



FOOTNOTES

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

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

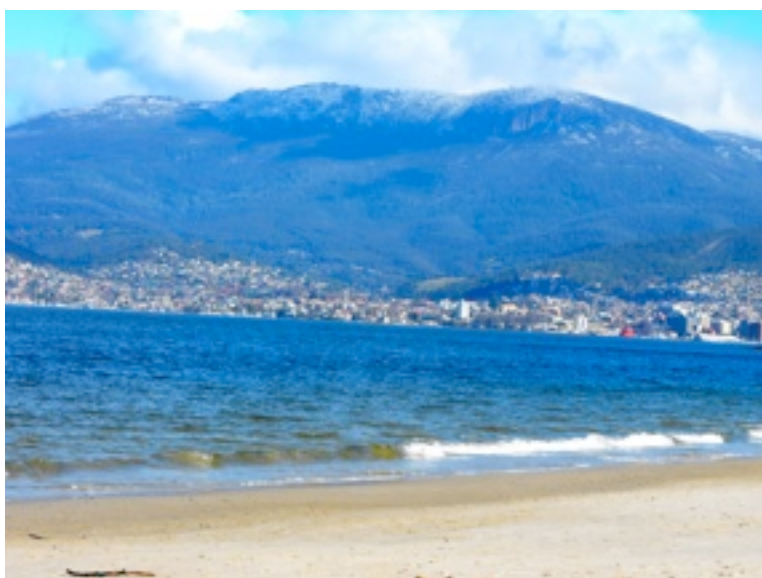
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September 2010

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Mt Wellington from Howrah Beach - A beautiful winters day in Hobart



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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 September 10



TMA, AS, AT Southern Winter Calendar 2010

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
Sun 31 Tynwald Park - free entry & BBQ - Stan Harrex & Rob McCrossen

Mt Wellington
Margate
Burnie
New Norfolk

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

September 3-5	The Flinders Five Running & Fine Food Festival	
September 5	Heritage Forest	
September 5	Festival of Marathons	Ross
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	

15TH AUSTRALIAN MASTERS ATHLETICS WINTER THROWING CHAMPIONSHIPS

WHEN: Oct 2-4th 2010

WHERE: Masson St throwing ground, Masson St, Turner, ACT

CONTACT: Ray Green 02 4975 1750 or email Sharon sgi24279@bigpond.net.au
 or Jayne Hardy 0421 610 053

CONDUCTED BY: ACT Veterans Athletic Club Inc.

ELIGIBILITY: Athletes registered with a Masters/Veterans Club.

PROGRAM:

Saturday Oct 2nd – 10 am start- Hammer, Shot, Discus, Javelin, Weight throw

Sunday Oct 3rd – 9.30 am start – Throws Pentathlon, Barbeque 7pm

Monday Oct 4th – 9am start – Heavy Weight Pentathlon, 56lb & 100lb Super Heavy Weight

Throws

In the Heavy Weight Pentathlon competitors throw their normal weight, two weights lighter and two weights heavier. Three throws of each weight, and points are scored like the throws pentathlon

Entry form available on the AMA Website. To access the AMA website, go to <http://www.tasmastersathletics.org.au/> and then go to 'Links' and you will find the AMA website



Presidents Message

This last month has again been busy with Masters competing prominently in the Country Championships at Pontville. TMA had 53 representatives which, if not an all-time record is at least a record of latter years. Congratulations to all who completed a great but challenging course and well done also to all Masters Budget Fun Runners.

One normally keen and active competitor has been unable to participate. Peter Lyden, our TMA Vice President and coach of a talented squad, has been confined to bed in hospital. We wish him a speedy recovery and hope to see him back at the track as soon as possible.

TMA Track and Field Championships will again be held in conjunction with AT but do make a note of the dates: Friday night 25, Saturday 26, Sunday 27 March 2011 at the DAC.

TMA 10,000, Pentathlon and Weight Pentathlon Championships will be held on 3 April 2011 at the DAC.

AMA Championships in Brisbane begin Thursday 21 April and conclude Sunday 24 April, thus avoiding ANZAC Day.

Season Launch — 6 October, 6.15pm, DAC

The track and field season is fast approaching and this year we are kick-starting the program by having a social evening for the purpose of gathering members together to receive information, make registrations, order uniforms and to enjoy a light meal together. Special guest speaker is experienced international official, Chris Wilson, who will give us tips on being an official for our own meets. New members are especially welcome and current members are asked to bring a plate of food.

Come and Try — 13 & 20 October, 6pm, DAC

New members are especially welcome. The Track and Field Program starts 13 Oct. Come at 5.30pm to warm up. The first two sessions on 13 Oct and 20 October feature runs and special throws coaching by highly acclaimed coaches Peter McDonald and Evan Peacock. Further details next month.

New members in the north should contact Jim Claxton 6344 1025, and in the north-west, Craig Hicks 6427 0192.

Happy training — stay fit, healthy and injury-free as the weather gets warmer, the cross country ends and the track season approaches. Lynne Andrews

Social Outing at the Trots

When: 19th September Where: Elwick Race Course

Meet: Upstairs in Viewing Area Time: 5.00pm

Cost: \$7 - \$3 pensioner + kitty

If you let us know if you will be attending, you may receive a free entry ticket.

Research Fire Brigade

My name is Jeff Woolnough and I'm the Captain of the Research Fire Brigade which is a volunteer brigade in the Nth East suburbs of Melbourne. Together with the Kangaroo Ground fire brigade we are having our annual fun run "Run For The Firies" on September 12th. This is our major fundraising event for the year with all funds going towards much needed vehicles and equipment to help protect our communities both local and afar.

Attached is a flyer for our fun run and we would really appreciate it if you would forward it onto any athletic clubs or other interested parties.

If you require any more information please don't hesitate to call. <http://www.runforthefiries.com/>

Jeff Woolnough Captain Research Fire Brigade <http://www.researchcfa.com.au/mambo/>
0418373742

September 1 2010

TYNWALD PARK



B: Frances Hancock, Joy Walker, Mark Kingsley, Stan Harrex, Bob Weldon, Bob Robertson, Tim Horton, Mike Walker, Mick Stevenson, David Hancock, Rod Rhodes, Catherine Stringer, Col Bailey F: Andrea Marquardt, Felicity Stringer

What a glorious day, sun was shining birds were singing etc. You can expect all sorts of weather in the Derwent Valley, but Sunday was one out of the box. Fifteen athletes were on the start line for the briefing, Stan said 'it's about a 4k loop' we were all a bit skeptical as he had said this last year and it turned out to be more like 7k! He must have taken this into consideration when he marked this course because it was more like 3.5k!

We would like to acknowledge the work done by the Derwent Valley Council in cutting the grass before we had our run and to thank Col Bailey for standing with the watch.

Results

4k

Jenny Stevenson	29.58
Mick Stevenson	21.39
Mike Walker	17.05
Joy Walker	25.03
Frances Hancock	31.53
David Hancock	31.36
Stan Harrex	25.27

8k

Catherine Stringer	45.31
Andrea Marquardt	33.31
Bob Weldon	37.40
Felicity Stringer	35.45
Timothy Horton	37.08
Bob Robertson	35.14
Mark Kingsley	36.48
Rod Rhodes	48.15



montagu bay fun run

Back: Stephanie Teague, Lynne Lyden, Adele Lucas, Wayne French, Jacqui Kingsley, David Hancock, Mike Walker, Geoff Eddington, David Lucas **Middle:** Joy Walker, Bob Robertson, Sue Lloyd, Mark Kingsley, Rod Rhodes, Barry Teague, Alan Coleman, Frances Hancock **Front:** Mahalia & Alex Kingsley, Mick Stevenson, Barry Lloyd



What a glorious winters day, bit chilly, sun shining, blue skies. There was a small amount of frost on the track that had been shielded by the trees, but all in all a great day. Twenty people turned up for the start, it was great to see them all. As usual we had a mix of runners, walkers and first timers as well as the people on the injured list. Jacquie, Mahalia and Alex were on the line for the first time, so we hope they enjoyed themselves enough to turn up again. The injured list gets longer as the year progresses, Wayne French, Jenny Stevenson, Sue and Barry Lloyd. The run was hosted by Lynne and Pete Lyden and to add insult to injury, Pete Lyden is in hospital! What a lot of old crocs we are!!

results

3k

Alex Kingsley	24.06
Jacqui Kingsley	22.40

4k

Adele Lucas	20.38
Mick Stevenson	23.09
Jenny Stevenson	32.16
Wayne French	19.06
Mahalia Kingsley	31.08
David Hancock	28.04
Stephanie Teague	22.50
Alan Coleman	20.34
Joy Walker	27.28
Mike Walker	20.15

4k Walk

Frances Hancock	34.45
Geoff Eddington	44.24
Sue Lloyd	41.54
Barry Lloyd	44.22

8k

Rod Rhodes	52.29
Mark Kingsley	38.34
Bob Robertson	39.01



Rewarded with a bronze medal



The Tasmanian women's cross country team (pictured) finished third at the recent Australian championships held at Kingston. (1982)

The team made great sacrifices to train together and was rewarded with a bronze medal.

The team is, from left, Sharon Harris, 19 of Hobart, Vicky Heath 20, of Launceston, Mr Wayne Fletcher, manager, of Hobart, Barbara-Anne O'Byrne, 23 of Launceston, Andrea Waddle, 19 of Devonport.

The four girls have represented Tasmania in athletics before.

THEN & NOW



TASMANIAN CROSS COUNTRY CHAMPIONSHIPS 2010

Sharon Coad nee Harris
Vicky Gunn nee Heath
Barbara-Anne O'Byrne

At the recent state cross country championships at Pontville, Vicki Gunn, Barbara Anne O'Byrne and Sharon Coad met up in the over 45 race. Finishing 1,2,3 it was the first time that these three athletes had run together since 1982. Back then they were all in the state team which won a bronze medal in the nationals. Although times may have slowed down a bit by now, it just goes to show, once a runner, always a runner.

Cheers
Sharon

LIFE MEMBER – BOB RICHARDS

Alan Rider, Mick & Jenny Stevenson

Bob was a running acquaintance of mine and many others back from the early 80's when the annual Nosh Up at the Foreshore Tavern was big. Bob always lent a hand and a good laugh to go on with.

The Telecom Tasmania Run in 1994, which was billed as 7 days of "Hell in Paradise", reared its head. It was a marketers dream and again Bob was there for the journey. He took on the Treasurer's role and it was his attention to detail that finalised a payment, to the Vets I think, of a balance of \$40, from the event books around 8 years after its finish. He did it right.

Again he was there for many years with Graham Fennell and the gang at the Overland Run from Cradle Mountain to Lake St Clair having established his credentials by running it from South to North against the usual flow.

Around that time, the Point to Pinnacle commenced in 1995 and again Bob, along with Terry Mahoney became the faces at the top with the timekeeping duties, through an amazing diversity of weather and participants. It was only in the latter years that Bob had to reluctantly hand over the role to others and he was missed particularly the laughter and energy that came from Bob and the Hash House Harriers. It kept us all sane.

I can say this true that on the Sunday evening, before the World Cup Final I think it was, I had an extremely vivid dream of Bob walking along and I met him saying hello, stepping back and admiring how fit and well he looked. I told him so and got a smiling acknowledgement in response. I glanced at his knee and saw it was racing fit and said how well he was travelling.

I watched the soccer, went through all the usual routines including sitting down to read the paper and noted with sadness that Bob had passed away a day or so before. If it means anything at all, and I hope it does, then he's gone on fit as a fiddle and looking super as a lot of us would have remembered from earlier days.

Keep on walking, running and laughing Bob.

Alan.

I remember Bob accompanying Jim Burr on a run from the GPO to the Pinnacle on Jim's 70th, 71st and 72nd birthdays, i.e. 1988.89 and 90. I was new to "Vets" and so didn't know many people but I knew both Bob and Jim.

In later years, when Bob could no longer run he would turn up to the Vets/Masters runs and act as our timekeeper. He would sit next to my mother, Barb Westcott, who would be writing the results and they would compare 'knees' as they had both had had new ones - they weren't happy discussions! Along with my father Bill Westcott they kept the finish line together Bob and Barb with the paper work and Bill on the kettle, they are all missed very much.

Nothing was too much trouble for Bob, if there was a run on he would be there with his trusty watch. He would turn up with his dog in the back of the car, take the dog for a walk before the run and then settle down for duration of the run. Always pleased to see you and started off the conversation with a joke and a laugh.

Jenny

There are not many of Bob's running mates still running. He was usually running to far for me but one year I decided to run the Athletics Tasmania Cross Country Championships which was a 12km at the Lea Scout Camp. This was further than I had ever run in my life. Bob jogged with me for 11.9 km before Mike Paces' advice that no matter how stuffed you are you always have a sprint left in you, meant I beat him. It did not harm our friendship.

Bob gave many hours of his time to VAAT later TMA. He was newsletter editor for 6 years in the days before personal computers so had to type them, duplicate them in the days before photocopiers and fold and seal them all. Nowadays we are down to around 50 copies to be posted thanks to email and even 50 is a time consuming task.

Although Bob was eventually confined to a wheel chair he remained cheerful to the end.

Mick

BOB RICHARDS DOING WHAT HE DID BEST



3 Legged Race Relbia - Bob in red, Peter Lyden behind Bob & Norm Anderson in blue



Poimena Reserve Austins Ferry - Bob with the kettle Lynne Lyden, Mick



Barry Teague & Bob with the Jim Burr Trophy



Bob with Ann Cameron (Jim Burr's daughter) on Mt Wellington



Bob presenting the Jim Burr Trophy to Bruce Campbell 1998



Bob at the GPO for the start of the Jim Burr with Bruno & Jess Palermo



On top of Mt Wellington with the Jim Burr results & with Steve & Debbie Lance

TASMANIAN MASTERS ATHLETICS INC						
STATE CROSS COUNTRY CHAMPIONSHIPS						
PONTVILLE - SATURDAY, 31 JULY 2010 Age						
Place	Name		Age Group	DOB	Time	%
1	Peter	Barrett	37 M35	6/14/73	46.46	71.69
2	Paul	Dannock	38 M35	7/13/72	49.27	68.30
3	Michael	Fuller	39 M35	10/6/70	52.56	64.28
4	Mark	Kingsley	38 M35	8/27/71	60.56	55.43
1	William	Yee	42 M40	8/4/68	46.50	74.33
2	Tony	McIntyre	44 M40	6/28/66	47.28	74.48
3	Brent	Ranson	41 M40	8/6/68	50.31	68.38
1	John	Jago	49 M45	1/2/61	45.32	80.78
2	Shane	Mundy	47 M45	3/10/63	48.55	74.00
3	Craig	Canham	46 M45	2/1/64	49.35	72.42
1	Wayne	Tibbits	51 M50	9/10/58	22.28	78.58
2	Stephen	Fenton	52 M50	11/29/57	23.20	76.28
3	Simon	Phillips	50 M50	12/17/59	23.46	73.68
4	Greg	Hickey	52 M50	10/14/57	23.56	74.36
5	Gerard	Cronley	53 M50	4/30/57	24.35	72.99
6	David	Wagner	54 M50	2/4/56	25.49	70.09
7	Phillip	Grimmond	52 M50	8/25/52	26.18	67.67
8	Jon	Doole	51 M50	9/7/58	26.24	66.87
9	Malcolm	Hales	54 M50	7/18/56	26.35	68.07
10	Danny	Keep	54 M50	4/10/56	27.12	66.52
11	Paul	Leitch	54 M50	10/26/55	31.11	58.02
12	Ken	Nixon	52 M50	7/12/58	39.52	44.64
1	Pete	Lyden	55 M55	3/27/55	23.10	78.76
2	Chris	Gates	55 M55	11/11/54	24.48	73.57
3	Mark	Fyfe	55 M55	1/5/55	26.44	68.25
1	Dave	Cundy	61 M60	5/27/49	25.18	75.94
2	Mike	Walker	64 M60	5/23/46	25.50	76.40
3	Alan	Coleman	62 M60	1/22/49	29.33	65.59
4	Bob	Weldon	62 M60	12/26/47	30.48	62.93
5	Len	Powell	61 M60	2/10/49	34.46	55.26
6	David	Cresswell	60 M60	6/26/50	36.53	51.63
1	Bob	Robertson	68 M65	1/13/42	28.24	72.11
1	Mick	Stevenson	70 M70	7/7/40	33.22	62.72
2	David	Hancock	71 M70	7/19/39	38.24	55.17
1	Roy	Beadell	75 M75	6/25/35	33.52	66.43
1	Stan	Harrex	82 M80	4/21/28	43.44	60.13
1	Angela	Grimmond	30 W30	6/28/80	33.38	70.64
1	Andrea	Marquardt	38 W35	4/9/72	33.24	72.83
1	Suzy	Cole	40 W40	11/25/69	34.19	71.74
2	Tracey	Keating	40 W40	1/14/70	35.19	69.71
3	Val	Smith	41 W40	1/29/69	37.48	65.59
4	Linda	Moran	40 W40	12/12/69	44.23	55.47
1	Vicky	Gunn	48 W45	9/17/61	16.25	78.80
2	Sharon	Coad	47 W45	3/21/63	17.24	73.43
3	Barbara	Clayton	46 W45	5/28/64	19.51	63.58
1	Lynne	Lyden	53 W50	7/5/57	20.37	66.91
2	Frances	Malcomson	54 W50	11/1/56	23.18	60.00
1	Adele	Lucas	56 W55	10/17/53	19.10	74.96
2	Catherine	Stringer	55 W55	3/13/55	22.20	63.45
3	Elizabeth	Leitch	55 W55	7/8/55	22.36	62.70
1	Gloria	Byas	60 W60	3/19/48	25.31	59.60
1	Elaine	Marquardt	67 W65	6/15/43	20.32	82.52

Athletics Tasmania Cross Country Championships Teams Results

Women

O/35 Carolyn Davis,
Tracey Keating,
Linda Moran **1st**
O/45 Lynne Lyden,
Elizabeth Leitch,
Frances Malcomson
2nd

Men

O/40 John Jago,
Tony McIntyre,
Shane Mundy **1st**
O/50 Peter Lyden,
Greg Hickey, Gerard
Cronly **1st**
O/50 Dave Cundy,
Mike Walker, Phil
Grimmond **3rd**

NORTHERN NOTES

Relbia 7 Km 8 August 2010.

A good gathering of runners for this undulating course on Relbia Road from Josef Crony's Winery to Hobart Road and return. It must have been a chilly morning as most of the ladies were looking for the comfort station before we got down to the serious business of running.

The quick runners were out today, Damon Sherriff would have to be lucky he didn't get caught for speeding at the pace he shot up the road, followed by a group made up of Mark Fyfe, Vicki Ross and Dave Wagner. Further back Craig Ross and Dwayne Kirby were keeping one another honest. Gary Rossiter passed the Hammer just before the half way mark and Hammer knew he would have to lift his performance on the way back if he was to get close to his nominated time.

Back in the field Christie Smith was showing some good form for someone who hadn't done a lot of training recently but Alwynne Mc Mahon was just able to beat her home by a few seconds followed by Deb O'Regan, Gill Gardner, Sharleen and Kristine Johnstone.

In the half course, Viv Knight showed her fitness is improving; maybe its Coach Armstrong's training methods or just pure ability coming out. Hayley Hinds and Brianna Ross also put in good runs. Glynis Jetson and Gerard Little also had good walks over the short course.

Now the winner today for the second time this year, and with a spot on time, was Garry Rossiter followed by Neil Hammersley and Damon Sherriff.

Now after the event, what is fast becoming a ritual, the majority of us journeyed to Gloria Jeans for coffee and cakes etc. Can you imagine what the shop staff must think when about 25 people arrive all at once, and sought off take over the shop?

Deloraine 22 August 2010

A nice flat course from the Train Park straight out the road following the river. Today there were a few tired people, some had run the Launceston Athletic Club Half Marathon on Saturday (Shaun & Deb O'Regan, Max Loffel, Lorraine Lee Archer), and Dave & Judy Wagner had a hard afternoon watching the Hawks, so they all elected the Half Course.

Now Jimmy Claxton played good husband and brought his wife Bonney for a Drive, and out of retirement came one of our favourite past runners Cliff Crack. Great to see him in action and also Bonney doing the shops over.

There was only four who nominated the grueling long run today. The rest went short. .

Now we were under the starter orders (Mr Armstrong) and the beautiful Deb was in charge of Time Keeping. The word Go was spoken and Shaun O'Regan raced from the pack (wasn't going to run today) in his latest outfit, a pair of jeans, and led for the first 200m but the Wags took over followed by Mark Fyfe and yours truly. Now from today's results, you can tell Maxie Loffel and Cliffey Crack must have run along together, Viv Knight and Peter Lee Archer who had been relieved of a grand child looking after by Lorraine appeared to be in close proximity followed Jimmy Claxton. Now Judy's hard day watching the Hawks did not translate to a win that was left to Dave but it did produce a most improved time difference for the event. Oh by the way, I was at the footy too.

Now I also understand some runners in the Half Course enjoyed running faster than Shaun in the event and recording better nominated times. Beat him twice. I heard a whisper also that Shaun may have suggested that our Master Chef Deb change her time as it was too quick, shouldn't have listened, Deb.

Today's winner was Dave Wagner followed by Neil Hammersley, again second and Mark Fyfe.

Now our Time Keeper Deb Rowley tells me she is going to lodge a complaint with the Rules Committee to stop people from stopping before the finish line or walking to the line to try and record a slower time. Have to use other tactics like run backwards or something.

Now the run was over so it was over to the usual Café for coffee and cake, although some appeared to have a feast.

Neil Hammersley

LEGANA RUN 8.5K 4.25K 27.7.10

	N. T.	A.T	Dif
Mark Fyfe	39:30	39:22	08
Shaun O'Regan	42:00	42:14	14
David Wagner	37:30	38:39	1:09
K. Johnstone	57:59	59:20	1:41
Gill Gardner	55:25	57:36	2:11
A. McMahon	54:00	56:13	2:13
Max Loffel	46:30	49:57	3:27
Nye Evans	51:00	54:44	3:44
Tanya Jensen	46:40	42:11	4:29
Craig Barron	48:00	52:40	4:40

Colleen Bugg	47:00	52:44	5:42
Deb O'Regan	51:00	57:35	6:35
4.25			
Glynis Jetson	37:00	37:56	56
Jill Britton	37:00	38:30	1:30
Judy Wagner	44:00	46:53	2:53
Gerrard little	33:00	41:27	8:27
Viv Knight	28:30	37:188:48	

RELBIA 7K 8/8/10

Garry Rossiter	37.29	37.29	0
Neil Hammersley	36.45	36.42	0.3
Damon Sherriff	28.00	27.36	0.24
Mark Fyfe	31.00	30.33	0.27
Vicki Ross	30.50	30.14	0.36
Dwyane Kirkby	34.15	33.36	0.39
David Wagner	31.30	30.53	0.37
Craig Ross	33.15	32.19	0.56
Christie Smith	41.25	42.30	1.05
K. Johnstone	46.00	44.42	1.18
Gill Gardner	44.40	43.05	1.35
Sharleen	44.50	43.07	1.43
A. McMahon	44.00	42.15	1.45
Deb O'Regan	40.32	43.03	2.31

HALF COURSE 3.5K difference X 2

Gerard Little	29.20	28.44	1.12
Glynis Jetson	28.40	27.30	2.20
Hayley Hinds	21.20	23.45	4.50
Brianna Ross	21.20	23.48	4.56
Judy Wagner	38.30	35.54	5.12
Viv Knight	26.00	22.44	6.32
Jill Britton	30.00	25.38	8.44

DELORAINE 8K 22/8/10

Neil Hammersley	42.00	41.19	0.41
Mark Fyfe	37.00	36.18	0.42
Craig Barron	45.10	46.07	0.57
Gill Gardner	48.40	47.11	1.29

HALF COURSE 4K X2

David Wagner	18.00	17.53	0.14
Gerard Little	32.40	32.05	1.10
Judy Wagner	41.00	40.09	1.42
Peter Lee Archer	24.00	24.58	1.56
Jim Claxton	25.00	25.59	1.58
Shaun O'Regan	27.30	26.17	2.26
Cliff Crack	23.30	21.50	3.20
Max Loffel	23.30	21.47	3.26
Viv Knight	26.30	24.42	3.36
Jill Britton	32.00	29.54	4.12
Deb O'Regan	30.00	27.27	5.06
Glynis Jetson	28.10	30.50	5.20

Deb Rowley



SAUSAGE KING EXTRAORDINAIRE

Hi every one

Just wanted to share our glory with you, yesterday was the regional and State sausage king competition.

How it works- there are 6 categories and believe me a win in a category is huge in our profession.

2 years ago I won the continental section with my Italian sausage and last year I received a 2nd in poultry in state also.

This is how the scores went this year -

Pork - 1st place STATE with a 100 out of 100 score

Australian Lamb - 1st place STATE

Poultry - 1st place STATE

Traditional Australian 1st place REGIONAL and 3rd place STATE

Continental 1st place REGIONAL and 3rd place STATE

Tasmanian best Burger - 1st place REGIONAL and 2nd place STATE

You might say our finest hour. Presentations were held in conjunction with the fine food awards last night at Wrest Point, I was on hand to be blown away with the out come of the Tasmanian sausage king. Seeing we won multiple state gold I am now the official overall STATE sausage king, **HUGE HUGE HUGE**

I spend a lot of time and take pride in making all the sausages personally unless I am away. After 15 years of trying I have now hit a perfect 100 out of 100 for my pork. I spoke with one of the judges last night who travels the circuit of Australia judging and he said this was the first time he has ever seen a perfect 100.

I was a judge in the fine food awards over the weekend but this is in no way related to Australian Meat Council sausage king.

So I just thought I would drop a line to let you know we officially have the best sausages in Tasmania and three chances now to become a National winner in February.

Have a nice day every one

Shane (Mundy)

Here he is with his new silver wear!



Howrah Beach Fun Run



Gloria Byas, Dylan Pace, Mike Pace, Frances Hancock, Stephanie Teague, Barry Teague, David Lucas, Cathryn Stringer, Stan Harrex, Adele Lucas, Alan Coleman, Roy Beadell, Bruce Campbell, David Hancock
 Front; Barry Lloyd, Bob Robertson,, Danny Byas, Mick Stevenson

As usual (?) the Eastern Shore of Hobart turned on perfect weather and Howrah Beach sand was nice and firm, with the tide being very co-operatively low!

Because of ongoing problems with flag removal, flags were only used at the Start/Finish, with the rest of the course being marked with flour.

Runners/walkers, had the choice of 1, 2 or 3 laps of the 3.45km course, with most opting for 1 lap and the rest 2 laps. Catherine Stringer told us after the run from her GPS, that the course measurement is 3.45km! The course commenced in a westerly direction, which meant that on the return along Howrah Beach, participants had the very pleasant light warm breeze coming from behind them!

It was nice to see Barry Lloyd continuing his quest back to full health after his recent heart surgery.

The morning concluded with the usual chat and refreshments followed by the distribution of the hugely expensive spot prizes!

Thanks to Bob Robertson for providing all the necessary equipment including the essential tea/ coffee. Thanks also to the providers of nibbles.

Frances and David Hancock

Name	Distance	Time	Min/Km
Stephanie Teague	6.9km	40m26s	5m52s
Stan Harrex - Walk	3.45km	30m45s	8m55s
Bob Robertson	6.9km	33m59s	4m55s
Roy Beadell	6.9km	38m10s	5m32s
Adele Lucas	3.45km	18m02s	5m14s
Catherine Stringer	6.9km	42m24s	6m09s
Mark Kingsley	6.9km	36m41s	5m19s
Dylan Pace	3.45km	16m25s	4m46s
Mike Pace	3.45km	19m27s	5m38s
Gloria Byas	6.9km	45m12s	6m55s
Jenny Stevenson	3.45km	28m02s	8m08s
Mike Stevenson	3.45km	19m00s	5m30s
Danny Byas	3.45km	22m12s	6m43s
Alan Coleman	4.70km (Approx)	24m37s	5m15s
Bruce Campbell	3.45km	59m38s	8m39s
Barry Lloyd - Walk	3.45km	44m56s	13m02s

LAUNCESTON TEN - 18 JULY 2010

Held in cold and extremely wet conditions. Results for TMA members follows:

Name	Age	Time	Age Graded %	Name	Age	Time	Age Graded %
Philip Clarke	49	34.06	89.30	Karen Taylor	43	45.29	70.66
William Yee	41	37.04	77.23	Barry Ling	59	46.38	70.97
Aub Henricks	44	37.36	77.88	Craig Ross	37	46.41	59.53
Paul Dannock	38	37.44	74.18	Sam Wierenga	35	47.07	65.05
Wayne Tibbits	51	38.08	81.16	Lorraine Lee-Archer	52	49.03	72.51
Stephen Fenton	52	38.18	81.46	Scott MacDonald	46	49.17	60.35
Michael Soden	41	39.03	72.38	Georgina MacDonald	46	49.19	67.07
Shane Mundy	47	39.10	76.53	David Stallard	58	49.30	66.28
Debbie Pauna	49	39.21	87.04	Max Loffel	68	49.31	72.50
FrancescaSmith	42	39.28	80.78	Colleen Bugg	47	52.22	63.86
Craig Canham	46	39.41	74.95	Marie-Louise Bird	48	53.06	63.72
Matthew Page	39	39.41	71.06	Kathy Fisher	41	54.37	57.93
Chris Gates	55	40.07	79.73	David Cresswell	60	56.14	59.37
Angela Grimmond	30	40.45	74.46	Barbara Clayton	46	56.46	58.27
Vicky Gunn	48	41.04	82.39	Nye Evans	72	57.34	65.38
Rodney Boxhall	39	41.14	68.39	Gillian Gardner	54	57.37	63.35
Peter Hoare	52	41.19	75.51	Karen Stallard	49	57.42	59.36
Michael Walker	64	41.19	83.73	Alwynne McMahon	55	59.17	62.38
Tracey Keating	40	41.51	75.09	Kristine Johnstone	53	1.03.15	56.96
Vicki Ross	38	42.37	72.87	Doug Ashfield	53	1.04.39	48.65
Carolyn Davis	45	42.47	76.52	Vivienne Knight	48	1.04.4	52.24
John Fisher	43	42.50	67.84	Judy Wagner	66	1.40.35	43.06
Shaun O'Regan	57	43.14	75.24				
David Wagner	54	43.27	73.00				
Robert Gunn	60	43.55	76.01				
Pete Wierenga	36	44.26	62.11				

Every care has been taken in identifying the results for TMA members. If we have made a mistake or missed your name please let us know about it

Dates for your calendar
Season Launch Wednesday 6 October 6.15pm
Come and Try 13 & 20 October 6pm
 See President's Message for details

Reminder - Brighton Challenge
 When: 11am 26th September
 Where: Pontville Recreation Ground
 Entry Fees: Adults \$10 Children under 18 \$5
 All monies raised after expenses returned as cash spot prizes
 Cash draw will be held by 12.15pm



Judy Wagner



Kristine Johnstone
 Christie Smith
 Alwynne McMahon

TRANS TASMAN THROWS CHALLENGE

Sunday 29th August

Domain Athletic Centre

9:20 am start (sharp) \$10.00 entry

The New Zealand Masters Athletics Association hold an annual Trans Tasman Throws Challenge throughout Australia & New Zealand during August. This year Tasmanians will be able to join the competition as part of the Athletic South Winter Throws meet on Sunday 29th August at the Domain.

Competition is open to all registered TMA athletes and covers all age groups.

Competitors are required to throw each implement three times with the best performance for each gaining points towards their overall results. Results will be forwarded to NZMA coordinator Christine McCahill and once finalized, place certificates will be issued to competitors.

This is a great way to compete without the expense of travel.

Order of throws :- Hammer, Javelin, Discus, Shot & Heavy Weight.

As photos will be taken to send off to NZ, TMA shirts must be worn to compete.

Pre competition warm up from 9:00 am.
Entry fee of \$10.00 can be paid on the day to Tracy Canham.

For further information contact
Tracy Canham 0428 409 998

canhamcontracting@yahoo.com.au

**SURFACE
MAIL**

If undeliverable return to:-

TMA Inc.
GPO Box 890
Hobart, Tasmania, 7001

"May be opened for postal inspection"