



FOOTNOTES

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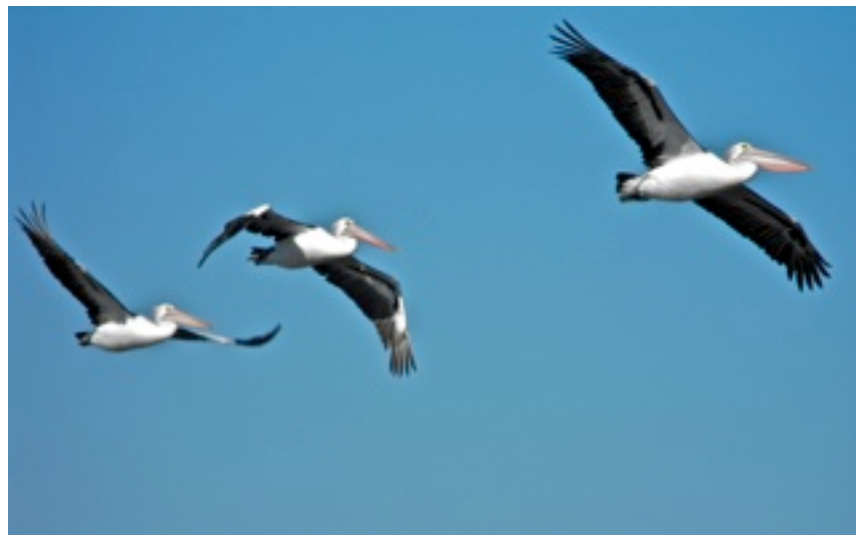
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Pelicans in Flight - Rockingham - WA



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(H)

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Closing date for next issue 25th June 10



TMA, AS, AT Southern Winter Calendar 2010

JUNE

Sat 5	AS	Pipeline Handicaps 4km & 8km
Sun 6	AT/TMA	Road Championships (combined AT&TMA Age Related Distances)
Sat 12	AS	Risdon Brook Dam Road 4.5km & 9km
Sun 13		TMA Dru Point - Roy Beadel 10.00am Start
Sat 19	AS	Gellibrand Drive Cross Country Relay 4 runners x 3 x 1.2km Legs
Sun 20	NS	Glenorchy 10k Classic
Sat 26 #	AS	Smith's Apple Orchard 2.4km & 7km

Fern Tree
Campbell Town
Risdon Brook
Margate
Sandford
DEC Glenorchy Grove

JULY

Sat 3	AS/RWT	Kempton Road 4km & 8km (includes RWT Walks)
Sat-Sun 3-4		Gold Coast Airport Marathon
Sun 4	TMA	4 Seamist Ct - New Course - Barry & Stephanie Teague
Tue 6	AT	Tasmanian All Schools (Secondary) Cross Country
Sat 10	AT	Tasmanian Cross Country Relays
Sun 11	TMA	Cadbury Estate - Steve & Debbie Lance
Wed 14	AT	Tasmanian All Schools (Primary) Cross Country
Sat 17 #	AS	5 Mile Beach Cross Country 4km & 8km
Sun 18	EVS	Launceston Ten Fun Run
Sat 24	AS	Opossum Bay Cross Country 5km & 10km
Sun 25	TMA	91 Hilton Rd - Alan & Sheila Coleman
Sat 31	AT/TMA	IGA Tasmanian Cross Country Championships (Combined AT & TMA Age Related Distances)

Kempton
Gold Coast QLD
Lauderdale
Symmons Plains
Symmons Plains
Claremont
Symmons Plains
5 Mile Beach
Launceston
Opossum Bay
Claremont
Pontville

AUGUST

Sun 1	TMA	Tynwald Park - Stan Harrex
Sat 7	AS	Froggy Wise Memorial Handicaps 2.5km & 5km
Sun 8	TMA	Foreshore track Picnic Area - Peter & Lynne Lyden (Date to be Confirmed)
Sat 14	AS	Police Academy Cross Country Handicaps 4km & 8km
Sun 15	AS	Budget Rent A Car Fun Run & Walk 2.5km & 5km
Sat 21	AS	Axiom Way Cross Country 3.5km & 7km
Sat 21	AA	Australian XCountry Champs including All Schools & Primary Exchange
Sun 22	TMA	Salacia Ave - David & Frances Hancock
Sun 22	AA	Australian Schools XCountry Champs Relays & Australian Walks Titles
Sat 28	AS	Domain Cross Country 4km & 8km
Sun 29	TMA	39 Jetty Road - Bob Weldon

New Norfolk
Waterworks
Montagu Bay
Rokeby
Hobart
Acton
Brisbane
Howrah
Brisbane
Domain X Roads
Old Beach

SEPTEMBER

Fri-Sun 3-5		The Flinders Five Running & Fine Food Festival
Sun 5		Ross Marathons
Sat 4 #	AS	Tas Bevis Memorial Cross Country 5km & 10km
Sat 11	AS	Gellibrand Drive Cross Country 3km & 6km
Sun 12	TMA	18 Radiata Drive Mike & Julie Pace
Sat 18	AS	Tolosa Park Relay 4 Runners x 3 x 1mile
Sun 19	AT	Mosey Along the Mersey Fun Run including Tas Rd Champs 5m Series
Sun 26	TMA	Brighton Country Challenge 4km & 8km 11am Start

Flinders Island
Ross
Huntingfield
Sandford
Lindisfarne
Glenorchy
Devonport
Pontville

OCTOBER

Sun 3	AT	Tasmanian Mountain Running Championships
Sun 10	TMA	Dru Point - Bob Robertson (New Course - Flat)
Sun 17	BSE	Burnie Ten

Mt Wellington
Margate
Burnie

NOVEMBER

Sun 21	ET	Point to Pinnacle
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Hobart

DECEMBER

Sat 4	ULT	Bruny Island Ultra Run/Relay 64km
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Bruny Island

Denotes TMA set up, please be at the site by 8.30am to help flag the course

Northern Winter Program

June 6	Road Championships (combined AT&TMA Age Related Distances) - Campbell Town
June 13	Beauty Point 7k, 3.5k
June 27	Prospect TBA
July 3-4	Gold Coast Airport Marathon
July 4	Newsteaad 7k, 3.5k
July 11*	Gutbuster 10k, 5k
July 18	Launceston 10
July 25	Legana 8.5k, 4.25k
July 31	IGA Tasmanian Cross Country Championships (Combined AT & TMA Age Related Distances) - Pontville
August 8*	Relbia 7k, 3.5k
August 22	Deloraine 8k, 4k
September 3-5	The Flinders Five Running & Fine Food Festival
September 5	Heritage Forest TBA
September 5	Festival of Marathons
September 12	Westbury Fun Run
September 19	Carr Villa 6.2k, 3.1k
September 26	Hoo Hoo Hut 8k, 4k
October 10*	Blanchard Memorial 6.5k
October 17	Burnie 10

Presidents Report - April 2009/2010



The past year, 2009-2010, has been exciting and fulfilling for Tasmanian Masters Athletics. Some of the aims expressed by our previous president in last year's report have been realised. There has been an increase in membership stimulated by our new website, distribution of flyers, enthusiastic personal contact, support of members, and smooth running of a wide variety of track and field and out of stadia events. We have also had some good publicity in *The Examiner* and the *Mercury*. Increased participation was evident in areas such as the 10k and the Pentathlons Championships and community involvement is noted in the participation of athletes and officials in the Australasian Police and Emergency Services Games and various community fun runs where athletes compete and also act as officials.

The committee has met monthly and worked steadily and persistently between meetings to keep the club ticking over. Thanks to these keen committee members, also to their partners and families for their support. Special thanks to Mike Walker, who vacated the position of President to assume the comprehensive role of Secretary to undertake many hours of correspondence and liaison with committee members and others both within the club and outside the club. Mike worked extremely hard to instigate the Australian and Tasmanian Masters Half Marathon and his experience in club administration is invaluable. We have had regular reports from our Athletics South and Athletics Tasmania representatives (Peter Lyden and Steve Lance) and AMA delegates (Peter Lyden and Mike Walker) as well as from Steve Lance, AMA President. The extensive experience and knowledge of these committee members is most valuable.

The new position of Equipment Director was established earlier and filled by Wayne French. His willingness and methodical supervision of our equipment is already making a huge difference. New equipment has been bought for the Northern Branch.

Amy Hanek is retiring from her position of statistician, a task she has fulfilled with meticulous attention to detail. She has maintained detailed information of results, records broken and clear information on the record requirements. Many thanks to Amy for this valuable contribution.

We are also reviving the position of Treasurer as separate from Registrar which will relieve Mick Stevenson from this job, freeing him to continue the job of registrar/membership and the many valuable tasks he also performs such as work on programs, databases, assistance with newsletter and, in the past, equipment.

Footnotes: Jenny Stevenson (aided by daughter Sarah) has continued her dedicated work to present our valuable and informative newsletter each month. Her lively photos of athletes, officials, social and travel scenes are much appreciated. The angle of human interest is also being encouraged and it is pleasing to note several recent articles from northern members as well as their monthly reports. Two northern members – Gary Armstrong and Neil Hammersley – have been nominated for Life Membership. Their contribution to the club as outlined in *Footnotes* is extremely impressive.

Track and Field and Awards: Sue Hanek has worked extremely hard to ensure the regular Wednesday night sessions run smoothly and has given great encouragement to new members. Thanks also to regular officials Lynne Lyden, Jenny Stevenson, Sharon Willing and Debbie Lance. The season was disrupted by relocation to Abbotsfield Park, Claremont, during Domain track repairs and, unfortunately, the trial of TMA competition on Saturdays did not draw the desired numbers but at least this reassured us that Wednesday evenings are the best option. The National Postal Relays which Sue organised were a huge success with excellent participation across the board. Nine teams entered the Postal Relays – 8 of these gained top 3 placings and 2 teams in the W30-39 age group won, achieving Best Performances. The twilight meets combined with Athletics South were also very successful.

The Track and Field athletes now have a social life! Thanks to Alan Coleman's interesting social events we now gather at pubs and cafes after competition on some Wednesday evenings. Alan has also arranged put put golf, bowls and ten pin bowling sessions. The fun runners continue their very social runs and walks with eats afterwards.

Steve Lance, Senior Vice-President, is to be commended and thanked for his liaison with Brian Roe, President of Athletics Tasmania, which resulted in an alliance with AT that allows dual registration and joint Athletic Track and Field Championships. Special thanks to Brian Roe, Richard Welsh, AS and AT officials. The Championships were most successful with our members strongly represented in green and gold uniforms organised so efficiently all season by Debbie Lance. We had our own presentation ceremony and Richard gave us equal publicity in the *Mercury*. Congratulations to Suzy Cole for gaining TMA Athlete of the Year Award with an outstanding year's performance at state, national and world meets. Congratulations to Kate Johnstone who wins the Graeme Cruise Award for the best age-graded percentage of 93.31% for an outstanding time of 9.64 in the W60, 60m sprint. Kate was closely followed by Alan Coleman, John Jago and Philip Clarke who all achieved over 90%. Excellent results! And the Jim Burr Award for service to the club was presented on the mountain to Stan Harrex. Congratulations and thanks to Stan for his years of assistance – at 81 he is an inspiration to us all.

Earlier in March we held the Pentathlons and 10 000 Championships which attracted excellent numbers. Previously there were few throwers but suddenly they all appeared at the Pentathlon Championships. Tracy Canham, a dedicated thrower, has kindly offered to coordinate the throws so we anticipate a great upcoming season.

Australian Masters Athletic Championships: A keen contingent of 24 competitors (plus some partners and other members) flew to Perth at Easter. Last time the event was held in Perth there was only 1 competitor from Tasmania! We had plenty of drama, some injuries and some excellent performances with many medals. Some of the most outstanding performances were by Suzy Cole, John Jago, Kate Johnstone and Mick Stevenson.

We are very proud of the achievements of our top athletes nominated for the 2009 AMA Awards:

Sprints/Hurdles: Alan Coleman, Kate (Kerry) Johnstone, Debbie Lance; **Middle Distance/Steeples:** Suzy Cole

Distance: Peter Lyden; **Walks:** Jean Albury; **Multi Events/Relays:** Sharon Coad, Carolyn Davis, Debbie Crawford, Francesca Smith.

The highlight of the AMA presentations for us was the outstanding Hall of Fame Award for the inspirational Shirley Brasher. Many thanks to Joy Walker and Bruce Campbell for their extremely thorough preparation of the submission.

World Championships: At the World Masters Athletic Championships in Lahti, Finland, TMA had 7 competitors. The medal tally was 1 gold, 4 silver, 3 bronze medals and 4 Tasmanian records. Suzy Cole, Kate Johnstone and Alan Coleman were outstanding. At the World Masters Games in Sydney there were 8 TMA competitors who won 4 silver and 5 bronze medals. Suzy Cole was again outstanding. At the World Masters Indoors Championships at Kamloops, Canada, Amanda Coombe, the first TMA athlete to compete in these games, came home with a relay silver medal.

Keen thrower, Craig Hicks our representative, has a small band of athletes in the North West. Jim Claxton, dedicated Northern leader will report on his team's activities in the North and Mike Walker will comment further in his Secretary's report on out of stadia events and other matters.

Looking forward we hope to continue our development as a club led by the committee whose diverse skills combine to form a great team. One aspect I would like to focus on is the provision of general information to athletes in the form of coaching and a basic guide to encourage more confidence as officials. Finally, I extend good wishes to all members for a happy and healthy year ahead on track, road and countryside.

Lynne Andrews

SHANE MUNDY'S BOSTON MARATHON RUN

Thanks to Shaun for his detailed description and the history of the Boston marathon in the last months Footnotes. Shaun ended his Boston summary by saying I must be a better runner than him, but I do not think that is the case at all. I am not giving away ages but Shaun is 9 years older than me so if I can run the Boston!!!!!!! marathon in 9 years time in 3:45 I will be more than happy, that was a fantastic effort.

Allison and I arrived in Boston 4 days before the marathon. We settled into our hotel room at the Hyatt, about a 2 minute walk from the Boston common. The day we arrived was a 'post card day' as was the one to follow.

I met and befriended a guy on the Boston Marathon Face Book page who had done the race twice previously and he is only 21, his name is Justin. He had given me valuable information long before I got to Boston but nothing prepared me for what I was in for.

Justin came to our hotel on day 2 and asked would we like to drive over the Marathon course from finish to start and back again. Allison and I were thrilled that we had just met Justin and he was being so hospitable to offer to do this for us. He picked us up in his dad's Cadillac Escalade (nice ride!) and we headed to the finish line that was just being painted on the road. We had a quick photo on the finish line and took off up the 'street of pain', then we drove for a few miles and came to a hill (this was the back of heart break hill), not that long but quite steep. As we ascended the hill I looked down the other side and said to Allison "Oh my God!".

We drove down the hill and I kept looking back as we were driving down thinking "this is not ending". I said to Allison "no way a hill like this so late in the race". Justin looked and smiled and said "3:10 or better?" He told me to add 20 to 30 minutes to a flat marathon. I was thinking again and wished I had not seen the hill. As we drove over 3 more substantial hills, I said to Allison "no way I would be doing the time I had planned" but she kept telling me I had trained so hard and I would be right. We drove out and back and took pictures and video of the course pre-race.

I also befriended Justin's dad on Face Book who was a keen runner in his day and was keen to catch up for a meal and meet the Tassie butcher whom he had chatted to many times on Face Book. He asked what food I would like to eat for dinner the day before the marathon so I suggested a steak :) He booked us a table at the best steak restaurant in Boston. He was a great person and very well to do having part of his architectural business in Australia. We had a great meal and when we finished he asked did I like base ball and I said I played at school. With that he reached in his pocket and pulled out 2 VIP tickets to the Boston Red Socks game the next day (marathon eve), the best seats in the house as he is their number one ticket holder with a private tour of the stadium before the game. He also paid for dinner, such a generous nice people, father and son.

Things were just going along so well all though the weather had turned a little nasty, but they were saying it was going to be good for race day so I was not too worried about that. I had my last morning 5k run around the common and I was feeling on fire, ready to race.

We went to the Red Socks game and had a great day. We left early due to wanting to get back to hotel and load on the special individually prepared pasta meals the chefs at the Hyatt were cooking up for the runners. We had a fantastic meal and went up to the room to bed. I had a great nights sleep, I got up at midnight and went to the toilet and it happened, I thought this is good to get out of the way :) I went back to bed straight back to sleep and slept through to 4:30 when the alarm woke me. I jumped out of bed feeling refreshed and started putting on the race gear. We switched on the news and the weather, ideal running conditions about 12 degrees with some cross winds. I went to the toilet again and it happened again :) I was thinking this is great I am a kg lighter to start the race. I went down stairs and had my long run breakfast: toast, banana, honey and peanut butter with orange juice. Went back to the room and Allison and I wandered down to the common where the endless line of buses were waiting. Allison took some photos and wished me well as I headed off into the the crowd of very fit looking elite runners of all ages.

The bus ride in seemed long and I was glad to get to the athletes village. You could spot the rookies as they had not brought anything to sit on. I went to the back of the water tent and opened a box of water and stole the box and went and got myself a hot black coffee and sat on my cardboard up against the fence in the sun. I chatted to a couple of people and the 2 hours went really fast. People were lining up for ages to use the toilets and I was glad I had been before.

We were called in our corrals to the start, it was about a 13 minute walk from the village. As we neared the start line there were heaps more last minute toilets with small lines so I jumped on a line for a short wait and went to the toilet again for a wee but guess what ?? It all happened again:) Now I am 1.5kg lighter. It just seemed to be perfect. My Gold Coast qualifying time gave me a start in the first wave of 15 thousand runners and it was good to be taking off with the first bunch. I had taken old clothes to discard so it was now time to part with them as we chatted together in our corrals. Then the National Anthem started playing and two fighter jets did a fly over and the gun went off. The greatest foot race on earth had just begun. We stood there for 5 or so minutes before we started the surge to the start line. As we crossed the start line the noise from people and bells and things was so heartening, I am starting to get another tear in my eye as I type this letter.

The Boston marathon is really a strategic run with the first 3km going down very slow because you're running back to back, shoulder to shoulder. Finally the crowd spreads enough to get a bit of a stride happening and you realise you're already about 4 minutes behind due to the slow first 3km but you know you cannot try and make this time up so early in the race so I just settled down and found my stride. I felt great slapping hands with the kids and even took a couple of photos on my camera phone. I had not come 18,999km to run the Boston Marathon not to take a picture or two on my phone, no matter what you're thinking. I trotted along enjoying the moment, chatting with the odd runner that remembered me from the the start because I had "GO SHANE, AUSTRALIA" on the back of my shirt. I was holding my pace and was even told I may be going out a little too fast by a veteran Boston runner who I had spoken to on the start line. He was a 3:15 runner and was concerned that he was running too fast. I said to him if I am going to get there in under 3:30 I have to go at this pace and I just held it with him for a few kilometres until we got separated. Things felt great until about 26km and all these memories of the Gold Coast came flooding back as I felt my hammy twinge, "Oh" I thought, but nothing became of it and I held my pace still well under 5 minutes a kilometre and down to about 4:30 pace at stages.

Those college girls that have to kiss a marathoner for good luck before graduating looked tempting but I had a race to run. Their screams were enough to give me a second wind as I pushed on, holding it together, then came the first of the four hills. Not too much drama but the second one took the wind out of my sails and the third I was starting to do it hard. My body was holding up fine but my head was telling me things were not good. I classed the wall on the Gold Coast as total leg cramps but this must have been the real wall because until you hit it you do not have any idea how bad you can feel without being dead! My pace had slowed to 6 minutes a kilometre going up the hills. When I got to Heart Break Hill I was starting to question myself, "would I finish this race?". I really did have to dig deep and pull together every last bit of mind and body I had left. I started saying out loud "one foot in front of the other", over and over until I got to the top. There is a song I never really liked and it was playing at the top of the hill, it was "Eye of the Tiger". Somehow something within gave me strength, it was my new favorite song. With the race drawing on I started to suffer worse as I ran too fast after hearing the song. Now things were just starting to pee me off, I just wanted this race to be over. My pace had slowed to 6 minutes a kilometre for the last 3km, I was on the home stretch and as Shaun had said, people were dropping like flies that last mile or so. As I rounded the last corner into the last 600 or so metres I looked at my watch and realised I would not break 3:30 and I could not let this happen! I still will never know how I picked up my pace to just over 4 minutes a km to cross the line in 3:29:27 to re-qualify for next year.

Allison saw me finish and could not believe how fast I was running compared to most of the other runners. I was spent, I had trained as hard I could have and raced as hard as I could have. I was having a good day, it was just a tough marathon course (the toughest in the world they say). I got my space blanket put around me and some drinks, food and my medal and walked out feeling great, to meet Allison at our meeting point at the corner of the common.

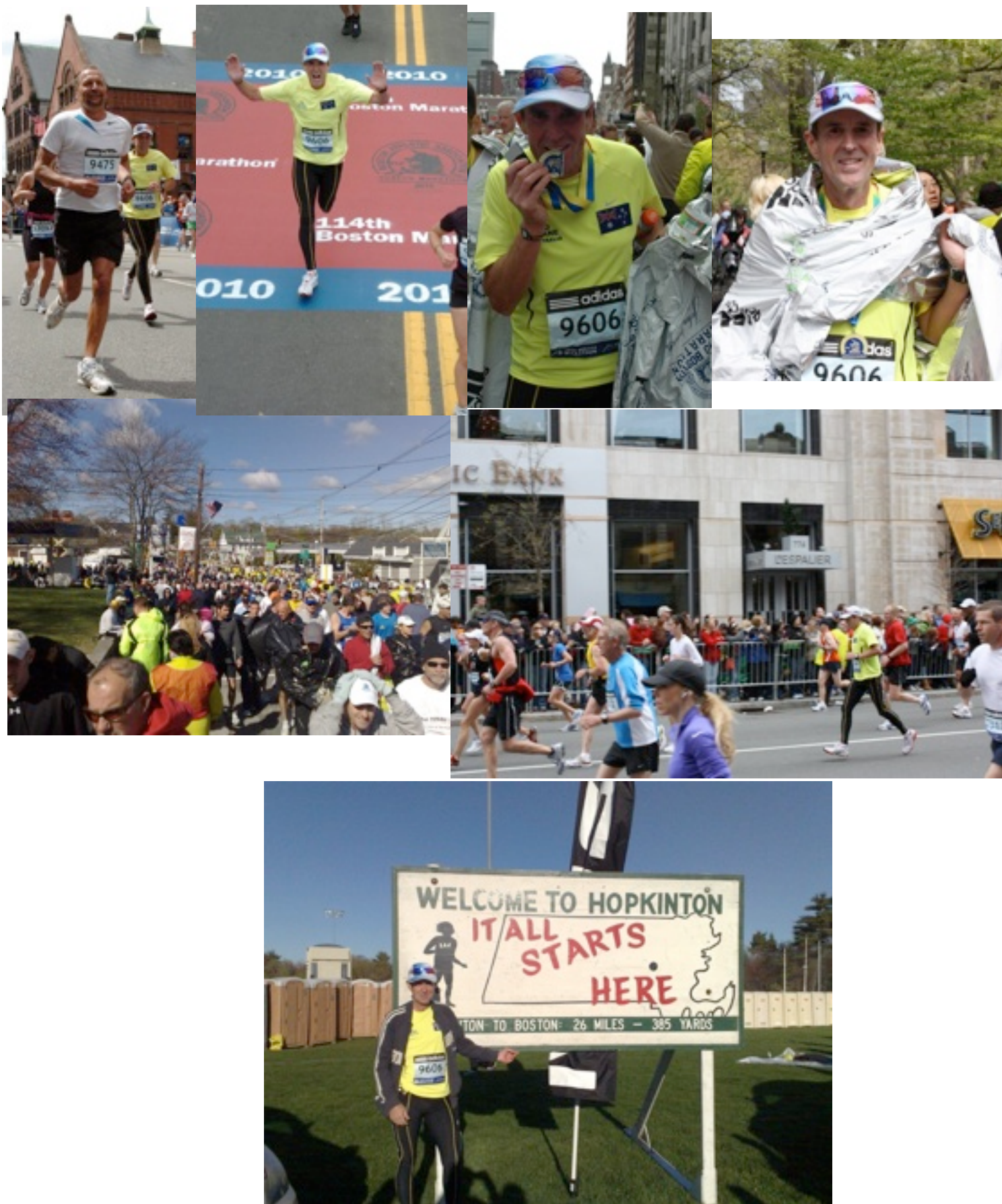
We went back to the room and I had a cold bath and had a nap while Allison went and got her lunch. Early in the evening we met Justin and his mates at the after party and had a great time drinking beer and dancing.

We said good bye to Justin and went back to our room. I pulled up fine the next day and we headed down to New York. Two days out I was a little stiff but not too bad, day 3 I did 10km around central park as a recovery run.

We then headed to Allison's sister in Woodstock, London where I did another 12km recovery run around the second biggest estate in London. We spent two days there and went to Paris where I did another 10km recovery run, finishing under the Eiffel Tower. We had a couple of days in Paris then back to London for a night, then on to Hong Kong for two more nights. No way was I attempting a run there.

That was my Boston adventure.

Shane Mundy



*The
Masters
would like to wish all
their members born in June a
very Happy Birthday*

Deborah Gardner	6
Catherine Hayes	6
Carolyn Davis	8
David Brasher	12
Kristie Walker	13
Peter Barrett	14
Elaine Marquardt	15
Alwynne McMahon	18
John Brown	19
Jenny Burgess	21
Timothy Horton	21
Patricia Ruston	22
Julie Pace	23
John Bermingham	24
Roy Beadell	25
Nye Evans	25
David Cresswell	26
Shaun O'Regan	28
Tony McIntyre	28
Andrew Skelly	29



**The Masters would
like to welcome new
members**

**VIVIAN KNIGHT
MIKA PALLARI
GARY ROSSITER
MARGARET
WHITING**

**and wish them a
happy and
successful year**

GOLD COAST MARATHON

**Marathon Runners the Gold Coast Marathon is on the 3rd of July -
Be inspired by our recent marathon champions Shaun O'Regan and Shane Mundy
Anyone who is interested I have one entry form with all the information you will
need Editor**

For your Calendar

Gold Coast Airport Marathon - 3rd-4th July
The Flinders Five Running & Fine Food Festival - 3rd-5th September
Ross Marathons - Sunday 5th September
Run the Bridge - Sunday February 6th 2011

Brighton Fun Run

The Masters would like to thank Tracy and Craig for putting on a great run and a fabulous lunch for all participants

Results for the 5 and 10k

5k: Adele Lucas 34.35; Stan Harrex 38.32; Gloria Byas 35.50; Danny Byas 35.50;

5k Walk: Bob Robertson 59.12; David Lucas 40.15

10k: Bob Weldon 55.50; Craig Canham 51.10

TOLOSA ST DAM

2 May 2010

F
U
N
R
U
N



BACK- Mark Kingsley, Rod Rhodes, Dylan Pace, David Hancock, Wayne French, Geoff Eddington, Barry Teague, Stan Harrex, Gloria Byas, Mike Pace, Stephanie Teague **FRONT -** Bob Weldon, Mick Stevenson, Julie Pace, Craig Canham, Bob Weldon, Adele Lucas, Margaret Horne, Danny Byas

The prospect of backing up to do the Tolosa St Dam run wasn't a thing I was looking forward to! I hadn't run for quite some considerable time and had found the run at Rokeby hard yards. Still I stood on the start line with Frances Hancock and we headed off for two laps of the dam. We found it very hard going and so we were taking it very slowly. We did the two laps, which we were very pleased about, if not our times. It was another run under our belts and hopefully the next one would be a bit quicker. You can always live in hope! Everyone else seemed to gallop by with ease and had finished well in front of us - only to be

expected I suppose. It was a reasonable day weather wise and the company was good and we saw several members whom we hadn't seen for a while. There was the usual banter re photo time but I am used to it by now and take no notice, just 'order' the group into some sort of a group and take the photo as quick as possible before they all wander off!! It is great to see so many members out enjoying themselves in the fresh air.

RESULTS

1 Lap was 1.6k

1 Lap

Bob Robertson	21.80
Geoff Eddington	21.00

2 Laps

Stan Harrex	24.10
Adele Lucas	18.59
Mike Pace	20.16
Margaret Horne	25.43
Mick Stevenson	21.28
Jenny Stevenson	30.53
Frances Hancock	32.56
Barry Teague	20.14
Gloria Byas	21.54
Wayne French	23.59
Julie Pace	23.58
Danny Byas	27.37
Stephanie Teague	20.15

3 Laps

Rod Rhodes	37.52
Mark Kingsley	26.14
Bob Weldon	29.43
Dylan Pace	28.55
David Cresswell	32.14
David Hancock	32.56
Craig Canham	22.32
Bruce Campbell	44.08

NORTHERN MASTERS T&F RESULTS

These results were held over from last month

Event	Ros	Dave	Pete	Nye	Barb	Dwayne	Vicki	Aub	Jen	Craig
	H	W	W	E	C	K	R	H	D	R
Shotput	15	12	03	17	13	14	00	07	00	00
Javelin	21	17	12	19	14	18	00	00	08	20
Discus	11	12	07	15	09	13	00	00	06	00
HJ	11	02	01	13	09	10	00	00	06	05
LJ	15	06	03	19	11	20	00	00	00	00
TJ	20	12	06	21	15	18	00	00	09	00
60m	14	09	21	11	08	00	07	00	16	19
100m	09	08	17	07	15	14	05	00	06	12
200m	17	18	28	11	10	19	06	23	15	25
300m	22	18	28	11	10	19	06	23	15	25
400m	29	28	33	13	09	23	17	36	12	26
600m	26	27	24	12	15	18	20	00	15	12
800m	32	28	26	16	07	25	24	31	00	12
1km	37	34	31	17	07	22	28	00	15	12
1.5km	28	26	18	14	05	10	23	27	16	12
1 mile	25	22	15	07	03	09	20	23	13	06
3000m	34	31	15	14	03	00	30	32	21	13
4000m	29	26	11	13	05	03	23	28	19	08
5000m	25	24	10	13	00	00	21	00	16	09
Totals	420	360	307	263	174	255	237	207	200	209
1 point	62	85	52	72	57	31	39	9	19	32
Results	482	445	359	335	231	286	276	216	219	241
Places	1 st	2 nd	3 rd	4 th	8 th	5 th	6 th	10 th	9 th	7 th

Top Ten Performances

Javelin: A Buchener 51.44m[57.87%], R Holgate 12.05m[35.72%], C Ross 31.45m[35.00%], N Evans 17.10m[31.14%], D Kirkby 27.15m[31.11%], D Wagner 20.06m[28.08%], T Gunton 21.55m[27.86%], B Clayton 14.54m[24.77%], A Tew 20.70m [21.93%], P Wierenga 17.32m[19.53%] **60m:** P Wierenga 7.99[83.35%], V Gunn 9.46[82.77%] C Ross 8.00[82.63%], J Daniel 10.90 [77.25%], R Holgate 12.59 [76.09%], S Wierenga 9.18[75.38%], U Byers 9.24[74.89%], N Evans 11.20[74.11%], D Wagner 10.10 [73.56%], B Clayton 10.39[73.05%] **100m:** P Wierenga 12.26[83.03%], B Clayton 16.07[72.37%], D Kirkby 14.38[71.84%], D O'Regan 17.08[71.83%], C Ross 14.02[71.61%], S Wierenga 15.32[68.47%], R Holgate 21.52[68.26%], D Wagner 16.57[68.01%], N Evans 18.71[67.18%], J Daniel 19.66[65.67%] **200m:** V Gunn 31.54[78.85%], P Wierenga 27.03[76.47%] J James 32.84[74.03%], B Cook 37.81[73.79%], A Henricks 29.38[72.50%], G West 32.96[71.87%], D O'Regan 35.46[71.80%], D Kirkby 29.98[70.01%], D Wagner 32.91[70.01%], R Holgate 45.41[67.94%] **Shotput:** N Evans 9.32m[53.94%], A Buchener 11.03m[48.74%], R Holgate 4.98m [45.52%], D Kirkby 9.70m[43.77%], B Clayton 6.42m[37.37%], D Wagner 6.91m[34.46%], P Brett 6.75m[33.87%], E Welsh 5.75m [32.39%], G Armstrong 5.67m[31.94%], C Barron 6.44m[31.65%] **300m:** W Tibbits 47.57[73.24%], B Cook 60.00[72.38%], P Wierenga 44.72[70.95%], D Booth 52.11[70.06%], R Holgate 70.67[68.49%], P Markham 47.90[67.75%], D Kirkby 47.59[67.70%], D Wagner 53.09[66.98%], B Clayton 56.88[66.39%], M Loffel 58.87[66.18%] **400m:** A Henricks 1.01.61[76.54%], W Tibbits 1.06.54 [74.93%], B Cook 1.28.01[73.86%], P Wierenga 1.01.77[73.66%], J James 1.13.18[73.15%], R Holgate 1.41.09[70.10%], D Wagner 1.13.14[69.54%], R Longstaff 1.08.55[69.31%], C Ross 1.05.76[69.19%], D Booth 1.15.54[69.07%] **600m:** M Foster 1.27.86 [82.12%], V Gunn 1.52[81.11%], D Wagner 1.52.34[76.01%], R Holgate 2.40.73[75.37%], J James 2.01.08[74.70%], P Wierenga 1.42.40[74.10%], S O'Regan 1.58.33[73.24%], V Ross 1.58.24 [70.56%], D Kirkby 1.54.75[67.22%], C Ross 1.52.88[66.65%] **800m:** V Gunn 2.33.85[81.16%], B Cook 3.06.68[80.19%], R Holgate 3.43.98[77.93%], A Henricks 2.20.14[77.78%], W Tibbits 2.33.60[76.35%], J James 2.51.40[74.80%], D Wagner 2.41.84[74.31%], D Rae 2.19.94[72.46%], P Wierenga 2.27.76[71.29%], D Kirkby 2.32.69[70.30%] **Triple Jump:** N Evans 7.86m[72.44%], R Holgate 5.28m[59.66%], D Booth 7.65m[56.88%], D Kirkby 8.86m [51.93%], M Loffel 6.14m[51.81%], A Buchener 8.60m[49.83%], B Clayton 6.24m[48.71%], U Byers 6.81m[45.56%], K Badcock 5.39m[43.29%], D Wagner 6.42m[42.53%] **1000m:** W Tibbits 3.08.01[81.17%], P Brett 3.07.72[78.46%], R Holgate 4.49.97[78.30%], B Cook 4.11.87, D Wagner 3.23.03[76.98%], J James 3.38.65[76.42%], P Wierenga 3.08.27[72.29%], V Ross 3.22.90[70.30%], D Ashfield 3.39.01[70.27%], P Markham 3.20.78[69.43%] **Discus:** N Evans 28.92m[56.61%], A Buchener 31.81m[42.94%], D Kirkby 28.00m[37.80%], D Wagner 18.82m[27.37%], R Holgate 10.26m[26.48%], R Boxhall 16.67m[22.50%], B Clayton 13.85m[21.61%], A Tew 15.73m[21.23%], P Wierenga 15.58m[21.03%], J Daniel 10.43m[19.48] **1500m:** V Gunn 5.06.39[88.06%], W Tibbits 4.58.73 [81.38%], B Cook 6.37.42[79.99%], R Holgate 7.37.31[79.95%], A Henricks 4.47.11[78.65%], D Wagner 5.20.40[77.66%], V Ross 5.41.82[70.10%], M Loffel 6.34.75[69.82%], D Booth 6.15.71[66.90%], P Markham 5.26.54[67.83%] **1 Mile:** V Gunn 5.38.56[86.10%] R Holgate 7.58.82[82.33%] B Cook 6.57.24[77.05%] A Henricks 5.15.36[76.63%] D Wagner 5.47.57[75.67%] J James 6.18.80 [74.37%] V Ross 6.08.80[70.80%] E Butler 6.02.98[70.20%] D Booth 6.46.35[66.90%] P Daniel 6.34.23[66.61%] **High Jump:** N Evans 1.09m[70.32%] R Holgate 0.82m[65.08%] D Kirkby 1.36m[61.26%] B Clayton 1.09m[60.89%] P Markham 1.28m[58.45%] M Butler 1.36m[57.38%] J Daniel 0.89m[56.69%] C Ross 1.26m[55.71%] A Tew 1.15m[49.57%] U Byers 1.02m[49.28%] **3000m:** P Brett 9.45.06[83.96%] R Holgate 15.30.47[83.40%] W Tibbits 11.02.46[76.55%] A Henricks 10.25.08[76.18%] D Wagner 11.54.76 [72.12%] V Ross 12.03.00[71.52%] D Ashfield 11.55.00[71.51%] J James 13.09.00[70.57%] E Butler 12.11.00[69.27%] M Loffel 14.02.62[68.52%] **Long Jump:** D Kirkby 4.94m[62.06%] N Evans 3.20m[61.66%] D Booth 3.72m[58.22%] R Holgate 2.30m[52.27%] M Butler 4.23m[48.68%] B Clayton 2.99m[46.72%] U Byers 3.43m[45.98%] A Tew 3.90m[45.77%] G Armstrong 2.93m[44.93%] D O'Regan 2.66m[44.41%] 4000m: R Holgate 22.25.53[78.11%] A Henricks 14.14.08[75.76%] B Cook 19.18.63[74.57%] D Wagner 15.55.21[73.91%] S O'Regan 16.26.60[72.78%] D West 18.48.63[72.39%] V Ross 16.24.46[71.41%] D Ashfield 16.27.00[70.42%] E Butler 16.31.56[69.48%] M Loffel 19.01.11[68.79%] **5000m:** R Holgate 26.27.00[83.43%] D Wagner 19.36.28[76.00%] B Cook 25.03.00[72.72%] S O'Regan 20.54.96[72.45%] V Ross 20.48.13[70.23%] M Loffel 24.04.00[68.77%] D West 25.16.00[67.88%] J Daniel 27.55.75[63.91%] T Gunton 22.23.00[62.47%] S Wierenga 23.38.32[61.67%]

Best Track Performance 2009/10: Vicki Gunn 1500m in 5.06.39 for 88.06%; **Runner Up:** Peter Brett 3000m in 9.45.06 for 83.96% of world best.

Best Field Performance 2009/10: Nye Evans 7.86m Triple Jump for 72.44%; **Runner Up:** Ros Holgate High Jump 0.82m 65.08% of world best.

CITY TO SURF

Interested in going to Sydney's famous City to Surf fun run this year ? 2010 is the 40th anniversary of the event and will be conducted on Sunday 8 August. TMA member Bryan McMaster is keen and would like to hear from like-minded people. Bryan can be contacted on 62439941.

AMA 20 Kilometres Race Walking Championship

Sunday June 27th, 9.30am, 2010

VRWC Clubrooms, Middle Park, Melbourne, Victoria

Conducted by Victorian Masters Athletics & Victorian Race Walking Club

In the past this event has been held in conjunction with the National Titles at Easter but is now being held as a separate event and has been scheduled as above. The event is to be held in conjunction with the VMA 20kms Championship as well as the Athletics Victoria 20kms Championship and a number of other AV Schools Championships and VRWC local races. This means that there will be a full panel of race walk judges present so entrants should be confident that they can comply with the requirements of IAAF rule 230.

The Victorian Race Walking Club rooms are located at the Middle Park Bowling Club near the corner of Canterbury Rd & Armstrong St, Middle Park. If driving, there is a car park available (\$2 fee by ticket machine) or parking is available in the street. If travelling by public transport the Number 96 tram (St Kilda) along Bourke and Spencer Sts in the city will take you right there, alight at stop 130. For interstate visitors we would recommend that you stay in the city or if you have a car then St Kilda, Port Melbourne or South Yarra areas may also appeal.

The course is on the footpaths adjacent to the VRWC clubrooms and will be 10 laps of 2kms. It is possible that the VRWC may decide to use another course over nearer to Albert Park Lake but we will not know this until quite close to the day. Competitors are required to wear their correct State Uniform as per AMA policy and race numbers front and back. Spare race numbers will be available if you do not have suitable ones.

A feeding station will be set up near the timekeeping point and will be manned by volunteers but it is the entrant's responsibility to provide their own refreshments and their own attendant to be sure of receiving what they want at the right time. As these paths are public bikepaths/walkways competitors need to be aware of non competitors being on the paths during the event.

The VRWC website at www.vrwc.org.au has a wealth of information about the facilities and race walking in general and competitors are urged to peruse the site before the event.

Entry fee \$12

Entries to Victorian Masters Athletics
C/- Alan Lucas
29 McIver St
Ferntree Gully, Vic 3156

Entries Close 19 June 2010

**Entry form on TMA website under 'News', if you don't have access and would like an entry form, please let me know.
Editor**



Congratulations Neil & Gary

Neil Hammersley with his Life Membership Trophy presented to him at the TMA AGM 2010

Gary Armstong was also awarded Life Membership, but he was unable to attend the AGM



Well Done Kate

Kate Johnstone with the Graeme Cruise Trophy for the best performed athlete at the 2009/10 TMA T&F Championships

SHIRLEY BRASHER 6.11.1926 - 12.7.2009

At the recent annual general meeting of Tasmanian Masters Athletics in Campbell Town a membership plaque of the Australian Masters Athletics Hall of Fame was presented to members of the family of Shirley Brasher.

Shirley Brasher of Launceston, who died on Sunday 12 July 2009 at the age of 83 was honoured posthumously with membership of the Australian Masters Athletics Hall of Fame at the National Australian Masters Athletics Championships in Perth, WA at Easter, 2010. She is one of only four athletes to receive this honour to date. A popular and talented athlete, she participated in Tasmanian, Australian, Oceania and World Veterans'/Masters Championships, setting numerous Australian and World Records in a variety of events.

Shirley Brasher was born in Campbell Town, Tasmania on 06/11/26. She grew up on a small farm in rural Tasmania and attended school until the age of 14 and her love of athletics was apparent even then! Although eligible to leave school in December 1940, Shirley chose to continue until the following April so that she could compete in the Anzac Day sports. This was her only opportunity to participate in athletics events in the small town. Shirley worked on the family farm and later, briefly at Cadbury's factory in Hobart until she married at the age of 30.

Over the next 6 years Shirley had four children and running a household, a farm and raising her small children was a full time occupation. In 1968 the family moved to Launceston and her children became involved in athletics. Shirley was not happy for the small boys to train alone on the streets of Launceston and so began running with them. This encouraged her to enter regular senior competition at the age of 42 years.

In her 40s Shirley won medals in 800m and 1500m events at the Tasmanian Open Athletics Championships against much younger opposition every year from 1970 till 1976. In 1978 Shirley discovered Veteran Athletics. She travelled to Melbourne to compete in her first Australian Veteran Championship, winning six events in the 50-55 age group. In Sydney the following year she won the combined female 1500m event, defeating competitors in all younger age groups.

In 1979 Shirley competed in her first World Veteran Athletics Championships, winning three silver medals and one bronze medal. From then on she was a medallist in every World Veteran/Masters Athletics Championships, including her final international event in Riccione, Italy in 2007, in the 80-85 age group. Over 30 years of competition in Veteran/Masters Athletics Shirley won medals at Australian, Oceania and World Championships in events ranging from 400m to the marathon. In recent years she also successfully competed in field events and pentathlons. Her medal winning performances are too numerous to mention individually. In World Championships alone she won 23 individual gold, 20 silver and 11 bronze medals as well as 2 gold and 1 silver medal in teams events. She broke 15 world and 22 Australian records in various age groups.

Shirley was honoured with Tasmanian and Australian Sports Awards and was chosen as flag bearer for the World Masters Athletics Championships in the opening ceremony in Japan in 1993. In later years she devoted numerous hours volunteering as an official at

Sporting Awards

Outstanding Female Athlete - 1979

Australian Veteran Athletic Titles – Sydney NSW

Outstanding Female Athlete – 1982

Australian Veteran Athletics Titles – Perth WA

Female Athlete of the year *- Sport Australia Award 1982

Awarded by *Confederation of Australian Sport* in recognition of outstanding commitment to athletics as a competitor and official and as a role model for older Australians

Most outstanding sporting achievement within Australia*- Sport Australia Award

Awarded by *Confederation of Australian Sport*

Best single Sporting Performance*- 1989- Sport Australia Award

Awarded by *Confederation of Australian Sport*

Tasmanian Sportswoman of the year* – 1988

Awarded by *Sportswomen's Association of Australia, Tasmanian Division* in recognition of outstanding personal performances

Sport Achievement Award* – 1987, 1988 and 1989

Awarded by *Commonwealth of Australia* in recognition of outstanding commitment to athletics as a competitor and official and as a role model for older Australians

Senior Athlete of the year 1988/89

Awarded by *Newstead Harrier Club (Launceston, Tasmania)*

Senior Athlete of the year 1991/92

Awarded by *Northern Branch, Athletics Tasmania*

Athlete of the Year – 1991/92 and 1992/93

Awarded by *Veteran Athletics Tasmania*

Flag Bearer of the WAVA Flag – Opening Ceremony 1993 – Japan

Awarded by *World Veteran Athletics Association*

Flag Bearer AAVAC Flag – Durban, South Africa 1997

Australian Sports Medal – 2000*

Awarded by *Commonwealth of Australia* in recognition of Australian sporting achievement

Life Member Tasmanian Masters Athletics - 2005

Records

AUSTRALIAN RECORDS (10 existing)

W80 400m	2.06.15	2009
W70 800m	3.23.89	1997
W75 800m	4.00.16	2002
W75 1500m	7.57.83	2002
W80 1500m	9.34.52	2007
W70 2000m SChase	11.24.25	2000
W75 'New Oceania' Pentathlon	2769pts	2002
W80 'New Oceania' Pentathlon	2593pts	2008
W80 'Old' Pentathlon	2558pts	2008
W65 4x400m Relay	6.48.42	2001

AMA CHAMPIONSHIP RECORDS (10 existing)

W80 200m	49.20	2008
W80 400m	2.06.15	2009
W65 800m	3.01.18	1992
W70 800m	3.23.89	1997
W80 800m	4.46.97	2007
W65 1500m	6.02.68	1992
W80 1500m	9.34.52	2007
W65 10000m	45.49.42	1992
W70 2000m SChase	11.24.25	2000
W80 Pentathlon (with Discus)	2558 pts	2008



AMA Championships - Adelaide 2009



AMA Championships - Adelaide 2009



Puerto Rico - 2003

Jim Burr Memorial Mountain Run 9 May 2010

Mothers Day has arrived again and the TMA annual pilgrimage from the GPO Hobart to the Pinnacle of Mt Wellington comes with it.

President Lynne Andrews greeted members on their arrival and offered her apologies as she was unable to continue on to the summit.

As is usually the case at about 8.50 am there were only a couple of runners waiting for the GPO clock to strike 9.00am. However by the time the bells chimed there were 19 TMA members and friends congregated on the corner. Everyone lined up under orders from Jenny Stevenson for a photograph and then ding dong, the clock struck nine.

Three die hards planned to run the entire 21km Craig Canham, Angela Grimmond and Peter Lyden. They started off with the company of Alan Coleman running as a member of the relay team that comprised Alan, Mick and Jenny Stevenson, Danny Byas, Mark and Lynne Lyden ably supported by Sheila Coleman.

Three injured distance runners William Yee, Wayne French and Alvin Johns not to miss out on this annual event took to their bicycles and rode to the top.

Steve and Debbie Lance were at the GPO to wave the runners off, but due to Deb being injured were unable to actively participate this year so they headed off for a most enjoyable breakfast before catching up with the relay team near the Springs lookout and accompanied them to the top.

Our two octogenarians, Bruce Campbell and Stan Harrex made a wise move and left their cars at Fern Tree and ran to the Springs and back down to the Tavern to await the return of all the others. Carolyn Davis also started at Fern Tree but continued on to the top.

Margie Horne doing it solo with out her usual companion Judi Forsythe (who had only just returned from her latest Nepal trek and was waiting at the Tavern) commenced her walk at from The Springs at 9.30am. She was thinking as she approached the summit that no one was attempting the top this year. On approaching the first big tower the guys on bikes passed her. This was rather rare that in all the time that Margie had been doing the Jim Burr event this was the first time she had been on the road by herself without a person passing her to the very top.

Although conditions were cool at the GPO the runners got quite warm on the way up until they reached the Chalet where the breeze cooled them down rapidly. The cyclists were found hiding in the small hut at the top with Margie Horne while they waited for the runners to appear, they then quickly dashed back down the mountain - a much colder ride than the one up.

Conditions at the Fern Tree tavern were up to their usual standard, the fire was blazing, the coffee warm and plenty of tucker to nibble on, no need to go home for lunch. Barbara Westcott and Jim Burr's grand-daughter Catherine Blake were awaiting the runners and supporters. The Burr family along with a number of other TMA members & friends arrived to join the runners and enjoy the hospitality.

Anne Cameron, daughter of Jim Burr, happily presented the Jim Burr Memorial Trophy to a most deserving Stan Harrex who was more than delighted to accept the award stating that Jim had been his inspiration. A browse through the Jim Burr Memorial Run history book found that Stan's name had been recorded at all but one of the twenty runs, quite an effort. **Lynne Lyden**

A MESSAGE FROM AN OLD FRIEND

In 1988 when Jim Burr first tackled that "B" Mount Wellington on his 70th birthday he was accompanied by an ABC film crew and his dear friend Bob Richards.

It is thanks to Bob and his fellow committee men of the time that the Jim Burr Memorial Run was inaugurated and has now become an annual run for many members, most of whom would never have met either Jim or Bob.

Until recent years Bob was always waiting faithfully at the summit of Mt Wellington for the runners and walkers to finish in rain, hail or shine and most often, freezing and damp conditions. Stop-watch in hand and his faithful dog, Snowy or Tilley curled up in the back of his car Bob was always happy to see members conquer the mountain.

Bob has not been an active member of the TMA in recent years due to bad health but his love for the club and its members continues.

Bob holds a strong connection with the Burr family and is missed at the annual run. Maybe as we run the mountain and think of Jim as we pass his sacred place we should also remember our dear friend Bob Richards who for this years run sent a simple message to the Burr family and TMA members.

"FOND MEMORIES"



'The Starters'



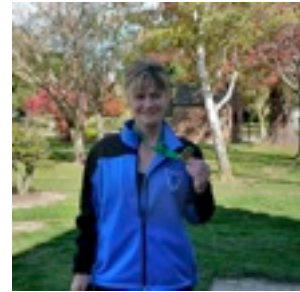
Stan Harrex with the Jim Burr Trophy



Mark Lyden, Mick Stevenson, Margie Horne, Jess Palermo, Deb & Steve Lance, Jordi Russell



Longford - 'Trying to Start'



Viv Knight



Deb O'Regan



Barb Clayton, Colleen Bugg, Alwyn McMahon



Lorraine & Peter Lee-Archer

In this edition we have the **Winners Are Grinners corner** with photos of members who have had some great runs and maybe a little bit luck?

A couple of the terrific runs were, Loraine Lee Archer blitzing the field at Bishopsbourne to win the Launceston Athletics Club 8 Km handicap by just 1 second on the 1 May. Then husband Peter I'm told would have preferred to stay in bed on Sunday 2 May but was dragged out by Lorraine to go to Evandale and run the Masters Champagne Stakes, yes Peter ran, a first for some time and even though he ran the Short Course with Lorraine and they finished tougher they had nominated different times. And what happens, after times were calculated, Pete takes home the cash and bubbly.

That week would have to be like getting a third pay packet at the Lee Archer's.

Well then we move on to our first Special Event of the Winter program the 9.2 Km at Longford on the 9 May. Again we had to change the course due to road works in the area and then a few of the crew couldn't make up their minds whether to entre the short course or long course run, so put down times for both. I think that was a good idea as you could change your mind when you came to the half way mark of the short course, especially if you had just recently run a Boston Marathon. I thought it was a bit of a cop out after running to the turn with me, Shaun. Thank goodness you turned; I was having trouble keeping up.

Viv Knight was the big winner (18 seconds) great effort on the day collecting the Cash and Special Events Medallion. Well done.

Now back to another Launceston Athletic Club event, Tailrace 5 km handicap on 22 May, and who should upset the big names but a person who is fast becoming know as Master Chef for her little surprises at events, Deb O'Regan. Brilliant performance to out run the field (101) on a course that is for the quick runners. Deb after winning was lost for words, said she wouldn't know what to say at the presentation and had to seek assistance. (Deb you forgot to thank your coach).

Sunday the 23 May, 18 Masters runners fronted for the big challenge, The Three Legged Event, run from the St Leonards Athletic Centre, and guess what some one got caught doing, Eating the Cup Cakes while we were out running errrrr Chairman Armstrong, pulling a bit of rank. His comment was geeee they were good.

Now the first run today was a nice 3Km and although Dave Wagner ran the quickest time his wife Judy upstaged him winning the nominated time with a difference of 4 seconds from the Time Traveler Alwynne Mc Mahon, 5 seconds and Gerard Little, 8 seconds. Well done.

After a 20 minute break it was into the long run for the day of 8 Km out the road towards Corra Linn and return. Again the field was lead by the thoroughbreds' Dave Wagner, Mark Fyfe and Shaun O'Regan but the results show you don't necessary have to be quick as nominated times are a good leveler some times. Colleen Bugg was the winner of this run with a time difference of 8 seconds form Barb Clayton, 22 seconds and Dave Wagner 28 seconds.

Now its not necessary to run the third leg to win the overall event but after every ones times were collated there was a great deal of discussion on what the out come might be if some one could improved their times on the second 3Km Leg.

So out they went again, the field was down to 9, and Mark Fyfe became the Hare followed by Dave Wagner and Dwayne Kirby. The winner of this leg Neil Hammersley with a time difference of 2 seconds, had to walk the last 100m to get near his time, followed by Mark Fyfe 12 seconds and Colleen Bugg 16 seconds.

Now the Event Controller Jim Claxton had been working hard all morning recording the times and collating the differences together with the dubious pair of Gary Armstrong and Deb Rowley on Big Ben (clock). The question is, is Deb still on her learners? What a risk with such an important job.

Now the results have been collated, only the 8km and the better of the two 3km nominated times count towards the end result.

Ah No its Girl Power.

1st Colleen Bugg with an overall difference of 24 seconds.

2nd Alwynne Mc Mahon with a difference of 42 seconds.

3rd Barb Clayton with a difference of 43 seconds.

Thanks to the Course Organizers and Timekeepers of the day. Much appreciated.

2 May 10 Evandale Champagne Stakes 8 Km Run

	N.T.	A.T.	Diff
Doug Ashfield	37.00	36.26	.34
Mark Fyfe	35.50	36.26	.36

Graeme Warren	40.00	40.38	.38
Colleen Bugg	45.00	45.40	.40
David Wagner	36.00	36.55	.55
Tanya Jensen	40.20	39.17	1.03
Deb O'Regan	50.49	52.08	1.19
Gary Armstrong	43.00	44.29	1.29
Shaun O'Regan	39.59	37.54	2.05
Max Loffel	41.25	43.56	2.31

4 Km Run (Time difference x 2)

Peter Lee Archer	25.30	25.28	.04
Judy Wagner	40.00	40.20	.40
Viv Knight	25.40	24.57	1.26
Lorraine Lee Archer	24.30	25.28	1.56
Jim Claxton	26.00	24.55	2.10
Gerard Little	34.30	32.56	3.08
Eric Welsh	24.50	28.30	7.20

9 May 2010 Longford Special Event

9.2 Km Run

Graeme Warren	45.15	45.40	.25
Neil Hammersley	48.20	48.54	.34
David Wagner	42.20	41.19	1.01
Doug Ashfield	41.30	40.07	1.23
Gary Armstrong	52.00	50.34	1.26
Colleen Bugg	52.00	50.18	1.42
Dennis Whelan	56.00	49.43	6.17

4.6 Km Run (Time difference X 2)

Vivienne Knight	28.55	29.04	.18
Deb O'Regan	28.00	27.40	.40
Gerard Little	37.40	38.01	.42
Sharen Brooks	28.42	27.52	1.40
Peter Lee Archer	29.00	29.51	1.42
Shaun O'Regan	23.01	21.59	2.04
Judy Wagner	45.00	46.19	2.38
Lorraine Lee Archer	27.38	29.48	4.20

23 May 10 St Leonards Thee Legged Event

Overall results Time Difference

1. Colleen Bug	.24
2. Alwynne Mc Mahon	.42
3. Barb Clayton	.43
4. David Wagner	.45
5. Neil Hammersley	.51
6. Mark Fyfe	1.13
7. Tanya Jensen	1.20
8. Kristine Johnstone	1.39
9. Shaun O'Regan	1.43
10. Deb O'Regan	2.19
11. Nye Evans	2.40
12. Dwayne Kirby	2.52
13. Gill Gardner	4.36
14. Gerard Little	12.05

Other runners 1st 3Km Leg

Judy Wagner	30.00	30.04	.04
Glynis Jetson	22.00	22.23	.23
Jill Britton	29.00	30.04	1.04
Peter Lee-Archer	20.00	18.50	1.10

2nd 3Km Leg

Judy Wagner	30.00	30.18	.18
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TASMANIAN MASTERS ATHLETICS INC

SECRETARY'S REPORT 2009/2010

At the last annual general meeting I made the transition from President to Secretary of the Association to replace the long-serving Peter Lyden. I am grateful for the guidance and practical assistance provided to me by Peter over the past 12 months.

Much has been achieved under the focused leadership of Lynne Andrews as President and an active hard-working Committee and supportive band of volunteers.

One of the aims of the Committee was to increase membership and I am pleased to report that this was achieved with a total of 228, up from 186 in 2008/2009, an increase of 22.6%. This is the highest membership for at least the past 10 years. A catalyst for the increased membership was the initiative to conduct an Australian Masters Athletics Half Marathon Championship in conjunction with the Cadbury event in January. This event produced 20 new members as well as 3 renewals from lapsed members. A field of 64 took part in the championship including representatives from the ACT, New South Wales, South Australian and Victoria.

Cross country and road events were programmed and generally well supported by members in both our Northern and Southern regions. Bob Robertson as Fun Run Director always ensured that Southern courses were planned, set up and that provisions were available to participants at event end. Similarly, Jim Claxton, Gary Armstrong and Neil Hammersley provided a strong and varied program for Northern members. Our members were regular participants and competed with distinction in open competition, state championships and fun runs. Members participated in events such as the Gold Coast Marathon, Melbourne Marathon, City to Bay (Adelaide) and City to Surf (Sydney). Of particular note were the efforts of Shane Mundy and Shaun O'Regan who successfully completed the Boston Marathon in April 2010.

The new TMA website came online in July 2009 and has proven to be an effective communication medium for both new and prospective members as well as the public at large. Ben Hughes as Webmaster is to be congratulated and thanked for his time and effort in keeping the information up to date. Thanks are also extended to the contributors of information to the site.

After much investigation, discussion and consultation, new medallions were designed and acquired in March 2010 and awarded for the first time at the State Track & Field Championships.

A special general meeting was held in October 2009 and approved 2 changes to the Association's Constitution. The first gave the Committee the authority to determine the Annual Membership Subscription and the second, to change the financial year end from February to March so as to bring it in line with the end of the Summer Season.

As mentioned in the President's Report, the late Shirley Brasher recently became only the fourth person inducted into the Australian Masters Athletics Hall of Fame. It has given us much pleasure to present the Hall of Fame Plaque to members of the Brasher family at the annual general meeting today.

The President also mentioned the dual registration process with Athletics Tasmania. This is an excellent example of adding value for TMA members. I am happy to report that member benefit is a prime focus of the Committee and is achieved through new initiatives such as dual registration and as always by the remarkable amount of volunteerism that occurs to support the Association's activities. In that regard, a special thanks is extended to our partners and other family members who support us and enable us to do what we need to do. In particular I would like to thank my wife Joy for acting as ex officio minute secretary to the committee and her assistance and advice on a myriad of other secretarial matters.

In conclusion, I urge all members to actively participate in the conduct of your Association. A contribution as an official, assistance with administration or just support through participation in the activities provided will allow us to continue to be the strong and vibrant club that we are.

Mike Walker

TASMANIAN MASTERS ATHLETICS INC COMMITTEE – 2010/2011

President	Lynne Andrews	Uniform Director	Debbie Lance
Senior Vice President	Steve Lance	Statistician	Tracy Canham
Vice President (AS/AT Liaison)	Peter Lyden	Northern Delegate	Jim Claxton
Secretary	Michael Walker	North West Delegate	Craig Hicks
Treasurer	Alvin Johns	Committee Member	Bruce Campbell
Registrar	Michael Stevenson	Footnotes Editor (ex officio)	Jenny Stevenson
Track & Field Director	Sue Hanek	Webmaster (ex officio)	Ben Hughes
Fun Run Director	Bob Robertson	Auditor	John Noble
Equipment Director	Wayne French	AMA Delegates	Peter Lyden Michael Walker
Social Director	Alan Coleman		

State Championship Results**Men Shot Put 7.26kg** **Wind**

M40 Dwayne Kirkby	9.80m
M50 Dean Cole	9.03m
M55 Craig Hicks	10.38m
M60 Mills Lafferty (Qld)	8.88m
M70 Don Chambers (Vic)	9.51m

Women Shot Put 4kg

W40 Suzy Cole	7.63m
W45 Barbara Clayton	6.27m
W55 Adele Lucas	6.43m
M40 Dwayne Kirkby	4.20m

Long Jump

M30 Dan Lemoto	5.56m	-1.0
M70 Eric Lockett	3.90m	+0.0
M70 Don Chambers	3.86m	-0.6
W45 Barbara Clayton	3.07m	+0.0
W55 Adele Lucas	3.57m	0.3

Pole Vault

M70 Don Chambers Vic	2.20
M70 Eric Lockett	2.20
W45 Debbie Lance	1.80

60 Metre

M30 Dan Lemoto	7.39	NWI
M35 Craig Ross	8.45	NWI
M35 Peter Wierenga	8.53	NWI
M45 Greg Mann	8.55	NWI
M45 Shane McClenaghan	9.02	NWI
M50 Michael Gaffney	8.15	NWI
M50 John Doole	8.43	NWI
M50 David Wagner	10.03	NWI
M55 David Cresswell	11.24	-1.6
M60 Alan Coleman	8.39	-1.6
M70 Don Chambers	9.37	-1.6
M70 Eric Lockett	10.37	-1.6
M70 Varel Newmark	18.53	-1.6

60 Metre

W30 Marcia Lucas	8.63	0.7
W40 Suzy Cole	8.62	0.7
W45 Debbie Lance	8.88	0.7
W45 Barbara Clayton	10.35	0.7
W55 Adele Lucas	10.35	NWI
W60 Kate Johnstone	9.64	0.7
W65 Lynne Andrews	10.91	0.7

80 Metre Hurdles

M70 Don Chambers (Vic)	14.48	1.4
M70 Eric Lockett	17.74	1.4
W45 Barbara Clayton	18.25	1.4

Men 110 Metre Hurdles

M30 Dan Lemoto	19.49	NWI
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800 Metre

M351 Peter Wierenga	2:30.77
M35 Craig Ross	2:36.06
M35 Mark Kingsley	2:56.12
M40 Dwayne Kirkby	2:41.93
M45 John Jago	2:10.00
M50 John Doole	2:29.12
M50 Gerard Cronley	2:37.27
M50 David Wagner	2:38.16
M55 David Cresswell	3:30.36
M70 Jim Claxton	3:41.21
M70 Varel Newmark	6:09.94
M75 Barry Cook	3:14.56
M80 Eric Whiting	3:39.10
M80 Stan Harrex	4:19.88
W35 Vicki Ross	2:43.71
W40 Suzy Cole	2:12.11
W40 Francesca Smith	2:32.30
W40 Amanda Coombe	2:35.60
W45 Vicki Gunn	2:29.24
W45 Barbara Clayton	3:27.96

Women High Jump

W45 Barbara Clayton	1.00m
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Women 400 Metre Hurdles

W45 Barbara Clayton	1:40.13
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Men 300 Metre Hurdles

M60 Mills Lafferty Qld	72.65
M70 Don Chambers(Vic)	58.33
M70 Eric Lockett	64.94

Javelin Throw

M40 Dwayne Kirkby	35.32m
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M45 Greg Mann	27.97m
M50 Dean Cole	41.04m
M50 David Wagner	17.11m
M55 Craig Hicks	30.31m
M60 Mills Lafferty (Qld)	29.70m
M60 Alan Coleman	28.98m
M65 Michael Stevenson	26.38m
M70 Varel Newmark	4.69m
M80 Eric Whiting	14.39m
W35 Tracy Canham	17.82m
W40 Suzy Cole	27.66m
W40 Susan McClenaghan	20.60m
W45 Barbara Clayton	12.39m
W55 Adele Lucas	12.67m

100 Metre

W30 Marcia Lucas	14.11	0.9
W45 Barbara Clayton	17.26	0.9
W55 Adele Lucas	16.09	0.9
W60 Kate Johnstone	15.81	0.9
W65 Lynne Andrews	18.44	0.9
M30 Dan Lemoto	11.60	-0.3
M35 Craig Ross	13.42	-0.3
M35 Peter Wierenga	13.49	-0.3
M40 Dwayne Kirkby	14.05	-0.3
M45 Greg Mann	13.74	-0.3
M45 Shane McClenaghan	14.45	-0.3
M50 John Doole	13.38	-0.2
M50 David Wagner	16.58	-0.2
M55 David Cresswell	18.67	NWI
M70 Don Chambers (Vic)	15.06	NWI
M70 Eric Lockett	16.94	NWI
M70 Varel Newmark	30.95	NWI
M80 Eric Whiting	21.56	-0.2

5000 Metre

M30 Ben Hughes	23:01.38
M35 Matthew Page	19:00.35
M35 Mark Kingsley	22:12.48
M45 Craig Canham	19:11.87
M50 Alvin Johns	17:51.09
M50 Stephen Fenton	18:35.92
M50 David Wagner	19:34.76
M50 Gerard Cronley	19:41.49
M55 Chris Gates	19:14.07
M55 Phil Grimmond	20:40.95
M60 Michael Walker	19:20.57
M60 Robert Gunn	20:50.63
M60 Len Powell	24:31.30
M70 Roy Beadell	26:05.39
M75 Barry Cook	25:36.57
M80 Eric Whiting	27:44.82
M80 Stan Harrex	32:28.85
W35 Andrea Marquardt	18:44.57
W35 Vicki Ross	19:48.79
W40 Carolyn Davis	19:15.56
W45 Barbara Clayton	28:55.29

Hammer Throw

M35 Ricard Meiring	59.49m
M55 Craig Hicks	27.05m
M60 Mills Lafferty (Qld)	30.35m
M70 Don Chambers (Vic)	28.09m
M70 Varel Newmark	6.77m
W35 Tracy Canham	28.92m

Triple Jump

M40 Dwayne Kirkby	8.29m	0.9
M70 Don Chambers (Vic)	7.89m	1.3
W45 Barbara Clayton	6.61m	0.8

Men High Jump

M40 Dwayne Kirkby	1.40m
M70 Eric Lockett	1.26
M70 Don Chambers (Vic)	1.10

200 Metre

M30 Dan Lemoto	23.17	NWI
M35 Peter Wierenga	26.73	NWI
M35 Craig Ross	27.45	NWI
M45 Greg Mann	28.71	NWI
M45 Shane McClenaghan	30.02	NWI
M50 John Doole	27.19	NWI
M50 David Wagner	32.26	NWI
M60 Alan Coleman	28.53	NWI
M70 Don Chambers(Vic)	31.99	NWI
M70 Eric Lockett	34.53	NWI

M70 Varel Newmark	67.59	NWI
M80 Eric Whiting	49.96	NWI
W30 Marcia Lucas	28.82	NWI
W40 Francesca Smith	31.97	NWI
W45 Barbara Clayton	37.60	NWI
W55 Adele Lucas	32.40	NWI

Men 5000 Metre Race Walk

M50 David Moore	35:54.3
M60 Lawrie Marsh	29:32.6
M70 Varel Newmark	48:24.8
M80 Stan Harrex	41:29.4

400 Metre

W35 Vicki Ross	73.89
W40 Amanda Coombe	69.30
M30 Dan Lemoto	51.00
M35 Peter Wierenga	59.34
M35 Craig Ross	64.08
M50 John Doole	60.72
M50 David Wagner	70.62
M50 Gerard Cronley	73.05
M60 Alan Coleman	63.81
M70 Eric Lockett	1:25.27
M70 Varel Newmark	2:55.53
M75 Barry Cook	1:27.22

Discus Throw

M30 Dan Lemoto	22.50m
M40 Dwayne Kirkby	29.66m
M50 Steve Lance	21.01m
M50 David Wagner	18.24m
M55 Craig Hicks	28.61m
M60 Mills Lafferty (Qld)	25.61m
M70 Nye Evans	26.55m
M70 Eric Lockett	19.52m
M70 Varel Newmark	10.08m
M80 Eric Whiting	24.86m
W351 Tracy Canham	20.67m
W40 Susan McClenaghan	19.41m
W45 Barbara Clayton	14.64m

1500 Metre

M30 Dan Lemoto	5:11.11
M30 Ben Hughes	5:50.11
M35 Peter Wierenga	5:25.11
M35 Mark Kingsley	6:02.41
M45 John Jago	4:21.01
M45 Phillip Clarke	4:21.56
M45 Craig Canham	5:19.38
M50 Gerard Cronley	5:21.81
M50 David Wagner	5:44.93
M55 Peter Lyden	4:52.73
M55 Phil Grimmond	5:23.32
M60 Michael Walker	5:29.22
M60 Len Powell	6:38.58
M70 Jim Claxton	7:36.49
M75 Barry Cook	6:39.76
M80 Stan Harrex	9:09.04
W35 Vicki Ross	5:32.65
W40 Francesca Smith	5:07.70
W45 Vicki Gunn	5:05.65
W45 Barbara Clayton	7:32.06

Weight Throw

M30 Dan Lemoto	8.70m
M35 Ricard Meiring	17.64m
M55 Craig Hicks	9.28m
M60 Mills Lafferty (Qld)	11.26m
M70 Don Chambers (Vic)	11.99m
M70 Varel Newmark	4.97m
W35 Tracy Canham	10.72m



10k Championships

AMA Championship Results

60m	Time	Wind	Age Graded Percentage
Finals			
W30 3 Lucas, Marcia	8.37	2.4	8.3782.68%
W45 2 Lance, Debbie	8.30	1.5	7.34 94.34%
W55 2 Lucas, Adele	9.51	3.0	7.75 89.38%
W60 3 Johnstone, Kate	9.28	3.0	7.14 96.98%
W65 6 Andrews, Lynne	10.97	2.0	8.07 85.78%
W75 3 Zeitzen, Anna	13.22	NW1	8.66 79.95%
M50 8 Gaffney, Michael	14.19	3.1	12.56 50.88%
Preliminaries			
M55 12 Cresswell, David	11.19	2.4	9.31 68.63%
Finals			
M65 4 Stevenson, Mick	8.67	0.4	6.77 94.46%
M75 4 Zeitzen, Barry	13.31	1.7	9.85 64.91%
100m			
Finals			
W30 1 Lucas, Marcia	13.25	3.3	13.25 79.17%
W45 3 Lance, Debbie	13.41	3.9	11.72 89.49%
W55 2 Lucas, Adele	15.46	2.0	12.45 84.28%
W60 3 Johnstone, Kate	15.15	2.0	11.52 91.09%
W75 3 7519 Zeitzen, Anna	22.45	2.6	14.52 72.29%
Preliminaries			
M55 12 Cresswell, David	18.78	1.4	15.82 61.93%
Finals			
M75 4 Zeitzen, Barry	23.41	3.0	17.12 57.20%
100m Outdoor Pentathlon			
W55 2 Lucas, Adele	16.07	-1.6	13.06 80.34%
200m			
W30 1 Lucas, Marcia	28.34	2.2	28.34 75.30%
W55 2 Lucas, Adele	31.77	2.0	24.97 85.46%
W60 2 Johnstone, Kate	32.48	2.0	24.03 88.82%
W75 3 Zeitzen, Anna	55.03	1.8	34.69 61.53%
M50 6 Wagner, David	31.39	0.8	27.06 71.42%
M55 9 Cresswell, David	37.70	2.7	30.56 63.24%
M65 5 Stevenson, Mick	30.13	3.3	22.75 84.93%
M75 4 Zeitzen, Barry	50.34	2.0	34.29 56.36%
400m			
W40 1 Cole, Suzy	57.71		52.32 90.99%
W40 4 Coombe, Amanda	69.01		61.29 77.67%
M65 4 Stevenson, Mick	68.94		51.28 84.20%
M75 2 7520 Zeitzen, Barry	1:43.28		67.46 64.02%
800m			
W40 1 Cole, Suzy	2:10.48		2:06.86 89.30%
W40 4 Coombe, Amanda	2:32.25		2:25.46 77.88%
M45 1 Jago, John	2:06.07		1:50.58 91.44%
M4510 French, Wayne	2:25.37		2:09.76 77.93%
M55 9 Cresswell, David	3:40.04		2:57.67 56.91%
M75 2 Zeitzen, Barry	4:16.41		2:50.36 59.35%
M80 2 Whiting, Eric	3:32.96		2:05.08 80.84%
M80 4 Harrex, Stanley	4:26.99		2:41.21 62.72%
800m Outdoor Pentathlon			
W55 1 Lucas, Adele	3:08.69		2:37.67 71.85%
1500m			
W40 1 Cole, Suzy	4:42.24		4:26.98 87.08%
W40 5 Coombe, Amanda	5:32.87		5:08.18 75.43%
M45 1 Jago, John	4:25.65		3:49.18 89.89%
M45 8 French, Wayne	5:02.92		4:26.18 77.39%
M50 5 Wagner, David	5:17.95		4:22.44 78.50%
M55 2 Lyden, Peter	4:49.4h		3:56.76 87.01%
M75 1 Zeitzen, Barry	8:11.78		5:24.38 63.51%
M80 2 Whiting, Eric	7:26.70		4:25.12 77.70%
M80 4 Harrex, Stanley	9:00.39		5:28.83 62.65%
M80 5 Campbell, Bruce	9:54.17		5:43.67 59.94%
1500m Outdoor Pentathlon			
M50 1 Wagner, David	5:18.16		4:31.94 75.75%
5000m			
M40 1 Roach, Brett	16:46.79		15:51.52 79.56%
M45 2 Jago, John	16:36.47		14:38.59 86.16%
M45 8 French, Wayne	19:22.82		17:21.66 72.67%
M50 2 Johns, Alvin	17:55.07		15:40.37 80.50%
M50 7 Wagner, David	19:34.14		16:33.91 76.16%
M55 2 Lyden, Peter	18:12.09		15:16.81 82.57%
M55 5 Gates, Chris	19:45.61		16:35.32 76.06%
M55 10 Cresswell, David	28:20.90		22:59.95 54.86%
M60 2 Walker, Michael	19:45.82		15:28.74 81.51%
M80 2 Whiting, Eric	26:25.31		15:23.45 81.98%
M80 4 Harrex, Stanley	31:46.90		19:01.29 66.33%

8k CC

M40 1 Roach, Brett	28:54.4h	27:19.1977.61%
M45 2 Jago, John	29:32.9h	26:03.17 81.39%
M45 4 French, Wayne	33:29.2h	29:59.85 70.67%
M50 2 Johns, Alvin	30:56.0h	27:03.45 78.34%
M55 4 Lyden, Peter	31:46.8h	26:40.76 79.45%
M55 7 Gates, Chris	33:40.5h	28:16.22 74.98%
M55 12 Cresswell, David	49:19.3h	40:00.89 52.99%
M60 1 Walker, Michael	33:40.8h	26:22.70 80.36%
M80 3 Harrex, Stanley	57:11.8h	34:13.94 61.92%
M804 Campbell, Bruce	1:06:18.0h	37:31.55 56.49%

10k

M40 1 Roach, Brett	35:27.62	33:30.82 78.58%
M50 1 Johns, Alvin	37:34.23	32:51.78 80.13%
M50 5 9 Wagner, David	42:35.20	36:02.98 73.05%
M55 5 Gates, Chris	40:57.96	34:23.46 76.57%
M60 2 Walker, Michael	41:48.78	32:44.88 80.41%
M80 1 Harrex, Stanley	1:05:00.51	38:54.46 67.68%
M80 3 Campbell, Bruce	1:15:52.92	42:56.96 61.31%
M80 3 Harrex, Stanley	41:13.89	25:20.46 70.87%

100 Short Hurdles

M65 1 Stevenson, Mick	18.02	4.3	14.15 91.23%
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300 Long Hurdles

M65 1 Stevenson, Mick	54.01	52.60 88.95%
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W40 400 Long Hurdles

W40 1 Cole, Suzy	73.73	68.46 76.45%
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2000m Steeplechase

W40 1 Cole, Suzy	7:21.98	9:48.94 91.96%
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Women 4x100m Relay Women 120+

2 Tasmanian Masters Athletics 'A'	78.71
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- 1) Lucas, Marcia 31
- 2) Cole, Suzy 40
- 3) Coombe, Amanda 42
- 4) Lance, Debbie 48

Women 4x400m Relay Women 160+

3 Tasmanian Masters Athletics 'A'	4:56.40
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- 1) Lucas, Marcia 31
- 2) Coombe, Amanda 42
- 3) Lucas, Adele 56
- 4) Johnstone, Kate 62

High Jump

W45 1 Lance, Debbie	1.25m	1.51m 72.67%
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Pole Vault

W45 2 Lance, Debbie	2.23m	3.03m 58.99%
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Long Jump Outdoor Pentathlon

W55 1 Lucas, Adele	3.89m	0.8	5.25m 69.84%
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M50 6 Wagner, David	3.12m	-0.7	3.91m 43.76%
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Long Jump

M65 1 Stevenson, Mick	4.22m	5.1	7.02m 78.44%
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Shot Put Outdoor Pentathlon

W55 3 Lucas, Adele	6.86m	10.42m 46.04%
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Shot Put

W75 3 Zeitzen, Anna	6.10m	15.90m 70.28%
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Shot Put

M80 1 Whiting, Eric	8.58m	14.49m 62.67%
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Discus Throw Outdoor Pentathlon

M50 5 Wagner, David	17.87m	17.87m 24.12%
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M80 1 Whiting, Eric	23.61m	48.29m 65.18%
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Javelin Throw Outdoor Pentathlon

W55 3 Lucas, Adele	12.67m	19.57m 26.81%
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M50 5 Wagner, David	17.05m	21.80m 22.14%
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Javelin Throw

M65 6 Stevenson, Mick	27.40m	49.74m 50.52%
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M80 2 Campbell, Bruce	14.78m	34.91m 35.45%
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Outdoor Pentathlon

W55 1 Lucas, Adele	2825
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M50 5 Wagner, David	1784
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**SURFACE
MAIL**

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TMA Inc.
GPO Box 890
Hobart, Tasmania, 7001

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