



# 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 8**

**August 2010**

**INSIDE THIS ISSUE**

|  |        |
|--|--------|
| Calendar South & North                         | 2      |
| Membership fees - Final Reminder               | 2      |
| Presidents Message                             | 3/4    |
| Claremont Fun Run                              | 5      |
| Photo Album Cross County Relays                | 6      |
| Vale Bob Richards                              | 7      |
| Northern Masters in Action + Photo Album       | 8/9/10 |
| Appointment Team Managers Sacramento           | 11     |
| Kate Johnstone off to Tahiti for Oceania Games | 12/13  |
| Photo Album - Corinna & Pieman River           | 14     |
| Hilton Rd Fun Run                              | 15     |



**Lamp Post - Perth**



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.

For sound advice and the best value for your money visit your Fuji Xerox Business Centre.

- Printing
- Copying
- Scanning
- Faxing
- Laminating
- Photo Printing

**EDITOR**

Jenny Stevenson  
 33 Amy Street  
 Moonah, Tasmania7009

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

**Closing date for next issue 25th August 10**



# TMA, AS, AT Southern Winter Calendar 2010

## AUGUST

|               |  |                       |
|---------------|--|-----------------------|
| <b>Sun 1</b>  | <b>TMA</b> Tynwald Park - Stan Harrex  | <b>New Norfolk</b>    |
| <b>Sat 7</b>  | <b>AS</b> Froggy Wise Memorial Handicaps 2.5km & 5km                           | <b>Waterworks</b>     |
| <b>Sun 8</b>  | <b>TMA</b> Foreshore track Picnic Area - Peter & Lynne Lyden                   | <b>Montagu Bay</b>    |
| <b>Sat 14</b> | <b>AS</b> Police Academy Cross Country Handicaps 4km & 8km                     | <b>Rokeby</b>         |
| <b>Sun 15</b> | <b>AS</b> Budget Rent A Car Fun Run & Walk 2.5km & 5km                         | <b>Hobart</b>         |
| <b>Sat 21</b> | <b>AS</b> Axiom Way Cross Country 3.5km & 7km                                  | <b>Acton</b>          |
| <b>Sat 21</b> | <b>AA</b> Australian XCcountry Champs including All Schools & Primary Exchange | <b>Brisbane</b>       |
| <b>Sun 22</b> | <b>TMA</b> Salacia Ave - David & Frances Hancock                               | <b>Howrah</b>         |
| <b>Sun 22</b> | <b>AA</b> Australian Schools XCcountry Champs Relays & Australian Walks Titles | <b>Brisbane</b>       |
| <b>Sat 28</b> | <b>AS</b> Domain Cross Country 4km & 8km                                       | <b>Domain X Roads</b> |
| <b>Sun 29</b> | <b>TMA</b> 39 Jetty Road - Bob Weldon  | <b>Old Beach</b>      |

## SEPTEMBER

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

## OCTOBER

|               |  |                      |
|---------------|--|----------------------|
| <b>Sun 3</b>  | <b>AT</b> Tasmanian Mountain Running Championships       | <b>Mt Wellington</b> |
| <b>Sun10</b>  | <b>TMA</b> Dru Point - Bob Robertson (New Course - Flat) | <b>Margate</b>       |
| <b>Sun 17</b> | <b>BSE</b> Burnie Ten                                    | <b>Burnie</b>        |

## NOVEMBER

|               |   |                 |
|---------------|---|-----------------|
| <b>Sun 7</b>  | Ouse Fun Run  | <b>Ouse</b>     |
| <b>Sun 14</b> | <b>TMA</b> 21 Pearsall St - Linda Moran                     | <b>Snug</b>     |
| <b>Sun 21</b> | <b>ET</b> Point to Pinnacle                                 | <b>Hobart</b>   |
| <b>Sun 28</b> | <b>TMA</b> Cremorne Beach (opposite shop) - David Cresswell | <b>Cremorne</b> |

## DECEMBER

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

**PLEASE NOTE: Stan Harrex warns all athletes attending his run on 1<sup>st</sup> August that there is major road works as far as the passing lane - 60k's an hour speed limit**

## Northern Winter Program

|                      |  |            |
|----------------------|--|------------|
| <b>August 8*</b>     | Relbia   | 7k, 3.5k   |
| <b>August 22</b>     | Deloraine  | 8k, 4k     |
| <b>September 3-5</b> | The Flinders Five Running & Fine Food Festival                                     |            |
| <b>September 5</b>   | Heritage Forest  | TBA        |
| <b>September 5</b>   | Festival of Marathons  |            |
| <b>September 12</b>  | Westbury Fun Run   |            |
| <b>September 19</b>  | Carr Villa   | 6.2k, 3.1k |
| <b>September 26</b>  | Hoo Hoo Hut  | 8k, 4k     |
| <b>October 10*</b>   | Blanchard Memorial   | 6.5k       |
| <b>October 17</b>    | Burnie 10  |            |
| <b>December</b>      | Stonor Hall (Christmas function after run) - Tim & Tracey McConnon - <b>Stonor</b> |            |

### MEMBERSHIP FEES - FINAL REMINDER

If you receive your newsletter in paper form and have **NOT** renewed your membership for 2010-2011, this edition will be your last until membership fees are paid. The newsletter costs \$1.10 to print and 60 cents to post.



## President's Message

We note with sadness that Bob Richards, Founding Member and Life Member of Tasmanian Veterans/Masters Athletics, passed away recently. Jenny's tribute appears in this issue of Footnotes and we will later publish further details to express the great contribution Bob made to our club. We extend our sincere condolences to his family.

It is pleasing to see that several members have been in the news – the Gunn family in The Examiner and Kate Johnstone in the Mercury. Congratulations to Kate for her individual silver and bronze medals in Tahiti. The Mercury also tells us that Derwent Valley dairy farmers Melanie & Grant Rogers won the Westpac Agribusiness/Dairy Australia Award. Congratulations to both of you! And well done to all Masters who represented us in the Launceston Ten and Cross Country Relays at Lauderdale. It has been reported that TMA flew the flag well in both and excelled in the latter, even in the open events!

Enjoy reading the second half of the committee profiles. Life members will be profiled more fully in future newsletters.

## Know Your Committee



**Senior Vice President Steve Lance** was the competition manager for Claremont Little Athletics after joining in 1986 and in 1990 he was introduced to Open and Masters Athletics where he has been a happy social competitor and long term administrator. Over the years he has held positions of Track and Field Director for both TMA and Athletics South, Tasmanian Team Manager for all underage championships, President of both TMA and AS, and Convenor for the Australian Masters T & F Championships in Tasmania. He is currently TMA Senior Vice President and President of Australian Masters Athletics. Steve holds an Athletics Tasmania Merit Award and Life Membership of TMA. He has also coached junior girls in sprints and pole vault and for eight years coached Jess Lyden at national level in pole vault. His own most thrilling recent win was a TMA Championship gold medal in discus. Steve currently runs his own business and his other interests have been basketball (player

and coach) and he also achieved success as a professional baseball player. Steve has two adult children, Rebecca and Mitchell, and proudly says 'the most important person in my life is my wife Debbie who in my eyes is a champion'.



**Registrar Mick Stevenson** started athletics while serving in the British Army in Hong Kong in 1960. In Tasmania he was Treasurer first for Northern Suburbs and later for TMA. For around 20 years he processed most of Hobart's Fun Run results and State Championship entries. He currently performs a number of other tasks apart from his main job as Registrar. Mike participated in athletic events in the British Army and then with TMA/NS from 1980. He was the HK Land Forces Champion at 880 yards. In 2001 in Brisbane World Masters Athletic Championships he won gold in the sprint hurdles and has been a frequent runner-up in World sprint and long hurdles. He holds Life membership in NSAC and TMA, an AT Merit Award, AMA Most Outstanding Male Athlete Award, and a Plaque for service to Veterans Athletics. Mike and Jenny's son Andrew and wife Morag live in the UK and daughter Sarah, who lives at home, assists with Footnotes. Jenny's mother, Barbara, is known to many members for her service to TMA athletics. Mick's other past sports were hockey, soccer and badminton. He currently plays lawn bowls and ten pin bowls. He worked at the University of Tasmania from 1976-2003 and is now retired.



**Track and Field Director Sue Hanek**, like several others, joined Masters when her children were competing in Little Athletics because she too, enjoyed running. She has been Track and Field Director for two years, has also held other positions such as Social Director and assisted with various tasks. A competent all-rounder, Sue has participated in State, National and World Championships, has achieved many medals and records. Her events covered sprints, hurdles, high jump, pentathlon and heptathlon. She relates her most exciting achievement at the Brisbane World Masters Athletic Championships with the World and Australian record in the 4x400m and Australian record in the 4x100 relays. Sue has a cattery for boarding cats and has four grown-up children who all love sport and music. Two daughters, Jacqui and Amy, are keen TMA athletes and Amy was Statistician for the last

few years. Sue sings in the Southern Voices choir which she has pursued with much enjoyment, being some compensation for her inability to sprint any more. 'One door closed and another opened'.

**Statistician Tracy Canham** saw an ad for Masters in the Little Athletics information book when her daughter Emily joined Little Athletics and went along one Wednesday night in late 2006. Prior to that night she had never picked up an implement but was welcomed and introduced to the throws. As a busy working mother/wife and owner of several show horses it wasn't until she received an email from Evan Peacock, with whom she now trains, that she decided it was time to have a go and so her horses were replaced with hammers! She is currently on the Committee of the TLAA Southern Cross Country as well as serving as our TMA statistician. Tracy says her 'fabulous husband Craig', also a TMA member, competes in the winter months cross country competition. Their ten year old daughter Emily, Little A record-holder in various events, and excellent javelin-thrower, is now registered with both Little Athletics and AT. Tracy enjoyed competing with AS last season, is competing in the winter throws meets and has kindly offered to be TMA Throws Coordinator. Tracy is currently employed as a Mail Contractor with Australia Post Transport but hopes to cut her hours and devote more time to training. She is also hoping to see the number of TMA throwers increase in the coming season and with her example this should happen. Tracy says she is having the time of her life!



**Social Director Alan Coleman** first became involved in athletics as coach of the Claremont Little Athletics Club. He has served as a committee member in the Northern Suburbs Club and previously held the position of TMA Statistician for before assuming the job of Social Director. He is a keen, accomplished competitor and record-holder who has won many medals at state, national and world level, his most recent outstanding success being a world bronze medal in the 100m sprint at Lahti in Finland. His supportive wife Sheila has also been involved in athletic administration.

Their girls Amanda and Megan both ran for Claremont Little Athletics and Northern Suburbs. Alan's other interest is ten pin bowling in which he has also succeeded at top level. He won two Star of Sport Awards and represented the state on ten occasions, winning the Rachuig Tournament 1985, which is for all states. Alan has won two Australian Confederation of Sports Awards – for ten pin bowling and athletics. He worked in the ten pin bowling industry for 30 years and is currently working as a contract cleaner.



**Uniform Director Debbie Lance** first became involved through Little Athletics with her two kids in 1988. Her first time at Masters was a track and field night at the Domain at the age of 30. She is at present in her second year of her position of Uniform Director but has always assisted in a variety of tasks within the club. A competent and all-round athlete Debbie has competed for many years in open athletics in sprints and jumps at interclub level. She has also competed in Masters at both state and national level, mainly in sprints. Debbie has won many state and national medals and achieved many records over the years. She and husband Steve (our Senior Vice President) have two children. Prior to athletics she played basketball at club level for 20 years, has competed in athletics since 1990 and hopes to continue well into her older years. As we all know, Deb is an excellent cook who serves up luscious spreads on special TMA occasions.



**Northern Delegate and Northern Committee Treasurer, Jim Claxton**, now a TMA Life member, became involved in athletics through his father and uncle in the late forties when he joined the Launceston Harrier Club. He has been an active competitor and administrator in many capacities, including being TMA President and active northern administrator with many tasks. He was acknowledged as a Grade 1 Coach in 1980 and Grade 2 Coach in 1985. He has won various titles at school, in National Service, State Open Championships, Honda Games, and many medals in Tasmanian Veterans/Masters Championships. He has competed as a decathlete, relay runner in the Launceston City to Surf Relays and as a pro runner in the Burnie Carnival. Jim has been married to Bonnie for 47 years. They have two children, Scott and Sandra, and six grandchildren. His other interests are golf which he plays with the Longford Veterans Golf group each Thursday and also enjoys pottering about in the garden. He was employed with Social Services, PMG, and Telecom for 29 years and has been retired for 17 years.



**North -West Delegate Craig Hicks** was first involved with Little Athletics in Devonport followed by Juniors and then Seniors. He has been an active administrator for many years: Field Referee, Field Coach and Committee Member with the North-West Athletic Club, as well as holding a position as TMA North-West Delegate. As an athlete he has participated in school athletics, Masters Athletics and coaching. His wife Judy has also been involved for many years and both Craig and Judy are Life Members of the NWAC. Their son Graham and daughter Tamika have also competed very successfully in athletics. Craig's other interests are gardening and horse racing.



**Committee Member Bruce Campbell**, one of our revered octogenarians, first became involved in athletics as a small child at New Town Primary School when he ran in the ANZAC Sports. He later joined New Town Harrier Club which was then the oldest athletic club in Australia. An experienced administrator, he held long-standing positions –beginning from 1955-66 as Secretary, Treasurer and then mainly as President of the Devon Division of the North-West Branch of the Tasmanian Amateur Athletic Association (now Athletics Tasmania). He was Treasurer of the North-West Recreation Association from its inception in 1955 until 1966. Bruce is a track and field athlete as well as a cross country and road runner. He has been a competitor in most state and national championship meets and has competed in nine world championships. At 74 he completed the marathon at Barcelona in 40 degrees Celsius all the way. At the 2002 Nationals he won all the M75 distance titles (5K, 10K, 10K CC and marathon and was 2<sup>nd</sup> in the 800m and 1500m). All this before a quadruple bypass!!! He won three bronze medals in world team marathons. They were first home for Australia in M65 in a heatwave in Myazaki. He won a silver medal in M75 cross country in 2003. He won his age group in the Burnie Ten in 1989 and 1998 and has been unbeaten in the Alice Springs Half-Marathon in five runs since 2000. Bruce's other sporting interest is AFL Football. Bruce was a founding member of the Tasmanian Veterans Athletic Association/TMA, long-term Minute Secretary and is currently a Committee Member. He is now retired but was previously a teacher specialising in languages.

# CLAREMONT

## FUN RUN



Back: Mike Walker, Emma Lucas, Mark Westcott, Rod Rhodes, David Lucas, Wayne French, Geoff Eddington, Mick Stevenson, David Hancock, Mark Kingsley  
Front: Adele Lucas, Alan Coleman, Stan Harrex, Frances Hancock, Debbie & Steve Lance

A bright sunny day albeit a bit chilly. The fifteen athletes lined up for the course briefing thinking it would be the same as last year, but it wasn't and it sounded nasty as we had to run up the hill towards Cadburys twice! It was 4k ish according to Steve Lance. Much later we found out it was 4.6k, Emma Lucas had her GPS with her!! ( Emma has sent Steve a copy of her route around the course so he can check the distances a 'little more accurately'.)

Still it kept us occupied for the best part of the morning and it made us enjoy our 'cuppa' at the end.

Everyone thanks Steve and Deb for their time and effort in setting the course and organising the spot prizes.

### Results

#### 1 Lap 4.6k

|                 |       |
|-----------------|-------|
| Wayne French    | 32.44 |
| Adele Lucas     | 25.37 |
| David Lucas     | 29.21 |
| Geoff Eddington | 48.47 |
| Alan Coleman    | 25.37 |
| Frances Hancock | 41.00 |
| Mark Westcott   | 44.08 |
| David Hancock   | 40.07 |
| Mick Stevenson  | 28.50 |
| Jenny Stevenson | 40.16 |
| Stan Harrex     | 35.14 |
| Mike Walker     | 25.50 |

#### 2 Laps

|               |         |
|---------------|---------|
| Rod Rhodes    | 1.01.40 |
| Mark Kingsley | 48.28   |
| Emma Lucas    | 47.55   |

PHOTO ALBUM FROM TASMANIAN CROSS COUNTRY RELAYS  
PHOTOS SHANE MUNDY



B: Elaine & Andrea Marquardt F:Lynne Sansom, Lynne Lyden, Chris Gates, Bruce Campbell, Mike Walker



Shane Mundy, Peter Lyden, Craig Canham



Craig Canham, Shane Mundy



Robert (Bob) W Richards  
6 July 1933 ~ 9 July 2010

President AAVAC/AMA ~  
President TMA ~Vice-President~  
Life Member

A man who was willing to help  
whatever the task.

A man who was a friend to  
everyone.

A man who gave his time  
without question.

A man who will be sadly missed  
by the Masters Athletic  
community.

Rest In Peace Bob

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

Gary Armstrong 04  
Roderick Rhodes 15  
Jeff James 15  
Debbie Crawford 19  
Amanda Coombe 21  
Janet Upcher 22  
Stephen Lance 23  
Phillip Grimmond 25  
Mark Kingsley 27  
Jenny Powell 27



The Masters would  
like to welcome new  
members

Angela Grimmond  
Michael Mullarvey

and wish them a  
happy and  
successful year

## Northern Masters Action by Neil Hammersley

Well there was plenty of action on the **27 June from the Prospect Market Place** or lack of.

Everyone was ready to go, it was freezing cold, and many had their second skins on. Loraine Lee Archer had been running on the spot for twenty minutes as she was in marathon training mode and had already run about 12 Km. Coach Armstrong was no where to be seen. He had gone to mark out the course and we think got lost. Eventually he arrived back and we were able to start. A good field of 22 runners. Well what a surprise after running through a couple of small parks and on to Casino Drive we came to the turn for the short course. Most people thought gee that was quick so we must be running well but it was along way to the turn for the long course which went down Blackstone Drive and into the park, around the lake, and back to the start, in all 9.1Km. It was quite frosty and icy around the park and lake track.

Well the usual fleet footed raced away, Dave and Shaun were out the front, Tanya Jensen was trying to keep in touch followed by the young fella Max Loffel.

Now the course was fairly well marked but I do believe some one sought of got the turns mixed up coming back near the end, a particular lady whose name shall remain anonymous (Kristine).

Now those running the Short Course, which was going to be 4.55Km, reached the turn in record time and some appeared to have the potential to run world records or times they thought never possible. Something was wrong, as most had run the course in half the time they had nominated for the event. Coach Armstrong as the official course marker had some explaining to do as he assisted Senior Timekeeper Deb at the Finishing Line.

**Guess what**, some how the Half Course became a half course of a half course, sounds a bit mystifying. I'm starting to confuse myself, not hard.

Any way we had a great run and the boys were back in town taking out the three top positions. Gary Rossiter, Dave Wagner, Neil Hammersley

After formalities were completed we then adjourned for what is fast becoming a bit of a ritual, the usual coffee, and snacks for some and a

bit of a ribbing for Gary. All in good fun.

### Newstead 4 July 2010, 7km

Another chilly morning but no problems with this course as we had the master in charge, Jimmy Claxton. Lovely flat run from Coles Car Park down Hoblers Bridge Road, over the rail crossing and into the park, then follow the track along the North Esk River to Henry Street, across the bridge and return to the start. Another good field of 23 runners which included the reemergence of one Kristie Smith. Thought her traveling companions must have only brought her a one way ticket when they travelled overseas earlier this year, our first sighting since their return.

Also today, I understand our Timekeeper had some trouble with the assistance provided in that Mr Armstrong had difficulty in identifying one runner and had to be corrected. The conclusion, it's time for him to have a trip to the Optometrist. Well, the days running was great and in all some good times were recorded. We had the usual fast ones out front, who were chased by Doug Ashfield and Tanya Jensen and a little further back Barb Clayton, Lorraine Lee Archer and Colleen Bugg were having their own little competition. It was also good to see Arron Loffel, son of Max back having a run but he will need to get a bit of training in if he is going to catch dad.

Now through the park their was a few wet areas and a couple of our not too tall people, Deb O'Regan and Gill Gardner's names come to mind had to be careful, because if they slipped into the water they would have probably had to swim, but they would have been ok as our Masters Swimmer Alwynne McMahon would have been able to save them.

Now after today's run what a surprise, our Master Chef, Deb O'Regan produced some lovely Cupcakes for us to devour, can still taste them.

An all men's affair again this week with the winner being Max Loffel followed by Neil Hammersley and Mark Fyfe.

### St Leonards 10 July 2010 Gutbuster 10K

Well what could you expect at St Leonards, again wet and windy but still a good field. I did hear of one lady who stayed home in bed and sent Shaun out to do the running. Now a couple of us decided today was a good day to do the short

course as we had run the day before and the conditions looked bad. By the time we started the rain had stopped but that lasted about ten minutes. Well the usual hare out front Dave, wasn't out there today. A new lad on the block or near new, Damon Sheriff raced around this tough course in 42.48 which I think was pretty good for the conditions. Now as the others finished some looked like drowned rats and perhaps had entered a Wet Tee Shirt Competition. Now Maxie Loffel must be onto some thing, new runners two days in a row, perhaps that's why he could run two long courses in two days, and had he allowed the 5 seconds a kilometer he was told they would make him quicker by the Sales Person he would have been close to his nominated time.

Now in the Short Course one competitor was pretty hot , Gary Rossiter ran within one second of his nominated time and although others were a bit off their times under the conditions they were good runs. Of course our walkers Judy Wagner, Jill Britton and to some extent Glynis Jetson had to endure the conditions nearly as long as those who tackled the 10k. Young Ben Kirby ran a good time but dad showed he is only a leaner when it comes to nominating a time. In all a great effort by all who ventured out and for those who didn't, you missed some great hospitality after at the Wagner's, Coffee and many cakes. Thanks Judy and David.



Deb O'Regan and her cup cakes

Prospect 27 June 2010 9.1K

| Name   | N. Time | Actual Time | Diff Min.Sec |
|--|---------|-------------|--------------|
| Gary Rossiter  | 46.05   | 46.33       | 0.18         |
| David Wagner   | 39.20   | 38.55       | 0.25         |
| Neil Hammersley  | 50.33   | 50.07       | 0.26         |
| Gill Gardner   | 56.00   | 56.28       | 0.28         |
| Max Loffel   | 47.00   | 46.31       | 0.29         |
| Tanya Jensen   | 44.56   | 44.03       | 0.53         |
| Graeme Warren  | 47.30   | 48.28       | 0.58         |
| Kristine Johnstone   | 61.00   | 59.46       | 1.14         |
| Deb O'Regan  | 58.10   | 59.45       | 1.35         |
| Alwynne McMahon  | 61.00   | 59.04       | 1.56         |
| Colleen Bugg   | 50.00   | 52.17       | 2.17         |
| Shaun O'Regan  | 45.00   | 42.20       | 2.40         |
| Lorraine Lee Archer  | 54.00   | 57.55       | 3.55         |
| <b>4.55 K half course that was actually half of a half course GARY . OPPPS</b> |         |             |              |
| Mark Fyfe  | 28.00   | 14.20       | 13.40        |
| Viv Knight   | 29.00   | 15.04       | 13.56        |
| Lisa Rossiter  | 30.00   | 14.12       | 15.48        |
| Gerard Little  | 37.30   | 18.52       | 16.38        |
| Glynis Jetson  | 36.00   | 18.31       | 17.29        |
| Peter Lee Archer   | 33.00   | 15.05       | 17.55        |
| Jill Britton   | 44.00   | 24.07       | 19.53        |
| Judy Wagner  | 45.50   | 24.07       | 21.43        |
| Jim Claxton  | 37.00   | 15.09       | 21.51        |

Newstead 4 July 2010 7K

|                                      |       |       |                 |
|--------------------------------------|-------|-------|-----------------|
| Max Loffel                           | 35.35 | 35.19 | 0.16            |
| Neil Hammersley                      | 36.45 | 36.28 | 0.17            |
| Mark Fyfe                            | 29.45 | 30.14 | 0.29            |
| David Wagner                         | 29.30 | 30.06 | 0.36            |
| Aaron Loffel                         | 38.20 | 39.00 | 0.40            |
| Kristine Johnstone                   | 45.00 | 44.13 | 0.47            |
| Alwynne McMahon                      | 44.00 | 42.47 | 1.13            |
| Doug Ashfield                        | 34.35 | 33.22 | 1.13            |
| Colleen Bugg                         | 38.00 | 39.16 | 1.16            |
| Tanya Jensen                         | 35.00 | 33.40 | 1.20            |
| Lisa Rossiter                        | 46.00 | 44.36 | 1.24            |
| Deb O'Regan                          | 42.50 | 41.19 | 1.31            |
| Gill Gardner                         | 42.35 | 41.03 | 1.32            |
| Christie Smith                       | 43.10 | 41.21 | 1.49            |
| Viv Knight                           | 47.00 | 44.53 | 2.07            |
| Shaun O'Regan                        | 34.59 | 32.43 | 2.16            |
| Jim Claxton                          | 43.45 | 46.15 | 2.30            |
| Barb Clayton                         | 42.02 | 39.01 | 3.01            |
| <b>3.5 K Proper Half Course GARY</b> |       |       | <b>Diff x 2</b> |
| Judy Wagner                          | 37.00 | 37.17 | 0.34            |
| Gerard Little                        | 28.30 | 29.50 | 2.40            |
| Glynis Jetson                        | 24.15 |       |                 |
| Jill Britton                         | 34.00 | 36.35 | 5.10            |

St Leonards 11 July 2010 10K Gutbuster

|                       |       |       |                |
|-----------------------|-------|-------|----------------|
| David Wagner          | 45.00 | 44.49 | 0.11           |
| Gill Gardner          | 65.00 | 64.30 | 0.30           |
| Max Loffel            | 56.30 | 55.29 | 1.01           |
| Kristine Johnstone    | 70.00 | 68.50 | 1.10           |
| Malcolm Hales         | 45.00 | 46.15 | 1.15           |
| Alwynne McMahon       | 67.00 | 65.20 | 1.40           |
| Dwayne Kirby          | 50.00 | 51.47 | 1.47           |
| Colleen Bugg          | 60.00 | 58.04 | 1.56           |
| Damon Sheriff         | 45.00 | 42.48 | 2.12           |
| Nye Evans             | 61.00 | 63.58 | 2.58           |
| <b>5K Half Course</b> |       |       | <b>Diff x2</b> |
| Gary Rossiter         | 27.27 | 27.28 | 0.2            |
| Neil Hammersley       | 26.15 | 27.05 | 1.40           |
| Shaun O'Regan         | 30.00 | 28.52 | 2.16           |
| Judy Wagner           | 55.00 | 53.23 | 3.14           |
| Jill Britton          | 54.00 | 52.04 | 3.52           |
| Lisa Rossiter         | 32.00 | 35.07 | 6.14           |
| Glynis Jetson         | 36.00 | 40.49 | 9.38           |
| Ben Kirby             | 45.00 | 28.57 | 32.06          |



Loitering Jim Claxton, Max Loffel, Shaun O'Regan Newstead

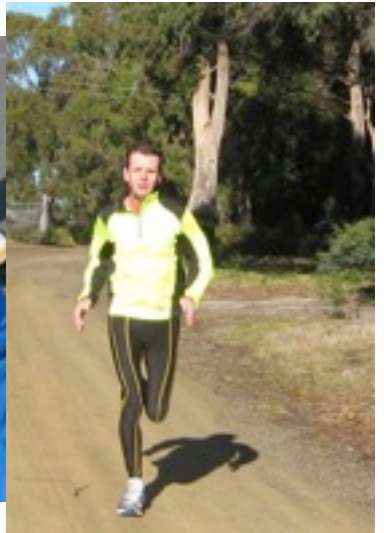
PHOTO ALBUM NORTHERN MASTERS



Jim Claxton presenting Gary Armstrong with his Life Membership Plaque



Viv Knight & Jill Britton at Newstead



Shaun O'Regan at Beauty Point



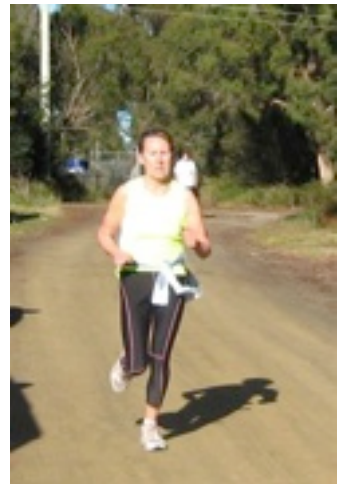
Winners at Prospect - Dave Wagner, Gary Rossiter, Neil Hammersley



Gill Gardner at Beauty Point



Winner - Max Loffel Newstead



Lorraine Lee Archer at Beauty Point

## **2010 WMA Stadia Championships, Sacramento, California APPOINTMENT OF AMA TEAM MANAGERS**

Are you interested in extending your level of knowledge and your management skills? Do you have the capability to be a Team Manager in Sacramento? Expressions of Interest are now being called for by AMA in order to appoint team managers 12 months in advance to allow them to coordinate newsletters and prepare for the work at the championships and liaise with athletes before departure.

The number of Australian entries for the World Masters Athletics Championships at Sacramento will determine the number of team managers required to coordinate teams, manage athletic activities, handle issues such as protests and attend daily briefing meetings. A Team Manager may compete on the understanding that their participation does not impact on managerial duties. The administration fees paid by athletes together with additional AMA funds provide a level of reimbursement of travel and accommodation costs for the Team Manager/s.

### **Role of AMA Team Manager –**

- On appointment, make contact with the AMA Travel Director for an update on club newsletters and website for dissemination of information to travelling athletes.
- Liaise with Travel Director on number of athletes, accommodation details and emergency contact details.
- Send updates to club newsletters on relevant pre-competition information.
- Obtain location of Australian Embassy / Consulate, and advise them of the involvement of the Australian Team.
- Arrive early at the championships to determine location of events relative to accommodation and transport arrangements.
- Meet local organising management.
- Attend each daily competition Team Managers' Meeting.
- Organise team meetings, when required, to pass on relevant competition information.
- Arrange message board in area provided by LOC to pass on relevant competition information.
- Appointment of flag bearer/s after consultation with AMA President.
- Deal with competition issues – disqualifications, appeals, competitor concerns, submission of nominations for both track relay and non stadia teams.
- Liaise with the team relay selectors as required regarding nominations for track relay and non stadia teams.
- Collect the daily result sheets and if possible advise the AMA webmaster of any highlights eg world records achieved by Australian competitors.
- Option to compete in a maximum of two-three events and enjoy the competition experience.
- Have a good time.
- On return after competition, provide a report to the AMA Board.

To determine the appointments applicants should submit a resume to the AMA Secretary which addresses the following:

Personal details: Name, age, address, other contact details including email

Athletics background

Masters athletics background

Management experience in sport (particularly) or other relevant management roles

Outline on how the applicant is able to fulfill the position

References for the AMA Board to contact.

***Expressions of interest should reach Hazel McDonnell, Secretary AMA Inc,  
13 Sevenoaks Street, Alexandra Hills, Qld 4161, (ph: 07 3206 3243 (h),  
0408 172 283 (M)  
email: [hazelmcd@bigpond.com](mailto:hazelmcd@bigpond.com) ) by 1 September 2010.***

# Kate, 62, is still full of running

ADAM SMITH

HOBART'S Kate Johnstone is proof that age is no barrier as she finalises her preparations for the Oceania Masters Games in Tahiti next week.

Johnstone is the only Tasmanian representing Australia and given her achievements at the World Games last year the 62-year-old is a strong chance of bringing home a medal or two.

In her first international meet Johnstone won bronze in the 60-64 age group 100m after pipping a Canadian opponent in a photo-finish, before being selected in the 55-59 year age bracket for the 4x100m relay in which Australia claimed silver.

While the Masters are as competitive as world meets for some aging athletes, others use the games as a bit of fun and a chance to enjoy a healthy lifestyle.

Next week Johnstone will do both as she sets her sights on glory in the 60m, 100m and 200m events while also competing in the javelin and long jump "for fun".

"Athletics is good because there is a whole variety of events you can do," she said.

"Some people are very competitive, ex-Olympians and Commonwealth Games champions... some like me are competitive but are not likely to break any world records, and some are just in it for the joy of being active."



**COMPETITIVE:** Kate Johnstone, in full flight, likes the variety of events on offer for athletes at the Oceania Masters Games. Picture: RAOUL KOCHANOWSKI

WEDNESDAY, JUNE 30, 2010 www.themercury.com.au 51

## OCEANIA MASTERS ATHLETICS TAHITI

Ai orana,

We arrived in a very hot and humid Papeete Tahiti at 0200 on the same day we left Australia. A Tahitian trio of ukelele players and a Tahitian woman handing fragrant flowers to disembarking passengers was a warm and pleasing welcome to the islands of French Polynesia. Once inside a lei of more fragrant and multi-coloured flowers was placed around our necks.

Our hotel was close by, check in was swift and we were soon in bed and asleep.

The next morning was spent exploring the town of Papeete. There were flowers everywhere and ukelele players sitting on street benches playing to themselves and anyone who was passing by. These two things seem to be part of everyday life here. Profusions of flowers in the markets, flowers in the wash rooms, flowers in the hair, flowers in corners of counters all kept fresh, discarded and replaced the moment they begin to wilt.

The Heiva cultural festival was on while we were there. Out-rigger canoe races were on. Crews of 8 fit young men and women, teams from all islands dug their paddles in to race across the bay. This was like a long distant sprint and their bodies were honed, shining with sweat in the hot sun.

The heat and humidity continued and the afternoon of the opening ceremony day, the rain came down in buckets. It rained all afternoon and into the evening. The bus came and

collected us from our hotel on time on the right day. There was some confusion about it all because the hotel put the wrong date on the notice, however this was soon sorted out with a phone call to the Leo, the organiser of the transport. We picked up the Cook Islanders on the way and they piled onto the bus, bubbling over with excitement, in beautiful uniforms, a crown of flowers and leaves on their heads called an ei. (same as Lei but without the I)

The opening ceremony was held under cover in the stadium with a performance by a band of ukelele players and drummers. Tahitian drums are strong, proud and loud. Their clean sound carries long distances. The speeches came next. The speakers made some interesting points.

"Oceania in terms of athlete numbers is probably the smallest of our world Regions but in size it is our biggest Region and incorporates many small Island affiliates as well as New Zealand and Australia that are strong supporters of our WMA competitions at all levels." Stan Perkins, President, World Masters Athletics.

"Unlike the other five regions every one of our affiliates must travel across water to participate in our Regional Championships." Wilma Perkins, President OAMA

By the time the speeches were over, the rain had stopped. A troupe of young Tahitian dancers walked out onto the track, the band started playing and a fantastic performance of Tahitian dance began including the tamure which has the famous hip movement in it. Soon the athletes were invited to join them, (none did) but each member of the official party were selected by the dancers and bravely went down to do their bit. They all looked stiff in comparison but Hazel McDonnell put on a really good show which we all appreciated. Stan Perkins was suddenly the only one left and surrounded by the troupe of girls, did his dance and you could tell he enjoyed it. Later I said to him that it would be an experience to remember. He went all dreamy eyed and said they were so young and beautiful.

At medal giving ceremonies, the drums were beaten as the athletes walked out and later when standing there we were encouraged to do a tamure.

After the ceremony, and two bus loads had left and rain threatening, it slowly dawned on us there were never going to be enough busses to transport us all. Leo kindly took Damian and I back to our hotel. Thank you Leo.

There were about 280 competitors from 7 nations, including Anna Wlodarczyk a Polish long jump athlete and runner. Anna was invited to be the guest speaker at the Championship Coaching Forum.

Because of the very hot and humid weather, the longer races, cross country and half marathon and such, were held in the very early morning. The sprints were held at the end of the day when the sun was low and the track in shade.

Field events were held during the day. The long events were held on the beautiful foreshore of Papeete. A long park flows around the bay and I dream of having such a thing in Hobart.

Sunday. Javelin was first up and that was my first event. I did not do well at all, but it was fun and I did work out my nervousness then.

Monday. 60m race was my next one. I came in 3rd, but there was only 0.07 secs between the 3 of us, Wilma 1 st, Sheryl Gower NZ 2nd, with a -2.7 wind.

Tuesday. am. Long jump. Anna was there to assist and pass on her wisdom. She was a great help, encouraging us with a gentle and calming demeanour. I jumped quite well and won a silver. Beaten by Wilma.

pm. 100m. Beaten by Wilma and Sheryl AGAIN! While waiting for the bus and in good humour, Wilma explained that I wasn't entitled to a gold medal yet because I haven't finished my apprenticeship. I'm wondering what lessons I need to learn. Not to listen to what others say perhaps? Or more importantly, get to know your competition? GET FITTER AND STRONGER!

Wednesday. pm. 200m. Beaten by Sheryl. Boy can she go. Anyway I won a silver medal. Then that was it for me.

We had the coaching forum today. Anna spoke about her experiences. Marie Kay gave us some tips on how she prepares when traveling to an overseas comp. She starts adjusting to the new time zone before she leaves. She takes a herbal remedy to help her sleep. She takes any medication she might need with her, she knows it's safe. She spends time stretching at the back of the aircraft while flying, and tries to sleep so she arrives fresh. She attends to her medals immediately she arrives home, and every medal is as exciting as the first one.

Wilma finished by saying if you are unlikely to win a medal, make sure you make the winners work hard for theirs. Donald Chambers won lots and lots of medals. The bus situation was sorted out too.

During the medal ceremony that afternoon when an aged and solo man was standing up for his medal, he put on such a good tamure performance the medal presenter hopped up with him and they entertained us for several minutes. Way to go.

We returned to the hotel to find it abuzz with mostly Americans, but Japanese, Canadians, Australians and more who'd come for the Ring of Fire Expedition. They were strutting with importance and advertising window seats on a chartered corporate long range jet for just \$9,500 US to fly above the clouds through the shadow of the total eclipse of the sun. For those who couldn't afford that, there were still seats, not window, for \$6,500. The eclipse would be total over an atoll 250 km to the south east and last for 11 minutes on 11 July.

Damian and I spent the next day circumnavigating the island. Because the mountains are so steep with knife edge ridges, people live on the coast and the road hugs the waterfront. The farewell dinner was held that evening and once again with drums, ukeleles and dancers in spectacular costumes.

Friday we all piled onto the ferry for the 1/2 hr trip to Moorea a neighboring island, and went to the beach. It was quite a day. We lay around on a grassy paddock beside the sand. Near by a class of school children were learning a kind of Haka. Later they got out the soccer ball and challenged the masters to a rough and tumble game of soccer. Meanwhile, two Polynesian women and a couple of children set a net just off the beach and hauled in a school of small fish which they washed in the sea, removed the head and back bone, put them in a bowl and squeezed over them the juice of a lemon. They offered them to us after feeding some to their children. They were delicious just like that.

We piled back onto the bus all excited and happily tired, goodbyes said and headed for the ferry. Then someone coughed!

Damian and I spent the next day at the Tahiti museum watching some of the sporting events of the Heiva festival. Javelin for men. The target a coconut on a pole 10m from the ground, 25m from the thrower. At first the athletes stood in a large circle, and with much triumphant cheering, each was introduced and from which island he came. Then there was weight lifting for the women. the weight was a stone carved into a cylinder shape, maybe 30cm tall with quite a girth, which she lifted from the ground onto her shoulder and stood there with one arm outstretched while the other balanced the stone. The weights got heavier until all but one were eliminated. They looked very heavy to me.

There was the coconut game. Two teams of women, two large piles of coconuts, and one axe. The axe wielder split the coconuts and threw them into another pile while the rest of her team removed the flesh from the shell. When all were done, the flesh was put into a sack. The first to finish was the winner. it was a close finish and exciting to watch.

The next day Damian and I and our friends flew to the island of Raiatea and boarded our catamaran looking forward to a nice relaxing cruise via Tahaa to Bora Bora. The next day we were all coughing. Our weeks holiday was dampened by the infections we had and our sense of adventure evaporated. But we did do lots of swimming and snorkeling and lying around reading. Two days in a Bora Bora resort cheered us up especially since it was full of honeymooners who gave it a nice energy.

I felt a bit lonely being the only Tasmanian in the competition, but over all we had a fantastic time and the Tahitians welcomed us warmly.



PHOTO ALBUM- CORINNA - PIEMAN RIVER  
Photos Stephanie Teague



25<sup>th</sup> July 2010

# HILTON RD FUN RUN



Back: Rod Rhodes (just out of shot), Barry Teague, Bob Robertson, Bob Weldon, Mark Kingsley, Mike Walker, David Hancock  
Front: Stan Harrex, Alan Coleman, Adele Lucas, Mick Stevenson, Frances Hancock, Stephanie Teague, David Lucas



It was a very chilly start to the day, you could almost still see the ice on Sheila and Alan's patio. A weak sun came out as we were turning for home - not bad on the back! Kettles were boiling and Sheila had a monster pot of soup simmering away on the stove when we got back. It all warmed us up no end. As always the chat was about the run the day before, this time Opossum Bay, in my opinion best forgotten! Then it was time for the group photo.



## Results

|                  |               |
|------------------|---------------|
| <b>3k</b>        |               |
| Mick Stevenson   | 16.50         |
| Jenny Stevenson  | 34.25 + a bit |
| David Hancock    | 19.28         |
| <b>4k</b>        |               |
| Alan Coleman     | 26.00         |
| Adele Lucas      | 26.00         |
| Barry Teague     | 27.10         |
| Stephanie Teague | 27.10         |
| Frances Hancock  | 36.33         |
| <b>6k</b>        |               |
| Bob Robertson    | 29.09         |
| Stan Harrex      | 41.38         |
| <b>8k</b>        |               |
| Mark Kingsley    | 50.00         |
| Bob Weldon       | 33.03         |
| Mike Walker      | 42.38         |
| Rod Rhodes       | 62.28         |

**SURFACE  
MAIL**

If undeliverable return to:-

TMA Inc.  
GPO Box 890  
Hobart, Tasmania, 7001

*"May be opened for postal inspection"*