

QMA Athletic Challenge



**THESE SHOES ARE MADE
FOR.....**

March, 2021

CONTENTS

- P2. Presidents report
- P3. QMA Championships 2021
- P4. We talk to Peter Bennet
- P7. Heavy Weights Throws Pentathlon
- P8. QMA Mens Decathlon
- P9. QMA Women's Heptathlon
- P10. Brisbane Results
- P12 Transformation Challenge
- P13 Memorial Day
- P15 Gold Coast Championships
- P20. We talk to Carol Davies
- P21 Strength Training Methods



News from the President's desk

QMA NEEDS YOUR HELP!!

On 6 and 7 March QMA is conducting its State Masters Athletics Championships at Queensland State Athletic Centre at Nathan, Brisbane - our first such championship since 2019 because of the impact of the Covid 19 Virus. Firstly we need you to compete. Secondly, we URGENTLY need help from you, our members, to assist with the many duties that are

Editorial Contact

Would you like to be part of the *Athletic Challenge* family. Have something you want to contribute?

Photographs

Any current or historic photographs would be greatly appreciated.

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to done during this competition that runs from 8am to about 2pm on the Saturday and from 1pm to whenever we finish on Sunday afternoon.

So if you are not competing, or have spare time during either day, or have family or friends who might like to help then we would love to hear from you. QMA has a small core of dedicated workers who turn up regularly and some marvellous volunteers, but an event of this size has many additional jobs to be done. You do not need to be an expert in our sport - in fact many jobs just require you to be there and help the key person in charge. Your task might be to return the throwing implements for the next throw, raking a jump pit, assisting with medal presentations or recording results. It is certainly not hard and you will be appreciated by the athletes and QMA.

If you can assist please contact Judy Cooper at jvcoop@bigpond.com

Now for really good news! In 2022 Queensland Masters Athletics will again have the opportunity to host the Australian Masters Athletics Championships. No doubt most of you would recall the bitter disappointment when we had to cancel this championship that we were to host in April 2020 only a couple of weeks from the start date. A huge amount of planning and ground work had gone into the preparations but all will not be lost as much of what was done can still be utilised by the organising committee. If you would like to be a helper please contact our Secretary Lee-Anne Nelson. With the vaccine programme now underway in Australia I am confident we will host a huge championship so keep the provisional dates 1 to 4 April 2022 free and be part of the event.

AND - more good news. Have you ever wondered how your athletic performances would compare to other masters athletes in your age group around the world? Well there is a way to do it and for 2021 it will cost you nothing. World Masters Rankings compiles competition results from around the world into an event and age group format and you can look this up on the internet and see where you rank in your event. It is fascinating that so many results find their way to John Seto in the USA - in fact every one of your performances has been listed now for several years as we forward

them after every competition - whether it is a Club, State or National competition. How to get online details will be announced in the next week or so, so get checking and make your day!

Finally, with the summer season coming to an end in Southern Queensland it is almost time for North Queensland to get their activities under way. We wish all our athletes in the North an enjoyable and rewarding season. If you live in the South there will still be some opportunities for you with Gold Coast looking to compete regularly and discussions under way to get some throwing activities on a regular basis in Brisbane. Keep watching for more details as they unfold.

Stay safe, stay healthy and remember, QMA is a volunteer organisation and if we want to survive and thrive we have to help ourselves so PLEASE if you can help at our State Champs, please do so.

Stan Perkins
QMA President

Proudly supported by



Festival of Athletics

Townsville
18-20th June

Gold Coast

21st March
8.00am 3000m Run/Walk
8.30am 60m
8.50am 150m
9.15am 600m
9.40am 300m
Field Events start at 8.00am

Hammer
Discus
Shot Put



QMA CHAMPIONSHIPS 2021

Saturday 6th March - Track Events

8.00am M30+ W30+ 5000m
M30+ W30+ 5000m Walk

9.00am M30-49 110 Hurdles
M50-59 100m Hurdles
W30-39 100m Hurdles

9.15am M60-69 100m Hurdles

9.25am W40-49 80m Hurdles
M70-79 80m Hurdles
W50-59 80m Hurdles

9.35am M80+ 80m Hurdles
W60+ 80m Hurdles

11.45am W30+ 800m

12.00pm M30+ 800m

12.15pm W30+ 100m

12.30pm M30+ 100m

1.45pm W30+ 400m

2.00pm M30+ 400m

Saturday - 6th March - Field Events

8.00am W30-59 Discus
W60+ Shot Put
M30-59 Javelin

8.30am M60+ Long Jump

9.25am W60+ Discus
M60-69 Javelin
M70+ Shot Put

9.45am M/W 60+ Pole Vault
W30+ Long Jump

10.50am W30-59 Javelin
M30-59 Shot Put
M60-69 Discus

11.15am M30-59 Long Jump

12.15pm W30-59 Shot Put
W60+ Javelin
M70+ Discus
M/W 30-59 Pole Vault

1.40pm M30-59 Discus
M60-69 Shot Put
M70+ Javelin

Sunday 7th March - Track Events

1.00pm M30-59, W30-49
400m Hurdles

1.15pm M60-79, W50-69
300m Hurdles

1.30pm M80+, W70+ 200m Hurdles

1.40pm W30+ 1500m

1.50pm M30+ 1500m

2.05pm W30+ 60m

2.20pm M30+ 60m

2.40pm M/W30+ 1500m Walk

3.00pm Women Champion
of Champions 100m

3.10pm Men Champion
of Champions 100m

3.30pm W30+ 200m

3.45pm M30+ 200m

4.10pm M60+, W30+
2000m Steeplechase

4.30pm M30-59
3000m Steeplechase

Sunday 7th March - Field Events

1.00pm W30+ Hammer Sth Cage
M65+ Weight Outer Field
M30-64 High Jump
M65+ Triple Jump

3.00pm W30+ Weight Outer Field
M30-64 Hammer Sth Cage
W30+ Triple Jump
M65+ High Jump

4.00pm M65+ Hammer Sth Cage
M30-64 Weight Outer Field
W30+ High Jump
M30-64 Triple Jump



**Entries Close
3rd March**

Enter Online



THESE SHOES.....



Peter Bennett

Q. *How did you get involved with race walking?*

I had not been involved in any organised sport since my school days. But after a trekking holiday in Nepal I was keen to retain my newly acquired fitness when I saw an advertisement for the Australian Masters Games to be held in Brisbane. I thought that of all the sports and events on offer the 10km road walk would be the only event I could possibly participate in; I knew nothing about race walking but had seen Kerry Saxby on TV. That is all you need to know I thought. So, I gave it a go in the race along the river at West End with a lady from Victoria telling me the rules during the race and how to walk past the judges. I thought I did really well even though I was only 7th in my age group and finished at least 20 minutes behind the winner.

The entry information pack contained a letter from Heather Doherty extolling the virtues of Queensland Masters (or Veterans as it was then) so I thought I would go along and see how that was. Soon I had also been talked into joining the Queensland Race Walking Club to do their road walk season and into becoming a member of Mayne Harriers Athletics Club.

My times kept improving with every race as did my fitness level but I just could not get the technique. Then one day it all came together. Three months after joining the walking club I won my first State Open 50km title and two years later my first 100 miles. They say that everyone has a talent and is good at something. It was just that it took me 36 years to find out what I was that I good at.

Q. *You have a history of competing in many long distance race walking events. What are some of the more interesting events in which you have participated? And where have these taken place?*

I have competed in an estimated 1,400 races since I started with the sport and nearly 100 of those have been ultra distance walks (generally an ultra refers to a distance further than the marathon distance of 42.195 km). This includes 50km races, 12,24 and 48-hour races and two 240km races.

A.Paris–Colmar June 2008 Stages Event, 173 km. This was a support race to the elite 440km Paris Colmar walk and I was thrilled to be invited and become the first Australia to participate in the famous walking classic. Colmar is south of Strasbourg and near the German border. This is the race walking equivalent to the Tour De France. Thousands of people were at the start line and lining the route as we left Paris, car horns honked and kids followed us on push bikes. Motorbike police would escort us through the roundabouts and stop traffic for us. Drivers would pull over and get out of the cars to cheer you on, school kids lined up as you passed through small villages waving banners and chanting “Allez, Allez, Allez”. Competitors would be introduced on a stage before the start of each stage and there were many people wanting their photo taken with you. All things that I have never experience in Australia.

The stages event consisted of 6 stages over the 3 days. The stages were as follows

Wed 18 June 7pm Neuilly sur Marne – Villeneuve le Comte 28.1 km. An evening start after a pasta lunch with red wine served

Thur 19 June 9am Neuilly sur Marne – Trelou sur Marne 30.9 km. Slept on the floor of the local village hall before doing 30km

4pm Chalons en Champagne – Vitry le Francois 35.3 km In the heart of the Champagne region of France racing along roads in between vineyards.

Fri 20 June 9am Bar le Duc – Ligny en Barrois 20.3 km As the next stage didn't start where the previous one finished there was a lot of car

travel in between which did not help the body.

4pm Neufchateau - Mirecourt 36.9 km A hard, hot and long afternoon race

Sat 21 June 10am Corsieux – Col de Bonhomme 21.5 km and all uphill with a 1,000 metres climb to the summit of the pass in the Alsace region . A policeman on a motorcycle acted as my water bottle carrier all the way up the Pass.

At the presentation morning in Colmar everyone was treated to a hors d'œuvre and champagne reception, which even the motorcycle police enjoyed.

1. Foudjen Daniel Cameroun CAM 173,000 km 18:18:00 9,454 km/h
2. Bennett Peter AUS 173,000 km 19:30:00 8,872 km/h
3. Pheulpin Adrien FCochoaux Montbeliard FRA 173,000 km 19:57:00 8,672 km/h

B.The Coast to Kosci 240km Ultra This is Australia's longest and toughest ultra-marathon. The 240km iconic Coast to Kosciuszko ultra starts at dawn on the beach at Eden on the NSW south coast. Competitors then have 46 hours to complete the course. From the beach competitors have to race the summit of Australia highest mountain at 2,228 metres before finishing at Charlottes Pass and endure a total elevation gain of 5,500 metres. I was the first race walker to qualify for entry in this running ultra and have completed it twice (38 hours and 37 hours).You need a support vehicle and crew to follow you the whole way so it is a real feat of endurance for both walker and crew.



C.Kuala Lumpur 24 hours walk. The streets in the old part of the capital city of Malaysia, were blocked off to traffic for the duration of this race. The race started outside the Sultan Abdul Samad Building, a late-nineteenth century building, in front of Independence Square and the Royal Selangor Club . It was extremely hot for the duration of the race but due to the blanket of smog over the city we were never exposed directly to the sun. There were two mist stations set up around the 1km course that offered some relief from the heat and there were plenty of drink stations. In fact, they catered for the entire field of many hundreds of walkers with a lineup of bain-maries offering noodles and curries and other non-identifiable delicacies. I stuck to my own snacks as I raced the circuit while many others sat on the footpath eating bowls of hot food with chopsticks. The extreme conditions took a heavy toll and some of the European walkers suffered heatstroke but at the end of 24 hours and I was one of only five athletes who had reached 100 miles.

D. Genting Highlands (Malaysia) 24 hours. The course was inside the Theme Park & Casino of the Resort in the Genting Highland, an hour's drive out of Kuala Lumpur at an altitude of 5,000 feet. The circuit was deemed to be very difficult, mostly uphill and the race was held in hot, humid conditions. There were judges on the course throughout the race and any infringement resulted in a 1km penalty. At the end of the 24 hours competitors were taken to a plush banquet breakfast in a resort hotel but not everyone was able to enjoy fish curry after a tough 24-hour race. There was a contingent of very experienced European walkers in the race and I learnt a lot from them during the few days we travelled together. One thing that has particularly stuck with me in approaching a 24 hour race was when I asked a Dutch walker how he was going at about 6 hours into the race. His matter of fact response was "the real race does not start until the 17 hour mark".

E.Seychelles 24 Hour race. This was held over four days with a six hour race at a different venue each day. Mahe is a very beautiful island but each stage did not start until 10am so was conducted in the hottest part of the day. But the hospitality and

scenery could not be faulted. I won all four stages for a total of just over 200km and had an interview with the Seychelles TV sports reporter at the finish line after the final stage in the main street of Victoria, the capital. Our hosts took us sightseeing around the islands and out to dinner at lovely (expensive) resorts. One evening we had dinner at the Sports Ministers residence.

Q. What does a walker do for recovery and how long does it take after a longer distance event?

You can often feel you have recovered after a long race and be tempted to get back into training too soon but your body will soon let you know that is not the case. Ultras are very taxing mentally and I have found it necessary to give both my body and mind a rest. Your attention span is not that great after a long race. You can experience feeling very low after a big race so I have always found having my next long race goal mapped in my mind before the race helps.

For the first few days after an ultra it is just a few short walks to keep moving and relieve the aches and stiffness. For the two weeks after that I would probably not do any session over an hour. I usually don't go to bed late at any time but after an ultra I try to go to bed earlier and make sure I get a good sleep every night for the next couple of weeks. The week or two after an ultra you will find your belt is somewhat loose because of the weight lost both during the race and when your body is trying to recover. Adequate energy intake is essential for recovery and this is a time when you are always feeling hungry. Often, I have eaten my lunch at work before 10am so



always take extra food during this time.

Your muscles tend to recover on their own with plenty of rest, sleep, and good food but I always make sure any blisters are treated promptly and look after any injuries sustained during the race. The lesson to learn in these races is to tell the difference between discomfort and pain. You can learn to ignore discomfort but you should not get used to pain instead of getting treatment for the cause.

Q.What does a training routine consist of? How many days per week? How many kms per week? Do you have days off?

In my early days in the sport, I went to my athletics club for training two nights a week with training consisting of road walks, fartlek and occasionally 400 metre repetitions. I have never done any regular training on a track or followed a training programme. These days my training consists of a lap of the ring road around Mt Coot-tha three to five times a week and a long walk of a Sunday morning (when road walks are not on). The others days of the week I go for a bush walk and rarely have a day when I am completely inactive. I have always found that regular competition on the track at Masters and at QRWC road events is the best training. As such I have never really trained to peak for a particular competition but rather prefer to be at the same level of racing fitness all year round. This means I probably never got to achieve the faster times I may have been capable of but I have always put longevity in the sport ahead of short-term goals and risking injury.

Q.Apart from competing you have also taken on administrative roles in your sport. Tell me about these.

I have been President or Vice President of the Queensland Race Walking Club for the last 22 years. I help organise the winter race walking calendar and the weekly meets during the season and have been the editor of the weekly club newsletter for the last 20 years. I am a Life Member of the club, conveyer for the road walks at the Pan Pacific Masters Games and have just finished organising a race walking judging seminar. For many years I have been a QRWC delegate to the Australia Federation of Race



QSAC (yes, 250 laps) back in 1996 with a time of 10:51:25. It is a record that still stands today. I have also broken the Australian Open records for 200km and for distance walked in 48 hours (280.203 km).

My first 100 mile race to become a member of the Australian Centurion Club (i.e. walk 100 miles / 160.93 km in under 24 hours) back in 1994 gave me a lot of satisfaction. Not just for my performance but for proving the doubters wrong. As I had only been walking for a couple of years I was told I would be wasting my time going to Melbourne for the event as it was "only for good walkers". Those comments still motivate me in every ultra race I compete in to this day. Even the organisers had little faith that I would finish "*Peter had not trained for or prepared specifically for this event and general opinion was that he would not last at this sort of pace. When would he hit the wall? We kept waiting*". Well, I kept them waiting all night and they were amazed that I finished in a time of 19:42:54, the 4th fastest ever by an Australian. "*Those of us who had watched many 100 mile races thought his effort was one of the best we had ever seen and was what might be expected of a seasoned ultra-performer, not a novice to the game*".

Q. Have sports injuries been a problem for you?

My lower back has always been a problem but I don't know if it is from walking or that walking has just highlighted a problem I would have had regardless. I have had a number of injuries over the years but have learned from them and now listen to my body and take preventive action. A few years ago, I suffered successive hamstring injuries in both legs where I lost any speed I may have built up over the years. Then two years ago, I busted my shoulder after a heavy fall early on in a race in the Glasshouse Mountains and had to continue on for the next 20 hours. For the next few weeks after that I had to race at Masters with effectively one arm!

Q. Does race walking become more difficult with age?

Well, you seem to put in more effort for less reward. You get slower and lose some flexibility and the judges seem to notice the knobbly knees and skinny legs a lot more. But the beauty of Masters athletics is

Walking Clubs and was awarded the Federation 25 Merit award in 2019. My athletics club is Mayne Harriers where I am a Life Member and have been club Secretary for the last 25 years.

Q. Do you have a favourite walking distance or event?

I would say a 50km or a 12-hour race. I have participated in about 20 50km races and approximately 25 12-hour races. I find these events satisfying as you can set your goal, implement your race plan, overcome all the hardships during the race and push on to achieve your goal. I actually find a 1,500 metre race on the track harder!

Q. What has been the toughest race you have tackled?

With long distance walking there are no "easy" races. The reason we do these races is that they are a challenge and are hard. Otherwise, everyone would do them! In 2006 I accepted a late invitation to compete in the 24 Hours of Rouen in France. I arrived in Rouen after the flight from Australia (which I caught after work) the night before the race. Not only was I extremely tired before I had even started but the event was marked by terrible weather

conditions. Of the forty competitors from ten different nations who started half had retired within the first five hours because of the ceaseless rain, violent wind and the icy cold (it rained for nearly the entire race). They all had their motorhomes to retire but I had nowhere to go so I just had to keep pushing on all night and finished with a best to date distance of 176.175 km. That race was hard mentally more than it was physically.

Later the same year I accepted an invitation to compete in the annual Penang 12 Hour Walk in Malaysia. There were 495 competitors in a 12 hour walking race! Conditions were very hot and humid even though the race was held during the night. It was described as more of a "Survivor Penang" than a race. I finished with 86 laps (92.708 km) but it was physically very hard in the tough conditions and I struggled to walk the short distance back to my hotel after the race. I was so exhausted I even missed breakfast !!

Q. What do you rate as your finest walking achievement?

I always think that finishing any race is my finest achievement! I would have gone for the time I broke the 100km Australian Open record at



that you compete against athletes in the same age bracket who are experiencing the same issues. I see some athletes compare their performance against what they did years ago and get frustrated and disillusioned that they cannot achieve the same results. I like to give 100% effort in every race I do and do not compare myself to others or what I did in the past.

Q. Did you try other athletics events or other sports before walking?

I had not done any other sports before I became a Masters race walker other than the odd game of touch or a slow cross country run. At school I was a middle distance runner and played rugby union on the wing in the lower grades. I have tried the steeplechase but have purposely avoided other disciplines because I know it is just an injury waiting to happen especially if I tried the jumps or throws. And if I try to run these days, I just look like I am race walking illegally.

Q. What is your motivation for longevity in the sport?

I really enjoy what I do and I keep setting myself new goals and finding different challenges. I always tell people to not live with regrets, if you get the opportunity to do something then go ahead and do it: don't be a "should have, could have" person. The camaraderie has always been a big part of staying in the sport along with keeping fit and helping others achieve their goals.

HEAVY WEIGHT THROW PENTATHLON

Heavy Weights Pentathlon - Revised Scoring Table V4.0 - 1 July 2015

Copyright: Bob Banens, Australian Capital Territory Veterans Athletic Club; banens@ozemail.com.au; 0439 304 161 (+61 2 62623405)

Competition: QMA at SAF			Date: 6th February 2021				Instructions				Total score	Position	Age Grp	
Competitor	Origin	Age Grp	Distance	Score	Distance	Score	Distance	Score	Distance	Score				
M30-M49			9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)		20kg (44lb)		25.4kg (56lb)			
Tristan Hill	QMA	M40-44	18.47	721	17.59	780	12.39	649	8.56	600	7.86	706	3456	M40
		M40-44		0		0		0		0		0	0	M40
M50-M59			7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)		20kg (44lb)			
Richard Harris	QMA	M50-54	14.63	528	13.90	583	12.29	615	9.32	548	6.10	455	2729	M50
Tim Lowrey	QMA	M50-54	13.55	482	10.70	427	9.37	442	7.78	437	6.36	482	2270	M50
M60-M69			5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)			
Lajos Joni	QMA	M65-69	17.69	705	15.87	729	14.73	817	10.87	685	6.05	408	3344	QR M65
Bruce O'Connor	QMA	M65-69	15.40	602	12.82	569	11.84	633	9.22	561	7.10	504	2869	M65
M70-M79			4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)			
Phillip Rowlands	QMA	M70-74	19.83	823	16.89	784	12.56	693	12.09	752	8.80	640	3692	M70
Brian Davies	QMA	M70-74	16.39	663	14.65	666	12.60	699	10.88	664	8.30	595	3287	M70
Don Quinn	QMA	M75-79	14.86	663	12.71	677	10.96	647	9.94	708	7.70	633	3328	M75
Guy Quarterman	QMA	M75-79	14.27	633	12.63	673	10.70	629	7.79	526	6.83	544	3005	M75
M80-M100+			3kg (6.6lb)		4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)			
Ian Kennedy	QMA	M80-84	16.81	817	14.06	723	11.62	744	8.35	577	0.00	0	2861	M80

Heavy Weights Pentathlon - Revised Scoring Table V4.0 - 1 July 2015

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Competition:			QMA at SAF		Date:		6th February 2021		Instructions				Total score	Position	Age Grp
Competitor	Origin	Age Grp	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Distance	Score			
W30-W49			5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)				
Miranda Ramsden	QMA	W35-39	12.29	463	9.61	418	7.72	398	6.95	416	5.56	416	2111	QR	W35
Tina Eliola	QMA	W45-49	12.16	559	9.88	535	6.77	418	7.29	548	5.14	471	2531		W45
W50-W55															
Althea Mackie	QMA	W50-54	19.25	839	15.88	804	12.76	807	11.13	865	9.96	931	4246	QR	W50
Julie Jones	QMA	W50-54	8.00	299	7.28	316	5.69	296	4.68	283	3.85	260	1454		W50
W60-W74															
Hazel McDonnell	QMA	W70-74	9.90	539	9.82	611	6.02	422	5.55	475	4.52	464	2511		W70
Rosemarie Kopltke	QMA	W70-74	8.99	481	7.09	413	5.38	365	4.28	336	3.51	323	1918		W70
W75-W100+															
Lorraine Birtwell	QMA	W75-79	7.46	362	7.39	399	7.38	511	5.91	503	5.48	574	2349	QR	W75

QMA MEN'S DECATHLON

Saturday 6th February

100 metres

M35

1 Gray, Daniel 12.52 551

M55

1 Varley, David 13.63 677

M60

1 Gray, Neil 15.08 522
2 Elliott, Craig 16.09 380

M65

1 Bodsworth, Bruce 16.25 436

M70

1 Stevenson, Keith 16.06 556
2 Kennedy, Peter 16.54 488

M80

1 Bannenberg, Nick 20.03 318

Long Jump

M35

1 Gray, Daniel 5.22m 425

M55

1 Varley, David 4.38m 531

M60

1 Gray, Neil 4.17m 559
2 Elliott, Craig 3.55m 380

M65

1 Bodsworth, Bruce 3.87m 559

M70

1 Kennedy, Peter 3.68m 600
2 Stevenson, Keith 3.37m 492

M80

1 Bannenberg, Nick 2.43m 348

Shot Put

M35

1 Gray, Daniel 7.12 314

M55

1 Varley, David 7.80 480

M60

1 Gray, Neil 8.55 526
2 Elliott, Craig 8.04 487

M65

1 Bodsworth, Bruce 7.92 532

M70

1 Kennedy, Peter 9.72 633
2 Stevenson, Keith 740 454

M80

1 Bannenberg, Nick 9.15 714

High Jump

M35

1 Gray, Daniel 1.47 637

M55

1 Varley, David 1.38 536

M60

1 Gray, Neil 1.29 528
2 Elliott, Craig 1.26 496

M65

1 Bodsworth, Bruce 1.29 610

M70

1 Kennedy, Peter 1.17 569
2 Stevenson, Keith 1.08 464

M80

1 Bannenberg, Nick 1.05 636

400m

M35

1 Gray, Daniel 56.57 537

M55

1 Varley, David 1:02.90 674

M60

1 Gray, Neil 1:19.85 256
2 Elliott, Craig 1:52.85

M65

1 Bodsworth, Bruce 1:20.02 326

M70

1 Kennedy, Peter 1:58.22
2 Stevenson, Keith DNF

Sunday 7th February

110m Hurdles

M35

1 Gray, Daniel 21.04 271

M55

1 Varley, David 17.79 686

M60

1 Gray, Neil 21.62 391
2 Elliott, Craig 24.06 228

M65

1 Bodsworth, Bruce 29.30 53

M70

1 Kennedy, Peter 17.39 533

Discus

M35

1 Gray, Daniel 28.14 428

M55

1 Varley, David 26.99 464

M60

1 Gray, Neil 30.08 503
2 Elliott, Craig 24.09 379

M65

1 Bodsworth, Bruce 26.18 473

M70

1 Kennedy, Peter 26.26 535

PoleVault

M35

1 Gray, Daniel 2.60 264

M55

1 Varley, David 2.70 496

M60

1 Elliott, Craig 2.60 535
2 Gray, Neil 2.00 319

M65

1 Bodsworth, Bruce 1.90 342

M70

1 Kennedy, Peter 2.10 496



Javelin

M35

1 Gray, Daniel 38.21 416

M55

1 Varley, David 37.60 593

M60

1 Gray, Neil 32.55 530
2 Elliott, Craig 24.84 352

M65

1 Bodsworth, Bruce 27.25 479

M70

1 Kennedy, Peter 29.45 581

1500m

M35

1 Gray, Daniel 5.10.98 498

M55

1 Varley, David 6.09.15 516

M60

1 Gray, Neil 7.21.59 304
2 Elliott, Craig 9.59.69 1

M65

1 Bodsworth, Bruce 8.02.80 250

M70

1 Kennedy, Peter DNF

Final Points

M35

1 Gray, Daniel 4,341

M55

1 Varley, David 5,653

M60

1. Gray, Neil 4,654
2 Elliott, Craig 3,022

M65

1 Bodsworth, Bruce 4,050

M70

1. Peter Kennedy 4,435



QMA WOMEN'S HEPTATHLON

Saturday 6th February

100m Short Hurdles

W45

1 Webber, Janet 16.24 517

W70

1 Davis, Carol 16.98 1017

High Jump

W45

1 Webber, Janet 1.42 783

W70

1 Davis, Carol 1.14 978

Shot Put

W45

1 Webber, Janet 7.93 495

W70

1 Davis, Carol 6.55 671

200m

W45

1 Webber, Janet 30.63 669

W70

1 Davis, Carol 32.96 1049

Sunday 7th February

Long Jump

W45

1 Webber, Janet 4.03 490

W70

1 Davis, Carol 3.68 921

Javelin

W45

1 Webber, Janet 23.79 471

W70

1 Davis, Carol 19.96 704

800m

W45

1 Webber, Janet 2.59.87 527

W70

1 Davis, Carol 3.05.52 1035

Final results

W45

1 Webber, Janet 3,952

W70

1 Davis, Carol 6,375

Bad day at the office.

Carol Davis obviously had a bad day at the office on the 6th and 7th February.

Competing in the Womens 70 -Heptathlon she produced day 1 an Australian record in the hurdles, Queensland records in the high jump and 200m. Then she followed that up day 2 with Queensland records in the long jump and 800m and topped all that off with Australian and World records for the completed event.



BRISBANE

Saturday 6th February

100m Mixed

M35

1 Coulthard, Colin	12.44
2 Geddes, Tim	13.37

M40

1 Hadjandonis, Kon	13.19
2 Roennfeldt, Geoffrey	16.51

W45

1 Molloy, Melissa	15.61
-------------------	-------

W55

1 Flynn, Lynda	17.27
----------------	-------

M55

1 Di Giandomenico, Fabio	12.94
--------------------------	-------

W60

1 Varley, Desley	18.60
------------------	-------

M60

1 Capon, Gav	14.59
--------------	-------

M65

1 Begley, Joe	14.74
---------------	-------

M70

1 Lacko, Dieter	17.38
-----------------	-------

M80

1 Smith, Bernie	24.18
-----------------	-------

M85

1 Garvey, Noel	20.45
----------------	-------

1500m

M70

1 Sheer, John	6:19.65
---------------	---------

200m Mixed

1 Geddes, Tim	28.10
---------------	-------

M40

1 Hadjandonis, Kon	25.75
--------------------	-------

M45

1 Scully, Graham	25.24
------------------	-------

W55

1 Flynn, Lynda	36.90
----------------	-------

M55

1 Di Giandomenico, Fabio	27.08
2 Lasker, Robert	29.27

M60

1 Capon, Gav	31.27
--------------	-------

M70

1 Lacko, Dieter	35.99
-----------------	-------

M85

1 Garvey, Noel	43.84
----------------	-------

60m Mixed

M35

1 Finegan, Gary	7.14
2 Coulthard, Colin	7.79
3 Geddes, Tim	8.30

M40

1 Hadjandonis, Kon	7.99
2 Roennfeldt, Geoffrey	9.97

W45

1 Molloy, Melissa	9.25
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W55

1 Flynn, Lynda	10.44
----------------	-------

M55

1 Di Giandomenico, Fabio	8.19
2 Lasker, Robert	8.88

W60

1 Varley, Desley	11.05
------------------	-------

M60

1 Capon, Gav	8.79
--------------	------

M65

1 Begley, Joe	8.96
---------------	------

M70

1 Lacko, Dieter	10.53
-----------------	-------

M85

1 Garvey, Noel	12.43
----------------	-------

400m Mixed

M40

1 Roennfeldt, Geoffrey	1:24.80
------------------------	---------

M55

1 Lasker, Robert	1:10.21
------------------	---------

M60

1 Davies-Evans, Steve	1:05.88
-----------------------	---------

M70

1 Lacko, Dieter	1:24.31
-----------------	---------

1500m Walk- Mixed

W45

1 Gannon, Brenda	7:58.68
------------------	---------

M65

1 Bennett, Peter	8:09.15
------------------	---------

W75

1 McKinven, Noela	12:05.55
-------------------	----------

Long Jump - Mixed

M35

1 Finegan, Gary	6.33m
-----------------	-------

M40

1 McLean, Andrew	5.82m
------------------	-------

M55

1 Hughes, Michael	3.90m
-------------------	-------

W60

1 Varley, Desley	2.79m
------------------	-------

M70

1 Lacko, Dieter	2.86m
-----------------	-------

Pole Vault

M45

1 Casey, Paul	3.70m
---------------	-------

M5

1 Arbuthnot, Howard	4.00m
---------------------	-------

M55

1 Hughes, Michael	2.40m
-------------------	-------

M60

1 Elliott, Craig	2.50m
------------------	-------

M70

1 Cameron, Allan	2.60m
------------------	-------

Sunday 7th February

60m

M40

1 Short, Luke	8.04
---------------	------

M45

1 Goss, Bradley	8.54
-----------------	------

100m

M35

1 1 Finegan, Gary	11.47
-------------------	-------

M40

1 Short, Luke	12.69
---------------	-------

M45

1 Goss, Bradley	14.05
-----------------	-------

High Jump

M55

1 Key, Brian	1.45m
--------------	-------

300m

M35

1 Finegan, Gary	37.42
-----------------	-------

M45

1 Goss, Bradley	47.98
-----------------	-------

M50

1 Fernandez, David	44.46
--------------------	-------

800m

M45

1 Goss, Bradley	2:59.83
-----------------	---------

M50

1 Unknown, Gordon	3:02.10
-------------------	---------

Saturday 20th February

3000m

W70

1 Davey, Irene	16:39.0h
----------------	----------

3000m Walk

M55
1 Jimenez Solis, Ignacio V 14:18.0h

M65
1 Bennett, Peter 17:25.5h

Pole Vault - Mixed

M50
1 Arbuthnot, Howard 4.00m

M55
1 Varley, David 2.60m

M60
1 Elliott, Craig 2.50m

M70
1 Cameron, Allan 2.60m
2 Kennedy, Peter 2.40m

Hammer Throw - Men

M45
1 Doel, Rene 29.38m

M65
1 Joni, Lajos 40.25m
2 O'Connor, Bruce 24.09m

M70
1 Lafferty, Mills 26.80m

M75
1 Quarterman, Guy 30.18m

M80
1 Kennedy, Ian 25.81m

400m Long Hurdles

M50
1 Berlin, Michael 1:06.90

60m Mixed

M35
1 Coulthard, Colin 7.92

M40
1 MacKenzie, Brett 7.75
2 Short, Luke 8.08
3 Couper, Zac 8.42

W45
1 Molloy, Melissa 9.41

M45
1 Scully, Graham 7.69
2 Horder, Matthew 8.27

W60
1 McGregor, Mary 10.49

M60
1 Capon, Gav 9.03

M70
1 Lacko, Dieter 10.45

M80
1 Bradford, Acan 11.57

Shot Put Women

W45
1 Webber, Janet 6.90m

W50
1 Mackie, Althea 9.57m

W60
1 Varley, Desley 6.46m

W70
1 Kopittke, Rosemary 5.66m

W75
1 Birtwell, Lorraine 5.93m

Long Jump - Mixed

M40
1 Mhrshahi, Robin 5.69m

M70
1 Kennedy, Peter 3.62m

800m Mixed

M35
1 Holden, Matthew 2:16.27

M40
1 Willey, Andrew 2:08.32

M45
1 Shard, Paul 2:23.55
2 Bell, Chris 2:23.64

M70
1 Lacko, Dieter 3:24.71

200m Mixed

M40
1 Hadjandonis, Kon 26.40
2 Couper, Zac 27.25

M55
1 Di Giandomenico, Fabio 26.90

M75
1 Bunin, Pio 36.46

M80
1 Bradford, Acan 40.62

High Jump

M60
1 Brian Key 1.45m

Shot Put Men

M65
1 Joni, Lajos 9.44m

M70
1 Kennedy, Peter 9.41m
2 Ryall, Kevin 8.61m

M75
1 Quarterman, Guy 8.45m

M80
1 Kennedy, Ian 8.38

Hammer Throw Women

W40
1 Connors, Fionnula 32.81m

W50
1 Mackie, Althea 42.50m

W60
1 Varley, Desley 17.24m

W70
1 Kopittke, Rosemary 13.21m
W75

1 Birtwell, Lorraine 20.85m

Wednesday 24th February**200m**

M35
1 Finegan, Gary 22.62

M40
1 Hadjandonis, Kon 25.93

M45
1 Scully, Graham 24.58

M55
1 Di Giandomenico, Fabio 25.71

M65
1 Begley, Joe 31.02

M70
1 Lacko, Dieter 37.36

M75
1 Rowe, Arthur 33.70

Shot Put Mixed

W35
1 Ramsden, Miranda 8.82m

M55
1 Hughes, Michael 8.69m

M70
1 Lafferty, Mills 8.36m

High Jump

M60
1 Key, Brian 1.45m

M65
1 O'Connor, Bruce 1.15m

100m Mixed

M35
1 Finegan, Gary 11.32

M40
1 MacKenzie, Brett 12.41
2 Short, Luke 12.75
3 Hadjandonis, Kon 12.96
4 Rhind, Rodney 14.31

W45
1 Molloy, Melissa 15.61

M55
1 Di Giandomenico, Fabio 12.94

M65
1 Begley, Joe 14.56

M70
1 Lacko, Dieter 17.34

M75
1 Rowe, Arthur 16.09

800m

M45
1 Kelly, Vince 2:22.83
2 Bell, Chris 2:23.60
3 Shard, Paul 2:29.45

M50
1 Grace, Kevin 2:35.52

Discus Mixed

W35
1 Ramsden, Miranda 20.87m

M55
1 Hughes, Michael 33.55m

M70
1 Lafferty, Mills 25.59m

60m Mixed

M35
1 Finegan, Gary 7.25

M40
1 MacKenzie, Brett 7.81
2 Hadjandonis, Kon 8.06
2 Short, Luke 8.06
4 Rhind, Rodney 8.82

W45
1 Molloy, Melissa 9.32

M55
1 Di Giandomenico, Fabio 8.24

M65
1 Begley, Joe 9.1

M70
1 Lacko, Dieter 0.85

M75
1 Rowe, Arthur 9.97

Long Jump

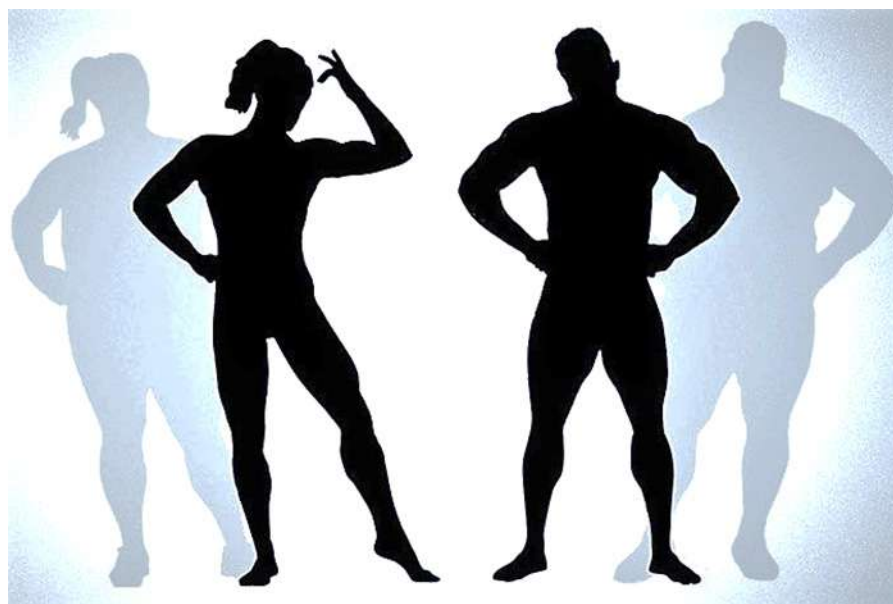
M65
1 O'Connor, Bruce 3.36m

400m

M70
1 Lacko, Dieter 1:27.14

M75
1 Rowe, Arthur 1:32.18

TRANSFORMATION CHALLENGE



So Robyn from the Kyogle Gym phones me. "Hey Gav, you've won three month's free membership".

"Wow! That's great" says I. So, this shuffling old guy calls by the gym and stoically accepts the Challenge. Guess what? *The Transformation Challenge*- "Yesss. I'll give it a crack and see if my knees do too".

That was back in May and with the programme nearly completed, it's time to elaborate on this experience. Good, bad, ugly, indifferent? All these expressions come to mind, prior to a commitment of six days a week for three months, of diet restrictions, cardio and resistance exercises. It tends to go against the grain of twenty first century living where the modern man's idea of gym work is a regime of diddly squats.

As a well known Aussie band from the 70's once sang "Do what you want to do...be what you want to be" and so fittingly I had morphed into the product of the age, a master of the 100mm sprint. Sadly, most follow their natural inclinations and succumb to the desires of the flesh; poor eating habits, slothful practices and generally unhealthy living. Why?...because it's arguably chic, promoted by some advertisers and that's what everyone does, right? So, this was me! Sedentary lifestyle, unbalanced meals, poor sleep habits, beer a plenty, health issues, bla bla bla the list gets longer, so did my belt.

Now, there's this Transformation Challenge!! A little voice in my head protests, "You've got to be kidding?

Surely this undertaking will add to your stresses and make you worse off". Well the outcome has been quite the opposite. Let me elaborate.

While the principles outlined in the Challenge won't fix a flat tyre or paint flaking off your western wall, it will have a knock-on effect for many other aspects of one's daily life, which I have experienced throughout the programme. Six wholesome and nutritious meals a day, with emphasis on the proportions of carbs, proteins and veg, have had an amazing boost to my energy levels and general well being. Losing weight and reducing stress on my worn-out knees is seeing some great results, by virtue also of the leg workouts (Calf, quads, hammies, hip abductors and adductors). Add to that a regular cardio session of cycling, which is sympathetic for the knees, and slowly integrating running on the treadmill is proving very successful. No knee replacements for me! Regaining the ability to run again is better than not. The alternative isn't good.

So now the Challenge is nearly over. I have a regular habit of six wholesome meals a day, three days a week of resistance exercises and three days a week of cardio, consisting of cycling and treadmill workouts. As the lyrics of another song cry"/ want to be a muscle man with a six pack and pecs and an all over tan" I may not have the tan, but I'm getting there.

Author: Gaven Capon

MEMORIAL DAY



Ruth Frith Memorial Women's Javelin

1 Nelson, Lee-Anne	31.11m
2 Mackie, Althea	20.98m
3 Varley, Desley	12.95m
4 Birtwell, Lorraine	10.33m
5 Webber, Janet	23.15m
6 Kopittke, Rosemary	10.81m

Ted Vickers Memorial Men's Javelin

1 Doel, Rene	47.52m
2 Ryall, Kevin	47.51m
3 Gray, Neil	47.26m
4 Elliott, Craig	47.08m
5 Kennedy, Peter	46.43m
6 Circosta, Paul	46.08m
7 Quarterman, Guy	44.97m
8 Joni, Lajos	44.83m
9 Varley, David	44.80m
10 DiDato, Vince	43.84m
11 Kennedy, Ian	43.73m
12 Gray, Daniel	43.62m
13 Di Giandomenico, Fabio	35.80m



Tom Gould 300m Memorial Final

M30-69

1 Coulthard, Colin	37.74
2 Scully, Graham	37.85
3 Gray, Daniel	38.04
4 Parkinson, Gary	38.15
5 Brack, Christopher	38.33
6 Doel, Rene	38.79
7 Varley, David	39.28
8 Lasker, Robert	39.88
9 Fernandez, David	40.30
10 Roennfeldt, Geoffrey	41.11

M60+

1 Davies-Evans, Steve	41.41
2 Gray, Neil	42.23
3 Capon, Gav	44.31
4 Garvey, Noel	45.20
5 Lacko, Dieter	47.62
6 Elliott, Craig	56.83

W30+

1 Nelson, Lee-Anne	40.03
2 Kellermann, Ann-Maree	40.54
3 Brims, Julie	40.57
4 Webber, Janet	41.36
5 Craswell, Jodie	43.98
6 Davey, Irene	44.15





7 Lakin, Karen 44.40
8 Flynn, Lynda 45.62

W50
1 Craswell, Jodie 16.24

Trophy Winners

Women

30-54

1 Lee-Anne Nelson
2 Ann-Marie Kellermann
3 Janet Webber

55+

1 Julie Brims
2 Irene Davey
3 Karen Lakin

M50
1 Berlin, Michael 12.34

W55
1 Lakin, Karen 16.34
2 Flynn, Lynda 17.26

M55

1 Di Giandomenico, Fabio 12.91
2 Gibson, Randall 16.16

W60

1 McGregor, Mary 17.27
2 Varley, Desley 18.58

M60

1 Capon, Gav 14.69
2 Gray, Neil 14.97
3 Elliott, Craig 18.23

M70

1 Kennedy, Peter 16.76
2 Lacko, Dieter 16.88

M75

1 Bunin, Pio 17.59

M85

1 Garvey, Noel 20.87

Bernie Hogan 100m Handicap

M30
1 Gray, Daniel 12.13

M3
1 Coulthard, Coliñ 12.58

W40

1 Kellermann, Ann-Maree 15.05

M40

Mackenzie, Brett 12.44
2 Short, Luke 12.67
3 Hadjandonis, Kon 12.99
4 Roennfeldt, Geoffrey 16.21

W45

1 Nelson, Lee-Anne 14.03
2 Webber, Janet 15.17
3 Molloy, Melissa 15.87

M45

1 Scully, Graham 11.90
2 Horder, Matthew 13.12



Trophy winners

Men

1. Brett MacKenzie
2. Graham Scully
3. Neil Gray

Women

1. Desley Varley
2. Ann-Maree Kellermann
3. Lee-Anne Nelson



GOLD COAST CHAMPIONSHIPS

Sunday 7th February

60 Metre

M30

1 Stubbs, Aaron 7.05

M35

1 Cragg, Steven 7.86
2 Coulthard, Colin 8.06

M40

1 Mackenzie, Brett 8.05
2 Ladynski, Shane 8.42

M45

1 Altmann, Mark d 8.39
2 Doel, Rene 8.79

M55

1 Gordon, Andy 9.68

M60

1 Dunne, Glenn 9.23

M65

1 Begley, Joe 9.20
2 Mitchell, David 9.55

M70

1 Griffith, Denis 9.58
2 Lacko, Dieter 11.01

M75

1 Rowe, Arthur 10.18
2 Bunin, Pio 10.35

W35

1 Ashley, Brenda 9.46

W40

1 Lucas, Radika 9.21
2 Hollis, Tracey 10.32

W45

1 Gordon, Helena 9.25
2 Todorwa, Mariya 10.92

W50 60

1 Mclachaln, Deb 10.25

W60

1 Shaw, Christine 9.77

100m

M30

1 Stubbs, Aaron 10.98

M35

1 Cragg, Steven 12.45
2 Coulthard, Colin 12.81

M40 100 Metre

1 Mackenzie, Brett 12.85

2 Ladynski, Shane 13.64

M45

1 Scully, Graham 12.36
2 Altmann, Mark 14.03
3 Doel, Rene 14.18

M55

1 Brack, Christopher 14.51
2 Gordon, Andy 15.84

M60

1 Dunne, Glenn 14.86

M65

1 Begley, Joe 14.95
2 Mitchell, David 15.37

M70

1 Griffith, Denis 15.31
2 Lacko, Dieter 18.59

M75

1 Rowe, Arthur 16.85
2 Bunin, Pio 17.55

W35

1 Ashley, Brenda 15.17

W40

Lucas, Radika 14.76
2 Hollis, Tracey 17.07

W45

1 Nelson, Lee Anne 14.22
2 Gordon, Helena 15.09
3 Todorwa, Mariya 18.52

200m

M35

1 Cragg, Steven 25.09
2 Coulthard, Colin 25.59

M40

1 Panagoda, Gaj 25.59
2 Ladynski, Shane 28.32

M45

1 Scully, Graham 24.21
2 Doel, Rene 28.06
3 Altmann, Mark 28.87

M50

1 Parkinson, Gary 24.97

M55

1 Brack, Christopher 25.62

M60

1 Dunne, Glenn 30.28

M65

1 Begley, Joe 30.56
2 Mitchell, David 31.04

M70

1 Griffith, Denis 33.42

M75

1 Rowe, Arthur 35.20

W35

1 Ashley, Brenda 30.47

W40

1 Lucas, Radika 30.97
1 Hollis, Tracey 35.67

W45

1 Nelson, Lee Anne 29.07

400m

M35

1 Cragg, Steven 54.14
2 Coulthard, Colin 57.49

M40

1 Mellish, Daniel 54.33
2 Panagoda, Gaj 1:00.06

M45

1 Scully, Graham 54.47
2 Doel, Rene 1:03.81
3 Altmann, Mark 1:07.27

M50

1 Parkinson, Gary 56.28

M55

1 Brack, Christopher 57.08

M65

1 Mitchell, David 1:12.13

M75

1 Bunin, Pio 1:26.54
2 Rowe, Arthur 1:28.63

W35

1 Ashley, Brenda 1:09.89

W40

1 Lucas, Radika 1:11.20
2 Hollis, Tracey 1:27.17

W45

1 Nelson, Lee Anne 1:06.12

W60

1 Jolley, Suzanne 1:23.05

5000m

M35

1 Smith, Neil 23:27.88

M80

1 Sela, Patrick 40:08.60

W30

1 Kirwan, Roslyn 34:18.15

W55
1 Stuckey, Jennifer 31:54.35

W60
1 Jolley, Suzanne 24:19.70

M70
1 Lacko, Dieter 3:35.16

800m

M75
1 Bunin, Pio 3:38.97

1500m
M35
1 Smith, Neil 5:52.95

M70
1 Lacko, Dieter 7:39.89

M80
1 Sela, Patrick 11:37.90

W30
1 Kirwan, Roslyn 9:35.26

W55
1 Stuckey, Jennifer 10:04.13

Hammer Throw

M45
1 Doel, Rene 27.91m

M50
1 Harris, Richard 34.34m
2 Lowrey, Tim 25.75m

M65
1 Joni, Lajos 35.12m

M70
1 Rowlands, Phillip 33.65m
2 Chapman, Grant 23.57m
3 Lacko, Dieter 12.06m

M75
1 Quinn, Don 23.22m

W35
1 Ramsden, Miranda 24.84m

W40
1 Hollis, Tracey 21.54m

W50
1 Mackie, Althea 42.47m

W60
1 Shaw, Christine 25.71m
2 McClintock, Karel 22.88m

Shot Put

M35
1 Hendry, Stephen 10.23m
2 Cragg, Steven 9.45m

M45
1 Doel, Rene 9.77m

M50
Harris, Richard 10.64m
2 Ashcroft, Mark 10.58m
3 Lowrey, Tim 8.48m

M65
1 Musters, John 9.31m
2 Joni, Lajos 9.23m

M70
1 Rowlands, Phillip 10.77m
2 Chapman, Grant 9.13m
3 Ryall, Kevin 8.34m

M75
1 Quinn, Don 7.33m

W35
1 Ramsden, Miranda 9.46m

W40
1 Hollis, Tracey 7.90m

W45
1 Eilola, Tina 8.83m

W50
1 Mackie, Althea 9.69m

W60
1 McClintock, Karel 8.33m

Javelin Throw

M35
1 Cragg, Steven 42.08m
2 Smith, Neil 32.45m

M45
1 Doel, Rene 45.00m

M50
1 Harris, Richard 27.18m
2 Lowrey, Tim 18.92m

M65
1 Musters, John 24.28m
2 Joni, Lajos 17.41m

M70
1 Rowlands, Phillip 25.45m
2 Chapman, Grant 21.17m
3 Ryall, Kevin 17.40m

M75
1 Quinn, Don 13.10m

W35
1 Ramsden, Miranda 17.09m

W40
1 Hollis, Tracey 14.99m

W45
1 Nelson, Lee Anne 28.26m

W50 Javelin
1 Mackie, Althea 18.75m

W60
1 Shaw, Christine 26.28m
2 McClintock, Karel 18.10m

Discus Throw

M35
1 Hendry, Stephen 27.09m
2 Smith, Neil 26.32m

M45
1 Doel, Rene 26.10m

M50
1 Holzer, Justin 50.85m QR
2 Harris, Richard 33.61m
3 Lowrey, Tim 23.15m

M65
1 Joni, Lajos 25.40m
2 Musters, John 18.36m

M70
1 Ryall, Kevin 24.30m
2 Chapman, Grant 23.98m
3 Rowlands, Phillip 23.92m

M75
1 Quinn, Don 24.59m

W35
1 Ramsden, Miranda 20.05m

W40
1 Hollis, Tracey 23.14m

W45
1 Eilola, Tina 21.95m

W50
1 Mackie, Althea 26.40m

W60
1 McClintock, Karel 20.13m

Weight Throw

M35
1 Hendry, Stephen 7.19m

M45
1 Doel, Rene 9.78m

M50
1 Harris, Richard 12.06m
2 Ashcroft, Mark 9.90m
3 Lowrey, Tim 9.35m

M65
1 Joni, Lajos 13.85m

M70
1 Rowlands, Phillip 14.60m
2 Chapman, Grant 9.64m

M75
1 Quinn, Don 9.25m

W35
1 Ramsden, Miranda 8.94m

W40
1 Hollis, Tracey 7.84m

W45
1 Eilola, Tina W47 8.58m

W50
1 Mackie, Althea 13.70m

W60
1 McClintock, Karel 12.38m

Long Jump

M60
1 Dunne, Glenn 4.12m

M70
1 Griffith, Denis 3.73m
2 Lacko, Dieter 2.80m

M75
1 Bunin, Pio 2.96m

W30
1 Patankar, Prachita 5.91m

W35
1 Ashley, Brenda 4.03m

W45
1 Nelson, Lee Anne 4.01m

W60
1 Shaw, Christine 4.00m

Triple Jump

M60
1 Dunne, Glenn 8.55m

W30
1 Patankar, Prachita 9.10m

W35
1 Ashley, Brenda 8.22m

Super Weight Throw

M35
1 Hendry, Stephen 4.93m

M45
1 Doel, Rene 6.24m

M50
1 Ashcroft, Mark 6.00m
2 Harris, Richard 5.91m
3 Lowrey, Tim 4.90m

M65
1 Joni, Lajos 3.98m

M70
1 Rowlands, Phillip 4.94m
2 Chapman, Grant 3.33m

M75
1 Quinn, Don 3.87m

W35
1 Ramsden, Miranda 3.64m

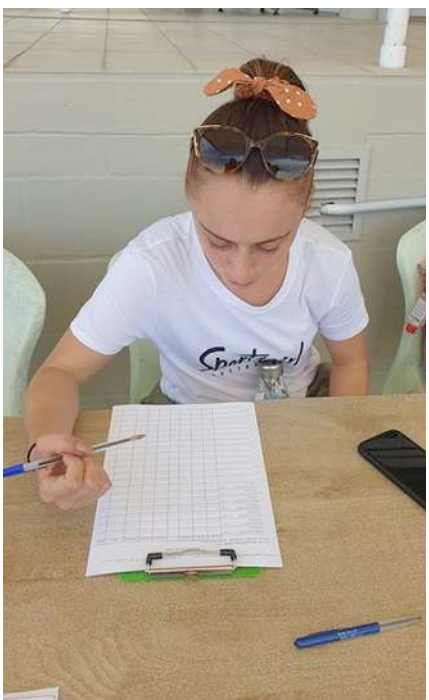
W40
1 Hollis, Tracey 3.20m

W45
1 Eilola, Tina 3.49m

W50
1 Mackie, Althea 4.49m







WORLD RECORD HOLDER



Carol Davis

Q. *Is the new saying life begins at 70.*

A. That's one of the best things about being a Master's Athlete, you always look ahead to milestone birthdays and this birthday has been special. I have been lucky to see what can be achieved as you age and I have witnessed legends in the sport like Marg & Wilma, they are inspirational.

Q. *What was the drawcard to Masters as you came into it a lot later?*

A. I didn't know anything about Masters until I did Parkruns and I met up with friends Paul & Debbie Lindenberg who belonged to Gold Coast Masters. They suggested I have a go at track running as my times were good for 5k.

Q. *You and your husband Bob have been involved in football especially at Mudgeeraba for many years. You played yourself?*

A. Bob formed the first Senior teams and was the first President in 1987. A couple of years later a Women's team was formed and I played for a few years. I also played for Masters football in and against men's teams which kept me on my toes.

Q. *Was it through football you met Wayne Cousins?*

A. No. I met Wayne when I was doing sprint training at the footy ground and he was having a run himself. He saw me doing starts and approached me and offered his advice to help. He has been my

sprint coach until he became more involved in Junior Football.

Q. *You recently broke the Qld record with a throw of 22.79m and hold the Aus record W65 for Javelin. Is it your favourite event?*

A. I like numerous events, that's why I love Pentathlons and Heptathlon s. I just like giving new events (like hurdles) a go, you never know what you can achieve. Javelin is a great event and up there as my favourite.

Q. *I constantly nag you to get some heel spikes for javelin so you can prop better as you throw off your toes, rather than your heel. Are you considering wearing them.*

A. Yes, as you know I nearly came a gutser last time when throwing at the Coast.

Q. *Like many javelin throwers you are quick and hold W65 Aus records for 60 and 100 & State records for 100 yds and 300m. Which is your favourite track event.*

A. Probably the 100 as I will always have the memory of winning the Gold at the World Champs in Perth 2016.

Q. *How has Covid changed your training?*

A. It has been difficult trying to peak for events, then be called off. I have been lucky to be able to train at the

footy ground and Little Athletics oval in Mudgeeraba.

Q. *What is an off season training week like and how does that change for the competitive season?*

A. I try to keep general fitness all year round and vary training (depending on what events are coming up). Mainly doing stamina work in the off season and practice throwing, then lead into leg speed as the new season arrives. I do a lot of core strengthening with resistance work and mat exercises.

Q. *You recently competed in Qld Heptathlon Champs. Were you happy with results. I suppose a World record would make you happy.*

A. I am always happy competing in Pentathlons and Heptathlons. It is a great atmosphere and athletes support and help each other. I was never thinking WR and did not know I had broken it until the presentation of medals. I was overcome emotionally. I would like to thank Viddy Jermacans as without his encouragement and advice I would not even have considered competing in Multi events.

Q. *What are your short and long term goals.*

A. Keep fit and focus on events as they come up. I will have to increase leg speed in the short term and then concentrate on the Pentathlon which will include throwing, jumps and middle distance.



STRENGTH TRAINING METHODS

I cannot emphasise enough that these methods are based on both science and art and must be developed under the supervision of a trained strength specialist that you should find within your sport at a high performance level or at a gym that younger athletes from your sport go to. Talk to coaches and high-level younger athletes to see whom they recommend.

While this article will outline the basic principles of developing a program for your sport, event and individual needs, it is beyond the scope of this article to give specific details for every aging athlete in every sport or event. Get to that specialist and tell them I sent you!

There are many different ways to develop the different types of strength and power outlined above.

These include:

1. Hypertrophy Training.

This type of training develops muscle size. Given that one of the most dramatic declines that occurs after 50 years of age (and more so after 65-70 years of age) is a loss of muscle mass, this type of weight training becomes the most important.

The weights are medium weights and the repetitions relatively high.

2. Maximal Strength.

This type of training occurs after hypertrophy training and develops the ability of the increased muscle size to develop strength. The weights are heavy and the number

of repetitions is low.

3. Isometric Training.

This type of training involves pushing against an immovable object with the muscle contracting but not moving. For example, in rock climbers and racquet players who need to develop isometric strength in the forearms for gripping, squeezing a tennis ball is an example of isometric training. Given that most sports demand muscles move, this type of strength training has limited application in sport except when coming back from injury or in some specific sports and positions (e.g. Rugby front-row forward's neck strength). For aging athletes with blood pressure problems, isometric training should not be undertaken as it closes down blood vessels within muscles and increases blood pressure.

4. Eccentric Training.

This type of training involves the muscle lengthening while it exerts force. Examples might be squats where the quadriceps at the front of the thighs is lengthening while the body is being lowered. This type of training is a must for athletes where running or sprinting is involved. It is also the type of muscle contraction that has been shown to lead to the most muscle damage and soreness so gradually introduce it into your program.

5. Power Training.

This type of training should be done after developing strength as the greater the strength, the greater the power that can be developed after this type of training. It involves rapid

movements of lighter weights and just a few repetitions. For sprinters in all sports, this type of training is a must. However, it should be done after hypertrophy and maximal strength work and must be done with correct technique as it can easily lead to injuries if poor form is used. Again, get professional help to ensure correct program development and correct technique.

6. Power Endurance Training. This type of training is what most sport is all about – contracting muscles fast to generate powerful contractions to get speed. It is certainly something I focus on for my triathlon training. It has helped my bike hill-climbing in particular. Like power training, correct form is essential. Because it is developing endurance, fairly light weights are used but repetitions are high and done fast to train the nervous system.

7. Pliometrics.

This type of training is great for developing power. It involves lifting light weights or body weight with rapid movements such as hopping, jumping, bounding or leaping. It is obviously required for sports or events such as sprint running and jump events in athletics. Examples can be seen on the web at: <http://exrx.net/Lists/PowerExercises.html>

8. Core Stability Training.

The body's core is the abdominals and lower back. If it is not strong and stable during sport, the legs are not pumping off a stable base, the upper body will move unnecessarily off line if the hips wobble. Lack of strength in this area is one of the commonest causes of lower back pain.

Variables in a weight training program

In any weight training program there are a number of variables that must be considered. Let us examine each in turn.

1. Exercise selection.

There are hundreds of exercise choices available.

While Table 7.1 gives a selection of the most common exercises, more are available at the website <http://exrx.net/Lists/Directory.html>

Athletes must be aware that over time they should move from general exercises that strengthen muscles



Table 7.1: Sample exercise selection table.

Muscle group	Exercise	Equipment
Chest	Bench press	Barbell or machine
	Incline bench press	Barbell
	Dumbbell bench press	Dumbbell
	Dumbbell incline bench press	Dumbbell
Shoulders	Military press	Barbell or machine
	Dumbbell shoulder press	Dumbbell
	Shoulder raises	Dumbbell or barbell
Upper back	Lateral pulldown	High cable pulley
	Seated row	Low cable pulley
	Chin-up or pull-up	Chin-up bar
Triceps	Triceps press-down	High cable pulley
	Dips	Dip station
Biceps	Arm curl	Barbell, dumbbell, low cable pulley
Quadriceps	Leg press	Machine
	Squat	Barbell or machine
	Leg extension	Machine
Hamstrings	Leg curl	Machine
Calves	Calf raise/leg press	Machine
	Standing heel raise	Machine or barbell
	Seated heel raise	Machine
Lower abdominals	Vertical leg raise	Vertical leg raise
	Supine leg raise	Lying on floor
Upper abdominals	Crunch	Lying on floor
	Sit-up	
Lower back	Back extension	Machine

generally to more specific actions and speed of actions as the goal approaches. The beginner strength trainer should be focussed on developing a foundation of general strength and good technique as well as developing core (abdominals and lower back) stability and strength.

Once developed over a long period (months – off season for experienced athletes, years for a novice), this foundation of general strength should move to specific exercises that are movement specific for the sport or event training for. Crucially, the choice of exercises should also focus on exercises that prevent injury. For example, team players may need to focus on exercises that strengthen the knee joint while throwers or racquet sport players may need to focus on strengthening the trunk stability and rotation muscles.

2. Order of exercises.

Four principles need to be adhered to:

a. Do the priority exercises early in the training session before fatigue sets in.

b. When training all muscle groups in a session, do the large muscle groups (e.g. benchpress) before small muscle groups (e.g. triceps press-down), multi-joint exercises

before single joint, or rotate upper and lower body exercises.

c. When training upper body one day and lower body the next, do the large muscle groups (e.g. bench press) before small muscle groups (e.g. triceps press-down), multi-joint exercises before single joint, or rotate opposing exercises (e.g. triceps and biceps, quadriceps and hamstrings).

d. When training individual muscle groups, do the multi-joint exercises before single joint and higher intensity exercises before lower intensity exercises.

3. Number of repetitions (reps) is the number of times each exercise is done. In general, the higher the number of repetitions, the lower the load or weight lifted. For muscle endurance development, the higher the number of repetitions; for strength, the lower the number of repetitions. Thus, the beginner should be focussed on higher numbers of repetitions to develop strength with low to moderate loads.

This enables the development of good technique while developing some strength, muscle endurance and hypertrophy at the same time. Good technique means less likelihood of injury when the weights increase over time.

4. Sets are the specific number of repetitions done as a group without resting. In general, the greater the number of sets, the greater the benefit but the greater the fatigue. For beginners, two sets per exercise will suffice for the first 2-4 weeks, as the repetitions will be high (and fatiguing) with the load low. Gradually the number of sets can be increased.

5. Load is the amount of weight lifted, pushed or pulled. The higher the load (and therefore the lower the number of repetitions), the greater the strength gains; the lower the load (and therefore the higher the number of repetitions), the greater the endurance gains.

2.5-5% increases in load per week are suggested.

6. Tempo. This is the rate at which you work the muscles. For example, if we use the bench press exercise, 2-1-2 means out (push) for 2 seconds, rest for 1 second, in (back) for 2 seconds.

7. Intensity is generally expressed as a percentage of 1 RM or in terms of number of repetition maximums (RMs).

8. Speed at which the exercise is done. Generally expressed as seconds such as 2-1-2 that is 2 seconds up, hold for 1 second, 2 seconds down. Research has shown that the more time a muscle is under tension, the greater the muscle hypertrophy so the larger the muscle becomes. An increased speed of lifting influences muscular power.

For beginning aging athletes, a slow speed not only allows for muscle hypertrophy, it allows good technique to be developed.

9. Recovery is the amount of rest between sets. In general, the less the rest, the greater the endurance gains; the longer the rest, the better the strength gains when lifting heavy loads or doing power exercises, both of which are fatiguing and require longer rest.

10. Frequency is the number of times the strength training is done per week. In general, the more experienced the athlete, the more frequent the number of sessions per week.

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