



FOOTNOTES

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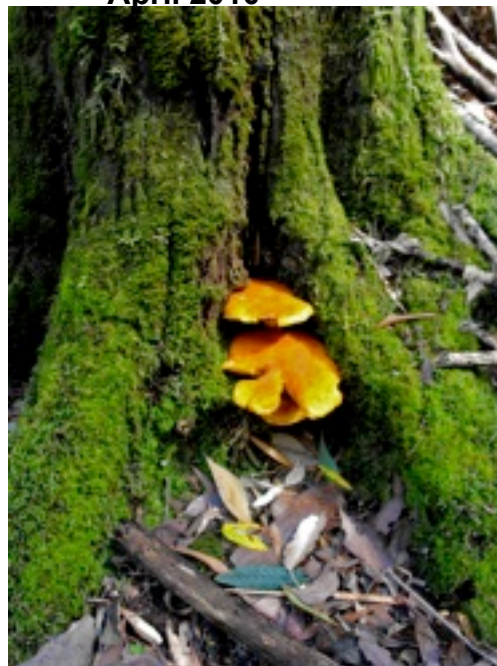
Print Post Approved PP 764326 / 00028

VOLUME 31, NUMBER 4

INSIDE THIS ISSUE

Calendar South & North	2/3
Northern Notes	3
Presidents Message	4
Proposed Life Member- Gary Armstrong	5
Boston Marathon-Shaun O'Regan	6/7
Kamloops-Amanda Coombe	8/9
Records	10/11
Northern T&F Results	12
Pentathlon Results	13
Winter Throws	13
AMA Championships - Perth	13
Photo Album - Perth	14

April 2010



Lady Barron Falls Walk NP



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1 Closing date for next issue 25th May 10

TMA, AS, AT Southern Winter Calendar 2010

MAY

Sat 1	AS	*Police Academy Road 4km & 8km	Rokeby
Sun 2	TMA	Tolosa St Dam - Dave & Adele Lucas 10.00am Start	Tolosa Street
Sat 8	AS/RWT	John Keenan Memorial Government House 3.2km (includes RWT Walks)	L. Domain
Sun 9	TMA	Jim Burr Memorial 9.00am Start	GPO Hobart
Sun 9	S2F	Mothers Day Classic Fun Run 4km & 8km	DAC Domain
Sat 15	AS	Wentworth Park Handicaps 3km & 6km	Howrah
Sun 16	SAB	City to Casino	
Sat 22	AS	Bagdad Cross Country 4km & 8km	Bagdad
Sun 23	RK	Rotary Kingston Fun Run 6km & 11km 9.30am Start	
Kingston			
Sat 29	# AS/RWT	Max Cherry Memorial Ridgeway Rd 2.5km & 5km (includes RWT Walks)	Ridgeway
Sun 30	TMA	AGM after Run	Campbell Town

JUNE

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

JULY

Sat 3	AS/RWT	Kempton Road 4km & 8km (includes RWT Walks)	Kempton
Tue 6	AT	Tasmanian All Schools (Secondary) Cross Country	Symmons Plains
Sat 10	AT	Tasmanian Cross Country Relays	Symmons Plains
Wed 14	AT	Tasmanian All Schools (Primary) Cross Country	Symmons Plains
Sat 17	# AS	5 Mile Beach Cross Country 4km & 8km	5 Mile Beach
Sun 18	EVS	Launceston Ten Fun Run	Launceston
Sat 24	AS	Opossum Bay Cross Country 5km & 10km	Opossum Bay
Sat 31	AT/TMA	IGA Tasmanian Cross Country Championships (Combined AT & TMA Age Related Distances)	Pontville

AUGUST

Sat 7	AS	Froggy Wise Memorial Handicaps 2.5km & 5km	Waterworks
Sat 14	AS	Police Academy Cross Country Handicaps 4km & 8km	Rokeby
Sun 15	AS	Budget Rent A Car Fun Run & Walk 2.5km & 5km	Hobart
Sat 21	AS	Axiom Way Cross Country 3.5km & 7km	Acton
Sat 21	AA	Australian XCountry Champs including All Schools & Primary Exchange	Brisbane
Sun 22	AA	Australian Schools XCountry Champs Relays & Australian Walks Titles	Brisbane
Sat 28	AS	Domain Cross Country 4km & 8km	Domain X Roads

SEPTEMBER

Sat 4	# AS	Tas Bevis Memorial Cross Country 5km & 10km	Huntingfield
Sat 11	AS	Gellibrand Drive Cross Country 3km & 6km	Sandford
Sat 18	AS	Tolosa Park Relay 4 Runners x 3 x 1mile	Glenorchy
Sun 19	AT	Mosey Along the Mersey Fun Run including Tas Rd Champs 5m Series	Devonport
Sun 26	TMA	Brighton Country Challenge 4km & 8km 11am Start	Pontville

OCTOBER

Sun 3	AT	Tasmanian Mountain Running Championships	Mt Wellington
Sun 17	BSE	Burnie Ten	Burnie

NOVEMBER

Sun 21	ET	Point to Pinnacle	Hobart
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DECEMBER

Sat 4	ULT	Bruny Island Ultra Run/Relay 64km	Bruny Island
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Northern Winter Program

May 2	Evandale	8k, 4k
May 9*	Longford	9.2k, 4.6k
May 23*	Three Leg Race	3k, 8k, 3k
June 6	Road Championships (combined AT&TMA Age Related Distances - Campbell Town)	
June 13	Beauty Point	7k, 3.5k
June 27	Prospect	TBA
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 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	

NORTHERN NOTES

Well we are into the Winter Program, a few people missing, some are traveling overseas and have been caught with transport trouble, had to train from Vienna to Amsterdam, standing for a lot of the way, like 12 hours plus. Hope the five ladies have by now joined their tour and are having a great time. I'm sure we will hear some stories in the next few weeks from Jill, Christie, Gill, Christine and Alwynne.

A good field started the first Nominated Time Event and the winner Shaun O'Regan was right on the ball with his time, we hope this all relates back to his good training and allows him to have a great run in the Boston Marathon.

Shaun and Mark Fyfe had a tough tussle but eventually Mark got the better and recorded the fastest time of the day. Good performances were also recorded by Doug Ashfield and Tanya Jensen.

Thanks to Jimmy Claxton for looking after the time keeping and calculating the results.

First Shaun O'Regan, Second Tanya Jensen, Third Glynis Jetson.

Heritage Forest 7.2Km 11 April			
Name	Nominated Time	Actual Time	Difference
Shaun O'Regan	31:01	31:01	Spot on
Tanya Jensen	36:10	35:57	:13
Gary Armstrong	39:00	38:29	:31
James McLetchie	34:30	33:57	:33
Mark Fyfe	30:00	30:34	:34
Colleen Bugg	40:00	40:37	:37
Neil Hammersley	38:27	37:47	:40
Max Loffel	37:15	36:34	:41
Doug Ashfield	32:20	31:26	:54
Graeme Warren	37:00	35:42	1:18
Man'e Bird	43:00	40:15	2:45
Debbie O'Regan	50:00	46:37	3:23
Barb Clayton	50:00	44:47	5:13
Short Course 3.6km			
Glynis Jetson	28:00	28:09	:9
Gerard Little	28:30	29:18	:48
Eric Welsh	26:30	23:42	2:48

For members competing in the short course events, your nominated time difference is double then calculated in with long course competitors to determine overall placings for the day. Prize money is paid for most events and you must be a financial member to receive

it. However if you are not on the day then the prize money is used to make you a financial member.

Membership fees are now due and must be paid before June otherwise you lose your accumulated consistency trophy points.

The second run of the winter program was held in very warm weather over a very good course from the Tailrace into town through Royal Park and along Lindsay Street and return. You nearly end up turning opposite where you start but on the other side of the river.

Fastest time today was by the race horse Dave Wagner, lucky to see which way he went.

Good times were also recorded by Pete Wierenga and James Mc Letchie. Seems to be a lot of foxing by some people and discussion on who might win the Consistency Trophy this year. Gary Armstrong seems to think he's in with a chance already after a couple of reasonable performances but I think he will be like his favorite football team (Collingwood) and fall in a hole come September

First today was Pete Wierenga, Second Dave Wagner and Third Colleen Bugg.

Once again course signage and time keeping was arranged by Gary and Jim, may thanks from all.

Riverside Tail Race 8.76 Km 18 April			
Pete Wierenga	41:00	41:02	:02
David Wagner	36:30	36:37	:07
Colleen Bugg	50:00	50:13	:13
Gary Armstrong	47:15	47:33	:18
Neil Hammersley	47:35	47:11	:24
Garry Rossiter	48:5	49:16	:26
Debbie O'Regan	53:00	52:21	0.39
Max Loffel	45:50	46:52	1.02
Lorraine Lee Archer	52:30	50:38	1.52
James McLetchie	41:00	43:12	2.12
Tanya Jensen	45:30	43:04	2.26
Graeme Warren	42:00	45:18	3.18
Short Course 4.38Km			
Judy Wagner	45:00	42:30	2.30
Debbie Rowley	40:00	42:3	2.30
Nye Evans	28:00	25:29	2.31
Paige Wierenga	24:00	20:24	3.36
Viv Knight	29:05	25:22	3.38
Gerald Little	36:25	32:04	4.01
Eric Welsh	30:00	25:36	4.24
Glynis Jetson	38:00	32:58	5.02

Presidents Message - April 2010



April has been a very busy month, first with the State Masters Championships which were held most successfully in conjunction with Athletics Tasmania's Tasmanian Track and Field Championships. Our green and gold uniforms denoted a strong presence. Richard Welsh in the Mercury highlighted performances by Alan Coleman, Dan Lemoto and visitor Don Chambers, and it was exciting to see the throws well-represented by athletes such as Ricard Meiring. Stephen Rae broke Masters records in the AT 800m and 400m. These were just a few of the fine performances and the list of state records makes good reading. Special thanks to Brian Roe and Steve Lance for the collaboration that allowed the successful combination of the two events.

At Easter, 24 Tasmanian Masters athletes continued their success at the Australian Masters Athletic Championships in Perth. The meet was well organised at the fantastic new venue with fast track surrounded by grassed, shaded areas. Many Tasmanians were multi-medal-winners in their age groups, some achieved very high age-graded percentages and many records were broken. The Mercury published a great feature on Suzy Cole (40), who thrilled the crowd by leading all the way in the 800m, breaking Judy Pollock's 1983 Australian record in 2.10.50. In the 2000m steeplechase she lapped the whole field and won in a time of 7. 21.98. Suzy also won the 400m, 400m hurdles and 1500m.

Our youngest Tasmanian, 31 year-old Marcia Lucas, won gold in the 100m and 200m sprints and bronze in the 60m while Mick Stevenson (69) and Eric Whiteley (82) each took home a swag of medals in both track and field events. Other outstanding performances were by John Jago (49) who excelled with a gutsy, tactical run amongst strong competition, gaining gold in the 1500. He also won gold in the 800m and silver in the 5000m. Brett Roach (40) won gold in the 10,000m and 5000m and Kate Johnstone's fast 100m sprint (W60-64) earned her a place in the special Champion of Champions race.

At the dinner a huge gathering of athletes enjoyed the presentations. Very special for Tasmanians was Shirley Brasher's Hall of Fame award. Joy Walker accepted the plaque with an excellent speech explaining how Bruce Campbell and she had compiled the information on Shirley's long career. Thanks to Bruce and Joy for this wonderful work which highlights Shirley's passion and achievements that inspire us all. The plaque will be presented to the Brasher family at our AGM.

After all the excitement on Monday we finished with a most enjoyable Tassie gathering for refreshments (thanks Steve) in the park. Best wishes for a quick recovery to Mike Gaffney whose leg injuries caused him to stop short mid-race and spend the rest of the time icing up at his hotel. Also to Debbie Lance who, in a leading position, sadly collapsed in the final relay leg but then roused from unconsciousness and torn hamstring to jog to the finishing line for the sake of the team, accepting the silver medal from a wheelchair!

Finally, a few reminders – enjoy the Jim Burr Run on Sunday May 9. Send your committee nominations in by Thursday May 20 and write the details of the AGM on your calendar: Sunday May 30 at Campbell Town – 11am fun run (Town Hall), 12.15pm lunch and 1.00pm AGM at The Grange.
Lynne Andrews

Golden week for Suzy

BRETT STUBBS

SUZY Cole can't help wondering what might have been if she had only taken up running earlier.

After just three years in athletics, Cole won five Australian Masters Championships gold medals in the 40 to 44 age group in Perth at the weekend, including breaking Judy Pollock's 1983 Australian 800m record.

"I feel like I should have been running 20 years ago," Cole said.

"But education, job, family and everything came in front of that.

"You always regret the things you haven't done. I'm 40 now and I just wonder what I could have done. That I suppose is my mid-life crisis.

"The last time I was



TOO EASY: Suzy Cole leaves her rivals well behind as she strides out for an easy win in the 800m.

running, I was in primary school. This is my third season now, so I started at age 37. The first season was fairly woeful, but I had enormous fun and everyone was so supportive, and in that atmosphere you keep going."

Cole was more excited about setting a personal

best of 2min 10.5secs for her pet 800m rather than breaking the long-standing Australian record, and took out gold in the 400m, 400m hurdles, 1500m and the 2000m steeplechase – where she lapped the entire field.

"I enjoy steeplechase, but technically there are

still a lot of improvements I need to make," Cole said.

"There is a lot to it and I certainly look up to the likes of Donna MacFarlane."

As well as a full-time East Devonport secondary school maths and science teacher, Cole has also been busy raising six

children aged between 14 and four.

"I started running because my eldest daughters were getting into it. It was something I could do with the kids and it's pretty bad when little kids are faster than you are.

"You've got to be fit to keep up with them."

Gary Armstrong

Proposed Life Member

Gary Armstrong's education was undertaken at Edith Creek then Smithton Primary School before moving to Launceston and attending Kings Meadows High. On leaving school Gary worked at Coats Patons Woollen Mill at Launceston, spent 28 years there and was one of the last employees to leave on its closure. Gary has since been with Waverley Woollen Mill for 12 years, is currently a Department Head and also a Union Rep.

Gary is married to Trina and has two adult daughters and two grandchildren. He considers his wife to be very supportive and patient in regard to his involvement in athletics due to the amount of his time it takes up. Hobbies, when time permits outside of athletics, are stamp and coin collecting plus playing his Lap Steel Guitar (could be a Jimmy Hendrix in another life). He enjoys Blue Grass and Country Music but does not have a particular favourite artist. His favourite foods are roast lamb meals and vegetables or spaghetti bolognaise. And in his lifetime he would love to see Collingwood win another AFL Grand Final... have to be lucky.

Gary started running in local fun runs and progressed to the Burnie Ten. After around three years he had a few runs with the Launceston Athletic Club and when their winter season finished a Vets Member encouraged him to come and have a run over the summer on the St Leonard's Athletic Track on a Wednesday evening in October 1989 with the Northern Masters and he has been involved ever since.

Some of Gary's most enjoyable events have been competing in the Southern Cross Marathon at Richmond, Bruny Island Ultra Teams event and the Northern Masters Three Leg Race. One of his proudest achievements in athletics has been to be awarded the Jim Burr Trophy (2008). He has also won the Oakley Shield (1993/94), the President's Trophy (2001/02) and the Northern Winter Consistency Trophy (2004 & 2005). Although hampered with knee problems in recent years Gary would like to be able to continue running within his limitations to achieve 300 runs with the Launceston Athletic Club and sneak another win, plus run a Launceston Ten, enjoy his Masters runs and perhaps win another Winter Consistency Trophy.

Gary has served in the following capacities: Northern Committee member (1989/90 to 1997/98), Northern Branch President/Chairman (1998/99 to 2008/09) and Northern Delegate to TMA (1998/99). He took over the Winter course programme from Peter Wheeler and continues as timekeeper for both Winter and Summer programmes.

Gary has a great passion for running and is ever on the lookout for people to add to his training group and recruit them into Masters. He enjoys coaching and encouraging a group of athletes each week known as Armstrong's Athletic Achievers who have various abilities and he gets great satisfaction when he sees them achieving more than they ever thought they were capable of. Some of his successes are: Taylor Roberts, now under 16 AIS basketball, Josh Harris, under 16 TIS running and Sam Hellyer (deceased) under 14 AIS cycling. He also coaches people over 30 who want to improve their fitness, would in the future like to get more involved with junior athletes and looks forward to the day when he will be able to take his granddaughter to Little Athletics.

Neil Hammersley



THE 2010 BOSTON MARATHON THROUGH THE EYES OF A VERY ORDINARY RUNNER

This year is the 2500th anniversary of the Battle of Marathon where legend has it that the Greek messenger Pheidippides ran 25 miles from Marathon to Athens to report their victory over the Persians and then dropped dead. At the inaugural modern Olympics in Athens in 1896, the organizers decided to run a race from Marathon to Athens to commemorate Pheidippides' legendary feat – and so began the Olympic Marathon.

Most of the American athletes at the Athens Games were members of the Boston Athletic Association, which was so taken with the marathon concept that they decided to hold their own marathon the following year to celebrate Patriots' Day. The Boston Marathon has been held every year since and the 114th Boston marathon was run on April 19th this year. I was fortunate enough to be one of this year's runners.

While the original marathon distance was 25 miles this became 26.2 miles (42.2km) at the 1908 London Games when the distance was extended so the race finished at the royal box. We can therefore blame the British monarchy for the pain and suffering every marathoner endures in the final 1.2 miles (2 km)!

The Boston Marathon is the world's oldest, longest running and most prestigious marathon. It is also arguably the most challenging because of its hilly course and variable weather conditions. It is one of the 5 marathons comprising the World Marathon Majors, along with the Berlin, Chicago, London and New York marathons. To gain entry into the race runners must run a qualifying time based on gender and age in an accredited marathon. Within Australia, the approved marathons include Melbourne, Canberra and Gold Coast. At 56 years of age I had to run 3:45 or better to qualify and in July 2009 I ran the Gold Coast Marathon in 3:42. This gained me entry into a field of 25,000 qualifiers. In fact, official statistics from this year's race show 26,735 entrants and 23,126 starters. Unfortunately a number of registrants were unable to fly to Boston because of the volcanic ash cloud hanging over Europe.

In fact the Boston Marathon isn't run in Boston – it just finishes there. The race starts in the hills in a little country town, Hopkinton, some 40km outside the city, and runs through 6 other rural towns before finishing in the Back Bay area of downtown Boston.

The race is effectively a downhill run starting approximately 140 metres above sea-level and ending almost at sea-level. While this sounds easy it's actually very deceiving for a couple of reasons. Firstly, while the finish lies 140 metres below the start, there are numerous little and not so little up-hills along the way. The worst and most famous of these is Heartbreak Hill, which is challenging not only because of its incline and length but more-so because of its location – at the 33 km mark! So runners get to hit the "wall" and the "hill" simultaneously! Secondly, the down-hills offer no respite and are challenging in their own right.

The Boston Marathon is now held on the 3rd Monday in April, which is early spring. The weather at this time of the year is extremely variable but the race is often run in wet and windy conditions, in temperatures generally ranging from 40 to 60 degrees Fahrenheit or approximately 5 to 15 degrees in our language, although more extreme conditions may be encountered. 40 hours after leaving home I finally arrived in Boston late on Friday night, 2 days before the race. I awoke early Saturday morning to a cold, wet and blustery day. I couldn't believe I'd travelled half-way around the world to encounter weather typical of mid-winter in Tasmania!

I finally worked out the Boston subway system and managed to find the marathon expo at the Hynes Convention Centre. This wasn't all that hard to do as thousands of other people in running shoes all headed in the same direction. The expo operated on the Friday, Saturday and Sunday before the race and apart from everything else this was where runners had to collect their race kits. The convention centre was packed, however it took only a few minutes to collect race kits because of the efficient system. Efficiency was a hallmark of the entire Boston Marathon event. After 114 years the organizers have got it down pat!

The expo was an amazing site with many dozens of booths selling or demonstrating every conceivable running product from shoes to advice on training and nutrition, while in other rooms experts gave presentations on how and how not to run the Boston Marathon, nutrition, injury prevention and management, post-race recovery and so on. I found these presentations to be incredibly interesting and informative and I largely owe the fact that I finished the Boston Marathon in reasonable shape to these talks.

The weather on Sunday was a repeat of Saturday and I resigned myself to a long, wet, painful run, however I was delighted to rise early on Monday morning to a clear, still but cold day. The forecast temperature range was 2-10 degrees Centigrade. After a light breakfast of bagel and banana I found my way via the subway to the buses which shuttled runners out of Boston to the Athletes Village in Hopkinton near the race start. Again runners were efficiently loaded onto a seemingly endless convoy of buses which left Boston from about 6.30am onwards to have everyone in Hopkinton in plenty of time to relax and prepare for the start.

On my bus ride I sat beside a youngish (relative to me) Canadian lady who was a veteran of over a dozen marathons, including 3 tilts at Boston. She told me that she had run 3 sub 3:30 marathons in Berlin, New York and Vancouver but hadn't yet managed a sub 4 hour Boston race. I didn't want to hear anymore, however she assured me that this would be the most testing race I ever ran! This, on top of the advice of the Race Director, that Boston debutantes should add 10% to their target time if they wanted to finish, really psyched me out.

The Athletes Village comprised a number of enormous tents in which runners could shelter from the cold wind and fuel up on fruit, energy bars and fluids. Most runners wore an extra layer of discardable clothing and checked warm clothes and other items required at the finish onto buses, which would be waiting near the finish line in Boston. I found it difficult to keep warm and was relieved when I was finally called to the starting line just before 10.30am. Runners were assigned to a corral based on their qualifying time. Each corral contained 1,000 runners. Wheelchair athletes, followed by elite women runners and then elite male runners and faster qualifiers had started earlier. This staggered start helped reduce road congestion and ensured that runners of similar pace ran together.

My race started uneventfully and I ran the first 20 kilometers at a controlled 5min/km pace. We had been warned that most non-finishers went out too fast and did not give the initial downhill kilometers the respect they deserved. The atmosphere was amazing with thousands of spectators lining the course. As we passed through each small town local folk offered shouts of encouragement, oranges, cookies and drinks and live bands played music. As we ran through Wellesley near the halfway mark the girls of Wellesley College screamed their encouragement and offered hugs and kisses to anyone prepared to stop. This is an entrenched part of the Boston experience and every year the college students try to make more noise than last year.

I comfortably ran through the halfway point in a touch under 1:45 which was spot on my target pace of 5min/km. Prior to travelling to Boston I had notionally set a best-case goal time of 3:30, however after reviewing the course and speaking to race veterans I had revised this to 3:45 as a best-case scenario. In anticipation of the notorious Newton Hills of which Heartbreak Hill is the 4th and last, I wanted to complete the first half of the race in 1:45 which I managed to do.

As I crested the first of the Newton Hills somewhere around the 25km mark I felt the first twinges of cramp in my right hamstring. As a runner prone to cramping I quickly washed down a couple of magnesium tablets with Gatorade at the next drink station and backed off my pace. The cramp neither fully abated nor worsened as I ran through the Newton Hills at a conservative 6min/km pace. I dared not risk finishing for the sake of a few minutes extra in the hills. By the time I crested Heartbreak Hill I was struggling and unfortunately running down the other side was just as hard as my quadriceps objected to the pounding they'd already taken on earlier descents.

I ran through the 35km near Brookline at a slightly improved pace but feeling no stronger. By the time I passed 40km and entered Boston I craved the finish line. I can honestly say that the last mile through Boston was the longest and most difficult mile I've ever run. Even so close to the finish I feared I might fall and not get up (as I saw two others do). I was aware of the screams of encouragement from

of spectators but too tired to take any comfort from them. When I finally crossed the finish line in 3:45:37 I felt only one emotion – relief.

After collecting my finisher's medal and another drink and being wrapped in a silver space blanket I headed towards the bus to collect my belongings. Halfway there the cramp in my hamstring finally took hold. I was helped to the hospital tent by a volunteer for treatment. As I entered the enormous marquee I could scarcely believe my eyes. It reminded me of a scene from MASH. There were dozens of runners lying on stretchers and beds – some on IV drips – and many more people in wheelchairs. Doctors, nurses and volunteers ran in all directions. The girl beside me couldn't stop shaking and vomiting. I felt that I was taking up valuable space so I hobbled out of the tent untreated.

I finally made it to the subway station and back to my hotel room, where I resisted the strong urge to have a hot bath and instead immersed myself in cold water. I managed to tolerate this for 20 minutes before pulling on my skins and falling into bed. After a couple of hours of restful sleep I was fit enough to go to the bar downstairs where I enjoyed a large beer and a plate of fish and chips. Another Boston finisher sat down beside me and we struck up a conversation, exchanging mile-by-mile accounts of the day's proceedings. It was at this point that I was finally able to appreciate what I had achieved. Despite all of the pain and self-doubt (or more likely because of it) running the Boston Marathon was an immensely rewarding experience.

While running a marathon is an intensely personal and solitary experience, even if you're running with 25,000 other people, no-one could do this without the help and support of others. In my case I'm indebted to my wife Deb, who tolerated months of selfish training, to my running coach and mentor Gary Armstrong, who devised and supervised my training regime, my fellow Masters runners in Launceston, who helped make the long training runs much more pleasurable than they would have otherwise been, and to my non-running friends who understood and supported my quest.

I'd also like to publicly congratulate fellow Boston Marathon Finisher, Shane Mundy. Shane and I maintained regular contact via email during our training and had planned to meet up in Boston before and after the race. Unfortunately because of non-USA compliant mobile phones and a mix-up with hotel accommodation this never happened.

Shane is obviously a better runner than I am and ran an awesome time of just under 3:30.

I'm sure Shane will have his own story to tell

Shaun O'Regan



4th World Indoors Athletic Championships Kamloops - Canada

I always look forward to going to a major meet, one gets to test the hours of training, recovery and in some cases rehab. Then there is the challenge of being able to produce your best on the day(s) that count against your competitors, the opportunity to meet new friends, to experience a new culture & totally immerse yourself in the world of athletics.

Kamloops is approximately a 55 mins flight east of Vancouver in an extremely small plane! The Vancouver airport was a buzz of excitement when we arrived as the Canadian women had just won the Ice Hockey gold medal. Kamloops has a population of approximately 100 000 and is essentially a University town with shopping equivalent to that of Devonport. If you are looking for the world's finest French Onion soup look no further than Ric's Grill. Burgers & fries appeared to be the national dish & after the first Canadian meal it became apparent that you either ordered an entrée size or shared a main meal.

The weather was milder than usual between 10 to 12 degrees most days and minimal snow cover in the city itself, however, full snow cover was found after a 30 minute drive. These mild temperatures allowed us to both train & warm up on the outdoor track adjacent to the indoor complex which also included an aquatics centre & fully equipped gym of which we were granted full access to.

Kamloops was my first experience of indoor running, 45 m straights and 55m bends & no banking, which is a usual feature of most indoor tracks particularly at the world level.

I was not sure what to expect when running on the indoor track despite reading articles written by seasoned campaigners such as Marie Kay, Peter Crombie & Peter Sandery. However I did know I was in reasonably good shape having run a seven year PB in the 1500m, three weeks prior.

We had the opportunity to train on the indoor track the day prior to the meet starting and it was impressed upon me the importance of not doing too much on the tight bends. But rather to get the feel of the track. Faster runners are required to alter their stride pattern around the bends more so particularly for those who compete in the 200m & 400m events.

Potentially I could have raced six times during the six days of competition, having entered the 400m, 800m & 1500m and nominated for the 4 x 200m relay. However much to my delight the 800m was a straight final & unfortunately the 400m clashed with the 1500m my preference of the two.

My 800m was the only race over that distance that the lap clock didn't work. I was relying on this to judge my pace in my first indoor race, but as an athlete you need not to become fazed by things that are out of your control and just hang onto the back of the pack for as long as possible.

As it turned out the laps splits were not as fast as they felt, so lesson one is that you feel like you are running faster than you actually are and in hindsight I could have run harder from 450m to 600m as I finished strongly in 7th place with a time of 2.33.31, my second fastest 800m for seven years.

Despite the luxury of not having to contend with wind the dryness of the indoor air can leave you with a sore throat & lactic cough which was my experience after the 1500m. Some athletes suck on a cough lolly while racing to avoid this. Mentally 7 & ½ laps for a 1500m was a challenge, but as the laps are only 200m they seemed to count down quickly, particularly when you run the first 3 at life time pb pace. Then the last 3 become a real test of character, which was my experience. I finished 6th in 5.30.58 and felt very ill for an hour post race, however this was my second fastest 1500m for seven years.

I was delighted to be named in the W35 4 x 200m, not being fastest enough to stay in my own age group W40. This event was 3 hours after my 1500m on the final day of competition. With only our team of Ranell Hobson, Kathy Heagney & Caroline Layt & the US, we had decided during the warm up to adopt a conservative approach to baton changing in order to guarantee ourselves a silver medal. I had an unfortunate incident during my leg of the US runner merging in on me and causing the baton to be dislodged from my hand and fall to the track. So a bitter sweet experience for me winning my first World Championship medal & having to run back & pick the baton up off the track.

It was a very successful meet for the AUS team, with 30 of the 36 members coming home with a medal and all relay teams medaling.

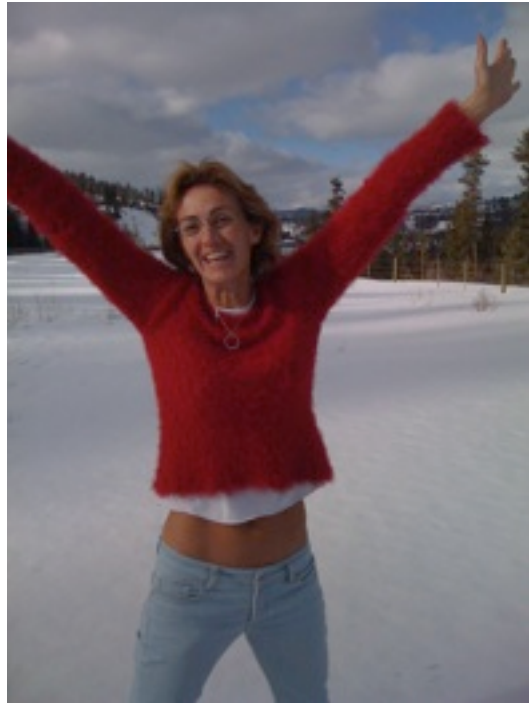
I spent most of my days in Kamloops with an Aussie, American & Greek which was both entertaining and amusing, listening to their many stories of previous World Meets. We resisted the temptation of the hotel 's indoor/outdoor waterslide for the entire meet & indulged ourselves after the last day of competition with three thrill seeking rides much to the amusement of the kids in the pool. During the meet we enjoyed the comfort of the spa & the hot & cold recovery process.

We had two half day trips, one to Sun Peaks a ski resort and Merritt a small town with beautiful scenery including the opportunity to stand on an ice lake.

If you are travelling to the US or Canada in the future, just a reminder that the advertised price isn't the full price. A \$14.99 per day rent a car can very easily turn into a \$53.98 per day car, always ask what other charges are associated with a product or service.

Yes I would race at an indoor meet again & if you are looking for a new experience in athletics, indoor racing will provide that. It is a definite advantage for those competitors who can regularly access the 200m track. However the advantage for us going to a World Indoors is that we are peaking & aiming to run fast in our summer as opposed to in our winter for a World Outdoors. The only regret I have is that I cannot finish fast enough to run into the crash mat!

Amanda Coombe



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

KerryJohnstone	9
Andrew Allison	10
Paul Lawler	10
David Stallard	12
Barry Zeitzen	12
Stephen Rae	13
Michael Pace	20
Michel Bermudes	21
Danny Byas	21
Barry Lloyd	21
Fiona Lennon	21
Michael Walker	23
John Ingram	23
Amy Hanek	25
Joy Walker	26
David Cundy	27
Daniel Lemoto	27
Mark Westcott	28
Barbara Clayton	28
Brett Roach	30
Damien Cooper	31



The
Masters would like to
welcome new members
PATRICIA RUSHTON
TIMOTHY HORTON
GRAEME WARREN
and wish them a happy and
successful year

Age Group	Name	Event	Performance	Date	Place	Res/ Open/ Aust	Previous		
							Holder(s)	Performance	Date
M30	Stephen Rae	800m	1m53.11s	21/03/10	AT State Championships St. Leonards	R/O	S.Rae	1m54.26s	30/01/10
M30	Stephen Rae	400m	49.65s	28/03/10	AT State Championships DAC	R/O	D.Lemoto	51.36s	24/03/07
W45	Debbie Lance	60m	8.30s	02/04/10	AMA Nationals	R/O	D.Lance	8.59s	29/03/09
W75	Anna Zeitzen	60m	13.22s	02/04/10	AMA Nationals	R	New Record		
M75	Barry Zeitzen	60m	13.31s	02/04/10	AMA Nationals	R	New Record		
W60	Kate Johnstone	100m	15.15s	02/04/10	AMA Nationals	R	K.Johnstone	15.41s	1/08/09
W40	Suzy Cole	800m	2m10.48s	02/04/10	AMA Nationals	R/O/A	M.Santich (WA)	2m23.32s	1/04/92
M80	Eric Whiting	800m	3m32.96	02/04/10	AMA Nationals	O	B.Campbell	4m12.23s	6/04/07
M80	Eric Whiting	Shot Put	8.58m	02/04/10	AMA Nationals	R	B.Campbell	6.15m	8/03/08
W60	Kate Johnstone	200m	32.48s	03/04/10	AMA Nationals	R	S.Hanek	32.61s	27/03/04
W40	Suzy Cole	1500m	4m42.24s	03/04/10	AMA Nationals	R/O	R.Busteed (NSW)	4m55.74s	1/04/92
M80	Eric Whiting	1500m	7m26.70s	03/04/10	AMA Nationals	R/O	R.Barlow (V)	7m27.3s	1/04/85
W40	Suzy Cole	2000m Steeplechase	7m21.98s	03/04/10	AMA Nationals	R/O	J.Fawkes (V)	9m13.91s	22/04/00
M75	Barry Zeitzen	400m	1m43.28s	04/04/10	AMA Nationals	R	S.Harrex	1m51.14s	2/04/06
M80	Eric Whiting	5000m	26m25.31s	04/04/10	AMA Nationals	R/O	S.Harrex	30m57.18s	12/04/09
W45	Debbie Lance	Pole Vault	2.23m	04/04/10	AMA Nationals	R/O	T.Stallard (NSW)	1.60m	6/04/07
M70	Eric Lockett	Pole Vault	2.20m	27/03/10	State Championships	R	A(Nye).Evans	1.90m	2/08/08
M35	Craig Ross	60m	8.45s	27/03/10	State Championships	R/O	New Record		
M50	Michael Gaffney	60m	8.15s	27/03/10	State Championships	R	J.Doole	8.25s	29/03/09
M70	Don Chambers (V)	60m	9.37s	27/03/10	State Championships	O	P.Berry (Qld)	10.18s	9/03/08
W30	Marcia Lucas	60m	8.63s	27/03/10	State Championships	R	A.Hanek	8.66s	6/04/07
W40	Suzy Cole	60m	8.62s	27/03/10	State Championships	R	J.Patinotis	8.9s	21/01/09
W60	Kate Johnstone	60m	9.64s	27/03/10	State Championships	R	L.Andrews	10.50s	6/04/07
M70	Don Chambers (V)	80m Hurdles	14.48s	27/03/10	State Championships	O	G.Gourlay (V)	17.28s	24/04/00
M70	Eric Lockett	80m Hurdles	17.74s	27/03/10	State Championships	R	New Record		
M75	Barry Cook	800m	3m14.56s	27/03/10	State Championships	R	S.Harrex	3m43.34s	28/03/04
M70	Don Chambers (V)	300m Hurdles	58.33s	27/03/10	State Championships	O	K.Hopkins (NSW)	63.00s	1/04/92

Age Group	Name	Event	Performance	Date	Place	Res/ Open/ Aust	Previous		
							Holder(s)	Performance	Date
M70	Eric Lockett	300m Hurdles	64.94s	27/03/10	State Championships	R	New Record		
M35	Ricard Meiring	Hammer Throw	59.49m	28/03/10	State Championships	R/O	I.Murray	42.32m	1/04/92
M70	Eric Lockett	High Jump	1.26m	28/03/10	State Championships	R	E.Lockett	1.25m	12/12/09
W40	Suzy Cole	400m	57.51s	28/03/10	State Championships	R/O	R.Kemp (WA)	58.82s	24/04/00
M80	Eric Whiting	Discus Throw	24.86m	28/03/10	State Championships	R/O	M.Dauphinet (Q)	24.33m	07/04/07
M35	Ricard Meiring	Weight Throw	17.64m	28/03/10	State Championships	R/O	S.Gyngell (NSW)	12.42m	2/04/00
W35	Tracy Canham	Weight Throw	10.72m	28/03/10	State Championships	R	T.Canham	8.59m	21/12/08
W30	Marcia Lucas	Outdoor Pentathlon	1,380pts	14/03/10	TMA Pentathlon, DAC	R/O	New Record		
W40	Suzy Cole	Outdoor Pentathlon	2,999pts	14/03/10	TMA Pentathlon, DAC	R/O	New Record		
W60	Kate Johnstone	Outdoor Pentathlon	2,106pts	14/03/10	TMA Pentathlon, DAC	R/O	New Record		
W35	Tracy Canham	Weight Pentathlon	2,176pts	14/03/10	TMA Pentathlon, DAC	R	T.Canham	1,536pts	09/04/07

Throwing News

Athletic South Winter Throws Competition

Hammer, Shot Put, Discus, Javelin & Heavy Weight Throws

Open to all TMA or AT registered athletes.

This is a fun, relaxed day, suitable for competitors at all levels, compete in one or all of the events, to a maximum if 15 throws throughout the day.

Next comps - Sunday 16th May & Sunday 30th May Domain Athletic Centre. *All welcome.*
(Further dates June - September to be advised)

Can anyone help Dwayne Kirkby -

On the last day of the state champs I left a black 'Kathmandu' jacket and a pair of Adidas spikes in a black spike bag in the grand stand. Last I checked they were not in the centre lost property office and I know they are not where I left them. [Dwayne Kirkby](#)

If any one knows the wereabouts of Dwayne's things please let the editor know.

Jim Burr Memorial Run

Keep in mind the Jim Burr Memorial Run from the GPO to the summit of Mt Wellington. 9.00am start from the GPO on Sunday 9th May - Mothers Day. You have many options to complete this course - run the 21k solo, join the relay teams, run from the Springs or the Fern Tree Tavern. See you there

Northern T&F Results
10.3.10

1500m

Vicki Gunn	5.06.39[88.06%]
Pete Wierenga	5.20.40[67.79%]
Dave Wagner	5.21.42[77.66%]
Sam Wierenga	6.16.53[62.86%]
Paige Wierenga	6.34.98[61.60%]
Barry Cook	6.37.42[77.53%]
Adrian Tew	7.16.15[47.86%]

400m

Pete Wierenga	64.13[71.48%]
Dave Wagner	73.14[69.54%]
Paige Wierenga	77.04[67.12%]
Adrian Tew	69.61[55.91%]
Sam Wierenga	82.48[60.24%]
Barry Cook	88.01[73.86%]
Craig Barron	92.30[52.70%]
Nye Evans	93.62[64.21%]

4000m

Dave Wagner	15.55.21[73.91%]
Pete Wierenga	18.17.25[57.23%]
Sam Wierenga	18.37.25[61.94%]
Paige Wierenga	21.11.02[56.25%]
Craig Barron	22.44.14[48.53%]
Adrian Tew	23.02.05[44.21%]
Nye Evans	23.55.65[57.60%]

Discus

Nye Evans	26.04m[50.96%]
Dave Wagner	18.82m[27.37%]
Pete Wierenga	15.58m[21.03%]
Adrian Tew	15.45m[20.86%]

Triple Jump

Nye Evans	6.47m[59.63%]
Dave Wagner	5.80m[40.67%]
Pete Wierenga	5.27m[30.53%]

17.3.10

600m

Pete Wierenga	1.42.40[74.10%]
Dave Wagner	1.52.55[75.87%]
Craig Ross	1.52.88[66.65%]
Vicki Ross	2.00.05[69.50%]
Paige Wierenga	2.11.30[65.48%]
Barb Clayton	2.16.38[65.52%]
Sam Wierenga	2.20.04[57.81%]
Nye Evans	2.34.29[65.06%]
Ros Holgate	2.40.73[75.37%]
Adrian Tew	2.51.76[42.70%]

60m

Pete Wierenga	7.99[83.35%]
Craig Ross	8.00[82.63%]
Paige Wierenga	8.90[80.11%]
Sam Wierenga	9.18[75.38%]
Adrian Tew	9.71[66.53%]
Skye Baker	10.98[74.04%]
Dave Wagner	10.10[73.56%]
Barb Clayton	10.39[73.05%]
Vicki Ross	10.02[69.72%]
Nye Evans	11.20[74.11%]
E Butler	11.99[57.71%]
M Butler	11.99
A Butler	12.54
Ros Holgate	12.59[76.09%]
L Butler	13.17

Javelin

Adrian Tew	20.70m[20.93]
Dave Wagner	17.78m[24.89%]
Pete Wierenga	17.32m[19.53%]
Nye Evans	17.10m[31.14%]
Barb Clayton	14.54m[24.77%]
Ros Hogate	8.37m924.81%]
Skye Baker	7.31m

High Jump

M Butler	1.36m[57.38%]
Craig Ross	1.26m[55.71%]
Adrian Tew	1.15m[49.57%]
Barb Clayton	1.09m[60.89%]
Pete Wierenga	1.00m[44.64%]
Nye Evans	1.00m[64.52%]
Ros Holgate	0.70m[55.56%]
Skye Baker	0.70m[48.95%]

5000m

Dave Wagner	19.36.29[76.00%]
E Butler	20.41.57[70.23%]
Vicki ross	20.48.13[71.15%]
M Butler	21.55.90[58.21%]
Pete Wierenga	22.10.76[59.74%]
Sam Wierenga	23.38.32[61.69%]
Paige Wierenga	20.06.46[57.77%]
Craig Barron	26.54.71[51.96%]
Adrian Tew	30.33.92[42.15%]
Nye Evans	32.24.36[53.85%]

24.3.10

Long Jump

M Butler	4.23[48.68%]
Adrian Tew	3.90m[45/77%]
Nye Evans	3.20m[61.66%]
Pete Wierenga	3.17m[38.90%]
Ros Holgate	1.92m[43.64%]

Shot Put

Dwayne Kirkby	9.41m[42.46%]
Nye Evans	8.05m[46.59%]
Adrian Tew	6.02m[26.04%]
Dave Wagner	5.82m[31.37%]
Craig Barron	5.51m[27.08%]
Pete Wierenga	4.76m[21.03%]
Ros Holgate	4.71m[43.05%]

800m

Pete Wierenga	2.28.12[71.12%]
Dwayne Kirkby	2.32.69[70.30%]
Dave Wagner	2.42.89[73.84%]
Paige Wierenga	3.02.61[65.95%]
Adrian Tew	3.03.81[55.17%]
Craig Barron	3.29.00[53.74%]
Barb Clayton	3.44.08[49.69%]
Ros Holgate	4.03.96[71.55%]
Nye Evans	4.20.97[53.88%]

200m

Pete Wierenga	28.34[72.93%]
Dwayne Kirkby	29.98[70.01%]
Paige Wierenga	31.46[72.12%]
Adrian Tew	33.04[60.05%]
Dave Wagner	33.78[68.21%]
Craig Barron	37.26[58.45%]
Nye Evans	39.29[66.68%]
Ros Holgate	48.47[63.65%]

4000m

E Butler	16.31.56[69.48%]
M Butler	17.04.19[59.07%]
Pete Wierenga	17.35.45[59.49%]
Paige Wierenga	19.55.22[59.82%]
Neil Hammersley	20.50.42[59.98%]
Dwayne Kirkby	21.57.56[48.42%]
Barb Clayton	22.24.81[55.62%]
Dave Wagner	22.25.84[52.46%]
Craig Barron	23.29.87[46.95%]

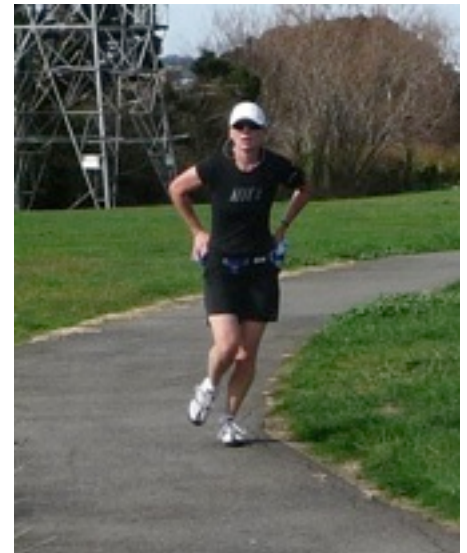
Consistency Trophy 2009/10 Track Season [60 athletes contested the events]. The results are based on total points for % of world best in lists for each of the 19 events contested. Added to these totals are the points awarded on a basis of one for each event completed throughout the season. Ros Holgate wins the

Consistency Trophy for the 2nd time, after a great contest with Dave Wagner. The mix of ability and consistency in taking part in all events each week tests all competitors. The one point for competing an event can total up to 120 over the season, so around one third of a good total from the % lists of ability rankings. In the % ability lists masters athletes children rate, but are not included in the top ten lists which I include. When two athletes record the same % the faster runner or better height or distance takes precedence. This competition has caused a dramatic change in participation with many more athletes taking part in all events, particularly the field events and sprints. The most contested distance was the 1000m with 39 starters. Three field events had over 20 starters.

I don't have room in this NL to include all of the results, but will endeavour to include the rest in next months NL.

Editor

1 st Ros Holgate	482 Points
2 nd Dave Wagner	445 Points
3 rd Pete Wierenga	359 Points
4 th Nye Evans	335 Points
5 th Dwayne Kirkby	286 Points
6 th Vicki Ross	276 Points
7 th Craig Ross	241 Points
8 th Barb Clayton	231 Points
9 th Jen Daniel	219 Points
10 th Aub Henricks	216 Points



Outdoor Pentathlon Results - Women 14.3.10

Age Group	Name	Total Points	100m	Shot Put	Long Jump	Javelin Throw	800m
W30	Marcia Lucas		13.6s	5.07m	4.30m	7.24m	2m56.7s
		1,380pts	335	213	379	57	396
W40	Suzy Cole		13.3s	7.89m	4.67m	26.74m	2m12.8s
		2,999pts	480	480	598	463	978
W45	Barbara Clayton		15.9s	6.50m	3.09m	15.50m	3m10.0s
		1,570pts	238	436	225	275	396
W55	Adele Lucas		15.6s	6.75m	3.57m	12.01m	3m21.7s
		2,286pts	488	546	511	262	479
W60	Kate Johnstone		15.5s	5.57m	3.70m	6.60m	4m17.4s
		2,106pts	614	486	671	133	202

Outdoor Pentathlon Results - Men 14.3.10

Age Group	Name	Total Points	Long Jump	Javelin Throw	200m	Discus	1500m
M30	Ben Hughes		4.13m	21.64m	31.9s	19.40m	6m01.6s
		1,073pts	227	184	143	261	258
M40	Dwayne Kirkby		4.85m	37.27m	28.6s	31.20m	5m43.7
		2,319pts	457	472	466	488	436
M50	Jon Doole						
		2,306pts	3.77m	29.94m	26.9s	21.63m	5m38.0
M55	David Cresswell		332	298	748	303	625
		475pts					
M65	Mick Stevenson		4.14m	23.02m	30.3s	20.83m	7m01.9s
		2,657pts	684	413	711	388	461
M60	Alan Coleman		3.90m	23.16m	27.6s	22.27m	6m04.5s
		2,717pts	506	360	841	367	643
M80	Rik Whiting		0m	18.31m	42.4s	24.20m	7m38.7s
		2,280pts	0	409	440	788	643

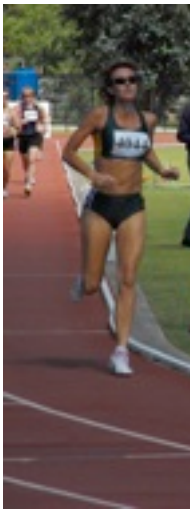
Weight Pentathlon 14.3.10

Age Group	Name	Total Points	Hammer	Shot Put	Discus	Javelin	Weight Throw
W35	Tracy Canham		30.35m	7.70m	20.34m	14.78m	10.35m
		2,176pts	592	408	294	193	689
M55	Craig Hicks		28.96m	9.78m	28.51m	28.51m	9.72m
		2,591pts	473	634	490	443	551
M80	Bruce Campbell		11.96m	5.42m	13.08m	11.96m	4.52m
		1,646pts	300	465	365	225	291

AMA Championships - Perth Western Australia

The Tasmanian Team was small in comparison to the other states, but we made our presence felt. We sat behind our banner, and our barracking was loud and continuous for the whole team every day. Our results were impressive for our size and most athletes did PB's or medaled. At the conclusion of the meet, Steve Lance organised a team get together in the park where we had a picnic tea - a good time was had by all. We then all went our separate ways, some going home and others traveling to new and interesting places.

Mick and I travelled south to Busselton, Bunbury Dunsborough, Margaret River and Augusta. We visited fantastic surf beaches and rocky coast lines as well as the world famous Busselton Jetty. Unfortunately it is surrounded in scaffolding at the moment, but just as impressive. We took a canoe trip up the Margaret River, which was fun and very interesting historically. We visited three caves on the way to Augusta Mammoth, (met Bob Brown) Lake and Jewel Caves. All were different and interesting and very tough as there were very many steps in and out. We climbed the tallest light house in Australia at Cape Leeuwin (any one that knows me would know what it cost me between the ears to do it). We then motored on to Pemberton and spent some great time amongst the fabulous karri trees. Have a photo of me climbing the Gloucester Tree, only went up four spikes, chickened out. Then off to Albany and Esperance and Le Grand NP. Climbed a so called mountain, still it was a tough climb, all rock, visited more beaches, this time pure white sand and aqua blue water - fabulous! Then up to Kalgoorlie via Norseman and check out the mines, the 'superpit' in Kalgoorlie is something else again! Missed the earthquake in Kalgoorlie by one day. Stayed a night in the wheat belt before heading to the Perth hills. Lovely country, stayed near Mundaring Weir. Went for a walk in Fred Jacoby Forest and then headed for Lancelin. A very laid back fishing village, so many friendly people, great YHA and plenty of beaches. Went sandboarding, visited the Pinnacles hopped over to New Norcia, the only Benedictine town in Australia, and then decided we had to head back to Perth as it was nearly time to come home and this NL was waiting for me! Before we left we went to the marine park in Rockingham - worth the visit - visited the Perth Mint and the bell tower which houses the bells from St Martin in the Fields Church in London. Had a lesson in bell ringing as well - then the red eye home.



Amanda Coombe



Rik Whiting
Barry Zeitzen



Bruce Campbell
Stan Harrex



Suzy Cole



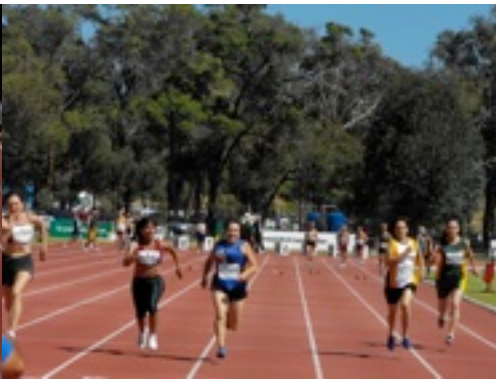
Pete Lyden



Dave Wagner



Debbie Lance



Lynne Andrews



Anna Zietzen



Alvin Johns & Wayne French



Brett Roach



John Jago



Adele & Marcia Lucas



David Cresswell



Mike Walker & Chris Gates



Kate Johnstone & Adele Lucas

TASMANIAN MASTERS ATHLETICS INC

MEMBERSHIP FORM - 1ST APRIL 2010 - 31ST MARCH 2011

Member 1	Member 2
Surname.....	Surname.....
Given Names.....	Given Names.....
Address.....	Postcode.....
Email.....	Phone.(H).....(M).....
Emergency Contact Name.....	Phone.....
Any Changes From Last Year?	Yes/No (please circle)

New Members to Complete

1 Male/Female Date of Birth..... 2 Male/Female Date of Birth.....

Indicate Preferred Name eg. Tom, Jim, Ange, Jan.....

Member 1.....**Member 2**.....

Occupation or area of expertise.....

Annual Fees Single \$50; Joint \$75

Member Waiver: In accepting membership of TMA I acknowledge and agree that I am fully aware of the risks and hazards inherent in participating in TMA organised events. I declare that I am in good health and that I will be properly conditioned for the activities that I will enter. I agree to assume all risks of loss, damage and injury including death that I may sustain as a consequence of my participation. I release TMA and its officers from any claims, actions, suits or demands of whatever nature, arising out of or related in any way to my participation in TMA organised events.

Signed 1.....Signed 2.....

Privacy Act Collection Notice: TMA respects the confidentiality and security of your personal information and is committed to protecting it at all times. TMA only collects such personal information as is necessary to promote your participation in TMA events and to communicate to you.

Payment Options:

1 Cash: In person only *(not in the mail)*

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3 EFT: Forward Funds to BSB 037-001 Account 93-0735 Include full name in the reference field, and forward an email to msteven1@iinet.net.au

4 Credit Card: Please make this payment of \$..... by Visa Mastercard

Card Number: _____/_____/_____/_____/_____ Expiry Date: _____/_____

Card Holders Name.....Signature.....

Club Use Only: Date of Joining..... Welcome Letter Program Newsletter

AMA Book

Registrar..... Date.....

Treasurer..... Date.....



For details on dual registration with Athletics Tasmania, please enquire with the State Secretary

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MAIL**

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Hobart, Tasmania, 7001

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