



F TPRINTS

May / June
2023

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New VMA Organisation – update #2 by Rob Mayston

In the previous edition of 'Footprints' I wrote an article titled "VMA Organisation 'Revamp'". In that article I wrote that the VMA organisation that we currently have cannot support what VMA needs to do to remain viable into the future, which essentially translates into continued growth for us.

If you haven't read that article I suggest you do take 5 minutes to do so. The key messages in what I wrote were (i) Currently we have several people who are "doing multiple job roles", which is both unfair in terms of lopsided sharing of workload, but also puts them at risk of "burnout". (ii) We are not properly covering the things we need to do "day to day" for VMA to run smoothly and also things we need to do that will allow us to grow. It is again worth reminding ourselves that if we don't grow then it will just be a matter of time before we will cease to exist.

In my President's Annual Report just issued for the AGM, I stated that the process required to "fix our organisation" would be the primary focus for the VMA Committee in this next 2023-24 year. I am thinking that it will take at least a year, maybe two, to complete (to take as far as it can go). So for at least the next year I intend to have a feature article in each edition of 'Footprints' to update members on progress and highlight how they can be involved. In each edition I'm hoping I will be able to report on how VMA members are stepping up to do their part to get VMA onto a firm organisational footing. Also each month I will continue to list all of the VMA positions that are filled and are vacant (see current status at the end of this article). I will also write about the key target positions that are the highest priority to be filled. This will start right here in this article! But before doing that I will provide some statistics on where we are at now, and then each month I will update these to so that can measure progress...see how we are tracking.

So let's get into this. In the proposed new organisation there are 166 positions listed that need to be filled. "Wow that sounds like a lot" is what you might be thinking. But in the previous article I explained how a key goal for the majority of roles VMA members is that the "rule of thumb" basis for them is that they will require no more than 1 hour / week. On the updated list of organisation roles I have marked with # (roles requiring no more than 1 hr/week on an ongoing basis) & # (roles that would be more than 1 hr/week, but only for a short period, and when averaged out over a year would be no more than 1 hr/week).

Of these 166 positions, 37 are already filled, I have received expressions of interest for 4 positions, a further 2 are on hold and there are 2 that are now redundant, with VMA no longer having club affiliation with AV. There are also some other positions still to be defined, but these are lower priority / for areas of our new vision that we haven't got to yet.

So to round out this update I will go through the following positions that have the highest priority to be filled.

- [G1] HR Support Lead. Here we are looking for someone with HR experience who can provide guidance around what we are doing here and recommend the leading practices we should adopt to develop our organisation in the best possible way. Currently, as no-one has expressed interest in taking this on, I have picked it up so we can get started. But by no means is that "my area", I'm an Engineer, not a HR expert, so I'm hoping someone from

VMA will emerge to assist us in this area. Prior to taking this on I was already wearing “too many hats”, but the importance around progressing our “organizational rescue” means we have to start now. The exact role requirements here will be defined via discussion with those applying for this role.

- [E4] Secretary & [E5] Assistant Secretary. You might be saying, “Hang On. Didn’t we just have an AGM and settle on the VMA Executive positions?” Well yes we did, but prior to the AGM we advertised for these positions, but received no responses. So at the AGM we had two people who put up their hands to continue in these positions for up to three months to provide more time to fill these positions for the medium term. The plan is to have two people working together in these positions to provide up to 2 hours/week of coverage for VMA’s secretarial requirement. Just prior to the AGM the Committee agreed that an honorarium will be applicable for both positions. There will be a clear role description – refer to draft at end of Footprints (P48). Ewen Wilson will also provide ongoing guidance for those who take on these roles for a period of time that it takes them to settle in.
- [G4] New Member Officer. This role is all about having a single point of contact for new members to ensure that we have a consistent message being delivered to prospective members. They would have a contact email and dedicated mobile phone provided by VMA in order to carry out this role.
- [F2] Grants Advisor. We have identified that there are opportunities to receive more in grants than at present. With capital requirements approaching for Digital Timekeeping for the Mid-week Venues which could be \$50,000+ we need to find ways to service this outlay. Claudio Riga is doing a great job at Springvale Venue and also helping other Venues, but we are looking to “beef up” our efforts here. This role will be mostly to do with an additional resource for the identification of targets.
- [F4] Sponsorship Lead. Again we need to approach a would-be sponsor who can help us to meet the needs for both the cost of staging Championships in the best possible way and also for helping to meet capital requirements. This role would involve developing a sponsor plan to attract sponsors at different levels.
- [G1] Project Manager for VMA promotional signage at all Athletics tracks where we are allowed to do this. This role would be to establish a plan of how to do this and then to coordinate a staged rollout of doing this.

Finally, just to reiterate the process for how someone would get started in any of these roles. First there would be an agreed role description and then a trial period to ensure that there is no perceived obligation from either the person or VMA, with the rationale that both parties need to feel that things are working out the way that was intended.

Finally, at the end of ‘Footprints’ is a list of “thumbnails” of the roles, which give brief descriptions of each. These “thumbnails” will be worked up into role descriptions in coming months. We will also post them on the VMA website.

Please use the dedicated email VMA_Org@vicmastersaths.org.au for all expressions of interest / enquiries regarding the new VMA organisation.

Victorian Masters Athletics Organisation				Rev 1 May 3rd 2023	
	Position	Filled	Temporary	Notes	P#
Executive Roles					
E1	President	Rob Mayston		<i>Filled AGM 30/4/23</i>	
E2	Vice-President (past)	Tony Bradford		<i>Filled AGM 30/4/23</i>	
E3	President (junior - opt.)	Pramesh Prasad		<i>Filled AGM 30/4/23</i>	
E4	Secretary	VACANT	Ewen Wilson	High priority	1
E5	Assistant Secretary	VACANT	Ann Zhu	High priority	1
E6	Treasurer	Simon Evans		<i>Filled AGM 30/4/23</i>	
-	Club Captain	Shane Draper		<i>Not req; VMA no longer AV club</i>	
-	Club Vice-Captain	Andrew Watts		<i>Not req; VMA no longer AV club</i>	
E7	Committee	Chris Worsnop		<i>Filled AGM 30/4/23</i>	
E8	Committee	Judy Pfanner		<i>Filled AGM 30/4/23</i>	
E9	Committee	David Sheehan		<i>Filled AGM 30/4/23</i>	
E10	Committee	Mike Clapper		<i>Filled AGM 30/4/23</i>	
E11	Committee	Wendy Smith		<i>Filled AGM 30/4/23</i>	
E12	Committee	Graham Ford		<i>Filled AGM 30/4/23</i>	
E13	Committee	John Papworth		<i>Filled AGM 30/4/23</i>	
"Non-Executive" Roles					
General Administration					
G1	# HR Support Lead	(NEW) VACANT	Rob Mayston	High priority	1
G2	# Uniforms Liason (VMA / 30+tops)	VACANT	Ewen Wilson	Medium priority	2
G3	Competition Records Officer	Clyde Riddoch		<i>Re-confirmed April '23</i>	
G4	# New Members' Officer	(NEW) VACANT	---	High priority	1
G5	# Membership Database Administrator	VACANT	Ewen Wilson	High priority	1
G6	# Archivist / Historian	(NEW) VACANT	EOI received	Medium priority	2
G7	# Occupational Health & Safety Officer	(NEW) VACANT	EOI received	Medium priority	2
Finance					
F1	Auditor	David McConnell		<i>Filled AGM 30/4/23</i>	1
F2	# Grants Advisor	(NEW) VACANT	---	High priority	1
F3	# Grants Applications Officer	Claudio Riga			
F4	# Sponsorship Lead	(NEW) VACANT	Rob Mayston	High priority	1
Digital / Media					
D1	# Footprints Editor	Lindsay Oxenham			1
F2	# Footprints Reporter	(NEW) VACANT	---	High priority	1
F3	# Footprints Reporter	(NEW) VACANT	---	Medium priority	2
F4	# Social Media Lead (Facebook, Instagram)	(NEW) VACANT	---	High priority	1
F5	# Mainstream Media Lead	(NEW) VACANT	---	Medium priority	2
F6	# Photography Lead	(NEW) VACANT	---	High priority	1
F7	# Photographer / s	(NEW) VACANT	---	Medium priority	2
F8	# Livestream Lead	(NEW) VACANT	---	Medium priority	2
F9	# Livestream Technical	(NEW) VACANT	---	Medium priority	2
F10	# IT Lead	(NEW) VACANT	---	Medium priority	2
F11	# VMA website	VACANT	Ewen Wilson	High priority	1
F12	# Athlete Information System Lead (PROJECT)	(NEW) VACANT	---	Medium priority	2

Victorian Masters Athletics Organisation					Rev 1 May 3rd 2023
	Position	Filled	Temporary	Notes	P#
F12	# Athlete Information System Lead (PROJECT)	(NEW) VACANT	---	Medium priority	2
Competition (Teams Championship, Mid-week Venues, Training, Coaching)					
C1	Coaching Lead	(NEW) VACANT	---	Not immediate priority	3
C2	Training Lead	(NEW) VACANT	---	Not immediate priority	3
C3	# VMA Handicapper (centralised system)	(NEW) VACANT	EOI received	High priority	1
C4	# VMA Events Statistician	(NEW) VACANT	EOI received	Medium priority	2
"Marquee Events" / 30+ Teams Championship					
Event Managers					
T2	# T & F Pentathlon (February)	(NEW) VACANT	Rob Mayston	High priority	1
T3	# State Championship (March)	(NEW) VACANT	Rob Mayston	High priority	1
T4	# Throws Pentathlon (March)	Judy Pfanner			
T5	# VMA Gift (April)	(NEW) VACANT	Rob Mayston	High priority	1
T6	# 3km Championship (May)	(NEW) VACANT	---	High priority	1
T7	# Long Distance events (x5) (May - Sept.)	(NEW) VACANT	---	High priority	1
T8	# Distance Walks (x3) (July - Sept.)	Peter Thorne			
T9	# Winter T & F Challenge (August)	Graham Ford			
T10	# Handicap Relays Challenge (October)	(NEW) VACANT	---	High priority	1
T11	# VMA Events / Officials Co-ordinator	Paul Reynolds		Filled April '23	
T12	# Event Presentation Co-ordinator	Phil Urquhart		Filled March '23	
T13	# Event Presentation Track Crew	(NEW) VACANT	---	High priority	1
T14	# Event Procurement	(NEW) VACANT	Rob Mayston	High priority	1
T15	# Event Commentators	(NEW) VACANT	---	High priority	1
T16	# Medal Presentation	(NEW) VACANT	---	High priority	1
30+ Teams					
T1	# Teams Championship Co-ordinator	(NEW) VACANT	---	High priority	1
Masters 30+ Team Captains (one/Team)					
<i>Note: following list of TC's was for Masters State Champs. Only</i>					
T20	# Aberfeldie Essendon	(NEW) VACANT	John Papworth	High priority	1
T21	# Albury	(NEW) VACANT	Kay Heinecke	High priority	1
T22	# Ballarat	(NEW) VACANT	Caitlin Christie	High priority	1
T23	# Bendigo	(NEW) VACANT	EOI received	High priority	1
T24	# Box Hill	(NEW) VACANT	EOI received	High priority	1
T25	# Casey	(NEW) VACANT	Pramesh Prasad	High priority	1
T26	# Coburg	(NEW) VACANT	Michael Meaney	High priority	1
T27	# Collingwood	(NEW) VACANT	Jim Hopkins	High priority	1
T28	# Croydon	(NEW) VACANT	Andrew Egginton	High priority	1
T29	# Diamond Valley	(NEW) VACANT	Greg Luck	High priority	1
T30	# Doncaster	(NEW) VACANT	Graham Ford	High priority	1
T31	# East Burwood Nunawading	(NEW) VACANT	Toni Matters	High priority	1

Victorian Masters Athletics Organisation					Rev 1 May 3rd 2023
	Position	Filled	Temporary	Notes	P#
T32	# Eastern Masters	(NEW) VACANT	Paul Earle	High priority	1
T33	# Frankston	(NEW) VACANT	no-one appointed	High priority	1
T34	# Geelong	(NEW) VACANT	Alan Jenkins	High priority	1
T35	# Glen Eira Glenhuntly	(NEW) VACANT	Mike Clapper	High priority	1
T36	# Knox	(NEW) VACANT	Tracey Carpenter	High priority	1
T37	# Malvern Harriers	(NEW) VACANT	not team status atm	High priority	1
T38	# Melbourne University	(NEW) VACANT	Hugh van Cuylenburg	High priority	1
T39	# Mentone	(NEW) VACANT	Julian Boland	High priority	1
T40	# Mornington Peninsula	(NEW) VACANT	Richard Dawe	High priority	1
T41	# Richmond	(NEW) VACANT	Joji Mori	High priority	1
T42	# Sandringham	(NEW) VACANT	Rachel Barrett	High priority	1
T43	# Shepparton	(NEW) VACANT	Alistair McLeod	High priority	1
T44	# South Coast Athletics	(NEW) VACANT	not team status atm	High priority	1
T45	# South West Athletics	(NEW) VACANT	not team status atm	High priority	1
T46	# Springvale Dandenong	(NEW) VACANT	David Talbot	High priority	1
T47	# Throwers	(NEW) VACANT	Judy Pfanner	High priority	1
T48	# Warranwood	(NEW) VACANT	not team status atm	High priority	1
T49	# Waverley	(NEW) VACANT	Linda Buttigieg	High priority	1
T50	# Western Region	(NEW) VACANT	Helen Pels	High priority	1
T51	# Williamstown	(NEW) VACANT	Russell Dmytrenko	High priority	1
Masters 30+ Athletic Club Liason (one at every Athletics venue)					
T60	# Albury Athletics	(NEW) VACANT	---	High priority	1
T61	# Athletics Chilwell	(NEW) VACANT	---	High priority	1
T62	# Athletics Essendon	(NEW) VACANT	---	High priority	1
T63	# Athletics Nunawading	(NEW) VACANT	---	High priority	1
T64	# Athletics South West	(NEW) VACANT	---	High priority	1
T65	# Athletics Waverley	(NEW) VACANT	---	High priority	1
T66	# Ballarat Harriers Athletic Club	(NEW) VACANT	---	High priority	1
T67	# Ballarat YCW Harriers Athletic Club	(NEW) VACANT	---	High priority	1
T68	# Bellarine Athletics T & F Club	(NEW) VACANT	---	High priority	1
T69	# Bendigo Harriers Athletic Club	(NEW) VACANT	---	High priority	1
T70	# Bendigo University Athletic Club	(NEW) VACANT	---	High priority	1
T71	# Box Hill Athletic Club	(NEW) VACANT	---	High priority	1
T72	# Brunswick Athletic Club	(NEW) VACANT	---	High priority	1
T73	# Casey Cardinia Athletics	(NEW) VACANT	---	High priority	1
T74	# Coburg Harriers Athletic Club	(NEW) VACANT	---	High priority	1

Victorian Masters Athletics Organisation					Rev 1 May 3rd 2023
	Position	Filled	Temporary	Notes	P#
T75	# Collingwood Harriers Athletic Club	(NEW) VACANT	---	High priority	1
T76	# Corio Athletic Club	(NEW) VACANT	---	High priority	1
T77	# Dandenong Springvale Athletics	(NEW) VACANT	---	High priority	1
T78	# Deakin Athletic Club	(NEW) VACANT	---	High priority	1
T79	# Diamond Valley Athletic Club	(NEW) VACANT	---	High priority	1
T80	# Doncaster Athletic Club	(NEW) VACANT	---	High priority	1
T81	# Eaglehawk Athletic Club	(NEW) VACANT	---	High priority	1
T82	# Eureka Athletic Club	(NEW) VACANT	---	High priority	1
T83	# Frankston Athletic Club	(NEW) VACANT	---	High priority	1
T84	# Geelong Guild Athletic Club	(NEW) VACANT	---	High priority	1
T85	# Gippsland Athletic Club	(NEW) VACANT	---	High priority	1
T86	# Glenhuntly Athletic Club	(NEW) VACANT	---	High priority	1
T87	# Ivanhoe Harriers Athletic Club	(NEW) VACANT	---	High priority	1
T88	# Keilor St Bernards Athletic Club	(NEW) VACANT	---	High priority	1
T89	# Knox Athletic Club	(NEW) VACANT	---	High priority	1
T90	# Maccabi Athletic Club	(NEW) VACANT	---	High priority	1
T91	# Malvern Harriers Athletic Club	(NEW) VACANT	---	High priority	1
T92	# Mansfield Athletic Club	(NEW) VACANT	---	High priority	1
T93	# Melbourne University Athletics Club	(NEW) VACANT	---	High priority	1
T94	# Mentone Athletic Club	(NEW) VACANT	---	High priority	1
T95	# Mornington Peninsula Athletic Club	(NEW) VACANT	---	High priority	1
T96	# Old Melburnians Athletic Club	(NEW) VACANT	---	High priority	1
T97	# Old Scotch Athletic Club	(NEW) VACANT	---	High priority	1
T98	# Old Xaverians Athletic Club	(NEW) VACANT	---	High priority	1
T99	# Preston Athletic Club	(NEW) VACANT	---	High priority	1
T100	# Richmond Harriers Athletic Club	(NEW) VACANT	---	High priority	1
T101	# Ringwood Athletic Club	(NEW) VACANT	---	High priority	1
T102	# Sandringham Athletic Club	(NEW) VACANT	---	High priority	1
T103	# Shepparton Athletics	(NEW) VACANT	---	High priority	1
T104	# South Bendigo Athletic Club	(NEW) VACANT	---	High priority	1
T105	# South Coast Athletics	(NEW) VACANT	---	High priority	1
T106	# South Melbourne Athletic Club	(NEW) VACANT	---	High priority	1
T107	# St Kevin's Amateur Athletic Club	(NEW) VACANT	---	High priority	1
T108	# St Stephens Harriers Athletic Club	(NEW) VACANT	---	High priority	1
T109	# Traralgon Harriers Athletic Club	(NEW) VACANT	---	High priority	1
T110	# Wellington Athletic Club	(NEW) VACANT	---	High priority	1
T111	# Wendouree Athletic Club	(NEW) VACANT	---	High priority	1
T112	# Western Athletics	(NEW) VACANT	---	High priority	1
T113	# Williamstown Athletic Club	(NEW) VACANT	---	High priority	1
T114	# Western Athletics	(NEW) VACANT	---	High priority	1
T115	# Wodonga Athletic Club	(NEW) VACANT	---	High priority	1
T116	# Wyndham Track and Field Club	(NEW) VACANT	---	High priority	1
T117	# Yarra Ranges Athletics	(NEW) VACANT	---	High priority	1

Victorian Masters Athletics Organisation			Rev 1 May 3rd 2023		
	Position	Filled	Temporary	Notes	P#
Mid-week venues					
V1	# Venues Co-ordinator	(NEW) VACANT	---	High priority	1
Venue Managers					
V10	Aberfeldie	Tony Bradford			
V11	Casey	Pramesh Prasad			
V12	Coburg	Michael Meaney			
V13	Collingwood	John Pocock / Jim Hopkins			
V14	Croydon	Andrew Egginton			
V15	Doncaster	Graham Ford			
V16	East Burwood	Christopher Worsnop			
V17	Eastern Masters	Paul Earle / David Sheehan			
V18	Frankston Peninsula	David Dodson / Bronwen Hanns			
V19	Glen Eira	Mike Clapper			
V20	Geelong	Alan Jenkins			
V21	Knox	Tracey Carpenter			
V22	Mentone	Julian Boland			
V23	Springvale / Noble Park	Claudio Riga			
V24	Throwers	Judy Pfanner			
Digital / Media					
G1	# Project Mgr. - Masters Mid-week signage rollout	(NEW) VACANT	---	Medium priority	2
G2	# Project Mgr. - General / tba for future initiatives	(NEW) VACANT	---	Medium priority	2

The inaugural VMA Gift – “history was made” by Rob Mayston

The VMA Gift was introduced as a new event on the emerging VMA “marquee events” landscape. These events are all about Masters Athletes from all different backgrounds (weekly venues, training groups, athletic clubs etc.) coming together for competition where, as well the opportunity to perform well individually, everyone is part of a 30+ team and there is a strong emphasis on “Masters Athletics fundamentals” of having fun and just the participation – where “everyone can win”.

And so enter the VMA Gift, where every event was handicap based, or put another way, the idea was for it to be like a “mid-week venue competition on steroids”, if you’ll pardon the use of this pun in an athletics context. In my mind it just seemed like the sort of event we should try as we looked to add to the number of Masters events which will soon all be part of an annual Teams Championship. The other part of “The Gift” that I saw as important was that all athletics disciplines, not just running, would be represented, and so Walk, Jumps and Throws were added to the program.

The final addition to the program was the addition of “The Landy”. This event was something different again, comprising three track events all based on age-graded handicaps and two qualification rounds (200m, 1km) and then a final (400m) for the top 8 qualifiers. This event, the “brainchild” of (now) veteran Masters athlete Richard Trembath, debuted in VMA in the year 2000 and enjoyed a fourteen year run before it ended in 2013. The Landy Trophy was one much sought after, and in the past had attracted both interstate and international athletes going head to head with VMA athletes. As an event with such a rich history it seemed fitting that “The Landy” should once again be back as an annual VMA event.

And so to the story of the inaugural 2023 VMA Gift. It was set down for the 16th of April, on a Sunday following the Easter break. The challenge was put to VMA’s near 1,000 members to “be part of history” and to register for the event. The final number of entries received was 131, a bit lower than perhaps had been hoped for, but still pretty good for something brand new. Amongst them were three athletes from NSW & Queensland, two of whom had previously competed in “The Landy”, with one of them a previous winner.

In the week leading up to the event there was somewhat of a sense of foreboding in the form of the weather reports. It was raining just about every day, with a weekend forecast also predicting rain. By midweek the expectation was for “rain early on Sunday, but then just intermittent rain”. So on Friday in brilliant sunshine Rob Mayston and Grant Murfett headed out to the Doncaster track and marked out the handicaps for “The Landy” and the 110m handicap Sprint Gift. Saturday, which was wet as expected, also revealed a nasty shock in the form of all the 110m Sprint handicap markings being vandalised. They had been torn up and put in a rubbish bin. So, in pouring rain late Sunday Rob & Grant returned and donned their wet weather gear and redid the handicaps. Security was engaged to secure the track overnight.

Sunday dawned with again the weather as expected. There was heavy rain early, which prompted some phone calls. “Will the event still be going ahead?” The reply was (based on total confidence in the weather forecast for an improved weather outlook over the day) “Absolutely!!”

A combination of injuries to athletes, illness (not a day to be out if unwell) and possibly some trepidation re the weather saw 31 athletes withdraw. So it was that exactly 100 athletes took to the field to run, jump, walk and throw, and in so doing the names of the following VMA athletes became etched into VMA history as those who can say that they competed in the first ever VMA Gift.

Masters Athletics "History Makers" who competed in the inaugural 2023 VMA Gift (VMA unless indicated)				
Helen Anderson	Richard Dawe	Greg Hughes	Fraser Murray	Wendy Smith
Maggie Armstrong	Leanne Dunsmore	Niki Johansen	Rob Newling	Pete Spink
Arunan Arumainayagam	Paul Durrant	Sarah Johnson	John Nottle	Helen Stanley
Erika Bedyne	Ros Dyer	Trevor Jupp	Trevor O'Brien	Gwen Steed
Yassine Belaabed	Michelle Edmonds	Jane Kinsey	Kevin Pardy	Sam Tabit
Adrian Bender	Donna-Marie Elms	John Lamb (NSWMA)	Kim Peak	Peter Thorne
Julian Boland	Simon Evans	Bev Learmont	Sean Peters	Didimo Tonelli
Tony Bradford	Noel Fairburn	Tom Leong	Lavinia Petrie	Richard Trembath
Christine Bridle	David Featherston	Ernie Leseberg (NSWMA)	Rob Petrie	June Treweek
Ken Bruce	Adrian Flynn	Bronwen Loizou	Sonya Pollard	Marg Tweedie
Linda Buttigieg	Jenny Fox	Scott Lovell	Michelle Quan	Andrew Watts
Garth Calder	Graham Ford	John Mackay	Bretton Randall	Corey Williams
Greg Carstairs	Tony Guttman	Rob Mayston	Clyde Riddoch	Leslie Williams
Vivienne Cash	Frances Halton	Gerard McDonald	Tim Rosen	Ian Winnen
Helen Castel-Boland	Kathryn Heagney	Campbell McLennan	Philip Rosevear	Bob Wishart
Mike Clapper	Greg Hilson	Laura McLennan	Jim Rountree	Bruce Wood
Andrew Close	Janice Hodgart	Bernie McLoughlan	Sandra Geisler	Allan Wood
Tracy Colbert	Mal Hodgart	Vani Meadows	George Schillinger	Christopher Worsnop
Karley Cromie	Susan Howell	Narelle Messerle	Sonja Skocic	Peter Wrzuszcak
Nathan Crowley	Carolyn Huell	Paul Mierisch	Ben Skurka	John Zeleznikow

So to the competition itself. Following is a summary of how the day unfolded.

A warm-up event opened proceedings with an attempt on the World M50 800m record, involving Bendigo 30+ athlete Nathan Crowley. Cold conditions, with drizzling rain and a track covered in water were hardly the environment for fast running, and so it proved to be. Nathan was gallant, but never had a chance to get close to the record. The good news though is that Nathan has just turned 50 and has 5 more years to get that record. I'm backing him in to do it. Watch this space!

The Gift proper opened up with the 27 athletes contesting the 200m Heats of "The Landy". After this first round of qualifying, Rob Mayston (Box Hill 30+) emerged (just) as the highest ranked qualifier, with the two NSW "interstate raiders" Ernie Leseberg and John Lamb rounding out the top three.

The next event was also the first final – the mixed 1200m handicap. Kath Gawthorn (Doncaster 30+) emerged victorious, with Les Williams (Springvale 30+) just falling short after a gallant effort to try and run her down. Frances Halton (Frankston 30+) was third. As she pulled on the winner's sash and collected her prizemoney Kath seemed over the moon, having achieved her maiden win in "big time competition". Sixteen athletes competed in this race, with just a total of 15 sec separating all of them. Kath's winning time was just under 7 min. It was a good start for the "ghost whisperer", our independent handicapper!

1200m handicap winner Kath Gawthorn with Les Williams and Rob Mayston



Whilst all this was going on the eight jumpers in the mixed Jumps ‘Duo’ competition were hard at it in the Long Jump, as well as around thirty throwers competing simultaneously in three different first round throws events, Shot Put, Javelin and Discus, of the Throws ‘Trio’ competition. For both the Jumps and Throws previous season’s best results were used as the handicap benchmark.

Next up was the first “grading” round of the 110m sprint handicap. This round was all about trimming the fields for Semi-Finals to 12 each in two groups – “Legends” and “Fast”. The “Legends” criteria was set as meeting both of the following criteria (i) 60 years or older (ii) an estimated 110m time (based on season’s performances) of > 16 sec. The seven heat winners were Ernie Leseberg (NSWMA), Corey Williams (Springvale 30+), Adrian Flynn (Casey 30+), Paul Durrant (Knox 30+), Bernie McLoughlan (Doncaster 30+), Vivienne Cash (Mentone 30+) & Sarah Johnson (Glen Eira 30+). Interestingly, some of these names would go on and feature at the pointy end of this event.

Another Final was next up, which was the 1200m handicap Walks event. This was won easily by John Nottle (Mentone 30+) with Simon Evans (Doncaster 30+) 2nd and Sandra Geisler (Croydon 30+) 3rd. The independent handicapper will be sure to take a closer look at this event next year!



1200m handicap walk winner John Nottle with Rob Mayston and Simon Evans

Attention then turned back to “The Landy” for, for some, the “gruelling” 1km qualifier. This time it was the turn of the distance specialists to put it over the sprinters. The top three qualifiers over the longer distance were Lavinia Petrie (Knox 30+) 1st, Richard Dawe (Mornington Pen. 30+) 2nd & Mike Clapper (Glen Eira 30+) 3rd.

Next up were the “Legends” and “Fast” Semi-Finals of the 110m Sprint Handicap. In the “Legends” Paul Durrant (Knox 30+) and Bob Wishart (Mentone 30+) won their heats, with both Graham Ford and Bernie McLoughlan (Doncaster 30+) hot on their heels. Bob, a perennial winner over the years. (“He couldn’t win again in the Final could he?”) was what I’m sure those watching were thinking. In the “Fast” group the Semi Final winners were Gerard McDonald (Doncaster 30+) and Adrian Flynn (Casey 30+) with Tim Rosen (Glen Eira 30+) and Sarah Johnson (Glen Eira 30+) the runners up. Times suggested that the Final would be between Adrian and Gerard, but as the saying goes “Anything can happen in a Final”.

With the Jumps & Throws events continuing, “The Landy” and 110 Sprint athletes, their qualifying over, enjoyed a well earned break as the 4800m Long Distance Handicap event Final took place. This event was dominated by the ladies. They filled the first six places! Michelle Quan (Mentone 30+) ran a well controlled race to take the win and the sash, followed by Ros Dyer (Croydon 30+) 2nd & Erika Bedyne (Eastern Masters 30+) 3rd. The guys then occupied places 7th-12th.



4800m handicap winner Michelle Quan with placegetters Ros Dyer (2nd) & Erika Bedyne (3rd) and President Rob Mayston

With anticipation building for the 110m Sprint Handicap Finals, presentations were made to the winners of the Jumps 'Duo' event. Linda Buttigieg (Waverley 30+) dominated this event and was the winner of all three qualifying events, Long Jump, Pole Vault and High Jump. In this event a competitor's top two events are scored. Not to be outdone, Allan Wood (Croydon 30+) was ever so close in 2nd place & Arunan Arumainayagam (Diamond Valley 30+) in 3rd.



Linda Buttigieg Jumps 'Duo' winner with Rob Mayston & Allan Wood as 'Landy' founding father Richard Trembath looks on

In the Throws Final ten qualifiers were subjected to a “cut-throat” top ten shootout comprising just six throws in a new “post-qualifying” competition. In the first qualifying round it looked to be anyone’s to win, with three separate winners in each discipline: Paul Durrant (Knox 30+) - Javelin, Laura McLennan (Doncaster 30+) – Discus and Jane Kinsey (Throwers 30+) – Shot Put. But in the Final it was Paul Durrant who “upped the ante” topping all three disciplines to take the win and the sash, from Niki Johansen 2nd & Scott Lovell (Collingwood 30+) 3rd.



VMA Gift Throws 'Trio' winner Paul Durrant with placegetters Niki Johansen (2nd) & Scott Lovell (3rd) and President Rob Mayston



The much awaited 110m Sprint Handicap Finals then followed. In the “Legends” Final a Bob Wishart “fairytale” was not to be as Paul Durrant (Knox 30+), buoyed by his win in the Throws ‘Trio’ event, saluted with an impressive run to take out the win. Graham Ford (Doncaster 30+) 2nd & Bob Wishart (Mentone 30+) 3rd were gallant pushing Paul all the way.

Winner of 'Legends' 110m Sprint Handicap Paul Durrant with placegetters Graham Ford (2nd) & Bob Wishart (3rd)

In the “Fast” Final the pre-race favourite Adrian Flynn (Casey 30+) showed no sign of nerves with a well-timed run to win the “sash and the cash”. Sarah Johnson (Glen Eira 30+) proved to be the “bolter”, producing a big run to take 2nd, and Corey Williams (Springvale 30+) effectively the race’s “mid marker”, produced a stellar run, making up a lot of ground to take 3rd, just ahead of fast-finishing back marker Tim Rosen (Glen Eira 30+).



110m 'fast' sprint handicap winner Adrian Flynn with placegetters Sarah Johnson (2nd) & Corey Williams (3rd)



The weather had improved over the day, but with a few delays (“teething problems associated with a new event”) the shadows were starting to lengthen as two of the novelty events, the ladies “Chardy K” and men’s “Beer Mile”, eased the tension ahead of the Final of “The Landy”. In a light hearted atmosphere trackside it was Michelle Edmonds (Glen Eira 30+) and Ian Winnen (Collingwood 30+) who took the wins and the “winner takes all” sash and prize money.

Chardy K” winner Michelle Edmonds with President Rob Mayston



“Beer Mile” winner Ian Winnen with President Rob Mayston

The exclamation mark on “The VMA Gift” was “The Landy” Final and Consolation Final, with both of these run over 400m off age-graded handicaps. The Consolation Final was won by Ernie Leseberg from NSWMA, closely followed by Paul Mierisch (Doncaster 30+) 2nd and Helen Anderson (Springvale 30+) 3rd.

The main Landy Final saw Lavinia Petrie (Knox 30+) W79 as the front marker off 176m (224m to run), followed by Kathy Heagney (Bendigo 30+) W72 (149m), John Lamb (NSWMA) M73 (96m), Mike Clapper (Glen Eira 30+) M71 (91m), Rob Mayston (Box Hill 30+) M66 (80m), Richard Dawe (Mornington Pen. 30+) M55 (54m), Andrew Evans (Collingwood 30+) M54 (51m) & Adrian Bender M48 (37m). It is probably fair to say that everyone was feeling the effects of a long season and indeed a long day of running in cold conditions. As they say in handicapped events, “It is all supposed to come together near the end”, and so it proved to be. 50m out it was still Lavinia out in front, with Kathy Heagney and company in hot pursuit. Slowly but surely though Rob Mayston showed he still had “just enough form left” after competing at the WMA Indoors Event in Poland 2 weeks earlier, and he managed to get to the lead about 20m from the finish and take the win. Lavinia finished 2nd, John Lamb 3rd, Kathy Heagney 4th, with special mention to Adrian Bender who made up a lot of ground from the backmark to come in 5th. With this result “The Landy” is back, hopefully for many more years to come. A big thankyou to Richard Trembath for his great work to re-create the annually presented “The Landy Trophy” and the perpetual wall hanging trophy that was eventually tracked down and found. It was an honour to win this event with such a great tradition.



Finally the sun was about to set as the final two events, both mixed 4 x 200m Relays, one a 60+, the other all ages, but both also handicapped. And it was Doncaster 30+ who bossed it, winning both events. In the 60+ the winning Doncaster team comprised Gerald Brown, Simon Evans, Graham Ford & Bernie McLoughlan. Aberfeldie 60+ gave a good account to finish 2nd. The all age Doncaster team featured Paul Mierisch, Sean Peters, Wendy Smith & Laura McLennan. Glen Eira 30+ was 2nd & Mornington Pen. 30+ 3rd.

4x200m handicap relay 60+ winners..Doncaster. Simon Evans, Graham Ford, Gerald Brown & Bernie McLoughlan

4x200m all ages handicap relay winners Doncaster. Sean Peters, Wendy Smith, Laura McLennan & Paul Mierisch.



The VMA Gift as a first time event was a success, and will be back in 2024 for its second edition. The organising team have learned a lot in this year's "L" plate first go. The main areas of improvement identified were timing of events and communications of any timing changes to athletes / providing poster style event progressions (Semi-Finals, Finals). A survey has been conducted and feedback from just over twenty athletes who competed has been received. A summary of the feedback received will be presented in the next edition of 'Footprints'.

Lastly many thanks to the following who made the event possible: Rob Mayston (Event Manager), Ewen Wilson (Assistant Event Manager), Paul Reynolds (officials appointments), Phil Borg (Commentary), Richard Trembath ("The Landy"), Dave Armstrong (Results), Grant Murfett (Track Crew Lead), Track Crew (Leanne & Bob Monk, Luke De Biasi, Andrew Egginton, Allan Cook), The Doncaster Athletics Club, all the Officials. Oh, and I nearly forgot our "ghost whisperer", the independent handicapper, but of course I can't tell you their name!

Everyone who entered this inaugural VMA Gift will be given first preference to entries for next year's event. That's to say thank you for being the "early adopters" and stepping up to be part of this new event.

The Landy Trophy rises again by Richard trembath



Just as the mythical bird, the Phoenix, rose from the ashes, so The Landy Trophy, arguably the world's best single-day event, rose again at Doncaster on April 16.

Admittedly this year's event could not be described in such opulent terms, but hopefully the latest version will eventually restore 'The Landy' to the status which led one US athletics publication to venture that description.

The Landy Trophy, named in honour of Australia's first four-minute miler and world record holder, John Landy, was first run at Doncaster in 2000 and was held annually, on the first Monday after Valentine's Day, February 14, until 2013. One of the highlights was that Landy, then Governor of Victoria, or another 'stand in' Olympian, made the presentation on each occasion.

Sadly it then dropped out of existence for ten years until Victorian Masters Athletics president Rob Mayston and his team restored it this year.

Richard Trembath presents trophy for "The Landy" to winner Rob Mayston

Whereas most of the first 14 versions of the event drew full fields of 64, this year's attracted only 27, but it was a start, and had veteran members of VMA remembering the glory days, and new members being intrigued by the unique make-up of the event.

Just as was the case in the original Landy, finalists were decided by a points system, with runners competing from Age-Graded handicap marks in heats of 200 metres and 1000 metres before the top points scorers graduated to a final and a Consolation final over 400 metres.

Predictably Mayston, a recent world champion, won the final, coming with a paralysing burst of speed in the last 50 metres to beat veteran Lavinia Petrie, the holder of numerous world records over longer trips. John Lamb, from the ACT, a regular placegetter, again had to settle for third, just ahead of the consistent Kathy Heagney, who had previously run four second placings in 14 editions of The Landy.

The other feature event on the program, the VMA Gift, completed a winning double for Paul Durrant, who had earlier won the throws pentathlon, earning himself two lots of \$400 prizemoney. The introduction of prizemoney for all events on the program was a first in a VMA event and, while the recipients undoubtedly thought it was a good idea, it seemed that support for its introduction was far from unanimous.

The fact that most winners received \$400 and a sash resulted in much discussion and, it seemed, the general opinion that the offer of prizemoney had probably not attracted a single additional entry to the program.

The VMA Gift was a handicap event, the heats of which generated exciting racing and many close finishes. Marks were reassessed for the final and unfortunately the marking of the track resulted in runners being kept for far too long waiting for the start.

Whereas waiting time for the start of the Gift was not good, it was far better than The Landy Trophy final, which was relegated in the program and finally started at around 5.00pm, having been listed for 3.00pm.

With nothing happening on the track while the field events were held, many people left early and missed the final. One finalist was quite upset, having spent two hours warming up, not sure how soon the event would start, eventually going into the race with severely depleted energy levels, which could well have made a difference in performance.

Overall the day had to be deemed a success, although it became obvious that the list of events was far too expansive, and that many spectators ended up being bored with the lack of activity on the track and left early.

The obvious solution to the overall problem would be to split the program into two, one half as a track meeting and the other catering for field events.

A tightening of the program may well lead to greater general support, which could see the day become what it used to be, with The Landy holding pride of place and the VMA Gift replacing the original program's support events, The Doncaster Dash and The Manningham Mile.

Mayston and his crew are to be congratulated on the revival of The Landy Trophy and the introduction of the VMA Gift. The meeting has the potential to become one of the highlights of the Australian Masters' Athletics year. Let's hope that a few 'tweaks' send it in that direction.

By RICHARD TREMBATH, original instigator of The Landy Trophy and co-ordinator of its first 14 editions.

“THE ELEPHANT IN THE ROOM”: BODY IMAGE AND MASTERS’ ATHLETICS

Kath Gawthorn



Transformation is possible! Left: 2011 and before commencing Masters Athletics; I was medically “obese”. Right: 2016 at a time when I had my running ‘mojo’. This didn’t last long.

With Taryn Brumfitt being awarded Australian of the Year for 2023, it seems a great time to write about body image in athletics. As a bigger female athlete myself, the issue has never been far from my mind. In athletics, poor body image has caused me a constant undercurrent of shame and self-doubt, along with a collection of others’ comments that are hard to forget.

For example:

- “Perhaps get a better bra, as you’re a distraction to the men!”
- “It doesn’t look good when a person *your size* brings those” (my homemade muffins for supper, which don’t get baked anymore!)
- “Groan.....it looks like it’s going to take [her] a while”. (I’m about to start 3000m, and delayed program at AV means young blokes are kept waiting!)
- (At AV club presentation night): “You can’t afford to eat those, but I can, as I burn them off.”
“It seems we *all* got an award...well, almost everyone.” (Looking at me, the only exception in the Women’s 40+ Team.)
“Saw photos of you running, but they weren’t as bad as I thought.”
Naturally, I left that AV club, and the new club knows that I don’t want my photo published. I’ll just need to be an unseen name at the bottom of a long list of results.
- “What are you getting out of this [athletics]? Why do this to yourself?” (Dietician’s response after hearing my tears and some of these comments.)
- In the context of me volunteering at the venue for many years, I repeatedly asked someone for assistance with running technique. They fobbed me off for a few months, and I gave up.

Then right in front of me, that same person offered technique assistance to a slim, pretty and fast lady after she'd attended the venue only a couple of times.

Since childhood, being bigger has been a constant for me. However, the associated angst has also wasted years of my life. I think that I'm better qualified than most to write a few pointers on body image, both for the bigger ones like myself, and those who might consider passing judgement.

A Few Pointers:

1. People in Masters' Athletics come in all shapes and sizes, and should all be welcomed. Their shape and size is due to a myriad of factors. For example, medications, medical conditions and injuries (physical and mental), women's issues (e.g. child-bearing and menopause), genetics, and very commonly "life S__T", where the person uses food to cope. You can't assume why. It often *isn't* because of laziness, or wanton overindulgence.
2. All shapes and sizes can do well in Masters' Athletics. Strength-to-weight-ratio does affect running ability. But mental toughness and other aspects of physiology and biomechanics also come into play. "Healthy" can come in all shapes and sizes.
3. If you're at the start line, don't underestimate someone. "Don't judge a book by its cover". A bigger person, or a frail looking one for that matter, may well go right past you!
4. We're all in it for different reasons. Some are there for social reasons, a place to belong, and to make positive changes to health. Not all are striving to be Australian Champion and by definition, only a few can be "outstanding". Some did athletics when younger, or because their kids or grandkids are doing it.
5. In athletics it takes guts if you're bigger or struggling. You are quite conspicuous out on the track and in the results. There's nowhere to hide. Some higher level athletes take to a start *only* if they think they have a chance to win. In contrast, some of us start knowing that likely we'll be last!
6. People can make amazing positive transformations (mental, physical, and performance)! This can happen, especially if they're in a supportive social environment. Those who have been struggling for a while, or return after injury, perhaps their stars can *finally* align and things fall into place? Don't write them off, scorn or scoff! Give them the encouragement they deserve!
7. If we were all lithe, then perhaps we'd scare some of the newcomers away?
8. Don't assume that someone larger needs advice about losing weight. They may know more than you! Or, that they need to be advised to lose weight! Likely, they already want to, and have tried to! Unsolicited comments and advice are not welcome! They may talk to you about it *if they trust you*. Don't suggest that a larger person shouldn't eat food on offer at athletics. If you judge them, it's likely they'll comply out of shame. Then, that same shame may have them eat 4 times as much at home, perhaps alone and miserable?
9. Sometimes larger people have better dietary habits than smaller people. They are larger because of any number of factors (point 1). If you can get away with eating whatever you like then you are VERY LUCKY! Just lose your self-righteousness!
10. Offer athletic uniforms in a range of sizes, with options/leeway for people who want to dress more modestly.
11. In Masters' Athletics, we can forget what's normal in our society. We are but a small group of people who do regular exercise! Some larger athletes are actually 'normal'. Take them

into a shopping centre, or put them in regular clothes, and they can seem “thin”. It’s all about perspective! This is the same concept as a size 10 model being labelled ‘fat’.

12. Don’t relegate the larger person to volunteer/official or ‘tea lady’ duties because *you* think that’s where they are best served in the club!! It is very invalidating. All members should have the same opportunities for participation, and for receiving assistance with their athletics. Likewise, all should do their share of volunteer duties.
13. My pet hate: sometimes when selecting teams in “Inter-Venue” events, regulars who are older/bigger, or less talented can get ‘shafted’ in favour of younger, faster, ring-ins who have had little to do with the venue. Moving forward, the ring-ins may continue as regular members of the venue. The venue who won the event may be long forgotten. However, the person shafted doesn’t forget! Especially the case if those shafted then get asked to fill the volunteer quota instead! (see point 12 above) It’s my opinion that all VMA events should have scope for people of all abilities to participate.

Conclusion:

If you are bigger, like me, I hope this article helps pave the way for your continued positive involvement in Masters’ Athletics. If you are serious about inclusiveness and the growth of the VMA, and of your venue, please consider some of the points above. All of us deserve the same opportunities for participation, support and encouragement, larger or smaller, older or younger, male or female, naturally athletic, or permanently on ‘struggle-street’. On the whole, VMA is a very supportive sporting community!

PETE BATTRICK - NOMINATION FOR A VMA SERVICE AWARD

By Christopher Worsnop

For many decades, Pete Battrick has been making, and still makes, significant contributions to events and competitions in the Victorian Masters Association. He is often seen as a marshal, or minding a drink station in the VMA’s distance events.

At East Burwood he is one of our key athletes. For many years he has been calculating the handicaps for our walks and distance events. He also designs interesting events and event series that entice people to keep coming back to East Burwood week after week.

His friendly, cheerful nature and wicked sense of humour add to the sense of community at our venue. He is quite modest, so many people do not realise the things that he does behind the scenes to help people who need it. An example is his regular visits to runners who have become isolated in nursing homes. He took up a collection for one of our members who had limited resources, and who needed to travel interstate for the funeral of a close family member.

Another famous example was in 2007 when Pete sacrificed his own marathon performance to run and walk with Shirley Young in the thirtieth Melbourne Marathon. Shirley was struggling with Alzheimer’s disease at the time, and Pete’s generosity ensured that she completed her thirtieth consecutive Melbourne Marathon, gaining Legend status.



Pete Battrick with his VMA Service Award

Here is a summary of Pete's involvement in athletics in his own words:

"After no involvement in athletics at school, in 1971, at the age of 28, I joined the Oakleigh Amateur Athletics Club to maintain fitness. The VAAA, now AV, imposed strict qualifying standards (eg. no slower than 19m 05s for the 5,000m in the lowest grade), and it took me two seasons before I qualified for my first track event.

At the same time I joined the Victorian Marathon Club as they organised longer, but informal races without the strict qualifying times.

Through these two clubs I met many people, but especially Rob Jamieson, John Zeleznikow and Jim Davy, and have maintained friendships with them for fifty years!

Jim Davy was a little older than the rest of us (he was 42 at the time), and he joined the newly formed VVAC (Victorian Veterans Athletic Club), now VMA, as a Foundation Member, in fact Member Number 19. As the VVAC became more established it expanded its previously limited programme to include a wider range of events, but it had a minimum age of 40. Jim (now 94) remains a member of the VVAC/VMA to this day.

We younger runners were enjoying training with some of the VVAC members, but couldn't compete in their championships. Around the time I turned 35 the VVAC introduced a "Pre-Vet 35+" membership and this allowed me to join the VVAC, with Member Number 388, and they added the pre-vet category to their races. This was around 1978, and I now have been in the Vets/Masters for forty-five years.

Distance running was booming, and this led to the formation of two great organising groups, the Victorian Road Runners, and the Sri Chinmoy Team. I have had a strong association with both groups ever since.

Back to the Vets. As well as their general races/championships, within the Vets a number of 'midweek venues' had started up around the suburbs including the Tuesday night Caulfield Venue in the late 1980s. After a brief delay I went down to try it out, and as I walked in the gate I was greeted by being 'rubbished' by Peter McGrath, and he has been giving me a hard time ever since!

Though I already knew a number of the runners from outside Caulfield, Peter, Ray Kemp, Jim McLure, and Andrew Edwards have been exceptionally special for me at Glen Eira.

I was a bit of a helper with locking track gates, sweeping/packing/locking up and this came to head around 2010 when the club rooms were demolished and it took nearly FIVE years for us to move out of the temporary sheds. Each night Andrew and I would take three trolleys of gear over to the lockup (rat infested!) shipping container near the 200m mark and pack it away by torchlight.

Andrew obviously recognized my talent (especially as after five years he still had not worked out how to operate the container lock!) and he nominated me for a GLEN EIRA LEGENDS Award. Now the award presentation is NORMALLY quite a function, with special supper and speeches. But due to the construction works, my presentation was done in a tent in the middle of the track (only light was a single torch) and in a rain storm. To make it worse, when I got home and looked at the award in the house lights, that mongrel Andrew had misspelt my name on the award!!!!

East Burwood Venue. Around about 1994 I started 'doubling up' by adding Thursday night at the East Burwood venue to my Tuesday night at Glen Eira. I competed there in the walks and the distance

runs. The walks were very informal, and Frank Tutchener was the super statistician distance handicapper.

Around 2007 I started up some walk handicaps (“The Wonky Knees” Walk Night on Nov 22nd 2007), and not long after Frank handed over the distance handicapping to me. In 2008 we had the first Freddo Frog 4K Series and we have developed a variety of distance series and a hard fought set of short walk handicaps and estimated time races. I’ve now been the Distance and Walk Handicapper for sixteen years.

I would like to say that the EB crew are very nice to me, but having been the Handicapper for that long “I’ve got no mates”!

On a good night Shirley, Phyllis, Donna, Christine, or Toni can be OK! Plus they feed me!

So that’s approximately twenty-nine years attending East Burwood with sixteen years the Distance and Walk Handicapper.”

Pete Battrick 26.4.23

NEWS FROM EAST BURWOOD

GWEN DAVIDSON 100 m HANDICAP SERIES continued

Only one heat was needed in the last round before the final. The front marker, Lloyd Nichols, just held off the back marker, Corey Williams, to win this round. Corey was off minus -1 m, meaning that he had to run 101 m – he was certainly getting his money’s worth. Paul Durant was as consistent as ever, coming third.



Gwen Davidson 100 m Handicap: 2nd Corey Williams; 1st Bernie McLoughlan; 3rd Paul Durrant



The anticipation was high as a full field took their marks for the final. A mild to warm evening gave the sprinters ideal weather. There were three video cameras at different angles to determine the results. These were needed as the handicapper had done his job well and the field crossed the line bunched together. The first six were within one second of each other. But it was a night for the back markers. Bernie McLoughlan was first, just ahead of Corey Williams and Paul Durant.

Gwen Davidson 100 m Handicap Cup: 2023 winner Bernie McLoughlan and the 2022 winner Allan Wood

The last two rounds were held on the same evening. Allan Wood won the javelin with a throw of 17.78 m (47%). Christine Robinson was next with 15.67 m (41%), and Peter Willmott was third on percentage, but with the best throw, 22.83 m (33%).



The final event was the 200 m. Donna Clarke ran well in 39.28 s (78.7%). Christine was second, 37.46 s (78.6%), and Allan was third with 47.09 s (72.2%).

Consistency paid off for Allan as he was the overall winner. Christine was second, and Peter was third.

Manager’s Pentathlon: 2nd Christine Robinson; 1st Allan Wood; 3rd Pete Willmott

EDDIE STACK MILE

In late March it was the first anniversary of the passing of Eddie Stack. He had been a popular figure in Victorian Masters Athletics for many decades. To help remember him, East Burwood Masters hosted the inaugural Eddie Stack Mile, inviting other venues to join us in this special event.

It was a perfect evening for running, still and cool, with just a hint of rain. There was a glorious sunset, which seemed appropriate on the occasion.

Eddie Stack Mile: Angela Piao, Jason Merrett, Bernie McLoughlan, Christine Robinson, Julie Piao, Pramesh Prasad



At the front end of the field there was some enthusiastic racing as the local runner Perry Birkett and the visitor from Casey, Pramesh Prasad, battled for supremacy. Pramesh managed to get away after the first lap and went on to win in 5:46. Perry was a clear second in 6:17, and Jason Merrett was third in 6:28. They were awarded gold, silver and bronze commemorative medals.

Everyone started together in the one race, but the women had their own set of medals to keep the racing keen. The East Burwood ladies dominated, with Julie Piao winning in 7:35. Christine Robinson 7:48 was second, and the new comer Angela Piao coming third in 7:59.

To give everyone a chance of winning a medal, we also had a NOT (nominate own time) competition, although the faster runners also dominated this. Bernie McLoughlan was only 0.38 seconds out, Jason was 3.88 seconds off, and Christine was 6.43 seconds off.

The three walkers, Tony Doran, Ian Uren and Colin Johnson, were also rewarded with little gifts. But everyone is a winner at East Burwood, for as well as having a delicious supper, there were spot prizes for everyone, thanks to Shirley Coppock and Christine.

EAST BURWOOD AGE GRADED 1500 m CHAMPIONSHIP



Throughout the year we have a series of these age graded championships across various distances on the track. The fields are usually boosted as runners are pleased to get a medal for having a good performance. There were nine starters in the 1500. Perry Birkett ran strongly to win in 5:48. His percentage was 73% giving him the gold medal. Paul Earle was second in 5:50, and Jason Merrett was third in 6:18. Bernie McLoughlan ran 6:27, which gave him 72.7% and the silver medal. Paul won the bronze with 72.5%.

Age Graded 1500 m Championship: 3rd Paul Earle; 2nd Bernie McLoughlan

EAST BURWOOD AGE GRADED 5000 m CHAMPIONSHIP

Jason Merrett and Sam Kim led the field, with Jason finally prevailing with a time of 22:19, and Sam just one second behind with 22:20. Bernie McLoughlan ran 23:22 to take the gold medal with the best age adjusted percentage of 73%. The silver went to Erica Bedyne (25:27) with 67 %. Sam Defanis ran 27:40 to win the bronze medal with 66%.

BOB LEWIS MEMORIAL 400 m HANDICAP SERIES

Runners have four heats to gain points to qualify for the final. The handicaps are time based, so everyone runs 400 m, but each runner starts at a different time. Corey Williams ran through the field to take out the first heat in 63 seconds. Julie Piao crossed the line at the same time, but the video showed that she had come second with a time of 95 seconds. Chris Robinson ran 86 seconds and was third across the line just one second behind the winners.

Andrew Close had a strong win in the second heat running 78 seconds. Julie was second again with 93 seconds, and Bernie McLoughlan was third with 76s. Corey was the fastest with 65s.

TERRIFIC TETRA TWO KM HANDICAP SERIES continued

There were fourteen runners on the start line for the fourth and final round of this series. Another new comer, Yulia Yu, received a welcoming gift from the handicapper. She started with the gun and ran 9:54 to take the win.

Another similar story was the walk, with the next nine runners within half a minute of each other. Peter Dodgshun (10:29) was second, Sam Defanis (10:32) was third and Geoff Wheeler (11:14) was fourth. Medals are won by those who are consistent over the four rounds. Christine Robinson won the gold, Paul Earle the silver, and Sam the bronze.



Terrific Tetra Two km Handicap Series: 3rd Sam Defanis; 1st Christine Robinson; 2nd Paul Earle

SIZZLING SUMMER SPIRAL 3000 m HANDICAP SERIES continued

Twelve runners lined up for the final round of four. Jason Merrett ran 13:37 to have a comfortable win in the handicap. Michael Collins was second with 12:33, and Janet Holmes was third with 17:13. Dean Sciacca had the fastest time with 11:12. Tom Cossari finished mid field, but it was enough to give him the series win. Dean was second and Ron Gillies was third.

3000 m SCRATCH RACE

Pete Battrick does the handicapping for our walks and longer distance races. As a result he keeps extensive records of people’s performances, as well as having a thorough knowledge of how people are performing. To spice up the racing he has introduced a 3000 m “scratch race”. He challenges the East Burwood and visiting 3000 m runners to run faster than their best times from the previous year. Yes, the times are all there on his clip board for all to see.

This format does liven up the racing. This year a field of eleven set off at a fast pace, with everyone taking on Pete’s challenge. Jason Merrett and Michael Collins went to the lead early, with Paul Earle not far behind. They hammered out lap after lap with Pete calling out splits to keep everyone motivated. Jason (12:40) just held off Michael (12:41) and Paul (12:47) to take the win.

Ron Gillies and Bernie McLoughlan became a bit isolated, but still ran well to finish in 13:13 and 13:51 respectively. Worsnop (14:49) was kept honest by Erica Bedyne (15:07) who chased him for the seven and a half laps. The next four were Christine Robinson (15:24), Peter Dodgshun (16:28) Geoff Wheeler (17:08) and Leonie Gillies (17:57), who ran well to break eighteen minutes. This format worked well as all but two of the runners broke their best time from 2022.

1200 m WALK HANDICAP SERIES continued

We are always pleased at East Burwood Masters to welcome new people to our venue. Part of the welcome is getting a generous handicap. Michelle Laing took advantage of this and won the last round of this series. The next eight walkers were all within half a minute of each other. The other placings went to Simon Evans, Janet Holmes and Liz Wrigley. The medal winners in the series were Liz, Worsnop and Pete Battrick.



1200 m walk handicap series: 3rd Pete Battrick; 1st Liz Wrigley; 2nd Christopher Worsnop

1500 m WALK HANDICAP SERIES

In the first heat, Worsnop was just able to sneak past Gary Turner a few metres from the finish line to take the win. Paul Moritz was moving quickly and came in third place. Phyllis Gosbell had a comfortable win in the second heat followed by Andrew Close and Peter Shanahan.

1000 m WALK NOT SERIES continued

Gary Turner won again with just 1 second outside of his nominated time. Leonie Gillies was 2 seconds off, and Gerald Burke just 3 seconds. Peter Shanahan nailed it in the last round, just one second out. Next was Ning Tan, just two seconds amiss, and then Liz Wrigley out by six seconds. The series was won by Liz, followed by Gary and Pete Battrick.

JOIN US Come to the East Burwood track on a Thursday night for some fun athletics, a great supper and a few laughs. We always start with a 60 m at 7 pm. East Burwood Reserve, Burwood Highway, East Burwood.

1000 m NOT walk: 3rd Pete Battrick; 1st Liz Wrigley, 2nd Gary Turner



St Patrick's Day at East Burwood: Shirley Coppock and Christine Robinson



Doncaster Summer Series

The Summer Series at Doncaster concluded in March, with big fields in each section. There were 39 competitors in the Doncaster Gift, a handicap event over 120 metres. 84-year-old Barry Dorr snuck under the handicappers guard to win two of the six races, giving him an unbeatable lead.

- 1st Barry Dorr (84) 32
- 2nd David McConnell (70) 22
- 3rd Bernie McLoughlan (70) 16
- 4th Rob McPhee (42) 15

In the Doncaster 800, where competitors had to nominate their own starting time, hoping to not run too fast and get disqualified, we had 25 competitors, with David McConnell a clear winner

- 1st David McConnell (70) 34
- 2nd Frank Prowse (70) 17
- eq 3rd David Armstrong & Dino Imbriano 14

The Summer Pentathlon had 29 competitors, almost double the number we usually encounter. It was all the M70 competitors with Bernie McLoughlan winning from Mike Clapper, Graham Ford and David McConnell.

- 1st Bernie McLoughlan (70) 52
- 2nd Mike Clapper (70) 36
- 3rd Graham Ford (74) 35
- 3th David McConnell (70) 32
- 5th Warren Hattwich (50) 21

With no athlete eligible to win more than one prize, winners for the individual events were:

- Long Jump: Mike Clapper (70) 753
- Javelin Throw: Warren Hattwich (50) 385
- 200 metres: Graham Ford (74) 615
- Discus Throw: David McConnell (70) 459
- 1500 metres: Daniel Patience (41) 564

The winter series has started and all VMA athletes are welcome to participate.

Bernie McLoughlan receiving his Runners' World Voucher from Doncaster treasurer, David McConnell, who won the Doncaster 800.



Victorian Masters 30+ 3,000m Track Championship Results

The VMA 3,000m Track championship was held in ideal conditions at Duncan McKinnon Reserve on Sunday 30th April 2023. A significant increase in registrations, with 58 entrants (34 last year), meaning 3 heats were run this year.



Start of heat 2



Lap counters heat 1 — ready to go



Fastest time Nathan Davies
M35+ 9:34.4 Vic record



Lavinia Petrie
W75+ Vic & Aust record

Three Victorian and Victorian Championship records were set on the day by:

W60 3000m **Susan Howell** 11m 48.2s
 M35 3000m **Nathan Davies** 9m 34.4s
 M65 3000m **Allan Long** 10m 56.7s

In the W75 Lavina Petrie collected the Championship, State and National record with a time of 14:24.8, taking nearly 16 seconds off the Australian record.

Well done to the four record breakers on such a great performances. With the larger fields than in the past the competition was much fiercer, with many members running seasons best by good margins.

A new feature of the event was the introduction of electronic timing for the three races. In addition to more accurate timing, it makes the verification of records much more straightforward.

Results link: <https://vicmastersaths.wpenginepowered.com/wp-content/uploads/2023/05/2023-3000mTrackChampResults.pdf>

Photos link: <https://vicmastersaths.org.au/vma-gallery/2023-3000mtrack/>



Erika Bedy Susan Howell(fastest time) Maggie Armstrong



PERFORMANCE
MEDICINE

Dr Brea Kunstler - Physiotherapist and behavioural scientist,
Performance Medicine

Will consuming beetroot juice make me run faster?

Beetroot can be delicious in a salad or a burger, and has been reported on popular websites to have numerous health benefits from lowering blood pressure to improving digestive health, but can it make you run faster? It depends on how much you consume!

Firstly, let's explore what's in beetroot juice that might contribute to faster running. Beetroot is full of nitrates, which are converted in the body to nitric oxide. Nitric oxide dilutes blood vessels, allowing more oxygen to reach muscles, which allows them to create more energy for performance. More energy = better performance. Makes sense.

Two recent systematic reviews (the highest level of evidence we have) support the ability for nitrate supplementation to enhance performance. One review reported nitrate supplementation was attributed to a 25.3 second improvement in time to exhaustion, meaning the participants got tired 25 seconds later. These findings were mainly seen in recreational athletes and males. This is not to say that nitrate supplementation, or eating beetroot, won't also help other populations. Unfortunately, these reviews cannot provide clear conclusions for women and elite athletes simply because there's insufficient evidence in these populations.

Beetroot juice can be helpful for more than just running. Athletes participating in other endurance events like cycling and high-intensity team sports with sprint efforts (e.g. basketball) can also benefit. But you need to make sure you're doing the right activity. It seems like it's short exercise bouts that benefit the most (e.g. running or cycling bouts of less than 30 minutes and activities requiring sprint efforts).

But can you get enough beetroot juice from your fish 'n' chip shop burger to really see a performance improvement? Probably not. To see benefits, the nitrate item (leafy vegetables have nitrate too!) must have at least 350-600mg of nitrate in it, be it as the food itself, powder or juice². You would have to consume about 200g of beetroot to get that amount of nitrate. Importantly, this needs to be consumed 2-3 hours before your endurance event. Not an easy thing to do if your competition is in the morning.

So should you eat 200g of beetroot 2-3 hours before your run to get tired 25 seconds later than usual? I can't say I'd bother, but if you love beetroot, or other nitrate-containing foods, and are

either happy to be up at 3am eating it before your morning run or are happy to have it as part of a yummy lunch then go for it! Just watch out for the red pee and poo...

Need some help achieving your running goals? [Book a telehealth appointment](#) with Performance Medicine's exercise and run coach, [Dr Brea Kunstler](#), to see how she can help you achieve your goals. She can provide a referral to a trusted shoe provider who will give you 10% off the RRP of your new shoes.



New Records Report – April 2023

World Records:							
W95	800m	Heather Lee	NSW	6m 35.34s	52.3%	05-02-2023	Campbelltown
M60	4x800m Relay	Paul Viney	Vic	9m 29.53s	-	09-03-2023	Box Hill
		Steve Moneghetti	Vic				
		Scott Lawrence	Vic				
		Mark Hipworth	Vic				
W75	2k Steeplechase	Gillian Young	WA	11m 01.5s	97.5%	11-03-2023	SOPAC
W45	4x800m Relay	Lee-Anne Nelson	Qld	9m 43.13s	-	11-03-2023	SOPAC
		Kriszsta Kovacs	NSW				
		Sharon Davis	WA				
		Evette Cordy	Vic				
M45	4x800m Relay	James McEniry	Vic	8m 21.54s	-	11-03-2023	SOPAC
		Nathan Crowley	Vic				
		Craig Sanford	Vic				
		Brett Halls	NSW				
W95	5000m	Heather Lee	NSW	44m 03.75s	85.4%	12-03-2023	SOPAC
M70	3000m	John Bermingham	NT	10m 40.56s	94.3%	21-03-2023	Bendigo

Australian Records:							
M40	3k Steeple (Ht 0.838m)	Daniel Rees	Vic	11m 35.39s	-	11-02-2023	Doncaster
W85	60m	Miriam Cudmore	SA	12.44s	83.6%	23-02-2023	Adelaide
W40	Marathon	Lisa Weightman	Vic	2h 23m 15s	100.4%	26-02-2023	Osaka
M35	Marathon	Dean Menzies	WA	2h 17m 41s	88.4%	26-02-2023	Osaka
W85	Long Jump	Miriam Cudmore	SA	2.42m	67.6%	01-03-2023	Adelaide
W85	Shot Put	Miriam Cudmore	SA	6.53m	62.2%	01-03-2023	Adelaide
W80	800m	Anne Lang	SA	4m 04s	75.7%	01-03-2023	Adelaide
W80	10,000m	Caroline Campbell	ACT	63m 19.95s	74.8%	02-03-2023	Woden
M75	Marathon	Bob Lane	WA	3h 33m 26s	79.8%	05-03-2023	Tokyo
W80	Throws Pentathlon	Jeanette Williamson	ACT	3458pts	-	05-03-2023	Turner, ACT
W60	60m	Christine De Vries	NSW	8.76s(=)	91.6%	10-03-2023	SOPAC
W80	800m	Anne Lang	SA	4m 00.2s	76.9%	10-03-2023	SOPAC
W95	1500m Walk	Heather Lee	NSW	12m 45.95s	101.0%	10-03-2023	SOPAC
W60	200m	Julie Forster	NSW	29.43s	88.9%	11-03-2023	SOPAC
W85	200m	Miriam Cudmore	SA	43.38s	81.0%	11-03-2023	SOPAC
W85	Long Jump	Miriam Cudmore	SA	2.65m	74.0%	11-03-2023	SOPAC
W85	Javelin	Miriam Cudmore	SA	18.33m	70.6%	11-03-2023	SOPAC
M30	4 x 100m Relay	Kenneth Vuong	NSW	43.23s	-	11-03-2023	SOPAC
		Lachlan Parry	NSW				
		Shakti Rathore	NSW				
		Billy Spliadis	NSW				
M55	4x800m Relay	Robert Schwerkolt	Vic	9m 11.32s	-	11-03-2023	SOPAC
		Ken Wilson	NSW				

		Richard Dawe	Vic				
		Peter Link	Qld				
M30	3k Steeple (Ht 0.838m)	Christopher Davis	Qld	10m 49s	-	11-03-2023	SOPAC
M45	3k Steeple (Ht 0.838m)	Justin Rule	Qld	11m 23.3s	-	11-03-2023	SOPAC
M50	3k Steeple (Ht 0.838m)	Daniel Smee	Tas	11m 27.2s	-	11-03-2023	SOPAC
M55	3k Steeple (Ht 0.838m)	David O'Brien	Tas	11m 53.8s	-	11-03-2023	SOPAC
W85	Triple Jump	Miriam Cudmore	SA	6.27m	84.3%	12-03-2023	SOPAC
W80	Throws Pentathlon	Jeanette Williamson	ACT	3552pts	-	12-03-2023	SOPAC
W30	4 x 400m Relay	Lesley White	NSW	4m 07.08s	-	12-03-2023	SOPAC
		Sarah De Vries	NSW				
		Rebekah Power	NSW				
		Erin Smart	NSW				
W50	Pentathlon	Lee-Anne Nelson	Qld	3707pts	-	13-03-2023	SOPAC
W55	Pentathlon	Sue Coate	WA	3581pts	-	13-03-2023	SOPAC
M65	400m	Rob Mayston	Vic	56.92s	94.4%	18-03-2023	Murrumbeena
W55	Pentathlon	Sue Coate	WA	3619pts	-	18-03-2023	Perth
M35	400m Hurdles	Leigh Bennett	ACT	53.75s	88.4%	22-03-2023	AIS ACT
W55	60m	Mandy Mason	WA	7.88s	98.1%	25-03-2023	Perth
M50	60m	Adrian McKenzie	WA	7.20s	94.3%	25-03-2023	Perth
M50	100m	Adrian McKenzie	WA	11.41s	92.0%	26-03-2023	Perth
M70	5000m	John Bermingham	NT	18m 26.9s	93.8%	30-03-2023	Alice Springs
W80	5000m	Caroline Campbell	ACT	28m 52.55s	79.0%	30-03-2023	Woden
M35	400m Hurdles	Leigh Bennett	ACT	52.76s	90.0%	31-03-2023	QSAC, Nathan
M45	100lb Throw	Jamie Muscat	NSW	4.80m	-	29-04-2023	Gosford
W40	100lb Throw	Julia Atila	NSW	2.50m	-	29-04-2023	Gosford
W75	3000m	Lavinia Petrie	Vic	14m 24.8s	91.5%	30-04-2023	Murrumbeena

Australian Championship Records:

M30	60m	Kenneth Vuong	NSW	6.95s	91.2%	10-03-2023	SOPAC
W35	60m	Ramona Casey	NSW	7.85s	88.6%	10-03-2023	SOPAC
W55	60m	Julie Brims	Qld	8.23s	95.4%	10-03-2023	SOPAC
W70	60m	Carol Davis	Qld	10.00s(=)	88.6%	10-03-2023	SOPAC
M35	60m	Billy Spliadis	NSW	7.08s	90.7%	10-03-2023	SOPAC
M50	60m	Ernie Leseberg	NSW	7.44s	91.8%	10-03-2023	SOPAC
M55	60m	Christopher Brack	Qld	7.75s	91.0%	10-03-2023	SOPAC
W35	100m	Christine Wearne	NSW	12.07s	88.2%	10-03-2023	SOPAC
W60	800m	Sarah Chinner	SA	2m 37.6s	89.5%	10-03-2023	SOPAC
W75	800m	Lavinia Petrie	Vic	3m 20.1s	90.6%	10-03-2023	SOPAC
M45	800m	Nathan Crowley	Vic	1m 59.3s	94.1%	10-03-2023	SOPAC
M90	800m	David Carr	WA	4m 10.9s	74.6%	10-03-2023	SOPAC
M35	400m Hurdles	Leigh Bennett	ACT	53.84s	88.2%	10-03-2023	SOPAC
W80	Shot Put	Jeanette Williamson	ACT	7.70m	63.2%	10-03-2023	SOPAC
W85	Shot Put	Miriam Cudmore	SA	6.48m	61.7%	10-03-2023	SOPAC

W80	Hammer	Jeanette Williamson	ACT	29.12m	69.4%	10-03-2023	SOPAC
M60	Hammer	Phil Spivey	Vic	53.77m	74.9%	10-03-2023	SOPAC
M30	200m	Shakti Rathore	NSW	22.06s	87.0%	11-03-2023	SOPAC
M90	200m	David Carr	WA	43.55s	73.2%	11-03-2023	SOPAC
W55	1500m	Karen Blay	NSW	5m 06.2s	93.2%	11-03-2023	SOPAC
W75	1500m	Lavinia Petrie	Vic	7m 04.84s	85.1%	11-03-2023	SOPAC
W80	1500m	Suzanne Westbrook	Tas	9m 04.98s	68.8%	11-03-2023	SOPAC
M50	1500m	Andy Cross	NSW	4m 19.9s	89.3%	11-03-2023	SOPAC
W60	Javelin	Ann Jefferies	SA	27.51m	59.3%	11-03-2023	SOPAC
W80	400m	Anne Lang	SA	1m 40.32s	79.1%	12-03-2023	SOPAC
M55	400m	Christopher Brack	Qld	54.58s	92.3%	12-03-2023	SOPAC
M65	400m	Rob Mayston	Vic	57.39s	92.9%	12-03-2023	SOPAC
M90	400m	David Carr	WA	1m 43.54s	73.0%	12-03-2023	SOPAC
M80	5000m	Suzanne Westbrook	Tas	34m 14.89s	67.9%	12-03-2023	SOPAC
M55	5000m	Shaun Creighton	ACT	16m 06.25s	91.3%	12-03-2023	SOPAC
W70	Pole Vault	Wilma Perkins	Qld	1.80m	58.9%	12-03-2023	SOPAC
M60	Weight Throw	Phil Spivey	Vic	21.56m	85.0%	12-03-2023	SOPAC
M45	Pentathlon	Gary Parkinson	Qld	3645pts	-	12-03-2023	SOPAC
W60	Throws Pentathlon	Jayne Hardy	ACT	3561pts	-	12-03-2023	SOPAC
W80	Pentathlon	Anne Lang	SA	2425pts	-	13-03-2023	SOPAC
M45	Pole Vault	Cameron Baker	Vic	3.82m	69.4%	13-03-2023	SOPAC
M75	Pole Vault	George Schillinger	Vic	2.71m	78.5%	13-03-2023	SOPAC
M80	Pole Vault	Albert Gay	NSW	1.90m(=)	61.2%	13-03-2023	SOPAC

Australian Indoor Records:

W50	800m	Lucy Di Benedetto	Vic	2m 27.15s	88.2%	03-03-2023	Miramas, France
W50	3000m	Lucy Di Benedetto	Vic	10m 46.89s	88.2%	26-03-2023	Torun, Poland
M90	3000m	David Carr	WA	18m 42.60s	74.5%	26-03-2023	Torun, Poland
W80	High Jump	Lynne Schickert	WA	0.92m	73.1%	26-03-2023	Torun, Poland
M45	Long Jump	Brad Krawczyk	Vic	5.64m	75.2%	26-03-2023	Torun, Poland
M55	High Jump	Johannes Venter	WA	1.60m	83.5%	27-03-2023	Torun, Poland
M75	400m	Dieter Lacko	Qld	82.30s	70.8%	27-03-2023	Torun, Poland
W80	Long Jump	Lynne Schickert	WA	2.23m	56.7%	28-03-2023	Torun, Poland
W80	3k Walk	Lynne Schickert	WA	24m 28.13s	75.8%	28-03-2023	Torun, Poland
W70	3k Walk	Heather Carr	Vic	19m 09.39s	86.6%	28-03-2023	Torun, Poland
M90	400m	David Carr	WA	1m 42.02s	74.0%	28-03-2023	Torun, Poland
M65	400m	Robert Mayston	Vic	58.79s	91.4%	28-03-2023	Torun, Poland
M55	400m	Christopher Brack	Qld	55.03s	91.6%	28-03-2023	Torun, Poland
W80	60m	Lynne Schickert	WA	14.33s	68.0%	29-03-2023	Torun, Poland
W55	60m	Julie Brims	Qld	8.25s	95.1%	29-03-2023	Torun, Poland

M55	High Jump	Johannes Venter	WA	1.61m	84.0%	29-03-2023	Torun, Poland
W40	Triple Jump	Melissa Foster	WA	11.62m	83.0%	29-03-2023	Torun, Poland
W45	Pole Vault	Brett Gilligan	Vic	3.90m	70.9%	29-03-2023	Torun, Poland
M55	1000m	David O'Brien	Tas	3m 09.25s	82.2%	29-03-2023	Torun, Poland
M45	60m Hurdles	Brett Gilligan	Vic	9.26s	84.0%	30-03-2023	Torun, Poland
M45	Long Jump	Brett Gilligan	Vic	6.00m	78.2%	30-03-2023	Torun, Poland
M45	High Jump	Brett Gilligan	Vic	1.72m	78.0%	30-03-2023	Torun, Poland
W65	Triple Jump	Jill Taylor	NSW	6.66m	64.5%	30-03-2023	Torun, Poland
M45	1000m	Brett Gilligan	Vic	3m 05.57s	76.4%	30-03-2023	Torun, Poland
M45	Pentathlon	Brett Gilligan	Vic	3724pts	-	30-03-2023	Torun, Poland
M90	800m	David Carr	WA	4m 03.80s	76.8%	30-03-2023	Torun, Poland
M75	800m	Kevin Solomon	Vic	2m 50.19s	81.8%	30-03-2023	Torun, Poland
W55	200m	Julie Brims	Qld	26.60s	94.9%	31-03-2023	Torun, Poland
M65	200m	Rob Mayston	Vic	26.16s	91.2%	31-03-2023	Torun, Poland
M55	200m	Christopher Brack	Qld	24.50s	91.5%	31-03-2023	Torun, Poland
M45	60m Hurdles	Brad Krawczyk	Vic	8.77s	96.2%	31-03-2023	Torun, Poland
M90	200m	David Carr	WA	47.58s	67.0%	31-03-2023	Torun, Poland
W45	1500m	Evette Cordy	Vic	5m 06.30s	85.1%	01-04-2023	Torun, Poland
M90	1500m	David Carr	WA	9m 10.13s	70.7%	01-04-2023	Torun, Poland
M75	1500m	Kevin Solomon	Vic	5m 48.82s	84.0%	01-04-2023	Torun, Poland
M60	1500m	Scott Lawrence	Vic	4m 52.60s	86.9%	01-04-2023	Torun, Poland
W55	Pole Vault	Philippa Wight	NSW	2.30m	61.5%	01-04-2023	Torun, Poland
W70	Pole Vault	Wilma Perkins	Qld	1.60m	52.4%	01-04-2023	Torun, Poland
W35	60m Hurdles	Eliana Seymour	Qld	9.01s	86.3%	01-04-2023	Torun, Poland
M75	4 x 200m Relay	Dieter Lacko	Qld	3m 01.64s	-	01-04-2023	Torun, Poland
		Kevin Solomon	Vic				
		Bob Schickert	WA				
		David Carr	WA				
M55	4 x 200m Relay	Darren Hughes	NSW	1m 45.40s	-	01-04-2023	Torun, Poland
		Rob Mayston	Vic				
		Rob Italia	Vic				
		Christopher Brack	Qld				
W50	4 x 200m Relay	Maryann Hearn	Qld	1m 54.21s	-	01-04-2023	Torun, Poland
		Philippa Wight	NSW				
		Lenore Lambert	NSW				
		Julie Brims	Qld				
M45	4 x 200m Relay	Mark Harper	Vic	1m 37.67s	-	01-04-2023	Torun, Poland
		David Austin	ACT				
		Graham Scully	Qld				
		Brett Gilligan	Vic				
W35	4 x 200m Relay	Melissa Foster	WA	2m 03.99s	-	01-04-2023	Torun, Poland
		Evette Cordy	Vic				
		Eliana Seymour	Qld				
		Kate Seibold	Vic				

X70	4 x 200m Mixed Relay	Dieter Lacko	Qld	3m 02.60s	-	01-04-2023	Torun, Poland
		Kevin Solomon	Vic				
		Wilma Perkins	Qld				
		Lynne Schickert	WA				
X50	4 x 200m Mixed Relay	Krzysztof Wardecki	NSW	1m 50.41s	-	01-04-2023	Torun, Poland
		Lenore Lambert	NSW				
		Philippa Wight	NSW				
		David Austin	ACT				
X45	4 x 200m Mixed Relay	Brett Gilligan	Vic	1m 52.16s	-	01-04-2023	Torun, Poland
		Evette Cordy	Vic				
		Kate Seibold	Vic				
		Brad Krawczyk	Vic				

Victorian Records:						
M45	3k Steeple (height 0.838m)	Wil Pratt	11m 55.54s	-	11-02-2023	Doncaster
M55	3k Steeple (height 0.838m)	Alan Baldry	13m 46.88s	-	11-02-2023	Doncaster
W45	3000m	Anna Kasapis	9m 52.97s	89.5%	09-03-2023	Box Hill
M70	300m Hurdles	David McConnell	52.27m	82.4%	10-03-2023	SOPAC
M65	2k Steeplechase	Allan Long	7m 47.9s	84.0%	11-03-2023	SOPAC
W50	Javelin	Niki Johansen	32.81m	57.1%	11-03-2023	SOPAC
M60	4 x 100m Relay	Robert Mayston	51.04s	-	11-03-2023	SOPAC
		Andrew Watts				
		Ivan Dodin				
		Paul Foster				
M30	4 x 400m Relay	Ash Almond	4m 12.57s	-	12-03-2023	SOPAC
		Jude Fernando				
		Ahmed Dridi				
		Antony Langdon				
W65	Pentathlon	Christine Bridle	2948pts	-	13-03-2023	SOPAC
W45	1500m	Anna Kasapis	4m 38.45s	90.5%	16-03-2023	Doncaster
M45	800m	Nathan Crowley	1m 59.06s	94.3%	23-03-2023	Bankstown
W50	Heavy Weight Pentathlon	Niki Johansen	3182pts	-	23-04-2023	Murrumbeena
W50	56lb Heavy Weight	Niki Johansen	3.97m	-	23-04-2023	Murrumbeena
W80	56lb Heavy Weight	Jane Kinsey	1.59m	-	23-04-2023	Murrumbeena
W50	Heavy Weight Pentathlon	Niki Johansen	3394pts	-	29-04-2023	Gosford
W50	56lb Heavy Weight	Niki Johansen	4.51m	-	29-04-2023	Gosford
W50	100lb Heavy Weight	Niki Johansen	1.90m	-	29-04-2023	Gosford
W50	Super Weight	Niki Johansen	9.09		29-04-2023	Gosford
W60	3000m	Susan Howell	11m 48.2s	87.6%	30-04-2023	Murrumbeena
M35	3000m	Nathan Davies	9m 34.4s	78.7%	30-04-2023	Murrumbeena
M65	3000m	Allan Long	10m 56.7s	86.9%	30-04-2023	Murrumbeena

Victorian Indoor Records:

W45	400m	Evette Cordy	63.98s	85.3%	26-03-2023	Torun, Poland
M55	60m	Rob Italia	8.34s	84.6%	27-03-2023	Torun, Poland
M55	200m	Rob Italia	26.65s	84.1%	30-03-2023	Torun, Poland
W45	800m	Evette Cordy	2:22.13	89.8%	30-03-2023	Torun, Poland

Clyde Riddoch

40 Beauchamp Street, Preston 3072

Email: clydeR@outlook.com.au

Mobile: 0439 902 907

Browne Shield 2023

Tues 16 May @ Collingwood – VMA
10,000 metre Track Championship

Sun 11 June @ Collingwood – VMA
6/8km Cross Country

Sun 16 July @ Braeside Park – VMA
10km Road Race/ Eric Greaves
Memorial 10km

Sun 13 August @ Knox – VMA 10
Mile Road Race

Sun 3 September @ Burnley –
AV/VMA Half Marathon





Browne Shield 2023



Scoring – Shield points for each age group

4pts – 1st (fastest)

3pts – 2nd

2pts – 3rd

1pt – all other runners

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



2023 Browne Shield Event NO.2

VMA 6/8km Cross Country Championship

6k for 70 plus age groups



Where: Meet Collingwood Athletics Track

George Knott Reserve, Heidelberg Road, Clifton Hill

When: Sunday 11th June check in by 8.30am

9.00am start

Enter: VMA website - \$10



Entries Close: Wednesday 7th June

Wear VMA singlet or VMA venue singlet

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

VMA venues have weekly meetings at the following locations

Aberfeldie, Casey Fields, Coburg, Collingwood, Croydon, Doncaster, East Burwood, Eastern Masters, Frankston & Peninsula, Geelong, Glen Eira, Knox, Mentone, Springvale/Noble Park, Throwers

For Venue Details and contacts use the following link to our website:

<https://vicmastersaths.org.au/vma-venues/>

VMA AGM Sunday 30 April 2023

Committee appointed at meeting

President	Rob Mayston
Vice-President	Tony Bradford
Vice-President	Pramesh Prasad
Secretary	Ewen Wilson
Assistant Secretary	Ann Zhu
Treasurer	Simon Evans
Club Captain	Shane Draper
Club Vice-captain	Andrew Watts
General Committee	Mike Clapper
General Committee	Graham Ford
General Committee	John Papworth
General Committee	Judy Pfanner
General Committee	David Sheehan
General Committee	Wendy Smith
General Committee	Christopher Worsnop

Appointment of Auditor	David McConnell
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Congratulations to all the above members being elected to the VMA committee and the appointment of David McConnell as the VMA auditor

Life Membership

Tony Bradford spoke to the motion to award **Ewen Wilson** Life membership of the VMA for consistent high level of athletic performance over 30 years and his contribution over a wide range of administrative positions including Treasurer, Secretary, Assistant Secretary, Uniforms officer, Registrar and Website Administrator over many years since joining in 1993.

We all congratulate Ewen on his well-deserved elevation to VMA Life Membership.

Service Awards

The following Service Awards were nominated and approved and presented:

Pete Battrick nominated by East Burwood citation presented by Chris Warsnop

Michael Ennis nominated by Aberfeldie citation presented by Tony Bradford
Charlie Mallia nominated by Frankston & Peninsula citation presented by Francis Halton
David McConnell nominated by Doncaster citation presented by Graham Ford
Sandra Middleton nominated by Glen Eira citation presented by Mike Clapper
Des Middleton nominated by Glen Eira citation presented by Mike Clapper
John Papworth nominated by Aberfeldie citation presented by Tony Bradford

We congratulate the above recipients of Service Awards for their vital contributions to the running of our venues over many years. These contributions are essential in maintaining the health of our venue network which is unique in Australian Masters Athletics and is a factor in our solid membership numbers which just over 1000 members and growing. The last time we had over 1000 members was in 2004.

Office bearers for 2023-24

For office bearer details and contacts use the following link to our website:

<https://vicmastersaths.org.au/about-vma/committee/>

What's On

Date	Event	Location
2023		
12th-20th May	Asia Pacific Masters Games	Jeonbuk, South Korea
16th May	10.000 Metre Track Championship	Collingwood
21st May	Sri Chinmoy Como Landing Half Marathon, 14km & 7Km Run	South Yarra
27th May	Athletics Victoria – XCR3 8km CC Race	St Annes Bendigo
4th June	The Traralgon Half Marathon	Traralgon Vineyard
11th June	VMA 6/8 Km Cross Country	Collingwood
17th June	Athletics Victoria – XCR4 12km CC race	TBC
22nd – 26th June	2023 Oceania Masters Athletics Championships	Saipan
8th July	Athletics Victoria – XCR5 Road Relays	Sandown
16th July	VMA 10km Road Race/Eric Greaves Memorial 10km	Braeside Park
21st July	Sri Chinmoy Princes Park Winter Running Festival	Carlton
22nd July	Athletics Victoria – XCR6 10km CC	Bundoora
29th July	VMA 2023 10KM Racewalking Championship	Albert Park Lake
5th or 6th August	Athletics Victoria – XCR7 15km Road Race	Ballarat
13th August	VMA 10km Road Race	Knox
19th August	Athletics Victoria – XCR8 Ekidon relays	St Annes Myrinong
27th August	Doncaster Winter Challenge	Doncaster
2nd September	VMA 5Km Racewalking Championship 2023	Mentone
3rd September	AV XCR9/VMA Half Marathon	Burnley
16th September	Athletics Victoria – XCR10 Tan relays	The Tan
17th September	Sri Chinmoy Yarra Boulevard Half Marathon, 10km & 5Km Run	Richmond
21st Sept-1st Oct	2023 European Masters Athletic Championships Stadia	Pescara, Italy
7th-14th October	Australian Masters Games	Adelaide
15th October	Melbourne Marathon	Melbourne
2024		
29th March-1st April	2024 Australian Masters Athletics Championship	Hobart
12th-23rd July	Pan American Masters Games	Cleveland USA
13th—25th August	2024 World Masters Athletic Championships	Gothenburg, Sweden
2025		
17th-30th May	2025 World Masters Athletic Championships	Taipei, Taiwan

NEW VMA ORGANISATION ROLE THUMBNAILS

The following are ‘Thumbnails’ of the Non-Executive positions tagged with a ‘1’ ie. those to be filled asap. These will be developed further in coming months along with role descriptions.

General Administration

HR Support Lead

To help establish and oversee the creation of the new VMA “Non-Executive” organisation. This will include facilitating the creation of role descriptions, and setting up the process of how a trial of a position should be done. Co-ordinate annual renewals of all positions in March/April of each year.

Uniforms

(Ewen)

Competition Records Officer

To oversee the process regarding competition records and that the required due diligence for any new records occurs.

Membership Officer

To be a “single-point-of-contact” for general new membership enquiries. Holder of the “VMA membership hotline” mobile phone. Knowledgeable of the various pathways for participation of 30+ Masters Athletes and able to advise on available options.

Membership Database Administrator

Maintain the VMA membership database for 1000+ members. Field queries regarding the information in the database.

Archivist / Historian

(Ewen – as per Margaret)

Occupational Health & Safety Officer

(Ewen – as per Margaret + other)

Finance

Auditor

Conduct annual audit of VMA’s accounts ahead of AGM.

Grants Advisor

Monitoring of selected websites to identify grants that are potentially a good fit for VMA.

Grants Applications Officer

Has skillset based on experience on the best practices to be used when applying for grants. Able to transfer this knowledge onto others eg. Venue Managers who are applying for grants and assist wherever possible.

Sponsorship Lead

Initially development of a sponsorship strategy which is then implemented.

Digital & Media

‘Footprints’ Editor

Lead person for production of VMA’s bi-monthly information newsletter. Note: with the addition Reporters the intention is for this role to only involve production of the Newsletter.

‘Footprints’ Reporters

A group of people who will have to report on defined specific content for each edition of ‘Footprints’.

Social Media Lead

Create the right Social Media strategy for VMA and then get that working. Includes co-opting others if required. Basic elements thought to be Facebook, Instagram.

Mainstream Media Lead

XXXX

Photography Lead

XXXX.

Photographers

XXXXXXXX

Mainstream Media Lead

XXXX

Livestream Lead

XXXXXXXX

Livestream Technical

XXXX

IT Lead

Develop and then implement an IYT strategy for VMA. Part of this will be the creation of a new modern VMA website.

VMA website

Maintenance of the existing and then, when completed, the new VMA website.

Athlete Performance Information System Lead (PROJECT)

Scoping out and then building of the new VMA Athlete Performance Information System. Will involve extensive consultation with key stakeholders within VMA. This will involve exploiting all the features of the new digital performance measurement system, which will be utilised mainly in the mid-week venues, but also selected VMA Teams Championship events.

Competition

Training Lead

tba

Coaching Lead

tba

VMA Handicapper

New role of centralised handicapping for both the Mid-week Venues and Masters 30+ Team Championship. Will interface with the VMA Athlete Performance Information System.

VMA Statistician

Maintain strategy and implement processes for how VMA performance data is managed and communicated.

Competition – Masters 30+ Teams Championship

Teams Championship Co-ordinator/s

Take existing process for Masters 30+ Teams Championship developed by Rob and enhance it and add further detail.

Event Managers (~ 5 required)

XXXX

Officials Co-ordinator

XXXX

Events Presentation Lead

XXXXX

Events Presentation Track Crew (~ 4 required)

XXXX

Events Procurement Lead

XXXX

Events Commentators

XXXXX

Masters 30+ Team Captains (~ one per Team ~ 30 required)

XXXX

Athletics Club Liaison (one per Athletic Club)

XXXX

Events Commentators

XXXXX

Competition – Mid-week Venues

Mid-week Venue Co-ordinator/s

Establish a common standard for how all Venues operate and implement this. Examples are common website, Growth Plan etc.

Venue Managers (~ 14 required)

XXXXX

Growth Initiatives

Project Manager – VMA / Masters 30+ Locations Signage Project

Establish a common standard for how all Venues operate and implement this. Examples are common website, Growth Plan etc.

Project Managers - TBA

People with project management skills to manage the implementation of initiatives TBA.

Role description - scope of job

Secretary

- Organise agenda for committee meetings in consultation with the president
- Monitor secretary@vicmasterathletics.org.au email correspondence regularly and action in a timely manner (48 hours. If it takes longer to resolve notify the sender of status)
- Maintain an email In/out register to present at committee meetings
- Action committees decisions as necessary
- AMA correspondence – respond to and pass on AMA event information to venue managers, webmaster, Facebook content manager, Instagram content manager for circulation to members.
- Organise with the committee annual nominations for **Athlete of the Year**
- AGM, with committee set a date. Send out relevant correspondence as per constitution. Organise AGM location, time, catering, nomination forms
- Compile annual report
- Follow up on perpetual trophies
- Record minutes for the AGM
- Lodge annual return to Consumer Affairs Victoria after AGM
- Contact venues to Update VMA equipment register
- Maintain currency of VMA documentation in conjunction with assistant secretary
- Pass onto webmaster articles/photos for news posts
- File documents on Google system

Assistant secretary

- Record minutes at committee and adhoc meetings and distribute within 7 days (after proofing by president)
- Organise any online Google Meets meetings for committee
- Monitor assistant-secretary@vicmastersathletics.org.au email regularly and action in a timely manner. (48 hours. If it takes longer to resolve notify the sender of status)
- Organise the printing and distribution of the bi-monthly Footprints magazine to members without email addresses and pdf to webmaster for uploading to website
- Pass onto webmaster articles/photos for news posts
- Maintain currency of VMA documentation in conjunction with secretary
- Notify webmaster of all changes of committee and venue contact details
- organise Online Google Meets meetings for Venue/team managers meetings
- Record minutes at venue managers meeting and distribute
- Maintain a venue managers circulation list in Google contacts.
- AGM – ensure record of attendance circulated & signed
- File documents on Google system
-

Skills for both positions

- Experience in Word, Excel
- Desirable: knowledge of WordPress or willingness to become basic user
- Knowledge of the structure of the VMA

Note: tasks may be re-distributed on mutual agreement between secretary and assistant secretary.