



MASTERS & AGE GROUPERS DO WELL

The 10th Australian Masters Games were held recently in Adelaide. Our club was admirably represented by Peter O'Donnell and Greg Whitecross.

Peter competed in the 40 – 44 age group, winning a silver medal in both the shot put and the discus, the distances 8.36 metres and 25.77 metres respectively.

His haul of medals continued with a bronze in the 200m at a time of 25.21 secs; and another bronze for the 400m with a time of 54.87 secs. The 100m (12 secs), the 800m (2min.

18.49 secs) and the javelin 33.85metres, all saw 4th place finishes.

Meanwhile Greg Whitecross was placing 4th in the 1500m with a time of 5min 24.28 secs and in the 400m came in 5th at 62.74 secs; as a competitor in the 50 – 54 age group.

On the other side of the world at the 2005 ITU Honolulu World Age Groupers Championships, Mary Bussell was aquitting herself very well. Mary finished the Olympic distance triathlon in 4 hours 44 minutes 59 seconds.

Also competing in this race was another Ballarat athlete, Aaron Butler who has run with the club several times and finished in Honolulu with a time of 5 hours 4 min 58 secs.

Our heartiest congratulations to all four athletes. It is great to hear of the achievements of Club members in these events.

Note: you can watch Mary and Aaron run across the finish line via the following website, www.triathlon.org

HELP WANTED

The canteen roster has been drawn up for the track season, with Harriers responsible for Nov. 5 and Dec.3.

If you can assist please see Heather for details.

FUNDRAISER – WINE

Monday 14 November is the closing date for orders in the tantalising Wine Fundraiser, being organised by Matthew , Christine and Colin. Get your orders in quickly before all the good grog goes !!

See any of the above for a copy of the order form.

SAND PIT SORTES

Not since kindergarten has the sand pit evoked such excitement and passion !

Yes, the long jump pit at Llanberris has become a melting pot of issues and opinions, which if the heat gets too high, boil over and spoil !

Rumour has it that rakes aren't really meant to inflict damage, they are made to smooth the surface and restore balance, although they can be used to ripple the surface ever so slightly sometimes !

STILL IN THE SAND PIT (and the equipment shed)

Seriously, if you have the care of children, while at the track, please keep them away from the Equipment Shed and the Long Jump pit as these areas are not places to play. Thankyou

THE SAGA CONTINUES ...

More on the '15 Years On ' book... Russell says, " ... there are 22 pages of club records, 15 pages of photographs, 5 pages of BRC records, 11 pages of AV records and 19 pages of track & field records. That means there are 72 pages in total " Thankyou Russell, keep it coming.

And FINALLY

At the beginning of October, two intrepid athletes, known simply as Mike and John, enlisted the assistance of a finely tuned support team, and headed northwards to Corryong.

Starting the event by mountain biking down, that's down, the fire tracks from Geehi to the Khan Coban dam, they were enthusiastically greeted by their crew at the flooded but picturesque Murray River. John seemed a little unhappy with his bicycle, but a honey sandwich and a cup of tea put the smile back on his face.

The paddlers paddled, or rather just hung on to the kayak, down the racing river. The crew stopped to make sure a safe passage was made under the bridge. Mike was the first one through, but what was this, a ten inch square steel post rising above the water line, probably used to measure flood levels, the crew mused. Mike also took an interest in it, square on. There wasn't a splash so the crew simply moved on to set up for the last transition.

The final leg was a vertical climb of 25 kms into the township of Corryong from the river flats below. The crew, although following all day, feeding , lugging, massaging and setting up equipment then did the unthinkable ... they were not there at the finish to congratulate the athletes as they cross the line !!

And so finally, the guys did really well in this grueling event, but when it comes down to it, if you're not there at the finish... then you're not there. OOPS.

www.uppermurraychallenge.dragnet.com.au

DATES and REMINDERS ...

TRACK SEASON DATES

NOV. 5 round 4 NOV. 12 round 5

NOV. 19 round 6 NOV. 26 round 7

NOTE: 3 people required each week to help as officials, if this is you, please see Ken Hall to register your attendance. Thankyou to those who have already contributed to this roster and to those who would like to help over the remaining weeks of the season.

NEXT CLUB MEETING:

Tuesday November 1st, 2005. 8.00pm at clubrooms

DECEMBER / JANUARY NEWSLETTER COPY

DEADLINE:

November 27 , 2005 (this is a week later than previously advertised)

FOR CONTRIBUTIONS to Newsletter

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