



FOOTNOTES

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

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

Print Post Approved PP 764326 /00028

VOLUME 31, NUMBER 7

July 2010

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EDITOR

Jenny Stevenson
33 Amy Street
Moonah, Tasmania7009

E-Mail: msteven1@iinet.net.au Phone (03) 6272 1182 (H)
Technical Assistant: Sarah Stevenson

Closing date for next issue 25th July 10



TMA, AS, AT Southern Winter Calendar 2010

JULY

Sat 3	AS/RWT	Kempton Road 4km & 8km (includes RWT Walks)
Sat-Sun 3-4		Gold Coast Airport Marathon
Sun 4	TMA	Lauderdale Sailing Club Kirra Rd - 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
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
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 7		Ouse Fun Run
Sun 14	TMA	21 Pearsall St - Linda Moran
Sun 21	ET	Point to Pinnacle
Sun 28	TMA	Cremorne Beach (opposite shop) - David Cresswell

Ouse
Snug
Hobart
Cremorne

DECEMBER

Sat 4	ULT	Bruny Island Ultra Run/Relay 64km
Sun 12	TMA	Stonor Hall (Christmas function after run) - Tim & Tracey McConnon

Bruny Island
Stonor




Northern Winter Program

July 3-4	Gold Coast Airport Marathon
July 4	Newstead 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
December	Stonor Hall (Christmas function after run) - Tim & Tracey McConnon - Stonor

Stephanie and Barry's Event Lauderdale Sailing Club
Kirra Road Lauderdale Sunday July 4 at 10 am.

This is a new course, and one we run regularly. It starts from the Lauderdale Sailing Club (**not Seamist Court!!**) at the other end of Lauderdale Beach near June Risk's home. A dirt track turns right, I will flag. If all fails 0419 893 023 and I will guide. Good news, flat as a pancake, the bad news is that there are no toilets (except for natural options along the way boys?). And the course is extremely picturesque so bring your camera and sunblock, it follows a track just above the coast line along to Seven Mile Beach.

Three distances, run or walk:

-  **5K** starting from the Sailing club, out and back, a flag will identify the turn.
-  **8K** as above, just further, hit Seven Mile Beach at the rear of an old boat shed, turn left along the beach to the flag that leads to a bridge to the road then turn at the bus stop opposite the SMB general store and return along the same route. A little traffic but fairly safe, and
-  **13 K** as above but back to Seamist Court from the Club along Lauderdale Beach. If the tide is high come along the road you used to access the beach , this option adds about another K.

Once you get back to the Sailing Club back to Seamist Court for coffee etc. Three toilets to choose from!

Run the Bridge

Great news for the 2011 B&E Hobart Run The Bridge which will be run on Sunday 6 February 2011 - we now have a 5km course ready to go as part of the event. Departing from Clarence Pool the 5km course will go over the Tasman Bridge and finish in the wonderful surrounds of Salamanca. Early plans are for the 10km event to kick off at the usual 7am time and the 5km event to kick off an hour later at 8am.

In further great news the new event website will launch on 1 July 2011 with entries also opening on that day. We are excited to announce the 7 day celebration entry fees that will run from 1 July 2010 to midnight on 7 July 2010. This great deal is only open to the first 100 athletes in each event and is only available online so get in quick to get a great deal:

5km Adult Price - \$20; 10km Adult Price - \$25; 5km Kids Price - \$15; 10km Kids Price - \$10

t3 Events

www.hobartrunthebridge.com.au

Kathryn Holden	03
Lynne Lyden	05
Robert Richards	06
Mike Stevenson	07
Varel Newmark	07
Elizabeth Leitch	08
Gerard Little	08
Louis Crack	09
Barry Teague	09
David O Brien	10
Ken Nixon	12
Andrew Walker	12
Paul Dannock	13
Peter Shuttler	13
Scott MacDonald	14
Kathy Fisher	18
David Hancock	19
Malcolm Hales	19
Peter Cornish	24
Debra O Regan	26
Tanya Jensen	28
Stuart Smith	31
Margaret Whiting	31

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



*The Masters would
like to welcome new
members
PAUL DANNOCK
CAROLYN GRIMMOND
BRIAN HORTON
IESTYN LEWIS
LISA ROSSITER
MELISSA WYLIE
and wish them a happy
and successful year*

Presidents Message

The Annual General Meeting, preceded by an enjoyable fun run and tasty lunch, was well-attended. At our first committee meeting we heartily welcomed two new members Tracy Canham and Alvin Johns to our group of re-elected committee members. The winter season is well under way and is full of TMA, AS and community fun runs to suit all-comers. Well done to all who competed in the Tasmanian Road Running Championships, especially those who achieved high age-graded percentages. Janet Upcher recently ran in the UK in the Oxford Women's Race for Life for cancer research. Janet says it was a great turnout of crowd and participants and she achieved 6th place overall in the 5km run. Kate Johnstone is heading off to Tahiti in July and we wish her the best of luck in the Oceania Masters Athletic Championships.

In July and August I am putting together some profiles of committee members from information provided, so you can all see just who these people are who run your club – sometimes upfront, sometimes behind the scenes. In August we will continue with the more detailed profiles of the TMA Life Members.

Lynne Andrews



Know your committee:

President, Lynne Andrews became involved in athletics when she joined an Adult Education

Sunday running class taught by her daughter Susan's coach, Graeme Stoward. The aim was to improve her tennis but she got hooked on athletics! She travelled widely following Susan's career, the highlights being several world relay medals. Inspired by Susan, first coached by Graeme and now by Ray Quarrell, Lynne has also travelled to compete in World Masters meets gaining two individual and several relay medals. Most Easters have been spent at Nationals, sometimes winning events and medals in sprints and javelin. Lynne was a member of the SAB (now AS) committee as Development Officer – working mainly with officials and coaching clinics for several years in the nineties and was for two years on the Grand Prix committee. Recently she was a TMA committee member for two years and is now President. Family consists of husband Chris, Susan, Richard and Jane and their lovely spouses, and six delightful grandchildren. Jane is a keen runner and Chris and Richard sail. Lynne has been a partner in Chris' survey and homes business as well as specialising in education and the arts - teaching, painting and writing. She also enjoys bushwalking and travelling.



Vice President and AS/AT Liaison Officer, Peter Lyden ran competitively at school and then competed in fun runs whilst playing squash & basketball until he was re-introduced to athletics at 31 by a mate who was a Veterans/Masters member at the time. He has had an extensive career in athletics as competitor gaining many medals at local and national level. Peter is a track official, Level 2 Middle Distance/Distance coach, AT & AMA Merit Award Holder. He was TMA Minute Secretary from 1987-1989 and then Secretary for the next 20 years. He has been Vice President since 2009; was an AMA Delegate in 1992, is currently (and has been since 1994); an AMA Board Member since 2008; an AMA National

Committee member in 1992, 2000 & 2007. He is currently Athletics South & Athletics Tasmania Liaison Officer, and has assumed numerous other roles/tasks over the years. Peter is married to Lynne who is an active competitor and official. They have three children - Mark, Jessica and Patrick all of whom are involved with athletics in its many facets. Peter works at the Royal Hobart Hospital and as Supply Manager manages the department responsible for the purchase all medical, surgical and general supplies to the hospital. He was awarded Life Membership of TMA in 2002 and in this capacity will be featured in more detail in a later edition of *Footnotes*.



Secretary, Michael Walker was a keen distance runner at school in Queenstown and also later when doing National Service. He joined the Professional Cross Country Club of Tasmania in the North West of the State in 1974, aged 28. Mike was an active member of PCCCT from 1974 until 2005, serving 15 years on the committee including five years as Treasurer and five years as Secretary, being honoured with Life Membership in 1994. He joined TMA in 2005 and served time as Treasurer, President and now Secretary. Mike completed 700 club events with PCCCT,

winning the Marathon in 1976 and Wynyard to Burnie Feature Race in 1982 amongst various wins over the years. He achieved a Marathon PB of 2:42:21 in Melbourne Marathon of 1982. He completed 23 of 25 Burnie Tens up to 2009. Mike has been a regular medallist at Masters National/Oceania Championships since 2007 and was a bronze medallist in Teams Cross Country at World Championships in Riccione in 2007. For over 37 years in athletics Mike has been supported (many would say pampered and spoilt) by wife Joy, to whom he has been married for 41 years. Other sporting interests include football and horse racing, and in fact, most sports. An accountant by profession, he worked for TAFE for over 27 years, retiring as a State Program Manager in 2005.



Treasurer, Alvin Johns is a welcome newcomer to our committee. He first became involved in athletics when he turned 40 and, being unemployed and living with his in-laws all at the same time, he had to get out! (His in-laws may have heaved a sigh of relief! They can however, be credited with the start of his illustrious career.) Alvin has performed well in competition and is most proud of his run in the Gold Coast half in 2009 of 1:18 and some seconds. Having trained originally as a metallurgist, he is now self-employed, generally working as a consulting process engineer. Married with two daughters, he is originally from Geelong but likes Tassie better than anywhere and believes that running people are a better breed than most! Hope he stays here



Fun Run Director, Bob Robertson first became involved in athletics when he attended an inaugural 'Come and Try' Veteran's Athletics at the Domain Athletic Centre. He became a qualified Level 3 race walk judge in 1986. He has been a keen competitor holding state records for 3000m, 5000m, 10,000m and steeplechase records in 2000m and 3000m. Bob has national gold medals and has completed nine marathons (with best times of 2:58 and 3:22 at age 62). He has run heaps of half marathons and also one 50K event. Family-wise he is a widower with two adult sons and four grandchildren. He worked as a clerk with Telstra but is now retired and has a wide range of interests in other sports as participant or spectator: golf, cycling, table tennis, football and harness racing. He also enjoys bushwalking, gardening and classical music.



Equipment Director, Wayne French became hooked on running through his children competing in Little Athletics where he ran with them in fun runs. He was an official at Claremont Little Athletics being timekeeper for ten years. Highlights of his athletic career are: a sub 2 hour Point to Pinnacle in 2009, and a win in the TMA Over 40 team in the Bruny Island Relay in 2009, where they were 4th overall. Wayne has three children – 15, 17, and 20 years old. He enjoys watching most sports but especially watching his two girls play netball. He works in plant production and is Assistant Manager.



Footnotes Editor, Jenny Stevenson says she was drawn into athletics taking the attitude 'If you can't beat them, you join them' and has been active as a participant and administrator ever since. Administration positions have included AS committee member and past secretary for Northern Suburbs Athletic Club where she has been honoured with Life Membership. Jenny is an official of long standing being the Chief Track Judge for AS with a 'B' grading and also has a 'C' grading for the long/triple jumps. She also holds an AT Merit Award. She is a keen and regular cross country runner but regards Mick, sprinter and hurdler, as the athlete in the family. Her brothers were rowers for Derwent Mercantile in their younger days. Jenny is now retired but trained originally as a cartographer and worked more recently for 12 years in the University of Tasmania in Student Administration and Research Higher Degrees office doing a great variety of administration work. Her hobby is photography which is certainly put to good use in representing our members in *Footnotes*.



Webmaster, Ben Hughes became involved in athletics when he moved back to Hobart from London in 2007 and started running AS cross country and fun runs with his partner Marcia and Marcia's mother Adele. Then after a few months, he started running on Wednesday nights with Masters where he is a keen and regular participant. He currently works at Parliament House looking after politicians' computers, and his IT skills are most valued in the maintenance of our website

Ocean Beach-Strahan



Macquarie Harbour-Strahan



Classifieds

Covering the Cygnet, Huonville, Franklin, Ranelagh & Channel areas

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No 1126

29 APRIL 2010 (ISSUED WEEKLY)

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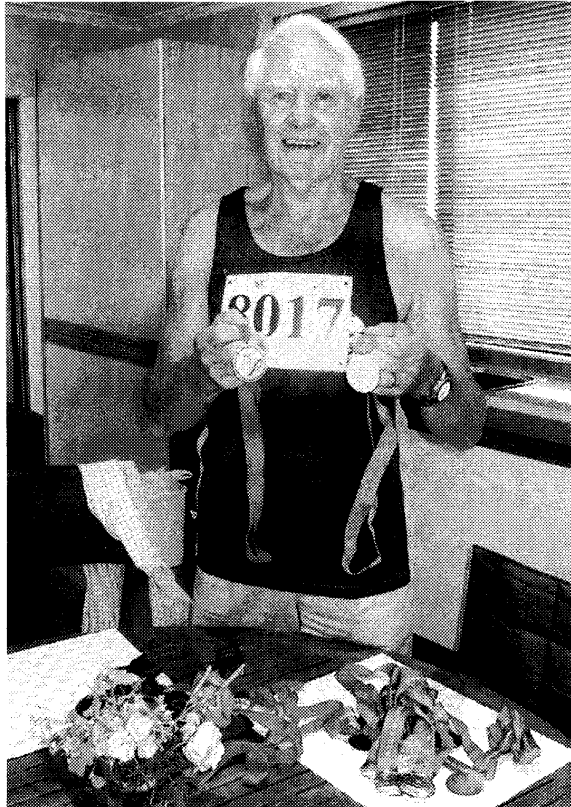
Fun and Masters Games

Never too old

"You're not supposed to be doing this. You've got white hair!" If they didn't exactly say this, Rik Whiting knew that's what they were thinking as he kept up his daily 'keep fit' runs while working in China. It was an attitude he's met elsewhere. Whilst visiting the Cook Islands he came across an athletics event and went to register as a participant. "You're too old for sprints," he was told. But he was accepted for a half-marathon. At the half-way mark and running third - with a big gap to the two New Zealanders in front of him - he heard a motor-bike pull up behind him. A big Cook Islander got off, started running - and beat him to third place. Rik didn't protest, generously conceding that it was a face-saver for the Islanders, and felt it was probably punishment enough for them to be beaten by the Kiwis! There's more to long-distance running than just pounding the turf, and Rik has some great stories to tell. His ambition? "To run a good time, and have a good time." Rik has just returned from the Australian Masters Athletics Championships, held this year in Perth, and judging from the swag of medals he's brought back he achieved both those aims. He returned with two gold medals in the shot-put and discus events and three silver medals for the 800, 1500 and 5000m events. Coming second in the 80-85 year age group to a 'youngster' who'd reached 80 just a week before the competition has made him determined to shine in three years time when Rik moves up a group, and the 'youngster' is left behind for a while!

The man and the runner

Rik Whiting is 82 years old. Widowed and recently remarried, he and his wife Margaret have a beautiful garden and a B&B business in Kettering. These days his daily regime involves running three kilometres uphill and



Rik with his many medals

back, to develop endurance, lung capacity and muscle strength, or sprinting around the Kettering Oval to develop speed. He's fairly new to the competition circuit, having discovered the international standard athletic track at the Domain about a year ago. "It's something I've tapped into that I didn't realize was there," he said, having discovered there are weekly events "all over the place." A couple of weeks before the State Championships Rik asked to "have a go" at the record for the 3000m event. He's full of admiration for the organisation that takes place behind the scenes. In Perth, for

example, 527 athletes needed accommodation, with technical specifications and medical guidelines for events at Olympic standard. For his State record attempt, three people officiated as timekeepers. He now holds the State 3000m record for his age group, at 16m 22.1s, shaving over two minutes off the previous record.

Great memories

Because he considers it the most testing, Rik relishes the 800m. "It's virtually a sprint for half a mile," he said. "But the crowning glory is to run a

marathon." He competed in the London Marathon in 1996. "It never leaves you," he said. "I still get flashes [of memory] from it." After six months training he just scraped in, qualifying as an Australian after places for British citizens had been filled. "The champions move off first, then the rest trickle through, like squeezing tooth-paste out of a tube," he laughs. "And because of the mob you don't get into your rhythm for perhaps five kilometres. It's hard to believe how good it is to have thousands of people cheering you on." Friends and family had pre-arranged a spot to be seen and wave from, and Rik didn't miss them! He is forever grateful for a running mate - "a big fellow with flat feet" - who talked him through the last few kilometres, made difficult for Rik by a tricky right leg, "over Tower Hill, past Buckingham Palace, down the Mall - it was my toughest race of all time!"

Master movers

The Masters competitions aim to keep people fit and healthy into older age, and to have a good time, and the record numbers of competitors in Perth reflect the growing membership. Social runs are organized, hosted by volunteers who then open their homes for members. "It's a good time to gather, perhaps for a barbecue, to socialise and talk over the events," says Rik. For the Masters athlete, whether sprinter or long-distance runner, that legendary loneliness is really all about togetherness.

JUDY REDEKER

Contact the secretary, Mike Walker, on 6244 6229 or email mikejoy@netspace.net.au for further information. You can also visit www.tasmastersathletics.org.au

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inside the back page

DEADLINES - LINE ADS 4PM TUESDAY - DISPLAY ADS 5PM MONDAY - LETTERS, ARTICLES ETC 5PM MONDAY

**TASMANIAN MASTERS ATHLETICS INC
2010/2011 COMMITTEE
GPO Box 890 Hobart 7001**

President Lynne Andrews	57 Mt Rumney Rd ; Mt Rumney, 7170 lynne@tassie.net.au	03 62485081 (H/B)
Senior Vice President Steve Lance	3 Hone Rd; Rosetta, 7010 Steve.Lance@tsglenorchy.com	03 62733999 (H) 03 62737273 (B)
Vice President (AS/AT Liaison) Peter Lyden	1 Cypress Pl; Kingston, 7050 pandllyden@bigpond.com	03 62294263 (H) 03 62228632 (B) 03 62228080 (F)
Secretary Michael Walker	1 King St; Bellerive, 7018 mikejoy@netspace.net.au	03 62446229 (H) 0428 376 741 (M)
Treasurer Alvin Johns	3 Wayne Ave., Lower Sandy Bay, 7005 alvin.johns@bigpond.com	03 62252166 (H) 0409 805 531 (M)
Registrar Michael Stevenson	33 Amy St; Moonah, 7009 msteven1@inet.net.au	03 62721182 (H)
Track & Field Director Sue Hanek	17 Chipmans Rd., Rokeby, 7019	03 62489397 (H)
Fun Run Director Bob Robertson	88 Beach Rd; Kingston, 7050	03 62294628 (H)
Statistician Tracy Canham	64 Ferguson St., Brighton, 7030 canhamcontracting@bigpond.com	03 62680918 (H) 0428 409 998 (M)
Equipment Director Wayne French	33 Montrose Rd., Montrose, 7010	03 62721666 (H) 0427 810 407 (M)
Social Director Alan Coleman	91 Hilton Rd., Claremont, 7011 ascoleman@bigpond.com	03 62493413 (H)
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B: BOB ROBERTSON, MATT ROBERTSON, GEOFF EDDINGTON, MIKE WALKER, MARK WESTCOTT, DAMIEN HOPE, BARRY & STEPHANIE TEAGUE, STEPHEN GILES, BRUCE CAMPBELL, DAVID HANCOCK, BOB WELDON, JARROD GIBSON, F; KATE JOHNSTONE, JOY WALKER, GEORGIE ROBERTSON, SALLY WESTCOTT, MICK STEVENSON, BARRY LLOYD, CRAIG CANHAM, FRANCES HANCOCK, ALAN COLEMAN, STAN HARREX, RIK WHITING

What a lovely day. Sun was shining, not much breeze, brilliant blue sky and mid winter! There were 27 athletes on the line - fantastic! As always at Dru Point the views were wonderful, mountain scenery and the bay which always has a lot of water birds on it. Then there were the boats and the fishermen doing their thing and then you look across the bay at Howden. There was a lot of chit chat along the track as we hadn't had a run for a while and people need to catch up. I think everyone enjoyed the journey. Thanks to Roy Beadell for hosting this run and Bob Robertson for setting the course.

3.2K 1 Lap

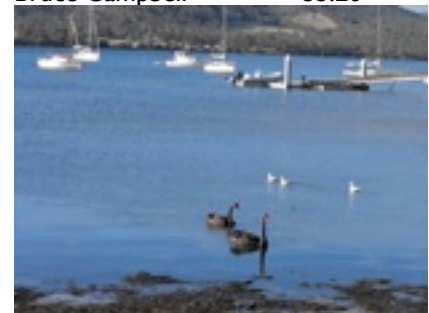
Sally Westcott 41.10

Mark Westcott 34.10
Alan Coleman 16.50
Mick Stevenson 19.40
Jenny Stevenson 41.00
Barry Teague 18.47
Joy Walker 29.17
Matt Robertson 23.40
Georgie Robertson 23.40
Geoff Eddington 38.05
Damien Hope 38.05
Kate Johnstone 35.15
David Hancock 20.15
Frances Hancock 35.15

2 Laps

Stan Harrex 43.48
Bob Robertson 31.30
Roy Beadell 36.20
Bob Weldon 34.30
Stephanie Teague 37.58
Rik Whiting 43.50

Rod Rhodes 42.53
Barry Lloyd 61.48
Mike Walker 33.50
Craig Canham 27.05
Jarrod Gibson 27.55
Stephen Giles 48.59
Bruce Campbell 55.26



**RESULTS – TASMANIAN ROAD RUNNING CHAMPIONSHIPS
CAMPBELL TOWN – 6 JUNE 2010**

Name	Age	Distance	Position	Time	Age Graded %
Francesca Smith	42	10km	1	40:59	77.79
Carolyn Davis	44	10km	2	41:36	77.94
Vicky Gunn	48	4km	1	15:57	81.10
Georgina MacDonald	46	4km	2	19:11	65.79
Vivian Knight	48	4km	3	25:05	51.57
Lynne Lyden	52	4km	1	20:15	67.23
Debra O'Regan	50	4km	2	21:30	61.70
Gillian Gardner	54	4km	3	23:10	60.35
Ros Holgate	69	4km	1	22:30	77.85
Paul Dannock	37	10km	1	39:00	71.25
Craig Canham	46	10km	1	39:55	74.51
Gerard Cronly	53	6km	1	23:28	78.21
David Wagner	54	6km	2	24:35	75.29
Doug Ashfield	53	6km	3	26:38	68.91
Peter Lyden	55	6km	1	22:46	81.97
Mark Fyfe	55	6km	2	23:38	78.96
Chris Gates	55	6km	3	24:33	76.02
Shaun O'Regan	56	6km	4	25:40	73.33
Gary Armstrong	56	6km	5	32:20	58.21
Rob Gunn	60	6km	1	26:27	73.64
Danny Byas	62	6km	2	27:52	71.15
Neil Hammersley	61	6km	3	29:05	67.57
Max Loffel	67	6km	1	29:57	69.28
Mick Stevenson	69	6km	2	32:25	65.29
Nye Evans	71	6km	1	35:15	61.47
Barry Cook	75	6km	1	32:33	70.70
Rik Whiting	82	6km	1	33:33	80.17
Stan Harrex	82	6km	2	38:19	70.19
Bruce Campbell	83	6km	3	43:34	63.53

**Campbell Town Fun Run
Results 30.5.10**

4k

Mark Fyfe	15.55
Mick Stevenson	22.07
David Wagner	17.40
Bob Robertson	19.03
Alan Coleman	20.09
Stan Harrex	24.07
Adele Lucas	20.45
David Cresswell	26.02
Jim Claxton	24.54
Neil Hammersley	20.47
David Brasher	20.47
Katie Brasher	25.05
Rik Whiting	26.02

4k Walk

Jenny Stevenson	43.38
Judy Wagner	43.21
Barry Lloyd	40.53
Joy Walker	43.21
David Lucas	48.00
Chris Andrews	48.00
Lynne Andrews	42.28
Wayne French	43.38
Sue Hanek	42.26
Kate Johnstone	44.00
Damien Hope	44.00



Macquarie River Campbell Town

ROSS MARATHONS



Ross Tasmania Sunday 5 September 2010

Marathon 8:00am 42.2 km

Half Marathon 9:30am 21.1 km

Run and Walk 10:00am 10 km

Children's Fun Run Challenge 10:45am

Coordinated by



www.rossmarathons.org.au

Supported by



TWO CROSS COUNTRY CHAMPIONSHIPS IN JULY
TASMANIAN STATE CROSS COUNTRY RELAY CHAMPIONSHIPS
to be held at Symmons Plains on Saturday 10th July

Championships will be contested in the following age categories:

- Open Men (12 noon)
- Open Women (12 noon)
- Over 50 Men (1pm)
- Over 45 Women (1pm)

All events will be contested over 9km, comprising 3 x 3km legs.

Entry in this competition is open to teams comprising AT/TMA registered athletes and TMA only registered athletes (2 types of teams). Team entry fees will be paid by TMA.

TMA uniforms must be worn.

Expressions of Interest:

Expressions of interest indicating whether or not currently registered with AT and wishing to compete in a TMA team will be accepted by the TMA Secretary, Mike Walker (mikejoy@netspace.net.au or 62446229) until 5pm on Wednesday 7 July 2010.

TASMANIAN CROSS COUNTRY CHAMPIONSHIPS
to be held at Pontville on Saturday 24th July

The Tasmanian Masters Athletics Cross Country Championships will be held in conjunction with the Athletics Tasmania event mentioned above. TMA will conduct events in all age categories. Events to be conducted are:

- Open Women 8km
- Open Men 12km
- Over 45 Women 4km
- Over 50 Men 6km

Athletics Tasmania entries should be performed online when available at www.tasathletics.org.au and are free for AT/AA registered athletes.

TMA entries close 30 minutes prior to the first event on the day and are \$6. To assist organizers, entry and payment prior to the day will be appreciated. An entry form follows.

TMA members can be eligible for both AT and TMA awards.

Please ensure that you wear your uniform (TMA or other club) and current competition number.

ENTRY FORM

TASMANIAN MASTERS ATHLETICS CROSS COUNTRY CHAMPIONSHIPS
Pontville on Saturday 24th July

Name.....

Date of Birth.....

Age Group.....Event.....

Cost \$6

Payment Options:

1. **Cash:** In person only (**not in mail**)
2. **Cheque:** Make cheque payable to TMA Inc and post to TMA Inc, GPO Box 890, Hobart, 7001
3. **EFT:** Forward funds to BSB 037-001 Account No 93-0735 Include full name in the reference field, and send an email to msteven1@inet.net.au
4. **Credit Card:** Please make this payment of \$6 by Visa () Mastercard ()

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

Card Holders

Name _____ Signature _____

NORTHERN NOTES

Macquarie River Camp

Beauty Point 7.6 Km

Name	N. Time	Actual Time	Diff. Min.Sec
Gill Gardner	50.20	50.03.37	0.15.63 sec
Alwynne McMahon	51.15	50.58.62	0.16.38 sec
Tanya Jensen	39.30	39.11	0.19 sec
Lorraine Lee Archer	42.30	43.01	0.31
Steve Butt	41.20	40.46	0.34
Damon Sherriff	32.00	32.41	0.41
Max Loffel	41.00	40.12	0.48
Dave Wagner	32.00	33.00	1.00
Mark Fyfe	36.00	37.18	1.18
Jack Sherriff	48.48	47.20	1.28
Neil Hammersley	39.40	41.12	1.32
Shaun O'Regan	35.01	36.33	1.32
Nye Evans	51.00	49.23	1.37
Sharleen McLetchie	52.40	50.44	1.56
Craig Baron	48.10	44.59	3.11
Ryan Butt	48.48	52.45	3.57
Half Course 3.8Km			Diff x 2
Gary Armstrong	21.21	21.31	0.20
Gerard Little	32.00	33.31	3.02
Peter Lee Archer	25.00	27.02	4.04
Judy Wagner	39.00	41.15	4.30
Vivian Knight	23.40	26.45	6.10
Etuan Butt	39.00	43.07	8.14
Matt Bransden	39.00	43.07	8.14
Kevlyn Edmunds	37.00	41.15	8.30
Deb O'Regan	22.59	27.18	8.38
Glynis Jetson	27.00	32.21	10.42
Jane Butt	36.00	42.30	13.00
Sarah Sherriff	36.00	42.30	13.00
Ben Sherriff	39.00	46.42	15.22
Sam Sherriff	38.50	46.42	15.42

Sunday 13 June, today's run was at Beauty Point and organised by Nye Evans and Ros Holgate. An interesting course, four laps of 1.9 kilometers to give you 7.6k for the long distance run. The course consisted of part sealed road and part gravel track through bush with a couple of small inclines. In all, an interesting and scenic little run.

On leaving home the day was foggy and did not improve until Beaconsfield when the sun started to appear. A good field registered for the run and it was great to see a lot of Ros and Nye's Beacy runners joining us. Once times had been registered, a bit of a jostle was on to see who would control the time piece, but it was soon apparent there was one dominant person in control who was quite sure they had mastered the art of Head Timekeeper (Deb Rowley of course,) so Master Armstrong had to take second place and go and have a jog over the short course.

By the time we were in the starters hands the day had changed into a nice sunny morning, although still nippy.

Nye provided a brief description of the course then Deb gave the word and we were off. It was noticeable after the first corner one leggy fella (Dave W) hadn't quite listened to the instructions as he nearly went of running in another direction, a fellow good sportsman told him to turn. Once you had run a lap there was no reason really for getting lost, although I think some one may have had trouble lap scoring and it wasn't the timekeeper.

Now once the run was over it was down to working out the time differences and boy did some make it difficult, as you can see from the Result Sheet Gill Gardner just pipped Alwynne McMahon for the money with Tanya Jensen third. **An all ladies affair again.** Come on you blokes.

Sorry, no photos this month as left the camera at home.

After the run the social part started and many adjourned to the Tamar Cove for coffee and a bite to eat.

Thanks to Nye and Ros for setting up the course.



Macquarie River Campbell Town



Stan blazes home in City to Casino

From Page 1

the cross country.

Last year Mr Harrex had his most successful national masters outing, coming home with five gold medals and one silver.

Mr Harrex competed in his first fun run when he was 50 and has been running ever since.

"You've got to run until you drop," he said.

Mr Harrex is well known in New Norfolk as the organiser of the annual Australia Day fun run.

He competes regularly in Tasmanian Masters



UNSTOPPABLE: Stan Harrex with his trophy.

Athletics meets at the Domain and takes part in every fun run he can.

SENSATIONAL EFFORT: Stan Harrex, of Hayes, steams past competitors in the City to Casino 7km fun run on Sunday. Picture: SAM ROSEWARNE

Stan goes distance in style

BLAIR RICHARDS

THE Derwent Valley's long distance running sensation Stan Harrex completed his 31st City to Casino run on Sunday.

Mr Harrex, 52, completed the 7km run in 44 minutes, 50 seconds.

The fun run veteran was awarded the Graeme Fennell Memorial Trophy for most dedicated and consistent runner.

Mr Harrex, of Hayes, said he was happy with his time and pleased to see so many people taking part in the run.

"I did alright, I think I took a minute off last year's time. I've been saving the body a bit instead of belting myself in the longer runs. It's a great event, it was terrific to see 3000 people there," he said.

On Mother's Day Mr Harrex won the Jim Burr Memorial run

from the Hobart GPO to the summit of Mt Wellington.

"I've had a good fortnight," he said.

Earlier this year Mr Harrex travelled with the Tasmanian team to the Australian Masters Athletics Championships.

He won the 10,000m track championship, and finished third in both the track walk and

Continued Page 3

Jean Albury
Lynne & Chris Andrews
Gary Armstrong
Doug Ashfield
Warwick Ashley
Peter & Sheila Barrett
Roy Beadell
Mark Beech-Jones
David Beeson
David Brasher
Jill Britton
Colleen Bugg
Danny & Gloria Byas
Bruce Campbell
Craig & Tracy Canham
Jim Claxton
Barbara Clayton
Dean Cole
Suzy Cole
Barry Cook
Amanda Coombe
Peter & Ros Cornish
Louis Crack
Debbie Crawford
Gerard Cronly
David Cundy
Gary Cuthbert
Paul Dannock
Geoffrey Eddington
Nye Evans
Vicki Forsyth
Wayne French
Michael Fuller
Mark Fyfe
Michael Gaffney
Gillian Gardner
Chris Gates
Jarrod Gibson
Carolyn & Phillip Grimmond
Robert & Vicki Gunn
Neil Hammersley
David & Frances Hancock
Stan Harrex
Catherine Hayes
Greg Hickey
Craig Hicks
Ros Holgate
Brian Horton
Timothy Horton
John Ingram
John Jago
Jeff James
Tanja Jensen
Alvin & Sharon Johns
Chris Johns
Kerry Johnstone
Kristine Johnstone
Lynnette Joyce
Tracey Keating
Mark Kingsley
Vivian Knight
Stephen Lance
Lorraine & Peter Lee-Archer
Elizabeth & Paul Leitch
lestyn Lewis

Barry Ling
Gerard Little
Barry & Sue Lloyd
Eric Lockett
Max Loffel
Lynne & Peter Lyden
Georgina & Scott MacDonald
Frances Malcomson
Andrea Marquardt
Elaine Marquardt
Lawrence Marsh
Shane & Susan
McClenaghan
Robert McCrossen
Tony McIntyre
Alwynne McMahan
Ricard Meiring
David Moore
Linda Moran
Varel Newmark
Debra & Shane O'Regan
Joanne Oliver
Julie & Michael Pace
Matthew Page
Mika Pallari
Michael Pook
Jenny & Len Powell
Roderick Rhodes
Robert Richards
Brett Roach
Bob Robertson
Matthew Robertson
Gary & Lisa Rossiter
Patricia Ruston
Andrew Skelly
Francesca Smith
Valerie Smith
Jenny & Mick Stevenson
Daniel Teague
Clive Tilsley
Mike Townley
David & Judith Wagner
Joy & Michael Walker
Graeme Warren
Robert Weldon
Eric Welsh
Eric & Margaret Whiting
Peter Wierenga
Sharen Willing
Melissa Wylie
Anne & Barry Zeitzen

Financial 2010/11 - 139

2009/10 members not yet
financial - 109

This list should contain all members who are financial for 2010/11. If your name is not on this list then either my records are wrong or your membership fees are overdue.

The membership fees for this year include \$15 per member which will be paid to Athletics Tasmania(AT) which entitles any TMA member to participate in branch track and field competition in Hobart, Launceston or Penguin without further registration with AT. For those members that take advantage of this agreement this is a saving of \$113 for those registered with AT for Out of Stadium competition and \$150 for those not registered with AT.

For those members who do opt for full all year AT registration the TMA membership fee will be reduced by \$30 for those nominating their club as TMA and \$15 for those nominating any other Club. If you have any queries regarding membership or AT registration please email me at msteven1@iinet.net.au or ring 62721182 or talk to me at any Saturday or Sunday run.

Mick Stevenson
TMA registrar.

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.

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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.....



**SURFACE
MAIL**

If undeliverable return to:-

TMA Inc.
GPO Box 890
Hobart, Tasmania, 7001

"May be opened for postal inspection"