



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 4

April 2010

INSIDE THIS ISSUE

Combined TMA/AS Winter Calendar	2/3
Presidents Message	4
Amanda Coombe on way to Kamloops	4
Neil Hammersley	5
Notice of AGM	6
Nomination for Committee	7
Bellerive Fun Run	9
Sandy Bay Fun Run	10
Letter from Jo Oliver	11
Athletics South Winter Competition	11
Annual General Meeting Changed Arrangements	12
Record - Eric Whiting	12
IST Information - Sacramento	12
Northern T&F	13
Southern T&F	14



New Town Area from Shag Bay Tasmania

**MEMBERSHIP RENEWALS ARE NOW DUE.
PLEASE RENEW BY
COMPLETING THE FORM
ENCLOSED !!**

EDITOR

Jenny Stevenson
33 Amy Street
Moonah, Tasmania. 7009

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

Technical Assistant: Sarah Stevenson

Closing date for next issue 25th May 10



For sound advice and the best value for your money visit your Fuji Xerox Business Centre. Printing, Copying, Scanning, Faxing, Laminating, Photo Printing.

All over Tasmania we're helping put money back into businesses.

Do your office machines have an X on them? If not you could be losing money.

Whether it's multi-function, fast colour or saying goodbye to expensive ink cartridges, your local X-man will conduct a workflow analysis of your business and identify a tailor-made solution that could save you time and money.

From desktop mono to multi-tasking colour, scanning and faxing, your business can profit through our experience, service and innovation.

Time is money, so call us today for a free consultation and get the X factor working for you.



TMA, AS, AT Southern Winter Calendar 2010

APRIL

Fri-Mon 2-5	AMA	<i>National Championships</i>	Perth WA
Sat 10	AS	Graeme Cruise Memorial 3km & 6km	Bellerive Beach
Sun 11	RO	Oatlands 8 Fun Run, 2km, 4km & 8km 11am Start	Oatlands
Sat 17	AS	Geilston Bay Relay 3 x 3km	Geilston Bay
Sun 18	ES	Round the River Run	
Sat 24	# AS/AT	Domain Cross Country 4km (Includes AT Short Course X/C Titles)	Domain X Rds
Sun 25	TMA	<i>64 Ferguson Rd Craig & Tracey Canham 12.00pm Start</i>	Brighton

MAY

Sat 1	AS	*Police Academy Road 4km & 8km	Rokeby
Sun 2	TMA	<i>Tolosa St Dam - Dave & Adele Lucas 10.00am Start</i>	Tolosa Street
Sat 8	AS/RWT	John Keenan Memorial Government House 3.2km (includes RWT Walks)	L. Domain
Sun 9	TMA	<i>Jim Burr Memorial 9.00am Start</i>	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	<i>AGM after Run</i>	Campbell Town

JUNE

Sat 5	AS	Pipeline Handicaps 4km & 8km	Fern Tree
Sun 6	AT/TMA	<i>Road Championships (combined AT&TMA Age Related Distances)</i>	Campbell Town
Sat 12	AS	Risdon Brook Dam Road 4.5km & 9km	Risdon Brook
Sun 13	TMA	<i>Dru Point - Roy Beadel 10.00am Start</i>	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	<i>IGA Tasmanian Cross Country Championships (Combined AT & TMA Age Related Distances)</i>	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	<i>Brighton Country Challenge 4km & 8km 11am Start</i>	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
--------	-----------	-------------------	---------------

DECEMBER

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

Denotes TMA set up - please aim to help set up at least one course

AS Athletics South: AT Athletics Tasmania: AA Athletics Australia: BSE Burnie Sports & Events:
 NS Northern Suburbs Athletic Club: ES Eastern Suburbs Athletic Club: ET Events Tasmania: EVS Events South:
 TMA Tasmanian Masters Athletics: RK Rotary Club of Kingston: RO Rotary Club of Oatlands:
 RWT Race Walking Tasmania: S2F Start 2 Finish: ULT Ultra Tasmania

All Athletes must be registered to compete, as per the requirements of Athletics Tasmania. Athletes who have not been registered since 2005 may compete on one occasion only in OOS competition without registering - refer to Club Registrars for conditions and fees.

Entry Procedures:

All Athletics South events start at 10:00am. Entries should be received no later than 10 minutes prior to the start of the race. To enter an event, choose the distance of the race you wish to run/walk in and complete the appropriate entry sheet at the entry table. Also complete a tag that indicates your name, club, division and event entered. Carry this tag with you during the race and hand it in to officials as soon as you finish. Please endeavour to stay in your finishing order until your tag has been collected to aid in the recording of times.

Entry Fees:

Registered Adults \$3.50
 Registered U/16 \$2.50
 Family (2 adults & 2 students) \$7.00

Athletics Tasmania *Registration Fees (1 April 2010 to 31 March 2011):

Athletes Out of Stadium (OOS) only - All Ages \$47.00 (Includes State Long Course X/C Entry)
 Athletes 15 & over All Competitions \$155.00
 Athletes 10 to 14 Years All Competitions \$98.00

All fees include GST.

* Registration includes AA/AT Personal Accident and Injury Insurance.

Race Walking Tasmania

For full details on the RWT race walking event program, contact Rosemary Coleman on 62686379. Walks start at 1pm on Saturdays (unless otherwise advised), other than those conducted in conjunction with the AS Cross Country Program, which start at 10am.

Northern Winter Program

April 11	Heritage Forest	7.2k, 3.6k
April 18	Tail Race Park	9k, 4.5k
April 25	Beaconsfield	8k
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	

Beacon 8k & 3k Fun Run/Walk

When: 25th April

Where: Cricket Ground Beaconsfield - Registrations 10.30am

Start: 1.00pm - Contacts Janne 63831110; Nye 63831559; Ros 63834980



Presidents Message - April 2010

The track and field season is nearly over and members are anticipating the winter program after the national championships. The recent Pentathlons and 10,000K Championships were a huge success thanks to a great effort from both organisers and competitors and all are to be commended for performance and contribution. A very sociable lunch was enjoyed by over 30 people. Most notable was the willing help given by athletes. As Masters we must remember that on most occasions (apart from events where we are privileged to have AS and AT officials) we are required to be both athletes and officials as this is the only way our events can be run.

Congratulations to Amanda Coombe who gained a relay silver medal in the somewhat different World Masters Indoor Championships at Kamloops and to Suzy Cole who won two open Tasmanian Championship events in Launceston. More about TMA and AMA Championships next month.

AGM at Campbell Town on Sunday May 30

We now approach a most important event of the year – the AGM. As president I have become increasingly aware of the enormous amount of work done by the committee and especially by certain members who dedicate their time on most days to keep the club ticking over. We also owe a great deal to those long-serving committee members whose experience is of great benefit to the club.

Some committee members will continue in office but, as usual, there will be vacancies for some positions. It is important to spread the workload fairly so committee members don't feel stale or burnt out. The most perfect situation for a committee is a combination of experience and fresh blood with new ideas and energy. Teamwork– the combination of diverse skills and abilities– is the secret of success. Each person's contribution is valuable, no matter how small, and there are many ways of doing this in the club. Serving on the committee is one way with the sense of involvement being its own reward. Do carefully consider your role in the club and if you feel you can contribute as a committee member, fill in and forward the nomination form in this newsletter. Your offer will be much appreciated and you will be most welcome.

Lynne Andrews: Phone 6248 5081 (H&W) Email: Lynne@tassie.net.au

Amanda is now back from Kamloops, and appears to have had a great time article and pictures in next newsletter

Children's track the go to train for indoor Masters

JAMES BRESNEHAN

HOBART athlete Amanda Coombe has only ever seen an indoor athletics track on television.

So she cannot wait to get to Canada next week to see the battlefield for the 2010 World Masters Indoor Games, just outside Vancouver.

The 42-year-old middle-distance runner will contest the 400m, 800m and 1500m events on a track half the size she is used to.

"It's going to be interesting, because the tracks are only 300m," Coombe said yesterday.

"The straights are only 45m as opposed to 100m.

"I've done a couple of runs down at Sandy Bay where there's a Little Athletics track that's got tight bends.

"And at training I've been running reps on the bend to try to simulate the indoor tracks, but that's the best you can do.

"It's a bit of a novelty and a new experience for me."

Coombe is in good form, having posted some of her best times in her pet events, the 800m and 1500m, this summer.



UNUSUAL: Amanda Coombe practising tight turns.

"The indoor events are all in the northern hemisphere, so it's good for us to go overseas at this time of year because we've been training and competing during our summer," Coombe said. "It's much harder for us to peak during our winter."

It will be the fourth time the World Masters Indoor Games has been held.

"Because we don't have indoor tracks in Australia, not a lot of Australians tend to go," Coombe said.

"I'm the first Tasmanian to go to a masters indoors games."

Coombe's power and endurance are likely to earn her a guernsey in the Australian women's relay team.

Mercury 19-02-10

Neil Hammersley – Proposed Life Member

Neil lives near the Launceston airport in the quaint village of Evandale with his wife Anne. They have 2 adult children and their first grandchild is due soon. Neil is now semi retired. Neil and Anne run “Hammers B&B”: a room available to rent in their home... so if you need accommodation in Evandale, give them a ring! Neil also works in the Evandale Information Centre.

Neil attended Elphin Rise during his primary school years and Queechy High School. He commenced his running as a junior with the Newstead Harrier during the period 1955 to 1966. He joined the Veterans/Masters in May 1985 and has served in the following capacities: Northern Branch Committee 85/86 to 87/88; 90/91, 99/00 to 08/09 (14 years); Northern Branch President 88/89 to 89/90, 92/93 (3years); Northern Delegate to TMA 93/94 to 95/96, 99/00 to 02/03 (7 years). He was awarded the Oakley Shield 92/93 and hosted the Evandale Champagne Stakes for 16 years.

Neil has consistently assisted in course marking, time keeping and recording as well as competing in our Winter and Summer programs. He has assisted with running and organizing various Masters Championships in Road, Cross country and Track and Field and was a member of the organising group that conducted the Athletics section of the Tasmanian Masters Games in 1966. Outside of Masters he assisted with and then organised the Nile 10 Mile from 1991 to 2000 and he has been a member of the Launceston Athletic Club where he was a committee member and handicapper,

Despite the fact that Neil describes himself as a “broken down runner”, he is aiming to break 50 minutes for the 2010 Burnie 10. Another aim for this year is to win the Northern Masters Winter Consistency Award. He has won it in 1998, 2002, 2003 and 2009! A great achievement!

Neil recalls many happy running days with teams in the Relay For Life with the Masters team running the whole time. The Bruny Island relay teams also rate highly on Neil’s great recent memories of running. Earlier years of handicapped cross country events held the fear that Shirley Brasher would be a real threat with her consistent, determined endurance: she motivated Neil to keep focused until the finish line! Neil really enjoys the social side of running and has made some great friends over the years.

Neil believes that his best asset is his wife Anne! (wise man’s answer). He is excited about their plans to travel the mainland for about 6 months in 2011. Neil’s favourite meal consists of Aussie prawns and chips washed down with a beer or two, followed by chocolate mud cake and listening to his favourite song: “Rocking All Over the World” by Status Quo. Let’s hope they get to enjoy some beautiful sunsets with this fare on their travels!

Vicki Gunn





TASMANIAN MASTERS ATHLETICS Inc.

**NOTICE OF ANNUAL GENERAL MEETING
TO BE HELD AT THE GRANGE, CAMPBELL TOWN
AT 1.00 PM SUNDAY 30 MAY 2010**

AGENDA

1. Opening
2. Apologies
3. Confirmation of Minutes of Previous (2009) Annual General Meeting
4. Matters Arising from the Minutes
5. Presentation of Annual Reports
 - a. President's Report
 - b. Secretary's Report
 - c. Treasurer's Report
6. Election of Office Bearers
 - a. President
 - b. Senior Vice President
 - c. Vice President
 - d. Secretary
 - e. Treasurer
 - f. Committee (Minimum of Five)
To include Minute Secretary, "Footnotes" Editor, Fun Run Director, Track & Field Director, North West and Northern Branch Representatives, Social Director
 - g. AMA Delegates (2)
 - h. Auditor
7. General Business
 - a. Committee recommendations for Life Membership

Other Business

- a. Notices of Motion
9. Close of Meeting

PLEASE NOTE [CONSTITUTION PARA 12 (6)]

"The Annual General Meeting may transact special business of which notice is given to the Secretary at least twenty-one (21) days before the date of the meeting".



TASMANIAN MASTERS ATHLETICS Inc.

NOMINATION FORM

Nominations are hereby called for Committee members for 2010/2011, in accordance with the Association's Constitution.

Of the vacancies, five are for the office holders, namely President, Senior Vice President, Vice President, Secretary and Treasurer, and the remaining are for Committee members. The Committee shall consist of the officers of the Association and at least five other members and shall include one representative from each Region/Branch.

Nominations, which close at 5.00PM on Thursday, the Twentieth day of May 2010, should be forwarded to the Secretary, GPO Box 890, Hobart, 7001.

I accept the nomination for the position of:-

NOMINEE (Block Letters)	POSITION NOMINATED	SIGNATURE
_____	_____	_____
_____	_____	_____
_____	_____	_____

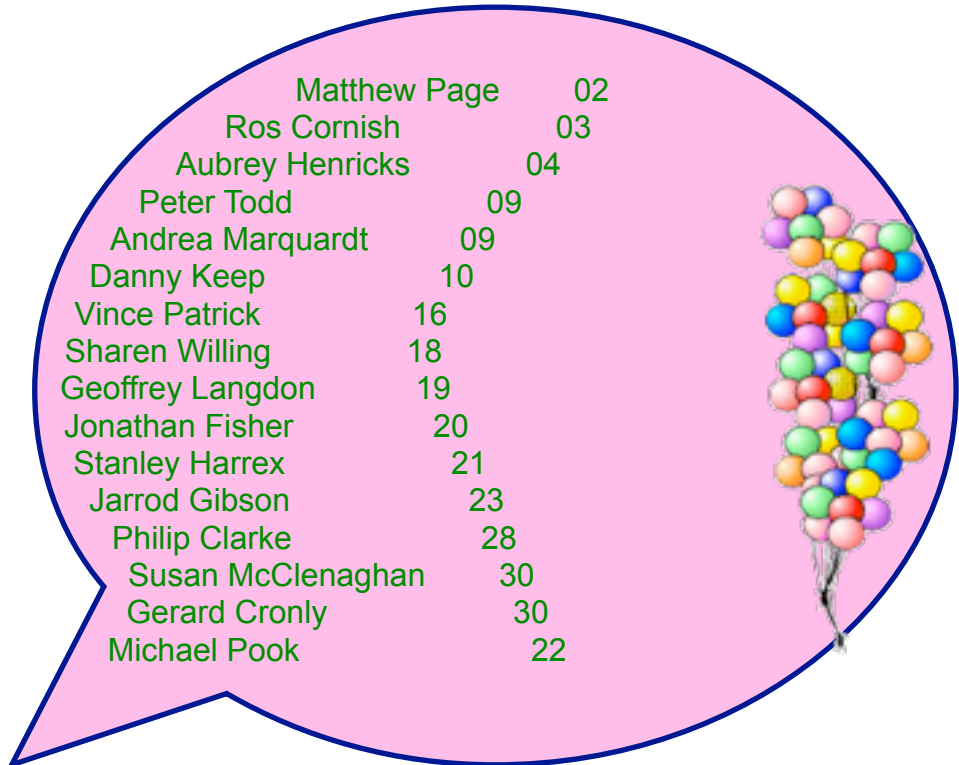
PROPOSER
(Block Letters) _____

Signature _____ **Date** _____

SECONDER
(Block Letters) _____

Signature _____ **Date** _____

NOTE: All Nominees, Proposers and Seconders **must be financial members** of Tasmanian Masters Athletics Inc. at the time of their nomination.



The Masters would like to welcome new members
Daniel Teague
Ricard Meiring
 and wish them a happy and successful year

The Masters would like to wish all their members born in April a very happy birthday

**AUSTRALIAN MASTERS ATHLETICS
 TRACK & FIELD CHAMPIONSHIPS
 PERTH, 2 – 5 APRIL 2010**

Twenty six TMA members will be participating in the AMA Track & Field Championships over Easter. Athletes competing are:

Lynne Andrews, Bruce Campbell, Tracey Canham, Suzy Cole, Amanda Coombe, David Cresswell, Wayne French, Chris Gates, Wayne Gaffney, Stan Harrex, John Jago, Alvin Johns, Kate Johnstone, Debbie Lance, Adele Lucas, Marcia Lucas, Peter Lyden, Brett Roach, Mick Stevenson, Dave Wagner, Michael Walker, Bruce Wish-Wilson, Eric Whiting, William Yee, Anna & Barry Zeitzen

Steve Lance is the Tasmanian Team Manager.

MEMBERSHIP FEES

Membership Fees for 2010/2011 were decided at the TMA March Committee Meeting as is required by the TMA Constitution.

The new fees are \$50 single; \$75 joint.

Please assist the Club Registrar/Treasurer, Mick Stevenson by paying your fees promptly.

A form for your use is included with this newsletter.

Additional benefits to Club members for 2010/2011 include:

Athletics Tasmania Track & Field Competition Registration.

Personal Accident and Injury Insurance.

BOSTON MARATHON

Club members, Shane Mundy and Shaun O'Regan have qualified to compete in the 114th Boston Marathon which will be held on 19 April 2010. Qualifiers for the legendary event must have met the designated time standard for their age group. The maximum field size is 25,000 and the course follows a point-to-point route from rural Hodkinton to Boston and includes the infamous "heartbreak hill". Shane and Shaun will provide Footnotes readers with accounts of their experience on their return.

FAREWELL NIGEL HYLAND

Popular club member Nigel Hyland and his wife Judy are leaving Hobart for Brisbane during April. Nigel is being transferred in his employment. Not only will Nigel be missed in Athletic circles, his departure will leave a huge gap in community volunteering within the State. Nigel has been very prominent in the organization of events such as the City to Casino Fun Run, 48 Hour Charity Relay, Brewery to Brewery Charity Relay, Taste of Tasmania Clean Team to name just a few. We wish Judy and Nigel all the very best in their new life in Queensland.

BELLERIVE FUN RUN

28 FEBRUARY 2010



MANY THANKS
TO MIKE & JOY
FOR A GREAT
DAY



THANKS ALSO TO
SHANE MUNDY
FOR THE PHOTOS



28 participants were on the starting line for Mike & Joy Walker's fun run over the paths and beaches of Bellerive and Howrah. Included in the participants were some new faces as well as several children. The weather conditions were cool and blustery (not the usual balmy Bellerive summer morning)

Results

3km

Bridget Foale	15.50	Jarrold Gibson	42.31
Keely Mundy	16.00	Phil Grimmond	47.05
Emily Canham	17.50	Janet Upcher	47.05
Eliza Walker	N/a	Mark Kingsley	49.15
Abbie Walker	N/a	Bruce Campbell	72.20
Joy Walker	N/a		

6km

Darren Brown	28.12	Bob Weldon	69.36
Richard Eccleston	28.12		

Andrew Walker	28.40
Alan Coleman	32.39
Kristie Walker	32.50
Shane Mundy	35.04
Allison Mundy	35.04
Dylan Pace	35.25
Mike Pace	35.26
Stan Harrex	41.06
Rod Rhodes	41.40
Barry Lloyd	54.53
Sue Lloyd	56.50

9km

Max Henri	39.00
Craig Canhan	39.10





Back: Mark Kingsley, Bruce Campbell, Matt Robertson, Danny Byas, Mick Stevenson, Gloria Byas **Middle:** Bob Robertson, Sue Lloyd, Alan Coleman, Jacquie Kingsley **Front:** Stan Harrex, Barry Lloyd, Georgie Robertson, Alex Byas, Mahalea & Alex Kingsley



Clock Tower Mt St Canice

Sandy Bay Fun Run

7th March 2010

It was a very hot day but never the less we hit the road for a very hard 4.3k run around the heights of Sandy Bay. Many of us struggled, but made it back in one piece to be greeted with a BBQ underway, tea and cake - lovely, thank you Sue and Barry Results

1 Lap

Gloria Byas	29.20
Alex Byas	21.40
Rod Rhodes	33.51
Mick Stevenson	31.06
Jenny Stevenson	37.36

Bruce Campbell	37.36
Georgie Robertson	41.10
Matt Robertson	41.11
Alan Coleman	30.30

2 Laps

Danny Byas	55.55
Mark Kingsley	50.10
Stan Harrex	1.12.20

AN EMAIL FROM JO OLIVER

Hi guys,

I am just back from 2 days 4WD training. What a blast that was. We got to apply a whole range of practical skills from defensive driving & braking techniques to playing in mud, sand, water (river crossings) and hill ascent/descents. There is a heap of water about at the moment as we have had two monsoon troughs come through over the last 3-4 weeks so there has been lots of flooding.



I got to drive my Landcruiser 4WD through water crossings up to the bonnet. I am glad there weren't any crocs around as it would not have been pretty if I had stalled in the middle of the river.

The Dragon boat training is starting to ramp up with an increase in paddle speed and endurance work. We saw a turtle AND a dolphin last weekend when paddling on the harbour. The turtle popped his head up to check us out and then did a big dive flashing his butt at us. The dolphins here are a local type, they have white tips on their fins. The first one I saw was a bit scary as it looked more like a shark. Oh well, I guess I can come home now that I have seen a dolphin.

Cheers.....Jo

ATHLETICS SOUTH WINTER COMPETITION

The Athletics South Winter Competition commences on Saturday, 10 April 2010 at Bellerive Beach. Tasmanian Masters Athletics participates as a Club in this competition. All events through the season commence at 10.00am. Entries are received up to 10 minutes prior to the start of a race (preferably earlier). To enter an event, choose the distance of the race you wish to run/walk in and complete the appropriate entry sheet at the entry table. Also complete a tag that indicates your name, club, division and event entered. Carry this tag with you during the race and hand it in to officials as soon as you finish. Please endeavour to stay in your finishing order until your tag has been collected to aid in the recording of times.

Fees:

Race Entry	\$3.50 per event
TMA Annual Registration (1/4/10 to 30/3/11)	\$50 single/\$75 joint
AT Out of Stadium Fee (1/4/10 to 30/3/11) *	\$47

•Notes:

1. Athletes registered in 2009 have until 30/4/10 to pay their AT registration fee.
2. Athletes who have not been registered since 2005 may compete on one occasion only in OOS competition without registering.
3. OOS fee includes entry to the State Long Course Cross Country Championship.
4. Registration includes Personal Accident and Injury Insurance.
5. TMA members can pay the AT Out of Stadium Fee online or seek the assistance of a TMA committee member.

ANNUAL GENERAL MEETING ARRANGEMENTS

The AGM will now be held at the “New” Grange, Campbell Town commencing at 12.30pm on Sunday 31 May 2009. A light lunch will be provided, commencing at 12.15pm.

The meeting will be preceded by a club fun run commencing at 11.00am, adjacent to the Campbell Town Hall.

MESSAGE FROM THE SECRETARY

Once again we will be holding our Annual General Meeting in the Midlands (Campbell Town this year) hoping to attract both our Northern and Southern members. The meeting will be held on Sunday, 31st May at 12.15pm following a club fun run at 11.00am.

I urge all members to consider attending the meeting and to participate in the democratic process that the AGM presents. Furthermore, I also ask that members give some thought to making a commitment to the on-going management of the association by nominating for the committee. A Nomination Form is in this edition of Footnotes.

We have several long-serving committee members holding executive positions who would gladly step aside for “new blood”. I am continually amazed and appreciative of the contributions that these committee members and their families have made and continue to make to Masters Athletics in particular and to Athletics generally. However, our newer committee members are also making an important and positive contribution and more will be welcome. As a relative newcomer myself to Masters Athletics, I can assure anyone considering a committee position that they would be made welcome and that our business is conducted in a collegial manner.

If you would like to discuss with me the opportunities that a committee position presents then ring on 62446229 or email: mikejoy@netspace.net.au

I look forward to meeting with you at Campbell Town on Sunday 31 May.

Best regards

Mike Walker

Age Group	Name	Event	Per- form- ance	Date	Place	Res/ Open /Aust	Previous		
							Holder(s)	Per- form- ance	Date
M80	Eric Whiting	3000m	16m22.1s	3/3/10	Domain Athletic Centre, TMA Meet	R/O	S Harrex	18m27.0	12/11/08

World Championships 2011 - Sacramento USA

IST have released their first information bulletin for interested athletes attending the world-championships in Sacramento. You will find the flyer with the information on the TMA Web Site.

Northern Masters T&F Results 10.2.10

1 Mile

Vicki Gunn	5.41.32[65.40%]
Dave Wagner	5.47.57[75.67%]
Pete Wierenga	5.59.66[64.53%]
Vicki Ross	6.08.80[70.80%]
Craig Ross	6.27.02[59.97%]
D Booth	6.46.55[66.90%]
Sam Wierenga	6.59.51[61.01%]
Paige Wierenga	7.20.50[59.82%]
Adrian Tew	7.41.48[49.28%]
Barb Clayton	8.24.26[55.75%]
Nye Evans	8.56.76[57.36%]

400m

Pete Wierenga	61.77[73.66%]
Craig Ross	67.17[67.74%]
Dave Wagner	73.76[69.95%]
D Booth	75.54[69.09%]
Paige Wierenga	77.07[67.08%]
Sam Wierenga	80.12[62.02%]
Skye Baker	91.30[67.83%]
Barb Clayton	92.95[59.54%]
Brianna Ross	95.21[62.13%]
Ros Holgate	101.67[69.70%]

3000m

Vicki Ross	12.52.53[66.94%]
Pete Wierenga	13.12.30[57.89%]
Dave Wagner	13.24.04[64.65%]
Craig Ross	13.49.48[55.30%]
D Booth	14.03.67[63.72%]
Sam Wierenga	14.14.29[59.28%]
Paige Wierenga	16.26.13[53.24%]
Nye Evans	17.43.71[57.25%]
Jim Claxton	18.23.44[55.92%]

Shot Put

Nye Evans	8.53m[49.36%]
Barb Clayton	6.42m[37.37%]
Adrian Tew	6.14m[26.56%]
Dave Wagner	6.09m[32.83%]
Ros Holgate	4.48m[40.95%]
Skye Baker	2.95m

Long Jump

D Booth	3.72m[58.22%]
Adrian Tew	3.63m[42.61%]
Barb Clayton	2.97m[46.41%]
Brianna Ross	2.90m[58.82%]
Sam Wierenga	2.82m[38.95%]
Dave Wagner	2.75m[40.68%]
Paige Wierenga	2.58m[40.06%]
Skye Baker	2.35m[51.31%]
Nye Evans	2.22m[42.77%]
Ros Holgate	2.16m[49.09%]

17.2.10

600m

M Foster	1.27.86[82.12%]
Pete Wierenga	1.39.74[76.08%]
Dave Wagner	1.52.34[76.01%]
Dwayne Kirkby	1.54.75[67.22%]
Vicki Ross	1.58.24[70.56%]
Paige Wierenga	2.07.24[67.57%]
Sam Wierenga	2.09.12[62.70%]
Craig Barron	2.28.47[54.10%]
Barb Clayton	2.36.26[57.19%]
Skye Baker	2.36.50[65.16%]
Nye Evans	2.40.11[62.69%]
Ros Holgate	2.41.67[74.93%]

100m

Pete Wierenga	12.26[83.03%]
Paige Wierenga	13.79[79.77%]
Dwayne Kirkby	14.38[71.84%]
Adrian Tew	15.28[64.79%]
Sam Wierenga	15.32[68.47%]
Barb Clayton	16.07[72.37%]
Vicki Ross	16.39[65.41%]
Dave Wagner	16.57[68.01%]
Craig Barron	17.97[59.49%]
Skye Baker	18.26[68.62%]
Nye Evans	18.71[67.18%]
Ros Holgate	21.52[68.26%]

Discus

Alex Buchner	29.67m[40.05%]
Dwayne Kirkby	26.59m[36.24%]
Nye Evans	24.76m[48.46%]
Dave Wagner	17.40m[25.30%]
Rodney Boxhall	16.67m[22.50%]
Adrian Tew	14.75m[19.91%]
Barb Clayton	13.49m[21.05%]
Ros Holgate	8.63m[22.28%]
Skye Baker	6.24m

High Jump

Dwayne Kirkby	1.32m[60.27%]
Adrian Tew	1.11m[47.84%]
Barb Clayton	1.03m[57.54%]
Skye Baker	0.97m[67.83%]
Nye Evans	0.87m[56.12%]
Ros Holgate	0.82m[65.08%]

24.2.10

800m

Aub Henricks	2.20.14[77.78%]
Pete Wierenga	2.27.76[71.29%]
Dave Wagner	24.1.84[74.31%]
Vicki Ross	2.44.93[69.71%]
Paige Wierenga	3.05.23[65.02%]
Sam Wierenga	3.13.42[58.57%]
Craig Barron	3.29.32[53.65%]
Adrian Tew	3.40.64[45.96%]
Nye Evans	3.43.01[63.05%]

200m

Pete Wierenga	27.03[76.47%]
Aub Henricks	29.38[72.50%]
Paige Wierenga	31.68[71.62%]
Dave Wagner	32.91[70.01%]
Vicki Ross	34.44[63.97%]
Sam Wierenga	33.72[63.29%]
Adrian Tew	36.49[54.92%]
Craig Barron	14.12[56.15%]
Brianna Ross	40.17[63.21%]
Ros Holgate	45.41[67.94%]

Javelin

Craig Ross	31.54m[35.00%]
Dave Wagner	20.06m[28.08%]
Adrian Tew	18.23m[19.32%]
Nye Evans	14.94m[27.20%]
Craig Barron	14.12m[17.93%]
Ros Holgate	12.03m[35.67%]

Triple Jump

Nye Evans	6.14m[56.59%]
Dave Wagner	5.76m[40.39%]
Brianna Ross	5.56m
Ros Holgate	5.28m[59.66%]
Adrian Tew	5.11m[28.29%]

4000m

Aub Henricks	14.14.08[75.76%]
--------------	------------------

Vicki Ross	16.24.46[71.41%]
Dave Wagner	17.21.23[67.77%]
Pete Wierenga	17.44.54[58.99%]
Sam Wierenga	18.38.69[61.86%]
Paige Wierenga	20.59.71[56.79%]
Nye Evans	23.00.08[59.92%]
Adrian Tew	27.30.89[37.01%]

3.3.10

1000m

P Brett	3.07.72[78.46%]
Wayne Tibbets	3.08.01[81.17%]
Pete Wierenga	3.08.27[72.29%]
Vicki Ross	3.22.90[70.03%]
Dave Wagner	3.23.03[76.98%]
Dwayne Kirkby	3.47.97[61.15%]
M Butler	3.54.22[55.72%]
Paige Wierenga	3.58.73[64.30%]
Sam Wierenga	4.00.74[60.90%]
Adrian Tew	4.07.15[52.80%]
Barb Clayton	4.35.83[57.75%]
Skye Baker	4.45.84[63.95%]
Nye Evans	4.46.10[63.72%]
Ros Holgate	4.49.79[78.30%]

300m

Pete Wierenga	46.42[68.87%]
Wayne Tibbits	47.57[73.24%]
Dwayne Kirkby	48.75[66.56%]
Paige Wierenga	51.67[68.63%]
Dave Wagner	53.09[66.98%]
Vicki Ross	53.82[64.68%]
Sam Wierenga	54.67[61.44%]
Barb Clayton	56.88[66.39%]
Nye Evans	65.55[62.87%]
Brianna Ross	66.19[60.61%]
B Kirkby	69.58[55.66%]

3000m

P Brett	9.45.06[83.96%]
Wayne Tibbits	11.15.00[75.13%]
Vicki Ross	12.03.00[71.52%]
Dave Wagner	12.21.11[70.14%]
M Butler	12.33.27[59.09%]
Sam Wierenga	13.30.71[61.44%]
Paige Wierenga	15.10.56[57.66%]
Adrian Tew	15.52.54[47.19%]
Ros Holgate	16.12.59[79.79%]
Nye Evans	17.34.61[57.75%]
Jim Claxton	18.06.29[56.80%]
Barb Clayton	19.05.30[48.27%]

Shot Put

Dwayne Kirkby	9.70m[42.01%]
Nye Evans	8.42m[48.73%]
P Brett	6.75m[33.87%]
Adrian Tew	6.16m[26.64%]
Barb Clayton	6.06m[35.27%]
Dave Wagner	6.04m[32.56%]
B Kirkby	5.59m
Ros Holgate	4.66m[42.60%]
Skye Baker	3.46m

Long Jump

Dwayne Kirkby	4.94m[62.06%]
Adrian Tew	3.79m[44.48%]
B Kirkby	3.24m[66.39%]
Barb Clayton	2.99m[46.72%]
Brianna Ross	2.63m[53.35%]
Nye Evans	2.48m[47.78%]
Skye Baker	2.37m[51.75%]
Ros Holgate	1.89m[42.95%]

Southern T&F Results 3.3.10

100m

W30 Marcia Lucas	14.5
W55 Adele Lucas	16.6
W60 Kate Johnstone	15.8
W65 Lynne Andrews	18.1
M45 Greg Mann	13.4
M45 Eugene Gerlach	14.6
M50 Geoff Langdon	13.2
M65 Mick Stevenson	14.7
M70 Eric Lockett	17.5

150m

W30 Marcia Lucas	21.7
W55 Adele Lucas	24.3
W60 Kate Johnstone	24.8
W65 Lynne Andrews	29.1
M45 Greg Mann	20.4
M50 Geoff Langdon	20.2
M60 Ian Cole	23.5
M65 Mick Stevenson	22.8
M70 Eric Lockett	24.9

4x100 Relay

Team 1

Mick Stevenson	
Ian Cole	
Geoff Langdon	
Adele Lucas	59.0

Team 2

Eric Lockett	
Kate Johnstone	
Marcia Lucas	
Greg Mann	59.6

1500m

W40 Francesca Smith	5.34.2
W40 Simone Solomon	6.38.8
M45 Max Henri	5.21.6
M55 Phil Grimmond	5.42.0
M80 Rik Whiting	8.04.8

By Invitation

M11 Thomas Maksimovic	6.40.6
-----------------------	--------

3000m

W40 Francesca Smith	11.12
M30 Ben Hughes	13.16
M40 Will Yee	10.20
M45 Wayne French	11.01
M45 Alvin Johns	10.23
M55 Chris Gates	11.29
M55 Phil Grimmond	12.29
M55 Shane Lockwood	12.46
M60 Mike Walker	11.50
M60 Bob Weldon	13.46
M60 Len Powell	14.06
M70 Roy Beadell	14.50
M80 Rik Whiting	16.22.1
M80 Stan Harrex	19.01

Boot Camp

Nektar Vavoulis	11.28
-----------------	-------

3000m Walk

W80 Justine Bamford	29.11
---------------------	-------

10.3.10

60m

W30 Marcia Lucas	9.3
W55 Adele Lucas	10.4
W60 Kate Johnstone	10.0
M45 Greg Mann	8.3
M45 Eugene Gerlach	9.1
M50 Jon Doole	8.1
M60 Alan Coleman	8.9
M60 Ian Cole	9.8
M65 Mick Stevenson	9.5
M70 Eric Lockett	10.0

200m

W30 Marcia Lucas	29.5
W55 Adele Lucas	33.8
W60 Kate Johnstone	35.0
W65 Lynne Andrews	39.9
M45 Greg Mann	27.8
M50 Jon Doole	26.7
M60 Ian Cole	32.3
M65 Mick Stevenson	30.2
M70 Eric Lockett	35.0

800m

M50 Jon Doole	2.38.5
M80 Rik Whiting	3.58.6

3000m

M80 Stan Harrex	18.50
-----------------	-------

3000m Walk

W80 Jean Albury	24.02.4
W80 Justine Bamford	29.10.7

5000m

W25 Ang Grimmond	18.32
W25 Sarah Holmstrom	24.30.2
W25 Jenny Leaman	24.33.5
W55 Pat Ruston	24.01.7
M25 Luke Blanton	19.36.6
M30 Ben Hughes	23.34.5
M35 Dan Teague	20.40.6
M35 Mark Kingsley	21.58.5
M40 Will Yee	17.11
M40 Mike Soden	18.44
M45 Pete Hoskinson	24.33.0
M55 Chris Gates	19.26.2
M60 Mike Walker	19.45.8
M60 Len Powell	24.48.1
M80 Rik Whiting	27.43.9
M80 Bruce Campbell	36.21.0

Long Jump

M70 Eric Lockett	3.76
------------------	------

Javelin

W35 Tracey Canham	11.30
W45 Deb Lance	19.69
W55 Adele Lucas	11.30
W60 Kate Johnstone	9.44
M45 Greg Mann	27.45
M50 Jon Doole	20.96
M60 Alan Coleman	21.63
M65 Mick Stevenson	21.48
M70 Eric Lockett	15.51

17.3.2010

200m

M45bn Greg Mann	34.0
M50 Jon Doole	27.1
M60 Alan Coleman	22.7
M70 Eric Lockett	35.0
W30 Marcia Lucas	30.3
W55 Adele Lucas	34.5
W60 Kate Johnstone	34.0

60m

W30 Marcia Lucas	8.88
W55 Adele Lucas	NTR
W60 Kate Johnstone	9.58
M45 Greg Mann	8.50
M50 Jon Doole	7.80
M60 Alan Coleman	7.89
M70 Eric Lockett	10.00

300m

M45 Greg Mann	46.2
M70 Eric Lockett	59.7

1500m

M45 Max Henri	5.08.4
M35 Mark Kingsley	6.22.1

3000m

M45 Max Henri	11.08
M55 Chris Gates	11.36

M60 Mike Walker	11.40
M55 Phil Grimmond	11.50
M30 Ben Hughes	12.58
M50 Peter Lyden	12.58
M35 Mark Kingsley	13.24
M60 Bob Weldon	13.44
3000m Walk	
W80 Justine Bamford	29.54
M80 Stan Harrex	23.50

24.3.10

60m

W30 Marcia Lucas	9.0
W55 Adele Lucas	10.1
W60 Kate Johnstone	10.1
M45 Greg Mann	8.4
M60 Alan Coleman	9.5
M70 Eric Lockett	10.2

100m

W30 Marcia Lucas	14.2
W55 Adele Lucas	15.6
W60 Kate Johnstone	15.5
M45 Greg Mann	12.9
M60 Alan Coleman	14.2
M70 /eric Lockett	16.3

3000m Walk

W80 Jean Albury	24.21.7
-----------------	---------

5000m Walk

M70 Col Bailey	38.19.5
M80 Stan Harrex	34.39.4

3000m

W25 Kasey Johnston	14.28.0
W55 Patricia Rushton	14.27.8

5000m

W30 Bec deCourcy	34.05.3
W35 Sarah Fitzgerald	19.51.5
W60 Janet Upcher	22.36.6
M30 Ben Hughes	24.29.7
M35 Mika Pallari	19.56.7
M35 Mark Kingsley	20.32.4
M40 Mike Soden	18.59.7
M45 Craig Canham	19.31.6
M45 Pete Hoskinson	19.51.7
M55 Chris Gates	19.54.2
M60 Mike Walker	19.52.2
M60 Len Powell	25.03.8
M80 Rik Whiting	26.54.2

Javelin

W35 Tracy Canham	16.17
W55 Adele Lucas	10.06
W60 Kate Johnstone	9.03
M60 Mills Lafferty (Q)	28.40
M60 Alan Coleman	21.86
M65 Mick Stevenson	22.83
M70 Eric Lockett	17.26

By Invitation

W10 Emily Canham	16.54
------------------	-------

Discus

W35 Tracy Canham	21.14
M60 Mills Lafferty (Q)	27.32
M65 Mick Stevenson	19.05
M70 Eric Lockett	20.87
M80 Rik Whiting	22.24

By Invitation

W10 Emily Canham	10.01
------------------	-------

TMA 10000m Championships

W35 Andrea Marquardt	39.11.3
W40 Caroline Davis	42.20.9
W40 Fiona Lennon	43.38.7
W60 Janet Upcher	46.21.7
M30 Andrew Allison	33.59.7
M35 Mark Kingsley	47.34.6
M40 Will Yee	37.06.0
M45 John Jago	34.53.4
M45 Craig Canham	40.10.6
M50 Steve Fenton	39.10.6
M50 Gerard Cronly	40.23.1
M55 Chris Gates	40.30.0
M60 Mike Walker	41.26.3
M60 Len Powell	52.36.4
M80 Stan Harrex	64.53.8
M80 Bruce Campbell	73.13.1

Postal Relays

4x100m

W30-39	
Marcia Lucas, Sharon Coad, Deb Gardner, Amy Hanek,	

1st 4m41.72s

M40-49

Alan Coleman, Jon Doole	
Greg Mann, Paul Tucker	

3rd 51.50

M60-69

Mick Stevenson, Ian Cole	
John Ingram, Eric Lockett	

3rd 61.40

4x400m

M40-49

Alan Coleman, Greg Mann, Mick Stevenson, Paul Tucker	
------------------------------------------------------	--

2nd 4m25.8s

4x800m

W40-49

Deb Crawford, Amanda Coombe, Carolyn Davis, Francesca Smith	
-------------------------------------------------------------	--

3rd 10m39.3s

M30-39

Ben Hughes, Michel Bermudes, Mark Kingsley, Paul Tucker	
---------------------------------------------------------	--

2nd 10m28.5s

M40-49

Wayne French, Will Yee, Jon Doole, John Jago	
----------------------------------------------	--

2nd 9m27.8s



**Pentathlon and Weight
Pentathlon in next
issue**

**SURFACE
MAIL**

If undeliverable return to:-

TMA Inc.
GPO Box 890
Hobart, Tasmania, 7001

"May be opened for postal inspection"