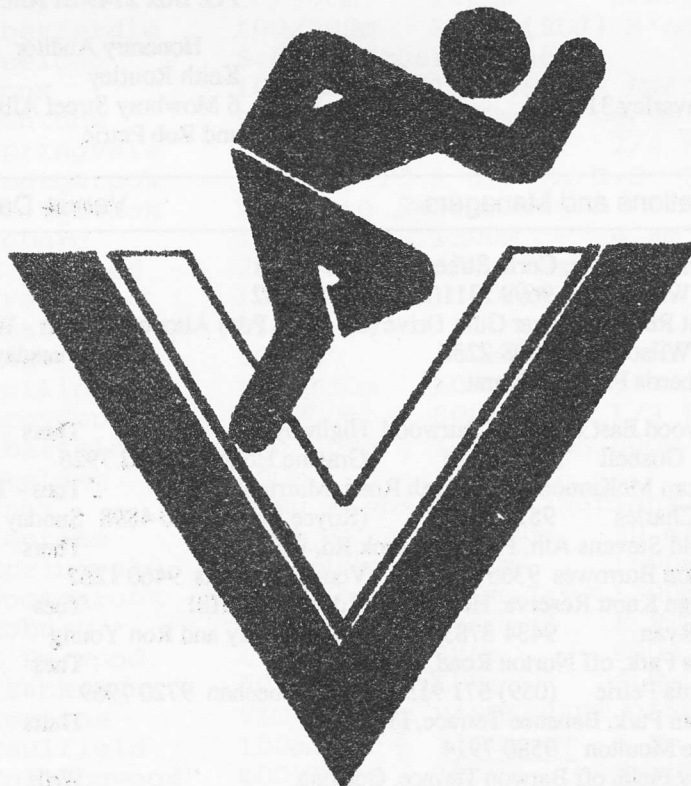


VICTORIAN VETERANS
ATHLETIC CLUB INC.

AROUND THE GROUNDS

SEPT.

1995



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
9878 4875

Honorary Secretary

Dorothy Browne OAM. LM. (Life Member)
4 Victory Street Mitcham 3132
9874 2501 fax 9873 3223

Honorary Assistant Secretary

Colin Browne
4 Victory Street Mitcham 3132
9874 2501

Honorary Treasurer

Jeffrey Briggs
60 Bursaria Avenue Ferntree Gully 3156
9758 6328

Vice Presidents

Ted McCoy
24 Blackwood Avenue Mentone 3194
9583 3280

Robert Waters
5 Bellevue Court Maribyrnong 3032
9318 3802

Club Captain

Eric Greaves LM.
7 Netherby Avenue Mulgrave 3170
9560 2971

Club Vice Captain

Peter McGrath LM.
13 Bales Street Mt Waverley 3149
9807 5656

Immediate Past President

Anthony Bradford
6 Merrett Avenue Werribee 3030
9749 2248

General Committee Members

John Benson
198 Prospect Hill Road Canterbury 3126
9830 4546

Annette Brunton
7 Purches Street Mitcham 3132
9478 3687

Les Clark
53 Koorringal Road Upwey 3158
9754 2793

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14 Bakers Road Dandenong North 3175
9795 1169 fax 9795 1169

John Dean
3 Pearl Street Essendon West 3040
9337 7179

Morrie James
34 Pasadena Crescent Bentleigh East 3165
9570 6958

Kenneth Wu
PO. Box 2149 St Kilda West 3182

Honorary Auditor

Keith Routley 9699 6384
6 Mowbray Street Albert Park 3206
and Rob Petrie (059) 671 915

VENUES**Locations and Managers****Venue Day and Melway Ref**

ABERFELDIE	Aberfeldie Park, Corio Street, Moonee Ponds Rob Waters 9699 5311(B) 9318 3802	Weds	28 D 6
ALTONA	Grant Reserve, Sugar Gum Drive (off Civic Pde) Altona Ray Wilson 9398 2285	Sun - Winter Tuesday - Daylight Saving	54 G 9
BALLAARAT	Llanberris Field, Ballarat		
EAST BURWOOD	Burwood East Reserve, Burwood Highway John Gosbell 9808 4641 Graeme Hoskins 9802 7926	Thurs	62 C 7
CAULFIELD	Duncan McKinnon Park, North Road, Murrumbeena Leo Charles 9579 1830 (Royce Foley 9570 4898)	Tues - Track Sunday - Field Games)	68 K 9
COBURG	Harold Stevens Ath. Field, Outlook Rd. Coburg Gordon Burrowes 9366 0326 Vonda Saunders 9460 1267	Thurs	18 A 9
COLLINGWOOD	George Knott Reserve, Heidelberg Rd., Clifton Hill Bill Ryan 9434 3783 Keith Moody and Ron Young	Tues	30 F 12
CROYDON	Town Park, off Norton Road, Croydon Lavinia Petrie (059) 671 915 David Sheehan 9720 7969	Tues	50 K 5
FRANKSTON	Ballam Park, Bananee Terrace, Frankston Bruce Moulton 9580 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 9729 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 9772 2508	Weds	80 E 12
TOOTGAROOK	Tootgarook Sports Reserve, Truemans Road, Tootgarook Alan Radford / Ken Taylor (059) 855 989	Weds - Winter Sunday - Daylight Saving	169 E 6

Australian Association of Veterans Athletic Clubs Secretary - Dorothy Browne OAM. (03) 9874 2501

THE BETTY, ALLAN AND NORM PAGE.

Date	Venue	Sprint	Mid Dist	Walk	Distance
Weds 1 Nov	Aberfeldie.	100/300m	700m ET	M'nong River	4900/6100m
" 1 "	Geelong	5.75 Km	Cross Country		
" 1 "	Knox	400m	1600m		6 Km
" 1 "	Mentone	100m H/c	800m R.J. H/c	3 Km H/c	3 Km Tk
" 1 "	Springvale	120m	400m H/c	3/5 Km	3/5 Km
" 1 "	Tootgarook	100m Disc	1500m	800m	6 Km Parlouf
Thur 2 "	Coburg	100/200m	400m		8 Km Tk
" 2 "	E Burwood	70m	1600m	1200m	Relay W & R
" 2 "	Frankston	60/300m	600m	3200m	2/5 Km
Sun 5 "	Altona				
" 5 "	Caulfield	Field Games			
Tues 7 "	Caulfield	100m	Gus Theobald practice night		
" 7 "	Collingwood	Closed -	Melb. Cup Day		
" 7 "	Croydon	200m	1600m	4 laps	3200m H/cap
Weds 8 "	Aberfeldie	100/200m	500m Run/Walk	M. River	5Km/7.5 Km
" 8 "	Geelong	100m	400m		3200m
" 8 "	Knox	100m	800m	1 Hr Run	3x5 mins
" 8 "	Mentone	200/400m	1500m ET	Run & Wlk Rly	x 3
" 8 "	Springvale	70/300m	1500m	1500m	2/4/8 Km
" 8 "	Tootgarook	100/100R	600m Shot	1500m	5 Km Rd H/c
Thur 9 "	Coburg	100/300m	1600m H/c		30 min TT
" 9 "	E Burwood	4x50m/100m	H/c 800m ET	10 minW	Marathon x 7
" 9 "	Frankston	100/400m	800m	4 Km	2/6 Km
Sun 12 "	Caulfield	Weight Pentathlon			
Tues 14 "	Caulfield	GUS THEOBALD NIGHT (CAUL, SP/VALE, MENT)			
" 14 "	Collingwood	90/300m	7.15/8.00pm	10 Km Boulevard	Runs
" 14 "	Croydon	50/300m	1000m	6 laps	6/16 laps
Weds 15 "	Aberfeldie	100/300m	1 Km (SLJ)	M'nong River	4900/6100m
" 15 "	Geelong	6.8 Km	Cross Country		
" 15 "	Knox	100/200mET	1500mET	Raffle	8 Km H/cap
" 15 "	Mentone	60m	1000m	4 Km ET	5 Km H/c Rd
" 15 "	Springvale	100m H/c	400m	2/4 Km	3x2Kmx2 Relay
**Sun 12 "	Tootgarook	Opp Rye PO	* 8.5 Km C.C. Run & BBQ		
Thur 16 "	Tootgarook	Visit to East Burwood	for Parlouf.		
" 16 "	Coburg	100/200m	1500m	4 Km H/cap	Pursuit
" 16 "	E Burwood	2 Km Walk	1600m Par. Rly -	10 Km Par Rlyx5	
" 16 "	Frankston	120/200m	1000m	2 Km	1600/3200m
Sun 19 "	Caulfield	Field Games			
Tues 21 "	Caulfield	100m	400m	5 Km ET	5 Km H/C O/Side
" 21 "	Collingwood	120/150m	1000m	3 Km	3/5 Km ET
" 21 "	Croydon	70/200m	800m	1/3 Km	15/25 Laps ET
Weds 22 "	Aberfeldie	100/400m	1200m LWS	500m	3/5 Km
" 22 "	Geelong	200m	1500m		2400m
" 22 "	Knox	1000 steps	F.T.G. National Park		
" 22 "	Mentone	150m ET/300m	1000m	30 mins ED	6 Km
" 22 "	Springvale	200/600m	1000m	1600m	5 Km H/cap
" 22 "	Tootgarook	70/100m R	400m Jav	1200m	4 Km Tk
Thur 23 "	Coburg	70/150m	(Supper)	1 Km	5 Km
" 23 "	E Burwood	60/250m	800m	800m/8 lap	10 lap/10 Km
" 23 "	Frankston	70/300m	600m	3 Km	1600m/4 Km
Sun 26 "	Mentone	VIC SUMMER RASENKRAFT C'SHIPS	10-11 Weigh In		
Tues 28 "	Caulfield	100m	1000m ET	3 Km	8 Km
" 28 "	Collingwood	100/200m	1500m		
" 28 "	Croydon	50m (Relay 2 km W/2Km/4Km/6Km x4)	4 lapw		
Weds 29 "	Aberfeldie	100/300m	800m	M'nong River	4900/6100m
" 29 "	Geelong	200m	400m		3 Km
" 29 "	Knox	200m	1000m		3/5 Km
" 29 "	Mentone	200/600mET	1500m	2.5 Km ET	25 min ED RD
" 29 "	Springvale	100m	1 mile	2.4 Km	3.1/6.2 Km Rd
Thur 30 "	Tootgarook	Visit Frankston	for Team Challenge		
Thur 30 "	Coburg	100/200m	800m		4/8 Km Tk
" 30 "	E Burwood	70/4x100m	R.1500m	1200m/2Km	3/5 Km
" 30 "	Frankston	100/400m	800m	3200m	1600/4800m

ABERFELDIE VENUE 2nd August 95

Wet evening, only one event conducted

6000 metres		Start	Finish	Actual
*** Trophy - Pursuit Sealed h/cap		Time	Time	Time
1	Chris Lyall	37	02:58	31:38 28:40
2	Joe Brown	47	09:35	32:16 22:41
3	Charles*** Copland	34	19:22	33:24 20:02
4	Stephen*** Barker	51	06:32	33:43 27:11
5	Brian Marantelli	40	10:57	33:45 22:48
6	Rodney Groves	28	11:45	33:45 22:00
7	Rhonda Hircoe	46	06:51	33:46 26:55
8	Peter Shone	49	11:13	33:54 22:41
10	Danny Hawksworth	Inv	08:43	36:03 27:20
11	Christine Griffiths	46	- 0:19	36:09 36:28
12	Rob Waters	49	11:19	36:38 25:19
13	Roma Burhop	52	09:31	37:04 27:33
14	Bill Page	64	07:49	37:04 29:15
15	Bary Preta	31	04:16	37:08 32:52
16	Barbara Beaumont	48	01:36	40:10 38:34
17	Les Cations	37	- 10:33	40:58 36:28

*** Congratulations and Trophy to Stephen and Charles nearest to 0:33:33 Other events cancelled due to wet weather

ABERFELDIE VENUE 9th August 95

No events conducted as we all visited Coburg Venue the next evening to celebrate their 9th Anniversary -10 August 95

ABERFELDIE VENUE 16th August 95

100 m, 1500 m, 400 m plus 3000 and 5000 metre events were all conducted BUT no Results were forwarded for printing

ABERFELDIE VENUE 23rd August 95

100 metres			
1	Paul Torrini	28	12.00
2	Bary Tossel	28	12.47
3	Chris Brown	Inv	12.53
4	Tom.P.X Burke	44	14.56
5	Chris Lyall	38	15.00

400 metres			
1	Paul Torrini	28	57.39
2	Bary Tossel	28	57.57
3	Chris Brown	Inv	59.00
4	Rob Waters	49	70.93
5	Tom.P.X Burke	44	84.50
6	Lorraine Woodman	58	86.47

1000 metres			
1	Brian Marantelli	40	3.12
2	Rodney Groves	28	3.12
3	Peter Shone	50	3.18
4	Stephen Barker	52	3.40

ABERFELDIE 23 Aug 95

1000 metres cont.,			
5	Roma Burhop	52	3.44
6	Tom.P.X Burke	44	4.04
7	Chris Lyall	38	4.14
8	Lorraine Woodman	58	4.16
9	Denis Sinnott	45	4.27

3000 metres			
1	Roma Burhop	52	0:12:39
2	Julie Torrini	Inv	0:15:07
3	Lynley Thompson	44	0:17:43

5000 metres			
1	Brian Marantelli	40	0:17:39
2	Rodney Groves	28	0:17:39
3	Joe Brown	47	0:18:31
4	Rob Waters	49	0:20:03
5	Brad Turner	Inv	0:21:13
6	Bernard Angel	41	0:21:27
7	Danny Hawksworth	Inv	0:22:00
8	Rhonda Hircoe	46	0:22:22
10	Cos Pietrelli	50	0:24:01
11	Chris Lyall	37	0:24:28
12	Margaret Cassidy	51	0:25:03
13	Denis Sinnott	45	0:25:30
14	Allan Hircoe	47	0:26:04
15	Barbara Beaumont	48	0:26:09

7000 metres			
1	Charles Copland	34	0:23:44
2	Peter Shone	49	0:25:58
3	Trevor Hawksworth	48	0:26:18
4	Bill Turner	45	0:29:13
5	Mike Richards	51	0:30:00
6	Stephen Barker	51	0:32:56
7	Bary Preta	31	0:33:40

ABERFELDIE VENUE 30 Aug 95

2000 metres			
1	Charles Copland	32	6:02
2	Russell Johnson	43	6:07
3	Brian Marantelli	40	6:21
4	Rodney Groves	28	6:31
5	Peter Shone	50	6:56
6	Rob Waters	49	7:37
7	Bill Turner	45	7:51
8	Pat Maye	63	8:07
9	Duncan H'ton-Ritchie	50	8:29
10	Rhonda Hircoe	46	8:30
11	Tony Bradford	55	10:02
12	John Dean	50	10:02
13	Bill Page	65	10:02

ABERFELDIE VENUE 30 August 95

100 metres			
1	Paul Torrini	28	11.85
2	Barry Tossel	28	12.34
3	Chris Brown	Inv	12.37
4	Geoff Turner	49	12.84
5	Tom.P.X Burke	44	14.91
6	Craig Brown	Inv	15.97
7	Lorraine Woodman	58	18.80

200 metres			
1	Paul Torrini	28	25.53
2	Barry Tossel	28	26.03
3	Chris Brown	Inv	26.47
4	Geoff Turner	49	26.90
5	Tom.P.X Burke	44	30.75
6	Lorraine Woodman	58	36.78

Relay - 4 person x 3 x 800 metres					
		1st leg	2nd leg	3rd leg	
1a	Chris Brown	Inv	2:33	*	*
1b	Paul Torrini	28	*	2:17	*
1c	Barry Tossel	28	*	*	2:33
2	Joe Brown	48	2:39	2:38	2:22
3	Brian Marantelli	45	2:31	2:32	2:32
4	Charles Copland	44	2:28	2:22	2:19
Total Team Time for 9600 metres					0:29:46

Relay - 4 person x 3 x 800 metres					
		1st leg	2nd leg	3rd leg	
1	Bernard Angel	41	2:44	2:40	2:38
2	Rhonda Hircoe	46	3:03	3:08	3:07
3	Bill Turner	45	2:58	2:48	2:49
4	Tom.P.X Burke	44	3:15	2:53	2:59
Total Team Time for 9600 metres					0:35:02

Relay - 4 person x 3 x 800 metres					
		1st leg	2nd leg	3rd leg	
1a	Craig Brown	Inv	3:18	*	*
1b	George Marney	58	*	3:38	3:28
2	Duncan Ham-Ritchie	50	3:16	3:11	3:11
3	Rob Waters	49	2:51	2:47	2:48
4	Peter Shone	50	3:04	2:47	2:43
Total Team Time for 9600 metres					0:37:02

Relay - 4 person x 3 x 800 metres					
		1st leg	2nd leg	3rd leg	
1	Russell Johnson	42	2:36	2:40	2:42
2a	Geoff Turner	49	3:14	*	*
3a	Lorraine Woodman	58	3:24	*	*
4a	Tony Bradford	55	3:21	*	3:09
2b	Barry Preta	31	*	3:06	*
3b	John Dean	50	*	3:05	3:18
4b	Bill Page	65	*	3:40	3:33
Total Team Time for 9600 metres					0:37:48

Supper followed ~ Party pasties, lasagne, apple strudel, plus fruit and ice cream. Thank you to all helpers

18th October 95
INVITATION

Join us on **Wednesday 18th October 1995** for the 7th Annual **Western Region Games** under lights, Corio Street, Moonee Ponds Map 28 D6
 Track events start **7:00 pm** - 100, 200, 3000 walk, 1500, 400 and 5000 metres track Fun Run Certificates to ALL Ribbons to winners in each 5 year
 age divisions. Medals in feature event/s. Open to ALL, no uniforms required. Donation **\$4.00** first event, each additional event **\$1.00**, includes
 BBQ Supper after last event at presentations

RESULTS OF MEETING AT CAULFIELD VENUE - SEPTEMBER 1995

100 MTR SPRINT - 5.9.95

D. Thornton	40	11.78	12 Mtrs
Stan STANKOVIC	72	12.35	18 Mtrs
Domenick MORINA	56	12.60	28 Mtrs
Stephen YOUNG	43	12.88	2 Mtrs
Rob OSBORNE	43	13.16	6 Mtrs
Bob WISHART	53	13.51	Scr
Bill REID	42	13.89	6 Mtrs
Leo CHARLES	62	14.45	14 Mtrs
Kevin McGRATH	64	14.65	24 Mtrs

200M H/C

Kevin McGRATH	64	37.53	4 Sec
Dennis THORNTON	40	37.84	11 Sec
Rob OSBORNE	43	38.12	11 Sec
Eddy STACK	61	38.32	7 Sec
Bill REID	42	38.40	12 Sec
Bob WISHART	53	39.35	14 Sec
Stephen YOUNG	43	39.51	13 Sec
Howard ROSS	50	39.91	7 Sec
Gerry BLANCHFIELD	52	40.15	3 Sec
Leo CHARLES	62	40.25	9 Sec
Fred BICHSEL	58	41.83	8 Sec
Domenick MORINA	56	45.50	8 Sec

3K RUN - 5.9.95

Jeff BOOT	39	10.25
Gabriel CARMONA	52	10.27
Keith ALEXANDER	44	10.51
Robert McKENNA	45	11.31
Rob OSBORNE	43	11.52
Howard ROSS	50	12.09
Doug WALLACE	54	12.14
Dennis THORNTON	40	12.33
Case HUYSMANS	62	12.38
Kevin BROWNE	58	12.40
Peter BATTRICK	52	12.44
Michael HEFFERNAN	60	13.11
Peter McGRATH	55	13.40
Gerry BLANCHFIELD	52	14.09
Rhonda TRENGROVE	47	14.20
Jane STURZAKER	42	14.27
Stephen YOUNG	43	14.45
Ron BILSTON	51	16.55
David MELDRUM	69	18.20

400 METRES H/cap 5.9.95

Rob OSBORNE	43	1.31	27 Sec
Howard ROSS	50	1.33	22 Sec
Gerry BLANCHFIELD	52	1.37	16 Sec
Stephen YOUNG	43	1.39	35 Sec
Dennis THORNTON	31	1.41	31 Sec
Leo CHARLES	62	1.43	24 Sec
Bob WISHART	53	2.06	35 Sec

3KM WALK

Joy HERBERT	52	16.55
Kevin MARION	59	18.48
Gwen STEED	53	18.51
Maureen SEEDSMAN	58	19.13
Domenick MORINA	56	19.55
Frank WARREN	69	19.59
Marie KILFOYLE	34	20.04
Glad WISHART	51	20.29
Darrel POLGLASE	55	20.32
Ian BEAUMONT	59	21.47
Margaret BEAUMONT	57	22.03
Ralph FIELD	81	22.37
Nola FINN	59	25.36
Grace SMITH	76	26.15

100M H/CAP - 12.9.95

Denis THORNTON	40	11.34	12 Mtrs
Kevin MARION	59	11.56	11 Mtrs
Richard TREMBATH	53	11.74	9 Mtrs
Bob WISHART	53	12.00	Scr
Ross KENT	53	12.19	2 Mtrs
Norm KEITH	68	12.39	17 Mtrs
Jill COOPER	56	12.90	14 Mtrs
Domenick MORINA	56	13.17	28 Mtrs
Kevin McGRATH	64	13.38	22 Mtrs

400 MTRS H/C - 12.9.95

Denis THORNTON	40	1.31	29 Sec
Richard TREMBATH	53	1.33	36 Sec
Eddy STACK	61	1.34	22 Sec
Ross KENT	53	1.34.5	35 Sec
Doug ADENEY	51	1.35	32 Sec
Ian BRITAIN	61	1.35.9	17 Sec
Leo CHARLES	62	1.36	24 Sec
Jill COOPER	56	1.36.9	9 Sec

RESULTS OF MEETING AT CAULFIELD VENUE

1600 MTR RELAY 2 X 2 X 1600 MTRS - 12.9.95

Keith Alexander	Peter Battrick	Keith Alexander	Peter Battrick
5.40	12.27	18.21	24.59
1st			
Stephen Young	Michael Heffernan	Stephen Young	Michael Heffernan
6.03	12.33	18.22	25.02
2nd			
Rhonda Trengrove	Gabriel Carmona	Rhonda Trengrove	Gabriel Carmona
7.03	12.33	19.37	25.14
3rd			
Ray Vallance	Doug Wallace	Ray Vallance	Doug Wallace
6.27	12.44	19.07	25.21
4th			
Denis Thornton	Gerry Blanchfield	Denis Thornton	Gerry Blanchfield
5.53	13.07	19.08	26.14
5th			
Kevin Browne	John McBride	Kevin Browne	John McBride
6.48	13.05	19.54	26.26
6th			
Graham Prossor	Jane Sturzaker	Graham Prossor	Jane Sturzaker
5.46	13.21	19.18	26.57
7th			
Peter McGrath	Greg Mauldon	Peter McGrath	Greg Mauldon
6.54	13.39	20.41	27.42
8th			

400 MTR X 2 RELAY - 19.9.95

Stephen Young/Jim Shand	2.55.8	44 Secs
Leo Charles/Andy Smith	2.56.1	Go
Jill Cooper/Richard Trembath	2.57.3	39 Secs
John Green/Nev Allwright	3.01.5	53 Secs
Norm Keith/Eddy Stack	3.02.7	30 Secs

6 LAPS WALK - 12.9.95

Ken LaRoche	60	12.42
Joy Herbert	50	13.37
Fred Brooks	61	13.46
Ron Bilston	51	14.20
Vic Harley	69	14.56
Gwen Steed	53	14.57
Alan Middleton	46	15.01
Maureen Seedsman	58	15.06
Glad Wishart	51	15.59
Darrel Polglase	55	16.17
Domenick Morina	56	17.08
Marg Beaumont	57	17.12
Ian Beaumont	57	17.12
Ralph Field	81	17.45
Dot Jack	77	18.00
Nola Finn	59	20.05

4KM WALK - 19.9.95

Ken LaROCHE (PB)	60	21.30
Ron BILSTON	51	24.17
Sandra MIDDLETON	46	25.23
Graeme DAVIS	45	25.26
Alan MIDDLETON	46	26.53
Marie KILFOYLE	33	27.01
Frank WARREN	69	27.49
Des MIDDLETON	48	30.40
Gwen STEED	53	31.02
Nola FINN	58	34.28
Joy HERBERT (PB) 4 Laps		8.33
Ralph FIELD 4 Laps		12.24

150 MTRS - 19.9.95

Richard TREMBATH	53	19.57
Stephen YOUNG	43	19.58
Bob WISHART	53	19.60
Nev ALLWRIGHT	49	21.00
John GREEN	50	21.22
Jim SHAND	57	22.94
Jill COOPER	56	23.16
Norm KEITH	68	23.69
Domenick MORINA	56	26.20
Andy SMITH	80	30.00

RESULTS OF MEETING AT CAULFIELD VENUE - SEPTEMBER 1995

8K SEALED H/C 19.9.95

		<u>Finish</u>	<u>Net</u>
Brian TONKIN	60	35.28	26.13
Doug WALLACE	54	33.23	27.23
Jim McLURE	49	29.56	27.26
Jeff BOOT	39	28.42	27.42
Gabriel CARMONA	52	29.57	27.57
Jane STURZAKER	42	41.42	27.57
Domenick MORINA	56	37.32	28.17
Nev ALLWRIGHT	49	33.29	28.29
Keith ALEXANDER	45	31.01	28.31
Peter McGRATH	55	38.00	28.45
Kevin BROWNE	58	36.19	28.49
Rodney FORD	54	33.50	28.50
Gerry BLANCHFIELD	53	39.10	29.05
Michael HEFFERNAN	60	37.08	29.08
Denis THORNTON	40	32.39	29.24
Graham PROSSOR	41	33.12	29.27

200 MTRS - 26.9.95

Peter LONG	43	24.96
Ross KENT	53	25.44
Warwick VALE	Inv	25.92
Richard TREMBATH	53	26.31
Denis THORNTON	40	26.71
Jim KING	56	28.42
Jill COOPER	56	31.94
Domenick MORINA	56	35.51
Andy SMITH	80	42.19

600 MTRS - 26.9.95

Stephen YOUNG	43	1.41.54
Mike HALL	56	1.42.03
Doug ADENEY	51	1.43.04
Ross KENT	53	2.00.96
Ian BRITTAİN	61	2.08.55
Andy SMITH	80	2.58.67

WALK/RUN TEAM RELAY - 26.9.95 - TEAM OF 3

6 LAPS WALK - 10 LAPS RUN/10 LAPS RUN


<u>Walker</u>		<u>1st Runner</u>		<u>2nd Runner</u>	
Ralph Field	14.22	Terry Stubbs	31.39	Keith Alexander	46.08 1st
Joy Herbert	13.13	Mark Benjamin	30.50	Doug Wallace	46.45) 2nd
Fred Brooks	13.47	Gerry Blanchfield	32.12	Gabriel Carmona	46.45) 2nd
Ken LaRoche	12.39	Bob Power	29.08	Peter McGrath	47.04 3rd
Joy Hogan	14.47	Jeff Boot	29.00	Rhonda Trengrove	47.18
Alan Middleton	15.23	Kevin Browne	32.28	Denis Thornton	48.12
Nola Finn (5 laps)	16.54	Stephen YOUNG	33.15	John McBride	49.58
Darrel Polglase	16.47	Domenick Morina	34.22	Graham Prossor	50.14
Frank Warren	16.22	Ray Vallance	33.37	Michael Heffernan	51.19
Gwen Steed	14.29	Ron Bilston (9 laps)	35.52	Peter Battrick (9 Laps)	52.40

Ladies Team (4)

Glad Wishart	38.37	Gwen Steed	48.45	Dot Jack	17.39	Marie Kilfoyle	27.40
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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.



Northsports Medicine
 224 Keilor Road, Essendon North, 3041
 Phone 379 3716

Sporting Quality Care

Doctor * Physiotherapy * Hydrotherapy * Massage

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.

Looking Good - Feeling Great



Comes easy with the Completely New, Medically Backed, Herbal, Anti-Ageing, Skin Survival **Dermajetics™** Product Range

And Instant **Thermojetics™** Beverage for Improved Stamina & Clarity

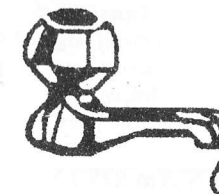
Excellent P/Time income available for enthusiastic users & Distributors

Russian & S/East Asian contacts also needed

Further details Phone: **Ron Aust 773 3384** Vet # 238

K-MAR Handyman Services

Home Repairs
 Small Plumbing Jobs



Kevin Phone 9596 2481

RESULTS FROM EAST BURWOOD VENUE

7/9/95 50 METRE SPRINT

1 Ken MILLSTEED	45	7.13
2 Jack BUCKINGHAM	45	7.70
3 Brian TAIT	53	8.18
4 Norm KEITH	68	8.53

5 MIN TIME TRIAL RUN/WALK

Col HETHERTON	2	395M
Ewen WILSON	4	50m
Phyllis GOSBELL walk	1	330M
Frank TUTCHENER	2	60M
Bob CURTIS	3	50M
Joy CURTIS walk	1	380M
John BELL	3	15m
Ron WILSON	3	6.5M
John KERR	2	60M
Audrey TUTCHENER walk	1	200M
Rita KERR walk	1	210M
Joan CLARK walk	1	100M
Lloyd NICHOLS	2	250m
Peter DODGSHUN	3	190M
Rob BAULCH	3	190M

400 METRE SPRINT

1 Peter MAY	34	1.01
2 Andrew FRASER	54	1.06
3 Brian TAIT	53	1.09
4 Norm KEITH	68	1.18

5/8/12/16 LAP GANG RUN

1 Bob CURTIS	53	7.06
2 Vin O'BRIEN	67	8.09
3 Phyllis GOSBELL walk	57	8.30
4 Leo WATSON	54	8.55
5 Neville PORTER	61	9.08
6 Coral MONK	47	10.43
7 Margaret DUGUID	58	10.49
8 Sam DEFANIS	47	11.29
9 Joan CLARK walk	64	12.17
10 Phil SODERSTROM	48	12.40
11 John SUTTON	52	13.42
12 Joy CURTIS	53	13.50
13 Ray VALLANCE	50	14.23
14 Cherie BALDWIN	43	16.37
15 Marlene PETROFF	53	16.37
16 Peter MAY	34	16.57
17 John HALL	48	19.04
18 Audrey TUTCHENER walk	66	19.21
19 Doug PETROFF	53	20.22
20 Peter DODGSHUN	43	21.20
21 Tina LEB walk	62	21.45
22 Ewen WILSON	42	21.57
23 John CUNNINGHAM	50	24.49
24 Dianne BAKER	38	25.20
25 Rob BAULCH	47	25.32
26 John BELL	50	26.37
27 Eric DAVIDSON	54	28.32

5/8/12/16 LAP GANG RUN CONT.

28 Rita KERR 8 lap walk	65	29.25
29 Ron WILSON	59	32.17
30 Glenys PILLING	32	32.21

14/9/95 100 METRES HANDICAP

1 Don McMAHON	56	13.87
2 Andrew FRASER	54	
3 Norm KEITH	68	15.04
4 Frank TUTCHENER	67	15.45

HEAT 2

1 Ken MILLSTEED	45	14.14
2 Col HETHERTON	41	14.35
3 John GLEESON	41	14.65

FINAL 100 METRES HANDICAP

1 Don McMAHON	56	13.55
2 Andrew FRASER	54	13.97
3 Ken MILLSTEED	45	14.31
4 Col HETHERTON	41	14.31
5 Norm KEITH	68	15.05

2 LAP WALK

1 Audrey TUTCHENER	66	7.01
2 Frank TUTCHENER	67	7.25
3 Rita KERR	65	7.28

8 LAP SPIRAL HANDICAP

1 Tina LEB 6 lap walk	62	15.10
2 Karen THOMSON 6 lp walk	17	15.35
3 Joy CURTIS 6 lap walk	53	17.10
4 Marlene PETROFF	53	17.15
5 Barry BOYD	51	17.22
6 Phil SODERSTROM	48	17.25
7 Norm CAMERON	51	17.25
8 Kathy PRESTEGAR	45	17.30
9 Brian MEE	57	17.33
10 Bob CURTIS	53	17.40
11 John SUTTON	52	17.47
12 John HALL	48	17.55
13 Rob BAULCH	47	17.55
14 Ken MILLSTEED	45	18.00
15 Doug PETROFF	53	18.05
16 Vin O'BRIEN	67	18.10
17 Don McMAHON	56	18.13
18 Ron WILSON	59	18.14
19 Bob BATEMAN	65	18.21
20 John CUNNINGHAM	50	18.24
21 Joan THOMSON 5 lp wlk	46	18.32
22 Cherie BALDWIN	43	18.35
23 Don COX	59	18.43
24 Leo WATSON	54	18.43
25 Eric DAVIDSON	54	18.45
26 Glenys PILLING	32	19.07
27 Frank TUTCHENER	67	19.12
28 Bob POWER	53	19.14
29 Col HETHERTON	41	19.24
30 Phyllis GOSBELL	57	19.30

RESULTS FROM EAST BURWOOD VENUE

14/9/95 SPIRAL HANDICAP CONT

31 Sue SUTTON 6 lap walk	50	21.04
32 Geoff CHARLES	39	21.14
33 John KERR	66	21.38
Peter DODGSHUN 5.5 laps	8.31	

21/9/95 70 METRES

1 Ken MILLSTEED	45	9.40
2 Andrew FRASER	54	9.69
3 Brian TAIT	53	10.19
4 Don McMAHON	56	10.43
5 Lloyd NICHOLS	54	12.38

150 METRES

1 Ken MILLSTEED	45	20.11
2 Andrew FRASER	54	21.13
3 Don McMAHON	56	22.30
4 Lloyd NICHOLS	54	26.34
5 Frank TUTCHENER	67	26.54

600 METRE WALK

1 Joy CURTIS	53	3.58
2 Rita KERR	65	4.56
3 Audrey TUTCHENER	66	5.24
4 Joan CLARK	64	6.25
5 Frank TUTCHENER	67	6.26

1500 METRES

1 Bob CURTIS	53	5.08
2 Glenys PILLING	32	6.25
3 Frank TUTCHENER	67	7.15
4 Phyllis GOSBELL	57	7.15

3/5/10 K RUN, 1/3 K WALK

1 Joan THOMSON walk	46	9.38
2 Phil SODERSTROM	48	11.35
3 Ken MILLSTEED	45	11.37
4 John HALL	48	11.44
5 Bob CURTIS	53	12.23
6 Ray VALLANCE	50	12.28
7 Don McMAHON	56	13.17
8 John CUNNINGHAM	50	13.24
9 Doug PETROFF	53	13.27
10 Don COX	59	13.39
11 Col HETHERTON	41	13.39
12 Neil BLUNDY	39	14.03
13 Gerry CLARKE	40	14.06
14 Leo WATSON	54	14.07
15 Neville PORTER	60	14.14
16 Glenys PILLING	32	14.32
17 Cynthia HERBERT	53	15.24
18 Geoff CHARLES	39	15.29
19 Tony MARTIN	67	15.58
20 Frank TUTCHENER	67	15.58
21 Graeme BAKER	48	16.29
22 Phyllis GOSBELL	57	16.40
23 Karen THOMSON walk	17	18.34
24 Tina LEB walk	62	19.33
25 Joy CURTIS walk	53	20.42
26 Rita KERR	65	21.04

3/5/10 K RUN, 1/3 K WALK

27 N. DUFF	64	21.05
28 Dave HERBERT	54	23.12
29 Marlene PETROFF	53	26.01
30 Alex HARRIS	66	26.05
31 John KERR	66	26.21
32 Audrey TUTCHENER walk	66	28.05
33 Joan CLARK walk	64	29.10
34 Sam DEFANIS	47	37.41
35 Rob BAULCH	47	40.14
36 Peter DODGSHUN	43	42.55
37 Vin O'BRIEN	67	43.17
38 Ron WILSON	59	45.44
39 Eric DAVIDSON	54	46.03

28/9/95 2 x 50 METRE RELAY

1 Rai BRUNS	40	
Ek PHONTIP	Inv	14.3
2 John SZYMANSKI	37	
Brian TAIT	53	14.6
3 Don McMAHON	57	
John BUCKINGHAM	45	14.9
4 Norm KEITH	68	
Ken MILLSTEED	45	15.1
5 Col HETHERTON	41	
Alf HETHERTON	67	15.4

1 K WALK

1 Iang PHONTIP	Inv	5.55
2 Tina LEB	62	6.05
3 Joy CURTIS	53	6.45

800 METRES

1 Bob HENDERSON	49	2.36
2 Barry BOYD	51	2.39
3 Neill BLUNDY		2.40
4 Peter DODGSHUN	43	2.43
5 Glenys PILLING	32	3.07
6 John SZYMANSKI	37	3.17

200 METRES HEAT 1

1 Graeme BAKER	32.6	
2 Frank TUTCHENER	67	36.8
3 Lloyd NICHOLS	54	36.8
4 Tony MARTIN	67	39.9
5 Alf HETHERTON	67	41.0

HEAT 2

1 Ken MILLSTEED	45	26.5
2 Col HETHERTON	41	26.6
3 Brian TAIT	53	28.4
4 John SZYMANSKI	37	28.9
5 Norm KEITH	68	30.8

3 x 3 x 5 MINUTE RELAY TIME TRIAL

1 Di BAKER		
Ken WALTERS		
Peter DODGSHUN		
26 LAPS 110 metres		

RESULTS FROM EAST BURWOOD VENUE

3 x 3 x 5 MINUTE TIME TRIAL Cont.

- | | |
|---------------------------|---------------------------|
| 2 Alex HARRIS | 6 Ken MILLSTEED |
| Neill BLUNDY | Phil SODERSTROM |
| Bob HENDERSON | Phyllis GOSBELL |
| 26 LAPS 195 Metres | 27 LAPS 398 metres |
| 3 Rai BRUNS | 7 Bob CURTIS |
| Ek PHONTIP | John SUTTON |
| lang PHONTIP | Cherie BALDWIN |
| 28 LAPS 180 metres | 29 LAPS 200 metres |
| 4 Ron WILSON | 8 Allen PURTON |
| Barry BOYD | Leo WATSON |
| Marlene PETROFF | John BELL |
| 27 LAPS 300 metres | 28 LAPS 300 metres |
| 5 Eric DAVIDSON | 9 Rob BAULCH |
| Doug PETROFF | Ray VALLANCE |
| Bob LEWIS | Norm CAMERON |
| 27 LAPS 70 metres | 28 LAPS 298 metres |

PARLOUF RELAY

Intervenue Challenge

East Burwood

Thursday 16th November 1995

A great night is promised for everyone: sprinters, walkers, runners, spectators and pancake connoisseurs. The program will include a 2km nominate own time walk, a 1600m parlouf relay and a 10km parlouf relay followed by a fantastic pancake supper. If you've never tasted East Burwood's pancakes don't miss out again this year!

Prizes will be awarded for all events, plus a perpetual trophy for the 10km parlouf.

A detailed program and race rules will be available at your venue by the first week in October. This is an opportunity to get together with your fellow club mates to enjoy friendly competition and have lots of fun. So mark the date in your diary and start training now.



HONDA MASTERS GAMES ALICE SPRINGS

October 19-27 1996

Welcome Plan to see Centre

Questions anyone?

If you have any inquiries about the Honda Masters Games, Alice Springs the friendly Games office staff will be happy to help you.

Simply write to:
Games Office, PO Box 1095
Alice Springs, NT 0871
or telephone:
(089) 51 5329
or fax:
(089) 51 5330

New indoor event

The success of the Honda Masters Games, Alice Springs has spawned a new event to be held biennially in the town.

Called the "Lasseters Indoor Challenge", it will be Australia's first major indoor tournament with games including Chess, Bridge, Scrabble, Backgammon, Five Hundred, Euchre, Cribbage and Poker.

It will be held on 18-24 to 20 th January next year.

NT Minister for Sport and Recreation Eric Poole said a highlight of the inaugural event will be the hosting of the Australian Scrabble Championship.

The various games will be held in modern airconditioned clubs and Lasseters Casino during the day with appropriate outdoor attractions and social activities in the evening and night to make the most of Central Australia's warm summer evenings.

"Like the Masters Games, which is competitive but has a wonderful friendly atmosphere, we hope the 'Lasseters Indoor Challenge' will make the biennial social calendar of all indoor games enthusiasts," Mr Poole said.

Lasseters Hotel Casino is the principal sponsor with other major sponsors being Qantas, AAT Kings, Carlton United Breweries, QUF and Department of Sport and Recreation.

For further information call (089) 515 310.

Remember the date,



HONDA MASTERS GAMES
ALICE SPRINGS

October 19-27 1996

19-27 October, 1996

3000 METRES 6/9/95
Dave ELWARD

45 9.33

1000 METRES 13/9/95
Dave ELWARD

45 3.01

1600 METRES 27-9-95
Graeme WATKINS

16 4.40

800 METRES
Mark McDOWELL

32 2.11
26 2.12

3000 METRES 6/9/95

Dave ELWARD	45 9.33
Jeff WALKER	47 9.41
Ray ROSSI	33 9.53
Mike McAVOY	61 10.41
Ron CAMPBELL	52 10.49
John MOORE	44 10.52
Neil McDONALD	37 10.53
Mike BOYLAN	55 11.00
Gary GIBSON	43 11.09
Mark HEARSCH	32 11.12
Tom BLOOD	55 11.26
Peter URBAN	43 11.35
John INTURISSI	36 11.38
Rimma McAVOY	54 12.20
Wendy SIZELAND	49 12.22
Dale JENNINGS	58 13.28
Alan FOOT	52 12.37
Brian WOODS	58 13.50
Brian HARVEY	46 14.33
Margery BOYCE	34 15.05
Patsy SALATHIEL	58 15.42
Fred BARNETT	47 16.45

800 METRES

Ray ROSSI	33 2.14
Mike BOYLAN	55 2.29
Gary GIBSON	42 2.29
Mark HEARSCH	32 2.33
John MOORE	44 2.56
Dale JENNINGS	58 2.59
Rimma McAVOY	54 3.00
Alan FOOT	52 3.09
Brian HARVEY	46 3.10
Nancy BELLEW	40 3.27
Margery BOYCE	34 3.57
Patsy SALATHIEL	57 4.38

2800 METRES 13/9/95

Dave ELWARD	45 8.54
Jeff WALKER	47 9.15
Ron CAMPBELL	52 9.54
Mike McAVOY	61 9.59
Mike BOYLAN	55 10.04
Mark HEARSCH	32 10.11
Gary GIBSON	43 10.16
Neil McDONALD	37 10.17
John INTURISSI	36 10.35
Peter URBAN	43 10.53
Rimma McAVOY	54 11.36
Wendy SIZELAND	49 11.56
Dale JENNINGS	58 12.12
Tony ALSOP	53 12.46
Brian WOODS	58 14.47
Patsy SALATHIEL	58 17.27
Fred BARNETT	47 18.22

1000 METRES 13/9/95

Dave ELWARD	45 3.01
Mike BOYLAN	55 3.13
Gary GIBSON	43 3.18
Mark HEARSCH	32 3.19
Peter URBAN	43 3.26
Neil McDONALD	37 3.27
John INTURISSI	36 3.36
Tom BLOOD	55 3.40
Brian WOODS	58 4.13
Marjorie BOYCE	34 4.23
Patsy SALATHIEL	58 5.55
Fred BARNETT	47 5.55

100 METRES

Mark HEARSCH	32 12.62
Nancy Bellew	40 15.97
Margery BOYCE	34 16.83
Patsy SALATHIEL	58 19.36
Frederica BARNETT	47 23.20

3200 METRES 20/9/95

Dave ELWARD	45 10.22
Jeff WALKER	48 10.37
Ray ROSSI	33 10.56
Ron CAMPBELL	52 11.26
Mike McAVOY	61 11.34
Crichton COLLINS	43 11.52
Neil McDONALD	37 12.07
John INTURISSI	35 12.14
Tom BLOOD	55 12.19
Joe WEILER	55 13.28
Ian HOLLIDAY	48 14.15
Alan FOOT	53 14.53
Horacio PEREIRA	45 14.54
Charles REES	44 15.13
Brian WOODS	58 15.51
Brian HARVEY	46 15.51
Margery BOYCE	34 16.29
Patsy SALATHIEL	58 16.31
Frederica BARNETT	47 17.55

200 METRES

Mark HEARSCH	32 26.88
Brian HARVEY	46 29.60
Mike McAVOY	61 33.18
Alan FOOT	53 34.26
Nancy BELLEW	40 35.12
Margery BOYCE	34 38.43
Patsy SALATHIEL	58 44.24
Frederica BARNETT	47 50.65

1600 METRES 27-9-95

Graeme WATKINS	36 4.40
Ray ROSSI	33 4.43
Dave ELWARD	45 4.47
Jeff WALKER	47 5.01
Wayne HUNT	37 5.06
Ray WILKS	42 5.20
Mike McAVOY	61 5.20
Gary GIBSON	42 5.28
Ron CAMPBELL	52 5.30
John MOORE	44 5.30
Neil McDONALD	37 5.31
John INTURISSI	35 5.42
Gary ELLIOTT	35 5.45
Tom BLOOD	55 5.56
John CAULFIELD	48 6.09
Joe WEILER	55 6.10
Rimma McAVOY	54 6.20
Wendy SIZELAND	48 6.27
Alan FOOT	53 6.47
Tony ALSOP	53 6.48
Brian HARVEY	46 6.48
Horacio PEREIRA	44 6.56
Brian WOODS	58 7.00
Margery BOYCE	34 7.46
Fred BARNETT	47 8.38

Victorian Veterans Athletic Club Inc
Aberfeldie Venue

WESTERN REGION GAMES**Change of Date****Wednesday 18 October 95**

Join us, the week AFTER the Vichealth 5th Australian Masters Games for the 7th Annual Veterans ATHLETICS event of the Western Region Games under lights at the synthetic surfaced Athletic Track, Corio Street, Moonee Ponds.

Start 7:00 pm - 100m, 200m, 3000 walk, 1500m, 400m and 5000 metres. Incl., wheelchair in all events

Certificates to ALL. Ribbon to first placegetters in each 5 year Veteran age division, medals in feature events. BBQ Supper included for all entrants after 5000 metres at presentations
Donation \$4.00 first event, each extra event \$1.00

Enquiries and early entries
(03) 9398 1884 Lorraine Woodman
(03) 9379 4656 Rhonda Hircow

INVITATION
Wednesday 18 October 95

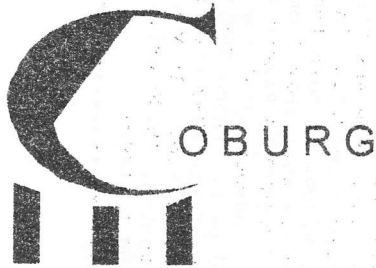
800 METRES

Mark McDOWELL	32 2.11
Graeme WATKINS	36 2.12
Ray ROSSI	33 2.14
Wayne HUNT	35 2.17
Dave ELWARD	35 2.18
Gottfried SCHUTZ	42 2.20
Mike McAVOY	61 2.27
Gary GIBSON	43 2.28
Ray WILKS	42 2.28
Neil McDONALD	37 2.39
Gary ELLIOTT	35 2.41
John CAULFIELD	48 2.43
Paul STEWART	35 2.46
John MOORE	44 2.47
Alan FOOT	53 2.58
Rimma McAVOY	54 3.00
Brian WOODS	58 3.14
Tony ALSOP	53 3.17
Marjorie BOYCE	35 3.28
Fred BARNETT	47 3.42

200 METRES

Mark McDOWELL	32 23.27
Gottfried SCHUTZ	42 26.74
Brian HARVEY	46 28.19
John CAULFIELD	48 30.70
Alan FOOT	53 31.22
Brian WOODS	58 34.28
Rimma McAVOY	54 34.98
Margery BOYCE	34 36.78
Fred BARNETT	57 48.22

VIC. & AUST. C'SHIP VIDEOS
* **Were you at Aberfeldie for**
* the Vic. Veterans C'ships**
* or the Aust. Veterans C'ships**
* at Homebush in N.S.W. in 1994.**
* if so, videos of both these**
* events are available from**
* Peter COLTHUP 14 Bakers Road,**
* North Dandenong 3175 for**
* \$20.00 each. Phone 7951169**
* Copies of the 1993 events are**
* also available. If you want**
* them posted, \$5.00 extra. for**
* box and postage.**



*** = First run with us.

= PB this venue, this year

THUR 31 AUG 37 athletes fought the wind & the rain tonight. The 5K was shortened to 12 laps to protect our recorder, HAROLD, from the cold & the wet. (Poor old fellow!) JOHN B ran a very good sub 30sec 200M heat only to be topped by BRUCE & ISAK in the next heat. ANDREW did not want his 100M time recorded (beaten by his daughter, EMMA - 6 years). BEV was boasting of conquering the GAFFNEY St hill again on her bike & some good runs too Welcome to RUSSELL.

THURS 7 SEPT
POWER FAILURE !
 The builders cut the power cable & so - no meal, no lights, no showers on a chilly night. 24 runners did 10 laps by moonlight & went home.

THURS	100M	200M	800M	12 LAPS	10K	THURS	10 LAPS
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BAMFORD	Vicki	F40	AUG31					29.18	SEPT7	23.39
SOUTHAM-SAHIN	Sue	F40	AUG31					29.18	SEPT7	23.39
THOMPSON	Lynley	F40	AUG31					27.12		
BRAIN	Glenyce	F45							SEPT7	23.48
CAR	Bev	F50	AUG31		36.47			27.15		
ROBOTHAM	Kate	F50							SEPT7	23.48
MENZIE	Winsome	F55	AUG31	19.16	42.65					
DALGLEISH	Barb	F55	AUG31					47.46		
HIDES	Andrew	M30							SEPT7	20.03
TRUEFELDT	Wayne	M30	AUG31					20.08		
VILLEGAS	Rey	M30							SEPT7	22.34
NORRIS	Daniel	M30	AUG31	18.58	37.03	3.13.42		24.48	SEPT7	20.54
KELLY	Mark	M30	AUG31					21.15		
WILSON	Robert	M30	AUG31					20.30		
STAUNTON	John	M35							SEPT7	15.05
WHEELER	Geoff	M35							SEPT7	15.42
JORDAN	Andrew	M35	AUG31			2.41.86		18.15		
GIORGIOU	Francis	M35	AUG31	19.41						
DOWLING	Russell	M35	AUG31					22.51	SEPT7	18.32
CORNALL	Ian	M40	AUG31					25.37	SEPT7	20.03
MUSCAT	Mario	M40	AUG31	17.03				29.48		
CARTER	Ken	M40	AUG31	16.18	34.12	4.12.91		41.42	SEPT7	23.44
MARSH	Trevor	M40	AUG31					18.17		
BARBARO	John	M45	AUG31	14.91	29.88					
DONNELLY	Frank	M45	AUG31					2.33.46		
GIBBS	Bruce	M45	AUG31	13.52	28.48	3.04.05				
HALLETT	Len	M45							SEPT7	22.33
RYAN	Bill	M50	AUG31		33.55	2.57.61		22.00		
PROUDFOOT	Gordon	M50	AUG31					45.42	SEPT7	18.50
MOODY	Keith	M50	AUG31		31.60	2.25.46				
KYTE	Bill	M50	AUG31	16.25		3.27.85			SEPT7	18.14
HARBERT	Ray	M55	AUG31					20.25		
GOGGIN	Bernie	M55	AUG31					42.15(8K)	SEPT7	20.33
BURROWES	Gordon	M55	AUG31					30.41		
CHARLTON	Bob	M60	AUG31			3.15.43				
GOODE	George	M65	AUG31			3.35.60			SEPT7	14.00(6 LAP
WILSON	Neville	M65	AUG31					38.45(8K)	SEPT7	19.00
HARRISON	Ray	M??							*****	17.36
INVITATION	INVITATION									
COOK	Chris	JM	AUG31	15.05						
CORNALL	Alex	JM							SEPT7	19.41
GOGGIN	Tim	JM	AUG31			2.39.13			SEPT7	15.38
HALLETT	Andrew	JM	AUG31					20.12	SEPT7	16.36
JORDAN	Leah	JF	AUG31	22.84						
JORDAN	Leah	JF	AUG31	15.18						
KETSAKIDIS	Isak	M20	AUG31	13.97	29.28	2.47.90				
NIKOLIC	Miro	JM	AUG31	15.44						
OWENS	Kim	F25							SEPT7	22.33
WEBER	Ben	JM							SEPT7	16.35



*** = First run with us.

= PB this venue, this year

THURS 14 SEPT
 32 runners found puddles on the track from the day's rain and a drying, but chilly, wind. Still only temporary power available, no hot showers & only half the lights on the track were in use. Not too sure of what was happening in the back straight where there were no lights, but REY was guarding KIM very closely on every lap. Those Collingwood fellows are playing some tricks - BILL R nearly went backwards in the straight in his attempt to let BRUCE win his heat of the 200M. Wife runs away from husband - BARB just held off TOM over 4K but then went on to run another 4K. BERNIE & BILL K had quite a tussle over 8K. Newcomer RAYPHE led the field home in the 4K.

THURS 21 SEPT
 45 runners enjoyed a balmy evening with a summer shower. REY & FRED organized a footy umpires match race over 100M - .04secs in favour of REY. It was REY's right, he also triumphed in the 400M "fast" heat. Brothers RICHARD & CHRIS had a duel in the 400M with the younger RICHARD winning but it did look like elder brother CHRIS was easing up. Dad (LEN) is having some trouble catching son (ANDREW) these days - he nearly lapped you in the Mile LEN!. JOHN S & RICHARD were sharpening up their walking techniques for the T & F season. Congrats to RAYPHE & ANTHONY - nearly 20 laps in 30minTT.

			THURS 14 SEPT					THURS 21 SEPT				
			100M	200M	1500M	4K	8K	100M	400M	1K walk 1 MILE	30min T/Trial Laps + M	
SOUTHAM-SAHIN	Sue	F40									14 + 270	
THOMPSON	Lynley	F40	SEPT14				21.42				14 + 30	
BAMFORD	Vicki	F40									13 + 90	
BRAIN	Glenyce	F45	SEPT14				24.00					
CAR	Bev	F50										
ROBOTHAM	Kate	F50	SEPT14				23.35				13 + 250	
SAUNDERS	Vonda	F55									12 + 200	
DALGLEISH	Barb	F55	SEPT14		6.28.90				6.56.89		15 + 345	
MENZIE	Winsome	F55	SEPT14		43.44							
HARRAP	Chris	M30										
TRUEFELDT	Wayne	M30									17 + 20	
VILLEGAS	Rey	M30	SEPT14		29.43	6.06.89	22.05				14 + 00	
NORRIS	Daniel	M30	SEPT14	17.09	37.11	6.22.33	19.31				14 + 22	
KELLY	Mark	M30	SEPT14				16.43				16 + 340	
HARRAP	Richard	M30										
WILSON	Robert	M30	SEPT14				16.17		1.12.62	5.37.14		
DOWLING	Russell	M35									16 + 80	
STAUNTON	John	M35	SEPT14	14.16	4.49.45	16.58					17 + 340	
McKENZIE	Roy	M35	SEPT14	15.66		22.30					13 + 60	
COLLINS	Rayphe	M35	SEPT14			14.44					19 + 285	
GIORGIOU	Francis	M35	SEPT14	19.81								
CATIONS	Les	M35									10 + 190	
RADEMAKER	Fred	M40	SEPT14		5.05.77		31.44				18 + 30	
HARRISON	Ray	M40									16 + 120	
MARSH	Trevor	M40	SEPT14			14.45					18 + 180	
CARTER	Ken	M40									6 + 290	
CORNALL	Ian	M40	SEPT14			19.14					12 + 20	
MUSCAT	Mario	M40									13 + 50	
HALLET	Len	M45	SEPT14			22.15				6.30.66	16 + 170	
BARBARO	John	M45	SEPT14	14.75	30.66					5.36.44(W)		
GIBBS	Bruce	M45	SEPT14	13.21	34.66	6.36.31				7.36.45		
MARTIN	Danys	M45	SEPT14			17.09					17 + 00	
RYAN	Bill	M50	SEPT14		35.01	6.11.13	18.24		1.20.72	6.36.05	15 + 330	
BURROWES	Gordon	M55									11 + 250	
HARBERT	Ray	M55	SEPT14			17.37					17 + 260	
KYTE	Bill	M55	SEPT14	15.64		6.25.42	40.02	15.88		7.06.21	15 + 280	
GOGGIN	Bernie	M55	SEPT14		47.41	7.40.66	39.51			7.29.79	15 + 165	
CHARLTON	Bob	M60								7.18.71		
DALGLEISH	Tom	M60	SEPT14			18.32						
GOODE	George	M65								7.28.61(W)	11 + 220	
WILSON	Neville	M65	SEPT14			37.52					16 + 50	

NEW SINGLET'S

A phone call to Eric GREAVES on 9 560 2971 is all that is necessary. Cost is \$15.00, men and women, while shorts for both sexes are \$10.00 each. Postage is \$2.00 extra. As a number is of no use without a singlet, we do not issue numbers until the singlet order is received.

* * * * *

RESULTS FROM KNOX VENUE - SEPTEMBER 1995

600 Metres - 6/9/95

	AGE	TIME
Paul TWINING	46	2.28
Noel FAIRBURN	34	2.28
Bill LONG	38	2.29
Peter LEIGH	58	2.30
Alan SPRUNT	51	2.34
Mick CARR	42	2.35
Russell WEST	36	2.41
John GREEN	50	2.44
Ivan ANDRIC	38	2.53
Chas McRAE	62	2.54

200 Metres - 6/9/95

	AGE	TIME
John GLEESON	41	26.42
Noel FAIRBURN	34	27.91
Brian MEE	57	30.40
John GREEN	50	31.08
Leah TWINING	Inv.	31.67

10-20-30 Min. Time Trial - 6/9/95

10 Min.	AGE	LAPS
Pauline BROWN	50	5.30m
John GREEN	50	5.210
Noel FAIRBURN	34	5.240
Russell WEST	36	6.200
Carol BUCKINGHAM	44	4.180
Glen CALIDEN	41	6.180
Darren SHORT	Inv.	5.100

20 Min.

Peter LEIGH	58	12.00m
Daryl PETERSEN	44	11.350
Alan SPRUNT	51	12.300
Norm CAMERON	51	11.220
Richard HUGGINS	49	11.200
Richard SHORT	38	11.220
Bob PETRIE	53	11.60
Bob CURTIS	53	13.350
John MONK	48	13.300

30 Min.

Ivan ANDRIC	38	15.00
Vern GERLACH	70	15.00
Bill LONG	38	17.00
Richard TODD	47	17.330
Paul TWINING	46	20.330
Graham WHITE	49	16.010
Chas McRAE	62	16.090
Ian UREN	44	15.280
John CASTLE	49	20.280
Jim INGHAM	49	20.180
Denise NICOL	40	14.200
Keith STTLES	52	15.100
John VARNEY	37	17.150
Anne McPHERSON	39	17.100
Mick CARR	42	19.090
Julie BUTTERFIELD	35	13.300
David WEAR	49	17.200
Brian MEE	57	19.150
Kevin McLAUGHLIN	51	14.90

1000 Metres H/Cap - 13/9/95

	AGE	H/C	ACT. TIME
Russel WEST *	36	4.21	3.07
Alan SPRUNT	51	4.24	3.12
David WEAR	49	4.24	3.14
Peter LEGET	61	4.36	3.36
Chas McRAE	62	4.41	3.41
Chris CALLAMATTA	42	4.46	3.20
Chris HANBY	38	4.59	4.09

400 Metres N.O.T. - 13/9/95

HEAT 1	AGE	N.O.T. TIME	ACT. TIME
Noel FAIRBURN	34	60.63	59.9
Dave NOBBS	55	61.20	60.0
Chris CALLAMATTA	42	61.71	59.0
Michael HANBY	Inv.	66.60	
Russel WEST	36	68.87	63.5

HEAT 2

John GREEN *	52	67.43	67.0
Leah TWINING	Inv.	75.30	72.0
Peter ASHMORE	Inv.	82.09	73.0
Pauline BROWN	50	87.27	118.0
Kevin McLAUGHLIN	51	97.0	122.0
Vern GERLACH	70	104.0	121.0

* TROPHY WINNER

5 - 10 KLM N.O.T. - 13/9/95

5 KLM	AGE	H/C	ACT. TIME
Des CLANCY	46	19.00	19.24
David ROLFE	49	19.58	19.55
Chris CALLAMATTA	42	18.55	20.06
Glen CLAUDEN	41	-	20.22
Russell WEST	36	20.30	20.36
Russell UREN	Inv.	22.30	20.53
Greg SAVAGE	39	21.12	21.33
Peter LEGET	61	21.00	21.44
Norm CAMERON	51	23.20	22.18
Richard HUGGINS	49	21.10	22.20
Ian BIRTHISEL	38	25.00	23.04
Noel FAIRBURN	34	23.01	23.14
Vern GERLACH	70	24.55	25.01
Julie BUTTERFIELD	35	26.06	26.01
Kevin McLAUGHLIN	51	25.20	26.20
Ron MILSOME	48	26.30	26.33
George SIMONS	60	25.10	27.10
Peter WHEATLEY	36	-2L	27.21

10 KLM

Paul TWINING	46	36.30	36.55
Jim INGHAM	49	37.10	37.28
John MONK *	48	37.50	37.50
John CASTLE	49	37.00	38.01
Mick CARR	42	39.31	40.47
Richard TODD	47	38.38	43.54
Ian UREN	44	41.30	43.56
David WEAR	49	43.26	44.31
Anne McPHERSON	39	43.15	44.33
Ivan ANDRIC	38	48.40	47.37
Chas McRAE	62	47.30	47.37
Trevor WEST	40	48.20	48.04
Graham WHITE	49	49.49	49.58
Keith STYLES	52	51.00	50.47
Denise NICOL	40	53.02	52.05

1200 Metres - 20/9/95

	AGE	TIME
Graham SMITH	45	3.44
Paul TWINING	46	3.47
Russell WEST	36	4.06
Chris CALLAMATTA	42	4.16
Ian UREN	44	4.19
Vern GERLACH	70	5.42

300 Metres - 20/9/95

Graham SMITH	45	42.14
Noel FAIRBURN	34	43.17
Russell WEST	36	44.49
Mick CARR	42	44.82
Leah TWINING	Inv.	1.05
Vern GERLACH	70	1.17

4 - 8 Klm - 20/9/95

	AGE	TIME
Mick CARR 6 Laps	42	9.26
Pauline BROWN 8 Laps	50	17.03

4 Klm

Chris CALLAMATTA	42	14.54
Russell WEST	36	15.37
Ian UREN	44	15.58
Daryl PETERSEN	44	16.06
Shannon TODD	Inv.	16.47
Richard TODD	38	16.54
Kevin FAGAN	52	17.19
Noel FAIRBURN	34	17.53
Des CLANCY	46	18.11
Vern GERLACH	70	20.15
Julie BUTTERFIELD	35	21.13
Graham SMITH	45	28.48
John MONK	48	29.00
Paul TWINING	46	29.42
Brian MEE	57	30.39
Shaun EXTON PB	35	31.10
David ROLFE	49	32.04
John HORSELING	38	33.14
Ron MILSOME	48	33.32
Peter LEGET	61	34.06
Richard TODD	43	34.20
George DYER	60	32.50
Greg SAVAGE	39	35.12
Rob DREW	41	35.44
David WEAR	49	35.45
Trevor WEST	40	36.37
Norm CAMERON	51	36.38

1500 Metres - 27/9/95

	AGE	TIME
Bruce BALLARD	42	4.31
Paul TWINING	46	4.37
Gray RYAN	45	4.39
Les MAPSTONE	49	4.42
Russell WEST	36	5.02
Charlie HALL	36	5.07
Glen CLAUDEN	41	5.11
Michael HANBY	Inv.	5.20
Daryl PETERSEN	44	5.27
Mick GARDNER	22	5.44
Richard TODD	43	5.48
Colin THOMPSON	47	5.50
Chas McRAE	63	5.59
Peter LEGET	61	6.16
Chris HANBY	38	6.33

100 Metres - 27/9/95

HEAT 1	AGE	TIME
Daryl PETERSEN	44	15.6
Denise NICOL	41	16.6
Andrew RICHIE	Inv.	18.3
Ben PETERSEN	Inv.	18.9
Matthew HANBY	Inv.	19.8
Chris HANBY	38	20.0
Glen CLAUDEN 6 Klm	41	23.48

HEAT 2

Noel FAIRBURN	34	13.2
Russel WEST	36	13.7
Chris HALL	36	14.2
Michael HANBY	Inv.	14.4
John GREEN	50	15.3

TEAM RELAY 3 X 4 Min. X 3 27/9/95

	AGE	DIST.
Des CLANCY	46	
Bruce BALLARD	42	
Colin THOMPSON	47	26L
Rob DREW	41	
Ian BIRTHISEL	38	
Charlie HALL	36	25L 300m
Paul TWINING	46	
Graeme LETICQ		
Peter LEGET	61	25L 280m
Shannon TODD	Inv.	
Barry RYDER		
Graham WHITE	49	25L 30m
Richard TODD	43	
John GREEN	50	
John CASTLES	49	24L 350m
Mick GARDINER		
Chas McRAE	63	
John MONK	48	24L 315m
Gray RYAN		
Chris HANBY	38	
Ian UREN	44	24L 300m
Alan SPRUNT	51	
John VARNEY	37	
Noel FAIRBURN	34	24L 200m
David TWINING	Inv.	
Michael Hanby	Inv.	
Kevin McLAUGHLIN	51	24L 190m
Russel WEST	36	
Denise NICOL	40	
Glen CLAUDEN	41	24L 50m
John HORSELING	38	
George DYER	60	
David WEAR	49	24L 40m
Daryl PETERSEN	44	
Norm CAMERON	51	
David ROLFE	49	23L 180m

September 6

800 Mts. very close run between Paul T and Noel with the same time, Bill Long and Peter Leigh just off the pace.

200 Mts. John Gleeson to fast for Noel after his hard 800m. Brian Mee surprised us with a smart run.

10-20-30 Min. Time Trial

Best 10 min. Russell West
20 min. John Monk and
30 min. Paul Twining.
A good start to the month.

September 13

Trophy Night. 1000 Mts H/Cap was a very close finish with Russell West getting home from a gallant Alan Sprunt.

400 Mts was won by John Green, out by 1.43, hard luck Noel.

10 Kim N.O.T. was won by John Monk who was spot-on in 37.50, a very good run John after the Sydney Marathon. Weather Good.

September 20

Visitor Graham Smith from Hong Kong found the weather very cold, but his running was very hot, 1st in 300m, 1200m and 8 km.

Good runs by Noel in 300m, Paul in 1200m and John Monk in 8 Km. PB to Shaun Exton in the 8 Km. Weather mild.

September 27

1500m. 15 starters, Bruce Ballard his first run at Knox was 1st home from a class field.

100m. he is back at Knox, Charlie Hall, but Neil and Russell were to fast for the Umpie.

12 teams in 3 x 4 min x 3 per team.

Best distance 26 laps, Des Clancy, Bruce Ballard and Colin Thompson with other teams very even.

Chas McRae

WEDNESDAY EVENING - 6TH DECEMBER 1995

Start & Finish in the Knox Athletic Track

Name: Age:

Address:

Post Code: Telephone: (Home) (Bus)

BEST 3 HALF MARATHON TIMES IN THE PAST 2 YEARS (Latest time first).....

1: Time Event

2: Time Event

3: Time Event

Or, if you do not have recent times or have not run a Half Marathon, please supply some relevant details that will enable us to prepare a fair & reasonable handicap for your true ability.

*****VENUE TEAM ENTRY*****

If you wish to enter as a Venue Team, please supply your Venue Name below.

VENUE:


RACE DETAILS

The event will commence on the Knox Athletic Track (Rushdale Rd, Knoxfield) at 7PM SHARP on Wednesday Evening, the 6th of December, 1995. The Run will take you out along the Knox Bicycle Path adjacent to the Track out & back, returning to the Athletic Track where you started. The Course is flat, fast, scenic & easy to follow, with directions and a Race Map displayed on the evening of the run. All Competitors are to be pre-registered, closing on Wednesday, the 29th November. Entries are to be sent to: RICHARD TODD, 6 KITCHENER ROAD, TECOMA, 3160., or handed to either Richard or Charlie McRae at the Knox Venue prior to or on the closing date. ENTRY IS (still) \$5.00.

****VENUE TEAM ENTRY**:** If you wish to enter a Venue Team, please just fill in the name of the Venue in which you wish to compete for, in the space provided on this Entry Form. Enter as many members as you wish with the first 3 to finish (in Handicap Finishing Order) to count. Lowest Score wins the Venue Team Trophy (i.e: 1st = 1 point, 2nd = 2 points, 3rd = 3 points, etc.).


****INDIVIDUAL TROPHIES****Trophies will be given to the first 5 who finish, irrespective of Sex, Age or Venue. As it will be a true Handicap Event, all Runners will be equal on the night. PLEASE NOTE: Any Entrant found to be cheating, by offering misleading information as to obtain an unfair advantage over fellow competitors, will be disqualified.

Richard Todd
Race Director.



PHYSIOTHERAPY

ATHLETICS INJURIES



PETER J BRUCE DIP. PHYS GRAD DIP MANIP THERAPY
MANIPULATIVE PHYSIOTHERAPIST

- ATHLETICS & RUNNING INJURIES
- LOW BACK PAIN & SCIATICA
- KNEE PAIN
- SHIN SPLINTS & FOOT PROBLEMS

MT. WAVERLEY 59 BLACKBURN RD
PH - 802 2294

Peter Bruce is a former State Title Holder for the marathon and 25km events & has represented his state in track & road events. Still an active competitor, he has worked with athletic injuries for over thirty years having a special interest in lower back pain with sciatica, shin splints & foot problems.

RESULTS FROM SPRINGVALE VENUE

6-9-95		6-9-95	
<u>200 METRES RUN</u>		<u>6KM RUN - CONT...</u>	
1. Ron MUIR	44 27.02	Paul MULLINS	55 23.39
2. Ray O'CONNOR	57 30.80	Bill HUGHES	62 24.11
3. Alan KILLEEN	36 31.00	Jack GUBBINS	66 29.41
4. Juan PEREZ	INV 41.92	John ANDERSON	56 24.30
<u>400 METRES RUN</u>		John MANNING	49 28.30
1. John FREAME	44 57.51	Geoff THOMSON	33 23.34
2. Paul OLSSON	38 62.88	<u>13-9-95</u>	
3. Brian McCANN	49 63.31	<u>100 METRES RUN</u>	
<u>2KM WALK</u>		1. Marc LAROSE	38 11.87
1. George PATON	53 10.00	2. John FREAME	44 12.70
2. Tony JOHNSON	55 10.28	3. Paul OLSSON	38 12.75
3. Kathy CASSIDY	46 10.31	4. C. VAN LEUVERDEN	36 13.93
4. Celia KELLY	47 10.46	5. Alan KILLEEN	36 15.58
5. Tony DORAN	43 10.49	6. Kevin McGRATH	62 18.14
6. Penny HALL	55 11.07	7. Juan PEREZ	INV 18.52
7. Win MAY	54 11.49	<u>1600 METRES EST. TIME RUN</u>	
8. Jan JONES	44 13.08	1. Robert MEISELBACH	39 1.29.81
<u>2KM RUN</u>		2. C. VAN LEWERDEN	36 1.35.96
Ray O'CONNOR	57 6.40	3. Dave TALBOT	41 1.39.35
Brian McCANN	49 7.38	4. Peter FIELD	37 1.41.17
Roland BROWN	54 8.38	5. Les MAPSTONE ***	49 1.44.82
Mike HALL	56 7.41	6. Tony DORAN	43 1.47.63
Leigh CASSIDY	47 7.13	7. Michael DAVIN	45 1.48.04
Bill CARR	46 7.10	8. Brian McCANN	49 1.50.07
Simon STARGOT	48 7.55	9. Roland BROWN	54 2.02.91
Ron MUIR	44 7.18	10. Paul OLSSON	38 2.06.19
Alan KILLEEN	36 8.20	11. Juan PEREZ	56 2.14.86
Neil GRAY	47 7.14	<u>1600 METRES WALK</u>	
Stan JORDAN	48 8.14	1. Tony JOHNSON	55 7.29
Laurie CROUCH	55 9.00	2. Daniel MERCER	INV 8.06
Nicole CROUCH	INV 9.30	3. Kathy CASSIDY	46 8.23
Tony DORAN	43 7.30	4. Celia KELLY	47 8.50
Pamela PHILLIPS	53 11.59	5. Penny HALL	55 8.53
Les MAPSTONE	49 6.37	6. Win MAY	54 9.10
Michael DAVIN	45 7.35	7. Jan JONES	44 10.13
Laurie TELFER	47 7.46	<u>3KM RUN</u>	
<u>4KM RUN</u>		Alan KILLEEN	36 13.00
Graeme STEVENS	53 18.47	Brian McCANN	49 11.49
Ernie JEFFS	50 20.10	John ABEL	45 12.10
Ron LITTLE	52 17.25	Bruce FERRIER	42 11.16
Chris McARDLE	42 18.47	Leigh CASSIDY	47 11.25
Judy DAVISON	58 20.23	Ray O'CONNOR	57 10.27
<u>6KM RUN</u>		Bill CARR	46 11.30
Voyo NIKOLIC	50 25.12	Roland BROWN	54 13.12
Juan PEREZ	56 25.41	Neil BRAY	47 10.44
Kevin ONLEY	61 28.30	Les MAPSTONE	49 10.42
Eric GREAVES	47 20.26	C. VAN LEUVERDEN	36 10.18
Alan DOUGLAS	49 28.30	Paul MULLINS	55 11.31
Ian ORR	44 23.48	Alf SMITH	64 16.26
Tom DAVISON	62 26.35	Michael DAVIN	45 12.54
Denis PHILLIPS	53 23.10	Nicole CROUCH	INV 14.44
John CHISHOLM	57 27.34	Bill HUGHES	62 11.52

RESULTS FROM SPRINGVALE VENUE

13-9-95		20-9-95	
<u>3KM RUN - CONT...</u>		<u>1500 METRES RUN</u>	
Lindsay MYALL	58 13.50	1. Rob HENDY	50 4.23.88
Tony DORAN	43 11.21	2. Charles LEHNE	36 4.35.86
Doug HUMPHREY	47 15.30	3. Paul WINTERTON	41 4.45.81
Helen MYALL	52 14.24	4. Neil GRAY	47 4.48.86
Pamela PHILLIPS	53 18.17	5. Peter FIELD	37 4.51.71
Peter FIELD	37 10.30	6. Ray O'CONNOR	57 4.55.93
Ernie JEFFS	50 15.00	7. Neil PILLING	36 4.56.96
John MANNING	49 13.38	8. Michael DAVIN	45 5.15.17
Laurie TELFER	47 12.38	9. Brian McCANN	49 5.16.61
Stan JORDAN	48 11.26	10. Paul MULLINS	55 5.19.35
Jim SINCLAIR	71 15.24	11. Chris McARDLE	42 5.37.87
Trevor JUPP	55 13.15	<u>4KM WALK</u>	
Alan BENNIE	48 10.06	1. Tony JOHNSON	55 20.06
Geoff THOMSON	33 11.10	2. George PATON	53 20.08
Bill IRVINE	47 10.34	3. D. MERCER	INV 20.56
Jean ONLEY	61 17.40	4. Kathy CASSIDY	46 21.46
<u>5KM RUN</u>		5. Penny HALL	55 24.25
Denis PHILLIPS	53 20.04	<u>5KM HANDICAP RUN</u>	
Simon STARGOT	48 21.41	Eric GREAVES	47 16.49
Graeme STEVENS	53 21.51	Kevin ONLEY	61 22.10
Alan DOUGLAS	49 21.53	Brian McCANN	49 20.34
Neil PILLING	36 19.00	Bruce FERRIER	42 18.48
Voyo NIKOLIC	50 21.01	Leigh CASSIDY	47 19.50
Jack GUBBINS	66 24.45	Juan PEREZ	56 21.16
Gabriel CARMONA	52 18.59	Ian ORR	44 20.10
Kevin ONLEY	61 22.29	John CHISHOLM	57 22.10
Eric GREAVES	47 16.49	Don CORRIE	45 23.46
Juan PEREZ	56 20.06	Ron LITTLE	53 20.21
Ian ORR	44 20.06	Paul MULLINS	55 19.58
Phil GLASCOTT	46 21.48	Anthony DORAN	43 19.53
Don CORRIE	45 23.55	Alf SMITH	64 28.05
Paul WINTERTON	41 18.32	Stan JORDAN	48 19.59
Ron LITTLE	52 20.34	Celia KELLY	47 22.49
Laurie CROUCH	55 22.45	John ABEL ***	45 19.29
Rob CLUTTERBUCK	42 17.51	Bill HUGHES	62 20.06
Ian TREGGAR 4km	49 16.42	Laurie TELFER	47 20.48
<u>110 METRES RUN</u>		Graeme STEVENS	53 22.35
1. Marc LAROSE	36 12.96	Laurie CROUCH	55 21.58
2. Paul OLSSON	38 13.59	Peter FIELD	37 19.07
3. Norm SEARLE	58 15.79	Alan DOUGLAS	49 25.48
<u>300 METRES RUN</u>		Jim SMITH	54 21.56
1. Marc LAROSE	36 39.05	Jim SINCLAIR	71 26.44
2. John FREAME	44 39.89	John MANNING	49 22.40
3. Paul OLSSON	38 41.70	Ernie JEFFS	50 24.55
4. Mike HALL	56 43.25	Rob CLUTTERBUCK	42 17.37
5. Bruce FERRIER	42 44.57	Voyo NIKOLICH	50 20.48
6. Norm SEARLE	58 48.51	Lou BUCCIERTI	40 22.23
		Bill IRVINE	47 18.21
		Jack GUBBINS	66 24.06
		*** = WINNER	

RESULTS FROM SPRINGVALE VENUE

27-9-95		27-9-95	
100 METRES RUN - HEAT 1		4KM RUN	
1. Nicolas GEERDHARRY	INV 11.03	John ABEL	45 15.29
2. Marc LAROSE	36 11.45	Leigh CASSIDY	47 15.33
3. Paul OLSSON	38 12.13	Bill CARR	46 15.07
4. C. VAN LEUVERDEN	36 13.35	Charles LEHNE	36 13.52
HEAT 2			
1. Jack BUCKINGHAM	45 13.66	Don CORRIE	45 19.10
2. Allan ELLIOTT	52 14.33	Ron LITTLE	52 16.05
3. Norm SEARLE	58 14.36	John CHISHOLM	57 17.20
4. Juan PEREZ	INV 19.62	Alf SMITH	64 21.14
4 X 400 METRES RELAY			
1. Charles LEHNE	0.59	Paul WINTERTON	41 14.19
Anne HOLCOMBE	1.06	Ian ORR	44 15.42
Norm SEARLE	1.11	Tom DAVISON	62 17.10
Marc LAROSE	0.54=4.10	Lindsay MYALL	58 19.51
2. Chris McARDLE	1.03	Judy DAVISON	58 20.48
Stan JORDAN	1.06	Helen MYALL	52 18.50
Jim GIVAN	1.05	Medgee LEBRASSE	42 17.19
John FREAME	0.57=4.11	Peter FIELD	37 14.21
3. Mike HALL	0.59	Karl FAUVRELLE	54 16.52
Karl FRAUVELLE	1.09	Stan JORDAN	48 17.01
Michael DAVIN	1.04	Denis PHILLIPS	53 15.22
C. VAN LEUVERDEN	0.55=4.11	Graeme ANDREW	45 19.36
4. Ron MUIR	0.58	Graeme STEVENS	53 17.17
Lindsay MYALL	1.16	Reg WILLIAMS	44 16.40
Paul OLSSON	1.02	Simon STARCOT	49 16.40
Dave TALBOT	0.58=4.14	Laurie CROUCH	55 17.07
5. Brian HOLCOMBE	1.04	Neil PILLING	36 14.34
Ian ORR	1.11	Michael DAVIN	45 16.56
Peter FIELD	1.04	Lou BUCCIERI	40 17.04
Rob MIESELBACH	0.55=4.14	Frank ALLEN	51 16.01
3KM WALK			
1. David MERCER	INV 15.20	Jim SMITH	54 16.27
2. Celia KELLY	47 15.38	John ANDERSON	56 16.05
3. Kathy CASSIDY	46 15.44	Bill HUGHES	63 15.46
4. Win MAY	54 17.58	Jim SINCLAIR	71 20.55
5. Ann PERROTT	62 25.54	Trevor JUPP	55 18.05
8KM RUN			
Alan KILLEEN	36 36.40	Voyo NIKOLIC	50 16.19
Bill IRVINE	47 29.28	Geoff THOMSON	33 14.33
Lindsay OXENHAM	17 INV 27.04	Ernie JEFFS	50 21.55
		Jean ONLEY	62 23.28
		John MANNING	49 17.58
		Rod CROUCH	INV 13.09
		Alan BENNIE	48 13.29
		Ian TREGEAR	45 16.29

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.

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 DECK 583 0934

RESULTS FROM FRANKSTON VENUE

24-8-95		7-9-95	
3200 METRES WALK		400 METRES RUN - HEAT 1	
Wendy SEERS	53 23.00	Tony NEMERIC	43 71.16
Gwen STEED	53 21.46	Tom GERRARD	47 66.93
Margaret BEAUMONT	57 23.24	Gary ANDERSON	43 67.57
Nola FINN	59 26.53	Allan ALDERSON	44 73.75
Grace SMITH	76 27.45	Ross KENT	53 59.89
4000 METRES RUN			
Ray O'CONNOR	57 14.19	HEAT 2	
Gordon LOUGHNAN	43 18.09	Eddie STACK	61 74.16
Allan ALDERSON	44 14.48	Ian MUIR	50 67.83
Ken WHYTE	49 15.00	Jarrold POPE	INV 74.38
Christina KONTOS	39 20.47	Norm JOHNSTON	58 88.96
Nada TRAVICA	38 19.26	5000 METRES RUN	
Pam HORNIBROOK	40 19.50	Allan ALDERSON	43 19.31
Ron LEGGETT	61 19.59	Ron LEGGETT	61 24.51
Bryan KELLY	47 18.47	Pam HORNIBROOK	40 24.33
Martin LEGGETT	38 13.48	Lindsay BEATON	45 24.33
John WALLACE	51 15.50	Gordon LOUGHNAN	43 23.18
1600 METRES RUN			
Garry ANDERSON	43 5.50	2000 METRES RUN	
Jarrold POPE	INV 6.36	George KUTZ	58 7.48
Keith MANDER	74 8.51	Garry ANDERSON	43 7.28
Reuben POPE	51 5.52	Ian MUIR	50 7.01
Joy HERBERT	52 7.07	Joss MOWTY	52 6.50
Peter DUGGAN	54 5.38	Jean LEGGETT	59 11.01
Mike LANDMAN	39 6.04	Angela SEERS	INV 10.44
Angela SEERS	INV 7.58	Denise LEGGETT	41a36 9.12
Lindsay BEATON	45 6.42	3000 METRES WALK	
Denise LEGGETT	36 9.10	Syd ELLIS	70 23.18
Jean LEGGETT	59 8.32	Nola FINN	59 24.43
Tony NEMERIC	40 6.50	Ian BEAUMONT	59 21.22
Garry PEARCE	42 5.55	Joy HERBERT	52 17.28
Merrilyn TAIT	46 7.44	Ern WALKER	81 21.19
George KUTZ	58 6.19	Grace SMITH	76 26.30
1000 METRES RUN			
Gordon LOUGHNAN	43 4.56	Gwen STEED	53 20.16
Allan ALDERSON	44 3.25	Ron KANE	58 20.25
Keith MANDER	74 5.28	Wendy SEERS	53 21.22
Mike LANDMAN	39 3.29	Jack KILFOYLE	71 18.47
Ron LEGGETT	61 4.45	Norm JOHNSTON	58 20.16
Jarrold POPE	INV 3.49	800 METRES RUN	
Bruce MOULTON	63 4.31	Allan ALDERSON	44 2.47
Reuben POPE	51 3.23	Ian MUIR	50 2.38
Norm JOHNSTON	58 5.28	Ron LEGGETT	61 4.19
Denise LEGGETT	36 6.10	Joss MOWTY	52 2.33
Pam HORNIBROOK	40 6.10	Gwen STEED	53 5.01
60 METRES RUN HEAT 1			
Ross KENT	51 7.84	Jean LEGGETT	59 4.05
Kevin IRONS	50 8.91	Gordon LOUGHNAN	43 3.17
Tony NEMERIC	42 9.48	Jarrold POPE	INV 3.02
Tom GERRARD	46 8.20	14-9-95	
HEAT 2			
Karen MACDONALD	32 8.86	100 METRES RUN - HEAT 1	
Gordon LOUGHNAN	42 10.37	Tom GERRARD	46 12.80
Lindsay BEATON	45 10.37	Peter LONG	43 13.01
Norm JOHNSTON	58 11.89	Joss MOWTY	52 13.45
Sid ELK	70 13.26	HEAT 2	
Grace SMITH	76 18.78	Kevin IRONS	50 13.90
		C. VAN LEUVERDEN	36 13.44
		Frank BELL	36 13.93

RESULTS FROM FRANKSTON VENUE

14-9-95

100 METRES RUN

Gordon LOUGHNAN	42	16.60
Norm JOHNSTON	58	18.30
Geoff OSBORNE	55	16.70

200 METRES RUN - HEAT 1

Tom GERRARD	46	26.41
C. VAN LEUVERDEN	36	26.97
Peter LONG	43	27.07
Frank BELL	36	28.99

HEAT 2

Kevin IRONS	50	29.79
Garry ANDERSON	42	30.32
Allan ALDERSON	44	30.53
Eddie STACK	61	32.16
Jarrold POPE	INV	33.63

HEAT 3

Norm JOHNSTON	58	36.88
Geoff OSBORNE	55	42.12
Jarrold POPE	INV	36.69

3200 METRES WALK

Geoff OSBORNE	55	25.30
Lindsay BEATON	45	25.28
Ian BEAUMONT	59	23.09
Nola FINN	59	26.11
Margaret BEAUMONT	57	23.14
Syd ELLIS	70	23.34
Gwen STEED	53	21.19
Wendy SEERS	53	22.31
Ron KANE	58	29.59
Norm JOHNSTON	58	21.19
Jack KILFOYLE	71	19.55
Ern WALKER	81	22.31

6000 METRES RUN

Ron LEGGETT	61	30.22
Ian MUIR	51	22.16
Gordon LOUGHNAN	43	28.16
Peter ELLIS	46	26.20
Allan ALDERSON	44	22.57
Pam HORNIBROOK	5000m	30.18
Martin LEGGETT	38	20.58
John WALLACE	4000m	51 16.36

2000 METRES RUN

C. VAN LEUVERDEN	36	6.35
Nada TRAVICA	1600m	38 10.00
Garry ANDERSON	42	7.32
Sue KEMP	41	10.12
Joss MOWTY	52	6.36
Mike LANDMAN	39	7.39
Jean LEGGETT	59	11.05
Denise LEGGETT	36	12.18
Tony NEMARIC	42	7.58
Eddie STACK	61	8.54

14-9-95

1000 METRES RUN

C. VAN LEUVERDEN	36	3.03
Ian MUIR	51	3.28
Gordon LOUGHNAN	42	4.19
Mike LANDMAN	39	3.35
Allan ALDERSON	44	3.27
Jarrold POPE	INV	3.52
Garry ANDERSON	42	3.32
Gwen STEED	53	5.30
Norm JOHNSTON	58	5.30
Bruce MOULTON	63	4.35
Sue KEMP	41	5.01
Pam HORNIBROOK	40	5.18
Ron LEGGETT	61	5.05

21-9-95

70 METRES RUN - HEAT 1

Graham RICHARDS	50	8.93
Tom GERRARD	46	9.19
Tony NEMARIC	43	9.92
C. VAN LEUVERDEN	36	10.10

HEAT 2

Geoff OSBORNE	55	11.50
Gordon LOUGHNAN	43	14.09
Ray O'CONNOR	57	12.09
Norm JOHNSTON	58	13.50
Kees ZWYNENBURG	66	13.73

300 METRES RUN - HEAT 1

Tom GERRARD	46	42.63
C. VAN LEUVERDEN	36	42.70
Graham RICHARDS	50	47.17

HEAT 2

Tony NEMARIC	43	46.65
Peter ELLIS	44	52.77
Allan ALDERSON	44	57.43

HEAT 3

Chris KING	50	48.25
Jarrold POPE	INV	57.46
Gordon LOUGHNAN	43	58.95
Geoff OSBORNE	55	61.12
Norm JOHNSTON	58	62.85

1600 METRES RUN

C. VAN LEUVERDEN	36	5.11.0
Jean LEGGETT	59	8.34.0
Graeme RICHARDS	50	8.30.0
Mike LANDMAN	39	5.53.0
Reuben POPE	53	6.19.0

4000 METRES RUN

Allan ALDERSON	44	16.05
Ron LEGGETT	61	20.25
Gordon LOUGHNAN	43	18.26
Peter ELLIS	44	17.42
Chris KING	50	16.32
Pam HORNIBROOK	40	19.51
John WALLACE	50	16.52
Ken WHYTE	49	15.52

RESULTS FROM FRANKSTON VENUE

21-9-95

1600 METRES WALK

Kees ZWYNENBURG	66	10.55
Geoff OSBORNE	55	13.05
Syd ELLIS	70	11.33
Tony NEMARIC	43	9.33
Lindsay BEATON	45	11.20
Nola FINN	59	12.45
Ian BEAUMONT	59	11.32
Ray O'CONNOR	57	11.20
Gwen STEED	53	9.46
Ern WALKER	82	10.49
Wendy SEERS	53	11.02
Grace SMITH	76	14.39
Denise LEGGETT	36	11.27
Jack KILFOYLE	71	9.34
Norm JOHNSTON	58	9.46

600 METRES RUN

C. VAN LEUVERDEN	36	1.37
Allan ALDERSON	44	1.58
Ron LEGGETT	61	3.13
Gwen STEED	53	3.19
Norm JOHNSTON	58	3.19
Ken WHYTE	49	1.49
Jarrold POPE	INV	2.28
Bruce MOULTON	63	2.34
Tony NEMARIC	43	2.03
Gordon LOUGHNAN	43	2.53
Jean LEGGETT	59	2.51
Mike HALL	56	1.47

28-9-95

100 METRES RUN - HEAT 1

Tom GERRARD	46	13.03
Tony NEMARIC	43	14.23
Frank BELL	36	13.29
C. VAN LEUVERDEN	36	13.36
Joss MOWTY	53	13.30

HEAT 2

Gordon LOUGHNAN	43	19.09
Allan ALDERSON	44	14.22
Ray O'CONNOR	57	15.30
Norm JOHNSTON	58	19.58
Kees ZWYNENBURG	66	19.70
Amanda NEMARIC	INV	16.93

400 METRES RUN - HEAT 1

Frank BELL	36	65.15
Tom GERRARD	46	65.98
C. VAN LEUVERDEN	36	59.97

HEAT 2

Allan ALDERSON	44	77.03
Gordon LOUGHNAN	43	87.38
Chris KING	50	65.91
Reuben POPE	53	77.09
Norm JOHNSTON	58	89.97
Jarrold POPE	INV	76.23

28-9-95

2000 METRES WALK

Syd ELKS	70	14.15
Jack KILFOYLE	71	12.18
Sylvic ROSS	56	17.50
Kees ZWYNENBURG	66	13.46
Ron KANE	58	17.46
Joy HERBERT	52	11.55
Lindsay BEATON	45	13.46
Gwen STEED	53	12.17
Norm JOHNSTON	58	12.17
Ern WALKER	82	14.13
Wendy SEERS	53	14.03

4800 METRES RUN

Allan ALDERSON	44	19.00
Ron LEGGETT	61	24.18
Pam HORNIBROOK	40	23.37
Sue KEMP	42	24.30

1600 METRES RUN

Ray O'CONNOR	57	5.26.92
Gordon LOUGHNAN	43	6.49.09
Christina KONTOS	39	8.12.02
C. VAN LEUVERDEN	36	5.04.02
Joss MOWTY	53	5.13.97
Jean LEGGETT	59	8.33.11
Chris KING	50	5.55.13
Nada TRAVICA	38	8.03.04
Jarrold POPE	INV	6.49.01

800 METRES RUN

Allan ALDERSON	44	3.01
Gordon LOUGHNAN	43	3.14
Tony NEMARIC	43	2.37
C. VAN LEUVERDEN	36	2.19
Jean LEGGETT	59	3.58
Ron LEGGETT	61	4.15
Chris KING	50	2.37.5
Norm JOHNSTON	58	4.32
Gwen STEED	53	4.32
Sylvia ROSS	56	7.04
Bruce MOULTON	63	3.43

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RESULTS FROM COLLINGWOOD VENUE

5.9.95.			12.9.95 (continued)		
100 METRES			4000 METRES		
Ian MCLEOD	50	13.10	Westly WINDSOR	51	14.54
Bruce GIBBS	46	14.72	Paul BAN	40	14.59
Don WARDEN	71	18.46	Russell SEVERINO	42	15.16
ONE MILE			Keith LODGE	64	15.22
Graeme PAUL	41	5.44	Ray HARBERT	56	15.47
Ron YOUNG	64	6.05	Denny MARTIN	47	16.27
John PEACOCK	59	6.15	Norm DUFF	64	16.28
Don WARDEN	71	8.20	Wasył DROSDOWSKY	44	17.26
200 METRES			Garry BELL	41	18.05
Gerard ADRIAN	35	26.55	Peter BLACK	49	19.17
Ian MCLEOD	50	26.84	Russell ROLLS	50	20.03
Bruce GIBBS	46	28.71	Liz OKALI	56	20.59
Guido SMOGLIAN	40	32.30	Don WARDEN	71	22.20
Mathew DROSDOWSKY	Inv.	37.07	Mathew DROSDOWSKY	Inv.	22.56
2000 METRES			WALK		
Graeme PAUL	41	7.22	Anna PARLIEVLIET	52	15.24
Keith LODGE	64	7.35	5 laps		
Ron YOUNG	64	8.05	Murray DICKINSON	57	15.25
Wasył DROSDOWSKY	44	8.12	8 laps		
John PEACOCK	59	8.13	6000 METRES		
Bill RYAN	54	8.40	Graeme PAUL	41	22.55
Garry BELL	41	8.52	Vin MARTIN	44	23.46
Malcolm BROWN)	54	9.09	Rod BAYLEY	49	24.15
Peter SLATTER)	51	9.09	Mike KENNEDY	42	24.16
Val MCLEOD	48	9.33	John MERORY	49	24.55
Mathew DROSDOWSKY	Inv.	9.58	Mal BROWN	54	25.47
Shirley YOUNG	65	10.10	19.9.95		
Don WARDEN	71	10.37	1500 METRES		
6000 METRES			Patrick KELLY	Inv.	4.36
Guido SMOGLIAN	40	23.35	Mathew WINDSOR	Inv.	4.45
Russell SEVERINO	42	23.45	Russell SEVERINO	42	4.56
Rod BAYLEY	49	24.40	Didier MARTIN	Inv.	5.00
Mike KENNEDY	42	24.52	Westly WINDSOR	51	5.05
Denny MARTIN	47	26.32	Graeme PAUL	41	5.14
Ray HARBERT	56	26.50	Keith LODGE	64	5.23
John POCOCK 5600m	52	22.14	John PEACOCK	59	5.40
12.9.95			Mal BROWN	54	5.54
50 METRES			Greg LYNDON	38	5.58
Bruce GIBBS	46	7.88	150 METRES		
Jerrod GIBSON	Inv.	8.14	Gerard ADRIAN	35	18.31
Mathew DROSDOWSKY	Inv.	8.45	Ian MCLEOD	50	18.78
Don WARDEN	71	9.38	4000 METRES		
800 METRES			Didier MARTIN	Inv.	14.29
Patrick KELLY	Inv.	2.11	Russell SEVERINO	42	15.05
Alan GIBSON	45	2.13	Rod BAYLEY	49	15.24
Michael RUSH	Inv.	2.16	Keith LODGE	64	15.35
Mathew WINDSOR	Inv.	2.19	Charlene RENDINA	47	15.36
George RENNIE	53	2.25	Graeme PAUL	41	15.46
Westly WINDSOR	51	2.28	Brian WALSH	51	16.17
Wasył DROSDOWSKY	44	2.35	Denny MARTIN	47	16.24
Guido SMOGLIAN	40	2.36	Ray HARBERT	56	16.29
Vin MARTIN	44	2.52	Mal BROWN	54	17.03
300 METRES			Ron YOUNG	64	17.11
Ian MCLEOD	50	41.84	Garry BELL	41	17.16
Brice GIBBS	46	44.10	Melinda WALSH	21	17.25
George RENNIE	53	47.90	Bill RYAN	54	17.48
Guido SMOGLIAN	40	50.05	Val MCLEOD	48	18.31
Don WARDEN	71	58.42	Greg LYNDON	35	19.04
Mathew DROSDOWSKY	Inv.	62.45	Julie MAPLESTONE		
Vin MARTIN	44	64.60	RUSSELL	43	19.08

RESULTS FROM COLLINGWOOD VENUE

19.9.95			4000 METRES (Continued)		
Murray DICKINSON	57	19.09			
John NOONAN	52	20.04			
26.9.95			110 METRES HANDICAP		
Keith MOODY	51	13.69	12m - TROPHY		
Don WARDEN	71	14.02	25		
Val MCLEOD	48	14.02	28		
Julie RUSSELL	43	14.35	35		
Kevin IRONS	51	14.70	10		
Mathew DROSDOWSKY	12	15.09	20		
Allison DROSDOWSKY	10	15.10	30		
1000 METRES					
Patrick KELLY	Inv.	2.53.23			
Paul BAN	40	3.07.41			
Keith LODGE	64	3.23.96			
Vin MARTIN	44	3.39.98			
400 METRES					
Patrick KELLY	Inv.	57.53			
Ian MCLEOD	52	59.26			
Keith MOODY	51	60.37			
Vin MARTIN	44	82.91			
John PEACOCK	59	84.02			
Don WARDEN	71	88.16			
4000 METRES					
Shirley YOUNG	65	19.30			
Murray DICKINSON	57	19.32 (Walk)			
Les CATIONS	37	28.13	"		
2000 METRES					
Russell SEVERINO	42	6.51			
Keith LODGE	64	7.27			
Graeme PAUL	41	7.45			
Wasył DROSDOWSKY	44	8.32			
Leo JONES	54	8.46			
Peter BLACK	49	8.48			
Angela MOTE	23	8.56			
Mathew DROSDOWSKY	Inv.	9.44			
Melva BLACK	48	11.30			
Allison DROSDOWSKY	Inv.	14.44			
Anna PARLIEVLIET	52	14.48 (Walk)			
Diane LYNDON	52	21.39			
Jessica LYNDON	Inv.	21.39			
6000 METRES					
Rod BAYLEY	49	23.23			
Vin MARTIN	44	23.39			
Paul BAN	40	23.43			
Ray HARBERT	56	24.06			
Brian WALSH	51	24.25			
Mal BROWN	54	24.37			
Melinda WALSH	21	25.10			
Denny MARTIN	47	25.10			
John POCOCK	52	25.28			
John PEACOCK	59	26.09			
Garry BELL	41	27.00			
Jan WILSON	49	27.29			
Greg LYNDON	38	28.26			
8000 METRES					
Ian GAINERY	43	23.55 w/chair			
Guido SMOGLIAN	40	32.29			
Mike KENNEDY	42	33.35			

ALTONA VENUE RESULTS.

Sunday 3rd September 1995
Around the Tan.
2 laps - 7.6km.

Michael RICHARDS	51	32.56
Harry PRESTON	84	77.30

1 lap - 3.8km.

Jack MACGLASHAN	64	23.00
Les JARRY	66	23.30
Gordon BURROWES	60	25.29

Sunday 10th September 1995
At the You Yangs.

4.8km.

Gordon BURROWES	60	27.58	PB.
Jack MACGLASHAN	64	29.22	
Les JARRY	66	29.22	
Harry PRESTON	84	46.15	

13.9km.

Stan BELCHER	53	59.20	PB.
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Sunday 17th September 1995
Around Altona from Dickens'.

8.9km.

Les JARRY	66	44.41
Gordon BURROWES	60	46.11
Harry PRESTON	84	66.01

To the Ford. (4.0km)

Lorraine WOODMAN	58	23.24
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CONGRATULATIONS!

to Cathy Curtis and Michael Orelli who were married on Saturday 26th August, at Berwick. The service was conducted by Cathy's father, the Anglican Minister at Berwick.

We all wish them a long and happy life together.

**REPORT ON WORLD VETERANS ATHLETIC CHAMPIONSHIPS. BUFFALO. NEW YORK
July 13-23 1995**

We've been housed at the University of Buffalo, in good quarters with good food. Great camaraderie among the athletes continues. In fact, Jim Sinclair (Springvale) let his patriotism get the better of him. He was acting as a volunteer for the 10 Km track run, manning the water hose and nearly washed a poor little Colombian competitor off the track - just as he was about to pass an Aussie runner! That's the rumour anyway.

Talking of Jim Sinclair, he and the other "Garden gnome", Kevin McGrath, have become inseparable. That way they only get half the abuse from the MIGHTY ERIC instead of the full onslaught which they would receive on their own.

Gold started to flow straight away at the Championships. Marge Allison made world records and gold medals look easy as she took the sprint double, w 50 100m and 200m. Reg Austin's heart stopping finish in the M 55 100m was one of the great highlights of the Games. He too, took the sprint double, 100m and 200m. Murray Dickinson won the M 55 20 Km walk and Heather McDonald the 10 Km walk. A great result was the Womens 10 Km walk team event won by our stalwarts, Penny Hall, Win May and Lee Osborne. Of course there were many other brave, gutsy performances, sometimes by people who only made a semi-final or just did a P.B. in their heats.

Looking forward to seeing you all soon,

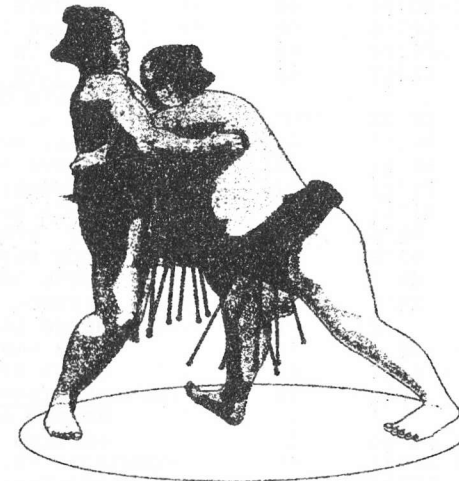
Kevin McGrath

TASMANIAN MASTERS GAMES

A Festival of Sport

Launceston 20 - 28 April 1996

There's no Sumo Wrestling in our Games



*But there are 42 other Sports
Be Part of the Action!*



Please contact Kerry Dawkins
at ~~Jebe@Travel~~ - Tasmanian Masters Games Office
74 Charles Street PO Box 206 LAUNCESTON 7250
Tel: (003) 346 523 Fax: (003) 346 597

- Archery
- Athletics
- Badminton
- Basketball
- Billiards/Snooker
- Bocce
- Clay Target
- Croquet
- Cricket Outdoor
- Cycling
- Dancesport
- Darts
- Duathlon
- Eightball
- Equestrian
- Full Bore Rifle
- Golf
- Women's Hockey
- Indoor Bowls
- Indoor Cricket
- Indoor Rowing
- Karate
- Lawn Bowls
- Netball
- Orienteering
- Pistol Shooting
- Rowing
- Small Bore Rifle
- Soccer
- Softball
- Sporting Clay
- Sprint Kart Racing
- Squash
- Swimming
- Table Tennis
- Ten Pin Bowling
- Tennis
- Touch
- Triathlon
- Volleyball
- Weightlifting
- Woodchopping

Please forward a registration form to:

Name: _____

Address: _____

**I also wish to enter the Australian Masters
Basketball Championships 21-27 April 1996**

Aberfeldie Venue

100 metre		
Name	Age	Time
Geoff Turner	49	12.72
Tom P.X. Burke	44	14.31
Craig Brown	13	15.21
Paul Young	35	12.19
Paul Torrini	0	12.03

30 minute Time Trial

Name	Age	Estimated Dist./Laps & Metres	Actual
Cos Pietrelli	50	15L+200	14L+315
Bill Page	64	16L+300	16L+365
Tony Bradford	56	16L+200	15L+330
Steve Barker	52	16L	16L+185
Gordon Burrows	60	13L+100	12L+250
Joe Brown	48	17L+200	19L
D. Hamilton-Ritchie	50	16L+100	16L+050
Howard Gibson	47	15L	17L+327
Charles Copland	34	20L+200	20L+196
John Dean	50	17L+200	17L+058
Rhonda Hircoc	46	17L	16L+188
Roma Burchop	69	17L	DNF
Denis Sinnott	45	15L	14L
Peter Shone	50	17L+200	18L+130
Bill Turner	45	17L+100	17L
Ron Pearce	53	15L+200	14L+379
Allan Bashford	57	16L+200	16L+050
Denis Holden	42	17L+200	16L+350
Bernard Angel	41	17L	16L+330
Rob Waters	49	18L+200	17L+368
Rob Cariton	52	15L+200	14L+221
Trevor	48	20L	19L+195

Aberfeldie Venue - 20 September 1995

70 metre run		
Age	Time	
49	9.35	Geoff Turner
40	9.51	Des Maloney
54	10.7	Anne Stobaus

700 metre run		
28	2:09 equal	Rodney Groves
40	2:09	Brian Marantelli
41	2:11	Bernard Angel
63	2:13	Pat Maye
56	2:17	Tony Bradford
45	2:23	Bill Turner
42	2:27	Denis Holden
52	2:52	Stephen Barker
45	3:17	Denis Sinnott

Date 13th September 1995

Team Relay 100, 200, 400, 800, 1600, 3200 metre	
Names	Team Time
Team ONE	
Steve Barker	4.25
D. Hamilton-Ritchie	
Rhonda Hircoc	
Denis Holden	
Team TWO	4.05
Geoff Turner	
Tony Bradford	
Tom Burke	
Roma Burchop	
Team THREE	4.15
Bill Turner	
Gordon Burrows	
Berie Angel	
Bill Page	
Team FOUR	4.11
Howard Gibson	
John Dean	
Denis Sinnott	
Joe Brown	

300 metre run		
40	43.17	Brian Marantelli
49	43.61	Geoff Turner
28	44.09	Rodney Groves
40	44.72	Des Maloney
41	46.48	Bernard Angel
54	47.73	Anne Stobaus
41	48.88	Mick Prouse
56	50.22	Tony Bradford
63	54.05	Pat Maye

6K / 15 laps run		
50	24.27	John Dean
42	26.03	Denis Holden
65	26.12	Bill Page
57	26.59	Allan Bashford
52	27.14	Stephen Barker
45	28.21	Rhonda Hircoc
53	30.09	Ron Pearce
38	30.35	Chris Lyall
48	31.4	Allan Hircoc

10 K / 25 laps		
50	36.57	Peter Shone
48	38.3	Trevor H'worth
47	41.22	Howard Gibson
15	41.42	Danny H'worth
50	46.14	Duncan H. Ritchie

Other dist. & times		
48	22:58.4K	Carb Beaumont
48	22:11 5.6K	Joe Brown
31	33:52 7.2K	Barry Preta

VETERAN THROWING GROUPS - JANUARY 1995 - DECEMBER 1995 KEY DATES

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 EVENTS [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 :



National Mutual

NEW ZEALAND MASTERS GAMES WANGANUI 1997 FEBRUARY 1st - 9th

5th ANZ. MASTERS GAMES VIDEO.

A Video containing most of the 100m, heats and finals, some of the 400m races, most of the 200m races, most of the 800m races with some of the steeplechase jumping, a little walking and a few presentations, about one and a half hours in all. These were the events on Saturday and Sunday, taken under difficult conditions at times and the video is unedited. With the time taken, cost of the video, \$20.00 is the asking price. Postage is about \$5.00 extra due to protective packaging. Peter COLTHUP, 14 Bakers Rd, Nth Dandenong 3175. Returnable if unsatisfied.

SOUTHERN PENINSULA VENUE
SEPTEMBER RESULTS

FATHERS DAY, SUNDAY 3rd.

JEFF JESSUP DINES ON BACON & EGGS (in bed) PEDDALS DOWN, ARRIVES LATE, THEN PRODUCES THE FASTEST 240 MTRS. OF HIS LIFE TO BLITZ THE 300 MTR. HANDICAP FIELD BY NEARLY 3 SECONDS AND ANNOY THE HELL OUT OF THE HANDICAPPER ! SECOND PLACED, ROB HARRISON ALSO RAN UNDER THE HANDICAP TIME OF 44 SECONDS, (so had his bribe returned accordingly)

HAVING HIS FIRST RUN SINCE JANUARY, DAVID BLACKS' 1600 MTR. TIME OF 8:05 WAS EXACTLY THE SAME AS 9 MONTHS AGO. (all that training wasted?) ON A HIGHER NOTE, PATRICIA HARRISON WINS THE TROPHY WITH THREE CONSISTANT RUNS IN THE SPECIAL EVENT, INCLUDING TWO PBs. THE ONLY ONES FOR THE DAY.

100 MTRS. Heat one.			THE 4 X 100 MTR. RELAY		
Matthew BLACK	11	16:47	TAYLORS & OTHERS	Jackie TAYLOR	48
David BLACK	41	16:79		Ken TAYLOR	50
Doug HARRISON	11	17:16		Jeff JESSUP	43
Daniel SIMPSON	11	17:37		& Russ CHRISTIE	37
Ben BLACK	8	21:00		TIME 1:02:15	
Heat two			RADFORDS & OTHERS		
Alan RADFORD	44	14:69		Meredith RADFORD	34
Ken TAYLOR	50	15:35		Alan RADFORD	44
Jackie TAYLOR	48	16:63		David BLACK	41
Jeff JESSUP	43	17:23		Rob HARRISON	45
Meredith RADFORD	34	17:74		TIME 1:04:29	

THE 300 MTR. HANDICAP Heat one			ALL THE OTHERS (the kids)		
AGE	HCP	TIME	Matthew BLACK	11	
Matthew BLACK	11	55	Doug HARRISON	11	
Ben BLACK	8	100	Daniel SIMPSON	11	
Doug HARRISON	11	65	Ben BLACK	8	
Alan RADFORD	44	SCR	TIME 1:10:96		
David BLACK	41	70			
Russ CHRISTIE	37	20			

Heat two			THE LADS TAKE ON THE VETS IN THE RELAY, BUT THE TAYLORS TEAM WITH VERY SLICK CHANGING CARRY THE VETS BANNER THROUGH TO THE TAPE.		
Jeff JESSUP	43	60	40:02	IN SECOND HEAT OF THE 300, JEFF HAS A HARD TIME GETTING AROUND MEREDITH ON THE BEND BUT THEN STEAMS AWAY TO GLORY. (I always (have trouble getting around Meredith)	
Rob HARRISON	45	45	42:40		
Ken TAYLOR	50	40	42:70		
Patricia HARRISON	45	90	44:25		
Meredith RADFORD	34	65	44:57		
Jackie TAYLOR	48	50	45:23		

THE SPECIAL EVENT							
3 X 800 WALK OR 1600/2000 MTR. RUN. No walkers competed today.							
AGE	DIST	SET	FIRST	SECOND	THIRD	FINAL	RESULT
Patricia HARRISON	45	1600	8:05 -- 8:09 PB	8:05 PB	8:12	+0:11	
Jackie TAYLOR	48	1600	7:30 -- 7:54	7:35	7:33	+0:38	
Alan RADFORD	44	2000	7:45 -- 8:02	7:57	7:57	+0:41	
Jeff JESSUP	43	2000	7:15 -- 7:35	7:33	7:33	+0:56	
Russ CHRISTIE	37	2000	7:56 -- 8:19	8:24	8:32	+1:27	
Ken TAYLOR	50	2000	8:55 -- 9:20	9:31	10:14	+2:06	
Meredith RADFORD	34	1600	8:15 -- 9:06	9:18	8:56	+2:35	
Rob HARRISON	45	2000	8:15 -- 9:21	9:05	9:36	+3:17	

SUNDAY 10th.

IT'S MAIE WITHERS TROPHY DAY & BARRY FRY, WALKS IT IN!, IN THE 2K HANDICAP WALK, LAPPING SOME OF HIS MORE FANCIED OPPONENTS. MAIE PRESENTED BARRY WITH A BEAUTIFUL HAND SCRIBED SCROLL INVITING HIM TO A COMPLEMENTARY GAME OF GOLF, AS HER GUEST, AT THE EXCLUSIVE ROSEBUD COUNTRY CLUB. WELL DONE BARRY & THANK YOU MAIE FOR THE WONDERFUL TROPHY AND PRESENTATION.

NEXT MONTHS FEATURE TROPHY EVENT IS THE KEN TAYLOR RUN-RIDE-RUN TEAM EVENT ON THE 29th.

WALK PBs COME FROM LOOSERS, JOHN REID (1:04) MAXIM WOOD (1:33) DAVE APPLEBY (1:25) ALAN RADFORD (1:12) AND RUSS CHRISTIE (1:46). BARRY & SECOND PLACED JEFF JESSUP DIDN'T HAVE A WALK HISTORY. THE HANDICAPPER WAS LAST SEEN SLASHING HIS WRISTS BEHIND THE SHED.

RUSS ENJOYS ANOTHER PB (1 MIN 50) IN THE 5K TRACK RUN ALONG WITH PATRICIA HARRISON (2:45), AND DOUG HARRISON PICKS UP ONE IN THE 70 MTRS. (0:38)

THE 2KM. MAIE WITHERS TROPHY.				THE 5KM. TRACK RUN.			
WALK HANDICAP.							
AGE	HCP	TIME	ACTUAL	Barry FRY	52	18:41	
Barry FRY	52	1:30	13:48	Jeff JESSUP	43	19:51	
Jeff JESSUP	43	60	13:57	Alan RADFORD	44	21:18	
John REID	68	2:00	16:09	Dave APPLEBY	35	21:18	
Dave APPLEBY	35	4:15	16:14	Russ CHRISTIE	37	21:52	
Alan RADFORD	44	1:40	16:27	Rob HARRISON	45	23:10	
Russ CHRISTIE	37	2:40	16:53	Maxim WOOD	57	25:18	
Patricia HARRISON	45	1:00	17:20	PATRICIA HARRISON	45	27:05	
Meredith RADFORD	34	1:00	17:20	Ray OUGHTON	74	28:04	
Maxim WOOD	58	3:20	17:26	John REID	68	29:20	

70 MTRS. Heat one.			100 MTRS.		
John REID	68	11:31	Alan RADFORD	44	14:48
Doug HARRISON	11	11:60 PB.	Barry FRY	52	15:06
Daniel SIMPSON	11	12:88	Russ CHRISTIE	37	15:40
Meredith RADFORD	34	13:15	John REID	68	16:38
Victoria RADFORD	9	13:15	Maxim WOOD	57	16:38
Heat two			Doug HARRISON	11	17:21
Alan RADFORD	44	10:54	Jeff JESSUP	43	18:07
Barry FRY	52	10:72	Meredith RADFORD	34	18:45
Russ CHRISTIE	37	10:72			
Maxim WOOD	57	11:57			

THE 800 MTR. RUN					
Barry FRY	52	2:31	Russ CHRISTIE	37	2:51
Dave APPLEBY	35	2:36	Maxim WOOD	57	3:03
Alan RADFORD	44	2:39	Patricia HARRISON	45	4:02
Jeff JESSUP	43	2:42	Meredith RADFORD	34	4:02

SUNDAY 17th.

IT'S A PERFECT SUNDAY EVENING FOR OUR FIRST RUN OVER THE WHITECLIFFS CROSS COUNTRY COURSE, WITH TRADITIONAL FORESHORE B.B.G.

THE 8.5KM. WHITECLIFFS CROSS COUNTRY, ESTIMATED TIME RUN							
AGE	EST	ACTUAL	RESULT	THE VENUES ACE ESTIMATOR, KEN TAYLOR DOES IT AGAIN & WE ARE ALL VERY HAPPY THAT WE DON'T HAVE A TROPHY TO GIVE HIM.			
Ken TALOR	50	41:20	41:05	-0:15			
Barry FRY	52	34:00	35:05	+1:05			
Russ CHRISTIE	37	38:30	36:52	-1:38			
Jackie TAYLOR	48	45:50	43:47	-2:03			
Dave APPLEBY	35	38:00	35:28	-2:36			
Alan RADFORD	44	39:00	35:46	-3:14			
Meredith RADFORD	34	MONDAY	54:27	-6:05:33	TOD FAST MEREDITH !		

Dave APPLEBY 35 38:00 35:28 -2:36 DON'T HAVE A TROPHY TO
 Alan RADFORD 44 39:00 35:46 -3:14 GIVE HIM.
 Meredith RADFORD 34 MONDAY 54:27 -6:05:33 --- TOD FAST MEREDITH !

THE WIND IS HOWLING AND WE RENAME THE TOP CURVE "STATIONARY BEND" AS THAT'S HOW ONE FELT WHILE TRYING TO GET AROUND IT. FAST TIMES WERE HARD TO ACHIEVE SO PBs FOR JACKIE TAYLOR, VICTORIA & MEREDITH RADFORD WERE EXCELLANT PERFORMANCES.

WE'VE BEEN INVITED UP TO FRANKSTON ON THURSDAY NOVEMBER 30TH. TO THRASH THEM IN A 2000 MTR. TEAM CHALLENGE. - (sounds like more training is needed, to me.)

THE 6 KM. PARLOUF ONCE AGAIN PROVES WE'RE NUTS. THERE WAS A LITTLE TEAM CHANGING DURING THE RUN AS THE EMERGENCY SLIPPED IN AND OUT, BUT I WAS HAPPY TO END UP ON THE WINNING SIDE. WHICHEVER THAT WAS.

70 MTRS. Heat one.

Jackie TAYLOR	48	11:25
David BLACK	41	11:43
Meredith RADFORD	34	12:37
Victoria RADFORD	9	12:51 PB.
Norm JOHNSON	58	13:53
Heat two.		
Barry FRY	52	9:94
Alan RADFORD	44	10:01
Russ CHRISTIE	37	10:27
Ken TAYLOR	50	10:39
Maxim WOOD	57	10:76
Matthew BLACK	11	11:14

200 MTRS. Heat one.

Matthew BLACK	11	35:35
Jackie TAYLOR	48	35:43
Meredith RADFORD	34	39:62
Norm JOHNSON	58	39:75
David BLACK	41	40:81
Heat two.		
Terry COX Jnr.	29	28:66
Alan RADFORD	44	30:45
Barry FRY	52	30:77
Russ CHRISTIE	37	31:47
Ken TAYLOR	50	32:49
Maxim WOOD	57	34:08

800 MTRS. Heat one.

Matthew BLACK	11	3:10
Jackie TAYLOR	48	3:45
David BLACK	41	3:52
Norm JOHNSON	58	3:53
Meredith RADFORD	34	4:02
Heat two.		
Terry COX Jnr.	29	2:27
Barry FRY	52	2:33
Alan RADFORD	44	2:50
Russ CHRISTIE	37	2:51
Maxim WOOD	57	3:00
Ken TAYLOR	50	3:38

1500 MTR. WALK

Terry COX Jnr.	29	10:33
Maxim WOOD	57	10:41
Norm JOHNSON	58	11:10
David BLACK	41	12:01
Maie WITHERS	75	12:05
Meredith RADFORD	34	12:33 PB.
Jackie TAYLOR	48	12:33 PB.

----- THIS IS THE THIRD TIME IN A ROW
 RUSS CHRISTIE HAS RUN 2:51 FOR THE
 800 MTRS. GUARANTEERING WE'LL NEVER
 HAVE AN ESTIMATED TIME OVER 800.

THE 6 KM. PARLOUF RELAY

TEAM ONE		TEAM TWO	
Merdeith RADFORD	34	Maxim WOOD	57
Russ CHRISTIE	37	Barry FRY	52
Jackie TAYLOR	48 - SWAPPED WITH -	Alan RADFORD	44
Ken TAYLOR	50 SOMEHOW ?	David BLACK	41
Terry COX Jnr.	29	Matthew BLACK	11
TIME 17:50		TIME 18:00	
THE EMERGENCY - NORM JOHNSON - NEEDED EMERGENCY MID WAY.			

PROGRAM FOR ALTONA FOR NOVEMBER 1995

Tues 14th Nov	90m	200m	Shot Put	3800m ET
" 21 "	120m	400m	Javelin	4 Km H/C Stern Chaser
" 28 "	75m	700m	Discus	20 min TT

VICTORIAN VETERANS 1996 PROPOSED FIXTURE

10KM TRACK RUNS - 16th MARCH - KNOX TRACK
 6.00pm (EVENTS TO BE RUN IN DIVISIONS)

PENTATHLON - 3rd MARCH - CAULFIELD

WEIGHT PENTATHLON - 17th MARCH - CAULFIELD

TRACK & FIELD EVENTS - 23rd&24th MARCH - CAULFIELD
 12 NOON

1/2 MARATHON - 5th MAY - BUNGAREE FOOTBALL GROUND
 10.00am (COMBINED EVENT WITH BALLARAT
 HARRIERS)

ROAD WALKS - 25th MAY - MENS 10KM WOMENS 5KM
 ALBERT PARK
 (REGISTRATIONS AT MIDDLE PARK BOWLS CLUB)

10KM X-COUNTRY - 26th MAY - COLLINGWOOD
 10.00am (COMBINED EVENT WITH V.C.C.L INC)

WINTER CHALLENGE EVENTS - 23rd JUNE - COBURG
 1.00pm

ROAD WALKS - 14th JULY - MENS 20KM WOMENS 10KM
 (HELD IN CONJUNCTION WITH ATHLETICS VICTORIA
 20KM WALK AND SCHOOLS EVENTS) venue as per
 above walks on 25th MAY

10 MILE ROAD - 28th JULY - CARLTON
 10.00am (COMBINED WITH V.C.C.L.)

WINTER WEIGHT PENTATHLON - 18th AUGUST - CAULFIELD

10KM ROAD - 25th AUGUST - BRAESIDE 9.00am

25KM ROAD - 29th SEPTEMBER - ABERFELDIE 9.00am

MARATHON - TO BE CONFIRMED

RESULTS FROM CROYDON VENUE - SEPTEMBER 1995

6 OR 16 LAPS RUN 12.9.1995

6 Laps Contd:

12 Anne CALLAGHAN	58	12.27
13 John KERR	66	12.41
14 George SIMMONS	60	12.44
15 Phyllis GOSBELL	57	12.58
16 Pat CAVANAGH	54	13.19
17 Pam RICHARDS	55	14.00
18 Denise SCHOLES	52	14.00
19 Jan WATSON (Walk)	48	16.44
20 Rita KERR	65	16.48

16 Laps:

1 John MONK	48	24.09
2 Brian SIMMONS	39	24.48
3 Rod MASON	41	24.35
4 Bob CURTIS	53	24.35
5 Ray MERIDA	52	25.00
6 Ken MORTON	38	25.38
7 Albert BERRY	51	26.16
8 Ron LEDINGHAM	47	26.22
9 John RICHARDS	57	27.44
10 Norm CAMERON	51	28.43
11 Andrew TUNNE	37	28.45
12 John DANIEL	46	28.46
13 Karen TRAVILL	38	29.06
14 Ken MATCHETT	73	29.51
15 Dot BROWNE	54	29.59
16 Nancy CHORLEY	48	30.42
17 Ron ROTTIER	39	30.42
18 Colin BROWNE	62	31.26

Neville PORTER (10 Laps) 60 18.47
 Robyn TODD (10 Laps) 45 25.04
5 LAP WALK HCP 19.9.1995

	Clock Time	Actual Time
1 Tony JOHNSON	55	18.06 9.31
2 Rita KERR	65	18.07 16.17
3 Celia KELLY	47	18.19 10.39
4 Jan WATSON	48	18.30 13.05
5 Barrie WICKS	55	18.35 12.00
6 Audrey TUTCHENER	66	18.43 17.33
7 Frank TUTCHENER	67	18.44 17.34
8 Denise BANNON	56	18.46 15.06
9 Alison THOMPSON	42	19.32 12.02
10 Joan CLARK	64	19.49 19.49

50 METRE SPRINT 19.9.1995

Heat 1:

1 Colin HETHERTON	41	6.1
2 John SZYMANSKI	37	7.0
3 Jack BUCKINGHAM	45	7.0
4 Ron SMITH	46	7.1

Heat 2:

1 Mark WHELAN	35	7.7
2 Geraldine FENNESSY	34	8.3
3 Faye GRAVE	48	8.9
4 Gwen DAVIDSON	72	9.2

600 METRE RUN 19.9.1995

1 Ashley RYAN	41	1.36
2 David NOBBS	55	1.37
3 Neil GRIFFIN	49	1.48
4 John MONK	48	1.50
5 Cec McKEOWN	55	1.59
6 Glenn CLAIDEN	41	2.01
7 John RICHARDS	57	2.04
8 Colin THOMPSON	47	2.08
9 John SZYMANSKI	37	2.15
10 Neville PORTER	60	2.16
11 Mark WHELAN	35	2.19

100 METRE SPRINT 19.9.1995

Heat 1:

1 Geraldine FENNESSY	34	15.2
2 Faye GRAVE	48	16.6
3 Gwen DAVIDSON	72	16.9
4 Frank TUTCHENER	67	18.5

Heat 2:

1 John SZYMANSKI	37	13.5
2 Ashley RYAN	41	13.6
3 Ron SMITH	46	13.9

12 LAP NOMINATE OWN TIME 19.9.1995

	Nom. Time	Actual Time
1 Rod MASON	41	17.40 17.13
2 Brian SIMMONS	39	16.48 17.14
3 John MONK	48	17.50 17.28
4 Jim INGHAM	49	17.48 17.32
5 Peter LEIGH	58	18.12 17.53
6 Ray MERIDA	51	17.55 17.55
7 Ken MORTON	38	19.00 18.23
8 Glenn CLAIDEN	41	10.01 19.00
9 Andrew TUNNE	37	20.00 19.26

RESULTS FROM CROYDON VENUE - SEPTEMBER 1995

12 LAP NOT 19.9.1995 Contd.

	Nom. Time	Actual Time
10 Ron LEDINGHAM	47	19.02 19.36
11 John RICHARDS	57	21.10 20.06
12 Les WARREN	53	22.30 20.44
13 Norm CAMERON	51	22.18 20.51
14 Colin THOMPSON	47	20.40 21.22
15 Neville PORTER	60	21.45 21.37
16 Laurie BLACK	58	23.40 21.39
17 Ron BOYNE	62	22.12 21.47
18 Celia KELLY	47	22.37 21.47
19 Nancy CHORLEY	48	22.13 21.48
20 Robert PETRIE	53	22.36 22.05
21 Neil GRIFFIN	49	15.29 22.05
22 Colin HETHERTON	41	25.00 22.34
23 Lavinia PETRIE	52	22.42
24 Al WILLEY	56	23.25 23.10
25 Cec McKEOWN	55	21.15 23.13
26 Cindy FYSH	35	25.00 23.14
27 Dot BROWNE	54	23.10 23.38
28 Ashley RYAN	41	24.00 23.39
29 Colin BROWNE	62	24.00 23.40
30 Keith STYLES	52	24.00 23.54
31 Ron SMITH	46	24.30 23.59
32 Christine SIMMONS	39	28.01 24.06
33 Barrie WICKS	55	24.00 24.43
34 Alison THOMPSON	42	24.00 24.46
35 Anne CALLAGHAN	58	23.37 24.50
36 Frank TUTCHENER	67	25.25 25.26
37 Karen TRAVILL	38	25.30 25.28
38 John KERR	66	26.00 25.35
39 Phyllis GOSBELL	57	26.45 26.10
40 Pat CAVANAGH	54	27.12 27.01
41 Denise SCHOLES	52	26.22 27.23
42 Jan WATSON (Walk)	48	34.00 35.17

** Trophy winner Ray Merida - less than 1 sec. out

6 LAP WALK 26.9.1995

1 Alison THOMPSON	42	14.21
2 Barrie WICKS	55	14.51
3 Jan WATSON	48	15.55
4 Denise BANNON	56	18.04
5 Lynette HILL	50	19.03

70 METRE SPRINT 26.9.1995

Heat 1:

1 Faye GRAVE	48	11.0
2 Ken MATCHETT	73	11.6
3 Michael VAJNA	Inv.	11.9
4 Alf HETHERTON	67	12.5

70 METRE SPRINT 26.9.1995 Contd.

Heat 2:

1 Colin HETHERTON	41	9.2
2 Ashley RYAN	41	9.7
3 Jack BUCKINGHAM	45	10.1
4 Geraldine FENNESSY	34	11.0

Heat 3:

1 Des WHITE	38	10.2
2 Ron SMITH	46	10.6
3 Norm KEITH	68	11.4

1600 METRE RUN 26.9.1995

1 John MONK	48	5.20
2 Neil GRIFFIN	49	5.24
3 Gray RYAN	45	5.31
4 Ashley RYAN	41	5.55

300 METRE SPRINT 26.9.1995

Heat 1:

1 Frank TUTCHENER	67	61.4
2 Faye GRAVE	48	64.8
3 Alf HETHERTON	67	70.5
4 Michael VAJNA	Inv.	74.0

Heat 2:

1 Ron SMITH	46	48.9
2 Geraldine FENNESSY	34	51.4
3 Norm KEITH	68	52.2

Heat 3:

1 Ashley RYAN	41	43.8
2 Ken SHAW	49	47.4
3 Des WHITE	38	48.0

10 OR 20 LAP RUN 26.9.1995

10 Laps:

1 Bob CURTIS	53	14.34
2 Glenn CLAIDEN	41	15.48
3 David SHEEHAN	48	16.04
4 Ron LEDINGHAM	47	16.23
5 Gray RYAN	45	16.29
6 Neil GRIFFIN	49	16.49
7 Murray HUTCHISON	46	17.03
8 Norm CAMERON	51	17.22
9 Laurie BLACK	58	18.04
10 Ken MATCHETT	73	18.19
11 Ron BOYNE	61	18.28
12 Ken SHAW	49	19.34
13 Karen TRAVILL	39	19.46
14 Frank TUTCHENER	67	19.46
15 Bob LOADER	66	19.49
16 Margaret DUGUID	58	20.05
17 Cec McKEOWN	55	20.06

RESULTS FROM CROYDON VENUE - SEPTEMBER 1995

1 OR 3KM WALK 5.9.1995

1km:

1 Faye GRAVE	48	7.20
2 Lynette HILL	50	8.13

3km:

1 Barrie WICKS	55	19.12
2 Jan WATSON	48	20.01
3 Liza BLACK	27	30.20
4 Roma BLACK	61	30.21

70 METRE SPRINT 5.9.1995

1 Jack BUCKINGHAM	45	9.0
2 Ron SMITH	46	9.4
3 John GLEESON	41	9.5
4 Faye GRAVE	48	9.8

1200 METRE RUN 5.9.1995

1 John MONK	48	4.02
2 Ken MORTON	38	4.04
3 Cec McKEOWN	55	4.28

400 METRE SPRINT 5.9.1995

1 John GLEESON	41	60.5
2 John MONK	48	70.3
3 Ron SMITH	46	76.1

10/20/25 LAP RUN 5.9.1995

10 Laps:

1 Laurie BLACK	58	17.58
2 Robert PETRIE	53	19.04
3 Barrie WICKS	55	19.47
4 Ron SMITH	46	19.54
5 Robyn TODD	45	19.55
6 Shane MARTIN	41	19.56
7 Anne CALLAGHAN	58	21.42
8 Jan WATSON	48	27.10

20 Laps:

1 Jim INGHAM	49	33.05
2 Lavinia PETRIE	51	35.38
3 Ron ROTTIER	39	36.44
4 John MONK	48	37.49
5 Al WILLEY	56	39.09

25 Laps:

1 Albert BERRY	51	42.04
2 Ken MORTON	38	42.47
3 Ron LEDINGHAM	47	44.17
4 Norm CAMERON	51	46.03
Murray HUTCHISON (15 laps)	46	25.10
Richard TODD (15 Laps)	49	30.28
Keith STYLES (15Laps)	52	30.28

3 LAP WALK 12.9.1995

1 Barrie WICKS	58	7.08
2 Tina LEB	62	7.10
3 Jan WATSON	48	7.35
4 Faye GRAVE	48	9.02
5 Lynette HILL	50	9.17
6 Audrey TUTCHENER	66	10.40
7 Joan CLARK	64	12.27
8 Frank TUTCHENER	67	12.28

50 METRE SPRINT 12.9.1995

Heat 1:

1 Faye GRAVE	48	8.2
2 Frank TUTCHENER	67	9.2
3 Jan WATSON	48	9.4

Heat 2:

1 John GLEESON	41	7.0
2 Ron SMITH	46	7.6
3 Des WHITE	37	8.0

1200 METRE RUN 12.9.1995

1 David NOBBS	55	3.52
2 John MONK	48	3.54
3 Ashley RYAN	41	3.54
4 Ken MORTON	38	4.00
5 Neil GRIFFIN	49	4.00
6 Cec McKEOWN	55	4.26

100 METRE SPRINT 12.9.1995

Heat 1:

1 John GLEESON	41	12.9
2 Des WHITE	37	13.8
3 Ron SMITH	46	14.2

Heat 2:

1 Faye GRAVE	48	18.0
2 Frank TUTCHENER	67	19.9

6 OR 16 LAPS RUN 12.9.1995

6 Laps:

1 Philip SODERSTROM	48	9.43
2 Lynton PIETZSCH	49	10.25
3 Robert PETRIE	53	10.53
4 Neil GRIFFIN	49	10.53
5 Ron SMITH	46	11.15
6 Cindy FYSH	35	11.16
7 Des WHITE	37	11.17
8 Barrie WICKS	55	11.30
9 Ashley RYAN	41	11.40
10 Cec McKEOWN	55	11.41
11 Frank TUTCHENER	67	12.26

RESULTS FROM CROYDON VENUE - SEPTEMBER 1995

10 OR 20 LAP RUN 26.9.1995

10 Laps (cont):

18 Cindy FYSH	38	20.08
19 Ashley RYAN	41	20.08
20 Alison THOMPSON	42	20.10
21 Barrie WICKS	55	20.11
22 Dot BROWNE	54	20.41
23 John SZYMANSKI	37	20.41
24 George SIMONS	60	20.45
25 Anne CALLAGHAN	58	22.49
26 Phyllis GOSBELL	57	22.49
27 Pam RICHARDS	55	23.51
28 Denise SCHOLES	52	23.51

10 OR 20 LAP RUN 26.9.1995

20 Laps:

1 John MONK	48	30.11
2 Albert BERRY	51	32.43
3 Ron ROTTIER	39	33.55
4 Colin THOMPSON	47	35.10
5 Lavinia PETRIE	52	36.44
6 Al WILLEY	56	39.04
John RICHARDS (5 Laps)	57	8.13
Peter LEIGH (5 Laps)	58	10.22
Jan WATSON (5 Laps)	48	13.04
Joy CURTIS (5 Laps W & R)	53	14.16
Des WHITE (8Laps)	38	15.08
Keith STYLES (15 Laps)	52	30.57

Queensland Masters Games

GOLD COAST

26 October - 3 November

The Sports

The following sports have been invited to compete in the Games

- American Football
- Baseball
- Basketball
- Cycling
- Field Hockey
- Golf
- Indoor Cricket
- Surf Life Saving
- Netball
- Rugby
- Pistol Shooting
- Softball
- Swimming
- Tennis
- Ten Pin Bowling
- Touch
- Triathlon
- Surf Riders
- Mountain Biking

Expression of Interest

YES, I want to know more about the 1996 Melinda Milk Queensland Masters Games. Please record my details, shown below, on your mailing list

Surname (Mr/Mrs/Ms)

Given Names

Address

State/Country

Postcode

Telephone Home

Work

Fax

Sports

Accommodation

There are many types of accommodation to suit every budget and taste. An excellent road system makes access to facilities an easy task, so where you stay can be near where you play or at the foot of the mountains - its your choice. Travel and accommodation packages will be offered.

Want to Know More?

Fill in the attached slip and either place the slip in the box provided at Olympic Park during the 5th Australian Masters Games or mail it to the address shown on the slip. We will then add your name to our mailing list and as planning progresses we will regularly send you information to ensure you can join us for some fun in the sun (or the shade if you so desire) at the 1996 Melinda Milk Masters Games on the Gold Coast of Queensland.

Do you want to receive travel and accommodation information YES/NO

What method of travel would you anticipate using AIR/ROAD/BUS/TRAIN

What are your likely accommodation requirements?

Hotel Motel Apartment

Caravan Park Camping Homestay

With Friends Other

Thank you for registering your interest - we look forward to enticing you to Queensland.

P.O. Box 5941
GOLD COAST MAIL CENTRE,
DUNDALL, QLD. 4217