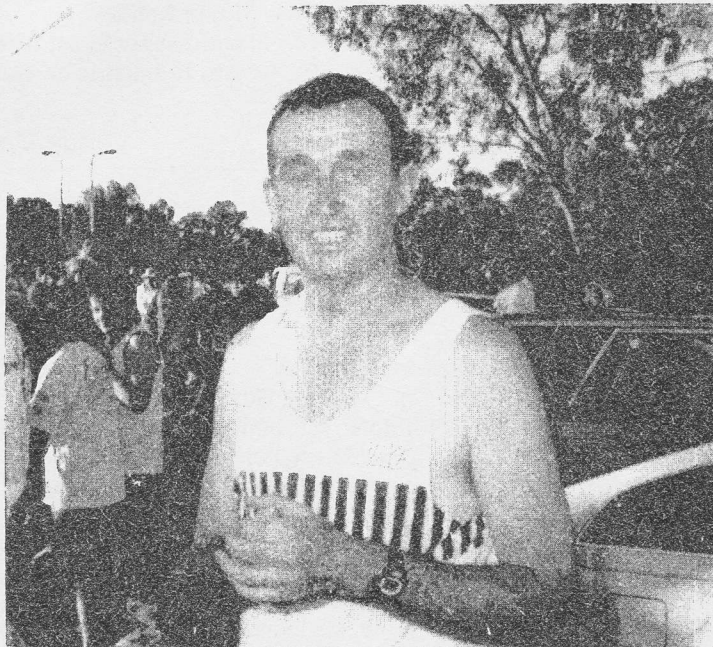


VICTORIAN VETERANS
ATHLETIC CLUB INC.

AROUND THE GROUNDS

April



1995

Peter McGRATH, Life Member V.V.A.C.I.

1 9 9 5

VENUES

ABERFELDIE, ALTONA, BALLARAT, CAULFIELD, COBURG,
COLLINGWOOD, CROYDON, EAST BURWOOD, FRANKSTON,
GEELONG, KNOX, MENTONE, SPRINGVALE-NOBLE PARK and
TOOTGAROOK

for information on Club activities

Hon. Secretary Dorothy Browne OAM. (03) 874 2501

COMMITTEE MEMBERS 1995

Victorian Veterans Athletic Club Inc.

President
Doug Orr
27 Shawlands Avenue Blackburn South 3130
878 4875

Honorary Secretary
Dorothy Browne OAM. LM. (Life Member)
4 Victory Street Mitcham 3132
874 2501 fax 873 3223

Honorary Assistant Secretary
Colin Browne
4 Victory Street Mitcham 3132
874 2501

Honorary Treasurer
Jeffrey Briggs
60 Bursaria Avenue Ferntree Gully 3156
758 6328

Vice Presidents
Ted McCoy
24 Blackwood Avenue Mentone 3194
583 3280

Robert Waters
5 Bellevue Court Maribyrnong 3032
318 3802

Club Captain
Eric Greaves LM.
7 Netherby Avenue Mulgrave 3170
560 2971

Club Vice Captain
Peter McGrath LM.
13 Bales Street Mt Waverley 3149
807 5656

Immediate Past President
Anthony Bradford
6 Merrett Avenue Werribee 3030
749 2248

General Committee Members
John Benson
198 Prospect Hill Road Canterbury 3126
830 4546

Annette Brunton
7 Purches Street Mitcham 3132
873 2529

Les Clark
53 Koorringal Road Upwey 3158
754 2793

Peter Colthup OAM. LM.
14 Bakers Road Dandenong North 3175
795 1169 fax 795 1169

John Dean
3 Pearl Street Essendon West 3040
337 7179

Maurie James
34 Pasadena Crescent Bentleigh East 3204
570 6958

Kenneth Wu
PO. Box 2149 St Kilda West 3182

Honorary Auditor
Keith Routley 699 6384
6 Mowbray Street Albert Park 3206
also Rob Petrie (059) 671 915

VENUES	Locations and Managers	Venue Day and Melway Ref
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ABERFELDIE	Aberfeldie Park, Corio Street, Moonee Ponds Rob Waters 699 5311(B) 318 3802	Weds 28 D 6
ALTONA	Grant Reserve, Sugar Gum Drive (off Civic Pde) Altona Ray Wilson 398 2285	Sun - Winter 54 G 9 Tuesday - Daylight Saving
BALLAARAT	Llanberris Field, Ballaarat	
EAST BURWOOD	Burwood East Reserve, Burwood Highway John Gosbell 808 4641 Graeme Hoskins 802 7925	Thurs 62 C 7
CAULFIELD	Duncan McKinnon Park, North Road, Murrumbeena Leo Charles 579 1830 (Royce Foley 570 4898	Tues - Track 68 K 9 Sunday - Field Games)
COBURG	Harold Stevens Ath. Field, Outlook Rd. Coburg Gordon Burrowes 366 0326 Vonda Saunders 460 1267	Thurs 18 A 9
COLLINGWOOD	George Knott Reserve, Heidelberg Rd., Clifton Hill Bill Ryan 434 3783 Keith Moody	Tues 30 F 12
CROYDON	Town Park, off Norton Road, Croydon Lavinia Petrie (059) 671 915 David Sheehan 720 7969	Tues 50 K 5
FRANKSTON	Ballam Park, Bananee Terrace, Frankston Bruce Moulton 580 7914	Thurs 103 B 4
GEELONG	Landy Field, off Barwon Terrace, Geelong Bryan Cole (052) 484 747	Weds 228 C 7
KNOX	Knox Park Athletic Track, off Rushdale Road, Scoresby Charles McRae 729 1439	Weds 73 D 7
MENTONE	Dolomore Oval, Cnr. First and Queen Streets, Mentone Louis Waser (059) 412 945	Weds 87 B 6
SPRINGVALE/ NOBLE PARK	Ross Reserve, Memorial Drive, Springvale Leigh Cassidy 772 2508	Weds 80 E 12
TOOTGAROOK	Tootgarook Sports Reserve, Truemans Road, Tootgarook Alan Radford / Ken Taylor (059) 855 989	Weds - Winter 169 E 6 Sunday - Daylight Saving

Australian Association of Veterans Athletic Clubs Secretary - Dorothy Browne OAM. (03) 874 2501

THE BETTY, ALLAN AND NORM PAGE.

	<u>Date</u>	<u>Venue</u>	<u>Sprint</u>	<u>Mid Dist</u>	<u>Walk</u>	<u>Distance</u>
Thur	1 Jun	Coburg	100/200m	1 Mile	30 min	Time Trial
"	1 "	E Burwood	70/100m	1500m	800m	20/40 min TT W OR Run
"	1 "	Frankston	100m	500/1 Km	2 Km	2/6 Km
Sun	4 "	Caulfield	Discorama (Field Games)			
"	4 "	Tootgarook	70/100m R	300m H/c	3x1200m	3x1600m/2Km
"	4 "	Altona	8.6 Km Around Altona or 8 Km Cherry Lake (Woodmans)			
Tues	6 "	Caulfield	100m	2x400m	2 Km	5 Km
"	6 "	Collingwood	110/150m	800m	2 Km	2/4/6 Km
"	6 "	Croydon	70m/100mHC	600m	4 laps	8/16 laps
Weds	5 "	Aberfeldie	Available at ground			
"	7 "	Geelong	100m	200m		5 Km
"	7 "	Knox	50m FT	1 Km		30 mins E.D.
"	7 "	Mentone	70/300m	1 mile	2 laps ET, 4 Km Tk	
"	7 "	Springvale	70m	4x400m	15/30/60 mins	Walk & Run
Thur	8 "	Coburg	100/200m	800m		5/10 Km
"	8 "	E Burwood	100/200m	800m H/cap	2 Km ET	11 laps ET
"	8 "	Frankston	50/200m	600m	3 Km	1600m/4 Km
Sun	10 "	Altona	Point Cook Homestead Cross Country			
"	11 "	Caulfield	Field Games			
"	11 "	Tootgarook	Heyfield Relay			
X Tues	13 "	Caulfield	100m/400m	800m	5 Km	5 Km
"	13 "	Collingwood	70/300m	1 Km	3x2 Km	Team Relay
"	13 "	Croydon	50/400m	800m	6 laps	5/10/20 laps
Weds	14 "	Aberfeldie	Available at ground			
"	14 "	Geelong	100m R	800m	3200m	3200m
"	14 "	Knox	300m	800m		4/8 Km
? "	14 "	Mentone	150m	1 Km	3 Km H/c	5 Km H/cap
"	14 "	Springvale	200m	800m	2/4 Km	6 Km H/cap
Thur	15 "	Coburg	70/150m	5 min H/cap series		5 Km (Supper)
"	15 "	E Burwood	50/400m	1600m	1/3 Km	3/5 Km
"	15 "	Frankston	100/250m	800m	3200m	1600/4800m
Sun	18 "	Altona	Car Trial. Details later			
"	18 "	Caulfield	Field Games			
"	18 "	Tootgarook	100/200m R	1500m	1500m	5 Km
X Tues	20 "	Caulfield	300m	1 Km	4 Km	10 Km H/cap
"	20 "	Collingwood	100/200m	600m	4 Km	4/10 Km
"	20 "	Croydon	70m ET	300m/1 Km	5 laps H/c	12 laps ET
Weds	21 "	Aberfeldie	Available at ground			
"	21 "	Geelong	100m	400m		4 Km
X "	21 "	Knox	400m	1200m		6 Km
"	21 "	Mentone	110m ET	1500m	5 Km	5/10 Km
"	21 "	Springvale	100m	400m H/c	1500m	2/6 Km
Thur	22 "	Coburg	100/200m	1500m		4/8 Km
"	22 "	E Burwood	60/300m	1 Km	600m/4 L,	10/16 laps
"	22 "	Frankston	70/300m	1 Km	4 Km	2/5 Km
X Sun	25 "	VIC. VETERANS WINTER CHAMPIONSHIPS at CAULFIELD at 1 P.M.				
"	25 "	Tootgarook	Opp. RYE P.O. on beach		5 Km	Walk and 10 Km Run
Tues	27 "	Caulfield	200m	400m H/c	3 Km	4 Km
"	27 "	Collingwood	50/400m	1600m	3 Km	3/5 Km
"	27 "	Croydon	50m/5x10 min Relay, 1500m, 1/3 KM W, 3/5 Km			
Weds	28 "	Aberfeldie	Only available at ground			
"	28 "	Geelong	200m	1500m		2400m
"	28 "	Knox	400m	1500m		5/10 Km
"	28 "	Mentone	60/400m	800m ET	1 mile	4 laps rd
"	28 "	Springvale	150m	500m	2/4 Km	3 miles
Thur	29 "	Coburg	100/200m	1 mile	30 min	Time Trial
"	29 "	E Burwood	70m	4x10 min	Parlouf	6 L Walk, 10L/10 Km
"	29 "	Frankston	100/400m	600m	2 Km	1600m/4 Km

Please note. :- WINNER CHAMPIONSHIPS AT CAULFIELD NOT COBURG.

GEELONG VENUE RESULTS - APRIL 1995

4000 METRES 5/4/95

Jeff WALKER	47 13.21
Denis VALENTA	38 13.44
Graeme CROCKFORD	44 14.23
Mike BOYLAN	55 14.28
Bryan COLE	53 14.44
Gary GIBSON	42 14.57
Clive PAISLEY	44 15.07
Reg QUELCH	47 15.11
Patti GALVIN	37 15.11
John MOORE	44 15.22
Tom BLOOD	55 16.04
Joe WEILER	54 17.32
Alan FOOT	52 17.45
Gary STRATTON	48 17.58
Sue PETRUSZKA	41 18.01
Peta HARTEN	41 18.16
Brian WOODS	58 18.28
Sue STRATTON	44 19.00
Rhonda CROCKFORD	41 20.18
Peter DICKSON	55 20.49
Maryanne SHEPHERD	40 22.05

400 METRES

Gotfried SCHUTZ	40 58.91
John MOORE	44 63.89
Mike BOYLAN	55 65.02
Gary GIBSON	42 71.52
Bryan COLE	53 72.59
Joe WEILER	54 75.37
Alan FOOT	52 77.52
Patti GALVIN	38 78.08
Peter DICKSON	55 81.40
Gary STRATTON	48 82.56
Brian WOODS	58 84.96
Sue STRATTON	44 87.65

100 METRES

Gotfried SCHUTZ	40 12.84
Joe WEILER	54 15.56
Gary STRATTON	48 16.02
Bryan COLE	53 16.04
Brian WOODS	58 16.45
Sue STRATTON	44 17.04

1 HOUR TIME TRIAL 12/4/95

Jeff WALKER	47 17,101M
Geoff CLARK	45 16,450M
Denis VALENTA	38 16,110M
Ron CAMPBELL	51 15,840M
Joe MUELBLOK	51 15,605M
Mike McAVOY	60 15,460M
Bryan COLE	53 15,002M
Gary GIBSON	42 14,975M
Patti GALVIN	37 14,550M
John CAULFIELD	47 14,470M

1 HOUR TIME TRIAL (CONT)

John MOORE	44 14,390M
Tom BLOOD	54 14,280M
Rimma McAVOY	54 13,380M
Joe WEILER	55 13,200M
Alan FOOT	52 12,870M
Brian WOODS	58 12,035M
Sue STRATTON	44 11,300M
Della MITCHELL	62 10,135M
Colin SILCOCK	62 10,100M
Maryanne BLAIR	41 9,475M

3000M 19/4/95

Dave ELWARD	45 9.22
Jeff WALKER	47 9.47
Joe MUELBLOK	51 9.59
Denis Valenta	38 10.10
Ron CAMPBELL	51 10.29
Mike McAVOY	60 10.47
Gary GIBSON	42 10.53
Bryan COLE	53 10.57
John MOORE	44 11.20
Peter URBAN	43 11.27
Patti GALVIN	37 11.28
Tom GORMAN	55 11.46
Rimma McAVOY	54 12.22
Joe WEILER	54 12.28
Alan FOOT	52 12.46
Colin SILCOCK	61 13.15
Ian HOLLIDAY	48 13.41
Peta HARTEN	41 13.49
Dale JENNINGS	57 13.56
Sue STRATTON	44 14.02
Brian WOODS	58 14.12
Peter DICKSON	55 14.56
Maryanne BLAIR	41 17.44

800 METRES

John MOORE	44 2.31
Gary GIBSON	42 2.34
Bryan COLE	53 2.38
Tom GORMAN	55 2.46
Patti GALVIN	37 2.51
Colin SILCOCK	61 3.00
Joe WEILER	55 3.00
Dale JENNINGS	57 3.05
Alan FOOT	52 3.15
Peter DICKSON	53 3.23
Sue STRATTON	44 3.24
Brian WOODS	57 3.33
Maryanne BLAIR	41 4.09

GEELONG VENUE RESULTS APRIL 1995 (CONT)

3200 METRES 26/4/95

Dave ELWARD	45 10.14
Jeff WALKER	47 10.27
Joe MUELBLOK	51 10.43
Mike McAVOY	60 11.30
Bryan COLE	53 11.38
Gary GIBSON	42 11.58
Patti GALVIN	37 12.05
John MOORE	44 12.10
Barry LEEK	43 12.15
Bob SEAMER	49 12.45
Peter URBAN	43 12.57
Joe WEILER	55 13.47
Alan FOOT	52 14.10
Peta HARTEN	31 14.33
Dale JENNINGS	57 14.52
Gary STRATTON	48 14.55
Phil GIRDLER	60 14.57
Brian WOODS	58 15.00
Sue STRATTON	45 15.12
Della MITCHELL	62 17.10
Maryanne BLAIR	41 19.15

400 METRES

Peter URBAN	43 62.76
John MOORE	44 64.07
Gary Gibson	42 65.10
Bob SEAMER	49 70.18
Bryan COLE	53 74.49
Dale JENNINGS	57 75.68
Joe WEILER	55 76.65
Alan FOOT	52 81.44
Gary STRATTON	48 82.59
Brian WOODS	58 82.98
Phil GIRDLER	60 86.19
Sue STRATTON	45 89.58
Della MITCHELL	62 111.42

200 METRES

Peter URBAN	43 29.57
Alan FOOT	52 31.69
Joe WEILER	55 32.13
Bryan COLE	53 32.79
Gary STRATTON	48 33.14
Brian WOODS	58 35.18
Sue STRATTON	45 36.37
Phil GIRDLER	60 37.71

WALKERS * WALKERS * WALKERS

10 KM Walks will be held from Mentone, open to walkers of all abilities, on the following Sunday mornings at 8.30 a.m.

 	 	
 	May. 28th	Jun. 25th
Jul. 23rd	Aug. 27th	Sep. 24th
Oct. 22nd	Nov. 19th	Dec. 17th

Make it a New Years Resolution to compete in as many of these monthly Time trials as you can. If the weather is too hot or cold 5 Kms or 15 Kms may be substituted.

For further information ring John BECK 583 0934

* * * * *

ADVERTISERS WANTED

We have room for a few small advertisements in future copies of "AROUND THE GROUNDS".
Have you a business that you would like the members to be aware of.
This way you can help the Club and yourself at the same time. The cost is very small.
Ring me on 795 1169 for information. Ed.

Progressive Marathon East Burwood & Half Marathon

C & AP COOPER
3/195 Fisher St
Malvern 5061
Ph 272 0992

VERY IMPORTANT NOTICE

VETS' GOING TO LANSING WILL NOW
DEPART
MELBOURNE + SYDNEY AIRPORT ON
JULY 4TH, 1995

VERY LANSING ENTRIES.

POST DIRECT TO

U.S. NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS,
U.S.A TRACK + FIELD HOUSING BUREAU,
P.O. BOX 15066
EAST LANSING, MICHIGAN 48901-5066

ENTRIES CLOSE LANSING JUNE 16TH, 1995.

PAYMENT IN AMERICAN \$ BY "BANK DRAFT"

PAYABLE TO,
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DO NOT MISS YOUR OUT, POST
ENTRIES EARLY KEEP FIT

Objective

To run the full Marathon distance of 42.2 Km, or half Marathon distance of 21.1 Km, aggregated over specified races programmed from 30 March 1995 to 30 November 1995. The actual date of qualifying events will be advised up to two months ahead.

Qualifying Events for Marathon

4 x 25 Laps (10 Km)
1 x 5.5 Laps (2.2 Km) which can be run with 3 or 5 Km events.

These are the only combinations. You can choose from eight 10 Km runs and six 3 or 5 Km runs programmed between March and November (inclusive). The qualifying runs will be clearly marked on the Venue Programme.

Qualifying Events for Half Marathon

3 x 5 Km }
1 x 3 Km }
1 x 1500m }
1 x 1600m }

These are the only combinations

You can choose from six 3 or 5 Km runs that will be programmed within the duration of the Progressive Half Marathon. You can choose any 1500 or 1600m race on the programme. The qualifying 3 or 5 Km runs will be clearly marked on the Venue Programme.

Awards

Trophies will be awarded for each of the eight 10 Km races, each of the six 3/5 Km races and the outright winners, based on a sealed handicap system. If you compete in more than the minimum number of qualifying races, the fastest times will be used to calculate your progressive time. Presentation of trophies will be made at the end of year function. Other prizes will be dependent on sponsorship.

Entry

Entry fee of \$3 for each progressive event (Marathon & Half Marathon) payable to John Sutton (Venue Treasurer). The last possible opportunity to lodge an entry is June for the full Marathon and August for the half Marathon. If you enter at that time you will have to run every programmed 3, 5 or 10 Km event on the programme through to the end of November to qualify.

Schedule of 3, 5 and 10 Km Qualifying Events

March	10 Km	August	3/5 Km
April	10 Km 3/5 Km	September	10 Km 3/5 Km
May	10 Km	October	10 Km 3/5 Km
June	10 Km 3/5 Km	November	10 Km 3/5 Km
July	10 Km		

For further information regarding the Progressive Marathons please see Bob Henderson.

RESULTS FROM CROYDON VENUE - APRIL 1995

50 METRE SPRINT 4.4.1995

Heat 1:

1 Jack BUCKINGHAM	45	8.8
2 Gerry ROBINSON	56	10.3
3 Norm KEITH	68	10.7
4 Alf HETHERTON	66	10.8

Heat 2:

1 Jess BASHAM	50	8.9
2 Jan WATSON	48	9.1
3 Pat CAVANAGH	54	9.7
4 Anne CALLAGHAN	57	10.3

200 METRE SPRINT 4.4.1995

Heat 1:

1 Brian SIMMONS	39	27.5
2 Gerry ROBINSON	56	28.3
3 Ashley RYAN	40	28.7
4 Ken MORTON	38	30.2

Heat 2:

1 Cec McKEOWN	55	32.0
2 Neville PORTER	60	33.1
3 Norm KEITH	58	41.0
4 Alf HETHERTON	66	41.4

Heat 3:

1 Colin PAGE	41	28.1
2 Karen TRAVILL	38	33.5
3 Jess BASHAM	50	40.8
4 Anne CALLAGHAN	57	46.6

600 METRE RUN 4.4.1995

1 Gray RYAN	44	1.35
2 Brian SIMMONS	39	1.36
3 Ashley RYAN	40	1.36
4 Colin PAGE	41	1.37
5 David SHEEHAN	48	1.41
6 Ken MORTON	38	1.45
7 Neil GRIFFIN	49	1.47
8 Jim PATTON	48	1.48
9 Cec McKEOWN	55	1.51
10 Glenn CLAIDEN	41	1.58
11 Graeme BISHOP	50	2.02
12 Karen TRAVILL	38	2.04
13 Neville PORTER	60	2.05
14 Geraldine FENNESSY	34	2.11
15 Margaret DUGUID	58	2.19
16 Gerry ROBINSON	56	2.27
17 Lorrie BISHOP	48	2.32
18 John YATES	67	2.33
19 Anne CALLAGHAN	57	2.34

6 LAP WALK 4.4.1995

1 Tony JOHNSON	54	11.33
2 Alison THOMPSON	42	11.39
3 Simone KUPPLER	Inv.	11.41
4 Manfred KUPPLER	55	12.04
5 Celia KELLY	47	13.34
6 Barrie WICKS	54	14.43
7 Jan WATSON	48	15.59
8 Denise BANNON	55	17.08
9 Lynette HILL	49	19.36
10 Ann PERROTT	62	20.52
11 Joan CLARK	63	21.57

20 OR 40 MINUTES TIME TRIAL 4.4.1995

20 Minutes:	Laps	Metres
1 Rod MASON	41	13 350
2 Bob CURTIS	53	13 300
3 Geoff McGOWAN	41	13 140
4 Neil GRIFFIN	49	13 70
5 Ron LEDINGHAM	47	13
6 Ken MORTON	38	12 100
7 Murray HUTCHISON	46	12
8 Lavinia PETRIE	51	12
9 Ron ROTTIER	39	11 180
10 Brian MEE	57	11 130
11 Karen TRAVILL	38	11
12 Graeme BISHOP	50	11
13 Graham SMITH	52	10 230
14 Alison THOMPSON	42	10 150
15 Barrie WICKS	54	10 150
16 Nancy CHORLEY	48	10 140
17 Cec McKEOWN	55	10 130
18 Laurie BLACK	57	10 50
19 Al WILLEY	56	10 35
20 Lorrie BISHOP	48	9 370
21 John GOSBELL	56	9 310
22 Les CLARK	64	9 210
23 Ashley RYAN	40	9 20
24 Denise SCHOLLES	52	9 20
25 Geraldine FENNESSY	34	9
26 Jess BASHAM	50	9
27 Phyllis GOSBELL	56	8 280
28 Anne CALLAGHAN	57	8 280
29 Joy CURTIS	53	7 280
30 Jan WATSON	48	7 110
Annette BRUNTON (8 mins.)	37	5

RESULTS FROM CROYDON VENUE - APRIL 1995

20 OR 40 MINUTES TIME TRIAL 4.4.1995

40 Minutes:	Laps	Metres
1 Brian SIMMONS	39	28 25
2 Gray RYAN	44	27 270
3 Saul BAKAITIS	50	27 60
4 Jim INGHAM	49	27 30
5 John YATES	41	26 200
6 Glenn CLAIDEN	41	25 80
7 Colin THOMPSON	46	23 300
8 Andrew TUNNE	36	21 140
9 Neville PORTER	60	21 130
10 Dot BROWNE	54	20 150
11 John YATES	67	19 150
12 Richard TODD	47	19 130
13 Bill BAXTER	57	18 300
14 Pat CAVANAGH	54	18 140

1 OR 3 KM WALK 11.4.1995

1 Andrew MORRIS	31	5.11
2 Lisa BENTLEY	31	6.12
3 Frank TUTCHENER	67	9.28
4 Tony JOHNSON	54	14.43
5 Alison THOMPSON	42	17.23
6 Barrie WICKS	54	18.28
7 Tina LEB	61	19.04
8 Joy CURTIS	53	20.16
9 Ray CROSS	52	20.24
10 Jan WATSON	48	20.27
11 Denise BANNON	55	21.54
12 Rita KERR	65	26.08
13 Joan CLARK	63	27.32

70 METRE SPRINT 11.4.1995

Heat 1:

1 Jack BUCKINGHAM	45	11.0
2 Jan WATSON	48	13.8
3 Frank TUTCHENER	67	14.0

Heat 2:

1 Norm KEITH	68	11.8
2 Jess BASHAM	51	11.8
3 Gwen DAVIDSON	72	12.0

1500 METRE RUN 11.4.1995

1 Gray RYAN	44	4.33
2 Ashley RYAN	40	4.53
3 Ken MORTON	38	5.09
4 Glenn CLAIDEN	41	5.21
5 Jim MCGREGOR	49	5.43
6 Colin THOMPSON	46	5.52

300 METRE SPRINT 11.4.1995

1 Colin PAGE	41	41.3
2 Ashley RYAN	40	42.6
3 Ken MORTON	38	45.9
4 Ron ROTTIER	39	47.4
5 Norm KEITH	68	52.4
6 Frank TUTCHENER	67	60.0
7 John YATES	67	66.1

5, 16 OR 25 LAPS RUN 11.4.1995

5 LAPS:

1 Peter LEIGH	57	7.34
2 Les CLARK	64	10.06
3 Ashley RYAN	40	10.07
4 Geraldine FENNESSY	34	10.08
5 Annette BRUNTON	37	10.11
6 Bill BAXTER	57	10.37
7 Jess BASHAM	51	10.45
8 Pauline BROWN	50	11.09
9 Pam RICHARDS	55	11.31
10 Ray CROSS	52	11.48
11 Joy CURTIS	53	13.36
12 Carol BUCKINGHAM	44	13.40
13 Jan WATSON (Walk)	48	14.23
14 Rita KERR	65	14.40

16 Laps:

1 Bob CURTIS	53	23.29
2 Ken MORTON	38	26.35
3 Ron ROTTIER	39	28.32
4 Jim MCGREGOR	49	29.16
5 Dot BROWNE	54	29.48
6 Lynton PIETZSCH	48	30.36
7 Alison THOMPSON	42	30.57
8 Ron LEDINGHAM	47	31.16
9 Don HOWATSON	70	31.19
10 Laurie BLACK	57	31.60
11 Al WILLEY	56	32.50
12 John YATES	67	33.55

25 Laps:

1 Saul BAKAITIS	50	36.09
2 Gray RYAN	44	36.35
3 Colin PAGE	41	36.41
4 Jim INGHAM	49	36.53
5 John CASTLE	49	37.26
6 John MONK	47	38.39
7 Ray MERIDA	51	38.52
8 Glenn CLAIDEN	41	38.60
9 Murray HUTCHISON	46	39.25

RESULTS FROM CROYDON VENUE - APRIL 1995

5, 16 OR 25 LAPS RUN 11.4.1995

25 Laps Contd.:		
10 Colin THOMPSON	46	42.44
11 Andrew TUNNE	36	44.08
12 Ron BOYNE	61	46.51
13 Keith STYLES	52	49.40
Frank TUTCHENER (10 Laps)	67	19.08
Phyllis GOSBELL (10 Laps)	56	21.50
Barrie WICKS (12 Laps)	54	23.20

4 LAPS WALK 18.4.1995

1 Barrie WICKS	54	9.39
2 Phyllis GOSBELL	56	10.00
3 Jan WATSON	48	10.18
4 Rita KERR	65	13.45
5 Joan CLARK	63	14.14

50 METRE SPRINT 18.4.1995

1 David SHEEHAN	48	6.9
2 Ashley RYAN	40	7.4
3 Jack BUCKINGHAM	45	7.9
4 Jan WATSON	48	9.7
5 Anne CALLAGHAN	57	11.5

800 METRE RUN 18.4.1995

1 Ashley RYAN	40	2.22
2 Colin PAGE	41	2.24
3 Murray HUTCHISON	46	2.35
4 Cec McKEOWN	55	2.56
5 Graeme ROBERTSON	50	3.16
6 Anne CALLAGHAN	57	3.46

5 LAP WALK 25.4.1995

1 Barrie WICKS	54	12.26
2 Lisa BENTLEY	31	12.55
3 Ray CROSS	52	14.28
4 Rita KERR	65	17.07
5 Joan CLARK	63	18.25
6 John KERR	65	19.43
7 Frank TUTCHENER	67	19.43

70 METRE SPRINT 25.4.1995

Heat 1:

Norm KEITH	68	11.5
Alf HETHERTON	66	11.7
Jess BASHAM	51	11.9
Gwen DAVIDSON	72	12.2
Anne CALLAGHAN	57	14.4

Heat 2:

Ashley RYAN	40	9.6
Jack BUCKINGHAM	45	9.8

100 METRE SPRINT HANDICAP 18.4.1995

	Hcp	Time	
		Mtrs.	Time
1 Margaret DUGUID	58	25	12.4
2 Jack BUCKINGHAM	45	8	12.7
3 Ashley RYAN	40	4	12.9
4 Jan WATSON	48	31	13.2
5 Anne CALLAGHAN	57	37	13.4
6 Colin PAGE	41	4	13.5

12 LAP NOMINATE OWN TIME 18.4.1995

	Nom.	Actual	
		Time	Time
1 John MONK	47	18.24	17.28
2 Murray HUTCHISON	46	18.45	18.00
3 Jim INGHAM ***	49	18.40	18.34
4 Ashley RYAN	40	19.30	19.11
5 Ron LEDINGHAM	47	21.30	19.34
6 Annette BRUNTON	37	21.36	20.54
7 Cec McKEOWN	55	21.24	20.54
8 Graeme ROBERTSON	50	24.30	22.52
9 Keith STYLES	52	23.00	23.48
10 John YATES	67	24.10	24.27
11 Les CLARK	64	24.54	25.14
12 Bill BAXTER	57	24.30	25.35
13 Phyllis GOSBELL	56	26.15	26.51
14 Jo Mills	47	29.00	30.09
Jan WATSON (4 Laps)	48		10.58
Barrie WICKS (6 Laps)	54		16.01
Anne CALLAGHAN (13 Laps)	57	24.00	26.56

*** Jim Ingham trophy winner - 6 seconds out

3 OR 5KM RUN 25.4.1995

3 Km:

1 Ashley RYAN	40	10.52
2 Bob CURTIS	53	10.55
3 Neil GRIFFIN	49	11.05
4 Ron ROTTIER	39	11.56
5 Bill RYAN	54	12.26
6 Frank TUTCHENER	67	13.25
7 Graham SMITH	52	13.29
8 Lynton PIETZSCH	48	13.39
9 Norm CAMERON	50	13.40
10 Karen TRAVILL	38	13.42
11 Barrie WICKS	54	13.42
12 Dot BROWNE	53	13.48
13 Christine SIMMONS	39	14.56
14 Colin BROWNE	62	15.15

RESULTS FROM CROYDON VENUE - APRIL 1995

200/200/400/800/1600 METRE RELAY 25.4.1995

	Dist	Time	
		Split	Time
Glenn CLAUDEN	1600	5.30	5.30
Gray RYAN	800	2.11	7.41
Shane MARTIN	400	1.05	8.46
Alf HETHERTON	200	}	1.03 9.49
Lynton PIETZSCH	200		

Bob CURTIS	5.19	5.19
Ashley RYAN	2.15	7.34
Geraldine FENNESSY	1.14	8.48
Norm CAMERON	}	1.03 9.51
Margaret DUGUID		

Brian SIMMONS	4.58	4.58
Karen TRAVILL	2.44	7.42
Cec McKEOWN	1.06	8.48
Les CLARK	}	1.23 10.11
Anne CALLAGHAN		

Neil GRIFFIN	5.12	5.12
Bill LONG	2.33	7.45
Ken MORTON	DNF (Injury)	
Norm KEITH	}	11.14
John YATES		

Ray BLANCHFIELD	6.07	6.07
Lisa BENTLEY	3.37	9.44
Dot BROWNE	1.30	11.14
Jess BASHAM	}	1.22 12.36
Ron SMITH		

3 OR 5KM RUN 25.4.1995

3 Km Contd.:		
15 Anne CALLAGHAN	57	15.20
16 Les CLARK	64	15.40
17 Phyllis GOSBELL	56	15.54
18 Pat CAVANAGH	54	16.03
19 Jess BASHAM	51	16.18
20 Geraldine FENNESSY	34	16.27
21 Ray CROSS	52	18.26

5 Km:

1 Gray RYAN	44	17.05
2 Brian SIMMONS	39	17.09
3 Saul BAKAITIS	50	17.38
4 John MONK	48	17.50
5 Jim INGHAM	49	18.06
6 Glenn CLAUDEN	41	19.10
7 Shane MARTIN	41	19.32
8 Ron LEDINGHAM	47	19.35
9 Bill LONG	38	20.26
10 Ray BLANCHFIELD	51	21.15
11 Albert BERRY	51	21.16
12 Ian DUTHIE	51	21.57
13 John GOSBELL	56	22.45
14 Ken MATCHETT	73	22.54
15 Cindy FYSH	34	23.57
16 Cec McKEOWN	55	23.58
17 Lavinia PETRIE	51	24.12
18 Keith STYLES	52	24.39
19 John YATES	67	24.48
20 Al WILLEY	56	24.50
21 Ron SMITH	46	25.18



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Dr Martin Hodgson has been involved in Sports Medicine for 15 years. He is a B grade sprinter for his club, and also competes at Aberfeldie PreVets. He understands athletes and their injuries.



*** = First run with us.

= PB this venue, this year

THURS 30 MARCH 54 competitors braved a chilly wind tonight. Unfortunately our summer program did not fit with the loss of daylight saving. The water jump was eliminated from the Steeple Chase & the XC became a track race. Our summer of XC has affected some runners ability to count laps - ANDREW J, GEOFF W & DOMINIQUE all had trouble. Good to see brothers DOUG & GEOFF again & good to know GEOFF is recovering & getting back to running. We welcomed YIANNIS KOUROS who was present to talk over a possible world record attempt at our 24HR CARNIVAL.

THURS 6 APRIL Torrential rain. Track work cancelled. some brave souls did a various number of laps.
THURS 13 APRIL 31 enjoyed a beautiful misty Autumn night Easter egg race for the kids - "if you miss one Easter egg you have to give them all back". Many helpers made the 24hr a success & we shared some sponsor's prizes with them tonight. YIANNIS KOUROS put in an appearance to do some laps after his record 24hr effort. He shamed some who were going to have a rest after their 24hr team effort into trying the 5K & 10K.

		THURS		DRY HURDLE			THURS		THURS				
				100M	200M	2K	3K	6K	100	400	800	5K	10K
ADLEY	Dennis	M45	30 MAR				11.35						
ADLEY	Lorraine	F40	30 MAR				16.39						
BARBARO	John	M45	30 MAR			8.28	12.16		APRIL 13	14.34		21.34	
BAMFORD	Vicki	F40	30 MAR					31.44					
BOND	Gary	M30	30 MAR					25.08					
BOWMAN	Tony	M35	30 MAR				12.33						
BRAIN	Glenyce	F45	30 MAR				16.30						
BURFOWES	Gordon	M55	30 MAR						APRIL 13			28.34	
CAH	Bev	F50	30 MAR	16.62	34.65								
CARTER	Ken	M40	30 MAR	24.35	42.65	12.18	29.44		APRIL 13	18.00	1:34.56	3:54	38.34
CATIONS	Les	M35	30 MAR	18.58	38.72		19.11		APRIL 13	18.29		4:53	29:27(3K)
CHARLTON	Bob	M60	30 MAR					34.56					
CORNALL	Ian	M40	30 MAR										
DALGLEISH	Barb	F55	30 MAR					28.26	APRIL 13			24.40	
DALGLEISH	Tom	M60	30 MAR					29.00	APRIL 13			33.34	
ELLIS	John	M70	30 MAR				28.42(Walk)						
GBBS	Bruce	M40	30 MAR	13.00	27.88	9.45							
GEORGIU	Francis	M35	30 MAR	21.00	52.72	11.55							
GOGGIN	Bernie	M55	30 MAR		39.85			29.13					
GOODE	George	M65	30 MAR			10.21			APRIL 13	1:30.42	3:32		
GOODMAN	Andrew	M25	30 MAR						APRIL 13				39.42
GRIFFITHS	Christine	F45	30 MAR	18.88	39.56		15.36		APRIL 13	19.15	1:39.00	3:42	22.28
HALLET	Len	M45	30 MAR				11.51		APRIL 13			21.33	
HARBERT	Ray	M55	30 MAR					24.51	APRIL 13			23.19	
HARRAP	Chris	M30	30 MAR				11.16						
HARRAP	Richard	M30	30 MAR	15.37	31.07			27.23					
HIDES	Andrew	M30	30 MAR	12.20	25.52								
JORDAN	Andrew	M35	30 MAR			8.21		20.45??????					
KELLY	Mark	M30	30 MAR			7.29	11.50						
KYTE	Bill	M50	30 MAR	15.28	31.08	8.43		26.15	APRIL 13	15.78	1:14.65		46.26
MAPSH	Trevor	M40	30 MAR					25.17					
MARTIN	Denys	M45	30 MAR					25.22	APRIL 13			21.09	
MCDONALD	Mick	M30	30 MAR						APRIL 13			21.08	
MOODY	Keith	M50	30 MAR		27.66		11.07		APRIL 13	14.19	0:59.87	23.19	
MUSCAT	Mario	M35	30 MAR				15.16		APRIL 13			32.05	
NORRIS	Daniel	M30	30 MAR	16.35	35.37	9.23		30.20	APRIL 13	16.75	1:24.84	3:10	25.38
OWEN	Mal	M50	30 MAR					31.37					
PROUDFOOT	Gordon	M50	30 MAR					26.25	APRIL 13				45.08
RADEMAKER	Fred	M40	30 MAR			8.36		23.16	APRIL 13				39.24
ROBOTHAM	Kate	F50	30 MAR				16.37						
RUELLOT	Dominique	F40	30 MAR		42.66			34.42??????	APRIL 13	1:36.59		24.39	
RYAN	Bill	M50	30 MAR					27.29					
SAUNDERS	Vonda	F55	30 MAR					33.03	APRIL 13				48.59(8K)
SINCLAIR	Gordon	M50	30 MAR	16.88					APRIL 13				
SOUTHAM-SAHI	Sue	F40	30 MAR					31.46	APRIL 13	1:36.34		24.37	
STAUNTON	John	M35	30 MAR	14.24	28.81			22.24	APRIL 13	1:07.28		24.09	
THUEFELDT	Wayne	M30	30 MAR					25.55	APRIL 13			21.54	
VILLEGAS	Ray	M30	30 MAR						APRIL 13		2:35	20.32	
WALSHE	Geoff	M40	30 MAR					18.00??????					
WHEELER	Doug	M35	30 MAR					26.39					
WILSON	Neville	M60	30 MAR						APRIL 13				38.05(8K)
WILSON	Robert	M30	30 MAR				14.29		APRIL 13	1:27.00			

ALTONA VENUE RESULTS.

Sunday 2nd April 1995
Around Altona from Nevitts
8km.

Michael ORELLI	51	32.33
Michael RICHARDS	51	34.52
Graeme MURFETT	54	35.18
Peter BUISSINK	36	37.54
Lois JONES	56	39.37
Heather MURFETT	54	42.30
Jack MACGLASHAN	63	45.39

Around Altona from Nevitts
6.5km.

Les JARRY	66	49.15
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Around Altona from Nevitts
5.3km.

Cathy CURTIS (W)	33	38.17
------------------	----	-------

Sat/Sun 8/9th April 1995
Coburg 24 hour Relay.
Altona Team Results.

Stan BELCHER	18+18+17+16+17=86
Chris NORWOOD	20+19+19+20+19=97
Graeme MURFETT	17+17+17+16+17=84
Gerardo RIVIELLO	13+13+13+13+13=65
Michael ORELLI	18+16+17+16+17=84
Ray ROSSI	20+21+19+18+18=96
Barry MADER	16+15+15+14+15=77
Michael RICHARDS	19+18+18+18+16=89
Sandra TREADWELL	15+15+15+14 =59
Heather MURFETT	14+14+13+13 =54

TOTAL LAPS = 789

The Altona Vets Team finished 5th
in the Veterans Section.

Sunday 23rd April 1995
At the You Yangs
13.9km.

Mark McKEON	Inv	56.59
Mick McDONALD	36	57.45
Stan BELCHER	52	60.38
Michael ORELLI	51	73.29
Graeme MURFETT	54	77.20
Heather MURFETT	54	86.50

4.8km.

Lois JONES	56	24.37
Lorraine WOODMAN	58	25.04
Cathie McKEON	Inv	27.35
Pat CARROLL	55	29.26
Harry PRESTON	84	47.03

Sat/Sun 29/30 April 1995
Daysford Weekend
Lake to Lake run
7.5km

Stan BELCHER	52	35.08
Graeme MURFETT	54	35.50
Michael RICHARDS	51	36.18
Michael ORELLI	51	39.01
Heather MURFETT	54	43.09
Gordon BURROWES	59	51.09

6.0km

Jack MACGLASHAN	63	36.15
-----------------	----	-------

3.5km

Lois JONES	56	19.37
Pat CARROLL	55	20.14
Lorraine WOODMAN	58	20.14

3 loops of Jubilee Lake

Harry PRESTON	84	52.32
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Forest Road Run
(in pouring rain)
15km

Gordon BURROWES	59	97.00
-----------------	----	-------

9.6km

Stan BELCHER	52	41.44
Michael RICHARDS	51	41.48
Michael ORELLI	51	42.05
Graeme MURFETT	54	47.29

4.8km

Harry PRESTON	84	40.30
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The Editor
Around the Grounds,

Peter,

I understand that somebody at the Annual Meeting complained that he had trouble reading the COBURG results. As I was not there I'm not sure what his complaint was but if he was complaining --

1. that the printing is difficult to read; then you & I still have some work to do on this. I have made several changes to the material I present to you to try & ensure that your printer can produce something readable.

2. that he cannot read a simple table; then I have a set of notes from a training course I run on constructing & understanding simple tables & graphs.

3. that this is something produced by a computer & that causes some blockage in his intellectual processes; then I cannot help him except to say; "Have courage, this computer world is not so difficult to deal with. Even an old fellow like me has learned how to cope with it".

4. that this is a change from what he is used to & he does not like change; again I cannot help him except to point out that this is not a problem which is confined to the old.

By the way, as I move around the venues, I have received many messages of congratulations for producing a format that makes results easier to read.

Several people commented that they thought we had a breakthrough when somebody else produced some results for Around the Grounds using a computer spreadsheet some months ago - but unfortunately this proved to be just a once-off for some special relay results.

In these days of computers we should try & save our typists the monotonous task of reproducing all those names each week. Using a standard spreadsheet format it is simply a matter of typing the results against the appropriate names & printing. This same spreadsheet can then be used for many other things such as data for handicaps etc.

The day can't be too far distant when we all send our results for Around the Grounds on a computer disc using a standard spreadsheet format which can then be printed directly on the Vets computer.

Gordon
Gordon R Burrowes

3 May '95

Comment.

As a person who was at the Annual General Meeting and listened to the comments when Eddie Gamble suggested that the results as sent in by Coburg were hard to read, I feel that the reasons put forward by Gordon and his computer are not how the majority of the people see things.

We do not produce the magazine so that it is easy for the typist but so that people can see the results of each race at a glance. However, if you would like to air your views on this controversial (?) matter I will print those I can in the next issue. Please keep them short and to the point.

each race at a glance. However, if you would like to air your views on this controversial (?) matter I will print those I can in the next issue. Please keep them short and to the point.

MENTONE VENUE RESULTS

VETERAN THROWING GROUPS - JANUARY 1995 - DECEMBER 1995 KEY DATES

SUN 21/05/95 - WEIGHT PENTATHLON	- CAULFIELD
SUN 04/06/95 - DISCDRAMMA	- CAULFIELD
SUN 25/06/95 - WINTER CHAMPIONSHIPS [T & F]	- COBURG [MELWAY P18A9]
SUN 02/07/95 - HEAVY WEIGHTATHON	- CAULFIELD
SUN 16/07/95 - WEIGHT PENTATHLON	- CAULFIELD
SUN 06/08/95 - HAMMERFEST	- CAULFIELD
SUN 20/08/95 - VIC WINTER WEIGHT/THROW CHAMPS	- CAULFIELD
SUN 27/08/95 - VIC WINTER RASENKRAFT CHAMPS	- MENTONE
12-00PM - WEIGH IN / WARM UP	
1-00PM - COMPETITION	
3-15PM - 50mt FIELD GAMES SPRINT	
SUN 10/09/95 - SHOTARAMMA	- CAULFIELD
SUN 24/09/95 - WEIGHT PENTATHLON	- CAULFIELD
THU 05/10/95 } AUSTRALIAN MASTERS	- OLYMPIC PARK [MELB]
SAT 14/10/95 } R.F.S. ***	- [REFER JOE BALL]
SUN 12/11/95 - WEIGHT PENTATHLON	- CAULFIELD
SUN 26/11/95 - VIC SUMMER RASENKRAFT CHAMPS	- MENTONE
10 -11AM - WEIGH IN / WARM UP	
11 -15AM - COMPETITION	
01 -55PM - 50mt FIELD GAMES SPRINT	
SUN 10/12/95 - WEIGHT PENTATHLON	- CAULFIELD
SAT 16/12/95 - SPECIAL HAMMER EVENT	- MENTONE

ALL ATHLETES ARE EXPECTED TO HELP, PARTICULARLY WITH NON CHAMPIONSHIP EVEN
 [STARTING TIME 12-55PM SHARP] - IF IN DOUBT PHONE MORRIE JAMES 570 6958 :
 ROY FOLEY 570 4898 : HARRY WYNHOVEN 052 531 122 : ASTRID ROSE 836 2350 :

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15/3/95

4 LAPS WALK - ROAD

1. David CASH	43	17.17
2. Marlene GOURLAY	43	17.49
3. John HALLO	52	18.14
4. Geoff BARROW	46	18.58
5. Sylvia MACHIN	53	20.40
6. Joy HOGAN	42	20.45
7. Jim THOMSON	68	21.15
7. Kerrie TAYLOR	31	21.15
8. John BECK	58	21.19
9. Maureen SEEDSMAN	57	21.23
10. Gwen STEED	52	22.17
11. Margaret MARION	54	22.28
12. Kevin MARION	59	22.32
13. Ern WALKER	81	22.46
14. Rae ATKINS	63	22.49
15. Angela SEERS	24	23.07
16. Glad WISHART	51	23.12
17. Darrel POLGLASE	55	23.40
18. Joan CLARKE	60	23.57
19. Wendy SEERS	53	23.59
20. Sylvie BIDEAU	40	24.16
21. Jim MACHIN	64	24.49
22. Ken La ROCHE	60	24.51
23. Dot JACK	70	25.17
24. Marie MILLER	49	25.24
25. Ian BEAUMONT	58	25.32
26. Sandra WILLIAMS	25	25.53
27. Margaret BEAUMONT	57	26.49
(28. Eddie GAMBLE	79	27.19
(28. Andy SMITH	80	27.19
29. Grace SMITH	76	28.47
30. Jean JAMES	68	28.59
31. Nola FINN	58	31.16

22/3/95

100 METRES

1. Bob WISHART	53	11.85
2. Ross KENT	53	12.07
3. Bob TAIT	51	13.54
4. Mike JOHNSTON	73	14.71
5. Vivienne CASH	43	15.00 *
6. Nyala MILLAR	53	16.05
7. Sandra WILLIAMS	51	16.1

* Age Track Record

300 METRES

1. Stephen YOUNG	42	40.75
2. Ross KENT	53	41.27
3. Graham STOCKDALE	52	44.94
4. Nyala MILLAR	53	63.25
5. Sandra WILLIAMS	51	63.52
6. John WAITE	54	64.40

22/3/95

800 METRES E.T.

1. Khalid EL BARGHE	26	2.15.5
2. Trevor ROLINSON	47	2.17.4
3. John MOORE	44	2.25.8
4. Allan ALDERSON	43	2.27.3
5. Dick JEFFREY	51	2.30.2
6. P. SMART	49	2.31
7. Ron RABONE	43	2.31.5
8. Max BROOK	58	2.36.4
9. Greg WILLIAM	41	2.36.7
10. John WAITE	54	2.42.3
11. Ned SLATER	45	2.42.6
12. Ian CASSELL	41	2.50.3
13. Mike JOHNSTON	73	2.57.2
14. Carole McCOY	49	3.00.9
Neil BOYLE *	41	2.27.4
* = 4th		

4 LAPS - ROAD

1. Trevor ROLLINSON	47	11.36
2. Neil BOYLE	41	11.46
3. Alan ALDERSON	43	11.50
4. Greg WILLIAM	41	11.51
5. Khalid EL BARGHE	26	12.19
6. Bronwyn HANNS	31	12.22
7. Laurie COLLARD	37	12.23
8. Ian CASSELL	41	12.28
9. Peter SMART	49	12.34
10. Louis WASER	48	12.52
11. John WALLACE		12.58
12. Trish WALLACE	47	12.59
13. Rob FINLAY	45	13.29
14. Rod FORD	53	13.32
15. Chris HANNS	12	14.07
16. Don HUGHES	58	14.08
17. Case HUYSMANS	61	14.13
18. Stephen YOUNG	42	14.49
19. Steve ZIMARIS	37	14.58
20. Ned SLATER	45	15.01
21. Rhonda TRENGROVE	47	15.06
22. Ben MORREY	66	15.13
23. Marion PERAZZO	43	15.15
24. Debbie EL BARGHE		15.44
25. Janet FORD	27	15.55
26. Carmel SMART	45	19.05
27. Kitty PENFOLD	52	19.30

3KM H/C WALK - TRACK

1. Eddie GAMBLE	79	22.39
2. Joan CLARKE	60	20.37
3. Mary LUCAS	58	22.32
4. David CASH	43	14.41
5. Kevin MARION	51	19.12
6. Ken La ROCHE	60	17.03

MENTONE VENUE RESULTS

22/3/95 (cont)
3KM H/C WALK - TRACK (cont)

7. Wendy SEERS	53	21.08
8. Darrel POLGLASE	55	21.00
9. Glennis McPHERSON	48	17.04
10. Glad WISHART	50	21.24
11. Lorraine DENCH	52	22.34
12. Joy HOGAN	42	18.27
13. Ian BEAUMONT	58	23.27
14. Ernie WALKER	81	20.58
15. Jim MACHIN	64	22.28
16. Margaret BEAUMONT	57	23.40
17. Gwen STEED	52	20.21
18. Sylvia MACHIN	53	18.22
19. Kerrie TAYLOR	31	19.13
20. Maureen SEEDSMAN	57	19.13
21. Margaret MARION	54	20.34
22. Geoff BARROW	46	16.39
23. Jim THOMSON	68	19.07
24. Mary MOORE	53	25.02
25. Grace SMITH	76	26.44
26. John HALLO	52	17.48
27. Andy SMITH	80	25.07
28. Dot JACK	70 ⁺	24.55
29. John MOORE	44	20.13

29/3/95
70 METRES

1. Bob WISHART	53	9.01
2. Ross KENT	53	9.30
3. George YEOMANS	50	9.44
4. Max BROOKS	58	9.92
5. Judy HALL	53	11.24
6. Nyala MILLAR	54	11.52

1000 METRES

1. Col WARING	49	2.59.4
2. Neil BOYLE	41	3.05.0
3. Gerry O'CONNOR	42	3.06.0
4. Ron RABONE	43	3.10.9
5. Greg WILLIAM	41	3.15.5
6. Max BROOK	58	3.22.1
7. Chris HANNS	12	3.54.5

4KM - TRACK

1. Terry HARRISON	13.47
2. Col WARING	49 13.57
3. Neil BOYLE	41 14.08
4. Ted McCOY	55 14.22 *
5. Bronwyn HANNS	31 14.47 *
6. Laurie COLLARD	37 14.53
7. Peter SMART	49 14.58
8. Ian CASSELL	41 15.27
9. Greg WILLIAM	41 15.46
10. Rod FORD	53 16.17

* Age Track Record

29/3/95 (cont)
4KM - TRACK (cont)

11. Marlene GOURLAY	43	16.18
12. Chris HANNS	12	17.00
13. Don HUGHES	58	17.05
14. Case HUYSMANS	61	17.25
15. Steve ZIMARIS	37	17.42
16. Don McLEAN	61	17.45
17. Doug WALLACE	54	17.54
18. Mal COOPER	49	18.02
19. Rhonda TRENGROVE	47	18.09
20. Carole McCOY	49	18.46
21. Marion PERAZZO	43	19.11
22. Jan GARRARD	47	19.56
23. Merrilyn TAIT	45	20.06
24. Greg MAULDON	57	20.22
25. Carmel SMART	44	22.38
26. Mal COOPER	49	22.43
27. Kitty PENFOLD	52	22.46

20 MINUTES E.D. WALK - ROAD

1. Sylvia MACHIN	53	Spot on
(2. Eddie GAMBLE	79	- 20M
(2. Claudia MAXWELL	50	- 20M
(2. Jane THOMPSON	40	- 20M
3. Darrel POLGLASE	55	- 30M
4. Wendy SEERS	53	+ 36M
5. Kees ZWYNENBURG	66	- 48M
6. Rae ATKINS	63	+ 84M
7. Jim MACHIN	64	+107M
(8. Margaret MARION	54	-125M
(8. Kerrie TAYLOR	31	-125M
9. Sylvie BIDEAU	40	-130M
10. David CASH	43	-175M
11. Joan RISELEY	57	+180M
12. Kevin MARION	59	-185M
13. Nola FINN	58	+255M
14. Geoff BARROW	46	-300M
15. Gwen STEED	52	+375M
16. Ken LA ROCHE	60	+400M
17. Dot JACK	77	-560M

10KM WALK - 19/3/95

(1. Vic HARLEY	69.39
(1. Kevin MARION	69.39
2. Gwen STEED	76.00
3. Glad WISHART	76.11
4. Jim MACHIN	78.35
5. Dot JACK	78.45
6. Vicki KAIGHIN	79.42

5KM WALK

Wendy SEERS	36.59
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MENTONE VENUE RESULTS

5/4/95
300 METRES

1. Mike HARE	56	44.13
2. Dick JEFFREY	51	45.97
3. Eddie STACK	60	54.39
4. Ron AUST	69	55.10
5. Kevin McGRATH	64	60.71
6. Andy SMITH	80	67.17

1 MILE

1. Khalid EL BARGHE	27	5.12.8
2. Colin SILCOCK	62	7.56.4

5KM WALK - TRACK

1. David CASH	43	26.01
2. Marlene GOURLAY	43	27.28
3. Ken LA ROCHE	60	28.30
4. John HALLO	52	28.35
5. Geoff BARROW	46	28.51
6. Glennis McPHERSON	48	29.05
7. Penny HALL	54	29.28
8. Sylvia MACHIN	53	31.15
9. Maureen SEEDSMAN	57	31.44
10. Kevin MARION	59	31.46
11. Kerrie TAYLOR	31	33.10
12. Gordon GOURLAY	65	34.06
13. Gwen STEED	52	34.19
(14. Ern WALKER	81	34.48
(14. Marie KILFOYLE	33	34.48
(14. Darrel POLGLASE	55	34.48
15. Rae ATKINS	63	34.51
16. Joan CLARKE	60	35.17
17. Glad WISHART	51	35.23
18. Wendy SEERS	53	35.24
19. Dot JACK	70	37.05
20. Mary LUCAS	58	38.16
21. Claudia MAXWELL	50	38.22
22. Ian BEAUMONT	59	38.45
23. Jim MACHIN	64	39.16
24. Margaret BEAUMONT	57	39.27
25. Heidi ENGEL	52	42.27
26. Grace SMITH	76	42.35
27. Jean JAMES	68	46.34
28. Nola FINN	58	46.58

12/4/95
800 METRES H/C

1. Andy SMITH	80	3.57.2
2. Gerry O'CONNOR	42	3.59.1
3. Ray KEMP	67	4.00.9
4. Mike JOHNSTON	73	4.02
5. Graham STOCKDALE	53	4.16.9

200 METRES

1. Bob WISHART	53	25.52
2. Ross KENT	53	27.50
3. Dick JEFFREY	51	28.54

12/4/95 (cont)
5KM RUN - TRACK

1. Terry HARRISON	49	17.24
2. Neil BOYLE	41	17.40
3. Laurie COLLARD	37	17.54
4. Khalid EL BARGHE	27	18.18
5. Ted McCOY	55	18.21
6. Ron RABONE	43	18.27
7. Bronwyn HANNS	31	19.18
8. Greg WILLIAM	42	19.31
9. Trish WALLACE	47	19.51
10. Trent WALLACE	Inv	19.51
11. Peter SMART	49	20.11
12. Jeff MARK	46	20.22
13. Rodney FORD	54	20.36
14. Chris HANNS	12	21.05
15. Don HUGHES	58	21.07
16. Johnny WAITE	54	21.45
17. Don McLEAN	61	22.00
18. Greg MAULDON	57	22.40
19. Stephen YOUNG	42	22.46
20. Rhonda TRENGROVE	47	22.57
21. Ray KEMP	67	22.58
22. Carol McCOY	59	23.18
23. Marion PERAZZO	43	23.32
24. John MAHONY	55	23.47
25. Janet FORD	27	23.58
(26. Jan GARRARD	47	25.31
(27. Graham STOCKDALE	53	25.31
28. Betty MARK	47	27.36
29. Carmel SMART	45	28.53
30. Kitty PENFOLD	52	29.03

3KM E.T. WALK - ROAD

1. Gordon GOURLAY	66	Act. 19.42
2. Ern WALKER	81	20.06
3. Darrel POLGLASE	55	20.43
(4. Bob SEAMER	49	17.22
(4. Gwen STEED	52	20.12
(5. Rae ATKINS	63	20.30
(5. Grace SMITH	76	25.30
(6. Dot JACK	70	22.38
(6. Margaret MARION	54	20.22
(7. Geoff BARROW	46	16.45
(7. Kerrie TAYLOR	31	19.20
8. Glad WISHART	51	20.47
9. Vicki KAIGHIN	43	25.22
(10. Kevin MARION	59	19.20
(10. Fred BROOKS	61	17.28
11. Eddie GAMBLE	79	24.52
12. Nola FINN	58	27.19
13. Wendy SEERS	53	20.44
14. Glennis McPHERSON	45	16.55
(15. Joy HOGAN	42	18.47
(15. Mary LUCAS	58	22.38
16. John BECK	58	19.30
17. Heidi ENGEL	52	25.30

MENTONE VENUE RESULTS

MENTONE VENUE RESULTS

19/4/95

120 METRES E.T.

	Act.
1. Steve ZIMARI	38 14.50
2. Bob WISHART	53 14.79
3. Max BROOK	58 17.21
4. Mike JOHNSTON	73 17.80
5. Nyala MILLAR	53 19.78
6. Kevin McGRATH	64 21.45
7. Andy SMITH	80 23.53

1500 METRES

1. Khalid EL BARCHÉ	27 4.39.8
2. Neil BOYLE	41 4.58.5
3. Laurie COLLARD	38 5.02.8
4. Ian CASSELL	41 5.13.5
5. Max BROOK	58 5.30
6. Bob SEAMER	49 5.35.7
7. John KNOTT	51 5.42
9. Pam MEWS	60 7.24.8
8. John CHAMLER	42 6.16.8

500 METRES

1. Gerry O'CONNOR	42 78.40
2. Graham STOCKDALE	53 79.70
3. Bob WISHART	53 85.20
4. Kevin McGRATH	64 2.10.32
5. Andy SMITH	80 2.13.36

10,000 METRES - ROAD - E.T.

1. Neil BOYLE	41 37.05
2. Greg WILLIAM	42 38.17 (3rd)
3. Laurie COLLARD	37 38.51 (1st)
4. Ian CASSELL	41 39.33
5. John WAITE	54 41.09
6. John MOORE	49 41.38
7. Louis WASER	Lots 42.23
8. Rod FORD	54 42.55
9. Jeff MARK	46 43.39
10. John McBRIDE	44 43.48
11. Mike AUST	Inv 44.19
12. Kevin WALLACE	34 44.21
13. Doug WALLACE	54 44.23
14. Ray KEMP	67 44.48
15. Rob FINLAY	45 45.14
16. David LEWIS	47 45.18
17. Don McLEAN	61 45.37
18. Case HUYSMAN	62 46.00
19. Hilmar LEWANDOWSKI	61 46.23 (2nd)
20. Stephen YOUNG	42 46.54
21. Marion PERAZZO	43 48.59
22. Paul LYNCH	46 49.16
23. Carole McCOY	49 49.22
24. Rhonda TRENNGROVE	47 49.32
25. John WILLIAMSON	43 49.56
26. Janet FORD	27 50.59
27. Ben MORREY	66 51.06

19/4/95 (cont)

2KM OR 4KM WALK - TRACK

<u>2KM</u>	
1. Bob SEAMER	49 11.28
2. Kevin MARION	59 12.12
3. Maureen SEEDSMAN	57 12.15
4. John BECK	58 12.31
5. Jim THOMSON	68 12.41
6. Merrilyn TAIT	45 12.44
7. Margaret MARION	54 12.55
8. Angela SEERS	24 13.51
9. Lorraine DENGH	52 14.48
(10. Andy SMITH	80 15.51
(10. Eddie GAMBLE	79 15.51
11. Grace SMITH	76 17.01
12. Mary MOORE	53 17.05

<u>4KM</u>	
1. Geoff BARROW	46 22.28
2. John HALLO	52 22.30
3. Fred BROOKS	61 23.29
4. Joy HOGAN	42 24.37
5. Sylvia MACHIN	53 24.50
6. Gordon GOURLAY	60 25.52
7. Gwen STEED	52 26.42
8. Rae ATKINS	63 27.00
9. Marie KILFOYLE	33 27.27
10. Darrel POLGLASE	55 27.29
11. Ern WALKER	81 27.38
12. Glad WISHART	51 27.46
(13. Joan CLARKE	61 28.44
(13. Wendy SEERS	53 28.44
14. Ian BEAUMONT	59 30.00
15. Kevin McGRATH	64 30.32
16. Jim MACHIN	64 30.37
18. Nola FINN	58 37.18
17. Jean JAMES	68 36.16

10KM WALK - MENTONE - 23/4/95

1. Penny HALL	65.35
2. Jim THOMSON	66.01
3. Vic HARLEY	66.43
4. John BECK	67.47
(5. Rae ATKINS	73.21
(5. Gwen STEED	73.21
7. Wendy SEERS	75.40
8. Marie KILFOYLE	77.10
9. Glad WISHART	77.15
10. Jim MACHIN	79.36
11. Ralph FIELD	79.43

200 METRES

1. Bob WISHART	53 25.52
2. Ross KENT	53 27.50
3. Dick JEFFREY	51 28.54

MENTONE VENUE RESULTS

PETER COLTRUP 5 MILES ROAD

HANDICAP RESULTS

	Act.		
1. Gerry BLANCHFIELD	38.07	36. Sam DEFANIS	30.45
2. Don HUGHES	35.18	37. Mike McAVOY	30.53
3. Jan GARRARD	39.49	38. Ian CASSELL	31.32
4. Joy HERBERT	39.10	39. Judy WINES	40.39
5. Bob LEWIS	36.02	40. Shirley YOUNG	39.19
6. Don McLEAN	36.35	41. Jeff MARK	35.16
7. Russell JOHNSON	26.19 *	42. Domenick MORINA	37.54
8. Howard ROSS	33.21	43. Ron CAMPBELL	40.58
9. Neil BOY LE	29.26	44. Chas McRAE	34.34
10. Rod FORD	33.08	45. Laurie COLLARD	31.22
11. Lindsay BEATON	33.58	46. Ron YOUNG	33.29
12. Norm CAMERON	39.30	47. Roma BURHOP	36.04
13. Judy DAVISON	40.35	48. Doug PETROFF	33.47
14. Col WARING	28.31	49. Les CLARK	43.12
15. Marion PERAZZO	39.19	50. Bob SEAMER	35.31
16. Jim McLURE	30.11	51. Doug WALLACE	36.28
17. David POTTAGE	30.03	52. John MAHONEY	40.19
18. Ray KEMP	34.51	53. Phyllis GOSBELL	45.50
19. Carole McCOY	39.48	54. John GOSBELL	36.55
20. Trish WALLACE	32.39	55. Paul MEREDITH	39.53
21. Lavinia PETRIE	32.10 †	56. Gordon LOUGHNAN	41.13
22. Michael AUST	32.54	57. Peter SMART	34.33
23. John MOORE	36.08	58. John WAITE	34.19
24. John WALLACE	30.55	59. Peter BATRICK	39.12
25. Mark BENJAMIN	38.27	60. Bob HENDERSON	33.26
26. Eric GREAVES	27.38	61. Rob FINLAY	37.33
27. Alan BENNIE	29.28	62. Betty MARK	45.24
28. Peter LEGET	33.27	63. Kees ZWYNENBURG	No time
29. Michael HEFFERNAN	38.08	64. Col SILCOCK	No time
30. Peter DUGGAN	32.18		(1 lap extra)
31. Rimma McAVOY	35.59	Alan KILLEEN	(1 lap short)
32. Bill IRVINE	30.15		
33. Tom DAVISON	35.14		
34. Rob WATERS	32.35		
35. Bronwyn HANNS	32.04		

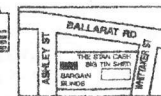
* Fastest man
† Fastest woman

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RESULTS FROM KNOX VENUE - APRIL 1995

300 N.O.T. 5/4/95

	AGE	N.O.T TIME	ACT TIME
Rick LUGG	36	45.00	49.36
Jorg KOPLIN	47	-	51.21
Glen CLAUDEN *	41	50.00	52.16
Paul TWINING	45	53.00	55.33
Mick CARR	41	43.00	55.71

* TROPHY WINNER

2 KLM - 5/4/95

	AGE	TIME
Matthew MOMS	29	5.57
Paul TWINING	45	6.36
Rick LUGG	36	6.56
Glen CLAUDEN	41	7.06
Bill LONG	38	7.08
Sean EXTON	35	7.30
Russell WEST	36	7.35
Mark LEONARD	34	7.53
Ian UREN	44	7.54
Ivan ANDRIC	37	7.57
Richard SHORT	37	8.00
Glen SADDINGTON	33	8.09
Jorg KOPLIN	47	8.53
Leah TWINING	Inv.	9.55

6 KLM H/C - 5/4/95

	AGE	CLOCK TIME	ACT TIME
Sean EXTON	35	35.38	24.13
8 KLM H/C			
Mick CARR *	41	42.34	31.19
Rick LUGG	36	41.45	29.30
Paul TWINING	45	42.52	30.07
Steve DUCKWORTH	42	42.58	29.28
Rob DREW	41	43.03	29.33
Kevin FAGEN	52	43.04	31.29
Russell WEST	36	43.16	32.21
Richard SHORT PB	37	43.20	31.05
Ian UREN	44	43.21	33.46
Ivan ANDRIC PB	37	43.23	35.28
Alan ASHMORE	47	43.27	33.12
Denise NICOLL PB	40	43.28	39.03
Anne McPHERSON	38	43.41	35.26
Bill LONG	38	43.49	32.54
Vern GERLACH	70	43.54	40.49
Shannon TODD	Inv.	44.48	34.13
Bob PETRIE	57	45.27	37.12
Mark LEONARD	34	45.46	34.11
Richard TODD	47	45.48	38.43
Keith STYLES	52	46.40	39.55
Robyn TODD	45	47.15	39.20

100M - 12/4/95

	AGE	TIME
Bill LONG PB	38	13.78
Jorg KOPLIN	47	14.41
Alan CARR	Inv.	15.77
Kevin McLAUGHLIN	51	16.22
Steve JENNER	Inv.	16.89
Shane CLANCY	Inv.	18.44
Trent ANDRIC	Inv.	20.10

1 KLM - 12/4/95

	AGE	TIME
Paul TWINING	45	3.02
Chris CALLAMATTA	42	3.10
Shaun EXTON PB	35	3.12
Rob DREW	41	3.13
Bill LONG PB	38	3.15
Ivan ANDRIC	37	3.28
Chas McRAE	62	3.52
Jorg KOPLIN	47	4.01

15 MIN. TIME TRIAL - 12/4/95

	AGE	LAPS
Trent ANDRIC	Inv.	4 laps
Peter WHEATLEY	36	4 laps
Rob DREW	41	10.300m
Steven JENNER	Inv.	8 laps
Adam CARR	Inv.	7.200m

30 MIN. TIME TRIAL

	AGE	TIME
Bill LONG	38	17.380m
Brian PYNE	47	16.300m
Vern GERLACH	70	14.300m
Kevin McLAUGHLIN	51	13.320m
John JORSELING	38	18.200m
George DYER	60	18.200m
Norm CAMERON	50	15.250m
Ian UREN	44	15.100m
Shaun EXTON	35	18.80m
Alan ASHMORE	47	18.40m
David WEAR	48	15.20m
Chris CALLAMATTA	42	18.150m
Gary CANTWELL	35	17.360m

45 Min TIME TRIAL

	AGE	TIME
David SOMMERS	37	25.20m
Glen CLAUDEN	41	28.30m
Graeme ROBERTSON	50	23.40m
David ROLFE	49	27.310m
Greg SAVAGE	39	25.200m
Robyn TODD	45	21.280m
Julie BUTTERFIELD	35	21.280m
Denise NICOLL	40	22.250m
Trevor WEST	39	23.250m
Kevin FAGAN	52	28.200m
Peter LEGET	61	26.100m
Ivan ANDRIC	37	24.200m
Brian MOSS	28	23.100m
Chas McRAE	62	23.100m
Daryl PETERSEN	43	23
George SIMMONS	59	17.300m
Richard TODD	47	22.200m
Paul TWINING	45	29.100m

400 METRES - 19/4/95

	AGE	TIME
Bill LONG	38	1.05
David MILSOME	Inv.	1.29
Ben PETERSEN	Inv.	1.43
Trent ANDRIC	Inv.	1.53

1500 METRES - 19/4/95

	AGE	TIME
Paul TWINING	45	4.46
Glen CLAUDEN	41	4.57
Russell WEST	36	5.00
Peter LEIGH	57	5.01
Richard SHORT	37	5.01
Kevin FAGAN	52	5.01
Bill LONG	38	5.09
Ben PETERSEN	Inv.	5.18
Gary CANTWELL	35	5.32
David WEAR	48	5.33
Peter LEGET	61	5.34

4 KLM - 19/4/95

	AGE	TIME
Paul TWINING	45	15.13
Shannon TODD	Inv.	15.44
Bill LONG	38	16.15
George DYER	60	16.35
Gary CANTWELL	35	16.41
Richard TODD	47	17.39
Ivan ANDRIC	37	17.58
Brian PYNE PB	46	17.58
Norm CAMERON	50	18.23
Tim ASHMORE	Inv.	18.59
Alan ASHMORE	47	19.00
Jenny MERRICK	45	19.05
Brian MOSS	28	19.14
Chas McRAE	62	20.47
Kevin McLAUGHLIN	51	21.05
George SIMMONS	59	21.35
8 KLM		
Stephen REID	26	27.58
Chris CALLAMATTA	42	31.15
Glen CLAUDEN	41	31.23
Kevin FAGAN	52	31.38
Richard SHORT	37	31.45
David ROLFE	49	31.50
Russell WEST PB	36	32.03
John HORSELING PB	38	32.22

Ian UREN	44	32.30
Vern GERLACH 64m	70	32.50
Ron MILSOME	48	33.30
DAVID WEAR	48	34.00
Ray VALLANCE	50	35.26
Peter LEGET	61	35.59
Trevor WEST	39	37.17
Bob PETRIE	53	37.59
Denise NICOLL	40	39.26
Keith STYLES	52	39.54
Julie BUTTERFIELD	35	40.40
2 KLM		
Trent ANDRIC	Inv.	12.32
2.4 KLM		
Peter LEIGH	57	8.58
2.8 KLM		
John GREEN		13.16

200 METRES - 26/4/95

HEAT 1	AGE	TIME
Russell WEST	36	26.80
Chris CALLAMATTA	42	27.54
Mick CARR	41	28.10
Peter WHEATLEY	36	29.30
Jorg KOPLIN	47	30.10
HEAT 2		
Noel FAIRBURN	34	28.73
Rick LUGG	36	30.57
Kevin McLAUGHLIN	51	35.96

800 METRES

	AGE	TIME
Chris CALLAMATTA	42	2.21
David SOMMERS	37	2.22
Russell WEST	36	2.25
Glen CLAUDEN	41	2.29
John HORSELING	38	2.38
Gary CANTWELL	35	2.49
Peter WHEATLEY	36	2.56
Chas McRAE	62	2.57
Jorg KOPLIN	47	3.04
John GREEN	50	D.N.F

4 LAPS - 26/4/95

	AGE	TIME
Mandy EMMETT	Inv.	6.30
Amber COUTTS	Inv.	7.04

3 KLM - 26/4/95

David TWINING	Inv.	10.00
David SOMMERS	37	10.44
John HALL		11.04
Shaun EXTON	35	11.14
John HORSELING	38	11.50
John GREEN	50	12.54
Noel FAIRBURN	34	13.01
Gerry CLARKE	40	13.19
Trevor WEST	39	13.24
Norm CAMERON	50	13.43
David NOBBS	55	13.46
Jorg KOPLIN	47	14.24
Jenny MERRICK	45	14.52
Les CLARKE	64	16.16
George SIMMONS	60	16.16
Kevin McLAUGHLIN	51	16.17
Glen CLAUDEN 5KLM	41	18.43
Richard SHORT	37	18.55
David ROLFE	49	18.56
Rick LUGG	36	19.00
Mick CARR	41	19.08
Bill LONG	38	19.16
Ron MILSOME	48	19.34
Ian UREN	44	19.55
Ray VALLANCE	50	20.56
Peter LEGET	61	20.59
David WEAR	48	21.16
Chas McRAE	62	21.18
Anne McPHERSON	38	21.23
Chris CALLAMATT	42	21.23
Brian PINE	46	22.23
Brian MOSS	28	23.42
Peter ASHMORE	Inv.	23.42
Alan ASHMORE	47	23.42
Tim ASHMORE	Inv.	23.45
Keith STYLES	52	23.54
Denise Nicolls	40	24.38
Vern GERLACH	70	25.54

Tim ASHMORE	Inv.	23.45
Keith STYLES	52	23.54
Denise Nicolls	40	24.38
Vern GERLACH	70	25.54

RESULTS FROM EAST BURWOOD VENUE

6/4/95	15/30	MINUTE	TIME	TRIAL
John GOSBELL	56	7	laps	240m
Don McMAHON	56	8		120
Dave LANGLEY	56	7		200
Lloyd NICHOLS	53	7		-
Vin O'BRIEN	66	8		100
Roy STANWAY	61	17		295
Jeff BOOT	39	19		150
Bob LEWIS	67	16		100
Coral MONK	47	16		100
Doug PETROFF	53	16		240
John CUNNINGHAM	50	15		100
<u>13/4/95 100 METRES</u>				
1 Brian TAIT	53			14.46
2 Rick SWIFT	49			16.79
<u>800 METRES WALK</u>				
1 Iang PHONTIP	12			4.17
2 Ek PHONTIP	15			4.17
3 Om PHONTIP	13			5.01
4 Phyllis GOSBELL	56			5.04
5 Audrey TUTCHENER	66			7.59
6 Frank TUTCHENER	67			7.59
7 Joan CLARK	63			8.29
8 Les CLARK	64			8.30
<u>200 METRES</u>				
1 Brian TAIT	53			30.00
2 Gordon STEPHEN	41			33.79
3 Frank TUTCHENER	67			37.37
4 Barry BOYD	50			39.28
<u>3/5/ K RUN, 3 K WALK N.O.T.</u>				
				Estim. Act.
1 John HALL	11.30			11.30
2 Phil SODERSTROM	13.30			11.51
3 Jim PATTON	13.27			12.00
4 Bob HENDERSON	13.00			12.06
5 Erica SIGMONT	13.00			12.27
6 Frank TUTCHENER	13.30			13.11
7 Iang PHONTIP	13.30			13.19
8 Trevor JUPP	12.05			13.21
9 Ray BRUNS	-			13.34
10 Ek PHONTIP	15.00			13.36
11 Gordon STEPHEN	14.10			14.09
12 Dave LANGLEY	14.59			14.09
13 Cherie BALDWIN	16.30			14.30
14 Alison SIGMONT	15.00			14.40
15 Om PHONTIP	15.00			14.45
16 Rick SWIFT	16.00			14.48
17 Tony MARTIN	13.37			14.55
18 Leo WATSON	13.54			15.00
19 Brian TAIT	13.59			15.45
20 Peter MAY	17.45			17.48
21 Karen THOMPSON	-			18.41
22 Tina LEB	19.25			19.23
23 John BELL	19.50			19.35
24 Doug PETROFF	20.44			19.38
25 Rob BAULCH	19.35			19.48
26 Elvira PETRACCA	24.00			20.35

13/4/95 Cont.	Estim	Act.
27 Sam DEFANIS	24.00	20.35
28 John SUTTON	20.45	20.36
29 Vin O'BRIEN	20.26	20.37
30 Rin WILSON	21.20	20.48
31 Bob JEFFREY	21.00	22.25 W
32 Dave HERBERT	33.01	22.40
33 John CUNNINGHAM	24.00	22.46
34 Cynthia HERBERT	25.00	24.49
35 Les CLARK	24.58	25.55
36 Audrey TUTCHENER	22.40	25.58 W
37 Joan THOMSON	-	26.00 W
38 Graeme ROBERTSON	24.00	26.13
39 Phyllis GOSBELL	27.05	27.14
40 Marlene PETROFF	29.02	27.21
41 Joan CLARK	27.40	27.38 W
42 Sue SUTTON	28.40	30.35 W
<u>20/4/95 70 METRES</u>		
1 Jack BUCKINGHAM	45	9.96
2 Brian TAIT	53	10.24
3 Don McMAHON	56	10.70
4 Norm KEITH	68	12.11
<u>10 MINUTE PARLOUF</u>		
1 Rai BRUNS	Om	PHONTIP
	Ek	PHONTIP Iang PHONTIP
		9 LAPS
2 Don McMAHON		Elvira PETRACCA
	Brian TAIT	Jim PATTON
		8 LAPS 380 METRES
3 Norm KEITH		Lloyd NICHOLS
	Howard ROSS	Alan MEE
		8 LAPS 60 METRES
<u>27/4/95 60 METRES</u>		
1 Ken MILLSTEED	45	8.05
2 Jack BUCKINGHAM	45	8.46
3 Don McMAHON	56	9.13
4 Alf HETHERTON	66	10.26
<u>1 Km WALK</u>		
1 Frank TUTCHENER	67	8.14
2 Ann PERROTT	62	8.17
3 Audrey TUTCHENER	66	8.46
4 Joan CLARK	63	9.02
<u>1600 METRES</u>		
1 Ewen WILSON	42	5.08
2 Bob HENDERSON	48	5.29
3 Jim PATTON	48	5.35
4 Sam DEFANIS	47	5.36
5 Doug PETROFF	53	5.43
6 Damiab AHEARNE	35	5.47
7 Rob BAULCH	47	5.50
8 Ron WILSON	58	5.54
9 Alan MEE	43	5.59
10 David NOBBS	54	6.00
11 Howard ROSS	50	6.02

RESULTS FROM EAST BURWOOD VENUE

27/4/95	400 METRES
1 Ken MILLSTEED	45 1.03
2 Howard ROSS	50 1.14
3 Frank TUTCHENER	67 1.20
4 Alf HETHERTON	66 1.25
5 Lloyd NICHOLS	53 1.24
<u>5 LAP WALK</u>	
1 Karen THOMSON	Inv 11.55
2 Bob JEFFREY	62 14.09
3 Rita KERR	65 16.21
4 Joan THOMSON	45 16.27
5 Ann PERROTT	62 16.58
6 Audrey TUTCHENER	66 17.07
7 Joan CLARK	63 18.14
<u>2/4/6 Km TEAM RUN</u>	
1 Ewen WILSON	
Phyllis GOSBELL	
Kathie SCHLEGEL	47.04
2 Dave LANGLEY	
John BELL	
Famian AHEARNE	48.17
3 Ken MILLSTEED	
Don McMAHON	
N. McLENNAN	48.18
4 Jim PATTON	
Ron WILSON	
Doug PETROFF	48.24
5 Eric DAVIDSON	
John CUNNINGHAM	
Phil SODERSTROM	48.42

2/4/6 Km TEAM RUN Cont.	
6 Marlene PETROFF	
Elvira PETRACCA	
Sam DEFANIS	49.03
7 Alan MEE	
Gordon STEPHEN	
Rob BAULCH	49.04
8 Marg DUGUID	
Bob POWER	
Vin O'BRIEN	50.45
9 Howard ROSS	
John GOSBELL	
Cherie BALDWIN	51.45
10 Les CLARK	
Bob HENDERSON	
Bob LEWIS	51.56
11 Graeme ROBERTSON	
Don COX	
Gerry CLARKE	54.47
<u>and single 6Km runner</u>	
Brian MEE	24.10

April 5th TROPHY NIGHT AT KNOX

300 Metres N.O.T. WON BY Glen Claiden not many in this run.
 8 Klm H/Cap won by Mick Carr from a new member Rick Lugg, with a PB by Richard Short, Ivan Andric and Denise Nicoll.

April 19th

11 started in the 1500 Mts. with very close finishes in good times. The middle distances are getting very popular. There were PB's in the 400m by Bill Long, 4Klm by Brian Pine, 8Klm by Russell West and John Horseling.

April 26th

A special night for George Simmons, it was his 60th Birthday. George supplied Pizza for all, drinks and a birthday cake was supplied by the venue. Thanks George and many more happy nights at Knox.

Ian Uren and Richard Short ran the Canberra Marathon. Richard's first marathon, a great 3hrs 8mins., Ian suffered back problems but ran a creditable 3hrs 25mins, well done lads.

New members:
 Rick Lugg and Trevor West, Welcome to Knox.
 Chas McRae

RESULTS OF MEETING AT CAULFIELD VENUE - APRIL 1995

In torrential rain, there were a few brave warriors on this night.

<u>100M (H/C) 4.4.95</u>	<u>Age</u>	<u>Fin</u>	<u>H/c</u>
Leo CHARLES	61	11.93	16m
Bob WISHART		12.66	Scr
Steve ZIMARIS		13.99	Scr
<u>800M (H/C) - 4.4.95</u>			
Andy SMITH	80	3.54.78	(Go)
Doug ADENEY	50	3.58.87	(1.36)
Fred BISCHEL	57	4.02.20	(1.22)
Chris CLARK	41	4.15.55	(1.36)
<u>5K WALK H/C - 4.4.95</u>			
Kevin MARION	59	35.13	5.00
Ralph FIELD	81	35.15	Go
Alan MIDDLETON	46	37.13	5.00
Jane THOMPSON	40	37.28	6.00
Joy HERBERT	51	37.39	9.00

<u>200M H/C - 11.4.95</u>	<u>Age</u>	<u>Fin</u>	<u>H/c</u>
Domenick MORINA	56		Go
Bob WISHART	53		15s
Leo CHARLES	62		9s
Ross KENT	53		14s
Kevin MARION	59		9s
Eddy STACK	60		8s

Sorry - Clock broke down, no times taken.

<u>3K Run H/c - 11.4.95</u>	<u>Age</u>	<u>Fin</u>	<u>H/c</u>
Rhonda TRENGROVE	47	14.19	1.00
Paul MEREDITH	34	14.25	1.10
Rob OSBORNE	42	14.27	3.15
Jeff BOOT	39	14.27	4.20
Bob SEAMER	49	14.43	2.30
Howard ROSS	50	14.54	2.55
Jim McLURE	49	15.02	4.00
Gerry BLANCHFIELD	52	15.03	1.50
Mark BENJAMIN	58	15.05	1.50
Case HUYSMANS	67	15.17	2.15
Terry STUBBS	45	15.23	2.05
Stephen YOUNG	42	15.24	2.25
Judy WINES	57	15.24	0.40
Michael HEFFERNAN	60	15.33	2.05
Doug WALLACE	54	15.35	3.05
Lesley GRIMES	34	15.37	3.50
Kevin BROWNE	58	15.37	2.25
Graham PROSSOR	40	15.37	3.40
Leigh COX		16.05	Go
Imelda LESBIREL	41	16.05	Go

<u>5K H/c RUN - 4.4.95</u>	<u>Age</u>	<u>Fin</u>	<u>H/c</u>
Gerry Blanchfield	52	26.01	3.15
Rodney FORD	53	26.06	6.00
Mark BENJAMIN	58	26.10	4.15
Alex SILBER	51	26.13	4.45
Tony FAHY	52	26.20	7.00
Pete BATTRICK	51	26.23	5.15
Michael HEFFERNAN	60	26.30	5.15
Bob POWER	52	26.57	6.45
Peter McGRATH	55	27.11	4.30
Rhonda Trengrove	47	27.15	4.30
Mike CHILDS	38	27.53	7.15
Betty MARK	47	28.08	1.00
Ron BILSTON	51	28.13	2.00
Imelda LESBIREL	41	29.02	Go

<u>1,000M E/T - 11.4.95</u>	<u>Age</u>	<u>Fin</u>	<u>Actual</u>	<u>Est</u>
Col WARING	49		2.59.9	3.00
Jeff BOOT	39		3.05.6	3.03
Doug ADENEY	50		3.08	3.10
Domenick MORINA	56		4.09	4.10
Don PRITCHARD	45		5.12	5.10
Andy SMITH	80		5.32	5.28

Closest to estimated time:

1. Col Waring 2. Domenick 3. Doug Adeney

<u>3000M WALK H/C - 11.4.95</u>	<u>Age</u>	<u>Fin</u>	<u>H/c</u>
Marlene GOURLAY	43	15.56	
John HALLO	52	16.14	
Joy HERBERT	51	17.04	
Alan MIDDLETON	46	18.29	
Maureen SEEDSMAN	57	18.44	
Kevin MARION	59	18.47	
Domenick MORINA	56	20.00	
Frank WARREN	68	20.05	
Margaret MARION	54	20.10	
Darrel POLGLASE	55	20.28	
Glad WISHART	51	21.06	
Ralph FIELD	81	22.02	
Jill ROLLS	47	23.26	
Andy SMITH	80	24.45	

100M SPRINT H/C - 18.4.95

	<u>Age</u>	<u>Fin</u>	<u>H/c</u>
Leo CHARLES	62	12.26	(14M)
Kevin McGRATH	64	12.57.57	(28M)
Paul MEREDITH	34	12.57.40	(18M)

RESULTS OF MEETING AT CAULFIELD VENUE - APRIL 1995

<u>400M RUN H/C - 18.4.95</u>	<u>Age</u>	<u>Fin</u>	<u>H/c</u>
Doug ADENEY	50	1.35.55	(31s)
Kevin MARION	59	1.37.57	(25s)
Ross KENT	53	1.37.84	(36s)
Andy SMITH	80	1.42.22	(Go)
Leo CHARLES	62	1.43.22	(26s)
Eddy STACK	60	1.48.98	(24s)
Kevin McGRATH	64	2.04.35	(6s)

<u>8K E/T - 18.4.95</u>	<u>Age</u>	<u>Actual</u>	<u>Est</u>
Bob POWER	52	34.20	34.20
Peter McGRATH	55	38.32	38.25
Lesley GRIMES	34	33.13	33.05
Stephen YOUNG	42	37.51	37.05
Jim McLURE	49	31.36	29.59
George YEOMANS	50	23.45	(5k)
Paul MEREDITH	34	39.05	40.00
Michael HEFFERNAN	60	38.33	39.00
Kevin BROWNE	58	36.01	35.50
Rob OSBORNE	42	32.34	34.20
Case HUYSMANS	62	35.37	35.00
Rodney FORD	54	34.48	37.52
Chris CLARK	41	DNF	
Peter BATTRICK		38.54	38.00
Mike CHILDS	38	36.00	35.00
Eddy STACK (4 Laps)	60		

1st Closest to time - Bob Power - spot on

2nd Peter McGrath (+7s)

3rd Lesley Grimes (+8s)

WALK Est Distance - 25.4.95

	<u>Age</u>	<u>Est</u>	<u>Actual</u>
Darrel POLGLAISE	55	10.300	10.299
Maureen SEEDSMAN	57	12.00	11.390
Joy HERBERT	50	12.300	12.264
Alan MIDDLETON	46	11.00	11.108
Jill ROLLS	47	10.00	9.223
Frank WARREN	69	11.100	10.320
Ralph FIELD	81	10.150	10.059
Joan CLARKE	60	9.00	10.176
Ken LaROCHE	60	10.00	10.100

Closest to estimated laps

1st Darrel Polglaise

2nd Maureen Seedsman

3rd Joy Herbert

<u>4000M WALK H/C - 18.4.95</u>	<u>Age</u>	<u>Fin</u>	<u>H/c</u>
Tony DORAN	42	30.13	(9.30)
Kevin McGRATH	64	31.35	(1.50)
Ralph FIELD	81	31.37	(2.30)
Andy SMITH	80	31.40	(Go)
Frank WARREN	68	32.27	(5.00)
Joy HERBERT	51	32.28	(9.30)
Alan MIDDLETON	46	32.40	(7.20)
Kevin MARION	59	32.42	(7.30)
Darrel POLGLAISE	55	32.56	(5.00)
Bob SEAMER	49	33.41	(10.00)
Jill ROLLS	47	35.13	(2.50)
Jane THOMPSON	40	30.15	(7.00)
			(1 Lap Short)

200M SPRINT H/c - 25.4.95

	<u>Age</u>	<u>Fin</u>	<u>H/c</u>
Kevin McGRATH	64	37.58	(3s)
Leo CHARLES	62	39.35	(10s)
Steve ZIMARIS	38	39.77	(14s)
George YEOMANS	50	40.00	(12s)
Chris CLARK	41	40.34	(12s)
Doug ADENEY	50	41.50	(13s)
Col WARING		41.80	(14s)

5K SEALED H/C RUN - 25.4.95

	<u>Age</u>	<u>Clock</u>	<u>Net</u>
Roy STANWAY	61	20.02	17.12
Marie TOMKINS	34	20.23	17.13
Jim McLURE	49	18.49	17.19
Rodney FORD	54	20.50	17.20
Greg WILLIAMS	42	18.35	17.20
Michael HEFFERNAN	60	22.25	17.25
Terry STUBBS	45	22.30	17.30
Kevin BROWNE	58	22.00	17.30
Gerry BLANCHFIELD	52	23.05	17.35
Mark BENJAMIN	58	22.51	17.36
Doug WALLACE	54	20.51	17.51
Mike CHILDS	38	20.54	17.54
Doug ADENEY	50	20.47	17.57
Case HUYSMANS	62	22.13	18.00
Bob POWER	52	21.02	18.12
Paul MEREDITH	34	24.01	18.16
George YEOMANS	50	23.46	18.31
Greg MAULDON	57	22.24	18.54
Chris CLARK	41	23.43	19.15
Jeff BOOT	39	20.22	20.07
Betty Mark	47		8 Laps only

Winner of Sealed Handicap was Roy Stanway

2nd Maree Tomkins, 3rd Jim McLure

Equal 4th Greg Williams & Rodney Ford

RESULTS FROM COLLINGWOOD VENUE

4.4.95

70 METRES
 Christine GRIFFITHS 46 13.40
 Don WARDEN 71 13.61

1500 METRES
 Patrick KELLY Inv. 4.46
 Russell SEVERINO 42 4.59
 George RENNIE 53 5.01
 James MCCAIV Inv. 5.10
 Mal BROWN 54 5.28
 Christine GRIFFITHS 46 7.37

300 METRES
 George RENNIE 53 48.56
 Keith MOODY 50 49.00
 Don WARDEN 71 65.85
 Christine GRIFFITHS 46 69.90

5 KM
 Bruce WILLIAMS 33 18.45
 Michael CUSACK 43 19.32
 Keith MOODY 50 19.46
 Melinda WALSH Inv. 19.54
 Graeme PAUL 41 19.55
 Russell SEVERINO 42 20.08
 Mal BROWN 54 20.09
 Brian WALSH 50 20.18
 Sally PEACOCK 29 20.19
 John PEACOCK 52 20.28
 Keith LODGE 63 20.32
 Ron YOUNG 63 20.35
 Denny MARTIN 46 20.40
 Damien CUSACK Inv. 21.02
 Mike KENNEDY 41 21.03
 Tek YEO 52 21.36
 Bill RYAN 54 21.59
 John POCOCK 52 22.15
 Peter BLACK 49 22.36
 Rob WILSON 49 22.38
 Shirley YOUNG 65 24.02
 John NOONAN 51 24.40
 Julie RUSSELL 43 25.06
 Christine GRIFFITHS 46 28.57
 Don WARDEN 78 27.19
 Dick KIRKMAN 76 30.08
 Helen BROWN 54 30.08
 Melva BLACK 48 30.40

11.4.95

50 METRES
 Jane KINSEY 54 9.12
 Christine GRIFFITHS 46 10.08

800 METRES
 Dennis O'HEHIR 41 2.16
 Keith MOODY 50 2.17
 Russell SEVERINO 42 2.29
 Johnathon PEETCH 37 2.36
 Christine GRIFFITHS 46 3.38

150 METRES
 John PEACOCK 58 24.96
 Jane KINSEY 54 26.34
 Christine GRIFFITHS 46 29.65

2000 METRES
 Michael CUSACK 43 6.44
 Ian MCLEOD 49 7.18
 Johnathon PEITSCH 37 7.35
 Evan FLETT 23 7.37
 John PEACOCK 58 7.39
 Leo JONES 54 7.40
 Keith LODGE 63 7.50
 Brian WALSH 50 8.15
 Janine JOHNSTON 35 8.53
 Val MCLEOD 48 9.30

6000 METRES
 Dennis O'HEHIR 41 21.58
 Bruce WILLIAMS 33 22.00
 Paul BAN 40 23.04
 Ron WILSON 48 23.07
 John POCOCK 52 23.15
 Graeme PAUL 41 23.25
 Keith MOODY 50 23.32
 Westly WINDSOR 50 23.35
 Rod BAYLEY 48 23.38
 Mal BROWN 54 23.57
 Melinda WALSH 21 24.02
 John MERORY 49 24.26
 Rod DILNUTT 40 24.44
 Denny MARTIN 46 24.48
 Russell SEVERINO 42 25.02
 Ian MORGAN 49 25.06
 Norm DUFF 63 25.14
 Bill RYAN 54 27.00
 Garry BELL 41 27.23
 Jerry MEEHL 43 29.11
 Ron YOUNG 63 29.18
 John NOONAN 52 29.24
 Rob WILSON 49 29.27
 Shirley YOUNG 65 29.40
 Dick KIRKMAN 76 34.31

18.4.95 (WET)

100 METRES
 Don WARDEN 71 17.03
 Christine GRIFFITHS 46 18.79

400 METRES
 Keith MOODY 50 62.77
 John PEACOCK 58 79.70
 Don WARDEN 71 92.48
 Christine GRIFFITHS 46 97.27

3000 METRES
 Keith MOODY 50 11.25
 Melinda WALSH 21 11.38
 Ian MCLEOD 49 11.44
 Denny MARTIN 46 11.47
 Leo JONES 54 11.52
 Wasyl DROSDOWSKY 44 13.02
 Bill RYAN 54 13.15
 Julie RUSSELL 43 14.20
 Russell ROLLS 49 14.44
 Val MCLEOD 48 14.47
 Don WARDEN 71 15.38
 Christine GRIFFITHS 46 15.42
 Bernie LESLIE 59 16.13

RESULTS FROM COLLINGWOOD VENUE

18.4.95 (Continued)

5000 METRES
 Russell SEVERINO 42 17.16
 Graeme PAUL 41 19.13
 John POCOCK 52 19.16
 Brian WALSH 50 19.40
 Guido SMOGLIAN 40 19.49
 Mal BROWN 59 19.51
 Mike KENNEDY 41 20.21
 Ray HERBERT 55 20.42
 John PEACOCK 58 20.58
 Ron YOUNG 64 23.40
 Shirley YOUNG 65 24.01
 John NOONAN 52 25.04
 Rob WILSON 49 25.26

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Jeff Briggs
 60 Bursaria Avenue
 Ferntree Gully 3156

The subscription is \$16 for individuals or \$28 for a couple, living at the same address. We are also trying to update our database for mailing list and competition purposes, so please fill in this slip with your return.

Thanks a million, Yours sincerely,

Colin Browne
 Colin Browne (Asst Sec)

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Phone

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(Second member of family)

Name.....

Date of Birth / / Vets singlet number

Australian Strength Athletes Union Inc.
RASENKRAFTSPORT RESULTS:

MENTONE Venue

Name	Age Group	Weight Class	Wt Kg	STONE			Wt Kg	HEAVY WEIGHT			Wt Kg	HAMMER			TOTAL			
				Distance	Points	Place		Distance	Points	Place		Distance	Points	Place	Points	PLACE	Date	
Michael Gusbeth	13	M-16	69	3	12.02	1002	1	3	26.41	1056	1	3	47.48	742	1	2800	1	09.04.95
Adam Lindsay	14	M-16	82	3	9.35	779	1	3	14.60	584	1	3	24.00	375	1	1738	1	09.04.95
Aaron Neighbour	17	M18	123	10	11.39	949	1	10	22.29	892	1	6.25	49.18	768	1	2609	1	09.04.95
Nino Stankovic	62	M21	74	15	4.83	402	1	12.5	7.99	320	1	7.26	18.36	287	1	1009	1	09.04.95
Wim Van Weenan	63	M21	86	15	5.15	429	1	12.5	14.49	580	1	7.26	0.00	0	1009	1	09.04.95	
Andrew Ratowa	22	M21	96	15	8.14	678	1	12.5	15.37	615	1	7.26	35.34	552	1	1845	1	09.04.95
Dimi Dionosopoulos	23	M21	105	15	7.97	664	1	12.5	24.52	981	1	7.26	64.70	1011	1	2656	1	09.04.95
Paul Carlin	24	M21	110	15	9.23	769	1	12.5	26.34	1054	1	7.26	69.16	1081	1	2903	1	09.04.95
Werner Reiterer	27	M21	116	15	0.00	0		12.5	18.19	728	3	7.26	42.90	670	3	1398	3	09.04.95
Hans Lotz	47	M21	122	15	7.14	595	2	12.5	20.38	815	2	7.26	57.64	901	2	2311	2	09.04.95
Nick Leffler	22	M21	123	15	4.07	339	3	12.5	13.61	544	4	7.26	0.00	0	884	4	09.04.95	
Mike Childs	38	M30	75	15	5.06	422	1	12.5	12.09	484	1	7.26	28.72	449	1	1354	1	09.04.95
John Donnellan	33	M30	85	15	5.14	428	1	12.5	12.31	492	1	7.26	37.52	586	1	1507	1	09.04.95
Clyde Riddoch	41	M40	75	15	5.58	465	1	12.5	12.52	501	1	7.26	26.68	417	1	1383	1	09.04.95
John Neale	44	M40	85	15	5.87	489	1	12.5	9.98	399	1	7.26	25.36	396	1	1285	1	09.04.95
Alex Gusbeth	47	M40	98	15	7.59	632	1	12.5	16.98	679	1	7.26	40.64	635	1	1947	1	09.04.95
Tom Hancock	58	M50	79	10	7.31	609	1	10	16.20	648	1	6.25	34.62	541	1	1798	1	09.04.95
Morie James	54	M50	88	10	6.71	559	1	10	13.47	539	1	6.25	29.40	459	1	1557	1	09.04.95
Nino Stankovic	62	M60	74	7.5	6.97	581	1	7.5	13.03	521	1	5	29.01	453	1	1555	1	09.04.95
Harry Staecker	64	M60	80	7.5	7.07	589	2	7.5	11.76	470	2	5	34.84	544	2	1604	2	09.04.95
Wim Van Weenan	63	M60	86	7.5	8.99	749	1	7.5	20.67	827	1	5	50.28	786	1	2362	1	09.04.95
Peter Barber	62	M60	102	7.5	7.24	603	1	7.5	16.21	648	1	5	38.98	609	1	1861	1	09.04.95

Australian Strength Athletes Union Inc.
RASENKRAFTSPORT RESULTS:

MENTONE Venue

Name	Age Group	Weight Class	Wt Kg	STONE			Wt Kg	HEAVY WEIGHT			Wt Kg	HAMMER			TOTAL		Date	
				Distance	Points	Place		Distance	Points	Place		Distance	Points	Place	Points	PLACE		
Stan Stankovic	72	M70	85	5	8.79	732	1	5	16.39	656	1	4	31.23	488	1	1876	1	09.04.95
Roy Foley	78	M70	95	5	7.73	644	1	5	15.94	638	1	4	33.83	529	1	1810	1	09.04.95
Ken Knox	71	M70	103	5	9.40	783	1	5	15.72	629	1	4	25.32	396	1	1808	1	09.04.95
Pamela Lindsay	9	W-16	29	3	4.52	377	2	3	5.88	235	2	3	4.08	64	2	676	2	09.04.95
Alison Gusbeth	15	W-16	69	3	10.52	877	1	3	23.88	955	1	3	45.00	703	1	2535	1	09.04.95
Stacey Sullivan	16	W16	85	4	9.29	774	1	4	20.73	829	1	4	42.76	668	1	2271	1	09.04.95
Laura White	16	W16	85	4	6.21	517	2	4	12.60	504	2	4	21.98	343	2	1365	2	09.04.95
Stacey Sullivan	16	W21	85	5	8.46	705	1	5	18.54	742	1	4	36.86	576	1	2023	1	09.04.95
Sharon Clayton	33	W21	86	5	7.08	590	2	5	15.23	609	2	4	30.24	473	2	1672	2	09.04.95
Sharon Clayton	33	W30	86	5	7.24	603	1	5	16.60	664	1	4	33.08	517	1	1784	1	09.04.95
Kathe Stankovic	70	W70	70	3	4.47	372	1	3	9.29	372	1	3	14.56	228	1	972	1	09.04.95

VETERAN THROWING GROUPS - AUGUST 1994 - SEPTEMBER 1995 KEY DATES

- SUN 04/06/95 - WEIGHT PENTATHLON - CAULFIELD
- SUN 02/07/95 - WEIGHT PENTATHLON - CAULFIELD
- SUN 06/08/95 - HAMMERFEST - CAULFIELD
- SUN 20/08/95 - VIC WINTER WEIGHT/THROW CHAMPS - CAULFIELD
- SUN 27/08/95 - VIC WINTER RASENKRAFT CHAMPS - MENTONE
- SUN 10/09/95 - WEIGHT PENTATHLON - CAULFIELD

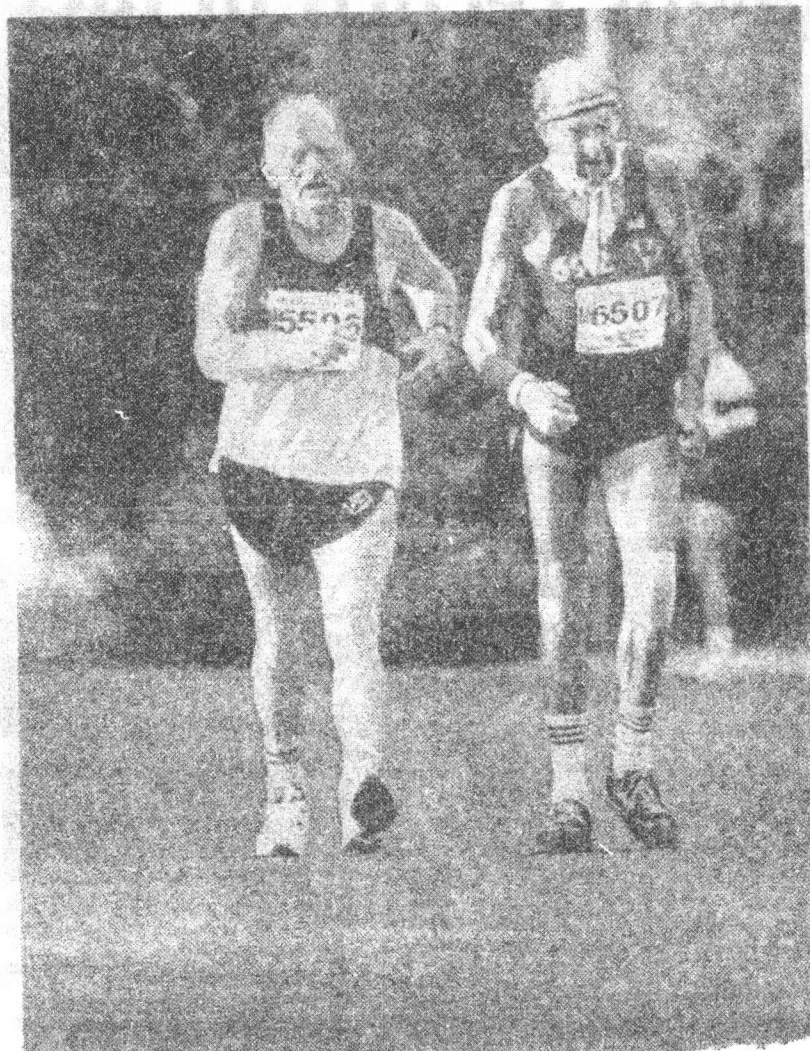
NON CHAMPIONSHIP EVENTS START 12-55PM SHARP - IF IN DOUBT TELEPHONE
 MORRIE JAMES 570 6958 OR HARRY WYNHOVEN 052 531 122

*LIST VETERANS CHAMPIONSHIPS
TOWNVILLE 1995*

"1995 CLUB FIXTURE"

For information regarding club events contact the following-

RUNNING EVENTS - ERIC GREAVES 560-2971
 WALKING EVENTS - PETER McGRATH 807-5656
 THROWING EVENTS - MORRIE JAMES 570-6958
 PENTATHLON EVENTS - CLYDE RIDDOCH 754-8241



Keith Marian, left, and Gordon Gourlay, both of Victoria, in the 10km walk

<u>28-5-95</u>	10KM X-COUNTRY MELWAY 30 H12	10.00am	COLLINGWOOD ***
<u>25-6-95</u>	WINTER CHAMPIONSHIPS MELWAY 18 A10	1.00pm	COBURG
<u>30-7-95</u>	10 MILE RUN MELWAY MAP 29 G11	10.00am	CARLTON ***
<u>20-8-95</u>	WINTER WEIGHT PENTATHLON MELWAY MAP 68 K9	12.55pm	CAULFIELD
<u>27-8-95</u>	10KM RUN MELWAY MAP 88 E10	9.00am	BRAESIDE PARK
<u>11-9-95</u>	ROAD WALKS MELWAY MAP 73 D7	9.00am	KNOX INDUSTRIAL AREA
<u>24-9-95</u>	25KM RUN MYERS ROAD BIKE PATH	9.00am	FOOTSCRAY MELWAY 42 C1
<u>**2-4-95</u>	HEAVY WEIGHT PENTATHLON WEIGHT PENTATHLON	11.25am 12.55pm	

*** = COMBINED EVENTS WITH VICTORIAN CROSS COUNTRY LEAGUE INC.

ERIC GREAVES
CLUB CAPTAIN

EST. 1960

**BALACLAVA
SPORTS INJURY CENTRE**

FREDERICK E. WARWICK N.D., A.T.D., A.R.M.T.(Bach.)

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- Malfunction of Organs and Glands
- Neuromuscular, Joint & Overuse Syndrome (R.S.I.)
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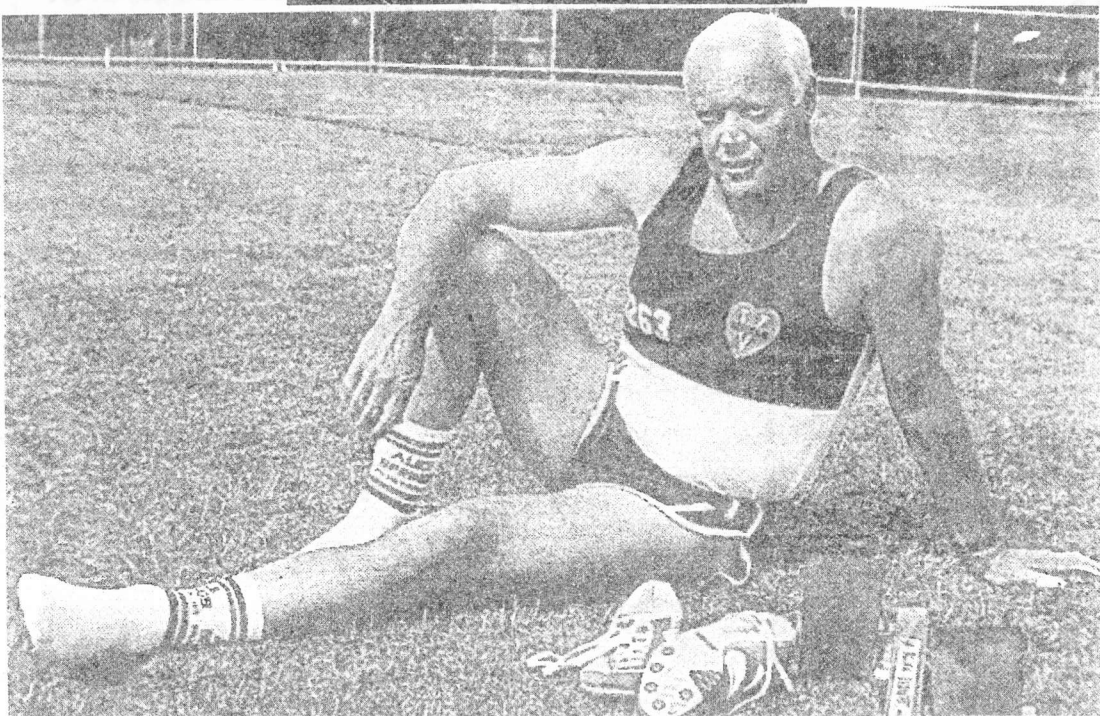
TEL. 571 6295

Opposite Caulfield Park

VICTORIAN VETERANS ATHLETIC CLUB INC

WINTER COMPETITION 95

Allan fights back



ALLAN Elliott, a runner with determination to win.

By Marg Stork

TO SAY that Allan Elliott, 51, a keen member of the Springvale Veteran Athletics' Club, has grit and determination would be an understatement.

He has more than that... pluck and a will to succeed have seen him overcome a knee reconstruction operation which deprived him of his favorite sport for 12 months.

Allan, who has lived locally almost all his life and is the eldest son of former Dandenong Town Clerk Cal Elliott and his wife Nola (Peg), fought back after being 'grounded' and worked hard at getting his fitness levels to their former peak.

Allan trimmed down from 84kg to his running form of 72kg so he could compete in the Oceania Championships in Fiji last July and came home with silver medals for the 100m and 200m. He also won two bronze and in October, with his fitness again at a high, went to Alice Springs for the Australian Masters Championships, bringing home two silver and four bronze medals to add to his collection.

Allan was in 1989 a finalist in *The Journal*-Dandenong Community Credit Union Sports Star of the Year Award after winning

four gold medals in Alice Springs in the Australian Championships and again in 1992 after winning two silver medals at the Veterans' Oceania Games on Norfolk Island. He has played pennant badminton for 20 years with a Dandenong team — "badminton" is very good for the reflexes.

Born in Benalla, Allan came with his parents to Dandenong as a pre-schooler and attended primary school locally and Dandenong High where he became interested in athletics. He has always liked 'short' runs and made headlines in *The Journal* in 1959 when as part of the celebrations of Dandenong becoming a city, he ran for the high school and won a sash and cup for the Schoolboy Gift.

He said: "I will retain the cup and sash — I remember it was presented to me by a Mr Williams, a Stawell Gift winner. It was my first big sporting triumph."

Allan ran in the inter-club championships with Dandenong Athletics Club but had a spell from the sport after he married and his children Debra, Mark and Brooke were born. It was after the family grew up and became interested in sport that he took up running again, joining the Springvale Veterans' Athletics Club.

Start Times for 12 Track Events and 12 Field Events
 Events will not start before the listed time Only 3 attempts per Field event

1:00 pm	1 - Fem.	600 metres	1 - Fem.	Hammer
	2 - Men	600 metres	2 - Men	Discus
1:30	3 - Fem.	Two mile walk	3 - Men	Javelin
			4 - Fem.	Stand. Long Jump
1:50	4 - Men	60 metres	~~~~~	
2:00	5 - Fem.	60 metres	5 - Fem.	Discus
			6 - Men	Triple Jump
2:15	6 - Men	1000 m.	~~~~~	
	7 - Fem.	1000 m.		
2:30	~~~~~		7 - Fem.	Javelin
			8 - Men	Stand. Long Jump
2:40	8 - Men	Two mile walk	~~~~~	
3:00	9 - Fem.	150 metres	9 - Men	Shot Put
			10 - Fem.	Triple Jump
3:10	10 - Men	150 metres	~~~~~	
3:20	11 - Fem.	Three mile run	11 - Men	Hammer
3:45	12 - Men	Three mile run	12 - Fem.	Shot Put
4:15 approx.	13 - Finish and clean-up			

4:30 pm Certificate Presentations to all Competitors plus Tea, Coffee and your BYO. plate combined with good conversation

2 5 JUNE 1 9 9 5

CAULFIELD VENUE

Duncan McKinnon Athletic Track, Cnr. North Road Murrumbeena Ref.68 K9

NOTE Change of Venue to allow World Veterans Games entrants to have one last hit-out prior to departure for Buffalo USA.

Entry fee **\$1.00** per each event Entries will be taken on the day
 Enquiries (03) 807 5656 or 318 3802 Club Competition Uniform to be worn

WORLD VETERAN CHAMPIONSHIPS 1995

Place:
BUFFALO - NEW YORK STATE

Meet:
BUFFALO STATE UNIVERSITY

Date:
JULY 13 - 23, 1995

Housing:
UNIVERSITY RESIDENCE ROOMS
including 3 meals daily

AMERICAN MASTERS MEET 1995

Place:
EAST LANSING - MICHIGAN

Meet:
MICHIGAN STATE UNIVERSITY

Date:
JULY 6 - 9, 1995

Housing:
UNIVERSITY RESIDENCE ROOMS
including 3 meals daily

PACK

PACKAGE 1

AMERICAN MASTERS & WORLD VETERAN CH'SHIPS

21 NIGHTS/22 DAYS

Approx cost via Syd./Melb.

\$3080.00

- Return Economy Airfare. Aust/USA/Aust.
- 21 Nights Accommodation including 3 meals daily.
- Bus transfer Chicago to Lansing University.
- Bus transfer Lansing to Buffalo University via Niagara Falls.
- Air Transfer Buffalo to Chicago, connecting L.A./Aust.

PACKAGE 2

1995 WORLD VETERAN CHAMPIONSHIPS

14 NIGHTS /15 DAYS

Approx cost via Syd./Melb.

\$2700.00

- Return Economy Air Fare. Aust - USA - Aust.
- 14 Nights Accommodation includes 3 meals daily.
- Bus Transfer Buffalo airport to Buffalo University.
- Air transfer Buffalo to Chicago connecting L.A./Aust.

PACKAGE 3

ROUND WORLD TICKET *includes either Package 1 or 2*

Approx cost

- Air transfer Buffalo to Washington.
- Washington to London flying United Airlines.
- Europe to Australia via Hong Kong flying Cathay Pacific.
- 6 Free stop overs en-route to Australia.

PACKAGE 3 + 1 **\$3540.00**

PACKAGE 3 + 2 **\$3160.00**

COLLIN COOPER

A.A.V.A.C.

TRAVEL & SPONSOR DIRECTOR

3/195 Fisher Street, Malvern S.A. 5061

Phone: 08 272 0992

Fax: 08 267 2770

RESULTS FROM SPRINGVALE VENUE

5-4-95

100 METRES RUN

1. Bob ASKEW	60	14.45
2. Valery PHILIPPE	INV	15.17
3. Juan PEREZ	INV	18.91

2KM WALK

1. Tony JOHNSON	54	9.40
2. Celia KELLY	47	10.45
3. Anthony DORAN	43	11.13
4. Fred BROOKS	61	11.51
Kathy CASSIDY 4KM	46	20.47

6KM RUN

Roland BROWN	53	26.05
Brian McCANN	49	24.11
Dean COPLAND	40	20.54
Juan PEREZ	55	25.32
Voyo NIKOLICH	50	26.07
Paul MULLINS	54	23.05
John ABEL	45	23.30
Don CORRIE	45	27.51
Simon STARGOT	48	25.23
Alf SMITH	63	32.10
Laurie CROUCH	55	23.45
Dave TALBOT	40	25.20
Peter ZAHARIAS	37	23.29
Denis PHILLIPS	52	23.35
Jack GUBBINS	66	29.20
Bill GOLDSMITH	54	27.36
Charles LEHNE	36	20.47
Ian ORR	43	24.04
Jenny FIELD	36	29.15
Alan IRWIN	53	24.00
Neil GRAY	47	22.26
Bernard POWNALL	49	25.20
Geoff THOMSON	33	25.41
Laurie TELFER	47	24.49
John MANNING	49	27.05
Ken HOUGH	50	29.53
Rob CLUTTERBUCK	42	20.54
Ron MUIR	43	25.03
Graeme STEVENS 10Laps	53	17.04
Ernie JEFFS 10Laps	50	21.30

12-4-95

70 METRES RUN - HEAT 1

1. Paul OLSSON	38	8.54
2. Bill HAINS	32	8.64
3. John FREAME	44	9.07
4. Josian PHILIPPE	INV	9.23
5. Brian HOLCOMBE	47	9.70

HEAT 2

1. Sean FLANAGHAN	INV	9.75
2. Jack BUCKINGHAM	45	9.82
3. Michael CLARKE	INV	9.94
4. Bob ASKEW	60	10.24
5. Valery PHILIPPE	INV	11.14
6. Juan PEREZ	INV	13.56

12-4-95

4 X 400 METRE RELAY

1. Bill HAINS	56Sec
Ron AUST	73Sec
Dean COPLAND	58Sec
Colin McARDLE	65Sec=4.12
2. John FREAME	56Sec
Roland BROWN	71Sec
Nev HARTCHER	59Sec
Michael DAVIN	66Sec=4.13
3. Paul OLSSON	57Sec
Bob ASKEW	75Sec
Mike HALL	60Sec
Sean FLANAGAN	63Sec=4.15
4. Brian McCANN	66Sec
Brian HOLCOMBE	64Sec
Denise WICKHAM	72Sec
Tony DORAN	70Sec=4.32

3KM RUN

Brian HOLCOMBE	49	11.47
Brian McCANN	49	11.47
Nev HARTCHER	42	10.03
John ABEL	45	11.45
Neil GRAY	47	9.47
Alan DOUGLAS	49	11.21
Tom GALLAGHER	46	11.50
Sean FLANAGAN	INV	13.14
Bernard POWNALL	49	12.43
Bob ASKEW	60	11.24
Michael DAVIN	44	11.41
Karl FAUVRELLE	54	11.38
Laurie TELFER	47	11.33
Ernie JEFFS	50	14.57
Nicole CROUCH	INV	15.21
Bill IRVINE	46	10.33
Ron HARDING	INV	14.17
Alan BENNIE	48	10.21

5KM RUN

Alan KILLEEN	36	20.50
Jenny FIELD	36	23.59
Dave TALBOT	40	20.43
John MANNING	49	24.50
Alf SMITH	63	26.11
Denis PHILLIPS	52	19.16
Voyo NIKOLICH	50	20.46
Ben MORREY	66	23.06
Ron LITTLE	51	20.22
Ian TREGAR	44	20.31
Juan PEREZ	55	21.56
Roland BROWN	53	23.06
Ross MARTIN	43	16.49
Peter FIELD	37	17.24
Graeme STEVENS	53	20.26
Bruce FERRIER	42	18.45
Eric GREAVES	47	16.31
Rob CLUTTERBUCK	42	16.49

RESULTS FROM SPRINGVALE VENUE

12-4-95

5KM RUN - CONT...

Paul MULLINS	54	19.04
Jack GUBBINS	66	23.51
Dean COPLAND	40	17.30
Michael AUST	INV	19.55
Trevor JUPE	60	22.06
Simon STARGOT	48	20.29
Laurie CROUCH	55	19.53
Jim SINCLAIR	70	26.40
Leigh CASSIDY 4KM	15.33	

19-4-95

200 METRES RUN

1. Paul OLSSON	38	24.45
2. Shaul BADOY	32	26.07
3. Bob ASKEW	60	29.92
4. Jack BUCKINGHAM	45	30.13
5. Frank ALLEN	51	30.95
6. Valery PHILIPPE	INV	32.79
7. Juan PEREZ	INV	41.28

800 METRES HANDICAP RUN

1. Bill HAINS	22s	2.34.97
2. Dean COPLAND	25s	2.37.05
3. Neil GRAY	25s	2.38.30
4. Charles LEHNE	29s	2.41.13
5. Mike DAVIN	12s	2.43.59
6. Colin McARDLE	14s	2.45.23
7. Eric GREAVES	22s	2.45.55
8. Brian HOLCOMBE	12s	2.46.33
9. Tom GALLAGHER	04s	2.46.94
10. Mike HALL	18s	2.49.67
11. Laurie TELFER	18s	2.55.93
12. Sean FLANAGAN	18s	2.58.00

1500 METRES ESTIMATED TIME WALK

1. Tony JOHNSON	54	7.47
2. Celia KELLY	47	7.55
3. Lee OSBORNE	51	7.59
4. Penny HALL	54	8.05
5. Natalie KING ***	53	9.25
*** = WINNER		

4KM RUN

John MANNING	49	18.35
Denis PHILLIPS	52	15.31
Jenny FIELD	36	18.47
Ernie JEFFS	50	20.22
Bill IRVINE	46	14.15
Alan BENNIE	48	13.47
Ron HARDING	44	19.01
Ken HOUGH	50	20.24
Ian TREGAR	45	16.51
Kevin ONLEY	60	20.44
Charles LEHNE	36	15.31
John ABEL	45	15.42
Bruce FERRIER	42	14.39
Don CORRIE	45	18.49
Eric GREAVES	47	13.29

19-4-95

4KM RUN - CONT...

Bill HUGHES	62	16.02
Brian HOLCOMBE	49	16.42
Alf SMITH	63	20.34
Clare MCKERR 5lap	65	13.01
Tom GALLAGHER	46	15.56
Sean FLANAGAN	35	16.59
Graeme STEVENS	53	17.45
Laurie TELFER	47	15.42
Geoff THOMSON	33	15.36
Karl FAUVRELLE	54	16.24
Mike HOPPER	59	19.40
Craig CROUCH	INV	16.39
Nicole CROUCH	INV	20.37

8KM RUN

Juan PEREZ	55	33.30
Dean COPLAND	40	28.55
Alan DOUGLAS	49	31.56
Bernard POWNALL	49	34.11
Laurie CROUCH	55	32.34
Paul MULLINS	54	31.46
Jim SINCLAIR	70	42.58
Jack GUBBINS	66	39.25
Voyo NIKOLICH	50	35.47
Frank ALLEN	51	33.44
Rob CLUTTERBUCK	42	27.49
Phil GLASCOTT	45	34.18

26-4-95

100 METRES RUN

1. Ross KENT	53	12.59
2. Richard TREMBATH	53	12.88
3. Ron MUIR	43	13.25

400 METRES RUN

1. Bill HAINS	32	56.20
2. John FREAME	44	56.72
3. Richard TREMBATH	53	59.98
4. Ross KENT	53	60.33
5. Mike HALL	56	60.69
6. Brian HOLCOMBE	49	66.28

2KM WALK

1. Tony JOHNSON	54	9.17
2. George PATON	53	9.56
3. Kathy WOODWARD???	46	10.09
4. Celia KELLY	46	10.50
5. Lee OSBORNE	53	11.14
6. Natalie KING	53	13.00

RESULTS FROM FRANKSTON VENUE

16-3-95

200 METRES RUN - HEAT 1

Peter LONG	42	24.95
Ross KENT	51	26.30
Graeme RICHARDS	49	26.57
Tom GERRARD	46	27.33

HEAT 2

Peter ELLIS	43	27.98
Allan ALDERSON	43	30.93
Kevin IRONS	50	28.27
Tony NEMARIC	42	28.36

HEAT 3

Eddie STACK	60	32.07
Gordon LOUGHNAN	42	35.23
Geoff OSBORNE	55	34.67
Lyn PIMM	34	37.63

HEAT 4

Merrilyn TAIT	45	38.28
Kees ZWYNENBURG	58	42.59
Norm JOHNSTON	58	37.75

4000 METRES WALK

Jack KILFOYLE	70	25.00
Peter ELLIS	43	26.58
Geoff OSBORNE	55	30.48
Kees ZWYNENBURG	66	27.55
Lyn PIMM	34	27.12
Grace SMITH	76	34.59
Gwen STEED	52	27.24
Wendy SEERS	53	27.57
Denise LEGGETT	35	27.56
Jean LEGGETT	59	30.31
George KUTZ 8lap	57	25.00
Norm JOHNSTON ""	58	25.00

8000 METRES RUN

Allan ALDERSON	43	30.29
Michelle ACHESON	30	40.58
Pam HORNIBROOK	40	40.53
Steve ACHESON	32	35.53
Ian MUIR	50	30.34
Mick O'RYAN	46	31.50
George KUTZ 3000M	57	12.11
Sue KEMP	41	50.30
Norm JOHNSTON	58	50.30

2000 METRES RUN

Joy HERBERT	51	9.00
Gordon LOUGHNAN	42	8.29
Amanda NEMARIC	42	10.00
Ken WHYTE	48	6.45
Lindsay BEATON	45	8.29
Trish WALLACE	47	7.19
John WALLACE	51	6.57
Janis WRIGHT	44	7.41
Merrilyn TAIT	45	9.54

16-3-95

800 METRES RUN

Allan ALDERSON	43	2.44
Peter ELLIS	43	2.23
Ken WHYTE	48	2.27
Gwen STEED	52	4.42
Norm JOHNSTON	58	4.42
Gordon LOUGHNAN	42	3.17
Wendy SEERS	53	5.11
Peter DUGGAN	54	2.30
Lindsay BEATON	45	2.59
Graeme RICHARDS	49	3.14
Kees ZWYNENBURG	66	4.23
Ian MUIR	50	2.35
Jean LEGGETT	59	5.09
Merrilyn TAIT	45	3.35
Angela SEERS	INV	5.11
Jarrold POPE	INV	2.59
Janis WRIGHT	44	2.46

LONG JUMP

Kees ZWYNENBURG	66	2.40M
Gordon LOUGHNAN	42	2.58M
George KUTZ	57	3.30M
Janis WRIGHT	44	2.72M
Norm JOHNSTON	58	2.28M

TRIPLE JUMP

Norm JOHNSTON	58	5.50M
Janis WRIGHT	44	4.04M
George KUTZ	57	6.08M
Gordon LOUGHNAN	42	4.26M
Kees ZWYNENBURG	66	4.15M

SHOT PUT

Kees ZWYNENBURG	66	6.65M
Gordon LOUGHNAN	42	9.15M
George KUTZ	57	7.72M
Janis WRIGHT	44	5.59M
Norm JOHNSTON	58	8.70M

DISC

Norm JOHNSTON	58	20.34M
Janis WRIGHT	44	7.77M
George KUTZ	57	13.44M
Gordon LOUGHNAN	42	15.30M
Kees ZWYNENBURG	66	11.42M

JAVELIN

Kees ZWYNENBURG	66	11.42M
Gordon LOUGHNAN	42	19.25M
Janis WRIGHT	44	10.10M
Norm JOHNSTON	58	17.40M

23-3-95

120 METRES RUN - HEAT 1

Kevin IRONS	50	16.81
Graeme RICHARDS	49	15.12
Tony NEMARIC	42	18.15

RESULTS FROM FRANKSTON VENUE

23-3-95

120 METRES RUN - HEAT 2

Grace SMITH	76	36.07
Merrilyn TAIT	45	22.03
Kees ZWYNENBURG	66	23.53
Norm JOHNSTON	58	20.99
George KUTZ	57	22.00
Janis WRIGHT	44	23.00

300 METRES RUN - HEAT 1

Tony NEMARIC	42	46.70
Eddie STACK	60	54.08
Merrilyn TAIT	45	65.37
Kees ZWYNENBURG	66	74.14
Norm JOHNSTON	58	62.02

HEAT 2

Allan ALDERSON	43	47.00
Mike HALL	56	43.33
Kevin IRONS	50	47.17
Peter ELLIS	43	43.38

5000 METRES WALK

Kees ZWYNENBURG	66	35.32
Grace SMITH 5 $\frac{1}{2}$ lap	76	19.34
Jack KILFOYLE	70	31.10
Wendy SEERS	53	35.45
Gwen STEED	52	35.21
Denise LEGGETT	35	35.52
Barb STRICKLAND4L	61	12.32
Norm JOHNSTON 5lap	58	15.00
Bruce MOULTON ""	63	15.01
George KUTZ ""	57	15.02
Janis WRIGHT 2 $\frac{1}{2}$ lap	44	7.00

10,000 METRES RUN

Sue KEMP	41	62.20
Michelle ACHESON	30	57.05
Pam HORNIBROOK	40	56.00
Nada TRAVICA 22lap	38	55.00
Norm JOHNSTON 14l	58	35.00
George KUTZ 3200M	50	12.32

2000 METRES RUN

Graeme RICHARDS	49	9.42
Doug OLIVER	59	9.12
Jarrold POPE	INV	8.38
Reuben POPE	53	7.15
Ken WHYTE	48	6.51
Peter DUGGAN	54	7.14
Ian MUIR	50	6.54
Merrilyn TAIT	45	9.43
Amanda NEMARIC	42	10.12
Frank BELL	35	7.47
John WALLACE	51	7.37
Peter ELLIS	44	8.52
Lindsay BEATON	45	7.49
Trevor ROLLINSON	47	6.45
Allan ALDERSON	43	6.45.2
Mick O,RYAN	46	7.00

23-3-95

LONG JUMP

Norm JOHNSTON	58	2.50M
Kees ZWYNENBURG	66	1.62M
George KUTZ	57	2.66M
Janis WRIGHT	44	2.35M

TRIPLE JUMP

Janis WRIGHT	44	4.60M
George KUTZ	57	5.80M
Kees ZWYNENBURG	66	3.82M
Norm JOHNSTON	58	4.22M

SHOT PUT

Norm JOHNSTON	58	7.53M
Kees ZWYNENBURG	66	8.20M

DISC

Kees ZWYNENBURG	66	11.14M
Norm JOHNSTON	58	11.90M

JAVELIN

Norm JOHNSTON	58	9.10M
Kees ZWYNENBURG	66	12.50M

1000 METRES RUN

Peter ELLIS	44	3.04
Ken WHYTE	48	3.10
Allan ALDERSON	43	3.06
Peter DUGGAN	54	3.13
Kees ZWYNENBURG	66	5.36
Ian MUIR	50	3.05
Gwen STEED	52	5.47
Lindsay BEATON	45	4.17
Pam HORNIBROOK	40	5.43
Sue KEMP	41	5.43
Nada TRAVICA	38	5.42
Mick O,RYAN	46	3.12
Jarrold POPE	INV	3.46
Norm JOHNSTON	58	5.47
Michelle ACHESON	30	5.43
Wendy SEERS	53	6.18

30-3-95

60 METRES RUN - HEAT 1

Graeme RICHARDS	49	7.93
Tom GERRARD	46	8.29
Allan ALDERSON	43	8.92
Tony NEMARIC	42	8.99

HEAT 2

Sue KEMP	41	10.78
Nada TRAVICA	38	9.79
Ronnie NORTON	48	10.09

HEAT 3

Lindsay BEATON	45	9.77
Geoff OSBORNE	55	10.11
Merrilyn TAIT	45	10.53

HEAT 4

Kees ZWYNENBURG	66	11.44
Norm JOHNSTON	58	11.07
Grace SMITH	76	15.77
George KUTZ	57	11.00
Janis WRIGHT	44	11.00

RESULTS FROM FRANKSTON VENUE

2-3-95

60 METRES RUN - HEAT 1

Peter LONG	42	7.74
Graeme RICHARDS	49	7.89
Tony NEMARIC	42	9.16
Ton GERRARD	46	8.43

HEAT 2

Kevin IRONS	50	8.33
Peter ELLIS	43	8.48
Allan ALDERSON	43	8.91

HEAT 3

Merrilyn TAIT	45	10.99
Amanda NEMARIC	42	9.84
Janis WRIGHT	44	10.36

HEAT 4

Grace SMITH	76	16.93
Kees ZWYNENBURG	66	13.11
Norm JOHNSTON	58	16.93
Lyn PIMM	34	10.03
Geoff OSBORNE	55	9.99
Lindsay BEATON	45	10.10

300 METRES RUN - HEAT 1

Peter LONG	42	40.77
Peter ELLIS	43	44.00
Trevor ROLLINSON	46	49.32
Tom GERRARD	46	44.25

HEAT 2

Tony NEMARIC	42	46.12
Eddie STACK	60	54.43
Kevin IRONS	50	46.19
Allan ALDERSON	43	48.53

HEAT 3

Geoff OSBORNE	55	56.67
Jack KILFOYLE	70	55.18
Norm JOHNSTON	58	63.87
Kees ZWYNENBURG	66	75.09
Janis WRIGHT	44	58.87

4000 METRES WALK

Kees ZWYNENBURG	66	28.55
Jan FINLEY	47	28.13
John HALLO	52	22.58
John ANNEAR	59	21.21
Geoff OSBORNE	55	33.15
Lindsay BEATON	45	28.45
Grace SMITH	76	36.17
Wendy SEERS	53	28.32
Jack KILFOYLE	70	25.35
Gwen STEED	52	27.20
Jean LEGGETT	59	30.23
Denise LEGGETT	35	28.05
Lyn PIMM	34	28.41
Angela SEERS 5lap	INV	15.13
Norm JOHNSTON 4lap	58	15.14
George KUTZ	57	15.14
Ray O'CONNOR	57	15.14
Lindsay BEATON	45	15.14

2-3-95

6000 METRES RUN

Allan ALDERSON	43	22.24
Michelle ACHESON	30	33.21
Pam HORNIBROOK	40	29.53
Ken WHYTE	48	23.00
John WALLACE	51	23.52
Ian MUIR	50	22.49
Charlie MALLIA	46	22.17

2000 METRES RUN

George KUTZ	57	7.30
Ray O'CONNOR	57	7.02
Graeme RICHARDS	49	9.59
Amanda NEMARIC	42	10.42
Joy HERBERT	51	9.05
Lindsay BEATON	45	8.23
Merrilyn TAIT	45	9.55
Norm JOHNSTON	58	10.42

1000 METRES RUN

Allan ALDERSON	43	3.21
Gordon LOUGHNAN	42	4.10
Peter ELLIS	44	3.08
Jean LEGGETT	59	6.14
Joy HERBERT	51	4.28
Merrilyn TAIT	45	4.52
Lindsay BEATON	45	4.19
Pam HORNIBROOK	40	5.33
Kees ZWYNENBURG	66	5.49
Wendy SEERS	53	6.19
Gwen STEED	52	6.15
Norm JOHNSTON	58	4.07
Mike HALL	56	3.20

LONG JUM

Janis WRIGHT	44	2.95M
Norm JOHNSTON	58	2.90M
Kees ZWYNENBURG	66	2.10M
Gordon LOUGHNAN	42	2.38M

TRIPLE JUM

Janis WRIGHT	44	5.00M
Norm JOHNSTON	58	6.50M

SHOT PUT

Kees ZWYMENBURG	66	6.80M
Gordon LOUGHNAN	42	9.06M

DISC

Kees ZWYNENBURG	66	10.80M
Gordon LOUGHNAN	42	15.10M

9.3.95

100 METRES RUN - HEAT 1

Kevin IRONS	50	13.62
Graeme RICHARDS	49	12.53
Norm JOHNSTON	58	17.52
Tony NEMARIC	42	14.05

HEAT 2

Nada TRAVICA	37	15.97
Lindsay BEATON	45	14.63
Allan ALDERSON	43	13.89
Geoff OSBORNE	55	15.97

RESULTS FROM FRANKSTON VENUE

9-3-95

100 METRES RUN - HEAT 3

Lyn PIMM	34	15.20
Bue KEMP	41	17.52
Karin McDONALD	inv	17.31

HEAT 4

Grace SMITH	76	28.23
Janis WRIGHT	44	15.90
George KUTZ	50	15.35
Kees ZWYNENBURG	66	19.74

400 METRES RUN - HEAT 1

Tony NEMARIC	42	67.57
Kevin IRONS	50	69.15

HEAT 2

Allan ALDERSON	43	70.59
Eddie STACK	60	74.77
Geoff OSBORNE	55	83.20
Amanda NEMARIC	43	86.79

HEAT 3

Kees ZWYNENBURG	66	105.60
Janis WRIGHT	44	74.59
Jack KILFOYLE	70	79.97
Norm JOHNSTON	58	91.32

2000 METRES WALK

Grace SMITH	76	17.06
Joy HERBERT	51	11.36
Lyn PIMM	34	13.08
Jack KILFOYLE	70	12.34
Geoff OSBORNE	55	16.31
John HALLO	52	10.45
Keex ZWYNENBURG	66	13.41
Doug OLIVER	58	13.45
Wendy SEERS	53	13.42
Gwen STEED	52	13.21
Denise LEGGETT	35	13.30
Angela SEERS	INV	13.38
Lindsay BEATON	45	22.37
Eddie STACK	60	22.36
Norm JOHNSTON	58	22.38
Janis WRIGHT	44	22.38
George KUTZ 1500M	57	11.19

5000 METRES RUN

Lindsay BEATON	45	22.44
Sue KEMP	41	29.36
Gordon LOUGHNAN	43	23.31
Allan ALDERSON	43	18.31
Martin LEGGETT	38	17.58
Ian MUIR	50	18.34
Pam HORNIBROOK	40	24.47
Norm JOHNSTON	58	29.36

2000 METRES RUN

Peter DUGGAN	54	7.50
Janis WRIGHT	42	8.38
Peter ELLIS	44	6.56

9-3-95

2000 METRES RUN - CONT.

Ken WHYTE	48	6.58
Trevor ROLLINSON	47	6.40
George KUTZ 1500M	57	5.40
John WALLACE	51	7.38

600 METRES RUN

Jack KILFOYLE	70	2.18
Gordon LOUGHNAN	42	2.24
Kees ZWYNENBURG	66	3.12
Peter ELLIS	43	1.43
Doug OLIVER	58	2.31
Wendy SEERS	53	3.48
Gwen STEED	52	3.23
Norm JOHNSTON	58	3.23
Allan ALDERSON	43	2.00
Ken WHYTE	48	1.48
Trevor ROLLINSON	47	1.38
Ian MUIR	50	1.49
Janis WRIGHT	44	2.04
Lindsay BEATON	45	3.06
Pam HORNIBROOK	40	3.25
Denise LEGGETT	35	3.25

LONG JUMP

Kees ZWYNENBURG	66	2.60M
George KUTZ	57	2.54M
Norm JOHNSTON	58	2.56M

TRIPLE JUMP

Kees ZWYNENBURG	66	4.20M
George KUTZ	57	6.74M
Norm JOHNSTON	58	6.98M

SHOT PUT

Kees ZWYNENBURG	66	6.40M
Norm JOHNSTON	58	8.85M

DISC

Kees ZWYNENBURG	66	11.70M
Norm JOHNSTON	58	21.10M

JAVELIN

Kees ZWYNENBURG	66	10.40M
Norm JOHNSTON	58	16.54M

16-3-95

70 METRES RUN - HEAT 1

Kevin IRONS	50	11.26
Ross KENT	51	9.62
Tom GERRARD	46	9.63
Peter ELLIS	43	9.15
Graeme Richards	49	9.15

HEAT 2

Geoff OSBORNE	55	11.73
Lindsay BEATON	45	11.77

HEAT 3

Grace SMITH	76	20.11
Merrilyn TAIT	45	12.72
Kees ZWYNENBURG	66	14.07
George KUTZ	57	12.50
Norm JOHNSTON	58	12.69

RESULTS FROM FRANKSTON VENUE

30-3-95

200 METRES RUN - HEAT 1

Tony NEMARIC	42	28.74
Peter ELLIS	44	27.47
Tom GERRARD	46	26.68
Allan ALDERSON	43	30.56

HEAT 2

Eddie STACK	60	31.98
Geoff OSBORNE	55	39.89
Janis WRIGHT	44	39.50
George KUTZ	57	39.50

HEAT 3

Norm JOHNSTON	58	36.03
Merrilyn TAIT	45	37.10
Kees ZWYNENBURG	66	43.31

3200 METRES WALK

Kees ZWYNENBURG	66	22.40
Jan FINLEY	47	22.28
Jack KILFOYLE	70	19.54
Wendy SEERS	53	22.41
Grace SMITH	76	27.27
Gwen STEED	52	22.16
Geoff OSBORNE	55	25.47
Jean LEGGETT	59	23.56
Denise LEGGETT	35	24.32
George KUTZ 4lap	58	11.50
Norm JOHNSTON	58	22.16

4000 METRES RUN

Gordon LOUGHNAN	42	19.35
Lindsay BEATON	45	17.18
Sue KEMP	41	23.18
Allan ALDERSON	43	14.36
Ian MUIR	50	15.00
Peter DUGGAN	54	12.36
Ken WHYTE	48	14.55
Pam HORNIBROOK	40	19.55
John WALLACE	51	15.20
Charlie MALLIA	46	18.10

1600 METRES RUN

Tony NEMARIC	42	6.37
George KUTZ	57	5.57
Nada TRAVICA	38	8.01
Trevor ROLLINSON	47	5.17
Jarrold POPE	INV	6.30
Merrilyn TAIT	45	7.40
Janis WRIGHT	44	7.11

600 METRES RUN

Peter ELLIS	44	1.43
Tony NEMARIC	42	2.05
Trevor ROLLINSON	47	1.37
Ken WHYTE	48	1.48
Gordon LOUGHNAN	42	2.21
Ian MUIR	50	1.54
Kees ZWYNENBURG	66	3.06
Lindsay BEATON	45	2.27
Allan ALDERSON	43	1.52

30-3-95

600 METRES RUN - CONT...

Wendy SEERS	53	3.41
Merrilyn TAIT	45	2.32
Gwen STEED	52	3.26
Jan FINLEY	47	3.06
Jean LEGGETT	59	3.31
Janis WRIGHT	44	2.31
Kath		2.27
Sue KEMP	41	3.11
Norm JOHNSTON	58	3.26

LONG JUMP

Norm JOHNSTON	58	3.00m
Kees ZWYNENBURG	66	2.00m
Gordon LOUGHNAN	42	1.95m
Janis WRIGHT	44	3.10m

TRIPLE JUMP

Norm JOHNSTON	58	7.50m
Kees ZWYNENBURG	66	3.74m
Gordon LOUGHNAN	42	4.61m

SHOT PUT

Norm JOHNSTON	58	9.64m
Kees ZWYNENBURG	66	7.09m
Gordon LOUGHNAN	42	8.40m

DISC

Norm JOHNSTON	58	21.60m
Kees ZWYNENBURG	66	12.15m
Gordon LOUGHNAN	42	13.30m
George KUTZ	57	14.90m
Janis WRIGHT	44	8.60m

JAVELIN

Norm JOHNSTON	58	18.48m
Kees ZWYNENBURG	66	9.52m
Gordon LOUGHNAN	42	7.11m
George KUTZ	57	11.90m

TO ALL VENUE MANAGERS AND TRIPISTS.

OUR PRINTING MACHINE IS BEING MOVED INTO THE CALFIELD VENUE ROOMS.

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VICHEALTH 5TH AUSTRALIAN MASTERS GAMES.

MELBOURNE 1995.

OCTOBER 5 TO 14.



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ABERFELDIE VENUE

8th March 95

70 metres

1	Marlin Hodgson	36	8.59
2	Geoff Turner	48	9.00
3	Grant Glassford	38	9.06
4	John Howes	59	9.81
5	Tony Bradford	56	10.40
6	Gordon Burrowes	59	15.22

200 metres

1	Grant Glassford	38	25.86
2	Geoff Turner	48	26.28
3	Bernard Angel	40	27.28
4	John Howes	59	27.93
5	Tony Bradford	55	30.03
6	Lorraine Woodman	55	35.63

700 metres

1	Brian Marantelli	40	2.07
2	Tony Bradford	55	2.07
3	Pat Maye	62	2.10
4	Peter Shone	49	2.23
5	Stephen Barker	51	2.30
6	Lorraine Woodman	58	2.31
7	Rhonda Hircoc	45	2.31
8	Denis Holden	42	2.46
9	Denis Sinnott	44	2.52
10	Barbara Beaumont	47	2.58

500 metres - WALK

1	Danny Hawksworth	Inv	2.35
2	Gordon Burrowes	59	3.10
3	Shelagh Browne	50	3.15

**30 minute Time Trial
*** Trophy Event**

		Est	Act.	Diff	
	Dist	Dist	m's		
1	Charles Copland	33	8.6	8.970	370
2	Brian Marantelli	40	8.0	8.085	85
3	Peter Shone	49	8.0	8.052	52
4	Rob Waters	49	7.5	7.418	-82
5	Danny Hawksworth	Inv	6.6	7.398	798
6	Allan Bashford	56	7.6	7.037	-563
7	John Dean	50	7.0	7.037	37
8	Graeme Hewitt	49	6.8	7.037	237
9	Rhonda Hircoc	45	6.7	7.037	337
10	Bill Page	64	7.1	6.835	-265
11	Denis Holden	42	6.9	6.590	-310
12	Stephen Barker	51	6.3	6.528	228
13	Margaret Cassidy	51	6.5	6.104	-396
14	Barbara*** Beaumont	47	5.6	5.618	18
15	John Satter	54	5.200	5.512	312
16	Gerardo Riviello	70	5.400	5.430	30
17	Sam Stapleton	78	5.000	4.967	-33

*** Congratulations and Trophy to Barbara

ABERFELDIE VENUE

15th March 95

100 metres

1	Grant Glassford	38	12.12
2	Geoff Turner	48	12.72
3	Tony Bradford	55	14.06
4	Danny Hawksworth	Inv	14.07
5	Ann Stobaus	53	14.41

200 metres

1	Bernard Angel	40	58.91
2	John Howes	59	60.47
3	Grant Glassford	38	61.62
4	Tony Bradford	55	62.00
5	Geoff Turner	48	64.40
6	Ann Stobaus	53	65.44
7	Ken Forrester	39	75.90

1200 metres

1	Charles Copland	33	3.45
2	Trevor Hawksworth	48	3.55
3	Brian Marantelli	40	4.02
4	Joe Brown	47	4.07
5	Bill Turner	45	4.10
6	Pat Maye	62	4.10
7	Ian Goodall	37	4.35
8	Stephen Barker	51	4.39
9	Rhonda Hircoc	45	4.46
10	Denis Holden	42	4.52
11	Denis Sinnott	44	5.34

6200 metres River Run

1	Charles Copland	33	0:22:30
2	Peter Shone	49	0:22:30
3	Brian Marantelli	40	0:24:41
4	Mike Richards	51	0:24:50
5	Danny Hawksworth	Inv	0:24:53
6	Rob Waters	49	0:25:36
7	Graeme Hewitt	49	0:25:38
8	Ian Goodall	37	0:25:48
9	Bill Turner	45	0:26:05
10	Allan Bashford	56	0:26:06
11	John Dean	50	0:26:46
12	Bill Page	64	0:26:54
13	Denis Holden	42	0:27:01
14	Trevor Hawksworth	48	0:27:40
15	Stephen Barker	51	0:27:41
16	Rhonda Hircoc	45	0:27:51
17	Margaret Cassidy	51	0:31:36
18	Cos Pietrelli	50	0:31:36
19	John Satter	54	0:34:45
20	Gerardo Riviello	70	0:40:04

4900 next column

RESULTS cont.,

15th March 95

Maribyrnong River Paths RUNS

4900 metres approx

1	Alfred Lendval	41	0:18:27
2	Bernard Angel	40	0:22:02
3	Denis Sinnott	44	0:27:03
4	Barbara Beaumont	47	0:29:14
5	George Marney	58	0:29:14
6	Sam Stapleton	78	0:29:44

750 metres - WALK

1	Danny Hawksworth	Inv	4.02
2	Joanne Brown	Inv	5.43
3	Cheryl Brown	Inv	5.44

RESULTS 22nd March 95

To honour the end of daylight saving we met at the Pipemakers Park Maribyrnong for pack - runs along the bike paths Smithfield Road and return. Afterwards we joined in a sausage sizzle at the barbeque areas under lamp light.

RESULTS 29th March 95

100 metres

1	Grant Glassford	38	12.65
2	Geoff Turner	48	12.85
3	Jessica O'Callaghan	Inv	13.69
4	Peter Bussink	36	14.00
5	Tony Bradford	55	14.50
6	Lorraine Woodman	58	16.88

400 metres

1	Grant Glassford	38	58.41
2	Bernard Angel	40	58.80
3	Geoff Turner	48	64.06
4	Rob Waters	49	71.28
5	Peter Bussink	36	74.53
6	Lorraine Woodman	58	77.78

1500 metres

1	Peter Shone	49	4.59
2	Alfred Lendval	41	5.06
3	Tony Bradford	55	5.11
4	Bill Turner	44	5.30
5	Roma Burhop	51	5.46
6	Peter Bussink	36	5.57
7	Gary Skinner	44	6.07
8	Bill Page	64	6.07
9	Denis Sinnott	44	6.36
10	Barry Preta	31	6.37

2000 metres, cont.

RESULTS cont.,

29th March 95

1800 metres WALK

1	Maurie Griffiths	68	9.31
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2000 metres

1	Chris Marantelli	Inv	8.26
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3000 metres

1	Alfred Lendval	41	13.05
2	Brad Turner	Inv	13.05
3	Bernard Angel	40	13.24
4	Roma Burhop	51	14.56
5	Chris A'church	45	14.56
6	Denis Sinnott	44	15.06

5000 metres

1	Charles Copland	33	16.28
2	Danny Hawksworth	Inv	20.15
3	Bill Turner	45	20.20
4	Rob Waters	49	20.26
5	Trevor Hawksworth	48	20.34
6	Peter Shone	49	20.34
7	Allan Bashford	56	20.56
8	John Dean	50	20.56
9	Bill Page	64	21.17
10	Gary Skinner	44	21.17
11	Rhonda Hircoc	45	21.42
12	Cos Pietrelli	50	22.12
13	Duncan H'ton-Ritchie	49	22.16
14	George Marney	58	0:25:31
15	Barry Preta	31	0:25:54
16	Barbara Beaumont	47	0:26:58
16	Margaret Cassidy	51	0:26:58
18	Gerardo Riviello	70	0:30:35

More Results next month, including ALL April 95

THANK YOU ROB.

ED