



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
25th October 2009**



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FUN RUNS

OCTOBER

Sun 4 TMA 21 Pearsall Rd - Linda Moran - NOTE CHANGED DATE Snug
Sun 11 TMA 39 Jetty Rd Bob Weldon Old Beach

Sun 18 Burnie 10 Burnie
Sun 25 TMA 18 Radiata Dr (NEW COURSE) Mike & Julie Pace Lindisfarne

NOVEMBER

Sun 1 TMA 91 Hilton Rd Alan & Sheila Coleman Claremont

Sun 8 TMA Tynwald Park Stan Harrex New Norfolk

Sun 15 TMA Wingara Rd (NEW COURSE - NO TOILETS) Bob Robertson Howden

Sun 22 Point to Pinnacle Casino Sandy Bay

Sun 29 TMA Cremorne Opposite the Shop David Cresswell Cremorne

DECEMBER

Sat 5 Bruny Is Ultra/Relay Run Bruny Island

Sun 13 TMA Stonor Hall (Christmas function after run) Tim & Tracey McConnon Stonor

Tasmanian Masters Athletics Northern Funrun Calendar 2009

October 4	Trevallyn "Hoo Hoo Hut"	8K; 4K	
October 11	Blanchard -Royal Park	6.5K	\$100
October 18	Burnie 10		
December 5	Bruny Island Ultra/Relay		
December 13	Stonor Hall (Christmas function after run)		Stonor

SUMMER T&F EXPERIMENTAL PROGRAM 2009/10 - SOUTH

The TMA Committtee has decided to experiment with the T & F program for the 2009/2010 Season in an initiative to attract new members and to provide additional opportunities for all members.

Wednesday nights will be for distance events, 1500m and above together with training and coaching for sprints, jumps and throws. The first Wednesday night will be October 14.

Competition in sprints, jumps and throws will be conducted on Saturdays between 12noon and 1.00pm prior to the open inter-club competition. The first Saturday will be October 10.

The track in Lahti from the top of the largest ski jump



TASMANIAN MASTERS ATHLETICS INC.
SUMMER TRACK & FIELD PROGRAM 2009 - 2010
DOMAIN ATHLETIC CENTRE - HOBART

DAY	DATE	MEET	TIME	TMA STATURDAY PROGRAMS			
Sat	3-Oct-09	AS WORKING BEE	TBA	Program A		Program C	
Sat	10-Oct-09	PROGRAM A	12:00	12.00	100m	12.00	400m
Wed	14-Oct-09	5000M	6:00PM	12.00	Shot Put	12.00	Javelin
Wed	21-Oct-09	3000M / 1500M	6:00PM	12.10	High Jump	12.10	Triple Jump
Sat	24-Oct-09	PROGRAM B	12:00	12.20	Javelin	12.20	Discus
Wed	28-Oct-09	3000M / 5000M	6:00PM	12.40	400m	12.40	60m
Sun	1-Nov-09	AT 10000M CHAMPIONSHIP		12.50	Long Jump	12.50	High Jump
Wed	4-Nov-09	5000M	6:00PM	Program B		Program D	
Sat	7-Nov-09	PROGRAM C	12:00	12.00	200m	12.00	200m
Wed	11-Nov-09	3000M / 1500M	6:00PM	12.00	Hammer	12.00	Hammer
Sat	14-Nov-09	PROGRAM D	12:00	12.10	Triple Jump	12.10	Long Jump
Wed	18-Nov-09	5000M / 10000M Combined AS/TMA	6:00PM	12.20	Discus	12.20	Discus
Sat	21-Nov-09	PROGRAM A	12:00	12.40	60m	12.40	100m
Wed	25-Nov-09	3000M/1500M	6:00PM	12.50	800m	12.50	800m
Sat	28-Nov-09	PROGRAM B	12:00	12.50	Long Jump		
Wed	2-Dec-09	5000M	6:00PM	ATHLETIC SOUTH TWILIGHT PROGRAMS			
Wed	9-Dec-09	3000M / 1500M PROGRAM C	6:00PM	Program A			
Sat	12-Dec-09	PROGRAM C	12:00	MEN		WOMEN	
Wed	16-Dec-09	5000M / 10000M Combined AS/TMA	6:00PM	6.30	60M		
Sat	19-Dec-09	PROGRAM D	12:00	6.30	High jump S1- 1.40m start height Men & Women		
Wed	23-Dec-09	CHRISTMAS PROGRAM	6:00PM	6.30	Javelin S1	Javelin S1	
Wed	6-Jan-10	AS TWILIGHT A	6:00PM	6.45		60M	
Sun	10-Jan-10	AMA HALF MARATHON CHAMPIONSHIPS (CADBURY)		6.50	Discus S2		
Wed	13-Jan-10	AS TWILIGHT B	6:00PM	7.00	1000M	High Jump S2	
Wed	20-Jan-10	3000M / 1500M	6:00PM	7.00	Triple Jump		
Sat	23-Jan-10	PROGRAM D	12:00	7.10	Javelin S2	Discus S2	
Sat	23-Jan-10	AT/TMA MULTI EVENT CHAMPIONSHIPS - LAUNCESTON		7.15		1000M	
Wed	27-Jan-10	5000M / 10000M Combined AS/TMA	6:00PM	7.30	1000M Walk	1000M Walk	
Sat	30-Jan-10	PROGRAM A	12:00	7.30	High Jump S2	Triple Jump	
Wed	2-Feb-10	3000M/1500M	6:00PM	7.45	300M		
Sat	6-Feb-10	PROGRAM B	12:00	7.50	Discus S1	Discus S1	
Wed	10-Feb-10	5000M / AS RELAY NIGHT	6:00PM	7.50		Javelin S2	
Wed	17-Feb-10	3000M / AS TWILIGHT A	6:00PM	8.00		300M	
Wed	24-Feb-10	5000M / AS TWILIGHT B	6:00PM	8.20	Paarlauf Relay	Paarlauf Relay	
Sat	27-Feb-10	PROGRAM C	12:00	Program B			
Wed	3-Mar-10	3000M / 1500M	6:00PM	MEN		WOMEN	
Sat	6-Mar-10	PROGRAM D	12:00PM	6.30		Mile	
Wed	10-Mar-10	5000M	6:00PM	6.30	Hammer	Hammer	
Sat	13-Mar-10	PROGRAM A	12:00	6.30	Long Jump S1	Long Jump S1	
Wed	17-Mar-10	3000M / 1500M	6:00PM	6.45	Mile		
Wed	24-Mar-10	5000M	6:00PM	7.00	Mile Walk	Mile Walk	
Sat	27-Mar-10	TMA / AT (DAY 3) STATE CHAMPIONSHIPS		7.00	Shot Put S2	Long Jump S2	
Sun	28-Mar-10	TMA / AT (DAY 4) STATE CHAMPIONSHIPS		7.15		150M	
Fri	2-Apr-10	AMA NATIONAL CHAMPIONSHIPS - PERTH, WA		7.30	150M	Shot Put S2	
Sat	3-Apr-10	AMA NATIONAL CHAMPIONSHIPS - PERTH, WA		7.45	Long Jump S2	600M	
Sun	4-Apr-10	AMA NATIONAL CHAMPIONSHIPS - PERTH, WA		8.00	600M		
Mon	5-Apr-10	AMA NATIONAL CHAMPIONSHIPS - PERTH, WA		8.00	Shot Put S1	Shot Put S1	
Entry Fee \$3.00				8.25	4 x 200M Relay	4 x 200M Relay	

AS Twilight programs conducted on Wednesday evenings include TMA competitors.

TMA competitors to compete in AS hurdle/steeple events at Interclub.

For further information contact Sue Hanek 6247 9465

TASMANIAN MASTERS ATHLETICS INC.
SUMMER TRACK & FIELD PROGRAM 2009 - 20010
ST LEONARDS ATHLETIC CENTRE, LAUNCESTON

DAY	DATE	EVENTS				
Wed	14-Oct-09	600m	100m	5000m	Shot Put	Long Jump
Wed	21-Oct-09	800m	200m	4000m	Discus	Triple Jump
Wed	27-Oct-09	1000m	300m	3000m	Javelin	High Jump
Wed	04-Nov-09	1500m	400m	3000m	Shot Put	Long Jump
Wed	11-Nov-09	600m	60m	5000m	Discus	Triple Jump
Wed	18-Nov-09	800m	200m	4000m	Javelin	High Jump
Wed	25-Nov-09	1000m	300m	3000m	Shot Put	Long Jump
Wed	02-Dec-09	1 Mile	400m	3000m	Discus	Triple Jump
Wed	09-Dec-09	600m	100m	4000m	Javelin	High Jump
Wed	16-Dec-09	800m	200m	Relay	Shot Put	Long Jump
Wed	06-Jan-10	1000m	300m	4000m	Discus	Triple Jump
Sun	10-Jan-10	AMA HALF MARATHON CHAMPIONSHIPS (CADBURY)				
Wed	13-Jan-10	1500m	400m	3000m	Javelin	High Jump
Wed	20-Jan-10	600m	60m	5000m	Shot Put	Long Jump
Sat	23-Jan-10	AT/TMA MULTI EVENT CHAMPIONSHIPS - LAUNCESTON				
Wed	27-Jan-10	800m	200m	4000m	Discus	Triple Jump
Wed	03-Feb-10	1000m	300m	3000m	Javelin	High Jump
Wed	10-Feb-10	1 Mile	400m	3000m	Shot Put	Long Jump
Wed	17-Feb-10	600m	100m	Relay	Discus	Triple Jump
Wed	24-Feb-10	800m	200m	4000m	Javelin	High Jump
Wed	03-Mar-10	1000m	300m	3000m	Shot Put	Long Jump
Wed	10-Mar-10	1500m	400m	4000m	Discus	Triple Jump
Wed	17-Oct-10	600m	60m	5000m	Javelin	High Jump
Wed	24-Oct-10	800m	200m	4000m	Shot Put	Long Jump
Sat	27-Mar-10	TMA / AT (DAY 3) STATE CHAMPIONSHIPS - DAC, HOBART				
Sun	28-Mar-10	TMA / AT (DAY 4) STATE CHAMPIONSHIPS - DAC, HOBART				
Fri	2-Apr-10	AMA NATIONAL CHAMPIONSHIPS - PERTH, WA				
Sat	3-Apr-10	AMA NATIONAL CHAMPIONSHIPS - PERTH, WA				
Sun	4-Apr-10	AMA NATIONAL CHAMPIONSHIPS - PERTH, WA				
Mon	5-Apr-10	AMA NATIONAL CHAMPIONSHIPS - PERTH, WA				

Approximate Starting Times	Field Events	5:45pm
	Middle Distance	6:15pm
	Short Distance	6:30pm
	Long Distance	6:45pm

Entry fees	Members	\$2.00
	Non Members	\$3.00
Athletic Centre Board Track Usage Fee		\$25.00

For further information contact Jim Claxton ph 63441025

President's Message

Welcome to all TMA athletes for the start of our new track and field program. Do come and support this new venture aimed at providing a more exciting program that will also attract new members. Wednesday nights at 6pm will be for training – individual, group and time trials coordinated by our friendly track and field director Sue Hanek. There will also be some competition for distance events. New sessions of competition will be run on Saturdays at noon before the AS interclub program.

For the first sessions on Saturday 10 and Wednesday 14 October some of us will be in Sydney competing in the World Masters Games and I wish all these competitors the best of luck. Remember that Masters Games as opposed to Masters Athletics are entered as individuals and any records must be verified by sending both a completed record application form and an event result sheet (including the wind reading where applicable), to Amy Hanek our statistician. Amy would also be delighted to receive your results from the Games which she will compile and forward to the *Footnotes* editor.

The last few weeks have been full of interest with various events and the AMA annual general meeting in Adelaide. Heartiest congratulations to Steve Lance, our Senior Vice President who was elected President of AMA, our national organization and to Peter Lyden, our Vice President who was re-elected to the AMA Board.

To recap on the World Masters Athletics at Lahti: Stan Perkins was elected as President of the Executive Council of World Masters Athletics and we are privileged to be represented on this council by an Australian. You will all have seen the Tasmanian results in the last newsletter. Seven Tasmanians won eight medals. Mike Stevenson gave a creditable performance considering his injuries in the preceding weeks, Amanda Coombe fulfilled her personal goals, Bruce Campbell looked fighting fit after his 10K, and I was pleased to be part of a good relay team. The multi-medal stars were Alan Coleman (two bronzes), and, in their first international meet, Kate Johnstone (silver and bronze) and Suzy Cole (one gold and two silvers). Five Tasmanian records were broken! The Australian team celebrated with a meal at a Lahti restaurant before departing for home and various other exciting locations.

Finally, before the start of the new track and field program, we have the Brighton Country Challenge Fun Runs. These promise to be very successful and by the time this newsletter reaches you the results will be known.

Looking forward to seeing everyone active in the new track and field season -

Lynne Andrews



After Lahti – The Cities and Waterways of Russia

One of the perks of competing in international athletic events is the lure of other exotic travel locations nearby. Chris and I enjoyed the Finnish experience, the competition at Lahti and also our time in Helsinki which was full of impressive architecture interspersed with typical European parks and fountains.

We then journeyed by train from Helsinki to St Petersburg and joined the ship, *Leo Tolstoy*, although with its name being written in the Cyrillic alphabet it would have been hard to identify without the assistance of our young Russian guide. For a few days we departed many times from our floating hotel and toured the city sights. The opulence of palaces, churches and the whole realm of the czars has to be seen to be believed. Russia's history is complex and fascinating, full of the extremes of riches and poverty, superb beauty and grim assassinations. St Petersburg is a city of canals crossed by bridges both ancient and modern and dotted with churches surmounted by onion-topped domes of great variety – some gilded, others brilliant blue or striped and patterned with all sorts of shapes and textures.

The Catherine Palace (named after Catherine the Great, Empress Catherine II) has been fully restored to its former glory. Passing through the gilded iron gates the visitor is then confronted with the impressive blue, white and gold Classical façade. Inside one is constantly amazed at the diversity of the rooms and richness of the mostly over the top Baroque decoration. The Golden Suite, Crimson and Green Pilaster Drawing Rooms, the Chinese Blue Drawing Room, and the Amber Room with its walls covered in mosaic pieces of amber (wood resin) may give some idea of the grandeur of this palace. Wandering by the lake in the landscaped garden was an absolute delight.

We visited the Hermitage – a vast complex of buildings, best known for its valuable art collection of Impressionist, Post-impressionist and Fauvist paintings. I especially enjoyed seeing the large Matisse oils of Morocco and his studio interiors which I have as reproductions in my art library. We also attended a ballet performance of *Gizelle* in Catherine's intimate Hermitage Theatre, performed by acclaimed young dancers and accompanied by the St. Petersburg City Orchestra. Next, we cruised down the inland lakes and waterways to Moscow. There were many lochs to be navigated and if we woke up in the middle of the night we would often find concrete walls on either side as the water either rose or lowered to take us to the next level. These were quieter days although busy with many landings. The scenery was mostly rural with the occasional gold domes of churches glistening amongst the trees. We visited several towns, saw many icons covering interior walls of churches and we heard a cappella student groups from conservatories singing in the wonderful acoustics under lofty domes. The most interesting visit was to Kizhi, a wooden village with wooden church complete with wooden domes. Local crafts were evident on riverside stalls and in shops cluttered with nesting dolls.

On board ship we were entertained with Russian music at night and during the day with a vodka information and tasting session as well as a bliny or pancake session and had borscht (cabbage and beetroot soup) as well as other international-type meals. We also had a typical Russian breakfast, hosted at a house in a town en route, which con-

sisted of millet porridge, bliny (pancakes), cheese and bread. This was in an apartment where the hostess, who didn't speak English, told us in French that the state owned the land but she and her husband owned the house – modest but comfortable inside.

During the voyage a Russian professor gave a series of lectures on Russian history and contemporary life in Russia. An excellent presenter she certainly gave us a feel for the viewpoint from inside Russia as opposed to the western viewpoint. With the collapse of the economy, Gorbachev, for example, while admired in the west was not favoured at all in Russia. She also organized a panel of young students to talk about their own experiences and to answer questions. During Soviet times of course this free and open discussion of politics would not have been possible.

Finally Moscow was reached and here, as in St Petersburg, was the mix of ugly apartments with rusting window frames, side by side with more recent, quite nice apartment blocks, some very modern architecture and the exotic buildings of past centuries. The metro (underground) was most surprising – a continuous art gallery, full of mosaics, stained glass panels, paintings and sculptures depicting Russian life. As with the Hermitage, The Pushkin Museum was a worthwhile visit and we had an excellent guided tour of the Russian collection at the Tretyakov Gallery. I am not sure that these Russian collections are well known outside Russia.

The Moscow Circus was a must in Moscow. No sawdust and canvas but an established building with circular arena where it appeared every seat would have an excellent view. There were the usual acrobatics, no lions and tigers performing but a group of domestic cats did a funny little routine jumping and scurrying along a bar. There was a bear that wrestled with a trainer and seemed to be enjoying it and some poor chimps that were dressed in suits and ties. It is certainly questionable whether normally wild animals should be asked to entertain us in this way. We were assured however, that they were well cared for and in good condition.

It was quite an experience to stand in Red Square which is vast and is entered beside the Cathedral of St Basil, possibly the most impressive cathedral of all, its multi-coloured onion-topped domes and complex towers featuring swirls, lattice and many other geometric shaped textures. Apparently they close the square off without warning so we were lucky to be there as the next day it was closed to the public. Along one side of Red Square is the Gum, a huge department store with a variety of goods and all the latest fashions. I always thought the Kremlin was a building but the word means *fortress* and in Moscow it is like a small town enclosed by a high, red, crenellated wall. Inside, for example, are churches, cathedrals, the Great Kremlin Palace, State Kremlin Palace, Senate Building and museums such as the Armoury which contained fascinating human and horse armour, elaborate and expensive gifts to the czars, carriages, and the most exquisitely embroidered coronation costumes with 16 and 17 inch waists!

In 13 days it is only possible to have a glimpse of the life and history of another country but we enjoyed great entertainment, great company and are now much more aware of the diverse and fascinating culture of Russia.

Lynne Andrews

St Basil's Cathedral , Matrioshka Dolls, St Basil's Domes, Gardens - Peterhof Palace, Wooden Church - Kizhi

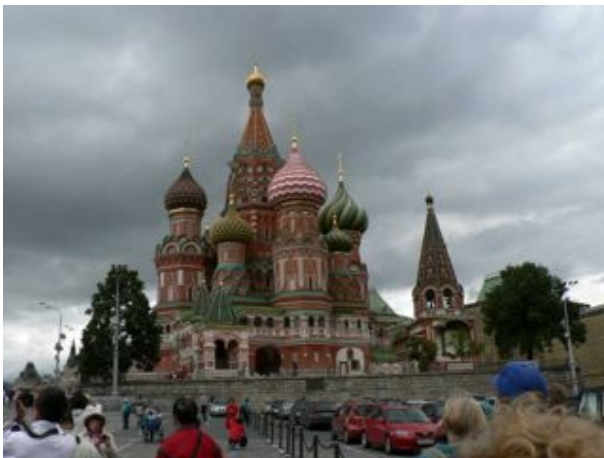




PHOTO ALBUM OPENING CEREMONY - LAHTI



Mick Stevenson, Bruce Campbell, Neville McIntyre, Alan Coleman



Amanda Coombe



Suzy Cole and Mum Helen

Just loved the hat!

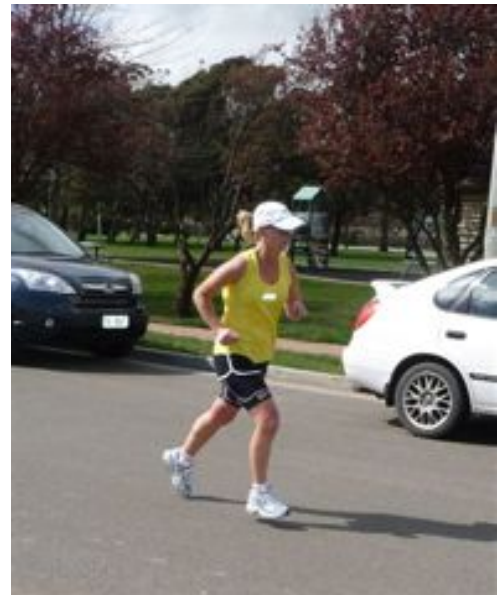




Start of the Run
Longford Fun Run Photos
supplied by Neil Hammersley



Gary and Viv



Gill Gardner

Max Loffal



AUSTRALIAN MASTERS ATHLETICS HALF MARATHON CHAMPIONSHIP
(Incorporating the Tasmanian Masters Athletics Half Marathon Championship)

- Where:** Start/finish at the Cadbury Chocolate Factory, Claremont, Tasmania.
- When:** 7am, Sunday, 10 January 2010.
- Eligibility:** All financial members of a State Masters Athletics Club will be eligible. All entries will be validated with the State Club prior to race day.
- Entries:** Early entry is encouraged to facilitate race planning and is rewarded with a discounted entry fee of \$50.00 up until 1 December 2009. Please enter online at www.cadburymarathon.com.au
- Acknowledgement of Entry:** You can confirm your entry by checking "Confirmed Entrants" on the above-mentioned website. Online entries will receive an automatic acknowledgement.
- Awards:** Medals will be awarded to the first three place-getters in the usual 5 year age categories for both males and females commencing with the 30-34 age group. There is no upper age limit. In addition all finishers will receive a Cadbury medal together with a certificate. The award ceremony will commence at 10.30am and will be preceded by a barbecue.
- Course:** The course runs along the Derwent River through the suburbs of Claremont, Austins Ferry, Rosetta and Glenorchy, turning at the Derwent Entertainment Centre. There are no major hills and the course surface is road/bitumen for the entire distance. Athletics Australia has fully certified this course.
- Weather Conditions:** The conditions are generally very pleasant for distance running. Historically the temperature has been in the low 20's with the past few years providing generous sunshine throughout the event, without being scorching hot.
- Background:** The Masters Half Marathon Championships will be conducted in conjunction with the Cadbury Marathon and Half Marathon which are open events. These events have been held annually since 1984.
- Recovery Centre:** Thanks to **SKINS** compression garments, free massage therapists will be on hand at the finish line, in the **SKINS** recovery centre. You may also be fortunate to walk away with a new pair of **SKINS** as a spot prize.
- Shoe Sponsor:** A new shoe sponsor fresh from Finland, **Karhu** and almost 100 years old are the latest shoe to be brought into Australia. All participants in the Cadbury events will be in the running to win a pair of **Karhu** shoes through spot prizes and early entry.
- Be seen in SKINS or Karhu:** Be spotted wearing **SKINS** or **Karhu** gear during the event and you could win more of your favourite gear.
- Government Support:** The Australian Masters Half Marathon Championship is supported by the Tasmanian Government through Events Tasmania.
- Official Race Hotel:** The official race hotel will be the Mercure Hotel. To book your discounted rate, simply enter the event and then contact Troy De Haas at Flight Centre on Troy.DeHaas@flightcentre.com.au or (03) 96700477. Troy (as seen from Run For Your Life Magazine "Running Destinations", can arrange packages which include both accommodation and flight.
- Further Information:** Further information can be obtained from Michael Walker, Secretary, Tasmanian Masters Athletics: (03) 62446229 / mikejoy@netspace.net.au

HANDY HINTS

- ☞ For a sticking bicycle chain spray with non-stick cooking spray.
- ☞ Cooking spray will remove paint and grease from your hands.
- ☞ Peanut butter will remove ink from the face of a doll.

SPECIAL GENERAL MEETING OF TASMANIAN MASTERS ATHLETICS INC

**To be held at Level 1, 254 Main Road, Derwent Park (above
Pharmacy) on Monday 19 October 2009, commencing at 7.30pm.**

Members are invited to the above-mentioned meeting, the purpose of which is to consider two (2) changes to the TMA Constitution which are supported by the TMA Committee.

(1) Annual Subscription

Current: 32 (1) The amount of the annual subscription payable by members shall be as determined by the Annual General Meeting.

Proposed Change: 32 (1) The amount of the annual subscription payable by members shall be as determined at the final committee meeting of the financial year of the Association.

Rationale: The current clause is unworkable as the annual subscription is due and payable on the first day of the financial year of the Association and the Annual General Meeting is held up to three months later.

(2) Financial Year

Current: 33 The financial year of the Association is the period beginning on the 1st March in each year and ending on the last day in February next following.

Proposed Change: 33 The financial year of the Association is the period beginning on 1st April in each year and ending on the last day in March next following.

Rationale: To bring the TMA financial year in line with the traditional seasons for athletics. i.e. the end of the T & F Season and beginning of the Winter Competition. The proposed change also would bring the financial year in line with Athletics Tasmania, Athletics South and the majority of Masters Associations in other States.

South Australian and other Destinations

Jill & I have just returned from our time away in our little van. We set off on the 7th May and visited many places we have experienced before, but also visited some new areas. We travelled along the Great Ocean Road and drove into the Fleur and Yorke Peninsulars before heading to the Flinders Rangers, up the Stewart Highway to Darwin. We came back through Cape Crawford and then to Townsville before driving back along the coast as far as Batemans Bay and then heading into Canberra and down to Melbourne. Apart from hitting a kangaroo on our last day in the Flinders Rangers (left a small dent in the car) and a continuing saga with the alternator warning light, our trip was pretty well trouble free. The highest price for fuel was \$1.85 per litre at Cape Crawford in the N.T. Overall we travelled 18,200 klms., our second longest trip since 2005. We had another wonderful holiday with many lovely warm days and very little rain and also enjoyed catching up with some old friends along the way. We certainly didn't mind missing all the cold and wet days here in Hobart while we were away.

John and Jill Ingram

ROSS MARATHONS RESULTS 2009

A total of 275 people participated in the Ross Marathons on 6 September 2009. The conditions were cool and breezy. The following TMA members took part:

	Time	Position	Age Graded %
Marathon:			
Aub Henricks	2:58:27	1	73.54
Half Marathon			
Brent Ranson	1:31:04	11	68.28
Michael Walker	1:31:38	14	82.19
Shane Mundy	1:34:05	17	68.82
Craig Canham	1:34:13	18	66.52
Malcolm Hales	1:39:38	30	68.92
Tracey Keating	1:41:42	37	67.00
Bob Robertson	1:44:57	44	74.62
Janet Upcher	1:45:52	45	86.72

Chris Johns	4
Michael Ball	6
Michael Fuller	6
Jenny Stevenson	7
Jacqui Patiniotis	12
Jillian Britton	12
Greg Hickey	14
Stephen Foster	16
Adele Lucas	17
Helen Moir	18
Jillian Fraser	18
Julie Tinker	19
Ros Holgate	19
Paul Leitch	26
Rod Viney	26
Simon Frost	27
Henry Henare	28
Will Calvert	29

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

The Masters would like to welcome new members -

Anthony Burley

Kelly Dyer

Kerry Lyden

and wish them a happy and successful



PHOTO ALBUM - LAHTI



Alan Coleman 100m Semi



Lyn Peak, Anne Lang, Peter Dunham, Amanda Coombe



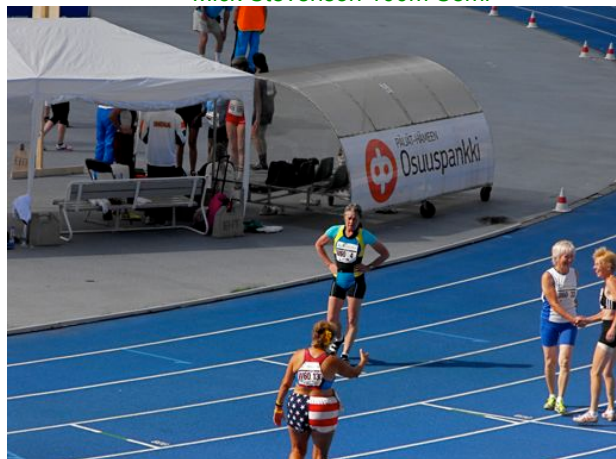
Kate Johnston 100m final



Mick Stevenson 100m Semi



Mick Stevenson, Helen, Kylie Strong, Suzy Cole



Kate Johnston



Alan & Megan Coleman



Alan and Megan Coleman in the Park





Sunset from our Hostel



Gargoyle



Helsinki

Old Telephone Box

**TASMANIAN MASTERS ATHLETICS INC.
GPO BOX 890 7001**

APPLICATION FOR MEMBERSHIP/RENEWAL OF MEMBERSHIP

APPLICANT

Date of Birth:
 Surname:
 Forenames:
 Address:

 Telephone:- Home
 Business
 Email
 Occupation:
 Other Special Interests/Skills:

SPOUSE

Date of Birth:
 Surname:
 Forenames:
 Telephone:- Business

 Email
 Occupation:
 Other Special Interests/Skills:

Signature: **Date:**

Subscription Fees:-

\$40 Single
\$60 Double



CREDIT CARD PAYMENT		
Please circle card type:	Visa	Mastercard
Name on Card:	
Card Number:	
Expiry:	Amount: \$
Signature	
or Direct Debit		
to BSB No 037-001/Account No 93-0735.		
Account name : Tasmanian Masters Athletics In		

For details on dual registration with Athletics Tasmania, please enquire with the State Secretary

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