	14-04-2013	Murrumbeena
M40	Shane Draper	9.34.58	24-04-2016	Murrumbeena
M45	Robert Schwerkolt	8.49	10-04-2011	Murrumbeena
M50	Robert Schwerkolt	9.45	15-04-2018	Moorabbin
M55	Steven Quirk	9.53.54	24-04-2016	Murrumbeena
M60	Mark Purvis	10.34	15-04-2018	Moorabbin
M65	Gary Stewart	11.23	10-04-2011	Murrumbeena
M70	George Rennie	12.32.7	19-04-2015	Murrumbeena
M75	Ashley Page	14.2	15-04-2018	Moorabbin
M80	Bill Page	15.13	10-04-2011	Murrumbeena
M85	Col Silcock-Delaney	24.15	15-04-2018	Moorabbin

2022 Browne Shield
Event NO.1

VMA 10km Track Race

 **Where:** Collingwood Athletics Track
George Knott Reserve, Heidelberg Road, Clifton Hill

When: Tuesday 17th May, check in by 6.30pm

Enter: VMA website - \$10



Entries Close: Friday 13th May - 11.59pm

Wear VMA singlet or VMA venue singlet and please
organise a lap scorer
Medals for 1st, 2nd and 3rd in each age group



Shield Points for each age group:

4 – 1st

3 – 2nd

2 – 3rd

1 – other runners

Any queries contact - Peter Thorne 0427 880 143

2022 VMA 10 KM ROAD CHAMPIONSHIP

A BROWNE SHIELD EVENT AND ERIC GREAVES MEMORIAL

SUNDAY 17 July 2022 at BRAESIDE PARK

In conjunction with VCCL

(Entrance Lower Dandenong Road, Braeside - Melways Ref 88 D 7)

Run on a fast flat course



ON LINE ENTRIES ONLY

Refer to VMA website vicmastersaths.org.au


Entries close Wednesday 13 July at 11.59 pm

Start time 10 am – check in by 9.30 am


As this is a Championship event, VMA uniform or venue singlets must be worn to be eligible for medals.

Enquiries to Alan Bennie 0428990873

Springvale Masters Athletics recognises the importance of healthy eating in promoting health and wellbeing and is committed to supporting club members, officials, families and visitors to make healthy food and drink choices.



Browne Shield 2022



Scoring – Shield points for each age group

4pts – 1st (fastest)

3pts – 2nd

2pts – 3rd

1pt – all other runners

This is a change from previous years where age graded percentages contributed to scoring for the Browne Shield

Awards


- ❖ Browne Shield – awarded to the venue with the most points
- ❖ Highest age graded male and female
- ❖ Most consistent runner male and female using age percentages
- ❖ Most improved runner male and female using age percentages

(Awards go to runners who compete in 4 of the 5 events)

Competition Rules

Runners must be a VMA member and compete for their primary venue.
Runners must wear their VMA singlet or venue singlet.

Peter Thorne



Browne Shield 2022


Tues 17 May @ Collingwood – VMA
10,000 metre Track Championship

Sun 5 June @ Collingwood – VMA
6/8km Cross Country

Sun 17 July @ Braeside Park – VMA
10km Road Race/ Eric Greaves
Memorial 10km

Sun 14 August @ Knox – VMA 10
Mile Road Race

Sun 4 September @ Burnley –
AV/VMA Half Marathon



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

Peter Thorne

Ultra-fun run for the 50 year old mum

By John the Carvalho

For most 50-year-old mothers, running 50 km through rough, bushy, mountainous terrain would be a nightmare. But for Wendy Downes, fun runner, duathlete, marathoner and ultra-marathoner, it's fun.

A fat, unathletic child who despised any sort of sport, Wendy began running at 35 when she lived in New Zealand. Her husband persuaded her to join his work team for Auckland's 11 km 'Round the Bays' fun run. Surprisingly, she enjoyed doing something new, and when her family moved to Sydney in 1980, competed in her first Sun-Herald City to Surf.

Since then she has completed ten more Sun-Herald City to Surfs, ten marathons, five ultra-marathons, three duathlons and a countless number of fun runs, including runs with the men of the Hash House Harriers in Indonesia.

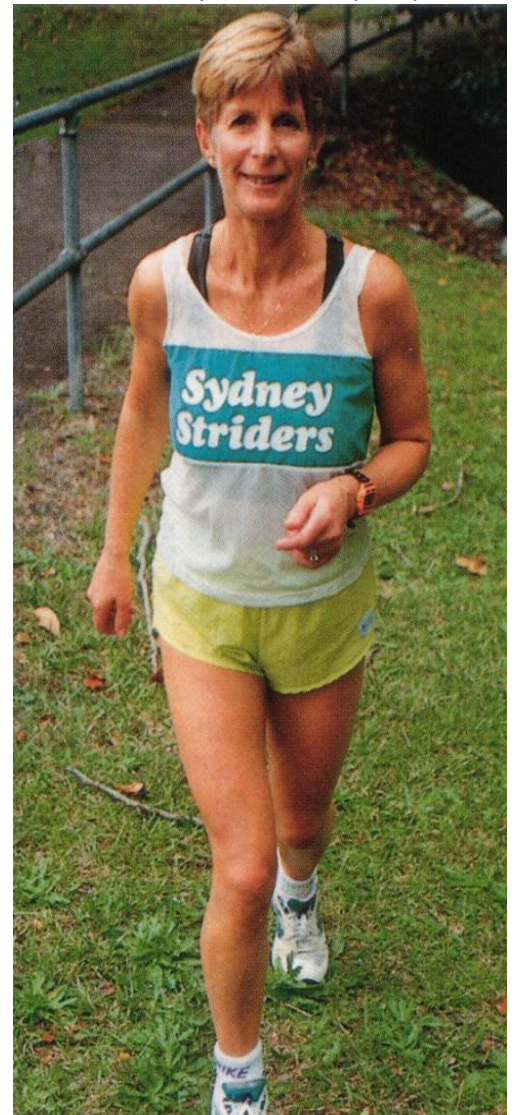
"I run for fun and to keep fit, but I've also become very competitive. I like to win - I enjoy the buzz I get out of it, even though I might suffer a bit of pain along the way," admits Wendy.

1987 was a year of mixed fortunes for this determined lady. She ran PBs in the Sun-Herald City to Surf (60 min) and in the Wang Australian Marathon (3:11 hr), but in the World Veterans' Games marathon in Melbourne, Wendy fell, seriously damaging her knee. An operation kept her off the road for six months and, whilst she continued to run socially, Wendy did not compete again until 1992.

It was then that she took up the ultra-marathon, a gruelling event which takes around five hours to complete. Ultras are any distance longer than 42 km, and are sometimes held in rugged bushland with steep hills, so treacherous and rocky that competitors usually walk up and down them.

In her first ultra, the demanding Six Foot Track event from Katoomba to the Jenolan Caves, Wendy was the fifth lady to finish. In her second event, the Royal National Park Ultra (50 km), she finished first. "To win at 50 was great, an achievement. It was the start of a good feeling about running these events," explains Wendy.

In 1993 Wendy improved her Six Foot Track time by 28 min, and came third in both the Brisbane Water Bush Bash (47 km) and the Brindabella Classic (47 km). She also competed in three duathlons



and came third in her age group for the Sun-Herald City to Surf (62:58 min).

Wendy's biggest disappointment came during this year's Six Track in March. With two kilometres to go, running second and heading for a PB of less than five hours Wendy fell, injuring her knee, and was forced to withdraw.

"I was less than a minute behind the leader (and eventual winner, Jill Reich), and I think I could have caught her," says Wendy. "The time would've been fantastic. It would've blown me away."

The injury forced her out of the Canberra Marathon in April, but amazingly Wendy came back to win the Brisbane Water Bush Bash on April 23rd, only seven weeks after her fall.

"Indestructible. I think she would run with broken legs if she had to," says Merri Mack, triathlete and friend who has been training with Wendy for the past two years.

"Everything about Wendy is full on," describes Mack. "There's no such thing as a relaxing run or cycle with her; it's always flat out. She says I initiate it, but it's her. She's extremely competitive."

Wendy would not argue with that, but maintains she enjoys ultras for the social environment as well.

"Everybody knows everybody and we are like a family. The people, the camaraderie, the competition - it's healthy, it's different and it's fun."

It's this same camaraderie that Wendy enjoys about the Sydney Striders Road Runners Club. She joined the Striders in 1985 to help her build-up to marathons. Having been involved in the committee for most of that time, including four years as secretary, she believes it has become part of her life.

"We go every Sunday and meet people, and everyone has a common bond. They're all my friends. It's my second family," she says happily.

The 280 members of the club must appreciate being considered part of Wendy's family, because they elected her club President on May 29th.

Wendy is Personal Assistant to the Managing Director of a successful engineering firm in Lindfield. It is a very stressful, time consuming job, and with the added responsibilities of being club President, a wife and mother of two sons, and a fitness fanatic, you would think Wendy would have great difficulty fitting in everything.

"Not really. I get tired at night"! she says. "I think my running complements my job because I feel good about myself. I'm happy."



PERFORMANCE
MEDICINE

6 tips to keep you running as you age

Dr Brea Kunstler (Physiotherapist and Run Coach)

When I was a kid I would always look at my parents and think they were old. My dad was in his 40s and my mum was in her 30s when I was 12 years old. So, I was young, and they were old. Now that I'm in my 30s I obviously see how wrong I was! I still have a lot of quality years of life in me.

Although I'm certainly not "old", I am considered a [Masters athlete once I turn 35](#). That's right, a Masters (recreational) athlete at 35.

Does this mean that I have automatically mastered the art of being a recreational athlete once I turn 35? Unfortunately, no. It just means that I'm getting older and, as a result, have special health and training needs. I need to think smarter about how I train in my 30s. This goes for any sport, but in my case, it's running.

I have decided to do some research into the specific training and recovery needs of the Masters athlete (recreational and elite) to protect myself from injury and continue to enjoy my running as I get older.

1. Tailor your training to your sport.

Sounds logical, right? If you want to run a 10km event, then you should train to be able to run that distance (or close to) before the day. But what does "train" actually mean? It's not just about running the distance. It's important to include specific strength training, as well as distance and speed training, into your program. All athletes should do this, but it becomes especially important as we get older and our adaptation to training changes. So, my training program includes resistance training for key muscle groups 2-3 times per week, as well as having long and slow runs, and short and fast runs (which I elaborate on below).

2. Run easy or hard and not somewhere in the middle all the time.

Some people run because they just enjoy running. They go out every day at the same time and run around the same park at the same pace because that's their jam. That's OK if that describes you; you do you!

However, for those who want to mix things up a bit (e.g. increase their running distance or speed), they also need to mix up their training a bit too. Masters runners often find their thing and stick to it

because it might have worked for them before. (Heard of the saying ‘You can’t teach an old dog new tricks?’). However, [science tells us](#) that their running performance could benefit greatly by substituting some of their regular cruisy long runs for specific hard and specific easy sessions.

Hard sessions can include things like [fartlek or interval training](#), where talking seems impossible. Easy sessions require discipline for the regular runner who can’t help but run faster. They could simply be a [tempo or slower](#) run where you chat with your friend the whole time or, if you can’t be trusted, try a bike ride instead.

3. Consider your running surface and plan for it.

Do you like to pound the pavement outside your city office or feel the squishy mud under your feet as you smash out a trail run in the hills on a Sunday? Either way, think about what you are running on (i.e. concrete with a slight elevation vs grass/track/mud with random changes in elevation). Your running surface will help you to plan the things you need to do to prevent injury:

1. What kinds of shoes you should use:

Trail runners sometimes need additional grip, whereas road runners might need some mild support to prevent excessive pronation (remember, some pronation/arch flattening is completely normal and necessary). These are features of the right running shoe, and getting a professional fit can help ensure that you choose the best shoe for your needs.

2. The type of strength training you should do:

Running in the hills will require awesome proprioception (knowledge of where your body parts are when you aren’t looking at them, which is a huge part of balance) and strength of smaller stability muscles at your joints. Road running also needs these things but, if I were to prescribe a training program for an uncomplicated road runner, I would typically focus less on the proprioception training (like bouncing on a trampoline) and more on conventional plyometric training on harder surfaces (think hopping, skipping etc.).

4. Focus on nutrition.

Good nutrition is important for all athletes at all ages because all athletes need to recover well (even if they aren’t striving for their next PB). I used to be able to eat whatever and not notice much of a difference in my running performance (probably because I didn’t really care). I believe that if I put more effort into my nutrition early on then I would have got more from my training and achieved some great things. But, as I said, I was just happy plodding away on my regular runs.

As we get older our sports nutrition needs change. For example, it’s very important for all athletes to consume [protein \(and other nutrients\) after a workout](#) to help the body respond to the training stimulus, but [older athletes might need to consume more protein](#) compared to younger athletes simply because they don’t absorb it as well.

Also, lean muscle mass tends to decrease and our bone density can take a hit as we age, meaning that special attention needs to be paid to [calcium intake](#) as well as protein to build and maintain our musculoskeletal system.

So, as we age, it's important to pay more attention to our diets and how we can use food to fuel our activity and protect us from injury. I encourage many Masters athletes (especially recreational ones) to chat with a sports dietician to make sure their diet is appropriate to support their training.

5. Recover well to perform well.

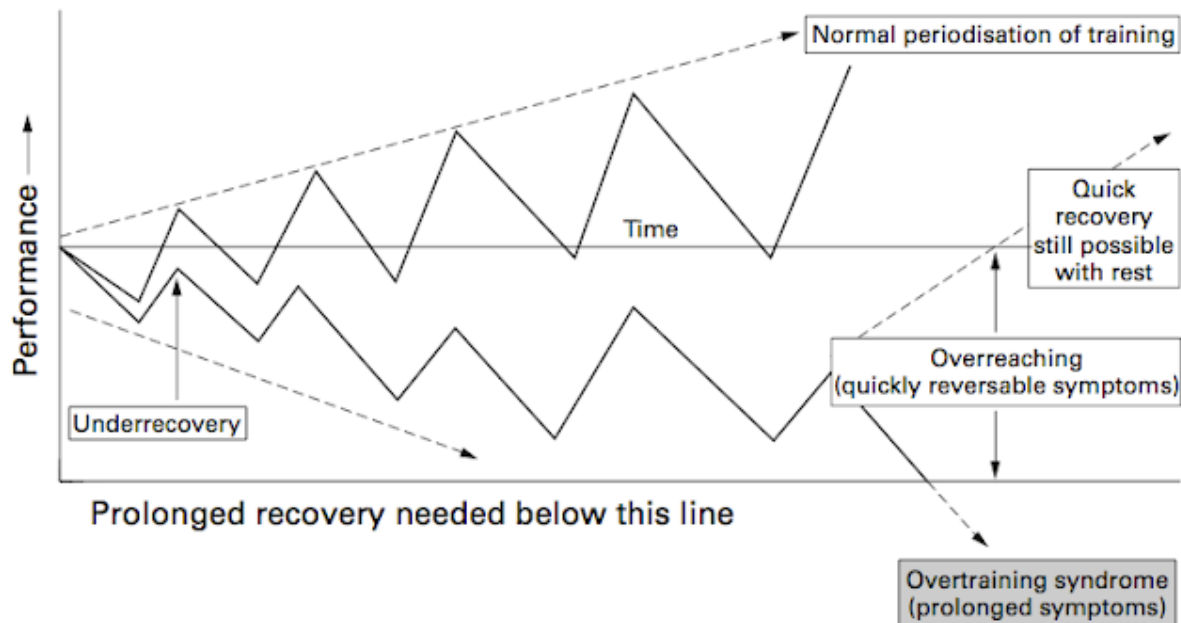


Image 1: Rest is needed for the body to respond effectively to training ([Source](#))

Masters athletes might need longer to recover between training sessions. Image 1 demonstrates that performance increases as we progressively stress the body with training, but only if we give it time to recover and adapt to that stress (e.g. by having weekly rest days and getting enough high-quality sleep). If we don't allow enough recovery time, or assume that the amount of time it took for us to recover in our 20s is the same as in our 50s, then we risk under-recovery and injury.

6. Listen to your body.

Honestly, I think athletes of all ages should be doing this. If you feel like crap, then you might need a rest day (I encourage one at least once a week) or do a different type of training session (e.g. an easy run rather than your scheduled hard run).

You might feel crap because you might not be recovering well, especially if you are losing sleep (e.g. due to work stress, kids, hormonal changes, other "adulting" challenges), are mentally drained (e.g. from long work hours and needing to remember grade 3 maths during lockdown-mandated home-schooling etc.) or not fuelling your body appropriately (Image 2).

Effects of mental fatigue on physical performance

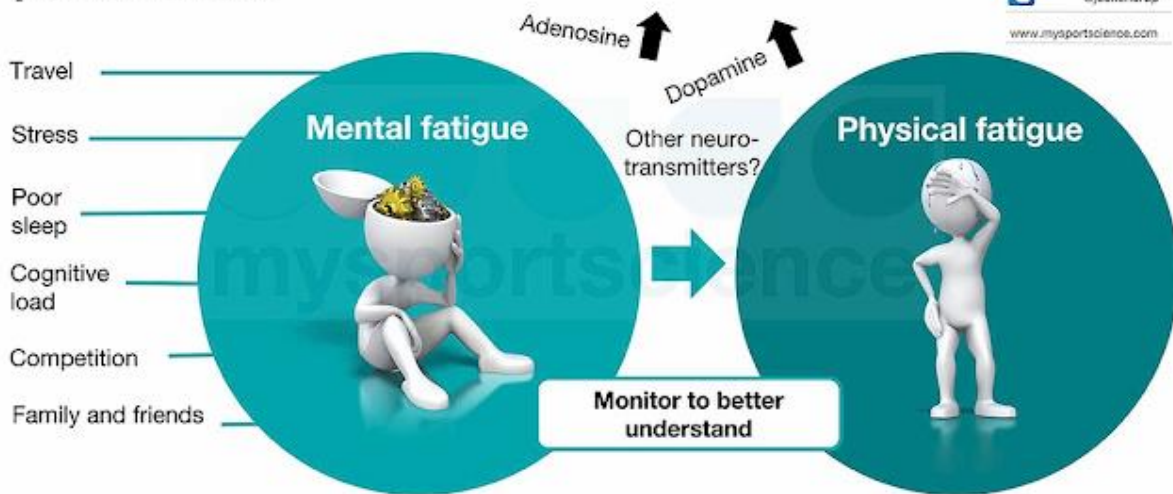


Image 2: Mental fatigue can be just as taxing, and contribute to, physical fatigue ([Source](#))

I am much better now at including a 10 minute warm up before each run, and this allows me to decide how I am feeling that day and what my body can handle. I used to think of that 10 minutes as wasted time. Now I think of it as a way to add plyometric training into my program, spend less time injured and more time running faster (as I'm already warm when I start!).

Taking a rest or low-intensity day won't set you back in your training (read that again! And again!). In fact, it might enhance it! See Image 1 above that shows that sufficient recovery between training sessions actually allows you to perform better in the next session. As [Dr Shona Halson](#) says, the only training you benefit from is the training you recover from!

References

[Prof Peter Reaburn](#) tips and recommendations for training as a Masters athlete

The Physical Performance show podcast – [Dr Stephen Seiler](#) (benefits of periodised training), [Prof Peter Reaburn](#) (training the Masters athlete), [Dr Shona Halson](#) (recovery)

Sports Dieticians Australia – [Nutritional considerations for the Masters athlete](#)

[The effects of age on muscle and bone health](#)

Dr Stacey Sims' [Instagram](#) posts on hormones and impact on performance

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!

BOOK REVIEW

“What I Talk About When I Talk About Running”

by Haruki Murakami

Vintage Books, New York, 2009

This book was given to me for Christmas, and I have found it a delight to read, so I thought I might share some thoughts with you on this book. I had not heard Murakami previously, but he is evidently a well-known Japanese author who is also a keen runner. He was born in Kyoto in 1949, but now spends a considerable amount of time travelling the world, and living in the United States.



He wrote “What I Talk About When I Talk About Running” while training for the New York City Marathon when he was 56 years old. It is really a series of essays in which he reflects on running, writing and ageing. He describes it “as thinking out loud”. On the surface this may seem quite banal, but I found his style of writing to be relaxed and conversational and easy to read. His thoughts and ideas, especially those on running, reflected some of my own thoughts and feelings.

Running became important for him to help clear and relax his mind, as he says himself that repeating a mundane activity for long enough becomes meditative. He does not try to instill a love running into others, or persuade people to take on the marathon, but rather he is simply sharing his own thoughts with others who may or may not share them.

Some of his other reflections on running include trying to let the exhilaration felt at the end of each run carry over to the next day. He has found that running has made him stronger, both physically and emotionally. Except for elite athletes, he observes that the average marathon runner (of which he is one) is not interested in beating others. The marathon runner cares about achieving one’s own goals set by oneself – your only opponent is yourself.

His running started to become slower in his later forties, but he has learnt to accept things as they are, and not fret about his body ageing and slowing.

For those of you who are writers, or who are interested in how writers do their work, he spends time describing how he became a writer and how he continues to produce novels. In his life, being a writer and being a runner are intertwined. When he took up writing novels full time as a profession, he found that he needed to do some exercise and give up smoking. He chose running as it is simple to do and can be done almost anywhere any time. He explains how his writing has been influenced by his running, and how it would be different without his running, especially marathons.



He provides insights into what it feels like to run a marathon, both in a physical and in an emotional sense. There is even some advice from his own experience. One marathon went badly for him. On reflection he identified three reasons why he had not run as expected:



1. "Not enough training."
2. "Not enough training."
3. "And not enough training."

Part of his motivation to keep training to run marathons repeatedly is that there are "a few reasons to keep running and a truckload to quit". Keep those few "nicely polished". The book describes the months of training leading up to NYC. This is not a day by day diary of his runs, but how his thoughts on running, writing, ageing and life developed in the last few months. One chapter looks back on a 100 km run he completed in Japan some years previously and the effect that it had

on him.

With one week to go he describes a "hard and fast" rule about marathons: You do not know how you will go until you start running. He finally reflected that long distance running made him into the person that he is, and so he plans to keep running for as long as possible.

This is the sort of book that can be read at a leisurely pace over a period of time, maybe one chapter at a time. Each chapter was written at a different time, so each is a real time reflection of his thoughts and feelings as he prepared for the New York City Marathon.

Christopher Worsnop



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)

2022 Australian Masters Athletics Championships – VMA Only

QSAC – SAF & MAIN – 1/04/2022 to 4/04/2022

Results – Age Grading: 5 Yr Indiv & 5 Yr Multi

60 Metres

CAT	SESSION	POS	NBR	NAME	AGE	TIME	WIND	AGE-GRADING	HEAT#
W45	Finals	9	4527	Smith, Wendy	W48	9.49	0.6	8.72 79.35%	
W50	Finals	6	5008	Burns, Jacinta	W54	9.28	+0.0	8.20 84.38%	
W55	Preliminaries	7	5521	McLean, Louise	W57	9.34q	-2.4	7.93 87.37%	1
		9	5526	Pollard, Sonya	W55	9.51q	-2.5	8.07 85.80%	2
W55	Finals	5	5521	McLean, Louise	W57	9.09	-0.3	7.72 89.77%	
		9	5526	Pollard, Sonya	W55	9.39	-0.3	7.97 86.90%	
W65	Finals	4	6503	Kirby, Karen	W66	11.19	1.6	8.71 79.54%	
M30	Finals	2	3211	Rai, Gogi	M31	7.23	0.1	7.24 88.38%	
		3	3202	Ashcroft, Brendan	M31	7.24	0.1	7.25 88.26%	
M40	Finals	3	4226	Meagher, Jarrod	M44	7.61	-1.1	7.29 87.78%	
		7	4202	Baker, Cameron	M44	7.97	-1.1	7.63 83.81%	
M45	Preliminaries	1	4726	Harper, Mark	M46	7.51q	-0.5	6.97 91.74%	2
M45	Finals	1	4726	Harper, Mark	M46	7.40	0.9	6.87 93.11%	
M50	Preliminaries	3	5214	Dobrzynski, Stewa	M51	7.71q	+0.0	6.93 92.22%	2
		11	5230	Langdon, Antony	M53	8.63	+0.0	7.76 82.39%	2
		12	5237	Murfett, Grant	M54	8.66	-1.7	7.79 82.10%	1
M50	Finals	2	5214	Dobrzynski, Stewa	M51	7.66	-2.2	6.89 92.82%	
M60	Finals	5	6243	Shaw, Graham	M64	8.75	1.0	7.36 86.86%	
M65	Finals	1	6725	Mayston, Rob	M65	8.02	+0.0	6.50 98.38%	
		6	6739	Wyatt, Peter	M65	9.81	+0.0	7.95 80.43%	
M70	Finals	3	7208	Carr, Bill	M72	9.57	-1.5	7.44 85.89%	
M80	Finals	3	8209	Oakley, Russell	M82	11.27	0.4	7.85 81.46%	
M85	Finals	2	8706	Silcock-Delaney	M89	18.80	0.4	12.06 52.98%	

100 Metres

CAT	SESSION	POS	NBR	NAME	AGE	TIME	WIND	AGE-GRADING	HEAT#
W45	Preliminaries	11	4527	Smith, Wendy	W48	15.69	-1.4	14.43 72.72%	2
W50	Finals	6	5008	Burns, Jacinta	W54	14.64	+0.0	12.95 81.01%	
W55	Preliminaries	8	5521	McLean, Louise	W57	15.02q	-1.1	12.76 82.22%	2
W60	Finals	8	6001	Armstrong, Maggie	W60	18.60	1.7	15.15 69.30%	
W65	Finals	4	6503	Kirby, Karen	W66	19.45	1.1	15.15 69.25%	
M30	Finals	2	3211	Rai, Gogi	M31	11.23	1.2	11.24 87.18%	
		3	3202	Ashcroft, Brendan	M31	11.42	1.2	11.43 85.73%	
M40	Finals	3	4226	Meagher, Jarrod	M44	11.93	+0.0	11.43 85.67%	
		7	4202	Baker, Cameron	M44	12.83	+0.0	12.29 79.66%	
M45	Preliminaries	1	4722	Giglio, Mark	M49	11.89q	NWI	11.05 88.65%	1
		2	4726	Harper, Mark	M46	12.02q	+0.0	11.17 87.69%	2
M45	Finals	1	4726	Harper, Mark	M46	11.47	0.7	10.66 91.89%	
		2	4722	Giglio, Mark	M49	11.80	0.7	10.96 89.32%	
M50	Preliminaries	4	5214	Dobrzynski, Stewa	M51	12.55q	-2.5	11.29 86.69%	2
		11	5264	Wilcox, Andrew	M53	12.89	-2.5	11.60 84.41%	2
		13	5230	Langdon, Antony	M53	13.81	-2.5	12.43 78.78%	2
		14	5237	Murfett, Grant	M54	13.97	-1.1	12.57 77.88%	1
M50	Finals	3	5214	Dobrzynski, Stewa	M51	11.86	2.6	10.67 91.74%	
M55	Preliminaries	7	5716	Italia, Rob	M56	13.42q	+0.0	11.69 83.83%	
		6	5716	Italia, Rob	M56	13.10	+0.0	11.41 85.88%	
M60	Finals	5	6243	Shaw, Graham	M64	13.96	-0.1	11.75 83.38%	
M65	Finals	1	6725	Mayston, Rob	M65	12.51	0.7	10.15 96.48%	
		4	6743	Watts, Andrew	M66	13.71	0.7	11.13 88.04%	
		7	6707	Clapper, Mike	M69	14.89	0.7	12.08 81.06%	
M80	Finals	3	8209	Oakley, Russell	M82	17.66	0.6	12.31 79.56%	
M85	Finals	2	8706	Silcock-Delaney	M89	35.09	0.6	22.54 43.43%	
M30+	CoC	1	6725	Mayston, Rob	M65	10.28	0.3	8.34 117.41%	
		6	4726	Harper, Mark	M46	11.08	0.3	10.30 95.13%	

200 Metres

CAT	SESSION	POS	NBR	NAME	AGE	TIME	WIND	AGE-GRADING	HEAT#
W45	Finals	9	4527	Smith, Wendy	W48	33.86	1.0	30.42 70.17%	
W60	Finals	7	6001	Armstrong, Maggie	W60	38.44	2.3	30.38 70.27%	
M30	Finals	1	3211	Rai, Gogi	M31	22.65	1.8	22.66 85.30%	
M40	Finals	4	4210	Cummings, Marlon	M44	24.70	0.7	23.56 82.02%	
		5	4228	Morrissey, David	M40	25.31	0.7	24.14 80.05%	
M45	Preliminaries	1	4711	Crowley, Nathan	M48	24.74q	1.2	22.85 84.56%	2
		2	4726	Harper, Mark	M46	24.99q	-0.7	23.08 83.71%	1
		4	4722	Giglio, Mark	M49	25.34q	-0.7	23.41 82.56%	1
M45	Finals	1	4726	Harper, Mark	M46	23.31	2.0	21.53 89.75%	
		2	4711	Crowley, Nathan	M48	23.53	2.0	21.73 88.91%	
		3	4722	Giglio, Mark	M49	23.66	2.0	21.86 88.42%	
M50	Preliminaries	1	5214	Dobrzynski, Stewa	M51	24.64q	-0.7	22.02 87.78%	2
		10	5237	Murfett, Grant	M54	27.49	-0.7	24.56 78.68%	2
		11	5230	Langdon, Antony	M53	27.85	-1.9	24.89 77.67%	1
		12	5243	Rashid, Navid	M52	31.09	-1.9	27.78 69.57%	1
M50	Finals	2	5214	Dobrzynski, Stewa	M51	24.06	1.6	21.50 89.90%	
M55	Finals	6	5716	Italia, Rob	M56	27.13	0.7	23.43 82.49%	
M60	Finals		6243	Shaw, Graham	M64	DNF	1.4		
M65	Finals	1	6725	Mayston, Rob	M65	25.00	1.6	20.02 96.52%	
		3	6743	Watts, Andrew	M66	27.39	1.6	21.94 88.10%	
M70	Finals	3	7208	Carr, Bill	M72	32.21	1.5	24.62 78.48%	
M80	Finals	3	8209	Oakley, Russell	M82	35.68	2.2	23.90 80.86%	
M85	Finals	2	8706	Silcock-Delaney	M89	1:25.38	2.2	51.67 37.40%	

400 Metres

CAT	SESSION	POS	NBR	NAME	AGE	TIME	AGE-GRADING	HEAT#
W45	Finals	4	4527	Smith, Wendy	W48	1:18.13	1:10.19 67.82%	
W55	Finals	8	5530	Walker, Rozlyn	W59	1:22.62	1:07.48 70.54%	
W60	Finals	2	6011	Hossack, Michele	W61	1:17.17	59.54 79.95%	
		4	6001	Armstrong, Maggie	W60	1:27.28	1:07.34 70.69%	
M30	Finals	1	3211	Rai, Gogi	M31	1:00.21	1:00.22 71.72%	
M40	Finals	3	4210	Cummings, Marlon	M44	55.47	51.89 83.22%	
		4	4228	Morrissey, David	M40	56.10	52.48 82.28%	
		5	4225	Matthews, Luke	M40	56.46	52.82 81.76%	
M45	Finals	1	4711	Crowley, Nathan	M48	52.00	47.09 91.71%	
		3	4738	Mierisch, Paul	M45	54.44	49.29 87.60%	
M50	Finals	2	5214	Dobrzynski, Stewa	M51	54.15	47.41 91.10%	2
		3	5264	Wilcox, Andrew	M53	54.32	47.56 90.81%	
		7	5237	Murfett, Grant	M54	58.05	50.82 84.98%	1
		10	5230	Langdon, Antony	M53	1:04.04	56.07 77.03%	1
		11	5243	Rashid, Navid	M52	1:09.42	1:00.78 71.06%	1
M55	Finals	5	5716	Italia, Rob	M56	1:00.40	51.07 84.57%	
M65	Finals	1	6725	Mayston, Rob	M65	59.00	46.24 93.39%	
		2	6743	Watts, Andrew	M66	1:03.20	49.53 87.18%	
		5	6707	Clapper, Mike	M69	1:08.84	53.95 80.04%	
		6	6709	Cooper, John	M69	1:10.70	55.41 77.93%	
M70	Finals	3	7208	Carr, Bill	M72	1:16.10	56.78 76.06%	
M80	Finals	2	8209	Oakley, Russell	M82	1:26.15	54.82 78.77%	
M85	Finals	2	8706	Silcock-Delaney	M89	3:31.35	1:57.26 36.83%	

800 Metres- Friday 1st

CAT	POS	NBR	NAME	AGE	TIME	AGE-GRADING
W60	1	6012	Howell, Susan	W60	2:49.51	2:13.04 85.15%
	4	6001	Armstrong, Maggie	W60	3:30.68	2:45.35 68.51%
M35	1	3710	Fitzpatrick, Simo	M37	2:02.11	2:01.10 83.50%
M40	1	4215	Glendenning, Simo	M44	2:01.36	1:56.03 87.15%
	4	4225	Matthews, Luke	M40	2:13.60	2:07.73 79.16%
M45	1	4711	Crowley, Nathan	M48	1:59.64	1:50.11 91.83%
M50	3	5267	Woods, David	M53	2:16.66	2:00.91 83.63%
	8	5243	Rashid, Navid	M52	2:43.04	2:24.25 70.10%
M55	6	5716	Italia, Rob	M56	2:23.59	2:01.91 82.94%
M60	1	6226	Hipworth, Mark	M61	2:18.71	1:52.82 89.63%
	8	6219	Evans, Simon	M61	3:01.88	2:27.93 68.35%
M65	4	6709	Cooper, John	M69	2:40.89	2:05.11 80.82%
	8	6701	Barrand, Michael	M69	2:52.17	2:13.88 75.52%
M85	2	8706	Silcock-Delaney	M89	6:09.68	3:22.52 49.93%

1500 Metres

CAT	POS	NBR	NAME	AGE	TIME	AGE-GRADING
W50	2	5028	Martin, Anne	W54	5:28.95	4:43.79 81.92%
W55	4	5530	Walker, Rozlyn	W59	6:12.60	5:05.98 75.98%
	5	5534	Wilson, Susanne	W55	6:13.32	5:06.58 75.83%
W60	1	6012	Howell, Susan	W60	5:54.07	4:34.73 84.62%
W85	1	8502	Mews, Pam	W87	16:23.98	6:34.97 58.86%
M35	3	3719	Norton, Tim	M38	4:26.33	4:24.02 78.03%
M40	1	4216	Grund, Shane	M40	4:08.01	3:56.09 87.26%
M45	1	4711	Crowley, Nathan	M48	4:23.97	4:00.88 85.52%
M55	2	5701	Bieleny, Mike	M59	4:40.60	3:53.94 88.06%
	4	5733	Schwerkolt, Rober	M56	4:46.39	3:58.77 86.28%
M60	1	6226	Hipworth, Mark	M61	4:58.34	3:56.86 86.97%
M70	2	7203	Belaabed, Yassine	M70	5:31.27	3:54.51 87.84%
M85	2	8706	Silcock-Delaney	M89	17:01.20	8:42.96 39.39%

5,000 Metres

CAT	POS	NBR	NAME	AGE	TIME	AGE-GRADING
W50	3	5028	Martin, Anne	W54	20:55.11	18:15.09 78.96%
W55	4	5503	Bedyn, Erika	W59	28:49.33	23:55.35 60.24%
	5	5510	Dyer, Ros	W57	29:17.23	24:18.51 59.29%
W60	4	6012	Howell, Susan	W60	23:21.16	18:19.64 78.63%
M40	1	4216	Grund, Shane	M40	15:08.87	14:37.16 86.30%
M45	1	4728	Hopkins, Daniel	M48	16:40.59	15:30.75 81.33%
	4	4742	Prasad, Pramesh	M47	18:34.16	17:16.40 73.04%
M55	2	5701	Bieleny, Mike	M59	17:59.78	15:29.05 81.48%
M60	3	6241	Rushen, Peter	M61	18:35.00	15:20.44 82.24%
	7	6239	O'Leary, Patrick	M63	22:29.65	18:34.14 67.95%
M65	2	6720	Long, Allan	M65	19:00.65	15:00.21 84.09%
M70	1	7203	Belaabed, Yassine	M70	19:47.08	14:47.94 85.25%

6,000 Metres Cross Country

CAT	POS	NBR	NAME	AGE	TIME	AGE-GRADING
W85	1	8500	Mews, Pam	W87	1:15:35	39:34.53 45.09% - 4km only
M70	1	7203	Belaabed, Yassine	M70	29:00	21:30.91 72.99%

8,000 Metres Cross Country

CAT	POS	NBR	NAME	AGE	TIME	AGE-GRADING
W45	1	4525	Seibold, Katie	W46	37:55	35:30.54 67.69%
W55	3	5503	Bedyn, Erika	W59	53:27	44:42.98 53.76%
	4	5510	Dyer, Ros	W57	1:02:50	52:33.99 45.73%
M45	1	4728	Hopkins, Daniel	M48	30:42	28:18.33 74.92%
M55	2	5716	Italia, Rob	M56	41:24	35:10.66 60.27%
M60	5	6219	Evans, Simon	M61	44:59	36:35.64 57.95%
M65	1	6720	Long, Allan	M65	33:55	26:22.01 80.39%

10,000 Metres

CAT	POS	NBR	NAME	AGE	TIME	AGE-GRADING
M35	1	3719	Norton, Tim	M38	38:39.73	38:39.74 68.11%
M40	1	4216	Grund, Shane	M40	33:21.09	32:10.66 81.84%
M45	4	4742	Prasad, Pramesh	M47	39:21.94	36:35.66 71.96%
M55	2	5701	Bieleny, Mike	M59	37:53.21	32:33.15 80.90%
M60	2	6241	Rushen, Peter	M61	39:40.28	32:41.36 80.56%
	5	6239	O'Leary, Patrick	M63	45:23.53	37:24.19 70.40%
M65	1	6720	Long, Allan	M65	38:37.67	30:21.23 86.75%
M70	1	7203	Belaabed, Yassine	M70	41:35.78	30:51.38 85.34%

1500 Metre Race Walk

CAT	POS	NBR	NAME	AGE	TIME	AGE-GRADING
W50	1	5021	Irshad, Kylie	W50	8:13.34	7:17.84 76.97%
W70	1	7002	Carr, Heather	W72	9:04.57	6:33.51 85.64%
W85	1	8502	Mews, Pam	W87	19:04.06	10:49.03 51.92%
M45	1	4742	Prasad, Pramesh	M47	7:44.75	7:02.32 73.17%
M60	1	6206	Cassidy, Kevin	M61	7:36.04	6:03.01 85.12%
M65	3	6737	Riddoch, Clyde	M68	10:49.78	8:11.04 62.93%
M70	1	7220	Prowse, Frank	M70	9:45.19	6:57.48 74.02%
M75	1	7708	Jamieson, Andrew	M75	8:08.77	5:27.14 94.46%

5,000 Metre Race Walk

CAT	POS	NBR	NAME	AGE	TIME	AGE-GRADING
W50	1	5021	Irshad, Kylie	W50	30:45.69	27:16.39 72.54%
W70	1	7002	Carr, Heather	W72	33:22.23	23:25.57 84.45%
M45	1	4742	Prasad, Pramesh	M47	27:18.10	24:55.26 72.07%
M60	1	6206	Cassidy, Kevin	M61	27:25.42	21:57.33 81.80%
M65	3	6737	Riddoch, Clyde	M68	39:44.23	30:12.02 59.47%
M70	-	7220	Prowse, Frank	M70	DQ	
M75	1	7708	Jamieson, Andrew	M75	29:07.50	19:33.98 91.79%

10,000 Metre Race Road Walk

CAT	POS	NBR	NAME	AGE	TIME	AGE-GRADING
W30	3	3002	Shaw, Kirstin	W30	1:07:04	1:07:04.01 61.06%
W50	-	5021	Irshad, Kylie	W50	DNF	
W70	5	7002	Carr, Heather	W72	1:15:45	51:58.78 78.78%
M45	3	4742	Prasad, Pramesh	M47	58:33	53:47.05 69.13%
M60	4	6206	Cassidy, Kevin	M61	58:48	47:27.81 78.34%
	7	6219	Evans, Simon	M61	1:01:35	49:42.61 74.80%
M75	5	7708	Jamieson, Andrew	M75	1:00:26	40:50.46 91.04%

80 Metres - Short Hurdles

CAT	POS	NBR	NAME	AGE	TIME	WIND	AGE-GRADING
W50	2	5022	Kenshole, Gaelyne	W51	14.63	-0.7	16.05 76.14%
W60	2	6011	Hossack, Michele	W61	15.27	-0.7	15.16 80.55%

100 Metres - Short Hurdles

CAT	POS	NBR	NAME	AGE	TIME	WIND	AGE-GRADING	HEAT#
M50	1	5221	Hanrahan, Justin	M52	16.26	1.0	15.62 82.66%	2
	5	5230	Langdon, Antony	M53	20.93	1.0	20.11 64.21%	2
M60	4	6234	Lang, Chris	M60	21.34	0.9	19.24 67.15%	

110 Metres - Short Hurdles

CAT	POS	NBR	NAME	AGE	TIME	WIND	AGE-GRADING
M45	1	4734	Krawczyk, Brad	M46	15.63	1.3	14.31 90.28%

300 Metres - Long Hurdles

CAT	POS	NBR	NAME	AGE	TIME	AGE-GRADING
W60	1	6011	Hossack, Michele	W61	57.80	57.81 90.55%
M60	6	6234	Lang, Chris	M60	56.02	56.03 83.51%
M65	1	6726	McConnell, David	M69	52.35	52.36 89.36%
	3	6707	Clapper, Mike	M69	57.28	57.29 81.67%

400 Metres - Long Hurdles

CAT	POS	NBR	NAME	AGE	TIME	AGE-GRADING
M40	1	4214	Gilligan, Brett	M44	58.69	56.18 83.27%
	2	4212	Fernando, Jude	M43	1:10.39	1:07.38 69.43%
M50	5	5230	Langdon, Antony	M53	1:18.65	1:08.56 68.24%

2,000 Metres - Steeplechase

CAT	POS	NBR	NAME	AGE	TIME	AGE-GRADING
W55	1	5503	Bedyne, Erika	W59	11:41.22	13:55.02 64.86%
	2	5510	Dyer, Ros	W57	12:15.39	14:35.71 61.85%
M65	1	6720	Long, Allan	M65	7:48.76	8:29.78 92.91%
M70	3	7220	Prowse, Frank	M70	12:22.20	12:11.07 64.79%

3,000 Metres - Steeplechase

CAT	POS	NBR	NAME	AGE	TIME	AGE-GRADING
M45	1	4742	Prasad, Pramesh	M47	12:36.85	11:01.79 71.57%
M55	2	5716	Italia, Rob	M56	15:05.60	12:06.75 65.17%

W30+ 4x100 Metre Relay State 180+

TEAM	POS	NBR	NAME	AGE	TIME
VMA 'A'	5				1:01.96
		5029	Matters, Toni	W54	
		5521	McLean, Louise	W57	
		4527	Smith, Wendy	W48	
		5008	Burns, Jacinta	W54	

W30+ 4x100 Metre Relay State 240+

TEAM	POS	NBR	NAME	AGE	TIME
VMA 'A'	2				1:07.24
		6503	Kirby, Karen	W66	
		6011	Hossack, Michele	W61	
		6001	Armstrong, Maggie	W60	
		5526	Pollard, Sonya	W55	

M30+ 4x100 Metre Relay State 180+

TEAM	POS	NBR	NAME	AGE	TIME
VMA 'A'	2				47.05
		4738	Mierisch, Paul	M45	
		4214	Gilligan, Brett	M44	
		5264	Wilcox, Andrew	M53	
		5214	Dobrzynski, Stewart	M51	

M30+ 4x100 Metre Relay State 240+

TEAM	POS	NBR	NAME	AGE	TIME
VMA 'A'	2				52.31
		6707	Clapper, Mike	M69	
		6725	Mayston, Rob	M65	
		6743	Watts, Andrew	M66	
		5716	Italia, Rob	M56	

M30+ 4x400 Metre Relay State 180+

TEAM	POS	NBR	NAME	AGE	TIME
VMA 'A'	1				3:55.78
		5716	Italia, Rob	M56	
		4212	Fernando, Jude	M43	
		6725	Mayston, Rob	M65	
		4214	Gilligan, Brett	M44	

High Jump

CAT	POS	NBR	NAME	AGE	HEIGHT	AGE-GRADING
W60	3	6011	Hossack, Michele	W61	1.23m	1.69m 80.92%
			1.14 1.17 1.20 1.23 1.26			
			XO O O O XXX			
	5	6016	Messerle, Narelle	W63	1.11m	1.52m 73.03%
			0.96 1.05 1.08 1.11 1.14			
			O O O XO XXX			
M30	1	3211	Rai, Gogi	M31	1.91m	1.91m 77.96%
			1.61 1.70 1.76 1.82 1.85 1.88 1.91 1.95			
			O O O O O XO O XXX			
	2	3205	Ghasabani, Masoud	M34	1.88m	1.88m 76.73%
			1.70 1.76 1.79 1.82 1.85 1.88 1.91			
			O XO XO XO XO XXO XXX			
M45	1	4750	Van Baalen, Simon	M48	1.25m	1.37m 56.31%
			1.25 1.28			
			O X			
M50	1	5221	Hanrahan, Justin	M52	1.64m	1.90m 77.73%
			1.40 1.49 1.55 1.58 1.61 1.64 1.71			
			O O O O O O X			
M65	1	6726	McConnell, David	M69	1.38m	1.91m 77.97%
			1.20 1.23 1.26 1.29 1.32 1.35 1.38			
			O XO O O XO XO XXO			
	4	6707	Clapper, Mike	M69	1.26m	1.74m 71.19%
			1.23 1.26 1.29			
			O O XXX			
M85	1	8705	Hancock, Tom	M85	1.08m	2.02m 83.08%
			0.90 0.93 0.96 1.05 1.08 1.11			
			O - - O O XXX			

Pole Vault

CAT	POS	NBR	NAME	AGE	HEIGHT	AGE-GRADING
W50	1	5008	Burns, Jacinta	W54	2.50m	3.24m 62.97%
			2.30 2.40 2.50 2.60			
			O XO XO XXX			
	2	5022	Kenshole, Gaelyne	W51	2.40m	3.11m 60.45%
			2.30 2.40 2.50			
			O O XXX			
W55	3	5519	Lamb, Heather	W58	1.50m	2.08m 40.43%
			1.30 1.50 1.70			
			O O XXX			
M40	1	4202	Baker, Cameron	M44	3.60m	3.87m 63.16%
			3.50 3.60 3.71			
			O O XXX			
M65	1	6726	McConnell, David	M69	2.50m	3.86m 62.97%
			2.50 2.60			
			O XXX			
M75	1	7716	Schillinger, Geor	M76	2.70m	5.05m 82.32%
			2.50 2.60 2.70 2.80			
			O XXO O XXX			

Long Jump

CAT	POS	NBR	NAME	AGE	DISTANCE	WIND	AGE-GRADING
W50	4	5022	Kenshole, Gaelyne	W51	3.95m	1.8	4.95m 65.83%
					3.95m(1.8) 3.82m(-0.1) 3.66m(-0.2) 3.85m(1.1)		
W60	2	6016	Messerle, Narelle	W63	2.89m	+0.0	4.16m 55.36%
					2.83m(-0.4) 2.89m(+0.0) 2.57m(+0.0) 2.47m(-1.8) 2.76m(+0.0) 2.51m(+0.0)		
M30	1	3211	Rai, Gogi	M31	6.40m	+0.0	6.40m 71.51%
					6.40m(+0.0) 6.21m(+0.0) 4.74m(-1.8) 6.37m(-1.4)		
M40	4	4212	Fernando, Jude	M43	5.25m	2.0	5.72m 63.95%
					5.20m(0.9) 5.19m(0.9) 5.17m(+0.0) 4.80m(1.7) 5.17m(0.8) 5.25m(2.0)		
M45	1	4734	Krawczyk, Brad	M46	6.20m	1.1	7.16m 80.00%
					6.20m(1.1) 6.02m(0.1) 5.96m(+0.0) 5.96m(+0.0) 6.15m(NWI) 6.13m(1.2)		
	8	4750	Van Baalen, Simon	M48	4.20m	0.4	4.85m 54.19%
					3.85m(0.2) 4.05m(0.8) 3.98m(+0.0) 4.13m(0.6) 4.20m(0.4)		
M50	1	5221	Hanrahan, Justin	M52	5.48m	-0.1	6.73m 75.27%
					5.48m(-0.1) 5.38m(-0.8)		
M60	2	6234	Lang, Chris	M60	4.12m	1.5	5.80m 64.78%
					4.05m(0.9) X(1.9) X(0.2) 3.88m(0.9) 4.12m(1.5) 4.05m(0.1)		
M65	1	6725	Mayston, Rob	M65	5.17m	1.4	7.85m 87.78%
					5.17m(1.4) X(2.4) 5.07m(0.1) 4.98m(+0.0) - 4.92m(+0.0)		
	4	6707	Clapper, Mike	M69	4.22m	1.8	6.40m 71.65%
					3.74m(1.3) X(1.1) X(1.3) 4.00m(0.1) 4.10m(0.3) 4.22m(1.8)		

Triple Jump

CAT	POS	NBR	NAME	AGE	DISTANCE	WIND	AGE-GRADING
W50	1	5022	Kenshole, Gaelyne	W51	8.66m	0.5	10.56m 68.19%
					8.46m(-2.4) 8.63m(+0.0) 8.66m(0.5) 8.53m(-0.7) 8.48m(+0.0) 8.58m(+0.0)		
M30	1	3211	Rai, Gogi	M31	13.39m	1.9	13.39m 73.21%
					13.39m(1.9) 13.31m(+0.0) - - -		
M40	1	4212	Fernando, Jude	M43	10.89m	2.0	11.58m 63.31%
					9.99m(1.7) 10.89m(2.0) 10.80m(0.5) 10.76m(1.2) 10.83m(0.7) X		
M45	1	4734	Krawczyk, Brad	M46	12.19m	1.8	13.73m 75.11%
					11.85m(+0.0) 11.97m(+0.0) 11.89m(+0.0) 12.19m(1.8)		
	3	4750	Van Baalen, Simon	M48	9.27m	2.4	10.44m 57.12%
					8.82m(2.4) 9.27m(2.4) 9.00m(0.5) 9.13m(+0.0)		
M55	1	5712	Hodgson, Nick	M58	11.47m	0.6	14.67m 80.27%
					11.01m(1.8) 11.47m(0.6) 11.41m(3.0) 10.77m(1.5)		
M65	2	6707	Clapper, Mike	M69	8.87m	1.1	13.12m 71.76%
					8.08m(1.2) 8.68m(1.4) 8.87m(1.1) 8.67m(2.8) 8.63m(-0.5)		
	4	6737	Riddoch, Clyde	M68	5.30m	-0.6	7.84m 42.88%
					5.30m(-0.6) -		

Shot Put

CAT	POS	NBR	NAME	AGE	DISTANCE	AGE-GRADING
W45	2	4513	Johansen, Niki	W49	8.52m	10.17m 44.96%
			7.59m 8.14m 8.26m 8.52m 8.37m 8.32m			
W50	2	5029	Matters, Toni	W54	9.88m	12.45m 55.04%
			- 9.51m 9.42m 9.27m 9.12m 9.88m			
W55	7	5519	Lamb, Heather	W58	6.95m	9.52m 42.10%
			6.89m 6.95m 6.78m 6.68m 6.65m 6.59m			
W60	2	6016	Messerle, Narelle	W63	8.27m	12.41m 54.88%
			8.27m 7.70m 8.03m 8.08m 7.80m 8.21m			
W65	2	6503	Kirby, Karen	W66	7.95m	13.19m 58.33%
			7.37m 7.68m 7.40m 7.26m 7.28m 7.95m			
M45	2	4750	Van Baalen, Simon	M48	11.48m	13.80m 59.70%
			10.88m 11.48m 11.23m 10.85m 11.31m 10.90m			
M50	2	5221	Hanrahan, Justin	M52	11.78m	13.80m 59.71%
			9.96m 9.32m 9.86m 11.71m 10.47m 11.78m			
M65	1	6733	Peska, Stan	M65	11.18m	15.21m 65.80%
			11.18m 10.95m 10.92m 10.72m 10.41m 10.76m			
M75	4	7718	Tonelli, Didimo	M78	7.85m	10.98m 47.52%
			7.62m 7.50m 7.62m 7.60m 7.85m 7.55m			
M85	1	8705	Hancock, Tom	M85	9.10m	15.34m 66.37%
			8.48m 8.99m - 8.55m 9.10m			

Discus Throw

CAT	POS	NBR	NAME	AGE	DISTANCE	AGE-GRADING
W45	1	4513	Johansen, Niki	W49	30.30m	36.53m 47.57%
			25.53m 28.27m 29.30m 26.90m 30.30m			
	5	4527	Smith, Wendy	W48	18.72m	22.57m 29.39%
			17.29m 16.71m 14.42m 15.94m 18.72m 15.66m			
W50	1	5029	Matters, Toni	W54	30.57m	40.13m 52.26%
			30.51m - 29.36m 29.48m 30.57m 30.01m			
W55	7	5519	Lamb, Heather	W58	17.81m	25.65m 33.41%
			16.94m 15.77m 17.81m 15.52m 16.63m 17.16m			
	9	5503	Bedyn, Erika	W59	15.92m	22.93m 29.86%
			15.92m 13.59m 14.49m 14.67m 14.77m			
W60	3	6016	Messerle, Narelle	W63	21.57m	34.42m 44.83%
			18.99m 21.57m 18.64m 18.01m			
W65	2	6503	Kirby, Karen	W66	19.10m	34.24m 44.58%
			16.40m 18.23m 19.10m 16.50m 16.47m 17.06m			
W30+ CoC	10	5029	Matters, Toni	W54	40.10m	52.64m 68.55%
			38.89m 40.10m 40.00m			
M45	3	4750	Van Baalen, Simon	M48	32.72m	39.42m 53.22%
			29.38m 32.36m 28.93m X 32.72m X			
M50	5	5221	Hanrahan, Justin	M52	36.72m	37.52m 50.65%
			34.98m 34.79m 35.56m 36.72m			
M65	4	6733	Peska, Stan	M65	31.60m	36.77m 49.64%
			- 30.46m 30.67m 31.60m 30.48m			
	5	6737	Riddoch, Clyde	M68	26.52m	30.86m 41.66%
			23.25m - 26.47m 24.12m 26.52m			
M75	4	7718	Tonelli, Didimo	M78	21.79m	31.22m 42.16%
			21.79m 20.84m 20.30m 20.27m 21.09m			
M85	1	8705	Hancock, Tom	M85	23.25m	45.35m 61.23%
			23.25m 19.11m 19.37m 19.47m			

Hammer Throw

CAT	POS	NBR	NAME	AGE	DISTANCE	AGE-GRADING
W45	1	4513	Johansen, Niki	W49	33.11m	42.10m 54.68%
					31.77m 29.27m 33.11m 31.35m 29.31m 26.96m	
W50	7	5029	Matters, Toni	W54	20.29m	26.04m 33.83%
					20.29m - - 16.77m	
W55	5	5519	Lamb, Heather	W58	23.52m	32.89m 42.72%
					20.71m 23.41m 22.32m 23.52m 22.11m 22.07m	
W60	2	6016	Messerle, Narelle	W63	24.63m	37.81m 49.11%
					21.75m 23.19m - 21.94m 24.60m 24.63m	
W65	1	6503	Kirby, Karen	W66	19.78m	33.70m 43.77%
					- - 11.97m 17.47m 19.78m	
M45	2	4750	Van Baalen, Simon	M48	38.56m	47.80m 55.11%
					37.25m - 38.56m 36.64m 37.63m	
M65	4	6732	Olsson, Paul	M65	33.91m	49.69m 57.30%
					- 33.69m - 33.91m 33.41m	
	7	6733	Peska, Stan	M65	30.81m	45.15m 52.06%
					27.17m 27.88m 28.30m 30.53m 30.79m 30.81m	
M75	3	7718	Tonelli, Didimo	M78	24.43m	40.28m 46.44%
					- 22.86m 24.43m 23.28m	
M85	1	8705	Hancock, Tom	M85	28.14m	62.50m 72.06%
					- 24.16m - 27.82m 28.14m	

Javelin Throw

CAT	POS	NBR	NAME	AGE	DISTANCE	AGE-GRADING
W45	1	4513	Johansen, Niki	W49	28.84m	35.98m 49.30%
					26.16m 26.10m 26.01m 28.84m 27.24m 25.00m	
W50	3	5029	Matters, Toni	W54	24.94m	32.78m 44.91%
					20.94m 23.10m 23.57m 24.94m X 22.24m	
W55	10	5519	Lamb, Heather	W58	14.06m	20.36m 27.89%
					14.06m 11.03m 12.95m	
W60	4	6016	Messerle, Narelle	W63	18.75m	30.22m 41.40%
					16.89m 18.03m 18.75m 14.37m 17.28m 18.14m	
W65	2	6503	Kirby, Karen	W66	16.22m	29.47m 40.38%
					15.75m 11.96m 14.56m 15.64m 16.22m 15.09m	
M30	1	3201	Almond, Ash	M31	45.63m	45.63m 46.33%
					44.61m - 44.00m 35.42m 45.63m	
M45	3	4750	Van Baalen, Simon	M48	36.40m	42.64m 43.30%
					31.55m 32.28m 32.84m 30.71m 36.40m	
M50	4	5221	Hanrahan, Justin	M52	39.61m	48.63m 49.38%
					38.96m 35.47m 37.22m 37.71m 39.61m	
M65	1	6733	Peska, Stan	M65	32.74m	51.13m 51.93%
					31.14m 32.47m 27.85m 32.74m 31.40m 31.34m	
M70	1	7212	Farr, Andrew	M72	38.30m	64.34m 65.34%
					- 38.30m -	
M75	3	7718	Tonelli, Didimo	M78	27.04m	51.19m 51.98%
					22.59m 23.99m 27.04m 25.39m 24.36m	
M85	1	8705	Hancock, Tom	M85	21.84m	53.24m 54.06%
					20.47m 21.84m 21.54m 21.12m 20.75m 20.29m	

Weight Throw

CAT	POS	NBR	NAME	AGE	DISTANCE	AGE-GRADING
W45	1	4513	Johansen, Niki	W49	10.67m	13.82m 58.56%
	-	10.67m	10.26m	9.93m	10.21m	9.70m
W50	5	5029	Matters, Toni	W54	7.49m	8.85m 37.53%
		6.71m	7.11m	7.06m	7.49m	
W55	4	5519	Lamb, Heather	W58	6.82m	8.81m 37.33%
		6.38m	4.49m	6.15m	6.49m	6.56m 6.82m
W60	3	6016	Messerle, Narelle	W63	10.46m	12.66m 53.67%
		10.15m	10.46m	-	8.95m	
W65	3	6503	Kirby, Karen	W66	7.29m	9.66m 40.96%
		7.16m	-	5.73m	6.05m	6.72m 7.29m
M45	2	4750	Van Baalen, Simon	M48	12.82m	14.99m 57.98%
		12.15m	12.32m	12.82m	12.06m	11.22m 12.35m
M65	2	6732	Olsson, Paul	M65	14.03m	15.64m 60.50%
		12.26m	13.25m	12.92m	13.79m	14.03m 13.81m
	5	6733	Peska, Stan	M65	13.18m	14.69m 56.83%
		12.95m	12.17m	12.69m	13.18m	12.71m 12.49m
M75	4	7718	Tonelli, Didimo	M78	9.51m	11.68m 45.18%
		8.65m	9.50m	9.29m	8.92m	9.51m
M85	1	8705	Hancock, Tom	M85	13.36m	19.30m 74.68%
		9.11m	13.36m	11.99m	11.12m	

200 Metres Outdoor Pentathlon

CAT	POS	NBR	NAME	AGE	TIME	WIND	AGE-GRADING	HEAT#	POINTS
M30	1	3211	Rai, Gogi	M31	23.18	0.2	23.19 83.35%	2	767
M40	1	4212	Fernando, Jude	M43	26.73	0.2	25.49 75.79%	2	565
M65	2	6707	Clapper, Mike	M69	31.46	-0.9	25.20 76.70%		589
	4	6726	McConnell, David	M69	32.38	-0.9	25.93 74.52%		530
M70	3	7220	Prowse, Frank	M70	35.49	1.5	27.13 71.23%		438
M80		8207	Leong, Tom	M80	DNF	1.5			

1500 Metres Outdoor Pentathlon

CAT	POS	NBR	NAME	AGE	TIME	AGE-GRADING	POINTS
M30	1	3211	Rai, Gogi	M31	4:51.43	4:51.44 70.69%	610
M40	1	4212	Fernando, Jude	M43	5:52.28	5:35.34 61.43%	373
M65	1	6707	Clapper, Mike	M69	6:17.32	4:44.09 72.51%	655
	2	6726	McConnell, David	M69	7:14.86	5:27.41 62.92%	412
M70	1	7220	Prowse, Frank	M70	6:48.44	4:49.14 71.25%	624
M80		8207	Leong, Tom	M80	DNF		

Long Jump Outdoor Pentathlon

CAT	POS	NBR	NAME	AGE	DISTANCE	WIND	AGE-GRADING	POINTS
M30	1	3211	Rai, Gogi	M31	6.28m	0.3	6.28m 70.17%	648
		6.28m(0.3)	6.23m(+0.0)					
M40	1	4212	Fernando, Jude	M43	4.83m	+0.0	5.26m 58.83%	433
		4.61m(+0.0)	4.83m(+0.0)					
M65	2	6707	Clapper, Mike	M69	4.24m	2.2	6.43m 71.99%	682
		3.75m(2.2)	4.24m(2.2)					
	4	6726	McConnell, David	M69	3.25m	1.5	4.93m 55.18%	369
		3.04m(0.7)	3.10m(1.2)	3.25m(1.5)				
M70	2	7220	Prowse, Frank	M70	2.67m	1.1	4.40m 49.17%	273
		2.67m(1.1)	2.43m(+0.0)					
M80	1	8207	Leong, Tom	M80	1.44m	1.9	2.86m 32.00%	50
		X(+0.0)	1.44m(1.9)					

Discus Throws Outdoor Pentathlon

CAT	POS	NBR	NAME	AGE	DISTANCE	AGE-GRADING	POINTS
M65	1	6726	McConnell, David	M69	23.02m	26.78m 36.16%	402
					22.99m 23.02m -		
	4	6707	Clapper, Mike	M69	17.36m	20.20m 27.27%	276
					16.38m 17.36m 14.67m		
M70	3	7220	Prowse, Frank	M70	15.90m	20.32m 27.43%	278
					15.90m 15.62m 14.26m		

Javelin Throw Outdoor Pentathlon

CAT	POS	NBR	NAME	AGE	DISTANCE	AGE-GRADING	POINTS
M65	3	6707	Clapper, Mike	M69	20.87m	32.59m 33.10%	336
					20.87m 17.96m -		
	4	6726	McConnell, David	M69	18.31m	28.60m 29.04%	280
					18.31m 16.96m 17.59m		

Outdoor Pentathlon

CAT	POS	NBR	NAME	AGE	POINTS
M30	1	3211	Rai, Gogi	M31	3042
M40	1	4212	Fernando, Jude	M43	1890
M65	1	6707	Clapper, Mike	M69	2538
	4	6726	McConnell, David	M69	1993
M70	2	7220	Prowse, Frank	M70	1912
M80	1	8207	Leong, Tom	M80	713
M85	1	8705	Hancock, Tom	M85	555

Shot Put Throws Pentathlon

CAT	POS	NBR	NAME	AGE	DISTANCE	AGE-GRADING	POINTS
W45	1	4513	Johansen, Niki	W49	8.10m	9.67m 42.74%	508
					7.81m 8.10m 7.84m		
W50	2	5029	Matters, Toni	W54	9.58m	12.07m 53.37%	666
					8.83m 9.13m 9.58m		
W55	6	5519	Lamb, Heather	W58	6.66m	9.12m 40.34%	472
					6.45m 6.49m 6.66m		
W60	2	6016	Messerle, Narelle	W63	8.67m	13.01m 57.53%	728
					8.67m 8.37m 8.13m		
W65	1	6503	Kirby, Karen	W66	7.89m	13.09m 57.89%	733
					7.75m 7.89m 7.83m		
M45	2	4750	Van Baalen, Simon	M48	10.62m	12.76m 55.23%	653
					10.62m 10.21m 10.58m		
M65	1	6733	Peska, Stan	M65	11.38m	15.48m 66.98%	819
					10.88m 11.38m 10.73m		
M75	3	7718	Tonelli, Didimo	M78	7.77m	10.87m 47.03%	538
					7.77m 7.44m 7.65m		
M85	1	8705	Hancock, Tom	M85	8.29m	13.98m 60.47%	727
					8.29m 7.89m -		

Discus Throw Throws Pentathlon

CAT	POS	NBR	NAME	AGE	DISTANCE	AGE-GRADING	POINTS
W45	1	4513	Johansen, Niki	W49	29.98m	36.14m 47.07%	579
					28.63m 29.32m 29.98m		
W50	2	5029	Matters, Toni	W54	28.04m	36.81m 47.93%	592
					27.68m 28.04m 25.19m		
W55	6	5519	Lamb, Heather	W58	16.82m	24.23m 31.55%	365
					15.79m 14.45m 16.82m		
W60	4	6016	Messerle, Narelle	W63	21.71m	34.65m 45.12%	551
					18.29m 21.71m 18.10m		
W65	2	6503	Kirby, Karen	W66	17.03m	30.52m 39.75%	472
					17.03m 16.28m 15.50m		
M30	1	3211	Rai, Gogi	M31	33.00m	33.00m 44.55%	524
					32.07m 32.35m 33.00m		
M40	1	4212	Fernando, Jude	M43	16.69m	18.38m 24.81%	242
					14.79m 13.76m 16.69m		
M45	3	4750	Van Baalen, Simon	M48	29.82m	35.93m 48.50%	582
					28.07m 29.82m -		
M65	4	6733	Peska, Stan	M65	29.40m	34.21m 46.18%	548
					29.40m 27.78m -		
M70	3	7220	Prowse, Frank	M70	15.90m	20.32m 27.43%	278
					15.90m 15.62m 14.26m		
M75	4	7718	Tonelli, Didimo	M78	19.59m	28.07m 37.90%	427
					19.59m X X		
M80	1	8207	Leong, Tom	M80	15.13m	24.87m 33.58%	365
					15.13m 14.71m 13.90m		
M85	1	8705	Hancock, Tom	M85	20.25m	39.50m 53.33%	654
					18.20m 20.22m 20.25m		

Hammer Throw Throws Pentathlon

CAT	POS	NBR	NAME	AGE	DISTANCE	AGE-GRADING	POINTS
W45	1	4513	Johansen, Niki	W49	31.68m	40.28m 52.32%	717
			30.22m 31.68m 30.30m				
W50	6	5029	Matters, Toni	W54	17.83m	22.89m 29.73%	341
			17.83m - -				
W55	6	5519	Lamb, Heather	W58	23.92m	33.44m 43.44%	568
			21.38m 21.40m 23.92m				
W60	4	6016	Messerle, Narelle	W63	22.24m	34.14m 44.35%	583
			22.02m 22.24m				
W65	2	6503	Kirby, Karen	W66	22.39m	38.14m 49.55%	670
			- 22.39m -				
M45	2	4750	Van Baalen, Simon	M48	37.82m	46.88m 54.05%	625
			37.82m -				
M65	3	6733	Peska, Stan	M65	31.78m	46.57m 53.70%	620
			30.32m 31.09m 31.78m				
M75	4	7718	Tonelli, Didimo	M78	23.69m	39.06m 45.04%	497
			- 23.69m -				
M85	1	8705	Hancock, Tom	M85	28.58m	63.48m 73.19%	901
			23.40m 28.58m -				

Javelin Throw Throws Pentathlon

CAT	POS	NBR	NAME	AGE	DISTANCE	AGE-GRADING	POINTS
W45	1	4513	Johansen, Niki	W49	28.15m	35.12m 48.12%	574
			23.70m 28.15m -				
W50	2	5029	Matters, Toni	W54	24.18m	31.78m 43.54%	510
			- 24.18m -				
W55	7	5519	Lamb, Heather	W58	13.09m	18.95m 25.97%	269
			13.09m 12.84m 9.95m				
W60	3	6016	Messerle, Narelle	W63	18.05m	29.09m 39.85%	459
			18.05m 16.32m 17.11m				
W65	2	6503	Kirby, Karen	W66	15.58m	28.31m 38.79%	445
			13.67m 14.79m 15.58m				
M30	1	3211	Rai, Gogi	M31	43.49m	43.49m 44.16%	493
			43.45m 43.49m 43.05m				
M40	1	4212	Fernando, Jude	M43	26.14m	28.39m 28.83%	277
			25.65m 25.00m 26.14m				
M45	4	4750	Van Baalen, Simon	M48	30.16m	35.33m 35.88%	375
			30.16m 29.53m 30.10m				
M65	1	6733	Peska, Stan	M65	31.27m	48.84m 49.60%	571
			29.04m 30.98m 31.27m				
M70	2	7220	Prowse, Frank	M70	17.83m	29.95m 30.42%	299
			16.35m - 17.83m				
M75	1	7718	Tonelli, Didimo	M78	24.01m	45.45m 46.16%	522
			24.01m 22.68m 22.48m				
M80	1	8207	Leong, Tom	M80	14.28m	29.91m 30.38%	298
			12.79m 14.28m 13.46m				
M85	1	8705	Hancock, Tom	M85	19.58m	47.73m 48.47%	555
			- 16.80m 19.58m				

Weight Throw Throws Pentathlon

CAT	POS	NBR	NAME	AGE	DISTANCE	AGE-GRADING	POINTS
W45	1	4513	Johansen, Niki	W49	10.72m	13.88m 58.84%	732
					9.59m 9.42m 10.72m		
W50	5	5029	Matters, Toni	W54	6.80m	8.03m 34.07%	373
					5.85m 6.80m 6.80m		
W55	6	5519	Lamb, Heather	W58	7.21m	9.31m 39.46%	451
					6.24m 7.21m 6.85m		
W60	4	6016	Messerle, Narelle	W63	9.29m	11.24m 47.67%	569
					9.29m - 9.03m		
W65	2	6503	Kirby, Karen	W66	8.15m	10.80m 45.79%	542
					7.31m 7.74m 8.15m		
M45	1	4750	Van Baalen, Simon	M48	13.24m	15.48m 59.88%	762
					11.97m 13.16m 13.24m		
M65	4	6733	Peska, Stan	M65	12.51m	13.95m 53.95%	675
					11.75m 12.51m -		
M75	3	7718	Tonelli, Didimo	M78	10.05m	12.34m 47.74%	584
					8.70m 9.32m 10.05m		
M85	1	8705	Hancock, Tom	M85	11.06m	15.98m 61.82%	791
					- 9.28m 11.06m		

Throws Pentathlon

CAT	POS	NBR	NAME	AGE	POINTS
W45	1	4513	Johansen, Niki	W49	3110
W50	4	5029	Matters, Toni	W54	2482
W55	6	5519	Lamb, Heather	W58	2115
W60	4	6016	Messerle, Narelle	W63	2890
W65	2	6503	Kirby, Karen	W66	2862
M45	2	4750	Van Baalen, Simon	M48	2997
M65	3	6733	Peska, Stan	M65	3233
M75	3	7718	Tonelli, Didimo	M78	2568
M85	1	8705	Hancock, Tom	M85	3628



VICTORIAN MASTERS ATHLETICS INC.

Membership Form – New and/or Re-joining Members from 1/1/21

Family name: Other name(s):

Address: Suburb: Postcode: ...

Date of Birth: ... / ... / ... Mobile:

Email: Home phone:

Emergency contact - name: Phone:

Do you attend a VMA Venue **Yes/No**

If **Yes** state VMA Venue: (Not AV Competition Venue)

If you attend a second venue please state:

If AV member /club name: Qualified coach: **Yes/No** Area:

Occupation or area of expertise:

PAYMENT - Cheques or Money Orders payable to **Victorian Masters Athletics** and send to

VMA Registrar - Ewen Wilson. 9-11 Cyril Street Windsor Vic 3181 [M]: 0423 424 185

CREDIT CARD – Visa / Mastercard Card No: Expiry Date: ... /

NAME ON CARD: **Signature:**

Circle the membership category that applies to you	
Footprints – To receive newsletter by POST	\$10
Renewing / Lapsed / New Members - Individual member	\$45
Renewing / Lapsed / New Members - – Two residing at same address	\$75
Life Member	Free
Renewing 80+ Member (If member the previous 5 consecutive years)	Free
Volunteer – (non-competing)	Free
Associate Member (Under30)	\$20
Voluntary Donation to VMA Inc.	
Current AV Members –Please advise AV Club name on form	\$35

Disclaimer and Privacy statement

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.. 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.

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.

Date: ... / ... / Signed:

Claiming a Record

If there is the slightest chance of you breaking a Victorian, Australian or world record at any meet, anywhere, please do the following:

1. Using either VMA or AMA websites, print off a copy of a State/Australian or WMA record claim form, and keep it with you whenever you compete.
2. Let meet officials know well before you compete (preferably before the day of competition) of the possibility of breaking a record, so that the following can be provided by officials:
 - Electronic timing, or 3 times from watches for the record breaker
 - Wind gauge for wind readings
 - Lap score sheet completed for events 3k and over
 - Steel tape for checking throwing and jumping distances and
 - Walk judges, sufficiently qualified.

Please note for Australian and world records: events up to and including 800m require full electronic timing. Also required for world records are: zero test image (not a certificate), photo finish print, starting list, field recording sheet, and more than 1 competitor in a race.

3. The moment you are aware you have broken a record, you need to give a record claim form to the event manager, and request politely for it to be filled out, signed and returned, and for other required documentation to be provided.
4. Do not leave, but wait for the claim form and for copies of other required supporting documentation, such as: lap score sheet, walk judges sheet, starting list, field recording sheet, zero test image, photo finish print, and official result.
5. Send record claim form and supporting documentation to me, either scanned and attached to an email using my email address clydeR@outlook.com.au, or snail mailed to Clyde Riddoch, 40 Beauchamp St, Preston 3072.
6. If you have any queries, either before a record attempt or after, please contact me by mobile 0439 902 907, or by email address clydeR@outlook.com.au.

Clyde Riddoch
VMA & AMA Records Officer

Missing Victorian Masters Championship Results

Has anyone still got copies of Victorian Masters/ Veterans Championship results from the 1970s? I would like to borrow them please. This includes events other than our annual T&F championships: marathons, half marathons, 10ks, pentathlons, heptathlons, decathlons, and 10k & 20k walks, although I'm not sure we had them in the 70s. In other words, any event listed as a Masters/Veteran Championship with medals awarded.

I'm compiling Victorian Championship records, and found we have missing years, and many missing events from other years in the 70s. I only have 1976, 1977 and 1978 T&F results from the 70s, and I'm not sure they are complete.

The big problem I have is finding results. If anyone wants to clear out their book shelves, shed etc of old results, which are often contained in our old newsletter "News & Results", I will happily accept them. However, I will only keep one copy, the one in best condition, and recycle the rest. Probably mine! I have many boxes and shelves of old results and newsletters, but many are damaged from too many moves and poor storage. I'm keen to collect a set in very good condition, particularly from before the time the late Russ Dickenson joined us. The next step is to scan missing results and add them to our website.

I would like to pay tribute to Russ, who spent truly vast amounts of time scanning my collection of result books (mostly from Roy Foley), but also results from Mike Hall's brilliant "The Veteran Athlete" newspapers, and "News & Results", and "Around The Grounds", to include on our VMA website. A massive undertaking. Thanks a million Russ. VMA owes you a lot. It would be nice to remember Russ in some permanent way, like naming a VMA event.

However, there are still very many results missing from our website. Some are listed, but are missing. I suspect Russ just needed someone to supply him with missing results.

If you have any results you can lend me, or just give away, please contact me on 0439 902 907, or on clydeR@outlook.com.au.

Road and Cross Country Championship Records

Are people interested in Best Times recorded from Victorian Masters/Veteran Championships for 10k, 25k, and 10 mile road runs and cross country races?

Obviously there is a huge problem comparing one road or cross country course with another, but I could still compile Best Times if there is a positive response to my request for old results.

Clyde Riddoch
VMA Records Officer

Pending World Records

CAT	EVENT	ATHLETE	STATE		%AGE	DATE	VENUE
W70	2k Steeplechase	Marlene Gourlay	Vic	9:46.79	98.8%	20-03-2022	Albert Park
M45	4 x 800m Relay	Daniel Hopkins	Vic	8:36.35	-	24-03-2022	Box Hill
		Mark Hipworth	Vic				
		Nathan Crowley	Vic				
		Craig Sanford	Vic				
M55	4 x 800m Relay	Darryn Bryant	Qld	9:27.72	-	26-03-2022	SAF Nathan
		Mark Lepper	Qld				
		Joseph Phelan	Qld				
		Peter Link	Qld				
M75	4 x 800m Relay	Michael Jukes	Qld	14:02.84	-	26-03-2022	SAF Nathan
		Stephen Dixon	Qld				
		Colin Mancey	Qld				
		Dieter Lacko	Qld				
W55	4 x 100m Relay	Sharee Maksimovic	Tas	53.19s	-	03-04-2022	SAF Nathan
		Julie Brims	Qld				
		Steph Noon	SA				
		Julie Forster	NSW				
W45	4 x 800m Relay	Anna Smee	Tas	10:08.92	-	03-04-2022	SAF Nathan
		Kriszta Kovacs	NSW				
		Clare Durrant	Qld				
		Charlotte Middleton	NSW				
M75	4 x 800m Relay	Robbie Costmeyer	ACT	13:22.67	-	03-04-2022	SAF Nathan
		Steve Dixon	Qld				
		Dieter Lacko	Qld				
		Don Mathewson	NSW				

Australian Records

CAT	EVENT	ATHLETE	STATE		%AGE	DATE	VENUE
M95	200m	Mervyn Collins	ACT	63.37s	80.5%	27-01-2022	Woden
W60	100m	Sue Turner	SA	14.11s	96.9%	29-01-2022	Adelaide
M55	400m	Mark Roden	ACT	53.52s	96.3%	10-02-2022	Woden
M45	Half Marathon	Wayne Spies	Qld	69m 15s	93.5%	19-02-2022	Ras Al Khaimah
M55	Discus	Todd Davey	WA	45.05m	66.8%	22-02-2022	Perth
W80	High Jump	Lynne Schickert	WA	0.99m	96.8%	27-02-2022	Cannington
W70	Pentathlon	Maureen Keshwar	WA	3439pts	-	27-02-2022	Cannington
M55	Shot Put	Todd Davey	WA	15.06m	83.0%	01-03-2022	Claremont
W80	2k Steeplechase	Lynne Schickert	WA	17:58.30	67.2%	10-03-2022	Perth
M65	400m	Robert Mayston	Vic	57.92s	94.2%	12-03-2022	Geelong
M65	100m	Robert Mayston	Vic	12.50s	96.5%	12-03-2022	Geelong
W60	100m	Julie Forster	NSW	14.01s	96.7%	12-03-2022	SOPAC
W60	60m	Julie Forster	NSW	8.76s	100.9%	13-03-2022	SOPAC
M50	60m	Ernie Leseberg	NSW	7.39s	97.8%	13-03-2022	SOPAC
M65	200m	Robert Mayston	Vic	25.51s	97.2%	17-03-2022	Albert Park
M55	400m	Mark Roden	ACT	53.01s	97.8%	17-03-2022	Woden
M95	200m	Mervyn Collins	ACT	60.71s	90.6%	17-03-2022	Woden
W60	High Jump	Deann Mayfield	Qld	1.41m	96.5%	19-03-2022	Gold Coast
W50	56lb Throw	Althea Mackie	Qld	4.71m	-	19-03-2022	Gold Coast
M60	Hammer Throw	Phillip Spivey	Vic	51.32m	83.2%	20-03-2022	Albert Park
M65	Long Jump	Robert Mayston	Vic	5.39m	93.8%	20-03-2022	Albert Park
M45	100m	Mark Harper	Vic	11.32s	94.4%	20-03-2022	Albert Park
M60	Weight Throw	Phil Spivey	Vic	20.55m	90.5%	20-03-2022	Albert Park
W80	Weight Throw	Janice Banens	ACT	10.61m	101.9%	24-03-2022	Woden
M60	Hammer Throw	Phillip Spivey	Vic	52.68m	85.4%	27-03-2022	Murrumbeena
W60	60m	Sue Turner	SA	8.76s(=)	97.2%	01-04-2022	SAF Nathan
M60	60m	Michael Cassidy	SA	7.80s(=)	97.4%	01-04-2022	SAF Nathan
M65	60m	Robert Mayston	Vic	8.02s	98.4%	01-04-2022	SAF Nathan
W60	100m	Julie Forster	NSW	13.86s	93.0%	02-04-2022	SAF Nathan
M50	200m	Ernie Leseberg	NSW	22.97s	94.2%	02-04-2022	SAF Nathan
M65	200m	Robert Mayston	Vic	25.00s	96.5%	02-04-2022	SAF Nathan
W80	2k Steeplechase	Lynne Schickert	WA	17:56.31	67.4%	02-04-2022	SAF Nathan
W30	High Jump	Ashleigh Reid	Qld	1.71m	81.8%	03-04-2022	SAF Nathan
W80	High Jump	Lynne Schickert	WA	1.00m	89.3%	03-04-2022	SAF Nathan
M45	4 x100m Relay	Mark Giglio	Vic	45.00s	-	03-04-2022	SAF Nathan
		Ernie Leseberg	NSW				
		Graham Scully	NSW				
		Mark Harper	Vic				
W70	Pentathlon	Carol Davis	Qld	3963pts	-	03-04-2022	SAF Nathan
W80	Weight Throw	Jan Banens	ACT	10.85m	70.9%	04-04-2022	SAF Nathan
M85	Weight Throw	Tom Hancock	Vic	13.36m	74.7%	04-04-2022	SAF Nathan

Australian Championship Records (including Australian records from SAF Nathan)

CAT	EVENT	ATHLETE	STATE		%AGE	DATE	VENUE
W55	60m	Julie Brims	Qld	8.24s	99.0%	01-04-2022	SAF Nathan
M50	60m	Ernie Leseberg	NSW	7.48s	95.0%	01-04-2022	SAF Nathan
M55	60m	Darren Hughes	NSW	7.76s	94.7%	01-04-2022	SAF Nathan
M85	60m	Hugh Coogan	Qld	10.18s	97.8%	01-04-2022	SAF Nathan
W55	100m	Julie Brims	Qld	12.82s	96.3%	01-04-2022	SAF Nathan
W70	100m	Lyn Peake	SA	16.11s	88.0%	01-04-2022	SAF Nathan
M30	100m	Kenneth Vuong	NSW	10.97s	89.2%	01-04-2022	SAF Nathan
M35	100m	Gary Finegan	WA	10.92s	90.8%	01-04-2022	SAF Nathan
M45	100m	Mark Harper	Vic	11.47s	91.9%	01-04-2022	SAF Nathan
M65	100m	Robert Mayston	Vic	11.51s	96.5%	01-04-2022	SAF Nathan
M85	100m	Hugh Coogan	Qld	16.97s	89.8%	01-04-2022	SAF Nathan
M45	800m	Nathan Crowley	Vic	1:59.64	91.8%	01-04-2022	SAF Nathan
M30	High Jump	Gogi Rai	Vic	1.91m	78.0%	01-04-2022	SAF Nathan
W40	Long Jump	Melissa Foster	WA	5.69m	84.1%	01-04-2022	SAF Nathan
M85	Shot Put	Tom Hancock	Vic	9.10m (=)	66.4%	01-04-2022	SAF Nathan
M55	1500m Walk	Ignacio Jimenez	Qld	6:44.28	91.6%	01-04-2022	SAF Nathan
M75	1500m Walk	Andrew Jamieson	Vic	8:08.77	94.5%	01-04-2022	SAF Nathan
W70	1500m Walk	Heather Carr	Vic	9:04.57	85.6%	01-04-2022	SAF Nathan
W55	200m	Julie Brims	Qld	25.97s	99.5%	02-04-2022	SAF Nathan
M55	200m	Christopher Brack	Qld	24.25s	92.3%	02-04-2022	SAF Nathan
M80	200m Hurdles	Pio Bunin	Qld	42.70s	-	02-04-2022	SAF Nathan
M70	300m Hurdles	John Lamb	NSW	50.79s	92.1%	02-04-2022	SAF Nathan
W55	High Jump	Vicki Townsend	ACT	1.36m	84.5%	02-04-2022	SAF Nathan
W60	High Jump	Deann Mayfield	Qld	1.36m	89.5%	02-04-2022	SAF Nathan
M85	High Jump	Tom Hancock	Vic	1.08m	83.1%	02-04-2022	SAF Nathan
M65	Long Jump	Robert Mayston	Vic	5.17m	87.8%	02-04-2022	SAF Nathan
W80	Hammer Throw	Jan Banens	ACT	25.55m	71.8%	02-04-2022	SAF Nathan
W85	Hammer Throw	Heather Doherty	Qld	14.93m	49.0%	02-04-2022	SAF Nathan
M85	Javelin	Tom Hancock	Vic	21.84m	54.1%	02-04-2022	SAF Nathan
W55	400m	Julie Brims	Qld	60.43s	96.4%	03-04-2022	SAF Nathan
M65	400m	Robert Mayston	Vic	59.00s	93.4%	03-04-2022	SAF Nathan
M70	1500m	John Bermingham	NT	5:06.29	95.0%	03-04-2022	SAF Nathan
M45	110m Hurdles	Brad Krawczyk	Vic	15.63s	90.3%	03-04-2022	SAF Nathan
M45	Pole Vault	Paul Casey	Qld	3.71m	69.4%	03-04-2022	SAF Nathan
M75	Pole Vault	George Schillinger	Vic	2.70m	82.3%	03-04-2022	SAF Nathan
M30	Triple Jump	Gogi Rai	Vic	13.39m	73.2%	03-04-2022	SAF Nathan
W80	Weight Throw	Jan Banens	ACT	10.42m	68.1%	03-04-2022	SAF Nathan
M55	10k Road Walk	Ignacio Jimenez	Qld	49:23	89.1%	03-04-2022	SAF Nathan

W70	Pentathlon	Carol Davis	Qld	3963pts	-	03-04-2022	SAF Nathan
M70	Discus	Ossi Igel	WA	40.43m	69.8%	03-04-2022	SAF Nathan
W55	Throws Pentathlon	Gabriele Watts	NSW	4253pts	-	04-04-2022	SAF Nathan
W65	Throws Pentathlon	Jill Taylor	NSW	3544pts	-	04-04-2022	SAF Nathan
W75	Throws Pentathlon	Mary Thomas	NSW	3911pts	-	04-04-2022	SAF Nathan
M30	Pentathlon	Gogi Rai	Vic	3042pts	-	04-04-2022	SAF Nathan
W60	80m Hurdles	Sally Stagles	NSW	13.71s	89.7%	04-04-2022	SAF Nathan
W40	Triple Jump	Melissa Foster	WA	11.56m	80.4%	04-04-2022	SAF Nathan

Victorian Records

CAT	EVENT	ATHLETE		%AGE	DATE	VENUE
M40	3000m	Shane Grund	8:35.7	90.3%	06-03-2022	Murrumbeena
M80	200m Hurdles	Mike Hall	44.95s	-	19-03-2022	Albert Park
W65	Pole Vault	Leanne Monk	1.71m	65.8%	19-03-2022	Albert Park
W70	200m	Vivienne Cash	33.70s	92.4%	19-03-2022	Albert Park
W80	200m	Kathy Skultety	42.59s	84.5%	19-03-2022	Albert Park
M70	5,000m	Yassine Belaabed	19:33.11	88.2%	19-03-2022	Albert Park
M30	Triple Jump	Gurpreet Rai	13.52m	74.1%	19-03-2022	Albert Park
W30	Hammer Throw	Natalie Debeljuh	48.11m	67.8%	20-03-2022	Albert Park
*W40	80m Hurdles	Melissa Foster	13.02s	86.6%	20-03-2022	Albert Park
W40	Javelin	Natasha Franchina	35.36m	57.1%	20-03-2022	Albert Park
M30	Long Jump	Gurpreet Rai	6.49m	73.2%	20-03-2022	Albert Park
W80	100m	Kathy Skultety	19.24s	87.3%	20-03-2022	Albert Park
W70	100m	Vivienne Cash	16.04s	92.4%	20-03-2022	Albert Park
W85	60m	Shirley Coppock	14.01s	78.5%	20-03-2022	Albert Park
M65	60m	Robert Mayston	8.16s	97.9%	20-03-2022	Albert Park
*W35	2k Steeplechase	Victoria Mitchell	7:04.89	94.9%	20-03-2022	Albert Park
W30	Weight Throw	Natalie Debeljuh	14.26m	74.4%	20-03-2022	Albert Park
W30	Throws Pentathlon	Natalie Debeljuh	3,031pts	-	27-03-2022	Murrumbeena
M30	High Jump	Gogi Rai	1.91m	78.0%	01-04-2022	SAF Nathan
M85	Shot Put	Tom Hancock	9.10m (=)	66.4%	01-04-2022	SAF Nathan
M85	Discus	Tom Hancock	23.25m	61.2%	01-04-2022	SAF Nathan
M70	Javelin	Andrew Farr	38.30m	65.3%	01-04-2022	SAF Nathan
M65	2k Steeplechase	Allan Long	7:48.76	92.9%	02-04-2022	SAF Nathan
M85	Hammer Throw	Tom Hancock	28.14m	72.1%	02-04-2022	SAF Nathan
M85	Javelin	Tom Hancock	21.84m	54.1%	02-04-2022	SAF Nathan
M85	Hammer Throw	Tom Hancock	28.58m	73.2%	03-04-2022	SAF Nathan
M85	Throws Pentathlon	Tom Hancock	3628pts	-	03-04-2022	SAF Nathan
M75	3000m	Alan Bennie	13:14.5	81.4%	20-04-2022	Springvale

* Non-member

Australian Indoor Records

CAT	EVENT	ATHLETE	STATE		%AGE	DATE	VENUE
*W50	1500m	Lucy Di Benedetto	Vic	4:45.71	99.4%	29-01-2022	Eaubonne, France
*W50	3000m	Lucy Di Benedetto	Vic	10:50.56	92.8%	24-02-2022	Braga, Portugal
*W50	800m	Lucy Di Benedetto	Vic	2:29.74	87.0%	20-03-2022	Metz, France
W35	Pole Vault	Dash Newington	Qld	2.55m	54.4%	19-03-2022	New York
W35	High Jump	Dash Newington	Qld	1.36m	67.7%	26-03-2022	Saint John, Canada
W35	3k Walk	Dash Newington	Qld	19:38.62	59.5%	26-03-2022	Saint John, Canada

*Non-member

Clyde Riddoch
 VMA & AMA Records Officer
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What's On

Date	Event	Location
2022		
Sun 15 May	3000m VMA track title	Glen Eira
Sun 15 May	VMA AGM	Glen Eira
Tues 17 May	VMA 10,000 metre Track Championship	Collingwood
Sun 5 June	VMA 6/8km Cross Country	Collingwood
Sunday 19 June	Winter Inter-venue Track Challenge	Doncaster
29 June-10 July	World Masters Championship	Tampere Finland
Sun 17 July	VMA 10km Road Race/Eric Greaves Memorial 10km	Breaside Park
Sun 14 August	VMA 10km Road Race	Knox
Sun 4 September	AV/VMA Half Marathon	Burnley

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 geraldburke40@gmail.com	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
Knox	Tracey Carpenter	traceycarpenter@y7mail.com	0407 093 132
Mentone	Julian Boland	julian@blueoceanenterprises.com.au	0406 544 384
Springvale/ Noble Park	Claudio Riga Anthony Doran	claudioriga@aol.com anthonyjdoran@y7mail.com	0478 312 167 0425 796 740
Throwers	Graeme Rose Roger Glass	grarose@yahoo.com	03 9836 2350
Eastern Masters	Bronwen Cardy David Sheehan	browncardy@hotmail.com.au midget32@hotmail.com.au	0422 213 050 0448 213 200

VMA Office Bearers 2021-2022

Executive

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Treasurer	Simon Evans	0433 300 166	treasurer@vicmastersaths.org.au

Committee

Shane Draper	VMA Club Captain		shane.draper@vicmastersaths.org.au
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Footprints	Lindsay Oxenham	03 9701 2117 (AH)	lindsay.1@bigpond.com
Webmaster	Ewen Wilson	0423 424 185	registrar@vicmastersaths.org.au
IT Administrator	Ewen Wilson	0423 424 185	registrar@vicmastersaths.org.au
Throwers	Graeme Rose	03 9836 2350	grarose@yahoo.com

Masters Inter-Venue Track Challenge June 19

This will be the fourth running of this event, introduced by the Doncaster Venue in 2018. With postponement due to lockdown, this will be only six months after the 2021 event, to be held just before the World Masters in Finland.

Glen Eira have given Doncaster a real fight in previous years, and this will be no different. Also Casey and Springvale-Noble Park will be competitive.

The event comprises sprints, middle distance and walks, generally non-standard distances, with medley relays to end the program. Meet records have been established from the first three competitions, and athletes who break a record earn an extra point for their venue.

It's an event for Masters Athletes of all abilities, and everyone accumulates points for their venue. Athletes over 30 who are not members of VMA are welcome to run by invitation, and then perhaps may feel enthused to join their local venue.

In previous years, athletes have felt the camaraderie of the Masters athletic community, that being inclusive and encouraging, regardless of ability, athletes from all venues, cheering on those competing.

Athletes can still enter at <https://www.trybooking.com/BYXEE>



Tired athletes at the end of the day last December.

Current records

60 metres

W85	Shirley Coppock	(EB)	14.20	5/12/2021
W80	Kathy Skultety	(Donc)	12.22	5/12/2021
W75	Carolyn Aughey	(Donc)	13.89	5/12/2021
W70	Janine James	(Donc)	10.44	5/08/2018
W65	Marg Tweedie	(Donc)	10.03	5/12/2021
W60	Marg Tweedie	(Donc)	9.58	5/08/2018
W55	Phillipa Wight	(NSW Invite)	9.00	5/08/2018
W50	Louise McLean	(EB)	9.72	5/08/2018
W45	Sonia Pollard	(EB)	9.44	18/08/2019
W40	Linda McCaffrey	(GE)	10.70	18/08/2019
W35	Jessica Dux	(Croy)	8.21	18/08/2019
W30	Jessica Dux	(Croy)	8.48	5/08/2018
M95	Jim Sinclair	(GE)	15.82	18/08/2019
M85	Leo Coffey	(EB)	12.45	18/08/2019
M80	Mike Hall	(SNP)	10.80	5/12/2021
M75	Bob Wishart	(GE)	9.00	18/08/2019
M70	Keith Howden	(Coll)	9.34	18/08/2019
M65	Ken Bruce	(Donc)	8.44	5/08/2018
M60	Gary O'Dwyer	(Cob)	8.71	18/08/2019
M55	Luke De Biasi	(Donc)	7.81	18/08/2019
M50	Peter Briggs	(Invite)	8.04	5/08/2018
M45	Stewart Dobrzynski	(Knox)	7.67	18/08/2019
M40	Mark Hignett	(Invite)	7.68	5/08/2018
M35	Clint Miller	(GE)	8.00	5/08/2018
M30	Narinder Singh	(Casey)	8.51	5/12/2021

150 metres

W85	Shirley Coppock	(EB)	36.45	5/12/2021
W80	Kathy Skultety	(Donc)	32.34	5/12/2021
W75	Gladys Wishart	(GE)	29.46	18/08/2019
W70	Janine James	(Donc)	26.40	5/08/2018
W65	Marg Tweedie	(Donc)	24.63	18/08/2019
W60	Marg Tweedie	(Donc)	23.52	5/08/2018
W55	Phillipa Wight	(NSW Invite)	23.04	5/08/2018
W50	Michelle King	(Donc)	24.48	5/08/2018
W45	Sonia Pollard	(EB)	23.60	18/08/2019
W40	Linda McCaffrey	(GE)	28.75	18/08/2019
W35	Jessica Dux	(Croy)	19.57	18/08/2019
W30	Jessica Dux	(Croy)	20.56	5/08/2018
M85	Leo Coffey	(EB)	31.32	18/08/2019
M80	Mike Hall	(SNP)	26.86	5/12/2021
M75	Bob Wishart	(GE)	21.65	18/08/2019
M70	Keith Howden	(Coll)	22.16	5/08/2018
M65	Murray Lawrence	(Invite)	20.94	18/08/2019
M60	Rob Mayston	(Invite)	19.32	5/08/2018

M55	Luke De Biasi	(Donc)	18.97	18/08/2019
M50	Rob Italia	(Casey)	19.28	5/08/2018
M45	Stewart Dobrzynski	(Knox)	18.10	18/08/2019
M40	Mark Hignett	(Invite)	18.84	5/08/2018
M35	Kuldeep Singh	(Casey)	19.63	5/12/2021
M30	Alan Anderson	(SNP)	19.00	5/12/2021

300 metres

W85	Shirley Coppock	(EB)	97.97	5/12/2021
W80	Shirley Coppock	(EB)	79.28	5/08/2018
W75	Carolyn Aughey	(Donc)	78.44	5/08/2018
W70	Janine James	(Donc)	61.88	5/08/2018
W65	Marg Tweedie	(Donc)	57.75	5/12/2021
W60	Christine Robinson	(EB)	56.51	5/12/2021
W55	Phillipa Wight	(NSW Invite)	53.84	5/08/2018
W50	Michelle King	(Donc)	53.32	5/08/2018
W45	Leisa Hunt	(GE)	62.50	18/08/2019
W40	Laura McLennan	(Donc)	57.05	18/08/2019
W35	Jessica Dux	(Croy)	45.41	18/08/2019
W30	Jessica Dux	(Croy)	45.68	5/08/2018
M80	Mike Hall	(SNP)	68.51	5/12/2021
M75	Bob Wishart	(GE)	48.73	18/08/2019
M70	Keith Howden	(Coll)	47.91	18/08/2019
M65	Murray Lawrence	(Invite)	45.21	18/08/2019
M60	Rob Mayston	(Invite)	41.68	5/08/2018
M55	Luke De Biasi	(Donc)	39.52	5/08/2018
M50	Rob Italia	(Casey)	41.64	5/08/2018
M45	Andrew Wilcox	(Donc)	38.20	5/08/2018
M40	Matt Hughes	(Donc)	42.84	5/08/2018
M35	Anthony Paige	(Donc)	41.24	5/08/2018
M30	Alan Anderson	(SNP)	43.03	5/12/2021

600 metres

W70	Heather Carr	(GE)	2:42.72	5/12/2021
W65	Janet Holmes	(GE)	2:22.3	18/08/2019
W60	Katrina Philip	(Donc)	2:31.36	5/12/2021
W55	Susan Howell	(Gee)	2:03.9	18/08/2019
W50	Jo Whittle	(GE)	2:22.07	5/12/2021
W45	Susan Short	(Ment)	1:58.1	18/08/2019
W40	Sarah Lorentzen	(GE)	1:55.5	18/08/2019
M85	Colin Silcock-Delany	(Gee)	4:05.8	5/08/2018
M80	Barry Dorr	(Donc)	2:44.3	5/08/2018
M75	Graham Stockdale	(GE)	2:23.40	5/12/2021
M70	Kevin Solomon	(Invite)	1:54.4	5/08/2018
M65	David McConnell	(Donc)	1:50.3	5/08/2018
M60	Simon Lloyd	(GE)	1:53.33	5/12/2021
M55	Luke De Biasi	(Donc)	1:36.2	5/08/2018

M50	Rob Italia	(Casey)	1:34.6	5/08/2018
M45	Cameron Simon	(Donc)	1:30.7	18/08/2019
M35	Antony Gottlieb	(Donc)	1:46.7	5/08/2018
M30	Anthony Paige	(Donc)	1:34.2	5/08/2018

1 mile

W65	Janet Holmes	(GE)	07:36.8	18/08/2019
W60	Janet Holmes	(GE)	08:11.51	5/12/2021
W55	Susan Howell	(Gee)	06:22.2	18/08/2019
W45	Maryanne Murray	(Donc)	06:15.5	18/08/2019
W40	Sarah Lorentzen	(GE)	06:46.5	18/08/2019
W35	Selma Roth	(Donc)	05:41.86	5/12/2021
M80	Barry Dorr	(Donc)	10:17.46	5/12/2021
M75	Thomas McKeown	(Croy)	08:55.9	18/08/2019
M70	Peter Bence	(GE)	07:02.29	5/12/2021
M65	Simon Lloyd	(GE)	06:12.92	5/12/2021
M60	Doug Sandiford	(Donc)	06:14.82	5/12/2021
M55	Mark Portbury	(Croy)	05:53.74	5/12/2021
M50	James Kingston	(GE)	05:49.35	5/12/2021
M45	Cameron Simon	(Donc)	05:13.3	18/08/2019
M40	Derek Allan	(Invite)	05:35.89	5/12/2021

3000 metres

W70	Heather Carr	(GE)	15:52.5	18/08/2019
W65	Jo Cockwill	(GE)	16:57.7	18/08/2019
W60	Janine KcKerron	(GE)	15:56.86	5/12/2021
W55	Susan Howell	(Gee)	12:35.2	18/08/2019
W50	Kylie Irshad	(Casey)	14:57.12	5/12/2021
W45	Maryanne Murray	(Donc)	12:23.8	18/08/2019
W40	Sarah Lorentzen	(GE)	13:20.3	18/08/2019
W35	Selma Roth	(Donc)	11:16.60	5/12/2021
M75	Phil Urquart	(GE)	19:22.73	5/12/2021
M70	Peter Bence	(GE)	13:10.27	5/12/2021
M65	Frank McNamara	(Ment)	12:27.75	5/12/2021
M60	Simon Lloyd	(GE)	12:28.4	18/08/2019
M55	Russ Jenkins	(GE)	11:18.38	5/12/2021
M50	James Kingston Campbell	(GE)	12:00.28	5/12/2021
M45	McLennan	(Donc)	10:49.40	5/12/2021
M40	Dino Imbriano	(Donc)	11:54.31	5/12/2021
M35	Giuseppe Campisi	(GE)	13:16.92	5/12/2021

800 metres walk

W75	Gwen Steed	(GE)	5:12.10	5/12/2021
W70	Heather Carr	(GE)	4:24.3	18/08/2019
W65	Karyn O'Neill	(GE)	5:31.79	5/12/2021
W60	Donna-Marie Elms	(Cob)	4:36.13	5/12/2021

W55	Pam Tindall	(Croy)	3:56.2	5/08/2018
W50	Kylie Irshad	(Casey)	4:08.29	5/12/2021
W45	Kylie Irshad	(Casey)	3:59.7	18/08/2019
W40	Laura McLennan Colin Silcock-	(Donc)	4:17.1	5/08/2018
M85	Delaney	(Gee)	6:26.9	5/08/2018
M80	Peter McGrath	(GE)	7:57.92	5/12/2021
M75	Phil Urquart	(GE)	5:52.05	5/12/2021
M70	Andrew Jamieson	(Donc)	4:13.6	18/08/2019
M65	Frank Prowse	(Donc)	4:26.8	18/08/2019
M60	Kevin Cassidy	(Ment)	4:00.10	5/12/2021
M55	Kevin Cassidy	(Ment)	3:35.0	18/08/2019
M50	Greg Hughes	(GE)	6:13.8	5/08/2018
M45	Anand Thillaisundaram	(SNP)	4:39.80	5/12/2021

1600 metres walk

W75	Gwen Steed	(GE)	11:04.26	5/12/2021
W70	Heather Carr	(GE)	09:22.6	18/08/2019
W65	Karyn O'Neill	(GE)	11:27.63	5/12/2021
W60	Donna-Marie Elms	(Cob)	10:10.02	6/12/2021
W55	Pam Tindal	(Croy)	08:30.6	5/08/2018
W50	Kylie Irshad	(Casey)	8:47.54	6/12/2021
W45	Kylie Irshad	(Casey)	08:27.0	18/08/2019
W40	Laura McLennan	(Donc)	09:38.7	5/08/2018
M85	Colin Silcock-Delany	(Gee)	13:04.5	5/08/2018
M80	Peter McGrath	(GE)	16:14.80	5/12/2021
M70	Andrew Jamieson	(Donc)	08:36.2	18/08/2019
M65	Frank Prowse	(Donc)	09:24.4	18/08/2019
M60	Kevin Cassidy	(Ment)	8:28.49	5/12/2021
M55	Kevin Cassidy	(Ment)	07:37.4	18/08/2019
M50	David Smyth	(Invite)	8:54.41	5/12/2021
M45	David Smyth	(Invite)	08:25.3	18/08/2019

Medley Relay

W240	Glen Eira (Janet Holmes, Heather Carr, Jo Cockwill, Janine McKerron)		7:11.93	5/12/2021
W180	Croydon (Pam Tindall, Jessica Dux, Ros Dyer, Tania Neale)		5:36.7	5/08/2018
M240	Doncaster (Gary Zuccala, David McConnell, Graham Ford, Greg Champion)		4:56.4	5/08/2018
M180	Glen Eira (David Page, Clint Miller, Syd Bone, Ivan Dodin)		4:22.1	5/08/2018