



**Lavinia Petrie: Age 66:**

I have been a competing athlete for 50 years in distances ranging from 800m to 100kms.

***My most recent achievements***

- World Masters Games Sydney Oct 2009
- 1500m Gold medal and Australian Age Group record.
- 5000m Gold Medal.
- 10000m Road Race Gold Medal.
- Half Marathon Gold Medal.
- Athletics Victoria Half Marathon Championship September 2009.
- Gold Medal and Australian Age Group record.
- Australian Masters Games Geelong February 2009.
- 1500m Gold Medal and Victorian Age Group record.
- 5000m Gold Medal. Cross country Gold Medal.
- Phoenix Marathon Arizona USA January 2009.
- World Best Time for Age Category.

***Other significant performances:***

- Australian Open CC Champion 1973.
- World Cross Country Representative Morocco 1977.
- Australian Open Record 100km.
- Australian Open Record 50k track.
- Australian Open record 50 miles track.
- World record W50 50k Road.
- World record W60 1 hour Track Run.
- World record W65 1 hour Track Run.

*I compete regularly with Victorian Masters Athletics and Ringwood Athletics' Club.*

*I Have Found **FLEXEZE** patches very beneficial after competitions for reliving very sore tight muscles. The body wraps are particularly helpful especially at night.*