



FOOTNOTES

TASMANIAN MASTERS ATHLETICS Inc.
GPO BOX 890,
HOBART, TASMANIA. 7001.

<http://www.tasmastersathletics.org.au/>

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Mrs Hunts Cottage circa 1900 Maria Island

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Tasmania 6210 9666



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Calendar 2010

MARCH

Sun 7	TMA 1/9 Rose Court - Sue & Barry Lloyd 10.00am Start	Sandy Bay Domain Hobart
Sun 14	TMA Pentathlon	Domain Hobart
Sun 14	TMA 10000m Run & Walk 9.00am Start	Domain Hobart
Sun 21	TMA Cornelian Bay - M&J Stevenson 10.00am Start	Cornelian Bay
Sat-Sun 20-21	48 Hour Relay (to be confirmed)	
Sat-Sun 20-21	AT Tasmanian Championships	Launceston Hobart
Sat-Sun 27-28	AT Tasmanian Championships	
Sat-Sun 27-28	TMA State T&F Championships	Domain Hobart

APRIL

Fri-Mon 2-5	AMA National Championships	Perth WA
Sun 18	ES Round the River Run	
Sun 25	TMA 64 Ferguson Rd Craig & Tracey Canham 12.00pm Start	Brighton

MAY

Sun 2	TMA Tolosa St Dam - Dave & Adele Lucas 10.00am Start	Tolosa Street GPO Hobart
Sun 9	TMA Jim Burr Memorial 9.00am Start	
Sun 16	SAB City to Casino	
Sun 23	Kingston Fun Run (to be confirmed)	Kingston
Sun 30	TMA AGM after Run	Campbell Town

JUNE

Sun 6	AT/TMA Road Championships	Campbell Town
Sun 13	TMA Dru Point - Roy Beadell 10.00am Start	Margate
Sun 20	NSAC Glenorchy 10k Classic	DEC Glenorchy

NB Jan Chew's run on the 14th March has now been cancelled, as Jan is selling her property. It has been replaced with the Pentathlon & 10000m R&W.

Age Group	Name	Event	Performance	Date	Place	Res/Open/Aust	Previous		
							Holder(s)	Performance	Date
M75	Barry Cook	1500m	6m25.45s	13/1/10	St Leonards, TMA Meet	R	S Harrex	7m24.95s	27/3/04
M30	Stephen Rae	800m	1m54.26s	30/1/10	DAC, AS Interclub	R	W Essex	2m01.9s	1/1/82
						O	A Keane (Q)	1m59.63s	24/4/00
						A	P Schnyder (V)	1m55.4s	1997

AUSTRALIA DAY FUN RUN THANK YOU 2010

I would like to thank everyone who helped to make the 2010 fun run/walk at Tynwald Park at success. I must particularly acknowledge Mike & Joy Walker, Danny Byas, Mike & Jenny Stevenon, Col Bailey, David Cresswell for their assistance with the event. Thanks also to timekeepers, Roger and Helen Howlett and race caller, Jarrod Gibson. I apologise if I have forgotten anybody but all help is appreciated. A great team effort.

The new course received many positive comments and looks set to become a permanent fixture. Official entries were 190. The temperature was kind to us and the track provided pockets of shade.

This year instead of providing place getters with medallions we gave Derwent Dollars to the value of \$320.00. Sponsorship was received from Mike Pace Financial Services, Tim Morris MHA and Derwent Valley Council. Any feedback on this change would be appreciated.

As usual the Derwent Valley Council provided fantastic assistance in ensuring the track had a good surface, trees were cut back and provided witches hats, bunting, signs etc. Thanks to Council staffer, Todd Riley for helping me set up the course which we commenced at 6.30am. Stan Harrex



Presidents Message - March 2010

February has been a very busy month with a great variety of performances and achievements. Sue Hanek is to be congratulated on rounding up a magnificent array of relay runners for our postal relays and the runners themselves are to be congratulated for their keen competition. At the highly successful relay meet on Wednesday 10 February TMA members looked particularly impressive in green and gold as they participated alongside other clubs, even winning against much younger runners. As the evening cooled and the light began to fade we were treated to a

thrilling attempt by our 800 relay women to break the record. They missed by a whisker – better luck next time but a fine performance!

Congratulations to the age winners and the four athletes with over 80%, for the inaugural Run the Bridge which gives distance runners in Hobart a new and exciting event. Well done to all who participated.

It was also thrilling to see TMA athletes, such as recent Masters Australian record-breaker Stephen Rae, participating in the Friday evening Briggs Classic. Francesca Smith won the Handicap Mile and Suzy Cole - teacher and mother of six - was striding it out with all the young elites, cutting seconds off her own PB and breaking the Australian Masters 800 record.

TMA members also help out at various other events such as the recent Australasian Police and Emergency Services Games. TMA member, Inspector Mark Beech-Jones, was the Meet Director. Thanks to the Masters officials who set out the cross country course and to those who officiated in other capacities. Masters were invited to participate in the cross country event and enjoyed the difficult but rewarding course on a fine, hot day.

Very best of luck to Amanda Coombe as she departs warm Tasmania for cold Kamloops in Canada to compete in the 4th World Masters Indoors Championships – the only athlete to have ever represented Tasmania in this indoors event.

The rest of us are preparing for the two pentathlons on March 14 and the TMA State Championships on March 27/28. The entry form and program have been late this year because of the necessary liaison with AT to slot our program into theirs. We look forward to the TMA Championships which will have a greater sense of atmosphere with the advantage of experienced officiating as well as a sense of being part of the wider body of athletics in Tasmania.

Finally, a special thank you to Wayne French who has kindly agreed to be our Equipment Officer. We welcome him to our committee and greatly appreciate his willingness to check and care for all our implements and property.

Lynne Andrews

*Results of the Clarence City Athletic Carnival
Sunday 14th February 2010 at Bellerive Oval
Telstra Shop Eastlands - TAL Masters Mixed 500m Handicap*

- 1. Greg Mann*
- 2. Mark Brownrigg*
- 3. Marcia Lucas*
- 4. Adele Lucas*
- 5. Tim Potter*
- 6. Lynne Andrews*

**Social Event after Competition on 27.3.10
Meet in the Coffee Shop at the Casino 8.00pm**

HOBART RUN THE BRIDGE

Forty nine TMA members were among the 1268 starters in the inaugural Hobart Run the Bridge event on Sunday, 7 February 2010:

Name	Position	Age	Time	Age Graded %
Andrew Allison	7	M30	33.27	80.47
William Yee	18	M41	35.57	79.62
Terry Moore	24	M49	37.15	81.75
Tony McIntyre	47	M43	38.45	74.99
Stephen Fenton	53	M52	39.02	79.93
Wayne French	56	M47	39.12	76.46
Andrea Marquardt	66	W37	39.40	77.90
Brent Ranson	76	M41	39.54	71.74
Craig Canham	78	M45	39.58	73.83
Michael Walker	82	M63	40.14	85.21
Francesca Smith	88	W42	40.24	78.91
Chris Gates	94	M55	40.33	78.87
Carolyn Davis	120	W44	41.23	78.35
Deborah Gardner	135	W42	41.55	76.05
Fiona Lennon	147	W40	42.25	74.08
Tracey Keating	152	W40	42.37	73.74
Michael Fuller	155	M39	42.43	66.02
Jon Doole	173	M51	43.18	71.47
Peter Wierenga	182	M35	43.38	62.87
Phillip Grimmond	192	M57	43.52	74.16
Richard Ralph	193	M40	43.53	64.74
Allan Bevan	195	M63	43.57	78.00
Michel Bermudes (+Pram)207		M38	44.17	63.21
Danny Keep	210	M53	44.21	70.92
Barry Ling	219	M59	44.30	74.37
Christine Moore	250	W43	45.49	70.15
Valerie Smith	293	W41	46.59	67.34
Jarrold Gibson	316	M40	47.29	59.83
Janet Upcher	339	W63	48.05	86.06
Peter Todd	347	M52	48.10	64.77
Mark Beech-Jones	352	M50	48.14	63.64
Paul Leitch	393	M54	49.10	64.51
Robert Weldon	433	M62	50.10	67.73
Bryan McMaster	445	M70	50.23	72.81
Ben Hughes	458	M30	50.39	53.14
Gary Cuthbert	482	M56	51.11	63.02
Sharen Willing	494	W48	51.31	65.68
David Stallard	583	M57	53.42	60.58
Marie-Louise Bird	608	W47	54.28	61.40
Len Powell	630	M60	54.55	60.79
Sam Wierenga	654	W35	55.16	55.46
Linda Moran	657	W40	55.24	56.72
Karen Stallard	708	W49	56.50	60.27
Stephen Kremneff	741	M55	57.45	55.38
David Cresswell	760	M59	58.12	56.86
David Hancock	794	M70	59.13	61.95
Gloria Byas	816	W61	59.55	67.07
Kathryn Holden	818	W50	60.00	57.80
Coralene Hobden	1076	W59	81.24	47.98

*** These finishing positions and times have been taken directly from the event website and in most cases will differ from those published in The Mercury. Every care has been taken in identifying TMA members and recording information correctly.**

AGE CATEGORY PLACEGETTERS (TMA members only)

M70+ 1 st	Bryan McMaster
	2 nd David Hancock
W60-64	2 nd Janet Upcher
	3 rd Gloria Byas
M60-64	1 st Michael Walker
	3 rd Allan Bevan
M55-59	2 nd Chris Gates
M50-54	2 nd Stephen Fenton
M45-49	1 st Terry Moore
W40-44	2 nd Francesca Smith
	3 rd Carolyn Davis
M40-44	1 st William Yee
W35-39	2 nd Andrea Marquardt

Spikes at the West Australian Athletics Stadium

The following note on spikes is from the AMA website. See this website for other information and further updates on the Perth Nationals.

Spikes may be ceramic or metal. They must be of the Christmas Tree or Pyramid shape ie. blunt ended. Sharp spikes are not permitted. For track events, spikes must not exceed 7mm. For field events, spikes must not exceed 9mm except for javelin and high jump which must not exceed 12mm.

[Taking basic competition uniform in carry-on luggage is a wise precaution as checked-in luggage sometimes goes astray but note that running shoes with spikes attached are not permitted in carry-on baggage. However, there is generally no problem with the shoes and spikes being packed separately and carried on, although it is your responsibility to check with the airlines.]

REMINDER - CLOSING DATE

AMA CHAMPS (EASTER IN PERTH) - ENTRIES CLOSE

FRIDAY 5th MARCH 2010



Maria Island

Looking through the Oast House (1884) window

Lime Kilns in the hills behind the Engine House (1888)



*Masters would like to wish everyone born in January,
February and March a very*



January

John Jago	02
Geoffrey Eddington	03
Karen Stallard	04
Gayle Cranfield	06
David Moore	09
Susan Lloyd	10
Bob Robertson	13
Doug Ashfield	13
Tracey Keating	14
Sally Westcott	16
Eric Welsh	17
Neil Hammersley	20
Eric Whiting	20
Wayne French	21
Alan Coleman	22
Vicki Ross	23
Max Henri	25
Anna Zeitzen	27
Valerie Smith	29
Debbie Pauna	29
Robert McCrossen	31

February

Richard Ralph	02
David Wagner	04
Lynnette Joyce	05
Leonard Powell	10
Peter Wierenga	16
William Vagg	17
Angela Robinson	19
Judith Wagner	21
Darren Giffard	28
Vicki Forsyth	04

March

Michael Scott	11
Alex Buechner	25
Jim Claxton	04
Max Loffel	05
Marcia Lucas	07
Maureen Fasnacht	07
Ben Hughes	09
Susan Hanek	10
Shane Mundy	10
Matthew Robertson	11
Kristine Johnstone	13
Nigel Hyland	14
Alvin Johns	16
Gloria Byas	19
Sharon Coad	21
Gary Cuthbert	23
Marie-Louise Bird	26
Clive Tilsley	26
Peter Lyden	27
Sheila Barrett	29

THE MASTERS WELCOME ALL NEW MEMBERS

Tony Steven, Mary Downie, Ruth Hutchinson, Craig Denby, Peter Hoare, Karen Taylor, Fiona Lennon, Kathryn Holden, Coralene Hobden, Matthew Page, Stephen Kremneff, Marie-Louise Bird, Craig Ross, Vicki Ross, Karen Stallard, David Stallard, Leonie Chung, Peter Brett, Tanya Jensen, Peter Wierenga, Sam Wierenga, Emma Butler, Marcus Butler, Paul Tucker, Robert Lee, Mark Kingsley, Adrian Tew, Mary Young, Dwayne Kirkby, Rod Rhodes

**AND WISH THEM A HAPPY AND SUCCESSFUL
YEAR**

AMA Award Nominations

Each year the states are invited to nominate members for the AMA Awards. Congratulations to our top athletes for 2009 in the categories indicated. We are very proud of your achievements and wish you the best of luck at the national level. The results will be announced at the championship dinner at Easter where a PowerPoint presentation will feature all the nominees.

Sprints/Hurdles:

Alan Coleman, Debbie Lance, Kate (Kerry) Johnstone

Mid Distance/Steeple:

Suzy Cole

Distance:

Peter Lyden

Walks:

Jean Albury

Multi Events/Relays:

Sharon Coad, Carolyn Davis, Debbie Crawford, Francesca Smith



TMA MULTI CHAMPIONSHIPS 2010 TMA 10,000 METRES CHAMPIONSHIPS RUN

The above-mentioned event will be conducted at the Domain Athletic Centre, Hobart on the 14 March 2010.

Registered AT athletes who are not members of TMA are invited to compete but will not be eligible for TMA medals. Any registered interstate or overseas Masters athlete is welcome to compete and will be awarded any appropriate medal but will not displace a local from a place.

All TMA entrants must be registered for 2009/2010 and the wearing of State uniforms is encouraged.

10,000 metres Championships - Run

8.45 am check-in; 9.00 am start

T & F Pentathlon

Events: Women:

10.15 am check-in; 10.30 am start

100m, Shot, LJ, Javelin, 800m

Men:

LJ, Javelin, 200m, Discus, 1500m

Throws Pentathlon

Events: All:

10.15 am check-in; 10.30 am start

Hammer, Shot, Discus, Javelin,
Heavy Weight

Entry fee payable on the day

\$5

Everyone is welcome. Come and do your favourite event(s). You do not have to do all events.

Volunteer officials needed. If you can help please let our T & F Director, Sue Hanek know (Ph 62489397)

Please bring a plate of food to share. Tea and coffee provided.

Results of the Domain Fun Run 21.2.10

4k		8k	
Tessa Johns	18.35	Peter Lyden	33.54
Danny Byas	22.41	Craig Canham	35.31
Justin Robertson	24.41	Caroline Davis	37.22
Stan Harrex	30.33	Olivia Gillie	38.40
Rod Rhodes	31.12	Mick Harris	39.49
Georgie Robertson	41.59	Matt Gillie	39.59
4k Walk		Jenny Harris	42.43
Barry Lloyd	45.21	Bob Weldon	45.22
		Bruce Campbell	1.12.28

TMA UNIFORMS

TMA Members are required to wear a state uniform when competing in inter state competition.

Uniforms are available from Debbie Lance 6273 3999. The cost of a uniform is as follows -



- Singlet \$30
- Shorts \$25
- Long Sleeved Top \$40
- Polo Shirt \$25
- Cap \$20



Ladies if you require a crop top, you will need to have it made, Debbie can help you with the order and cost.

If you require an **Australian** uniform, call or email Hazel McDonnell on 07 3206 3243 or merchandise@australianmastersathletics.org.au

There is an order form on the AMA web site, along with photos of the uniform

COMPETITION REQUIREMENTS

TMA members are required to wear the current Tasmanian Masters uniform when competing inter-state such as in the forthcoming nationals in Perth. It is also required to be worn in Tasmanian interclub competition and in our state championships where we are combining with AS and AT and representing Masters alongside other clubs. It is good to show our colours on as many occasions as possible such as for community events and our forthcoming pentathlons on March 14. If Skins /compression garments are worn they are required to be worn under the uniform. Note that our TMA shorts may be either green or black.

See our TMA website for costs and further details.

NILE TEN MILE

Masters athletes were out in force at the annual Nile Ten Mile on Sunday, 21 February 2010. The event is part of the Evandale Village Fair which also incorporates the National Penny Farthing Championships. Starting at historic Clarendon the event heads north to Evandale then returns to Clarendon. Athletes had to contend with a strong headwind on the outward journey and warm temperatures on the return section.

Results

M45 Philip Clarke	3 rd	59.50
M60 Michael Walker	10 th	1.11.21
M55 Shaun O'Regan	12 th	1.12.33
M60 Robert Gunn	17 th	1.15.44
M35 Rodney Boxhall	19 th	1.17.41
M65 Max Loffel	34 th	1.29.27
M55 David Stallard	41 st	1.34.50
W45 Karen Stallard	43 rd	1.38.22
M45 Craig Barron	46 th	1.40.42

There was also a 5km event with TMA results as follows

W35 Vicki Ross	5 th	20.35
W45 Barbara Clayton	26 th	30.23

POSTAL RELAY TEAMS



4x800m Relay

Paul Tucker, Ben Hughes, Mark Kingsley, Michel Bermudes



4x100m Relays

B. Greg Mann, Jon Doole, Mick Stevenson, Eric Lockett, Ian Cole, John Ingram, Paul Tucker, Alan Coleman



4x100m Relay

Amy Hanek, Lynne Andrews, Mary Young, Kate Johnstone



4x800m Relay

Caroline Davis, Amanda Coombe, Debbie Crawford, Francesca Smith

**MASTERS TASMANIAN ATHLETICS INC.
STATE TRACK AND FIELD CHAMPIONSHIPS ENTRY FORM
DOMAIN ATHLETIC CENTRE - HOBART**

Day 1 - Saturday 27 MARCH 2010

80/100/110 Metres Hurdles	<input type="checkbox"/>
60 Metres	<input type="checkbox"/>
100 Metres	<input type="checkbox"/>
300/400 Metre Hurdles	<input type="checkbox"/>
800 Metres	<input type="checkbox"/>
5000 Metres	<input type="checkbox"/>
Pole Vault	<input type="checkbox"/>
Javelin	<input type="checkbox"/>
Long Jump	<input type="checkbox"/>
Shot Put	<input type="checkbox"/>
High Jump (Women)	<input type="checkbox"/>

Day 2 - Sunday 28 MARCH 2010

200 Metres	<input type="checkbox"/>
400 Metres	<input type="checkbox"/>
1500 Metres	<input type="checkbox"/>
2000/3000 Metres Steeplechase	<input type="checkbox"/>
5000 Metres Walk	<input type="checkbox"/>
Discus	<input type="checkbox"/>
Triple Jump	<input type="checkbox"/>
Hammer	<input type="checkbox"/>
High Jump (Men)	<input type="checkbox"/>
Heavy Weight	<input type="checkbox"/>
4x100 Metre Relay	<input type="checkbox"/>

Please tick box for each event entered.

**Entry Fee: \$10.00 including 1st Event, \$5.00 each additional Event .
The extra fee for additional events is for individual medals**

NAME: _____ **AGE GROUP:**

ADDRESS: _____ **DATE OF BIRTH:**

SEX:

PHONE NO.: _____ **TOTAL**

ENTRY FEES:

Return Entry Form to: **TMA Inc.
GPO Box 890
Hobart 7001**

Additional Information

1. Entry Fees must be included with this form.
2. Make Cheques payable to Tasmanian Masters Athletics Inc.
3. Late Entries may be accepted at double entry fee subject to available space.
4. The Championships are being conducted in conjunction with Athletics Tasmania on day 3 and 4 of the Tasmanian Track and Field Championships in Hobart.
5. Medallions will be awarded to the the first three placegetters.
6. Certificates of Performance will be issued to all Athletes that compete at the Championships.
7. Competitors will be required to confirm their entry 30 minutes prior to the scheduled starting time.

Credit Card Payment: TMA Inc.
Circle Card Type: MasterCard Visa
Card No.: _____
Expiry Date: _____ Amount: _____
Name on Card _____
Signature _____

ENTRIES CLOSE - FRIDAY 19 MARCH 2010

TASMANIAN MASTERS ATHLETICS INC.
STATE TRACK AND FIELD CHAMPIONSHIPS PROGRAM
DOMAIN ATHLETIC CENTRE - HOBART

Note This is a draft timetable and times may be adjusted when final entries are known.

The day of competition will not change.

Age Groups will be combined to create reasonable fields.

DAY ONE - Saturday 27 March 2010

Time	Event	Gender	Age
11.00am	Shot Put	Men	M30+
11.00am	Shot Put	Women	W30+
12.00pm	Long Jump	Men	M30+
12.00pm	Long Jump	Women	W30+
2.00pm	Pole Vault	Men	M30+
2.05pm	60 metres	Men	M30+
2.10pm	60 metres	Women	W30+
3.05pm	80 metres Hurdles	Men/Women	M70+,W40+
3.17pm	100 metres Hurdles	Men	M50-69
3.22pm	100 metres Hurdles	Women	W30-39
3.30pm	110 metres Hurdles	Men	M30-49
3.50pm	800 metres	Women	W30+
3.55pm	800 metres	Men	M30+
4.00pm	High Jump	Women	W30+
4.27pm	400 metres Hurdles	Men/Women	M30-59,W30-49
4.27pm	300 metres Hurdles	Men/Women	M60+,W50+
5.15pm	Javelin Throw	Men	M30+
5.15pm	Javelin Throw	Women	W30+
5.40pm	100 metres	Women	W30+
5.45pm	100 metres	Men	M30+
6.40pm	5000 metres	Men	M30+
6.40pm	5000 metres	Women	W30+

DAY TWO - Sunday 28 March 2010

8.00am	Hammer Throw	Men	M30+
8.00am	Hammer Throw	Women	W30+
9.00am	Triple Jump	Men	M30+
9.00am	Triple Jump	Women	W30+
10.00am	High Jump	Men	M30+
10.30am	200 metres	Men	M30+
10.35am	200 metres	Women	W30+
11.10am	5000 metres Walk	Men	M30+
11.10am	5000 metres Walk	Women	W30+
11.50am	3000 metres Steeple	Men	M30-59
12.57pm	400 metres	Women	W30+
1.02pm	400 metres	Men	M30+
1.30pm	2000 metres Steeple	Men	M60+
1.30pm	2000 metres Steeple	Women	W30+
2.15pm	4x100m Relay	Women	W30+
2.15pm	Discus Throw	Men	M30+
2.15pm	Discus Throw	Women	W30+
2.20pm	4x100m Relay	Men	M30+
2.40pm	1500 metres	Men	M30+
2.40pm	1500 metres	Women	W30+
3.00pm	Heavy Weight	Men/Women	M30+/W30+

Note: The 10000 metres run will be held with the Pentathlon Championships at 9.00am on March 14

Note: Meet in the Coffee Shop at the Casino at 8.00pm after competition on 27.3.10 for a meal and a chat.

MEMBERSHIP

Masters athletics in Tasmania has enjoyed a resurgence in membership during 2009/2010 with a total of 224 financial members at last count. Comparative figures are: 2008/2009 – 190; 2007/2008 – 191; 2006/2007 – 197; 2005/2006 – 137; 2004/2005 – 132; 2003/2004 – 163; 2002/2003 – 157; 2001/2002 – 156; 2000/2001 – 131.

The 2010/2011 financial year commences on 1 April 2010 and the TMA committee will be finalizing membership fees for the new year at the committee meeting on 15 March 2010. Membership fees have not increased for several years and the fees under consideration are \$50 single and \$75 joint. Under this new fee structure \$15 per member will be paid to Athletics Tasmania and provide registration for the Track & Field season as well as new personal accident insurance coverage for TMA members.

When considering membership fees it is also worth considering the other side of the equation in terms of membership benefits which include:

- receipt of monthly newsletter
- opportunities to compete in local TMA competition (T & F; Road; Cross Country)
- opportunities to compete in TMA Championships (T & F; Road; Cross Country) with age graded categories and medallions
- opportunities to compete in National and International masters athletics competitions
- opportunities to socialize with like minded people
- public liability insurance
- personal accident insurance
- access to athletic centre facilities
- access to AT's qualified officials, equipment and events

You might ask what access to athletic centre facilities has to do with TMA membership fees and payment to Athletics Tasmania. The value of action through numbers and belonging to the overall athletics family should not be under-estimated. Healthy numbers will ensure that Governments at all levels - local, state and national - will recognize the need to maintain and improve the athletic centre facilities that we all enjoy.

Closer cooperation and involvement with Athletics Tasmania will also ensure continued access to championship events such as the Australian Masters Athletics Half Marathon and the other State championships conducted by Athletics Tasmania. There is a relatively small pool of qualified officials in the State, so access to these officials, particularly for the more technical events is crucial in providing the appropriate organization for our members across the State.

As a valued member, if you would like to comment on membership fees and benefits prior to the 15 March 2010 committee meeting, please communicate with:

Lynne Andrews
TMA President
Phone: 62485081
Email: lynne@tassie.net.au

or
Mike Walker
TMA Secretary
Phone: 62446229
Email: mikejoy@netspace.net.au

INSURANCE COVERAGE FOR TMA MEMBERS

Public Liability Insurance (currently available)

Public Liability insurance is available to financial TMA members. This means that if you are held liable for a negligent act that causes injury to a member of the public (or another TMA member) or damages their property, the insurance will afford protection to you up to prescribed amounts. An example may be if you, through your negligence, hit a person with a javelin and injure them.

Note that if you compete with TMA while un-financial you have no public liability coverage whatsoever under this policy ! While the risk of an unfortunate incident is small, the consequences could be financially severe.

The cover applies anywhere in the world except the USA and Canada. So, for example, if you have an incident while competing interstate or overseas at the Oceania Championships, you are still covered.

What are the Insured Activities ?

Administration, promotion, organization and participation in athletics activities including sanctioned training sessions and training camps, coaching, the rendering of first aid, provision of food and drink, publication of newsletters, sale of merchandise, property owners or property occupiers liability.

Personal Accident Insurance (available under new fee proposal)

Personal Accident insurance will be available to financial TMA members including non competing officials, trialling members, coaches, committee members and voluntary workers.

What is the Scope of the Cover ?

Club, state and national competition including organized training or practice sessions. Also travel directly between activities mentioned above and your residence or place of employment or the premises of Athletics Australia or its affiliated Associations or Clubs.

Staying away from your home district during a tour for the purpose of participating in sanctioned activities and engaging in voluntary, administrative or organized social activities is also covered. The maximum age for coverage under this policy is 80 years of age (85 years for voluntary workers)

Further detail of the insurance coverage mentioned above may be found in the Athletics Australia Insurance Handbook. The handbook may be viewed and/or downloaded from the Athletics Australia website at:

http://www.athletics.com.au/community/athletics_australia_insurance

HANDY HINTS

- ⊞ Preserving a newspaper clipping – large bottle of club soda, ½ cup Milk of magnesia, soak for 20 minutes and let dry, will last for many years.
- ⊞ Stuff a miniature marshmallow in the bottom of a cone to prevent ice cream dripping
- ⊞ To keep potatoes from budding, place an apple in the bag with the potatoes.⊞ To prevent eggshells from cracking, add a pinch of salt to water before hard-boiling.
- ⊞ To get the most juice out of fresh lemons, bring them to room temperature and roll them under you palm against the kitchen counter.
- ⊞ Spray your Tupperware with non-stick cooking spray before pouring in tomato-based sauces – no more stains.
- ⊞ When a cake recipe calls for flouring the baking tin use a bit of the dry cake mix instead – no white mess around outside of cake.
- ⊞ If you accidentally over salt a dish while it is still cooking, drop in a peeled potato. It absorbs the excess salt.

Southern T&F Results
3.2.10

200m

W30 Amy Hanek	27.9
W30 Marcia Lucas	28.9
W45 Deb Crawford	28.8
W50 Mary Young	39.6
W55 Adele Lucas	33.6
W60 Kate Johnstone	34.8
W65 Lynne Andrews	39.4
M45 Paul Tucker	26.1
M45 Greg Mann	27.6
M60 Alan Coleman	27.8
M60 Ian Cole	32.0
M70 Eric Lockett	34.9

1500m

M35 Mark Kingsley	6.30.5
M45 Max Henri	4.49.5
M45 Wayne French	5.08.7

By Invitation

W12 Tessa Johns	5.08.0
W12 Claudia Nicklason	5.17.5
W12 Julia Minnucci	5.17.8
W12 Monica Patterson	5.19.5
W12 Inessa Corney	5.29.2
M Schif Gebreselasie	4.52.2
M Binny Hagos	4.52.7
M Noah	5.08.4

3000m

W40 Deb Gardner	12.19
W50 Elizabeth Leitch	15.18
M30 Ben Hughes	13.34
M35 Mark Kingsley	13.18
M55 Chris Gates	11.42
M55 Gary Cuthbert	14.12
M60 Bob Weldon	13.59
M60 Len Powell	14.19

3000m Walk

W80 Justine Bamford	30.23
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Discus

M80 Ric Whiting	21.41m
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10.2.10

5000m

M35 Mark Kingsley	20.43.5
M45 Alvin Johns	14.56.4
M55 Chris Gates	18.31.7
M60 Mike Walker	20.09.6
M60 Bob Weldon	23.39.7
M60 Len Powell	24.21.4

3000m

M70 Roy Beadell	24.542
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3000m Walk

W80 Justine Bamford	29.41.6
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17.2.10

60m

W30 Marcia Lucas	8.8
W55 Adele Lucas	10.0
W60 Kate Johnstone	9.8
M45 Greg Mann	8.3
M50 Geoff Langdon	8.5
M60 Alan Coleman	9.0
M60 Ian Cole	9.6
M65 Mick Stevenson	9.2

100m

W30 Marcia Lucas	14.5
W55 Adele Lucas	17.1
W60 Kate Johnstone	16.0
W65 Lynne Andrews	19.6
M45 Greg Mann	13.7

M50 Geoff Langdon	13.6
M60 Ian Cole	15.0
M65 Mick Stevenson	14.7

1500m

M35 Mark Kingsley	6.21
M45 Max Henri	5.20
M80 Rik Whiting	8.11

3000m Walk

W80 Justine Bamford	29.08
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3000m

W45 Julie Pace	18.56
M30 Ben Hughes	13.15
M35 Mark Kingsley	13.19
M40 William Yee	10.14
M40 Andrew Skelly	11.29
M45 Alvin Johns	10.34
M45 Paul Tucker	10.48
M50 Peter Lyden	12.23
M50 Mike Pace	15.21
M55 Chris Gates	11.34
M55 Gary Cuthbert	14.30
M60 Bob Weldon	14.00
M60 Len Powell	14.08
M60 Mike Pook	18.34
M80 Rik Whiting	17.24
M80 Stan Harrex	19.30

24.2.10

5000m

W25 Angela Grimmond	18.08
M30 Ben Hughes	22.57
M45 Alvin Johns	17.04
M45 Wayne French	18.06
M45 Peter Hoskinson	18.54
M50 Peter Lyden	17.59
M55 Chris Gates	18.58
M55 Shane Lockwood	19.52
M60 Mike Walker	18.58
M60 Bob Weldon	23.49
M60 Len Powell	23.51
M70 Roy Beadell	24.25
M80 Stan Harrex	28.41

Boot Camp

Nektar Vavoulas	18.56
Mike Pallari	21.36
Daniel Teague	21.57



Dale McPherson struggling with a tape



Stephen Rae - new member - new 800m record



Abbotsfield Park
Ewan McPherson, John Ingram, Deb Lance, Lynne Andrews David Cresswell, Sue Hanek



Abbotsfield Park
Ewan McPherson, David Cressell, John Ingram, Mick Stevenson, Carly McPherson, Adele Lucas, Deb Lance, Kate Johnstone & somewhere in the middle Sue Hanek

Northern T&F Results

13.1.10

There were two special performances on the night - firstly. **Alex Buechner** unleashed our first over 50m javelin throw with 51.33m. A milestone in our throwing in the north and perhaps in the state. **Barry Cook** sensibly attacked the over M75 1500m State record. Barry easily smashed the standing record, despite running in a field of seventeen. He recorded 6.25.45.

Javelin:

Alex Buechner 51.33m[57.87%]
Dwayne Kirkby 21.68m[25.25%]
Dave Wagner 15.50m[21.28%]
Ben kirby 14.27m
Adrian Tew 14.22m[15.07%]
Craig Barron 13.41m[17.03%]
Ros Holgate 11.29m[33.47%]
Taylor Ross 11.08m[25.88%]
Barbara Clayton 9.82m[16.73%]
Desiree 7.61m[17.77%]

Triple Jump:

Dwayne Kirkby 8.55m[50.71%]
Ben Kirkby 7.50m
Taylor Ross 6.77m[55.77%]
Jade Longstaff 6.37m
Adrian Tew 5.78m[32%]
Brianna Ross 5.73m
Barbara Clayton 5.46m[42.62%]
Desiree 5.09m[41.93%]
Ros Holgate 4.53m[51.19%]

1500m:

Dave Wagner 5.39.89[72.79%]
Craig Ross 5.44.10[62.48%]
Vicki Ross 5.46.29[69.19%]
Mark Illingworth 5.53.75[60.78%]
Rodney Boxhall 5.55.26[61.14%]
Dwayne Kirkby 5.58.28[61.82%]
Pete Wierenga 6.08.53[58.34%]
David Booth 6.15.71[68.72%]
Barry Cook 6.25.15[79.99%]
Sam Wierenga 6.33.68[61.34%]
Peter Daniel 6.35.45[66.41%]
Paige Wierenga 6.49.14[59.47%]
Erin Longstaff 6.49.83[63.78%]
Craig Barron 6.52.77[51.43%]
Ros Holgate 7.48.16[77.90%]
Barb Clayton 7.54.25[54.84%]
Adrian Tew 9.44.64[35.70%]

400m:

Pete Wierenga 1.09[65.94%]
Craig Ross 1.10.69[64.3%]
Mark Illingworth 1.14.80[60.83%]
David Booth 1.14.97[69.78%]
Dwayne Kirkby 1.15.86[61.31%]
Dave Wagner 1.17[65.61%]
Rodney Boxhall 1.17.19[59.39%]
Malcolm Hales 1.18.38[64.46%]
Taylor Ross 1.19.55[66.25%]

Vicki Ross 1.19.67[63.74%]
Sam Wierenga 1.20.86[63.49%]
Paige Wierenga 1.23.38[62.01%]
Jade Longstaff 1.23.93[73.70%]
Peter Daniel 1.24.87[62.31%]
Erin Longstaff 1.26.49[65.90%]
Brianna Ross 1.34.10[62.86%]
Craig Barron 1.34.23[51.12%]
Desiree 1.37.20[54.22%]
Barb Clayton 1.37.64[56.68%]
Ros Holgate 1.43.39[68.54%]

3000m:

Dave Wagner 12.01.50[71.45%]
Vicki Ross 12.30.[68.51%]
Craig Ross 12.41.[60.28%]
Malcolm Hales 12.49.[67.04%]
Rodney Boxhall 12.56.[59.55%]
Mark Illingworth 13.08.[58.21%]
Jeff James 13.09.[70.57%]
Sam Wierenga 13.57.[61.78%]
Craig Barron 16.59[47.83%]
Jim Claxton 17.46[57.88%]
Adrian Tew 18.40[40.13%]
Barb Clayton 20.07[45.80%]

Medley Relay 16.12.09

800m,400m,200m,200m

Dave Wagner, Barb Clayton,
Jade Longstaff, Jen Daniel
5.23.35
Emma Butler, Max Loffel, Erin
Longstaff, Brianna Ross
5.24.56
Vicki Ross, Skye Baker, Craig
Ross, Ros Holgate 5.34.78
Marcus Butler, Craig Barron,
Taylor Ross, Nye Evans
5.42.40

28.1.10

800m:

D Rae 2.19.94[72.46%]
Pete Wierenga 2.30.11[69.50%]
Vicki Gunn 2.33.85[81.16%]
Dave Wagner 2.42.33[73.46%]
Vicki Ross 2.49.55[67.44%]
Craig Ross 3.01.13[57.60%]
Paige Wierenga 3.17.52[60.97%]
Neil Hammersley 3.21.78[62.57%]
Craig Barron 3.26.62[54.36%]
Adrian Tew 3.33.92[47.40%]
Barb Clayton 3.41.05[55.09%]

Discus:

Nye Evans 27.00m[52.80%]
Dave Wagner 19.15m[27.30%]
Barb Clayton 13.85m[56.42%]
Adrian Tew 15.73m[21.23%]

High Jump:

Nye Evans 1.09m[70.32%]
Barb Clayton 1.01m[56.42%]
Dave Wagner 0.90m[46.39%]
Adrian Tew 1.01m[43.53%]

200m:

Pete Wierenga 27.76[74.24%]
Craig Ross 27.96[73.71%]
Vicki Gunn 31.54[78.85%]
Paige Wierenga 32.52[69.77%]
Dave Wagner 33.42[68.46%]
Adrian Tew 34.35[58.34%]
Vicki Ross 34.94[63.05%]
Barb Clayton 36.42[66.01%]
Brianna Ross 42.37[59.92%]
Craig Barron 43.94[49.58%]

4000m:

Dave Wagner 16.20.09[71.52%]
Vicki Ross 16.37.58[70.47%]
Pete Wierenga 18.47.28[55.27%]
Craig Ross 19.33.20[53.10%]
Ros Holgate 22.25.58[78.11%]
Craig Barron 23.11.01[47.59%]
Nye Evans 23.44.10[58.07%]
Barb Clayton 25.49.50[48.27%]

**SURFACE
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