



FOOTNOTES

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

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

VOLUME 31, NUMBER 10

October 2010

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Mt Strzlecki from Whitemark



Tasmania 6210 9666



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EDITOR

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Technical Assistant: Sarah Stevenson

Closing date for next issue 25th October 10



TMA, AS, AT Southern Fun Run Calendar 2010

OCTOBER

Sun 3 AT Tasmanian Mountain Running Championships
Sun10 TMA *Dru Point - Bob Robertson (New Course - Flat)*
Sun 17 BSE Burnie Ten
Sun 31 Tynwald Park - free entry & BBQ - Stan Harrex & Rob McCrossen

Mt Wellington
Margate
Burnie
New Norfolk

NOVEMBER

Sun 7 Ouse Fun Run
Sun 14 TMA *21 Pearsall St - Linda Moran*
Sun 21 ET Point to Pinnacle
Sun 28 TMA *Cremorne Beach (opposite shop) - David Cresswell*

Ouse
Snug
Hobart
Cremorne

DECEMBER

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

Bruny Island
Stonor

Northern Fun Run Program

October 10* Blanchard Memorial 6.5k
October 17 Burnie 10
December Stonor Hall (Christmas function after run) - Tim & Tracey McConnon - **Stonor**

TASMANIAN MASTERS ATHLETICS INC NORTH 2010-2011 SUMMER PROGRAM

| | | | | |
|------------------|--------|------|-------|----------------------|
| October 13 | 600m | 100m | 5000m | Shot Putt, Long Jump |
| October 20 | 800m | 200m | 4000m | Discus, Triple Jump |
| October 27 | 1000m | 300m | 3000m | Javelin, High Jump |
| November 3 | 1500m | 400m | 3000m | Shot Putt, Long Jump |
| November 10 | 600m | 60m | 5000m | Discus, Triple Jump |
| November 18 Thur | 800m | 200m | 4000m | Javelin, High Jump |
| November 24 | 1000m | 300m | 3000m | Shot Putt, Long Jump |
| December 1 | 1 mile | 400m | 3000m | Discus, Triple Jump |
| December 8 | 600m | 100m | 5000m | Javelin, High Jump |
| December 15 | 800m | 200m | 4000m | Shot Putt, Long Jump |
| December 22 | Relays | | | Discus |

CHRISTMAS NEW YEAR BREAK

| | | | | |
|----------------|------------------------------------|------|-------|----------------------|
| January 5 | 1000m | 300m | 4000m | High Jump, Javelin |
| January 12 | 1500m | 400m | 3000m | Long Jump, Shot Putt |
| January 19 | 600m | 60m | 5000m | Triple Jump, Discus |
| January 26 | Australia Day Carnival 1000m/1500m | | | |
| February 2 | 800m | 200m | 4000m | Javelin High Jump |
| February 9 | 1000m | 300m | 3000m | Shot Putt, Long Jump |
| February 16 | 1 Mile | 400m | 3000m | Discus, Triple Jump |
| February 23 | Postal Relays | | | Javelin |
| March 2 | 600m | 100m | 5000m | Shot Putt, Long Jump |
| March 9 | 800m | 200m | 4000m | Triple Jump, Discus |
| March 16 | 1000m | 300m | 3000m | Javelin, High Jump |
| March 23 | 1500m | 400m | 3000m | Shot Putt, Long Jump |
| March 25/26/27 | STATE CHAMPIONSHIPS HOBART | | | |
| March 30 | 600m | 60m | 5000m | Triple Jump, Discus |

Starting Times Approx Field Events 5.45pm
 Middle Distance 6.15pm
 Short Distance 6.30pm
 Long Distance 6.45pm

Entry Fees Track Usage Fee levied by Athletic Centre Board \$25.00
 Members \$2.00
 Non Members \$4.00

Contact point Jim Claxton 63441025

| CALENDAR | | DOMAIN ATHLETIC CENTRE | | HOBART | |
|--|-----------|---------------------------------------|------------|-----------------------------|---------------------------|
| Date | Day | Program | Start Time | Programs | |
| 6-Oct-10 | Wed | Season Launch | 6.15pm | A | |
| 13-Oct-10 | Wed | Come & Try | 6.10pm | 6.10pm | 100M & Short Hurdles |
| 20-Oct-10 | Wed | Come & Try | 6.10pm | 6.20pm | 3000M R & W |
| 27-Oct-10 | Wed | A | 6.10pm | 6.20pm | Javelin |
| 3-Nov-10 | Wed | B | 6.10pm | 6.20 pm | Shot Put |
| 10-Nov-10 | Wed | C | 6.10pm | 6.45pm | Long Jump |
| 17-Nov-10 | Wed | D | 6.10pm | 7.00pm | 400M or |
| 24-Nov-10 | Wed | A | 6.10pm | | 4 x 400M Relay |
| 1-Dec-10 | Wed | B | 6.10pm | B | |
| 8-Dec-10 | Wed | C | 6.10pm | 6.10pm | 200M |
| 15-Dec-10 | Wed | D | 6.10pm | 6.20pm | 5000M R & W |
| 22-Dec-10 | Wed | A | 6.10pm | 6.20pm | Discus |
| 12-Jan-11 | Wed | B | 6.10pm | 6.20pm | Hammer |
| 19-Jan-11 | Wed | C | 6.10pm | 6.45pm | High Jump |
| 26-Jan-11 | Wed | D | 6.10pm | 6.45pm | 300M & 300M Hurdles |
| 2-Feb-11 | Wed | A - Relays | 6.10pm | 7.00pm | 4 x 100M Relay |
| 9-Feb-11 | Wed | B - Relays | 6.10pm | C | |
| 16-Feb-11 | Wed | Relays/ A.S. | 6.10pm | 6.10pm | 400m & 400M Hurdles |
| 23-Feb-11 | Wed | A - Relays | 6.10pm | 6.20pm | 10,000M R & W * |
| 2-Mar-11 | Wed | B | 6.10pm | 6.20pm | Javelin |
| 9-Mar-11 | Wed | C | 6.10pm | 6.45pm | Shot Put |
| 16-Mar-11 | Wed | A | 6.10pm | 6.45pm | 60M |
| 23-Mar-11 | Wed | B | 6.10pm | 7.00pm | Triple or Long Jump Relay |
| 25-Mar-11 | Fri | State Championships AT/TMA | | | |
| 26-Mar-11 | Sat | State Championships AT/TMA | | *10000M AS | Combined TMA/Interclub |
| 27-Mar-11 | Sun | State Championships AT/TMA | | Shorter distances available | |
| 3-Apr-11 | Sun | 10k Championships | 9.00am | | |
| | | Pentathlon & Throws Pentathlon | 10.00am | D | |
| 6-Apr-11 | Wed | C | 6.10pm | 6.10pm | 100M |
| 13-Apr-11 | Wed | D | 6.10pm | 6.20pm | 5,000M |
| 21-Apr-11 | Thurs | AMA National Championships - Brisbane | | 6.20pm | Discus |
| 22-Apr-11 | Fri | AMA National Championships - Brisbane | | 6.20pm | Hammer |
| 23-Apr-11 | Sat | AMA National Championships - Brisbane | | 6.35pm | 200M |
| 24-Apr-11 | Sun | AMA National Championships - Brisbane | | 6.50pm | Long or High Jump |
| | | | | 6.50pm | 1500M |
| | | | | 7.00pm | Relay |
| Note: Volunteers will be required for timekeeping | | | | | |
| Contact: | Sue Hanek | | | | |
| Phone: | 62479465 | | | | |
| Entry fee \$3.00 | | | | | |

Lasting the Distance by Paul Collier

I write to you as the author of the newly released book, *Lasting the Distance*, on the long athletic career of the legendary John Gilmour. The book is the result of a labour of love over two years in my spare time. The book has been produced for the sole purpose of ensuring that John's running career and related anecdotes are preserved for former, current and especially future athletes to enjoy.

John is still coaching today at the grand old age of 91 and my three young children are part of his small group.

John and I would be extremely grateful if you could place an article on your website about the new book with a link to the publisher, Hesperian Press. This website also gives details of how the book may be purchased.

We have already received favourable feedback on the book and are sure that it is a story that many runners, young and old, will enjoy.

http://www.hesperianpress.com/k_1_title/lasting_the_distance.html



Presidents Message

The busy winter season is drawing to a close and the Track and Field Season begins soon. Thanks to Bob for the Brighton Challenge, to all the officials who make such events possible and to everyone who participated in the event. We have good news of our members: Pete Lyden is recovering well and two baby boys have been born – one to sprinter Jacqui Patiniotis and one to Kylie Broadbent who so helpfully stepped in as starter on Wednesday nights a couple of seasons ago. Congratulations and best wishes to you both. Congratulations also to Shane Mundy – that was a dazzling photo of The Sausage King last month and we are very impressed by your awards. It is certainly fascinating to see the other side to our athletes. Mick Stevenson is our profiled Life Member this month.

Do come to our **Season Launch Wednesday 6 October at 6.15pm. Members please bring a plate of food.** The **Come and Try sessions with runs and also special throws coaching on 13 and 20 October** for all members represent the start of our Wednesday track and field programs. There have been only minor changes to the proposed Track and Field Calendar and Program, published last month. See more details in this newsletter.

Lynne Andrews

Season Launch

Wed 6 Oct 6.15pm Function Centre DAC

Members please bring a plate of food

- 6.15-6.30pm registrations, re-registrations, information available, uniform orders
- 6.30-6.45pm : *Welcome: L Andrews; T& F Procedure: S Hanek; Registration: M Stevenson; Training Groups: M Walker*
- **6.45pm *Tips for Officials: Talk by international official Chris Wilson: Video Timing, Jumps and Throws; questions.***
- 7.15-7.30pm begin light meal, social gathering, continuation of registrations,



Come and Try

13, 20 October (Wed)

Special Throws coaching with highly acclaimed coaches Peter McDonald and Evan Peacock

13 Oct Wed

- 6.10pm 100m/100mH
- 6.20pm 3000m run/walk
- 6.15-7.15pm Coaching: Shot and Discus with Peter McDonald

20 Oct Wed

- 6.10pm 200m
- 6.20pm 5000m run/walk
- 6.15-7.15pm Coaching: Hammer and Javelin with Evan Peacock



The Masters
 would like to
 wish all their
 members
 born in
 September
 and October
 a very happy
 Birthday



SEPTEMBER

| | |
|--------------------|----|
| Lisa Rossiter | 03 |
| Karen Taylor | 05 |
| Jon Doole | 07 |
| Stephanie Teague | 08 |
| John Fisher | 09 |
| Wayne Tibbits | 10 |
| Bruce Whish-Wilson | 12 |
| Ricard Meiring | 12 |
| Marcus Butler | 12 |
| Lynne Andrews | 13 |
| Tracy Canham | 14 |
| Ken Doughty | 15 |
| Gregory Mann | 15 |
| Sam Wierenga | 16 |
| Michael Lyden | 17 |
| Victoria Gunn | 17 |
| Mark Beech-Jones | 18 |
| Tony Steven | 21 |
| Chris Andrews | 23 |
| Francesca Smith | 23 |
| Bebe Brown | 24 |
| Rodney Boxhall | 24 |
| Lawrence Marsh | 26 |
| Allan Bevan | 27 |
| David Lucas | 28 |
| Jean Albury | 28 |
| Debbie Lance | 30 |

OCTOBER

| | |
|--------------------|----|
| Leonie Chung | 03 |
| Chris Johns | 04 |
| Michael Fuller | 06 |
| Jennifer Stevenson | 07 |
| Adrian Tew | 08 |
| Jillian Britton | 12 |
| Greg Hickey | 14 |
| Stephen Foster | 16 |
| Adele Lucas | 17 |
| Helen Moir | 18 |
| Ros Holgate | 19 |
| Barbara Westcott | 20 |
| Iestyn Lewis | 21 |
| Paul Leitch | 26 |
| Rod Viney | 26 |
| Henry Henare | 28 |
| Gary Rossiter | 28 |
| Craig Ross | 30 |
| Ian Cole | 31 |

THE
 MASTERS
 WOULD LIKE TO WELCOME
 NEW MEMBERS

MICK GIBBONS
 MICHAEL SODEN
 CATHRYN STRINGER
 WENDY WALLIS

AND WISH THEM A HAPPY AND SUCCESSFUL YEAR

ROSS MARATHONS 2010

A total of 304 people participated in the Ross Marathons (Marathon; Half Marathon; 10km) on 5 September 2010. The conditions were cool with a strong breeze from the South greeting competitors on each lap. The following TMA members took part:

| Name | Age | Distance | Time | Age Graded % |
|--------------------|-----|----------|---------|--------------|
| Aub Henricks | 44 | Marathon | 2.56.51 | 74.83 |
| Mark Kingsley | 39 | Marathon | 4.35.39 | 46.05 |
| Paul Dannock | 38 | HM | 1.24.54 | 71.54 |
| Scott MacDonald | 46 | HM | 1.26.05 | 75.21 |
| Craig Canham | 46 | HM | 1.27.28 | 74.02 |
| Shane Mundy | 47 | HM | 1.28.02 | 74.16 |
| Michael Walker | 64 | HM | 1.29.22 | 85.08 |
| Michael Fuller | 39 | HM | 1.32.25 | 66.23 |
| Malcolm Hales | 54 | HM | 1.35.05 | 72.91 |
| Shaun O'Regan | 57 | HM | 1.36.16 | 73.97 |
| Val Smith | 41 | HM | 1.44.03 | 66.51 |
| Georgina MacDonald | 46 | HM | 1.47.17 | 68.00 |
| Linda Moran | 40 | HM | 1.51.54 | 61.35 |
| Max Loffel | 68 | HM | 1.54.14 | 69.25 |
| David Brelsford | 68 | HM | 1.55.49 | 68.30 |
| Colleen Bugg | 47 | HM | 2.04.13 | 59.45 |
| Deborah O'Regan | 51 | HM | 2.14.19 | 57.81 |
| Allan Bevan | 63 | 10km | 45.48 | 74.85 |
| Nye Evans | 72 | 10km | 59.25 | 63.34 |
| Ros Holgate | 69 | 10km | 1.01.38 | 73.72 |



THANK YOU

To all TMA Committee, members and supporters for all your expressions of concern & support during Peter's recent illness and ongoing recovery.

We have been overwhelmed by the support received from our friends in the athletic fraternity. Every gesture no matter how great or small has been greatly appreciated.

With extreme gratitude

Lynne, Peter, Mark, Jessica (Palermo) and Patrick Lyden

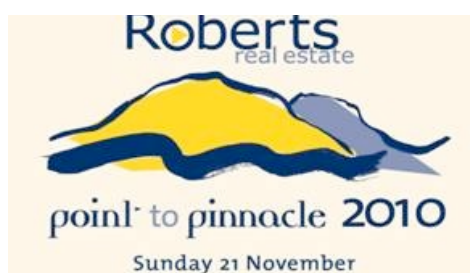


Old Beach Fun Run 29.8.10

| | | | |
|-----------------|-------|---------------|-------|
| 5k | | 10k | |
| Stan Harrex | 55.00 | Bob Robertson | 53.48 |
| Adele Lucas | 27.15 | Rod Rhodes | 69.21 |
| Frances Hancock | 56.25 | Danny Byas | 33.00 |
| Mick Stevenson | 29.16 | | |
| Jenny Stevenson | 43.46 | | |
| Gloria Byas | 33.00 | | |
| Alex Byas | 21.24 | | |
| David Hancock | 55.02 | | |
| Bruce Campbell | 47.53 | | |

Lindisfarne Fun Run 12.9.10

| | | | | | |
|-----------------|---------|--------------|---------|---------------|-------|
| 4k | | 8k | | 12k | |
| Stan Harrex | 39.13 | Adele Lucas | 37.45 | Mark Kingsley | 51.53 |
| Frances Hancock | 49.56 | Gloria Byas | 47.50 | Bob Weldon | 56.25 |
| Mick Stevenson | 21.30 | Alex Byas | 30.15 | Danny Byas | 56.25 |
| Jenny Stevenson | 39.13 | Barry Lloyd | 1.03.00 | | |
| David Hancock | 1.07.00 | Sue Lloyd | 1.07.00 | | |
| David Lucas | 43.45 | 6k | | | |
| Geoff Eddington | 43.45 | Alan Coleman | 26.25 | | |
| Mike Pace | 22.35 | | | | |



21st November 2010 - Wrest Point to Mt Wellington Pinnacle Hobart Tasmania - Run/Recreational Walk - 21.4K

Go to the web address for your online or paper entry form or entry forms available from Hobart Sports Centre

Cost: by 2.11.10 \$40; 3.11.10-20.11.10 \$45; On day, if registrations have not exceeded 1300, \$50
Start Time: Walkers 7.00am; Runners 8.00am

<http://www.pointtopinnacle.com.au/information2.html>

Central Highlands Tasmania Day Community Fun Run and Walk

Ouse,
Ground



Recreation

Sunday, November

7th 2010

Registration 10.00am

Race start 11.00am

Enter on the day or post to "Ash Cottage", Lyell Highway, Ouse, 7140

Name _____ Age: _____

Address _____

_____ Post Code _____ Sex (Please circle) M / F

Day time phone _____ Mobile _____

Please tick the EVENT you are entering:

5km

Start 11.00 am

10km

Start 11.00 am

Children's Challenge (Parents/Carers encouraged to enter with their children)

CONDITIONS OF ENTRY:

1. I have read the conditions of entry for this event and understand the demanding physical nature of the event. I have trained for this event and I am not aware of any medical condition or impairment that will be detrimental to my health if I participate in this event. In the event that I become aware of any medical condition or impairment, or am otherwise sick or injured prior to the event, I will withdraw from the event.
2. I acknowledge that participating in this event may involve a real risk of serious injury or even death from various causes including; over exertion, dehydration, and accidents with other participants, spectator or road users.
3. I acknowledge that it is a condition of participating in this event that I do so at my own risk. I accept all risk and release the event organizer, its agents, affiliates, employees, members, sponsors, promoters, volunteers, and any person or body, directly or indirectly associated with the event, from all claims, demands and proceedings arising out or connected with my participation in this event and I indemnify them against all liability for all injury, loss or damage arising out of or connected with my participation in this event, however it may be caused, including negligence.
4. Any terms which may be incorporated into this contract by statute or which may be implied by the Common Law relating to the quality or fitness for purpose of any equipment or facilities of the event organizer, its agents, affiliates, employees, members, sponsors, promoters, volunteers and any person or body directly or indirectly associated with the event are to the extent that it is lawfully possibly, hereby excluded.

Signature of athlete (parent/guardian to sign if under the age of 18)

For further information contact:

Mary on 6287 2001/0409 363 250, email: mary.downie@dhhs.tas.gov.au,

Melanie on 6287 1256 or www.gohighlands.org.au for entry form

Free Barbeque at the end of the Event

LIFE MEMBER - MICK STEVENSON

"I've got a problem..."

"Ask Mick. He'll help!"

How often have we heard this sort of exchange among Tasmanian Masters athletes over the past decades? Mick Stevenson is a legend, not only an outstanding athlete but a great team member and committee man, always willing to help and with the competence to match.

Mick grew up in Cumbria, England with his parents and two sisters, Jean and Elizabeth. After leaving school he decided to join the British army and it was on active service in Hong Kong in 1960 that he began his athletics career: an athlete friend was looking for a training partner, so Mick stepped in. Subsequently he participated in Army athletics until 1966 and it didn't take long before Mick was Hong Kong Land Forces champion over 880 yards.

After arriving in Tasmania in 1974, he played hockey and soccer before joining the Tasmanian Veterans (now Masters) in 1980. After one season running on Wednesday evenings he was persuaded to join Northern Suburbs and had a season running on both Wednesday and Saturday. The following year he started training with Mike Pace and a squad of Northern Suburbs athletes. He then went to Melbourne to the first of many Australian Championships, coming 4th in the 100m, 200, and long jump and 3rd in the triple jump. It speaks volumes that, for both clubs, he was willing to take on the duties of Treasurer, but even more onerous was the responsibility for processing most of the southern fun run results over a period of two decades! (And after the recent 2010 Glenorchy Fun Run and Budget Fun Run he was still at it, checking up on times from errant athletes late into his Sunday nights!) An indication of his competence was when Graeme Briggs, AM, invited Mick to be the official processor of State Championship entries, a role which he fulfilled for a few years. Obviously his professionalism has been appreciated at many levels, not only at UTAS where he held his day job from 1976 until retirement in 2003.

To speak of Mick's athletic achievements is hard because he hides many of them! From the decade 1997 to 2007, he competed at every World Veterans / Masters Athletics Championships; at each one, he gained silver medals in either sprint or long hurdles, often both. He trains rigorously and his record is inspirational. Among Masters athletes in his own age category and younger, he is known as a formidable opponent, 'the one to look out for!' In Brisbane at the World Veterans Championships in 2001, he won the sprint hurdles against some very classy competition.

We are all so proud of his gold/silver medal achievements, along with other achievements which Mick always understates. These include Life Membership of the Northern Suburbs Athletics Club, awarded in 1999; Life Membership of Tasmanian Masters Athletics, awarded in 2004; an Athletics Tasmania Merit Award in 1994; an Australian Masters Merit Award; a plaque awarded for service nationally to Veterans Athletics and in 2001 Mick received the Australian Masters Athletics Award for Most Outstanding Male Athlete.

How he manages to fit in other activities like lawn bowls and ten pin bowls, one wonders! He doesn't have much time to spare these days: formerly, though, he played hockey, soccer and badminton – truly an all round sportsman.

While the above may give an impression of the public persona, who is the *real* Mick Stevenson? He's no doubt best known to his wife, Jenny, and children, Andrew and Sarah. Andrew and his wife, Morag, are currently living in the UK, while Sarah lives and works in Hobart. Mick's parents-in-law, Bill (recently deceased) and Barbara have been well-known and loved by athletes for their services to Athletics over many years. This tradition of service has certainly been perpetuated by Mick and Jenny.

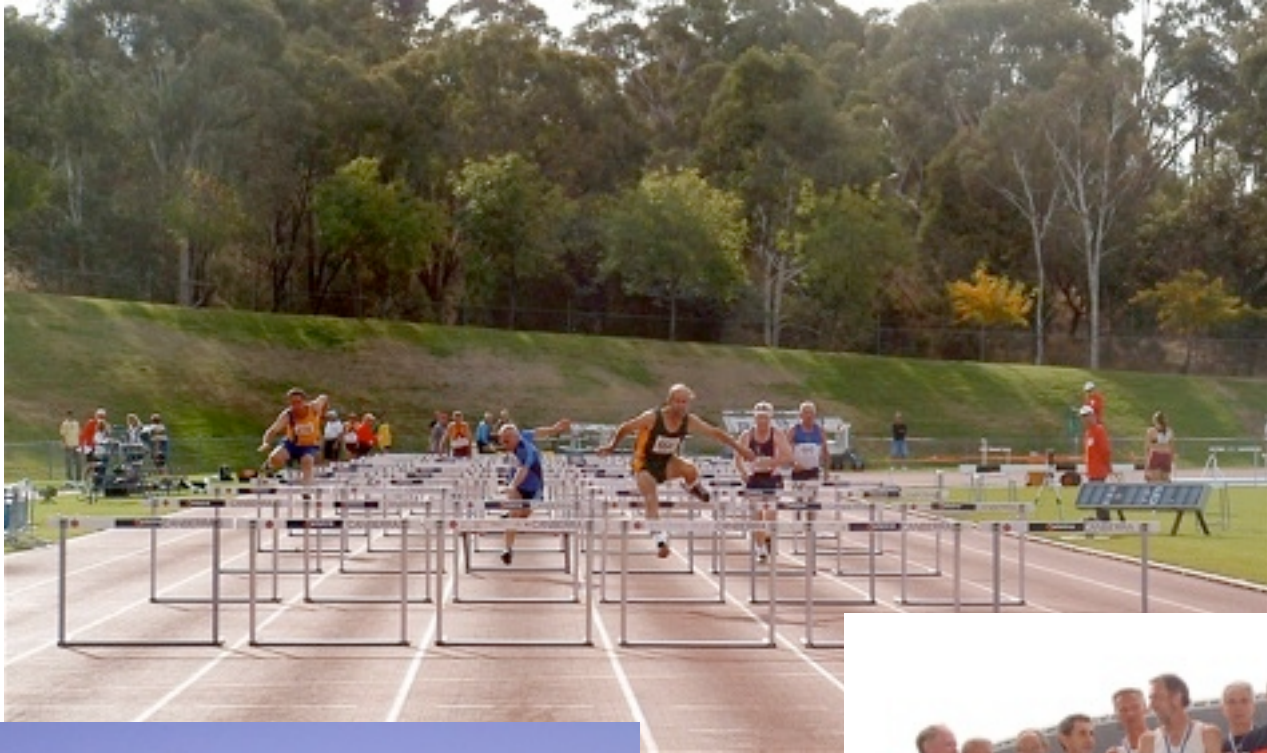
I'm sure there are many 'behind the scenes' anecdotes, but this is just one personal example to illustrate the sort of person Mick is.

It was 2001. I'd never been to a World Championship event and that year the World Veterans titles were to be held in Brisbane. Mick encouraged me to enter. As usual, I vacillated, but as he left, Mick insisted 'just email me if you decide to come.' Finally I decided, sending him a message that I couldn't leave until the eve of my 10k and that I'd find my own way to Eight Mile Plains to join the Tasmanian contingent. Well, the plane was delayed and I arrived in Brisbane after midnight: no cabs, no buses and Eight Mile Plains was at least 20 k from the airport!

The sickening truth was dawning I may have come all the way for nothing. Suddenly, whose face should I see? Unsolicited and unannounced, Mick and Andrew, his son, had driven all the way to collect me. How long they'd been waiting, Mick wouldn't say and although we arrived at their accommodation after 1 am, Mick and Jenny were up again at dawn to get us all to the stadium (Jenny, fortunately, was officiating and secured my registration). Thanks to the Stevenson family effort, I came away with a medal but sadly, Mick didn't run as well as he'd hoped that morning; he said nothing, but I knew he'd sacrificed his performance in rescuing mine.

What more can I say about Mick the athlete, Mick the clubman and Mick, the true sportsman to whom so many of us are deeply grateful? From all of us, Mick, a HUGE thank you!

Janet Upcher



Mick winning the sprint hurdles
Canberra 2006

3rd Place 100m Relay
San Sebastian Spain
2005



Colin Byers, Neville McIntyre & Mick 60m- Townsville
Col & Nev are two very classy sprinters and not many
athletes in the world can beat them

Mick walking with his sister Elizabeth
- Crummock Water - Cumbria



Waiting for me to finish taking photos!

Mick, Kate Johnstone & Al Coleman
Opening Ceremony Finland 2009



NORTHERN NOTES

Another month and there's been some good running around, noted with interest the results of the Launceston Ten in the September Footnotes and the comment, Cold and Extremely Wet, eat your hearts out, it was perfect running conditions up in Queensland on the same day where I enjoyed the Jetty to Jetty at Redcliff, first home was the machine Steve Moneghetti in a time of 30m.50s. Also talking to a former local, Mandy Giblin (Westbrook) who ran second in the 5k event in 18m.07s.

Heritage Forest 6.18Km. 5.9.10

A sought of new run using some areas of old courses. Starting from Conway Street through Heritage Forest to Invermay Road and then back to Mowbray and then along to the starting point.

Well the course designer must have thought this was a run for him, flat. Coach Armstrong strips and near blitz's the field with a time difference of twelve seconds and takes home the cash and special events medallion. Well done Mr Armstrong. The quickie today was Mark Fyfe followed by lippy legs Wagner and Tanya Jensen who is fast becoming one of the movers and shakers up in the front group. Now further back and running in a close group were Craig Barron, Gill Gardner, Alwyne Mc Mahon who would have been thinking this course suits us and we must be in with a chance. Now the excitement of the time keeper has to be seen to believe when some one is near their nominated time. Especially if some one is not sure of the way to the finish line, Ms Johnstone, lost a couple of seconds and possibly second place, we all need to listen to course directions at the beginning of the run.

Now in the short course it was good to see a couple of new participants in Colin and Sue Weedon having a go with Colin recording fastest time for the short event. Then later during a chat I established they lived a short distance from me at Evandale. Now the Short Course always seems to be hard to get close to your nominated time and you have the effect of the multiplying factor of 2 for the results. Well today Jill Britton and Gerard Little gave it a good shot, but I'm sorry to say the rest of us were hopeless. Any way we still enjoyed ourselves.

First Gary Armstrong, Second Jill Britton, Third Gerard Little

Carr Villa 6.2Km 19.9.10

Well today we were at the dead centre, a few little noises coming over the fence on a very cold morning for running I'm told if you were in shorts. A good group of twenty three to run this hilly course around the out skirts of Carr Villa Cemetery, turning at the starting point and re tracking back around the way you had run to the finish.

Well today a new speedster in Marcus Butler raced around this course in 27.43 followed by Mark Fyfe, Vicki Ross and Dave Wagner was no where to be seen. Then we noticed on the entry sheet he was doing the half course and based on the time he ran he must have shot home to St Leonard's for coffee. He also nominate a very slow time, having a Dayve Off.

Now all good things come to those who wait and today the last runner home was the esteem Mr James Claxton who recorded a win with a time difference of nine seconds.

Now in the short course the Timekeepers had the pressure put on them with Cliff Crack, Barry Cook and Colin Weedon all finish together along with a couple who were turning for the long course. Who was finishing and who was running on was the question, no real mistakes, but some of the competitors weren't sure what they were running for a while. Then Gill Gardner and Deb O'Regan came along, but they knew what they were running. Today a couple of the ladies got their nominates times pretty right with Glynis Jetson being 10 seconds and Viv Knight being 14 seconds after the adjustment of times for the short event and had to wait for the Master of Masters J Claxton to finish.

Now after the event Master Chef Deb O'Regan appeared with very nice pink lamingtons that were really enjoyed. Then it was the usual, down to Gloria Jeans for coffee

First Jim Claxton, Second Glynis Jetson, Third Viv Knight

Heritage Forest Results

N.T A.T Diff

| | | | |
|--------------------|-------|-------|------|
| Gary Armstrong | 38.00 | 38.12 | 0.12 |
| Alwyne McMahon | 37.00 | 37.22 | 0.22 |
| Kristine Johnstone | 40.00 | 40.25 | 0.25 |
| David Wagner | 27.54 | 28.34 | 0.40 |
| Tanya Jensen | 28.13 | 28.55 | 0.42 |
| Jim Claxton | 41.45 | 42.34 | 0.49 |
| Viv Knight | 42.00 | 40.33 | 1.27 |
| Mark Fyfe | 25.55 | 27.26 | 1.31 |
| Gill Gardner | 35.00 | 36.42 | 1.42 |
| Craig Barron | 30.20 | 36.27 | 6.07 |

Short Course 3.09k Time diff X2

| | | | |
|--------------|-------|-------|------|
| Jill Britton | 23.00 | 23.31 | 1.02 |
|--------------|-------|-------|------|

| | | | |
|-----------------|-------|-------|------|
| Gerard Little | 25.45 | 26.28 | 1.26 |
| Neil Hammersley | 25.00 | 27.36 | 5.12 |
| Colin Weedon | 21.00 | 18.18 | 5.24 |
| Judy Wagner | 31.00 | 34.37 | 7.14 |
| Glynis Jetson | 29.00 | 24.54 | 8.12 |
| Sue Weedon | 30.00 | 34.28 | 8.56 |

Carr Villa 6.2k Results

| | | | |
|---------------|-------|-------|------|
| Jim Claxton | 47.15 | 47.06 | 0.90 |
| Vicki Ross | 29.40 | 30.19 | 0.39 |
| Tanya Jensen | 29.32 | 30.18 | 0.46 |
| Marcus Butler | 26.30 | 27.43 | 1.13 |
| Gary Rossiter | 37.29 | 35.58 | 1.31 |
| Mark Fyfe | 28.00 | 29.33 | 1.33 |
| Craig Ross | 28.30 | 30.10 | 1.40 |
| Nye Evans | 39.15 | 42.05 | 2.50 |
| Barb Clayton | 33.00 | 35.56 | 2.56 |
| Craig Barron | 32.30 | 36.15 | 4.15 |

Short Course 3.1k Time diff X2

| | | | |
|---------------|-------|-------|------|
| Glynis Jetson | 26.03 | 25.58 | 0.10 |
| Viv Knight | 21.37 | 21.30 | 0.14 |
| Judy Wagner | 32.20 | 32.41 | 0.42 |
| Brianna Ross | 32.20 | 32.43 | 0.46 |
| Jill Britton | 24.00 | 24.33 | 1.06 |
| Barry Cook | 18.20 | 17.41 | 1.18 |
| Gerard Little | 26.00 | 26.46 | 1.32 |
| Shaun O'Regan | 18.00 | 19.08 | 2.16 |
| Cliff Crack | 19.00 | 17.42 | 2.36 |
| Deb O'Regan | 18.10 | 19.33 | 2.46 |
| David Wagner | 30.00 | 28.24 | 3.12 |
| Gill Gardner | 17.10 | 19.23 | 4.26 |
| Colin Weedon | 20.30 | 17.41 | 5.38 |



Jim Claxton

WINTER RACE WALKING REPORT

DAVID MOORE

New Northern based TMA member, Brian Horton has had great success in Race Walking Tasmania's 2010 winter season of Road Walks. Brian has come away with both the Tasmanian Senior 10km and 0/40 10km Road Walk Titles, as well as the Walkers Club premier winter handicap, the Wayne Fletcher Trophy.

Brian has returned to Race Walking after a 38 year absence, in his earlier career Brian competed with the South Australian Race Walkers Club in events ranging from 1500m (a sprint) to the very arduous 50km, with credible performances at state championships and intervarsity games.

Making the transition back to Race Walking after such a long break has been made easier by Brian's sound fitness base acquired via a keen interest in bushwalking. Brian has impressed fellow members of the local walking fraternity with not only a solid walking technique, but also with his capacity to negative split the second half of his races, this augers well for Brian's return to racing on the Track this Summer.

Other TMA members who have competed in Walkers Club Road Races this Winter, have been the evergreen Jean and Tom Albury, Laurie Marsh, who is building up to race a 20km event, Eugene Gerlach who this winter won his fourth straight 0/40 5km State Road Walk Title and David Moore.

CAN YOU HELP ?

The TMA Committee has a need for a **Minute Secretary** to help the Secretary, Mike Walker.

The time commitment is approximately **4 hours per month**.

The task is writing up the minutes as a draft for subsequent distribution by the Secretary.

The Committee meets on the 3rd Monday of each month in Hobart. Meetings commence at 7.30pm and conclude with supper which is usually over by 10.00pm.

Members of the hardworking Committee are Lynne Andrews, Peter Lyden, Steve & Debbie Lance, Alvin Johns, Mick Stevenson, Wayne French, Sue Hanek, Alan Coleman, Tracy Canham, Bruce Campbell, Mike Walker, Jim Claxton (North), Craig Hicks (North West).

Would you like to join us ?

Phone: Mike Walker 62446299

Email: mikejoy@netspace.net.au

DRU POINT FUN RUN

The next Southern fun run/walk is at Dru Point on Sunday, 10 October 2010 at 10.00am.

Fun Run Director, Bob Robertson has chosen a scenic 6.5km course which is totally flat and runs along the esplanade and a foreshore track towards Barretta, with a short loop before returning to the start point.

Any enquiries can be directed to Bob Robertson on 62294628.

AUSTRALIAN MASTERS ATHLETICS HALF MARATHON CHAMPIONSHIP

(INCORPORATING THE TASMANIAN MASTERS ATHLETICS HALF MARATHON CHAMPIONSHIP)

Steve Monaghetti will be in attendance

Entries are now open for the 2011 AMA Half Marathon Championship at:
www.cadburymarathon.com.au

The event will be conducted in conjunction with Cadbury in Hobart on Sunday, 9 January 2011.

Benefits for participants are:

Australian medals (Gold, Silver, Bronze) to be awarded to the first 3 place getters in the usual 5 year age categories (commencing 30-34 yo) for both males and females.

Tasmanian medals (TMA members only) to be awarded to the first 3 place getters in the usual 5 year age categories for both males and females.

Finishers medal and certificate for all.

Goodies bag for all.

Spot prizes which will include Cadbury chocolate hampers, Skins compression garments and Karhu running shoes.

EARLY BIRD ENTRY CLOSES ON 1 DECEMBER 2010

BRIGHTON CHALLENGE RESULTS

| Women's 4k | Place | Time | | | |
|---------------------|--------------|-------------|------------------|----|-------|
| Natasha Fitzpatrick | 1 | 15.26 | Alan Coleman | 8 | 18.58 |
| Grace Rowe-Smith | 2 | 16.12 | Kevin Smith | 9 | 20.14 |
| Lisa McConnon | 3 | 16.55 | Gerry McGushin | 10 | 20.50 |
| Adele Lucas | 4 | 19.10 | Mick Stevenson | 11 | 21.14 |
| Hannah Harrison | 5 | 19.37 | Peter Clarke | 12 | 23.10 |
| Dale McPherson | 6 | 20.02 | Peter Cornish | 13 | 24.46 |
| Olivia French | 7 | 21.49 | Jim Court | 14 | 25.12 |
| Carly McPherson | 8 | 21.49 | Alan McPherson | 15 | 29.48 |
| Sharyn Fitzpatrick | 9 | 22.22 | Bruce Campbell | 16 | 30.55 |
| Pauline Rowe | 10 | 23.43 | Men's 8k | | |
| Theresa Harrex | 11 | 24.24 | Chris Sullivan | 1 | 28.51 |
| Lynne Andrews | 12 | 28.29 | Michael Anderson | 2 | 30.00 |
| Lynne Sansom | 13 | 30.28 | Tom McGushin | 3 | 30.31 |
| Jenny Stevenson | 14 | 31.14 | Phil McConnon | 4 | 31.18 |
| Georgia Griffiths | 15 | 31.47 | John Jago | 5 | 31.43 |
| Tracey McConnon | 16 | 32.30 | Craig Canham | 6 | 32.38 |
| Women's 8k | | | Peter Otto | 7 | 34.22 |
| Andrea Marquardt | 1 | 32.55 | Mike Walker | 8 | 34.28 |
| Olivia Gillie | 2 | 34.19 | Wayne French | 9 | 35.48 |
| Jenny Harmon | 3 | 46.11 | Matt Gillie | 10 | 40.20 |
| Men's 4k | | | Mark Kingsley | 11 | 40.26 |
| Ewan McPherson | 1 | 13.51 | Timothy Horton | 12 | 41.27 |
| Matt Sinclair | 2 | 14.14 | Bob Weldon | 13 | 42.24 |
| Jamie McConnon | 3 | 16.20 | Len Powell | 14 | 45.33 |
| Wayne Clarke | 4 | 16.56 | Stan Harrex | 15 | NT |
| Tim McConnon | 5 | 17.24 | | | |
| Tony Sansom | 6 | 18.29 | | | |
| Michael Sullivan | 7 | 18.38 | | | |

SOCIAL EVENING

After Wednesday evening competition - 27th October
Meet at the Hobart Wood Fired Pizza Place
114 Harrington St
All welcome

ATHLETICS TASMANIA / TMA DUAL REGISTRATION 2010/2011

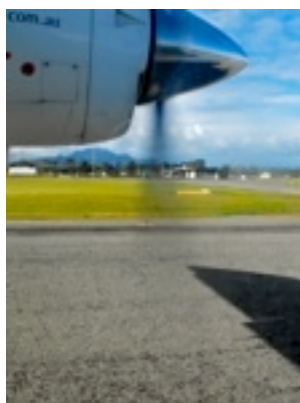
Financial members of TMA wishing to compete in the Athletics Tasmania 2010/2011 Track and Field Season (inter-club) are reminded that they are provided with AT registration under the new dual registration system which allows them to compete in Branch competition in Hobart, Launceston or Penguin.

Each TMA member can allocate their competition points to their designated club (e.g. Northern Suburbs, Riverside etc.) on registration for their first day of competition.

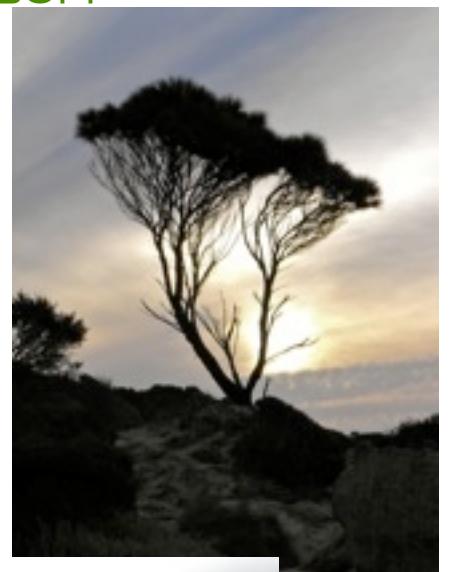
In relation to numbers, any person who is already OOS registered, either for TMA or another club will continue to use their OOS number that they had for the winter. Any person who does not fully register with AT will be issued an OOS number by their Branch (Jarrod Gibson in the South). For those athletes who do not advise their branch of wanting their points to go to an alternative club, their club will default to TMA.

If anyone registers full year with AT, which then enables them to compete in Tasmanian Championships, they will be sent an All Year number by Mark Smith from Athletics Tas. TMA membership fees for such athletes are reduced by \$30 for those nominating their club as TMA and \$15 for those nominating other clubs.

FLINDERS ISLAND PHOTO ALBUM



Mt Strzlecki under Propeller
Yellow Beach
Fotheringgate Beach
Mt Strzlecki



TASMANIAN MASTERS ATHLETICS INC

MEMBERSHIP FORM - 1ST APRIL 2010 - 31ST MARCH 2011

Member 1 **Member 2**
 Surname.....Surname.....

Given Names.....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

Member Waiver: In accepting membership of TMA I acknowledge and agree that I am fully aware of the risks and hazards inherent in participating in TMA organised events. I declare that I am in good health and that I will be properly conditioned for the activities that I will enter. I agree to assume all risks of loss, damage and injury including death that I may sustain as a consequence of my participation. I release TMA and its officers from any claims, actions, suits or demands of whatever nature, arising out of or related in any way to my participation in TMA organised events.

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

Privacy Act Collection Notice: TMA respects the confidentiality and security of your personal information and is committed to protecting it at all times. TMA only collects such personal information as is necessary to promote your participation in TMA events and to communicate to you.

Payment Options:

1 Cash: In person only (*not in the mail*)

2 Cheque: Make cheque payable to TMA and post to, TMA, GPO Box 890, Hobart 7001

3 EFT: Forward Funds to BSB 037-001 Account 93-0735 Include full name in the reference field, and forward an email to msteven1@iinet.net.au

4 Credit Card: Please make this payment of \$..... by Visa Mastercard
 Card Number: _____/_____/_____/_____/_____ Expiry Date: _____/_____

Card Holders Name.....Signature.....

Club Use Only: Date of Joining..... Welcome Letter Program Newsletter

AMA Book

Registrar..... Date.....

Treasurer..... Date.....

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

**SURFACE
MAIL**

If undeliverable return to:-

TMA Inc.
GPO Box 890
Hobart, Tasmania, 7001

"May be opened for postal inspection"