VICTORIAN MASTERS ATHLETICS

FOOTPRINTS

May/June 2025

VICTORIAN TRACK AND FIELD CHAMPIONSHIPS DONCASTER – 15 & 16 MARCH

Kath Gawthorn, Doncaster Venue

It's often said "age shall not weary them"….and the Championships were a display of the extraordinary depth of talent among those within VMA aged 30 - 95 years. Approximately 450 athletes competed across nearly 1500 events over 2 action-packed days. Over 100 venue volunteers, AV officials and support staff assisted in running the event. Despite challenging weather conditions, it was extremely well organised, and Rod de Highden is to be congratulated on his event-management success.





Day 1: The water mister and steeple-pit were popular in temperatures around 38 degrees.

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Day 2: When the heavens opened, swimming was an option. However a number of athletes still achieved (athletic) records.

A couple of our Masters compatriots from interstate joined us. Here's wondering their thoughts on the weather? Day 1 produced stifling heat, and Day 2 persistent rain. Dash Newington (W40) came from cyclone-ravaged QLD, only to find the low pressure system had moved southward, and her main event, the pole vault, needed to be postponed for safety. Some athletes may have said, "Not a good result for me today. I'll blame the weather." However, some 9 Australian Records, 10 Victorian Records and 18 Championship Records were achieved by other athletes. Ninety year old Brian Greaves featured in 4 of the Australian Records (long jump, triple jump, high jump and 60m), and missed a new high jump World Record by just 2cm! Others to achieve Australian Records were Bob Wishart (M80, 100m), Bob Gardiner (M85, 1500m walk), Rob Mayston (M65, 100m) and middle-distance sensations Zac Ashkansay (M50, 1500m) and Simon Glendenning (M45, 800m). Perhaps there's some wisdom in not "wimping out", and training for competition in all weather conditions? Congratulations to these athletes on their achievements.





Power starts in the 60m events: Left – Bianca Levis (Doncaster) and Melissa Foot of Geelong in Women's 45-49. Right – a full field in Men's 60-64.

The atmosphere at Doncaster was extremely friendly and encouraging. The event included many first timers. For example, almost 85 year old Kathleen Murphy had throwing lessons from daughter Laura McLennan (W45, both Doncaster), and the octogenarian then achieved Gold in both hammer and discus. Kathleen even took to advising other athletes on how it's done! Ashley Curtis from Ballarat ran his first ever 5000m and dominated heat 2 (males 60 and over). He looked the goods from start to finish, and outclassed a very competitive field to win the M60-64 division in an impressive 18:45.46. Ashley also had an assistance dog to add to the Vic Masters canine contingent. Canines Peppa and Fred were most pleased to meet a new friend. However, all pooches agreed that "Running on the track with Master" wasn't in their job description – "Heavens, 5000m with no tree stops!"



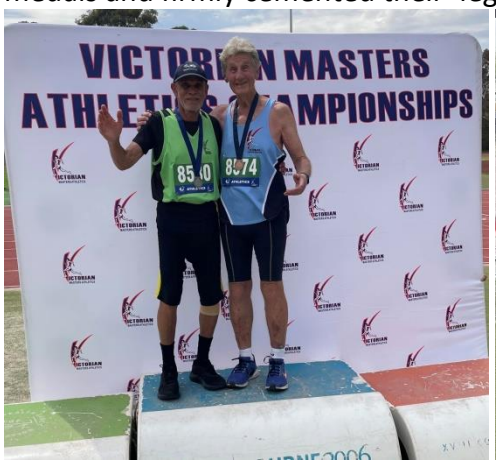
Above: Peppa Willmot enjoys a well-earned rest after a big weekend at the Championships (Photo credit; Pete Willmot)



Kathleen Murphy, a newcomer at 84 years of age, and Laura McLennan (W45-49) enjoy some Mother/Daughter time during their joint efforts in the throws events. (Photo credit: Laura McLennan)

Our most senior members were back to their classy best. Gwen Steed (W80, Mentone) achieved a Championship Record in her 1500m walk, also winning the 3000m walk. Lavinia Petrie (W80, Knox) was back in her element and took Gold in the 800m, 1500m and 5000m treble. Gladys Wishart (W80, Mentone) achieved Gold in the 60m/100m double, whilst Kathy Skultety (W80, Doncaster) edged her out in the 200m. Shepparton athlete Rhonda Dundas (W80) took a clean sweep of all 5 throwing events. Christine Bridle (W65, Waverley) competed in *only* 10 events, those being throws, jumps and sprints, achieving 10 medals, 4 of them Gold.

Among the men, M90-94 athlete Brian Greaves was joined by a 90 years young Michael Rose of Doncaster. As mentioned, Brian achieved 4 Australian records, whilst Michael took Gold in his Shot. The Men's 85-89 competition was wide open, with Allan Wood and Gunther Ilgoutz (Croydon), Tony Bradford (Aberfeldie), Trevor Cohen (Glen Eira), Julian Jacotine and Mike Hall (Dandenong/Springvale), George Christodoulou (Throwers), and Bob Wishart (Collingwood) all in contention. These gents finished the weekend with multiple medals and firmly cemented their 'legend status' among us younger mortals.



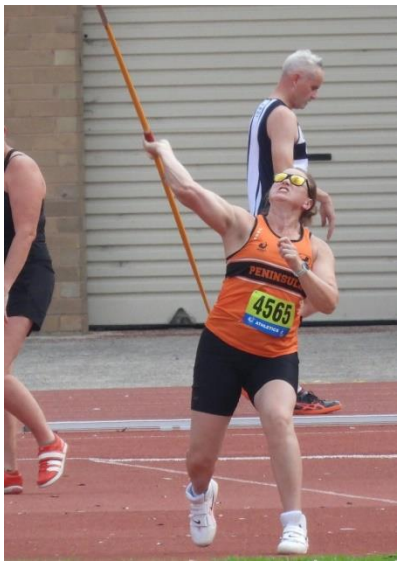


Above "Legends": Left it is Tony Bradford (Aberfeldie) and Julian Jacotine (Springvale) receiving their M85-89 100m medals. Right: Officials Pino Tassone and Paul Schofield brave the conditions as Damian Hastie (M50-54, Geelong) juggles a very slippery shot! Thank you sincerely to the officials for their professionalism over the weekend.

Athletes came from afar. Dash Newington (QMA) didn't get to pole vault, but managed Triple Jump Gold in the wet of Day 2. Warwick Jones (M60, also QMA) had a busy weekend, as did our VMA friends from Albury Wodonga, Ballarat, Bendigo, South Coast, South West, Western Region, Gippsland, Mornington Peninsula, Shepparton and Geelong. It was a privilege to host representatives from all 10 regional Victorian venues. Make sure you bring your mates in 2026!

Some of the other standouts were Karen Carah (W55, Box Hill). She achieved a new Victorian record in her 60m, and 3 Championship records (100m, 400m, and long jump). Anne Rossi was also in fine form – 3 Victorian records (60m, 100m and long jump). Marg Tweedie (W70, Doncaster) achieved a Victorian Record in her 60m. However, she was unlucky in her 200m hurdles to run 13 seconds quicker than the current Victorian record in wet conditions, only to have the wind gust up to 2.7m/s just at the wrong moment (maximum allowable 2.0m/s). Laura Tomic (W40, Casey) powered through her 2000m steeplechase and finished with Gold, a Victorian record, and one of the highest age-graded percentages of the Championships (90.18% and a time of 7:19.22).

The steeplechase water pit was a popular choice for heat relief on Day 1. A number of athletes dangled their legs through the murky water, and some even stood up to the waist. However, when the steeplechase Championship action took place, Andrew Evans (M55, Collingwood) achieved a new Victorian record, and fellow competitors Daniel Rees (M45, Diamond Valley), Jim Hopkins (M75, Collingwood) and Anne Buckley (W55, Bendigo) cracked new Championship records. Throwers Gurpreet Kaur, Nicole Johansen, Peter Baxevanis, and Ash Almond were in excellent form, and between them set multiple Victorian and Championship Records. Apparently, the walk judges were a little more lenient this year. Bob Gardiner's Australian record (M85, 1500m walk, Collingwood) was joined by several other athletes achieving Championship records. Congratulations to Heather Carr (W75, 3000m walk, Frankston), Gwen Steed (W80, 1500m walk, Mentone) and Ash Almond (M30, 1500m walk, Doncaster).





Power field action: Rhiannon Lester (W45-49) from Mornington and Andrew Close (M35-39, East Burwood).

When the gun sounded and the last event was run and won, all who took part could rightly be very proud of their achievements. For some, it was bravely competing for the first time. Others were making their comeback after injury. For some of our elite, it was "all in a day's work". Others struggled with nerves and self doubt, but got out there anyway. Some venues had 'post Championship parties/drinks', and some have now completed their summer season and are commencing a 'spell out in pasture'. Best of luck to those heading to Adelaide over Easter for the Australian Championships.





Some of the many happy faces of the Championships. Left: Noel Fairburn from Knox can't wipe that smile off his face – content with Bronze in his shot. Right: thanks to our volunteers like Deborah Rattray from Mentone who assisted with medal presentations.

Thank you to the many venue volunteers, AV officials and others who made the Championships such a positive for all. Feedback is welcome and can be forwarded to registrar@vicmastersaths.org.au.

For a full list records from these Championships, refer to Clyde's new record report on pages 25 to 30.

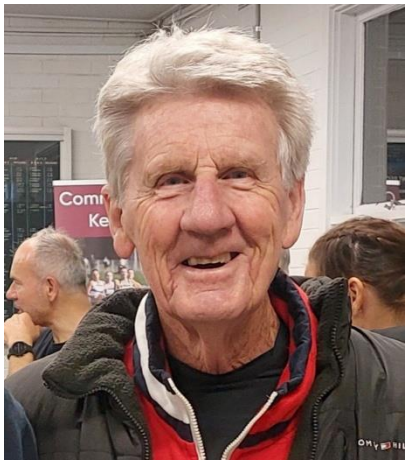
Link to full results on Resultshub - https://athsvic.resultshub.com.au/#
Photos in this article were obtained from Venue Facebook pages and are not the work of the author.

Tony Bradford by John Cooper (secretary" at Aberfeldie)

At the recent Aberfeldie Master's AGM, Tony Bradford stepped down as Venue Manager after 6 years. He passed the baton on to long term club secretary, John Papworth, but will remain as a committee member "until the cows come home" (his words).

Tony's history with the VMA and VVAC started when he first came to the Aberfeldie venue in late 1986 to train for the 1987 World Veteran games to be held in Melbourne. Tony had previously been a marathon runner, having run five Melbourne Marathons, but then decided to switch to sprinting. Tony did not taste success in his first State Championships in 1987 but over the years he has won so many medals that he has an entire room at home exclusively for his medals and trophies. At the recent State Championships, he added a further 5 medals from his 6 events.

His proudest achievement on the track was winning the gold medal in 400m at the Australian Championships 60 plus age group back in 2002.



Tony has not only been dedicated to participating and competing on the track, but he has also been dedicated to the administration and management of VVAC and VMA.

Prior to coming to Aberfeldie, Tony had been the Altona Venue manager from 1986 to 1994. Tony was on the VMA management committee for more than 35 years, including a 5 year stint as President, and 17 years as Vice President.

Tony was the Australian team manager at the World Veteran games in Gateshead UK in 1999, and again at the Brisbane games in 2001.

In 2002 he was instrumental in changing the name of Victorian Veterans Athletics Club to Victorian Masters Athletics, and in the same year, Tony was awarded life membership of the VMA.

Tony was the Aberfeldie Venue manager from 2019 until 2025, leading the venue with ease and good humour, whilst continuing to compete. He still competes at the grand old age of 85.

Tony was inducted as an Aberfeldie Legend and life member of the Aberfeldie Venue at last year's 40th anniversary celebrations.

Thank you to Tony for his service to our sport, and to VVAC and VMA, and to our Venue in particular.

3rd Edition of VMA Gift held on Saturday 12th April at the Springvale Athletics Track



Mixed Long Jump (combined)					
3	**Candice Revuelta** 3.97m(1.3); 3.99m(+0.0); Foul(+0.0);	KN	3.99m	(+0.0)	101
5	**Paul Olsson** 3.17m(+0.0); 2.79m(+0.0); 2.77m(+0.0);	TW	3.17m	(+0.0)	100
2	**Karley Cromie** 3.67m(1.0); 4.16m(+0.0); 4.59m(+0.0);	AE	4.59m	(+0.0)	96
1	**Matt Banks** 4.79m(+0.0); 4.76m(+0.0); Foul(+0.0);	MO	4.79m	(+0.0)	96
4	**Amy Gardiner** 3.10m(+0.0); 3.38m(+0.0); 3.34m(+0.0);	AE	3.38m	(+0.0)	

Mixed High Jump (combined)				
2	**Amy Gardiner**	AE	1.30m	100
1	**Karley Cromie**	AE	1.35m	98
4	**Candice Revuelta**	KN	1.15m	
2	**Matt Banks**	MO	1.30m	

Mixed Triple Jump (combined)					
2	**Candice Revuelta** 7.77m(1.2); 8.34m(1.4); 8.50m(1.0);	KN	8.50m	(1.0)	104
4	**Paul Olsson** 7.57m(-0.4); 7.98m(-0.1); Pass;	TW	7.98m	(-0.1)	103
1	**Matt Banks** 9.61m(1.9); Foul(0.9); 10.41m(0.5);	MO	10.41m	(0.5)	98
5	**Amy Gardiner** 7.87m(+0.0); 7.58m(1.3); 7.69m(+0.0);	AE	7.87m	(+0.0)	97
2	**Karley Cromie** 8.89m(+0.0); 9.07m(1.3); 8.34m(0.8);	AE	9.07m	(1.3)	

Mixed Discus (combined)				
1	Nicole Johansen	TW	32.53m	113
5	Damian Hastie	GE	23.30m	105
4	Richard Dawe	MO	26.42m	102
3	Ash Almond	DO	28.19m	100
2	Bruce Wood	DV	28.97m	97
1	Paul Olsson	TW	21.05m	76

Mixed Javelin (combined)				
1	Ash Almond	DO	54.32m	106
5	Richard Dawe	MO	23.80m	101
4	Paul Olsson	TW	24.44m	99
6	Bruce Wood	DV	22.53m	98
2	Damian Hastie	GE	30.67m	94
3	Nicole Johansen	TW	29.99m	86

Mixed Shot Put (combined)				
3	Ash Almond	DO	9.77m	105
2	Nicole Johansen	TW	10.12m	105
1	Bruce Wood	DV	10.26m	102
4	Damian Hastie	GE	9.31m	100
5	Richard Dawe	MO	9.21m	97
6	Paul Olsson	TW	8.93m	96

Mixed 4x1500m			
1	**Hippos** Liam Stocky, Anthony Stamoulis, Jack Reszka, Gerry Stamoulis	**21:11.04**	
2	**Legends** Mark Hipworth, Simon Lloyd, John Braszell, Mark Purvis	**21:11.16**	*(M65 NR/WR)*

Mixed 2000m Walk				
1	Tony Duff	CR	15:36.16	(1:15)
2	Peter Shanahan	KN	15:54.98	(1:00)
3	Gwen Steed	ME	16:48.29	(2:09)
4	Mark Thomas	ME	17:02.19	(7:15)
5	Donna-Marie Elms	ME	17:26.44	(4:11)
6	Pramesh Prasad	CC	17:31.64	(6:22)
7	Sandra Geisler	CR	17:55.29	(5:55)
8	Kevin Cassidy	ME	18:16.30	(6:51)
-	Celia Johnson	DS	DQ	(0:13)

Mixed 1500m				
1	Doug Sandiford	DO	7:34.63	(1:25)
2	Peter Shanahan	KN	7:35.55	(0:00)
3	Rebecca Thwaites	FP	7:49.42	(1:45)
4	Tracey Hayward	CC	7:57.79	(1:40)
5	Patrick Herft	CC	8:04.89	(1:45)
6	Mike Bryant	SN	8:05.89	(2:10)
7	Anna Kasapis	AE	8:06.56	(3:15)
8	Bronwyn Hanns	FP	8:08.33	(1:10)
9	Angus Hanson	KN	8:10.68	(2:40)
10	Luke Vipond	CC	8:17.61	(2:40)
11	Sarah Lorentzen	GG	8:19.74	(1:45)
12	Maggie Armstrong	AE	8:23.66	(1:02)
13	Mark Purvis	CW	8:57.60	(2:44)

Mixed 5000m				
1	Joseph Campisi	GG	30:16.21	(4:55)
2	An Du	DS	30:45.01	(6:30)
3	Sam Tabit	CO	30:46.90	(11:36)
4	Doug Sandiford	DO	31:32.78	(7:10)
5	Andrew Cutting	CC	31:35.22	(12:40)
6	Kristen Richardson	ME	31:35.80	(4:00)
7	Peter Thorne	KN	31:42.67	(0:00)
8	Melissa Bentley	DS	32:05.07	(4:55)
9	Claudio Riga	DS	32:10.05	(1:00)
10	Janet Robinson	DS	32:12.54	(8:53)
11	Patrick Herft	CC	32:26.33	(8:31)
12	Helen Stanley	KN	32:37.58	(6:15)
13	Luke Vipond	CC	32:40.16	(10:40)

Mixed 110m Final				
1	David Talbot	DS	15.43	(23.5m)
2	Jenny Fox	DS	15.48	(46m)
3	Robert Wishart	ME	15.49	(5.25m)
4	Candice Revuelta	KN	15.67	(7.75m)
5	Robert Urquhart	DO	15.89	(2.5m)
6	Helen Anderson	DS	16.08	(12m)
7	Amy Gardiner	AE	16.34	(4.75m)
8	Maggie Armstrong	AE	16.59	(18.75m)

Mixed 110m Gift Final				
1	Corey Williams	EN	12.45	(7.5m)
2	Kristerfer Kardakovski	DO	12.55	(1.5m)
3	Azain Raban	CW	12.56	(13.75m)
4	Steve Lester	CR	12.56	(5.75m)

5	**Harry Boutsalis**	GE	**12.67**	(11.25m)
6	**Mark Baghdassarian**	CC	**12.69**	(17m)
7	**Andrew Dodd**	CW	**12.75**	(13.75m)

Mixed 400m Legend Final				
1	**Mark Baghdassarian**	CC	**63.72**	(0m)
2	**Tracey Hayward**	CC	**65.04**	(60m)
3	**Jane FitzGerald**	GG	**65.47**	(60m)
4	**Bernie McLoughlan**	DO	**66.55**	(23m)
5	**Maggie Armstrong**	AE	**68.01**	(76m)

Mixed 400m Gift Final				
1	**Andrew Watts**	BH	**52.75**	(55m)
2	**Robert Mayston**	BH	**54.11**	(28m)
3	**Grant Murfett**	BH	**54.96**	(38m)

Mixed 60+ 4x200m				
1	**Doncaster** Robert Urquhart, Doug Sandiford, Bernie McLoughlan, Simon Evans	DO	**2:54.45**	(0:33)
2	**Knox** Margaret Hawkes, Noel Fairburn, Peter Thorne, Peter Shanahan	KN	**3:26.74**	(0:00)

Mixed 4x200m All Age				
1	**Dandenong Springvale** Helen Anderson, Melissa Bentley, Simon Ferguson, David Talbot	DS	**2:28.18**	(0:00)
2	**East Burwood Nunawading** Kristerfer Kardakovski, Karley Cromie, Steve Lester, Corey Williams	EN	**2:28.27**	(0:16)
3	**Collingwood** Azain Raban, Andrew Dodd, Michelle Gorr, Andrew Borg	CW	**2:35.49**	(0:00)




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Browne Shield 2025

Sun 1st June @ Collingwood –VMA 6/8km Cross Country

Sun 29th June @ Casey VMA 10km Track Championship

Sun 20th July @ Braeside Park – VMA 10km Road Race/ Eric Greaves Memorial 10km

Sun 17th August @ Knox – VMA 10 Mile Road Race

Sun 7th September @ Burnley – AV/VMA Half Marathon







Celebrating St Patrick's Day at East Burwood

NEWS FROM EAST BURWOOD

THE GWEN DAVIDSON MEMORIAL 100 m HANDICAP FINAL

After four rounds of the Gwen Davidson Memorial 100 m Handicap, ten runners earned the right to compete in the final based on their points accumulated in their three best rounds. The tension among the sprinters thickened as the crowds gathered along the track, and the starter marshal gave some very stern instructions.



Corey Williams, Allan Wood, Bill Liouliakis with their Gwen Davidson medals and impressive perpetual trophy

"On your marks!" "SET!" "Doop" (yes, a new electronic gun.) and they were off. Corey Williams was the back marker off 7 m, meaning he was running 107 m. He could see the front markers way off in the distance off 43 and 46 metres. Corey flew down the track flying past the rest of the field. Meanwhile Allan Wood was doing his best to keep the young ones at bay. Allan and Shirley Coppock are much more than twice the ages of Corey and Andrew Close.

Allan was successful in his quest, but only just. Corey, Bill Liouliakis, Pete Willmott and Andrew crossed the line together. Careful examination of two videos showed that Corey was second, Bill was third, Pete was fourth and Andrew was fifth.

Special thanks to Paul Durrant who did a splendid job calculating the handicaps, organising the athletes in each round, and compiling the scores. His handicapping is amazing, as all the ten runners in the final finished within two seconds of each other.

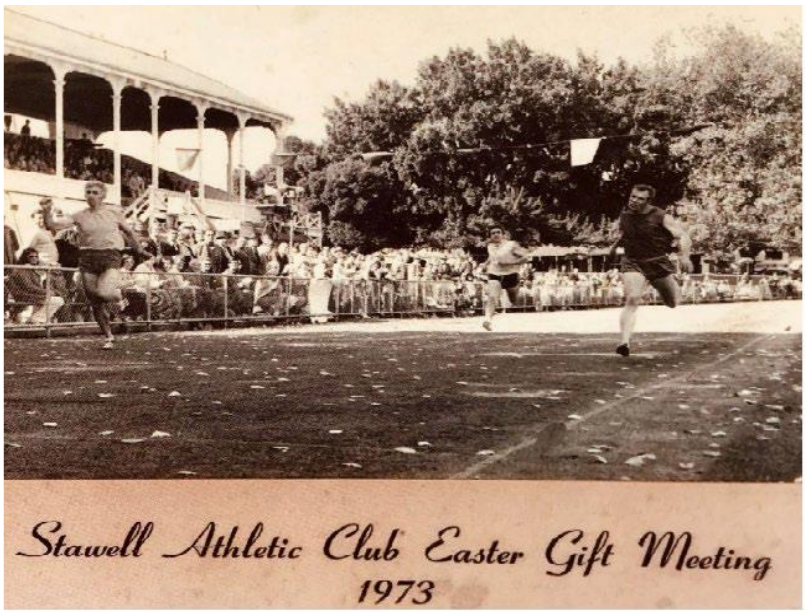
FINAL PLACES:

1st	Allan Wood		6th	Ernest Chiu
2nd	Corey Williams		7th	Fenlu Meng
3rd	Bill Liouliakis		8th	Chris Robinson
4th	Pete Willmott		9th	Shirley Coppock
5th	Andrew Close		10th	Christopher Worsnop

EDDIE STACK MILE

Eddie had been an accomplished runner when he was younger. He won the mile handicap at Stawell in 1973. He ran five Melbourne Marathons with a best of 3 hrs 43. Despite not being able to compete in later years, he regularly attended the East Burwood, Knox and Glen Eira venues each week. He was famous, or more likely infamous, for his jokes. He also enjoyed accompanying our singing of "Happy Birthday" with his mouth organ (harmonica). He passed away in March 2022. East Burwood established the Eddie Stack Mile NOT annual race to honour his memory. As well as medals for the first three most accurate nominators of their times, the winner is also presented with a mouth organ.

The 2025 race was held on a mild still evening. The runners took off with enthusiasm, but also with some trepidation - were they going too fast for their nominated times? Jason Merrett had Bernie McLoughlan hot on his heels throughout the race. Jason finished first with 6:45, and Bernie finished in 6:55. Bernie does a lot of racing, so he had a good idea of his pace, and won the coveted mouth organ as he was just five seconds off his nominated time. Jason got the bronze medal for being nine seconds out. Worsnop finished third in 8:16, six seconds out, so received the silver medal. He would have been fourth if another runner (who will remain nameless) had run four instead of doing an extra lap.



Eddie Stack is on the far left of the picture.



Eddie Stack Mile medallists: Jason Merrett, Bernie McLoughlan, Christopher Worsnop

EAST BURWOOD MASTERS 5000 M AGE GRADED CHAMPIONSHIP

Sixteen runners enjoyed the still, but warm conditions, for this 5000 m race. Peter Herten set a fast pace early in the race and went on to win in 22:00. Jason Merrett finished second with a time of 22:35. Angel Jiao was the fastest woman and third overall with 23:14. At 72 years of age, Bernie McLoughlan ran well to finish fourth in 23:33. This gave him an age grading of 74.8 % and the gold medal. Angel won the silver medal with 72.4 %, and Peter was third with 71.7 %.



Peter Herten, Bernie McLoughlan and Angel Jiao, the 5000 m medallists

BOB LEWIS MEMORIAL 400 m HANDICAP

In this series, there are initially four rounds in April and May, followed by the final. Athletes must compete in three or four of the initial rounds to be eligible for the final. But that is not all. Points are awarded for handicap placings in each of the initial rounds. Only those with enough points will be allowed in the final.

In the first round there were eight runners ready to push themselves over the four hundred metres. Ashley Ryan had a strong win. Andy Chan ran the same time of 84 seconds, but he had a tougher handicap, so he was second. Fenlu Meng ran 76 seconds, and he had to settle for third place. Peter Willmott ran 72 seconds, the fastest time on the night.

Helen Cheah is new to 400 m running, so she was fortunate to get a generous handicap. She thus had a solid win in the second round. The next eleven runners all finished within six seconds of each other. The video was needed to separate Michael Collins (93 seconds) and Bernie McLoughlan (74 seconds) as both finished with the same time. The judges gave second place to Michael. Corey Williams had the fastest time with 60 seconds. To be continued …

TERRIFIC TETRA TWO KM HANDICAP SERIES

Despite a warm and humid evening, eighteen runners kept the handicapper, Pete Battrick, on his toes trying to keep everyone in order in the final round. Don Jinnette took off first and belted around the first lap. It looked like he was going to win the race by the proverbial mile. But there were some determined athletes behind him, and when you are seventy-nine years old you cannot go as fast as you used to. Kenny Wong was able to chase him down by running 10:19, so winning this round. Don's time of 13:33 gave him second place, but only just, as Michael Collins ran 8:52 to come in third. Dean Sciacca was the fastest on the night with 7:09. Nearly all the runners finished within one minute of each other.

For the second week in a row, Michael Collins won a series gold medal. The dogged determination (and new shoes) gave Geoff Wheeler the silver medal in this series. Dean Sciacca was rewarded for his consistent fast running by being awarded the bronze medal.



Geoff Wheeler, Michael Collins and Dean Sciacca proudly showing of their TTT medals.

LEGEND SIX KM HANDICAP SERIES

This series finds the true distance runners willing to complete fifteen laps of the track. Julie Piao ran 28:33 to win the handicap comfortably in the first round. Peter Herten was second to finish with the fastest time (26:08). Bernie McLoughlan was third. To be continued …

3000 m SCRATCH RACE – TONIGHT versus YOUR 2024 BEST

Pete Battrick devised this event to liven up the racing. Each runner was challenged to beat his/her best time over 3000 m run in 2024. For Masters Athletes this is always a challenge as each year, not only do we get older, but we seem to get slower as well. In the field of thirteen runners, seven beat their best from the previous year. Peter Herten ran 12:44 to win the race, but did not "beat himself". Jason Merrett was second with 13:25 and the first of the "winners". The others doing better than last year were Julie Piao 13:48, Jennie Jones 16:42, Geoff Wheeler 16:51, Peter Dodgshun 17:15, Peter Shanahan 17:47 and Don Jinnette 20:51.

FREEZING FREDDO FROG 4 KM HANDICAP SERIES

It was not freezing on the first night of this series. In fact, it was quite warm. Sam De Fanis ran well as one of the front markers, and he was fast enough (24:22) to hold off the rest of the field, but only just. Julie Piao ran 18:33 to only be a few seconds behind him. Despite running a quick last lap, Worsnop could not catch them, and was third with (20:58). Ron Gillies had the best time with 17:46. To be continued …



The 1200 m walk handicap series medallists: Andrew Fraser, Gary Turner and Christopher Worsnop. The

1200 m WALK HANDICAP SERIES

The last round was hotly contested, especially as there were double points on offer. Of the eight Masters walkers, seven of them finished within fourteen seconds of each other. Andrew Fraser prevailed to take the win ahead of Leonie Gillies and Gary Turner. Gary's consistency over the four rounds gave him a comfortable win in the series. Andrew and Worsnop finished on the same points for the series, but as Andrew had finished ahead on the last round, he was awarded the silver medal.

WALK 1000 m NOT SERIES



There was heavy rain on the evening of the final round of this series. But water on the track, lashing rain and a strong wind did not stop the hardy walkers. Don Jinnette was only two seconds off his nominated time. Gary Turner was just six seconds off, and Jane Anderson and Pete Battrick were both seven seconds off. Consistency over the four rounds gave the series win to Gary Turner, with Don Jinnette second and Pete Battrick third.

Happy walkers are we: Don Jinnette, Gary Turner and Pete Battrick.

1500 m WALK HANDICAP SERIES

Jennie Jones had a comfortable win in the second round, as she is new to the venue, and her handicap was still being determined. The rest of the field were all within just over a minute of each other, with Janie Anderson second and Julia Lo third. In the third round Julia Lo had a comfortable win. Ros Lording and Andy Chan pushed each other for the whole race, with Ros prevailing to take second place. To be continued …

1000 m WALK HANDICAP SERIES – "NOT" ANOTHER ONE

Yes, we started another 1000 m walk handicap series in April. Andy Chan surprised himself, but not as much as he surprised the handicapper in the first round. He won it by nearly one minute. The next fifteen walkers were all within one minute, with Mark Wajs coming second, and Brian Holcombe coming third. To be continued …

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. The other events follow each other.
There are two other sprints, a walk, middle distance race and longer distance race, and a field event throughout the evening.
There are handicaps, NOT events, and relays as well as the usual races.
All included for only $5 (pay by credit card or debit card on the night).
East Burwood Reserve, Burwood Highway, East Burwood.



East Burwood Masters athletes enjoying lunch at the Mulgrave Country Club in late March.

UPCOMING EVENTS and SPECIAL NIGHTS

8 May	Mother's Day celebration
22 May	Leo Coffey 200 m
5 June	Bob Lewis 400 m Handicap Final
2 August	East Burwood Masters Variety Night

Christopher Worsnop 0403 910 183 christopher.worsnop@austin.org.au

Please find attached notice of the **53rd AGM of the Victorian Masters Athletics Inc**.
Date: Sunday 18 May 2025
Time: 1 pm
Venue: Duncan Mackinnon Reserve,
Corner North Road and Murrumbeena Road, Murrumbeena

All members are encouraged to attend. See attached **Draft AGM Agenda**.

NOTE: Following the AGM the VMA will be having its annual **VMA Leaders Day**.
All Venue Managers, VMA Leaders and interested parties are invited to attend.
See attached **Leaders Day Agenda**.

Nominations for the Committee
The VMA Committee is elected on rolling 2-year terms with half the Committee up for election each year.

2025 – 2027 Committee positions up for election are:

- Co-Vice President
- Treasurer
- Assistant Secretary
- 3 Ordinary members of Committee

Please forward all nominations to the VMA Secretary secretary@vicmastersaths.org.au using the attached **Nomination form** by 5pm on Saturday 10 May.

Details on eligibility and requirements of the role are set out on the back of the form.

If required there will be online voting on Thursday 15 May to decide the successful nominations.

New Committee members are always welcomed, so please consider nominating. This is your opportunity to help take the VMA into its second fifty exciting years, alongside existing committee members:

President:	Rob Mayston
Vice President:	Pramesh Prasad
Secretary:	Karen Carah
General Committee:	Mike Clapper & Christopher Worsnop

Proxies
Members unable to attend the AGM can vote by using the attached **Proxy form**.

If you have any questions relating to the committee nominations, proxy process or would like any general business added to the agenda please contact Karen Carah
secretary@vicmastersaths.org.au

Karen Carah
Secretary VMA

ANNUAL GENERAL MEETING
SUNDAY 18 MAY 2025
NOTICE

Notice is hereby given that the 53rd Annual General Meeting of Victorian Masters Athletics Inc. will be held at Duncan Mackinnon Reserve, Cnr. North Road and Murrumbeena Road, Murrumbeena, on Sunday 18 May 2025 commencing at 1pm.

DRAFT AGENDA

1	Apologies	VMA Secretary
2	Confirm the minutes of preceding AGM.	
3	Presentation of the Annual Report	VMA President
	1. Motion to accept the Annual Report	
4	Presentation and receipt of the Audited Financial Statement.	VMA Treasurer
	1. Motion to accept the Audited Financial Statement	
5	Appointment of Auditor.	VMA Treasurer
6	Announcement of the election of Committee Members	VMA President
	1. Vice President	
	2. Treasurer	
	3. Assistant Secretary	
	4. 3 x Committee Members	
7	Annual subscription and joining fee	VMA Treasurer
	1. Motion to accept annual subscription and joining fee.	
8	Announcement of election of Life Members.	VMA Secretary
9	Presentations of Awards	VMA President
	1. Wal Shephard Trophy (VMA Champs male 800m best % Age Graded)	
	2. Mike O'Neill Trophy (1500m)	
	3. VMA Service Awards	
	4. AMA Annual Awards	
10	Other general business of which notice has been duly given.	VMA Secretary

Please Note: Directly following the AGM, the VMA Leaders Day will take place – all welcome

ANNUAL GENERAL MEETING
SUNDAY 18 MAY 2025
PROXY FORM

A member may appoint another member as their proxy to vote and speak on their behalf at a general meeting other than at a disciplinary appeal meeting. Refer Rule 34 of the Rules of the VMA for requirements.

I .....

being an eligible member of VMA as per Rule 9 (1) (a), (b) and (c)

Appoint

☐ ..... (specific person attending)

Or

☐ the President

to vote as follows (tick one box):

(a) At their discretion (tick box) ☐

OR

(b) As per the following directions: .....

Signed ..... Date .....

Member number: .....

Proxies to be returned to the VMA Secretary by COB Friday 16 May 2024. All proxies will be forwarded to the chairperson of the meeting prior to the start of the meeting.

Email: secretary@vicmastersaths.org.au

VMA Leaders Day

Sunday 18th May 2025, Murrumbeena Athletics Track

(2pm following the AGM)

Victorian Masters Athletics President Rob Mayston is pleased to invite all Venue Managers, VMA leaders and other interested parties to attend the 2025 VMA Leaders Day. The VMA is going through a period of growth and change and the Leaders Day's purpose is to ensure all key members of the VMA have their say on the direction and growth of the VMA.

AGENDA

The Leaders Day will be facilitated by VMA General Manager Matt Scholes and will be a combination of updates on key VMA strategies for comment along with feedback from participants on the proposed direction of the VMA more broadly.

Key Items to be presented for comment & feedback are:

1. Draft VMA Strategic Plan for 2025 – 2028
2. Draft of the new VMA Website
3. Overview of Hub Partners concept
4. VMA Events strategy

These items will be followed by a general discussion from the floor about Venue Best Practice models

We look forward to seeing as many VMA Leaders and interested members in attendance to help grow Masters athletics in Victoria.

NEW RECORD REPORT April 2025

Pending World Records							
M50	Pentathlon	Paul Jeffery	WA	4033pts	-	2-Mar-25	Perth
M50	1500m	Zac Ashkanasy	Vic	3m 57.71s	98.44%	27-Mar-25	Box Hill
M65	4 x 1500m Relay	Mark Hipworth	Vic	21m 11.16s	-	12-Apr-25	Springvale
		Simon Lloyd	Vic				
		John Braszell	Vic				
		Mark Purvis	Vic				
M90	High Jump	Brian Greaves	Vic	1.12m	84.54%	19-Apr-25	Adelaide
X45	4 x 400m Mixed Relay	Ashley McMahon	NSW	4m 03.83s		20-Apr-25	Adelaide
		Monique Perry	NSW				
		Gregory Tolpigin	NSW				
		Rebekah Power	NSW				
X50	4 x 400m Mixed Relay	Gary Parkinson	Qld	4m 03.04s	-	20-Apr-25	Adelaide
		Lee-Anne Nelson	Qld				
		Graham Scully	Qld				
		Renee Briffa	Qld				
X55	4 x 400m Mixed Relay	Antony Langdon	Vic	5m 02.39s	-	20-Apr-25	Adelaide
		Maggie Armstrong	Vic				
		Robert Zwierlein	Vic				
		Carolyn Fox	Vic				

World & World Championship Indoor Records							
W55	400m	Janelle Delaney	NSW	59.66s	96.94%	30-Mar-25	Gainesville USA
W55	4 x 200m Relay	Richelle Ingram	NSW	1m 52.64s	-	30-Mar-25	Gainesville USA
		Julie Brims	Qld				
		Lenore Lambert	NSW				
		Janelle Delaney	NSW				

Oceania Championship Records							
W45	Heptathlon	Janet Smith	WA	4274pts	-	2-Feb-25	Perth
W55	Heptathlon	Karen Carah	Vic	5967pts	-	2-Mar-25	Albert Park

Victorian Indoor Records						
W35	Long Jump	Karley Cromie	4.41m	62.03%	24-Mar-25	Gainesville USA
W55	Weight Throw	Toni Matters	8.33m	42.69%	26-Mar-25	Gainesville USA
W35	Shot Put	Catherine McCowan	9.48m	49.09%	27-Mar-25	Gainesville USA
W55	Shot Put	Toni Matters	10.38m	62.55%	28-Mar-25	Gainesville USA
W35	Triple Jump	Karley Cromie	9.56m	62.71%	28-Mar-25	Gainesville USA
M75	400m	Bill Carr	1m 22.98s	69.70%	29-Mar-25	Gainesville USA
W50	60m Hurdles	Gaelyne Kenshole	11.84s	74.31%	30-Mar-25	Gainesville USA
M85	400m	Trevor Cohen	1m 45.19s	67.33%	30-Mar-25	Gainesville USA

Australian Records							
M80	Throws Pentathlon	Tom Hancock	Vic	4037pts	-	19-Mar-17	Murrumbeena
W35	60m	Christine Wearne	NSW	7.52s	92.42%	25-Jan-25	ACT
W60	60m	Christine De Vries	NSW	8.57s	94.95%	25-Jan-25	ACT
M80	10k Road	Don Mathewson	NSW	49m 15s	80.03%	1-Feb-25	Manly
M80	5000m	Don Mathewson	NSW	22m 45.08s	84.82%	8-Feb-25	SOPAC
M60	1000m	Anthony Grendon	WA	2m 55.1s	94.18%	18-Feb-25	Mt Claremont
M80	5000m	Don Mathewson	NSW	22m 34.80s	85.46%	21-Feb-25	SOPAC
M60	100m	Michael Roden	ACT	11.92s	95.35%	22-Feb-25	Woden
W30	4 x 200m Relay	Kaisha Edwards	NSW	1m 54.21s	-	22-Feb-25	SOPAC
		Kathryn Herbert	NSW				
		Samantha Flinn	NSW				
		Sarah De Vries	NSW				
W55	4 x 200m Relay	Julie Forster	NSW	2m 03.04s	-	22-Feb-25	SOPAC
		Helen Deas	NSW				
		Gianna Mogentale	NSW				
		Richelle Ingram	NSW				
W65	4 x 200m Relay	Sukie Southern	NSW	2m 25.17s	-	22-Feb-25	SOPAC
		Christine Shaw	NSW				
		Margaret Walker	NSW				
		Shona Papalia	NSW				
M50	Heptathlon	David Reed	Qld	4210pts	-	23-Feb-25	SAF Nathan
M60	Heptathlon	Michael Kyriakakis	Vic	2753pts	-	23-Feb-25	SAF Nathan
M70	Heptathlon	Bruce O'Connor	Qld	1839pts	-	23-Feb-25	SAF Nathan
M75	Heptathlon	Dieter Lacko	Qld	1999pts	-	23-Feb-25	SAF Nathan
M60	100lb Weight Throw	Grant Edwards	ACT	4.00m	80.52%	23-Feb-25	SAF Nathan
W30	60m	Kelly McAndrew	NSW	7.62s	91.21%	23-Feb-25	SOPAC
W60	200m	Christine De Vries	NSW	28.59s	92.66%	23-Feb-25	SOPAC
W60	60m	Christine De Vries	NSW	8.56s	95.74%	23-Feb-25	SOPAC
M60	60m	Michael Roden	ACT	7.70s	93.90%	27-Feb-25	Woden
M75	300m Hurdles	John Lamb	ACT	52.19s	91.13%	27-Feb-25	Woden
***W35**	Marathon	Jessica Stenson	SA	2h 22m 56s	95.19%	2-Mar-25	Tokyo
M80	High Jump	Ross Goulden	WA	1.31m	86.44%	2-Mar-25	Canning
W50	1000m	Evette Cordy	Vic	3m 06.36s	90.93%	6-Mar-25	Box Hill
W55	1000m	Julie Norney	Vic	3m 19.18s	88.96%	6-Mar-25	Box Hill
M45	1000m	Simon Glendenning	Vic	2m 37.86s	91.64%	6-Mar-25	Box Hill
M60	400m	Michael Roden	ACT	54.98s	93.97%	6-Mar-25	Woden
M45	800m	Simon Glendenning	Vic	1m 58.59s	93.93%	13-Mar-25	Doncaster
M50	1500m	Zac Ashkanasy	Vic	4m 01.76s	96.79%	13-Mar-25	Doncaster
M80	100m	Bob Wishart	Vic	14.93s	90.17%	15-Mar-25	Doncaster
M65	100m	Rob Mayston	Vic	12.49s	96.24%	15-Mar-25	Doncaster
M90	High Jump	Brian Greaves	Vic	1.10m	83.03%	15-Mar-25	Doncaster
M90	80m Hurdles	Brian Greaves	Vic	24.71s	70.38%	15-Mar-25	Doncaster
M90	Long Jump	Brian Greaves	Vic	3.10m	83.27%	15-Mar-25	Doncaster
***W30**	400m Hurdles	Sarah Carli	NSW	54.86s	95.15%	15-Mar-25	SOPAC
M90	Triple Jump	Brian Greaves	Vic	5.85m	72.52%	16-Mar-25	Doncaster

M85	1500m Walk	Bob Gardiner	Vic	11m 00.47s	85.70%	16-Mar-25	Doncaster
***M30**	35k Walk	Rhydian Cowley	Vic	2h 25m 21s	-	16-Mar-25	Nomi Japan
M60	400m	Michael Roden	ACT	54.64s	94.55%	20-Mar-25	Woden
M60	400m	Michael Roden	ACT	54.14s	95.42%	27-Mar-25	Woden
W35	400m	Nicolette Hargrave	Qld	55.66s	89.64%	5-Apr-25	SAF Nathan
W35	800m	Nicolette Hargrave	Qld	2m 10.02s	89.62%	5-Apr-25	SAF Nathan
M60	Super Weight Throw	Phil Spivey	Vic	11.81m	97.12%	6-Apr-25	Murrumbeena
M80	10,000m	Donald Mathewson	NSW	46m 26.60s	84.52%	18-Apr-25	Adelaide
M50	Long Jump	Mathew Woodhouse	NSW	6.12m	84.10%	18-Apr-25	Adelaide
W75	60m	Lyn Peake	SA	10.20s	88.00%	18-Apr-25	Adelaide
W85	60m	Miriam Cudmore	SA	11.10s	82.32%	18-Apr-25	Adelaide
M90	60m	Brian Greaves	Vic	11.46s	82.62%	18-Apr-25	Adelaide
M85	1500m Walk	Bob Gardiner	Vic	10m 45.41s	83.19%	18-Apr-25	Adelaide
W85	100m	Miriam Cudmore	SA	20.05s	86.47%	18-Apr-25	Adelaide
M30	3k Steeplechase	Christopher Davis	Qld	10m 28.84s	-	19-Apr-25	Adelaide
M35	3k Steeplechase	Craig Dodsworth	Vic	11m 14.69s	-	19-Apr-25	Adelaide
X30	4 x 400m Mixed Relay	Colin Coulthard	Qld	3m 53.90s	-	20-Apr-25	Adelaide
		Loreen Keliyati	Qld				
		Don Small	Qld				
		Lauren McAdam	Qld				
X35	4 x 400m Mixed Relay	Mitchell Smith	Qld	4m 18.61s	-	20-Apr-25	Adelaide
		Gillian Kehoe	Qld				
		Gordon Mackenzie	Qld				
		Belinda Faulks	Qld				
X40	4 x 400m Mixed Relay	Joe Godsell	SA	4m 11.71s		20-Apr-25	Adelaide
		Charlotte Gerner	SA				
		Paul Wicker	SA				
		Katie Martin	SA				
M90	Triple Jump	Brian Greaves	Vic	6.10m	75.62%	21-Apr-25	Adelaide
W85	Pentathlon	Miriam Cudmore	SA	2700pts	-	21-Apr-25	Adelaide
M85	1500m Walk	Bob Gardiner	Vic	10m 34s	84.69%	26-Apr-25	Mentone

***Non-member**

Australian Indoor Record							
W60	Indoor Pentathlon	Vicki Townsend	ACT	3494pts	-	23-Mar-25	Gainesville USA
W60	Shot Put	Vicki Townsend	ACT	10.18m	64.87%	23-Mar-25	Gainesville USA
W55	Indoor Pentathlon	Lenore Lambert	NSW	4148pts	-	23-Mar-25	Gainesville USA
W55	60m Hurdles	Lenore Lambert	NSW	9.81s	91.78%	23-Mar-25	Gainesville USA
W55	Long Jump	Lenore Lambert	NSW	4.37m	76.46%	23-Mar-25	Gainesville USA
W55	High Jump	Lenore Lambert	NSW	1.46m	86.83%	23-Mar-25	Gainesville USA
M60	1000m	Philip Hniat	Tas	3m 45.58s	71.27%	24-Mar-25	Gainesville USA
W35	60m	Karley Cromie	Vic	8.14s	85.38%	24-Mar-25	Gainesville USA
W60	60m	Christine De Vries	NSW	8.74s	93.10%	24-Mar-25	Gainesville USA
M65	60m	Rob Mayston	Vic	8.09s	93.99%	24-Mar-25	Gainesville USA
M35	60m	Kevin Brittain	Vic	7.33s	86.57%	24-Mar-25	Gainesville USA
M85	60m	Trevor Cohen	Vic	10.91s	82.33%	25-Mar-25	Gainesville USA

M65	60m	Rob Mayston	Vic	8.04s	94.57%	25-Mar-25	Gainesville USA
M60	3000m	John Meagher	Vic	10m 03.13s	90.60%	25-Mar-25	Gainesville USA
M70	Weight Throw	Gavin Murray	NSW	17.73m	71.56%	25-Mar-25	Gainesville USA
M85	200m	Trevor Cohen	Vic	40.81s	70.51%	26-Mar-25	Gainesville USA
W55	Long Jump	Lenore Lambert	NSW	4.57m	79.96%	26-Mar-25	Gainesville USA
W75	3k Walk	Heather Carr	Vic	21m 33.79s	81.98%	27-Mar-25	Gainesville USA
W35	3k Walk	Melissa Lewis	WA	16m 08.23s	73.84%	27-Mar-25	Gainesville USA
W60	200m	Christine De Vries	NSW	29.91s	88.57%	27-Mar-25	Gainesville USA
W35	200m	Karley Cromie	Vic	27.11s	79.79%	27-Mar-25	Gainesville USA
W50	Pole Vault	Gaelyne Kenshole	Vic	2.80m	70.13%	27-Mar-25	Gainesville USA
W75	Long Jump	Wilma Perkins	Qld	2.82m	64.34%	27-Mar-25	Gainesville USA
M55	Triple Jump	Anthony Howlett	NSW	8.93m	62.89%	27-Mar-25	Gainesville USA
W60	200m	Christine De Vries	NSW	29.68s	89.26%	28-Mar-25	Gainesville USA
W45	Triple Jump	Melissa Foster	WA	11.52m	85.89%	28-Mar-25	Gainesville USA
W50	Triple Jump	Gaelyne Kenshole	Vic	7.92m	65.55%	28-Mar-25	Gainesville USA
W55	400m	Julie Brims	Qld	67.51s	89.08%	29-Mar-25	Gainesville USA
W75	Pole Vault	Wilma Perkins	Qld	1.50m	50.77%	29-Mar-25	Gainesville USA
W60	Pole Vault	Philippa Wight	NSW	2.60m	71.51%	29-Mar-25	Gainesville USA
W55	60m Hurdles	Lenore Lambert	NSW	9.79s	91.97%	30-Mar-25	Gainesville USA
W55	400m	Janelle Delaney	NSW	59.66s	96.94%	30-Mar-25	Gainesville USA
W75	60m Hurdles	Wilma Perkins	Qld	15.36s	72.19%	30-Mar-25	Gainesville USA
W40	60m Hurdles	Eliana Seymour	Qld	9.11s	90.77%	30-Mar-25	Gainesville USA
M35	60m Hurdles	Nunu Campos	Qld	10.30s	72.14%	30-Mar-25	Gainesville USA
W60	Triple Jump	Vicki Townsend	ACT	8.43m	75.58%	30-Mar-25	Gainesville USA
W55	4 x 200m Relay	Richelle Ingram	NSW	1m 52.64s	-	30-Mar-25	Gainesville USA
		Julie Brims	Qld				
		Lenore Lambert	NSW				
		Janelle Delaney	NSW				
W60	4 x 200m Relay	Philippa Wight	NSW	2m 06.42s	-	30-Mar-25	Gainesville USA
		Vicki Townsend	ACT				
		Janette Schell	NSW				
		Christine De Vries	NSW				
X60	4 x 200m Mixed Relay	Christine De Vries	NSW	2m 05.09s	-	30-Mar-25	Gainesville USA
		Philippa Wight	NSW				
		Philip Hniat	Tas				
		Wayne Marriott	NSW				
X75	4 x 200m Mixed Relay	Wilma Perkins	Qld	3m 01.64s	-	30-Mar-25	Gainesville USA
		Heather Carr	Vic				
		Bill Carr	Vic				
		Trevor Cohen	Vic				

Australian Championship Records (excluding Australian records above)							
W50	Heptathlon	Janet Webber	Qld	4567pts	-	23-Feb-25	SAF Nathan
M90	Shot Put	Laurence Quinlivan	Qld	6.36m	49.89%	18-Apr-25	Adelaide
W50	High Jump	Janet Webber	Qld	1.47m	83.18%	18-Apr-25	Adelaide
W35	60m	Christine Wearne	NSW	7.71s	90.14%	18-Apr-25	Adelaide
W60	60m	Christine De Vries	NSW	8.64s	93.50%	18-Apr-25	Adelaide
W70	60m	Marlene Reid	ACT	9.85s	88.04%	18-Apr-25	Adelaide
M45	60m	Alan Sharp-Paul	Tas	7.29s	91.30%	18-Apr-25	Adelaide
M90	Hammer	Dennis Peck	SA	17.81	42.66%	18-Apr-25	Adelaide
W35	100m	Christine Wearne	NSW	12.04s	88.37%	18-Apr-25	Adelaide
W60	100m	Christine De Vries	NSW	13.71s	93.39%	18-Apr-25	Adelaide
M30	100m	Shakti Rathore	NSW	10.84s	88.38%	18-Apr-25	Adelaide
W75	High Jump	Margaret Taylor	ACT	1.12m	82.53%	18-Apr-25	Adelaide
M90	Long Jump	Brian Greaves	Vic	2.96m	79.51%	18-Apr-25	Adelaide
W80	1500m Walk	Gwen Steed	Vic	10m 42.43s	87.34%	18-Apr-25	Adelaide
M40	1500m Walk	Kim Mottrom	SA	6m 00.58s	90.61%	18-Apr-25	Adelaide
W80	5k Walk	Gwen Steed	Vic	37m 56.67s	85.18%	19-Apr-25	Adelaide
W70	1500m	Rosemary Roediger	NSW	6m 12.80s	85.69%	19-Apr-25	Adelaide
M80	1500m	Donald Mathewson	NSW	6m 25.00s	85.69%	19-Apr-25	Adelaide
M50	1500m	Zac Ashkanasy	Vic	4m 17.00s	91.05%	19-Apr-25	Adelaide
W65	Javelin	Marie Kay	NSW	24.61m	60.20%	19-Apr-25	Adelaide
M30	200m	Shakti Rathore	NSW	21.95s	87.59%	19-Apr-25	Adelaide
W45	Long Jump	Melissa Foster	WA	5.59m	87.92%	19-Apr-25	Adelaide
W55	Long Jump	Lenore Lambert	NSW	4.59m	80.31%	19-Apr-25	Adelaide
M80	5000m	Donald Mathewson	NSW	22m 41.05s	85.07%	20-Apr-25	Adelaide
M90	Weight Throw	Dennis Peck	SA	8.10m	44.57%	20-Apr-25	Adelaide
W40	80m Hurdles	Eliana Seymour	Qld	12.03s	89.21%	20-Apr-25	Adelaide
M75	80m Hurdles	John Lamb	ACT	15.60s	81.15%	20-Apr-25	Adelaide
W75	400m	Barbara Burton	WA	86.57s	83.66%	20-Apr-25	Adelaide
W80	400m	Marge Allison	Qld	96.59s	81.07%	20-Apr-25	Adelaide
W85	400m	Cory Collins	ACT	2m 24.63s	66.38%	20-Apr-25	Adelaide
M60	Weight Throw	Phil Spivey	Vic	21.61m	87.99%	20-Apr-25	Adelaide
W75	10k Walk	Heather Carr	Vic	74m 39s	82.33%	21-Apr-25	Adelaide
M40	10k Walk	Kim Mottrom	SA	43m 56s	87.94%	21-Apr-25	Adelaide
W75	Pole Vault	Wilma Perkins	Qld	1.60m	54.16%	21-Apr-25	Adelaide
M90	Throws Pentathlon	Dennis Peck	SA	2310pts	-	21-Apr-25	Adelaide

Victorian Records						
M45	3k Steeplechase (0.838m)	Andrew Cutting	11m 27.3s	-	18-Jan-25	Geelong
M50	3k Steeplechase (0.838m)	Pramesh Prasad	12m 38.94s	-	16-Feb-25	Albert Park
W55	80m Hurdles	Karen Carah	13.53s	89.22%	1-Mar-25	Albert Park
W55	High Jump	Karen Carah	1.45m(=)	87.10%	1-Mar-25	Albert Park
W55	200m	Karen Carah	27.73s	90.70%	1-Mar-25	Albert Park
W55	Long Jump	Karen Carah	4.58m	81.12%	2-Mar-25	Albert Park
W55	Heptathlon	Karen Carah	5967pts	-	2-Mar-25	Albert Park
M65	1000m	John Braszell	3m 21.46s	83.28%	6-Mar-25	Box Hill
W50	100m	Anne Rossi	13.41s	88.08%	15-Mar-25	Doncaster
W50	Long Jump	Anne Rossi	4.74m	78.10%	15-Mar-25	Doncaster
M55	3k Steeplechase (0.838m)	Andrew Evans	11m 32.22s	-	15-Mar-25	Doncaster
W40	2k Steeplechase	Laura Tomic	7m 19.22s	90.18%	15-Mar-25	Doncaster
W75	80m Hurdles	Mary Leitch	37.59s	39.34%	15-Mar-25	Doncaster
W40	Javelin	Gurpreet Kaur	37.45m	62.16%	15-Mar-25	Doncaster
W50	Javelin	Nicole Johansen	34.99m	63.88%	15-Mar-25	Doncaster
W70	60m	Margaret Tweedie	10.00s	86.72%	16-Mar-25	Doncaster
W55	60m	Karen Carah	8.80s	89.17%	16-Mar-25	Doncaster
W50	60m	Anne Rossi	8.39s	89.47%	16-Mar-25	Doncaster
M30	200m	Brendan Ashcroft	21.98s	88.60%	29-Mar-25	Adelaide
W50	Heavy Weight Pentathlon	Nicole Johansen	3648pts	-	30-Mar-25	Murrumbeena
W50	56lb Weight Throw	Nicole Johansen	4.69m	63.02%	6-Apr-25	Murrumbeena
W50	Super Weight Throw	Nicole Johansen	9.86m	64.27%	6-Apr-25	Murrumbeena
M30	1000m	Ash Almond	3m 30.56s	62.67%	14-Apr-25	Doncaster
W35	60m	Karley Cromie	8.07s	86.12%	18-Apr-25	Adelaide
W50	60m	Anne Rossi	8.23s	91.89%	18-Apr-25	Adelaide
W50	200m	Anne Rossi	27.85s	86.62%	19-Apr-25	Adelaide
M30	4 x 100m Relay	Patrick Campion	45.14s	-	19-Apr-25	Adelaide
		Mark Harper				
		Mark Giglio				
		Chris Vi				
W50	4 x 100m Relay	Linda Caligiuri	55.00s	-	19-Apr-25	Adelaide
		Evette Cordy				
		Louise McLean				
		Anne Rossi				
W35	Weight Throw	Natalie Debeljuh	14.89m	61.15%	21-Apr-25	Adelaide
***M55**	10,000m Road	Grant Simpson	36m 18s	84.85%	27-Apr-25	Ballarat

Victorian Championship Records						
W75	3k Walk	Heather Carr	21m 52.95s	80.78%	15-Mar-25	Doncaster
W60	100m	Linda Caligiuri	14.30s	90.28%	15-Mar-25	Doncaster
W60	Long Jump	Linda Caligiuri	3.79m	72.38%	15-Mar-25	Doncaster
W55	100m	Karen Carah	13.71s	89.66%	15-Mar-25	Doncaster
W55	Long Jump	Karen Carah	4.56m	80.76%	15-Mar-25	Doncaster
W70	1500m	Liz Lowther	6m 25.89s	85.47%	15-Mar-25	Doncaster
M55	Hammer	Peter Baxevanis	52.16m	74.85%	15-Mar-25	Doncaster
M55	Weight Throw	Peter Baxevanis	19.03m	81.06%	15-Mar-25	Doncaster
M50	High Jump	Paul Schofield	1.65m	79.75%	15-Mar-25	Doncaster
M45	3k Steeplechase (0.838m)	Daniel Rees	11m 44.98s	-	15-Mar-25	Doncaster
M50	3k Steeplechase (0.838m)	Pramesh Prasad	13m 05.71s	-	15-Mar-25	Doncaster
W55	2k Steeplechase	Anne Buckley	9m 21.16s	81.23%	15-Mar-25	Doncaster
M75	2k Steeplechase	Jim Hopkins	10m 59.49s	67.50%	15-Mar-25	Doncaster
W55	400m	Karen Carah	65.29s	89.43%	15-Mar-25	Doncaster
M30	Javelin	Ash Almond	51.02m	52.60%	15-Mar-25	Doncaster
W65	Long Jump	Catherine Monahan	3.60m	72.45%	15-Mar-25	Doncaster
W50	Weight Throw	Nicole Johansen	14.40m	67.28%	15-Mar-25	Doncaster
W80	1500m Walk	Gwen Steed	10m 51.78s	86.09%	16-Mar-25	Doncaster
M30	1500m Walk	Ash Almond	11m 52.67s	43.73%	16-Mar-25	Doncaster
M90	Shot Put	Brian Greaves	6.51m	51.07%	23-Mar-25	Murrumbeena
M80	Shot Put	Graeme Rose	10.48m	63.52%	23-Mar-25	Murrumbeena

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Pilates and running: Why is it beneficial?

Dr Brea Kunstler (Physiotherapist and Run Coach)

PERFORMANCE MEDICINE

A lot of the recreational runners I speak to roll their eyes when I ask them about what exercise they do other than running. "*Isn't running enough?"* Sure, running is great for your cardiovascular fitness. But what about strength? I always tell people that running will not make you strong, but you need to be strong to run well and without injury.

So how do you make yourself strong?
One or two strength training sessions per week can improve muscle strength and running economy, meaning you get more speed or distance (depending on your goal) for the energy expended if you are strong. Pilates can be considered strength training, and has been reported to improve 5km running times by a couple of minutes when done twice a week in addition to a running program, compared to people who just run. So if you're looking to break your Parkrun PB then perhaps adding some Pilates to your training is worth it.

There are other benefits of Pilates that extend beyond breaking that PB.
Pilates can be considered a low intensity activity, meaning it can be done without as much exertion as high intensity activities like running or many team sports. This increases the number of people who might find Pilates to be a suitable activity for them (e.g. people recovering from surgery, people with chronic conditions or well-trained performance athletes etc.). Pilates has benefits for all of these people.

Although strength training isn't usually considered an activity that can have significant fitness or cardiovascular benefits compared to more heart rate raising activities like running, it has actually been shown in a recent review that Pilates can indeed improve cardiorespiratory fitness (e.g. VO_2max), but it is thought that these benefits are only seen after performing Pilates consistently (e.g. twice per week for three months). It doesn't seem to matter if you do Pilates on a mat or with equipment (e.g. reformer), which is great for those who enjoy doing exercise at home and do not want to buy expensive equipment or pay for reformer classes.

So Pilates can improve running performance and fitness, but what else?
Many people participate in Pilates to improve musculoskeletal pain, such as chronic back pain. As a clinician, I like Pilates as an option for people with pain to help them slowly return to exercise and learn safe movement patterns. The slow and controlled movements in most Pilates classes give people time to move their body in a way that feels comfortable and safe, while also learning that they can move without pain, even

if it is just while doing some pelvic tilts on a soft mat. This isn't necessarily something we do to increase strength, but rather to retrain the brain, teaching it that not all movements are painful and to reduce anxiety around movement, which subsequently reduces the brain interpreting all movements as painful and leads to more freedom around movement and greater functional capacity (e.g. being able to lift a shopping bag). Once someone has progressed to the point of moving more comfortably and confidently, Pilates can be used successfully to increase strength and reduce pain further for adults and children.

People of all sexes, shapes, fitness levels and ages can experience urinary and faecal incontinence. Some people experience it secondary to certain chronic conditions (e.g. disability-associated urinary incontinence, where a disability such as dementia might prevent the performing of toileting behaviours), and others experience it more temporarily due to injury, surgery or pelvic floor trauma (e.g. prostatectomy, pregnancy). Clinically, I have more often seen the latter, and this can impact people who exercise, particularly those doing high intensity activities such as running and sports that involve jumping.

When I work with a client who has experienced pelvic floor trauma I often ask about incontinence, as weird as it might seem to some. Women who have given birth are going through significant hormonal changes (e.g. menopause), or those who have had gynaecological or colorectal surgery can experience incontinence, and their incontinence can often prevent them from being active if the activities they choose exacerbate the problem. Similarly for men who have undergone prostate or colorectal surgery. People who are obese are also at a higher risk for urinary incontinence, either due to excess weight putting strain on the pelvic floor muscles or the physiological changes that can occur with obesity. These surgeries, trauma and physiological changes interrupt the structure and function of the pelvic floor muscles, subsequently making them less effective at preventing leakage. Pilates is often recommended to assist pelvic floor muscles to regain regular function, either by strengthening them or teaching the body how to relax them when needed (e.g. during planned urination).

So Pilates is a great exercise to improve performance and to treat ailments. It can also be a nice low intensity activity to do on days between more intense training days. Chat with us at Performance Medicine about the different Pilates options available to you!

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.

VMA Teams Challenge – Sunday August 24

The Annual VMA Teams Challenge will be held this year on Sunday August 24 at the Tom Kelly Athletics Track, Doncaster. A popular event, this is an inter-venue challenge with two shields available – one for larger venues and the other for smaller.

The program comprises less familiar events: 60 metres, 150 metres, 300 metres, 600 metres, 1 mile and 3000 metres. 800 and 1500 metres walk events are also included, as well as a medley relay to finish.

This year there will be a change to the scoring system to use the AVSL points system incorporated into Resultshub. So the more athletes you have competing, the more competitive you will be.

Stand by for further details.

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/

Office bearers for 2024-25

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
2025		
18th May	3 Km run followed by AGM at 1pm	Murrumbeena
17th-30th May	2025 World Masters Athletic Championships	Taipei, Taiwan
1st June	VMA 6/8 km Cross Country	Collingwood
29th June	VMA 10,000 metre Track Championship	Casey
20th July	VMA 10K Road Race Eric Greaves Memorial 10km	Braeside Park
17th August	VMA 10 Mile Road Race	Knox
24th August	VMA Teams Challenge	Doncaster
7th September	AV/VMA Half Marathon	Burnley
6th -10th September	2025 Oceania Masters Athletics Championship	Brisbane
November	VMA Landy Legend	Doncaster