



FOOTNOTES

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

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

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Closing date for next issue 25 March 12



Tasmania

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PLEASE NOTE - SOME CHANGES TO CALENDAR

TMA, AS, AT Southern Fun Run Calendar 2012

NB: Unless otherwise stated all southern TMA Fun Runs start at 10.00am

FEBRUARY

Sat 4 AA Briggs Classic Domain Athletic Centre
 Sun 12 AT Run the Bridge Fun Run
 Sun 19 TMA Leslie Vale Bob Robertson Leslie Vale
 Sun 26 TMA Risdon Brook Park Risdon Brook Dam

MARCH

Sun 4 TMA Manning Ave Sue & Barry Lloyd Sandy Bay
 Sun 11 TMA Cornelian Bay Mick & Jenny Stevenson Cornelian Bay
 Sun 18 AT Run Devonport (inc. 2.5k/5km AT Rd Championships) (tentative) Devonport
 Fri-Sun 23-25 AT/TMA T & F Championships Domain Athletic Centre

APRIL

Sun 1 TMA Collinsvale W French Collinsvale
 6/7/8/9 AMA T&F Championships Albert Park Melbourne
 Sun 22 ES Round the River Run
 Sun 29 OR Oatlands Fun Run To be Confirmed Oatlands

MAY

Sun 6 TMA Jim Burr Memorial Run up Mt Wellington 9.00am Start GPO Hobart
 Sun 13 Mothers Day Classic Fun Run
 Sun 20 AS City to Casino
 Sun 27 TMA TMA Road Championships Campbell Town

JUNE

Sun 3 KO Kingston Fun Run
 Sun 17 Launceston Ten Fun Run (inc AT 10k Road Championships)
 Sun 24 TMA Kainlani Way Paul Lawler Sandford

JULY

Sun 8 TMA Robin Court Gloria & Danny Byas Lindisfarne
 Sun 22 NSAC Glenorchy Classic Fun Run Derwent Entertainment Centre
 Sat 28 AT/TMA Cross Country Championships

AUGUST

Sun 5 Budget Rent-a-Car Fun Run
 Sun 12 TMA Salacia Avenue Frances & David Hancock Howrah
 Sun 26 TMA Bluff Road Theresa Harrex Gretna

SEPTEMBER

Sun 2 Ross Marathons/ Flinders Island Running Festival
 Sun 16 TMA Brighton Challenge Fun Run Pontville Football Oval
 Sun 30 TMA Risdon Brook Park Risdon Brook

OCTOBER

Sun 7 TMA Dru Point Bob Robertson Margate
 Sun 14 Burnie Ten Fun Run Burnie
 Sun 28 TMA Risdon Brook Park Risdon Brook

NOVEMBER

Sun 4 Ouse Fun Run Ouse
 Sun 11 TMA Jetty Road Bob Weldon Old Beach
 Sun 18 AS Point to Pinnacle
 Sun 25 TMA Risdon Brook Park Risdon Brook

DECEMBER

Sat 1 Bruny Island Ultra Marathon/Relay Bruny Island
 Sun 9 TMA Pearsall Street Linda Moran Snug
 Sun 16 TMA Christmas Fun Run Tim & Tracey McConnon Stonor

JODI HEATON MASSAGE-HOBART

Diploma in Remedial Massage

Massages are available to suit individual i.e. Relaxation, Sports & other Remedial

Cost

1 hour = \$60

30 minutes = \$40

Contact Details

Mobile: 0401 343 427

E-Mail: jheaton@iinet.net.au

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Massage Association: AAMT ABN: 73 547 867 721

**TASMANIAN MASTERS ATHLETICS INC.
2011 - 2012 SUMMER TRACK & FIELD PROGRAM**

Calendar		Domain Athletic Centre - Hobart			St Leonards Athletic Centre - Launceston				
Date	Day	Program	Start Time	Programs	Event	Event	Event	Field Events	Start Time
5 Oct 11	Wed	Season Launch	6.15pm	A 6.10pm 100m/Short	600m	100m	5000m	Long Jump	5.45pm
12 Oct 11	Wed	Come & Try 100m, 5000m, Sprint Coaching	6.10pm	6.15pm Shot Put	800m	200m	4000m	Shot Put	5.45pm
19 Oct 11	Wed	Come & Try 200m, 3000m, Distance Coach	6.10pm	6.20 3000m R/W	1000m	300m	3000m	Triple Jump	5.45pm
26 Oct 11	Wed	A & High Jump Coaching	6.10pm	6.30pm Long Jump	1500m	400m	3000m/6k Road	Javelin	5.45pm
2 Nov 11	Wed	B	6.10pm	6.45pm Steeplechase	600m	60m	5000m	High Jump	5.45pm
9 Nov 11	Wed	C	6.10pm	6.50pm Discus	800m	200m	4000m	Discus	5.45pm
16 Nov 11	Wed	D	6.10pm	7.10pm 400m / 400m Relay	1000m	300m	3000m	Long Jump	5.45pm
23 Nov 11	Wed	A & Steeple Coaching	6.10pm	B 6.10pm 200m	1 Mile	400m	3000m/6k Road	Shot Put	5.45pm
30 Nov 11	Wed	B	6.10pm	6.15pm Javelin	600m	100m	5000m	Triple Jump	5.45pm
7 Dec 11	Wed	D	6.10pm	6.20pm 5000m R/W	800m	200m	4000m	Javelin	5.45pm
14 Dec 11	Wed	A	6.10pm	6.30pm High Jump			6k Rd Run		
21 Dec 11	Wed	B	6.10pm	6.45 300m/300m Hurdles	1500m	400m	3000m	Discus	5.45pm
4 Jan 12	Wed			6.50 Hammer					
11 Jan 12	Wed	D	6.10pm	7.00pm 800m	600m	100m	5000m	Long Jump	5.45pm
14 Jan 12	Wed	AT Multi Events/ TMA Pentathlon		7.05pm 4x100m Relay					
18 Jan 12	Wed	A & Postal Relays	6.10pm	C 6.10pm 400m/400m Hurdles	800m	200m	4000m	Shot Put	5.45pm
25 Jan 12	Wed	B & Postal Relays	6.10pm	6.15pm Shot Put	1000m	300m	3000m	Triple Jump	5.45pm
1 Feb 12	Wed	C & Postal Relays	6.10pm	6.20 10,000m R/W	1 Mile	400m	3000m/6k Road	Javelin	5.45pm
4 Feb 12	Wed	Briggs Match - Postal Relays 4x800m		6.30pm Triple or Long Jump					
8 Feb 12	Wed	D & Postal Relays	6.10pm	6.54pm 60m	600m	60m	5000m	High Jump	5.45pm
15 Feb 12	Wed	A & Postal Relays	6.10pm	6.50pm Discus	800m	200m	4000m	Discus	5.45pm
22 Feb 12	Wed	B & Postal Relays	6.10pm	7.00pm 4x200m Relay	1000m	300m	3000m	Long Jump	5.45pm
25 Feb 12	Sat	AT/TMA 10k Championships		D 6.10pm 100m					
29 Feb 12	Wed	D & Postal Relays	6.10pm	6.15pm Javelin	1500m	400m	3000m/6k Road	Shot Put	5.45pm
7 Mar 12	Wed	A	6.10pm	6.20pm 5000m R/W	600m	100m	5000m	Triple Jump	5.45pm
14 Mar 12	Wed	C	6.10pm	6.30pm Long or High Jump	800m	200m	4000m	Javelin	5.45pm
21 Mar 12	Wed	B	6.10pm	6.40pm 200m	1000m	300m	3000m	High Jump	5.45pm
23 Mar 12	Wed	TMA/AT State		6.50pm Hammer	TMA/AT State Championships - Hobart TMA/AT State Championships - Hobart TMA/AT State Championships - Hobart NOTE: Starting Time (Approx) Field Event 5.45pm Middle Distance 6.15pm Short Distance 6.30pm Long Distance 6.45pm Entry Fee: \$3.00 Members \$5.00 Non Members Track Usage Fee: \$25.00 (Season-Levied by Athletic Centre Board) Contact: Jim Claxton Phone: 6344 1025				
24 Mar 12	Wed	TMA/AT State Champs Hobart		7.00pm 1500m					
25 Mar 12	Wed	TMA/AT State Champs Hobart		7.10pm 4x100m Relay					
28 Mar 12	Wed	Modified Program & Refreshments	6.10pm						
6/7/8/9 April		AMA National Championships Melbourne		Entry Fee: \$3.00 Contact: Sue Hanek; Phone: 6247 9465 Note: Volunteers will be required for Timekeeping					



From the President

Once again members have been active in all kinds of competitions. Competitors are to be commended for their valiant efforts in the Half Marathon Championships. Special congratulations to Wendy Bock and Chris Chapman who were first over the

line, and to Janet Upcher for her outstanding age-graded percentage of 94.38. Thanks to co-ordinator Mike for his organisation of this splendid event run in conjunction with the established Cadbury Marathon – and to all the obliging TMA officials.

In the Bikes and Spikes, Adele Lucas and Paul Tucker were winners and we wish Paul a quick recovery from a foot injury which will, unfortunately keep him out of competition for a while. The 300m run was a controversial event. As the front runner I was awaiting that moment when they all caught me and, surprise, surprise, I was *surrounded* by runners on all sides even though I was right on the inside line. A protest was upheld and Paul was rightfully announced as the winner but there were more who defied the rules in flying past me on the inside of the line. It is vital that all runners in pro events familiarise themselves with the rule about passing other runners.

The pentathlon championships were low key events but enjoyed by those who participated. Adele had a great trial run for her trip to New Zealand. Geoff Gibbons performed spectacularly in the open decathlon and is to be congratulated for a record pending. He should perform well in his two overseas trips to New Zealand and Finland. Other records pending are Jaye Hanson (60, 100m) and Mike Walker (3000m). These records indicate fine performances and will be ratified next month.

Lots of fun was had by all at the Lance's place at Dolphin Sands. Lynne Lyden excelled at swimming, Alvin completed all legs in the fastest time, Bob got a puncture in the cycle leg, Mandy saw a large snake and various antics with the jet ski entertained us all. Thanks to the hospitable Lances. Mark it on your calendar for next year!

The postal relays are under way and we are again planning the 800m relay to be held at the Briggs Classic. Participants should obtain a free entry pass from Lynne Andrews, wear correct uniform and check in before 4.30pm to Sue Hanek for the event to start at 5.30pm. We encourage all TMA members to come and cheer the relay runners and walkers on as they show our colours to the wider audience on February 4.

TMA uniform is the current singlet and green or black shorts. It is required to be worn when we compete with other clubs and organisations such as the Briggs Classic, the upcoming State Championships with AT in March and the AMA nationals in April. A reminder to note carefully and observe the designated check-in times for events entered at different meets. They do vary and it is wise to check in well before the designated time as the rules are strictly adhered to.

On a final note – very best wishes for wonderful competition and scenic touring to our TMA contingent departing next week for the Oceania Championships – Suzy Cole, Geoff Gibbons, Adele and David Lucas, Peter and Lynne Lyden, Mick and Jenny Stevenson, Mike and Joy Walker and Steve and Debbie Lance.

Lynne Andrews

TMA ATHLETES NEW ZEALAND BOUND

Seven TMA members will be participating in the Oceania Masters Athletics Championships in Tauranga, Bay of Plenty in New Zealand's North Island. The Championships commence on 5 February and conclude on 12 February.

The members and their events follow:

Suzy Cole (W40-44) – 400m; 800m; 1500m; 400m Hurdles; 2000m Steeplechase; Javelin.

Geoff Gibbons (M35-39) – 60m; 100m; 110m Hurdles; 400m Hurdles; Long Jump; High Jump; Triple Jump; Pole Vault; Shot Put; Javelin; Decathlon; Pentathlon.

Adele Lucas (W55-59) – 60m; 100m; 200m; Long Jump; Pentathlon.

David Lucas (M60-64) – 8km Cross Country.

Peter Lyden (M55-59) – 5000m; 8km Cross Country; Half Marathon.

Michael Stevenson (M70-74) – 60m; 100m; 200m; 400m; 800m; 80m Hurdles; 200m Hurdles; Long Jump.

Michael Walker (M65-69) – 1500m; 5000m; 8km Cross Country; Half Marathon.

The athletes will be accompanied by a support crew of TMA members in Lynne Lyden, Jenny Stevenson and Joy Walker as well as AMA President Steve Lance and his wife Debbie.

Cadbury Marathon Volunteers

Tasmanian Masters Athletics extends grateful thanks to those members who volunteered as course marshals, or at drink stations or in other official capacities on Sunday.

We are fortunate to be able to conduct the Australian and Tasmanian Half Marathon Championships within the great event that Cadbury has become. It is good for the profile of Masters Athletics.

Your generosity enables TMA to meet its obligations to the event organizers.

Thank you one and all !

Mike Walker
TMA Secretary

PENTATHLON RESULTS

Event 58 Outdoor Pentathlon: #1 W30-89 100 Meter Dash Outdoor Pentathlon

Name	Age	Finals	Age-Grading	Points
1 Maksimovic, Sharee	W46	14.25	13.11	80.07% 750
2 Lucas, Adele	W58	16.31	13.86	75.72% 626
3 Johnstone, Kerry	W64	16.47	13.41	78.26% 699

Event 58 Outdoor Pentathlon: #2 W30-89 Javelin Throw Outdoor Pentathlon

Name	Age	Finals	Age-Grading	Points
1 Maksimovic, Sharee	W46	17.74	22.13m	30.32% 329
2 Lucas, Adele	W58	13.40m	19.40m	26.58% 278

Event 58 Outdoor Pentathlon: #3 W30-89 Shot Put Outdoor Pentathlon

Name	Age	Finals	Age-Grading	Points
1 Lucas, Adele	W58	6.71m	9.19m	40.64% 477
2 Maksimovic, Sharee	W46	6.67m	7.96m	35.20% 397
3 Johnstone, Kerry	W64	5.99m	8.99m	39.75% 464

Event 58 Outdoor Pentathlon: #4 W30-89 Long Jump Outdoor Pentathlon

Name	Age	Finals	Age-Grading	Points
1 Maksimovic, Sharee	W46	3.57m	4.20m	55.87% 355
1 Johnstone, Kerry	W64	3.57m	5.14m	68.39% 598
3 Lucas, Adele	W58	3.46m	4.63m	61.68% 461

Event 58 Outdoor Pentathlon: #5 W30-89 800 Meter Run Outdoor Pentathlon

Name	Age	Finals	Age-Grading	Points
1 Maksimovic, S	W46	2:43.49	2:29.16	75.95% 703
2 Lucas, Adele	W58	3:18.70	2:44.83	68.73% 519

Event 59 Outdoor Pentathlon: #1 M30-89 Long Jump Outdoor Pentathlon

Name	Age	Finals	Age-Grading	Points
1 Kingsley, Mark	M40	3.58m	3.90m	43.61% 190

Event 59 Outdoor Pentathlon: #2 M30-89 Javelin Throw Outdoor Pentathlon

Name	Age	Finals	Age-Grading	Points
1 Kingsley, Mark	M40	23.07m	25.05m	25.45% 230

Event 59 Outdoor Pentathlon: #3 M30-89 200 Meter Dash Outdoor Pentathlon

Name	Age	Finals	Age-Grading	Points
1 Kingsley, Mark	M40	33.30	31.76	60.84% 160

Event 59 Outdoor Pentathlon: #4 M30-89 Discus Throw Outdoor Pentathlon

Name	Age	Finals	Age-Grading	Points
1 Kingsley, Mark	M40	17.78m	19.58m	26.43% 264

Event 59 Outdoor Pentathlon: #5 M30-89 1500 Meter Run Outdoor Pentathlon

Name	Age	Finals	Age-Grading	Points
1 Kingsley, Mark	M40	5:55.20	5:38.12	60.93% 360

WEIGHT PENTATHLON RESULTS

Event 60 Weight Pentathlon: #1 W30-89 Hammer Throw Weight Pentathlon

Name	Age	Finals	Age-Grading	Points
1 Canham, Tracy	W39	31.22m	34.16m	44.37% 583

Event 60 Weight Pentathlon: #2 W30-89 Javelin Throw Weight Pentathlon

Name	Age	Finals	Age-Grading	Points
1 Canham, Tracy	W39	16.94m	17.99m	24.65% 252

Event 60 Weight Pentathlon: #3 W30-89 Shot Put Weight Pentathlon

Name	Age	Finals	Age-Grading	Points
1 Canham, Tracy	W39	8.51m	8.82m	38.98% 452

Event 60 Weight Pentathlon: #4 W30-89 Weight Throw Weight Pentathlon

Name	Age	Finals	Age-Grading	Points
1 Canham, Tracy	W39	10.24m	11.18m	47.39% 565

Event 60 Weight Pentathlon: #5 W30-89 Discus Throw Weight Pentathlon

Name	Age	Finals	Age-Grading	Points
1 Canham, Tracy	W39	20.69m	21.45m	27.93% 304

Bikes & Spikes Results

Masters 100m

Gene Mawer	3	11.850
Greg Mann	13	12.240
Paul Williams	10.5	12.310
Alan Coleman	10.5	12.530
David Chapman	8.75	12.550

Masters Women's 100m

Adele Lucas	1.5	16.300
Kate Johnstone	Scr	17.820

Masters 300 Metres

Paul Tucker	30	37.220
David Chapman	38	7.350
Aub Henricks	44	37.470
Troy Atkins	38	37.920
Paul Williams	40	37.940
Darren Brown	46	38.570
Greg Mann	50	39.040
Alan Coleman	38	41.570
Lynne Andrews	95	42.550
James Plapp	42	DQ

THE STEEPLECHASE EVENT

ABOUT THE EVENT:

Steeplechase events are usually held over the distances 2000m, and 3000m depending on age of the athlete. Normally, juniors under 18 run over 2000m. There are 4 moveable barriers and a water jump in each lap of the event and, depending on the age and gender, are either 76.2cm(2'6") or 91.4cm(3') high. The water jump can be either inside the track or outside the outside lane at around the 150m to go position. Depending on the positioning of the water jump, a lap may be slightly longer, or shorter, than 400m.

ATHLETES SUITED TO STEEPLE:

This fairly demanding event is often suited to the distance athlete with a degree of strength and coordination who can adapt to the need to leap 5 times per lap and sustain their pace despite the changing of rhythm that occurs in the race. Middle Distance/Distance athletes who respond to the particular challenge that negotiating obstacles provides, usually go well at this event.

TRAINING:

Training for steeplechase closely resembles that for the distance runner in that a base level of aerobic endurance needs to be gained supported by water jump and hurdle skill training to raise the efficiency. It is very important that the athlete's race rhythm is maintained as much as possible. The type of work loads performed by the 5000m is about right for the steepler. For the elite athlete, mileages of about 80-130km+ per week is the aim for the elite level competitor, but sub-elite/Masters may happily do quite well with much lower totals.

Many athletes augment their mileage work with track sessions as per normal and most steepplers may incorporate training on the track including some hurdles in the repetition.

e.g. Run of about 3-5km easy, Track: 6 x 400m with 4-5 hurdles jog 200m between. Run 3-5 km easy.

There are many methods of training but the non-variables of the event remain aerobic strength, leg strength, and technique of getting over the barriers and some attention must be paid these if the athlete wishes to maximise their potential.

A good differential between a 3000m flat time and Steeple ranges upwards from 30 secs depending on efficiency.

TECHNIQUE:

There are 2 main methods in clearing the barriers:

- Hurdling(moveable steeples) (even some elite athletes do this over the water jump)
- Stepping on the barriers (water jump especially)

It is not illegal to use the hands to negotiate the jumps. Pretty well anything goes other than avoiding the jump or deliberately moving it.

Hurdling is the most efficient method as it if done well reduces the loss of rhythm but at sub elite level an

efficient stepping on method is possibly even more efficient as it can mean a slightly less challenging take-off. It is still important that the shortest distance is covered in this technique as possible to lessen rhythm changes.

ASPECTS TO CONSIDER REGARDING TECHNIQUE:

- Find out which is the take-off foot. Ideal is no preference but most people have a preferred take-off leg.
- Practice hurdling/stepping on with both legs as take-off.
- Don't delay or push off hard on barriers if stepping on.
- Train and race over hurdles (utilise a hurdle coach if available)
- Running rhythm must be maintained through the clearance process.
- It is important for the athlete to slightly accelerate on the approach to the barriers, especially the water jump, to provide momentum.

WATER JUMP

Consists of the barrier plus a sloped area 12 feet long filled with water. In a 3000m event it is cleared 7 times. Normally the athlete approaches it and speeds up a little to help gain some momentum to land in the shallow part of the water. The athlete takes off and lands on the wooden top of the barrier as if they jumping up onto a step, and without any delay pivots forward and then drives out landing on the opposite foot and resumes their running rhythm. To do this successfully requires good strength and co-ordination levels. Practice is usually done on one of the moveable barriers landing on grass or sand. It is not advisable to practice on a dry water jump.

A common fault is to land on both feet mainly due to lack of coordination and strength allied to apprehension. Whilst stable, this to be avoided if possible as it forces a major disruption to rhythm in that the athlete comes to virtually a complete stop and has to re-accelerate back to their running rhythm. It is understood that for the Masters and very young athletes this method may be unavoidable.

A good initial practice is to place a solid box on the grass and a strip of rubber beyond it and run up and land one foot on the box and drop down to the mat and continue on.

Peter Fortune

TIS Track and Field Coordinator

Proposed Changes to our Newsletter

The committee would like to inform all members that we propose to change the way we provide TMA information. The suggestions below will be trialled for a twelve month period after which they will be reviewed.

- For more immediate information we propose to publish the TMA Weekly News which will be emailed to all members with an email address. To cater for those who do not have email, hard copies will be made available at weekend fun runs in winter and on Wednesday nights in summer. This news sheet will contain information essential to the running of club and club-related events, and will include recent results.
- Footnotes will be published every two months and will contain articles, photos and comment.
- Both TMA Weekly News and Footnotes will carry state-wide information and will be distributed to all members.

We do value members' thoughts on these proposed changes so please pass on your comments by phone, email or in person to Jenny Stevenson (editor), Mike Walker and Lynne Andrews. (See cover of Footnotes for contacts).

Lynne Andrews

President

*The Masters wish all their Members
born in February a very Happy
Birthday*

<i>Craig Canham</i>	<i>01</i>
<i>Christopher Chapman</i>	<i>02</i>
<i>Vicki Forsyth</i>	<i>04</i>
<i>David Wagner</i>	<i>04</i>
<i>Lynnette Joyce</i>	<i>05</i>
<i>Dean Giblin</i>	<i>07</i>
<i>Leonard Powell</i>	<i>10</i>
<i>Wendy Meadowcroft</i>	<i>11</i>
<i>Shaun Newbold</i>	<i>13</i>
<i>Mark Lyden</i>	<i>16</i>
<i>Peter Wierenga</i>	<i>16</i>
<i>Judith Wagner</i>	<i>21</i>
<i>Darren Giffard</i>	<i>28</i>
<i>Jaye Hanson</i>	<i>28</i>



A big
WELCOME
to

Paul Bidgood
Richard Carter
Bevan Harman

&

Jonathon Hitchens

The Masters wish you a
happy and successful
year

MASTERS ATHLETICS INC.
STATE TRACK AND FIELD CHAMPIONSHIPS PROGRAMME
DOMAIN ATHLETIC CENTRE - HOBART

Note: This is a draft timetable of Masters events only extracted from a combined program which also includes Athletics Tasmania Open and Junior events. Times may be adjusted when final entries are known.

The day of competition will not change

Age Groups will be combined to create reasonable fields.

DAY ONE - Friday 23 March 2012

Time	Event	Gender	Age
6.00pm	Hammer Throw	Men	M30+
6.15pm	Shot Put	Women	W30+
6.20pm	Pole Vault	Men/Women	M30+/W30+
6.30pm	3000 metres Steeple	Men	M30-59
7.15pm	Shot Put	Men	M30+
7.15pm	Hammer Throw	Women	W30+
7.15pm	1500 metres Walk	Men/Women	M30+/W30+

DAY TWO - Saturday 24 March 2012

Time	Event	Gender	Age
9.15am	Javelin Throw	Men/Women	M30+/W30+
9.45am	Long Jump	Men	M30+
11.30am	80 metres Hurdles	Men/Women	M70+,W40+
11.45am	Long Jump	Women	W30+
11.50am	100 metres Hurdles	Women	W30-39
12.00pm	100 metres Hurdles	Men	M50-69
12.10pm	110 metres Hurdles	Men	M30-49
12.30pm	60 metres	Women	W30+
12.38pm	60 metres	Men	M30+
1.45pm	800 metres	Women	W30+
1.55pm	800 metres	Men	M30+
3.05pm	200 metres	Women	W30+
3.15pm	200 metres	Men	M30+
5.00pm	High Jump	Women	W30+
5.10pm	5000 metres	Men/Women	M30+/W30

DAY THREE - Sunday 25 March 2012

8.00am	Heavy Weight	Men/Women	M30+/W30+
9.00am	Discus Throw	Men/Women	M30+/W30+
9.00am	Triple Jump	Men	M30+
10.13am	2000 metres Steeple	Men/Women	M60+/W30+
10.15am	Triple Jump	Women	W30+
10.25am	5000m Walk	Men/Women	M30+/W30+
11.50am	300 metres Hurdles	Men/Women	M60+,W50+
11.55am	400 metres Hurdles	Men/Women	M30-59,W30-49
12.50pm	100 metres	Women	W30+
1.00pm	100 metres	Men	M30+
1.30pm	High Jump	Men	M30+
1.56pm	1500 metres	Women	W30+
2.12pm	1500 metres	Men	M30+
3.15pm	400 metres	Women	



**TASMANIAN MASTERS ATHLETICS INC.
STATE TRACK & FIELD CHAMPIONSHIPS ENTRY FORM
DOMAIN ATHLETIC CENTRE - HOBART**

Day 1 - Friday 23 MARCH 2012

- 3000 Metres Steeplechase
- 1500 Metre Walk
- Pole Vault
- Shot Put
- Hammer Throw

High Jump (Women) _____

Day 2 Saturday 24 MARCH 2012

- 80/100/110 Metre Hurdles
- 60 Metres
- 200 Metres
- 800 Metres
- 5000 Metres
- Javelin
- Long Jump

Day 3 Sunday 25 MARCH 2012

- 100 Metres
- 400 Metres
- 300/400 Metres Hurdles
- 1500 Metres
- 2000 Metres Steeplechase
- 5000 Metres

Entry Fee: \$10.00 including 1st Event, \$5.00 each additional Event

Please tick box for each event entered.

NAME: _____

ADDRESS: _____

Phone No: _____

AGE GROUP:

DATE OF BIRTH:

SEX:

Credit Card Payment: TMA Inc.	Mastercard	Visa
Circle Card Type:	Amount _____	
Card No: _____	Name on Card: _____	
Expiry Date: _____	Signature _____	



Entry Fees:

RETURN ENTRY

FORM TO:

TMA Inc.

GPO Box

890 Hobart 7001

Additional Information

1. Entry fees must be included with this form.
2. Make cheques payable to Tasmanian Masters Athletics Inc.
3. Late entries may be accepted at double entry fee subject to available space, until 12 noon Friday 23 March
4. The Championships are being conducted in conjunction with Athletics Tasmania at the Tasmanian Track & Field Championships in Hobart.
5. Medallions will be awarded to the first three placegetters
6. Certificates of Performance will be issued to all competitors.
7. Competitors must confirm entries for each event at least 30 minutes prior to the scheduled starting time.
8. Correct TMA Uniform should be worn or disqualification may occur.

I agree to abide by the rules of the championships. Signed _____

ENTRIES

CLOSE -

FRIDAY

16 MARCH

2012

Northern Masters' Results - 4 January 2012 St Leonards										
Name	Date	Event			%age rank	sex	Age yrs	open std	seconds	
			min	sec				minutes	seconds	factor
D.Rae	5/1/16	400		61	74.05	m	35		43.18	0.9633
K.Canning	5/1/16	400		77	66.68	m	11		43.18	0.8416
M.Canning	5/1/16	400		60	74.88	m	36		43.18	0.9616
M.Fyfe	5/1/16	400	1	1.5	84.38	m	56		43.18	0.8326
M.McKenzie	5/1/16	400	1	36	64.82	f	9		47.6	0.7686
N.Evans	5/1/16	400	1	45	60.35	m	73		43.18	0.6841
S.Partridge	5/1/16	400	1	23	56.82	m	43		43.18	0.9142
D.Wagner	5/1/16	400		87	59.30	m	55		43.18	0.8384
D.Rae	5/1/16	1500	5	14	67.20	m	35	3	26	0.9775
D.Wagner	5/1/16	1500	6	42	63.06	m	55	3	26	0.8119
K.Canning	5/1/16	1500	5	35	72.96	m	11	3	26	0.8434
M.Canning	5/1/16	1500	6	39	52.93	m	36	3	26	0.9754
M.Fyfe	5/1/16	1500	5	24	78.99	m	56	3	26	0.8047
M.McKenzie	5/1/16	1500	7	7.3	64.52	f	9	3	52.5	0.8434
N.Evans	5/1/16	1500	8	16	60.64	m	73	3	26	0.6846
N.McClarron	5/1/16	1500	5	52	70.40	m	53	3	26	0.8304
V.Clark	5/1/16	1500	8	31	61.10	f	58	3	52.5	0.7446
D.Booth	5/1/16	3000	13	14	69.08	m	60	7	20	0.8026
D.Wagner	5/1/16	3000	14	9	62.20	m	55	7	20	0.8333
M.Fyfe	5/1/16	3000	12	43	69.88	m	56	7	20	0.8254
N.Evans	5/1/16	3000	16	43	62.88	m	73	7	20	0.6974
N.McClarron	5/1/16	3000	14	4.7	61.18	m	53	7	20	0.8514
T.Kirk	5/1/16	3000	21	56	39.30	f	37	8	21.4	0.9698
E.Canning	5/1/16	discus	15.15			f	12	76.8		
K.Canning	5/1/16	discus	13.93			m	11	74.08		
M.Canning	5/1/16	discus	19.88		26.84	m	36	74.08		1
M.McKenzie	5/1/16	discus	8.64			f	9	76.8		
N.Evans	5/1/16	discus	26.08		54.73	m	73	74.08		1.5546
S.Partridge	5/1/16	discus	16.45		22.88	m	43	74.08		1.0305
T.Kirk	5/1/16	discus	12.65		17.70	f	37	76.8		1.0744
G.Armstrong	5/1/16	discus	14.16		22.83	m	58	74.08		1.1944
Northern Masters' Results -12 January 2012 St Leonards										
Name	Date	Event			%age rank	sex	Age yrs	open std	seconds	
			min	sec				minutes	seconds	factor
D.Wagner	13/1/16	3000	14	16	61.72	m	55	7	20	0.8328
G.Armstrong	13/1/16	3000	17	11	52.33	m	58	7	20	0.8153
V.Clark	13/1/16	3000	18	43	59.10	f	58	8	21.4	0.7551
M.Fyfe	13/1/16	5000	21.00	16	71.91	m	57	12	37	0.8253
N.McClarron	13/1/16	5000	22.00	56	64.63	m	53	12	37	0.8513
D.Booth	13/1/16	60		9.6	80.70	m	60		6.39	0.8248
D.Wagner	13/1/16	60		11	65.61	m	55		6.39	0.8491
E.Canning	13/1/16	60		9.5	78.47	f	12		6.92	0.9312
K.Canning	13/1/16	60		9.8	75.67	m	11		6.39	0.8635
M.Canning	13/1/16	60		7.8	84.13	m	36		6.39	0.98
M.Fyfe	13/1/16	60		8.8	86.53	m	57		6.39	0.843
R.Legg	13/1/16	60		8.1	81.60	m	37		6.39	0.9668

S.Partridge	13/1/16	60		8.4	81.42	m	43		6.39	0.9299
V.Clarke	13/1/16	60		10	83.38	f	58		6.92	0.7912
J.Longstaff	13/1/16	60		9						
E.Longstaff	13/1/16	60		10						
D. Peterwood	13/1/16	60		14						
D.Booth	13/1/16	600	2	4	72.11	m	60	1	12.2	0.8073
D.Wagner	13/1/16	600	2	18	62.65	m	55	1	12.2	0.8329
E.Canning	13/1/16	600	2	24	63.66	f	12	1	20	0.8731
K.Canning	13/1/16	600	2	2.5	70.46	m	11	1	12.2	0.8368
M.Canning	13/1/16	600	1	49	68.02	m	36	1	12.2	0.9735
M.Fyfe	13/1/16	600	1	45	82.90	m	57	1	12.2	0.8265
N.McClarron	13/1/16	600	1	58	71.86	m	53	1	12.2	0.8492
R.Legg	13/1/16	600	2	16	55.40	m	37	1	12.2	0.9592
S.Partridge	13/1/16	600	2	36	50.35	m	43	1	12.2	0.9193
J.Longstaff	13/1/16	600	2	8.4						
E.Longstaff	13/1/16	600	2	7.5						
D. Peterwood	13/1/16	600								
T. Peterwood	13/1/16	600	2	9.5						
Northern Masters' Results - 18 January 2012 St Leonards										
Name	Date	Event	Result		%age rank	sex	Age yrs		open std	seconds
			min	sec				minutes	seconds	factor
Bella Darsaklis	19/1/16	800	3	36		f				
D.Booth	19/1/16	800	2	59	70.57	m	60	1	41.1	0.7991
D.Rae	19/1/16	800	2	23	71.58	m	36	1	41.1	0.9875
D.Wagner	19/1/16	800	3	8.9	64.69	m	55	1	41.1	0.8273
E.Longstaff	19/1/16	800	2	48		f				
H.Darsaklis	19/1/16	800	4	4.3		f				
J.Longstaff	19/1/16	800	2	50		f				
M.Canning	19/1/16	800	3	3.4	55.95	m	36	1	41.1	0.9855
M.Fyfe	19/1/16	800	2	27	83.73	m	57	1	41.1	0.8203
M.McKenzie	19/1/16	800	3	46	62.52	f	9	1	53.3	0.8001
N.Evans	19/1/16	800	3	56	62.00	m	73	1	41.1	0.691
R.Legg	19/1/16	800	3	21	51.81	m	38	1	41.1	0.9691
T.Darsaklis	19/1/16	800	2	54	61.98	m	41	1	41.1	0.9361
V.Clarke	19/1/16	800	4	17	56.01	f	58	1	53.3	0.7886
Bella Darsaklis	19/1/16	200		35						
D.Booth	19/1/16	200		33	72.02	m	60		19.32	0.8036
D.Wagner	19/1/16	200		36	64.46	m	55		19.32	0.8273
Demi	19/1/16	200		51		f				
E.Kirk	19/1/16	200		50		f				
E.Longstaff	19/1/16	200		33						
G.Darsaklis	19/1/16	200		43		f				
H.Darsaklis	19/1/16	200		44		f				
J.Kirk	19/1/16	200		71		f				
J.Longstaff	19/1/16	200		31		f				
M.Canning	19/1/16	200		26	77.84	m	36		19.32	0.955
M.Fyfe	19/1/16	200		28	84.47	m	57		19.32	0.8213
M.McKenzie	19/1/16	200		39	0.00	f	9			0.8066
R.Legg	19/1/16	200		30	69.45	m	38		19.32	0.942
T.Darsaklis	19/1/16	200		33	63.92	m	41		19.32	0.9159

V.Clarke	19/1/16	200		40	70.83	f	58		21.34	0.762
D.Booth	19/1/16	2000	9	39		m	60	4	43.2	0.8023
D.Wagner	19/1/16	4000	19	22	61.81	m	55	9	58	0.8328
M.Fyfe	19/1/16	4000	17	33	68.79	m	57	9	58	0.8252
N.Evans	19/1/16	4000	22	15	64.28	m	73	9	58	0.6969
T.Darsaklis	19/1/16	4000	17	52	59.79	m	41	9	58	0.9332
T.Kirk	19/1/16	4000	31	26	37.25	f	38	11	23	0.972
Y.Darsaklis	19/1/16	4000	31	6.5	37.28	f	36	11	23	0.9815
Taylor	19/1/16	4000	19	46		f		11	23	

Dolphin Sands

Results

What a magnificent weekend! Not only was the weather fantastic but so was the competition and company.

The drive up the coast as always, was great. The scenery is so varied you can't not but be carried away with it.

When you arrived at 'Hazard View', Steve and Deb Lance's property, you chose your sleeping positions, either pitching your tent in a nice hollow, or making your bed in the bunkhouse or the very big new garage. Me, I chose to stay at my sisters shack in Swansea.

Everyone was up and ready to go for the 10.30 start - the Swan River was the first stop for the swim leg. What an amazing and varied amount of abilities. Lynne Lyden was by far the most accomplished swimmer and was first out of the water with most of the others following in her wake. Alan Coleman did a quick wade down the beach (see photo) just getting his ankles wet and I managed to breast stroke/wade to the turn around. Still we all did the distance and sent the bike riders off on their journey.

I positioned my self in a shady spot to take photos of all these energetic people. There would be no more bike riding for me after my efforts of last year! Alvin Johns and Wayne French were the first to head up the road to the turn at Yellow Sand Banks Road. Al Coleman turned back from his run to see if he could find Bob Weldon who had not returned from his bike ride. It turned out Bob had had a tyre blow out and had had to run the last 6k back. He gave his 3k run leg a miss and just dived back into the river!

When everyone was back, Steve got his jet ski out and most people had a spin up the Swan River. Great fun! We all then went back to Steve and Deb's place for a great BBQ.

What a wonderful day - great weather - great companionship - lots of fun. Can't wait for next year.

We would like to thank Steve and Deb for another fabulous visit to Dolphin Sands.

If you haven't been before, mark it on your calendar.

People who did the Three Legs

Alvin Johns 43.30
Wayne French 44.00
Mandy Giblin 48.50
Peter Lyden 52.32
Lynne Lyden 55.25
Bob Weldon 1.11.30

People who did the 3k Run

Mick Stevenson 21.00
Lynne Andrews 22.50

People who did a 3k Walk

Chris Andrews 46.00

Time Keepers

Sheila Coleman
Deb Lance
Sarah Stevenson

Alan Coleman went in search of Bob Weldon when he failed to return from the bike leg

Dolphin Sands Photo Album



Time Keepers



In the Swim



Alvin Johns & Wayne French



Peter Lyden



Lynne Lyden



Alan Coleman



Mandy Giblin



Mandy Giblin



Alvin Johns & Wayne French



Lynne Lyden



Alan Coleman



Bob Weldon, Lynne Andrews, Mick Stevenson



Bob Weldon
14



Alvin Johns



Prize Giving at BBQ

MEMBERSHIP FORM - 1ST APRIL 2011 - 31ST MARCH 2012

Member 1

Surname.....

Member 2

Surname.....

Given Names.....

Address.....Postcode.....

Email.....Phone.(H).....(M).....

Emergency Contact Name.....Phone.....

Any Changes From Last Year? Yes/No **(please circle)****New Members to Complete**

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

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

Member 1.....**Member 2**.....**Occupation or area of expertise**.....**Annual Fees** Single \$50; Joint \$75 New members Single \$30 and Double \$50

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

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