

**VICTORIAN VETERANS
ATHLETIC CLUB INC.**

AROUND THE GROUNDS

2

OCTOBER

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

Peter Colthup OAM. LM.
 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, Ballaarat		
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	
Sun 1	Dec Tootgarook	70/100m		1200m Run-Ride-Run	2/6/4Km	
Sun 3	Dec Caulfield	Field Games				
Tues 5	" Altona	100m	1500m	S.L.J.	6 Km Rev.	
" 5	" Caulfield	200m	400m	5 Km	10 Km ET O/side	
" 5	" Collingwood	110m/300m	800m	4 Km	4/6 Km	
" 5	" Croydon	70/400m	1500m	6 laps	3/5 Km	
Weds 6	" Aberfeldie	50/100m	600m		4/6 Km	
" 6	" Geelong	6.8 Km Cross Country Reverse				
" 6	" Knox	½ Marathon H/c Ind. amd Team Events				
" 6	" Mentone	Mike O'NEILL MEMORIAL PROGRAM				
" 6	" Springvale	120/300m	1500m	3 Km	3/5 Km	
" 6	" Tootgarook	100m/200m	1000m	ET 800m	10 Km Road	
Thur 7	" Coburg	100/200m	800m		8 Km C.C.	
" 7	" E Burwood	80m/Relay	1200m	1 Km	Relay W & R	
" 7	" Frankston	120/200m	1000m	1600m	3200m	
Sun 10	" Caulfield	Weight Pentathlon				
Tues 12	" Altona	120m	200m	Shot Put	200/600/400m Rel	
" 12	" Caulfield	100m	600m	3 Km	5 Km	
" 12	" Collingwood	50m	400m	10 Km	Boulevard Run	
" 12	" Croydon	50m	4x15 min	4 laps	8/16/20 laps	
Weds 13	" Aberfeldie	100/200m	500m	ET M'nong River Run	5/7.5 Km	
" 13	" Geelong	800m	1 mile	B.B.Q.		
" 13	" Knox	Run-Ride-Run 3/6/3km			4/8/4km	Helmet Nec.
" 13	" Mentone	100m	800m	1 lapx2x4	6.7 Km Rd	
" 13	" Springvale	200m	800m	1500m	6 Km C.C. ET	
" 13	" Tootgarook	70/100m	600m	1200mW &	30 min Run	
Thur 14	" Coburg	110m H/cap	1 mile	CC	30 min TT	
" 14	" E Burwood	100/400m	H/c 800m	H/c 600m	Ian PRESTEGAR Mem	
" 14	" Frankston	60/300m	600m	400m	2/6 Km	
Sat 16	" Mentone	Special Hammer Event				
Tues 19	" Altona	75m	1500m	Xmas Mile	H/cap	
" 19	" Caulfield	Xmas Fun Night Program to be set				
" 19	" Collingwood	Xmas Special (Spiral Run)				
" 19	" Croydon	100m H/cap	12 laps	ET.	(hamper Trophy)	
Weds 20	" Aberfeldie	Sprints, Medley Relays plus 16 min H/c, Break-up				
" 20	" Knox	400m	600m	Pack Run	(Bike Track)	
" 20	" Mentone	100m	Final 800m	Final 13 Km	H/c 5 Km H/c & Cons	
" 20	" Springvale	100m	400m	1200m	2 Km	
" 20	" Tootgarook	200m Swim & 5 Km C.C. Run Rosebud L.S.C. BBQ				
Thur 21	" Coburg	SANTA'S Sprint-Slalom-Circuit-Steeple				
" 21	" E Burwood	300m	2x50m Rel	4 min TT	1 Km 5/8 laps R & W	
" 21	" Frankston	100/200m	400m	1200m	1600m	
Tues 26	" ALL VENUES CLOSED					
Weds 27	" Knox	100/300m	ET 2 Km	H/c	8 Km Spiral H/c	
" 27	" Mentone	120/200m	400m	4 Km	6.7 Km Rev.	
Thur 28	" ALL VENUES CLOSED					
Weds 27	" Tootgarook	100/100m	R 1500m	H/c 1200m	4 Km ET	
Sun 31	" Tootgarook	70/200m	R 800m	1500m	4 Km H/cap	

ALSO Sun 17 " Tootgarook "POST OFFICE DASH" 8 a.m. The Foreshore

Jan 2
9

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.

RESULTS FROM EAST BURWOOD VENUE

5/10/95 1600 METRES

1	Rob BAULCH	47	5.48
2	Peter DODGSHUN	43	6.08
3	Ray VALLANCE	50	6.49
3.6 x 3 RELAY			
1	Sam DEFANIS		
	Ray VALLANCE		
	John SUTTON	39.31	
2	Phil SODERSTROM		
	Ken MILLSTEED		
	Alex HARRIS	39.56	
3	Doug PETROFF		
	Rob BAULCH		
	Glenys PILLING	41.17	
4	Barry BOYD		
	Peter DODGSHUN		
	Bob LEWIS	42.16	

60 METRES

1	Ken MILLSTEED		8.16
2	Gerry ROBINSON	56	9.95
3	Alf HETHERTON	67	12.82
400 METRES			
1	Lloyd NICHOLS	54	1.30
2	Alf HETHERTON	67	1.45

19/10/95 100 METRES N.O.T.

		Estim.	Act.
1	Ek PHONTIP	-	13.74
2	Brian TAIT	14.3	14.13 *
3	Don McMAHON	14.5	14.61
4	Frank TUTCHENER	18.5	21.06

1500 METRES N.O.T.

1	Ray BRUNS		5.56
2	Ray VALLANCE	6.25	6.02
3	Marlene PETROFF	8.02	7.53
4	Frank TUTCHENER	-	7.54

600 METRES WALK

1	Ray BRUNS		4.18
2	Rita KERR		4.56
3	Audrey TUTCHENER		6.42
4	Betty HORSKINS		6.42

RELAY

1	Iang PHONTIP		
	Om PHONTIP		
	Ek PHONTIP	1.00.39	
2	Don McMAHON		
	Norm KEITH		
	Brian TAIT	1.00.78	

4K WALK N.O.T. 10/25 LAP RUN

1	Peter MAY	34	14.29
2	Om PHONTIP	Inv	14.39
3	Doug PETROFF	53	15.37
4	Phil SODERSTROM	48	
5	John HALL	48	
6	Ron WILSON	59	17.06
7	Bob POWER	53	17.17
8	Ray BRUNS	40	17.57
9	Jenny FAWKES	37	18.09

10/25 LAP RUN

10	Bob LOADER	66	18.20
11	Glenys PILLING	32	18.27
12	Frank TUTCHENER	68	18.54
13	Iang PHONTIP	12	18.59
14	Alex HARRIS	66	19.08
15	Leo WATSON	54	19.16
16	Don McMAHON	57	19.18
17	Brian TAIT	53	20.44
18	Phyllis GOSBELL	57	20.50
19	John KERR	66	21.14
20	Marlene PETROFF	53	21.33
21	Lloyd NICHOLS	54	22.32
22	Ek PHONTIP (10 1 W)		27.23
23	Sam DEFANIS	47	38.41
24	Rob BAULCH	47	39.54
25	Audrey TUTCHENER		40.36 W
26	John BELL	51	41.40
27	Jack FREDRICKSON	56	42.10
28	John SUTTON	52	42.58
29	Vin O'BRIEN	67	44.02
30	Bob LEWIS	68	45.57
31	Coral MONK	47	50.30
32	Cherie BALDWIN	43	54.22

26/10/95 80 METRES

1	Col HETHERTON	41	9.77
2	Andrew FRASER	54	10.24
3	Paul MAJOR	39	10.49
4	Brian TAIT	53	10.83
5	Don McMAHON	57	11.28
6	Lloyd NICHOLS	54	14.34

1 K WALK

1	Audrey TUTCHENER	66	9.11
2	Frank TUTCHENER	68	9.13
3	Joan CLARK	64	9.48

8 x 200 METRE RELAY

1	Neville PORTER		
	John BELL		
	Ron WILSON	14.44	
2	Paul MAJOR		
	Col HETHERTON		
	Geoff CHARLES	14.49	
3	Andrew FRASER		
	Sam DEFANIS		
	Doug PETROFF	15.03	
4	Don McMAHON		
	Barry BOYD		
	Brian TAIT	15.04	

3/5K RUN, 6 LAP WALK

1	Sam DEFANIS	47	11.06
2	John HALL	48	11.16
3	Doug PETROFF	53	11.59
4	Vin O'BRIEN	67	12.19
5	Phil SODERSTROM		12.37
6	Annie HILDEBRAND		12.38
7	Don McMAHON	57	13.26
8	Glenys PILLING	32	13.29
9	Leo WATSON	54	13.44
10	Marlene PETROFF	53	14.40

RESULTS FROM EAST BURWOOD VENUE

3/5/k RUN

11	Karen THOMSON	61pWalk	14.44	24	John SUTTON	52	21.45
12	Christine BRODERICK		14.46	25	Audrey TUTCHENER		21.46 W
13	Neville PORTER	61	14.48	26	Jenny FAWKES	37	22.01
14	Brian TAIT	53	14.58	27	Joan CLARK	64	23.05 W
15	John CUNNINGHAM	50	15.00	28	Bob BATEMAN	65	23.09
16	Kathy PRESTEGAR	45	15.07	29	Frank TUTCHENER	68	23.28
17	Tina LEB	6 lap walk	15.52	30	Cherie BALDWIN	43	23.48
18	Phyllis GOSBELL	57	16.04	31	Gerry CLARKE	40	24.13
19	Lloyd NICHOLS	54	16.41	32	Coral MONK	47	24.15
20	Barry BOYD	51	17.47	33	Alex HARRIS	66	24.18
21	Alan MEE	44	19.19	34	Tony MARTIN	67	25.05
22	Ray VALLANCE	51	20.57	35	Phyllis GOSBELL	57	26.30
23	John BELL	51	21.12	36	Dianne BAKER	38	26.59

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.

MENTONE VENUE RESULTS

23/8/95

2KM WALK - TRACK

1. Joy HOGBEN		12.03
2. Kerrie TAYLOR	32	12.09
3. Merrilyn TAIT	46	12.12
4. Kevin MARION	59	12.22
5. Maureen SEEDSMAN	57	12.38
6. John BECK	59	12.59
7. Glad WISHART	51	13.16
8. Angela SEERS	INV	13.18
9. Graham GOURLAY	49	13.43
10. Wendy SEERS	53	13.59
11. Ian BEAUMONT	59	14.04
12. Margaret BEAUMONT	57	14.17
13. Ernie WAEKER	81	14.16
14. Andy SMITH	80	15.55
15. Grace SMITH	76	17.34
16. Vivienne CASH	43	DNF

4KM WALK - TRACK

1. Ken LA ROCHE	60	21.49
2. Marlene GOURLAY	44	21.58
3. John HALLO		22.48
4. Jean ALBURY	65	23.04
5. Fred BROOKS	61	23.09
6. Ron STEPHENS	52	24.38
7. Gordon GOURLAY	66	24.57
8. Gwen STEED	53	26.30
9. Vic HARLEY	69	26.59
10. Darrel POLGLASE	55	27.54
11. Rae ATKINS		27.57
12. Claudia MAXWELL	50	31.09
13. Heidi ENGEL	53	33.55
14. Nola FINN	59	34.30
15. Dot JACK	70+	38.10

60 METRES

1. Ross KENT	53	8.45
2. Gordon GOURLAY	66	9.77
3. Nyala MILLAR	53	9.98
4. Glad WISHART	51	10.4

1000 METRES

1. Khalid ELBARCHE	27	2.58.2
2. Col WARING	49	3.01.8
3. Neil BOYLE	41	3.06.0
4. Gerry O'CONNOR	42	3.08.3
5. Graham STOCKDALE	53	3.16.9
6. Peter SMART	50	3.20.1
7. Bob WISHART	53	3.34.3
8. John WAITE	54	3.39.3

400 METRES

1. Ross KENT	53	58.18
2. Emma YEOMANS	INV	59.37
3. Dick JEFFREY	52	62.19

23/8/95 (cont)

5KM "ET" - ROAD

1. John KNEEN	52	18.36
2. Doug WALLACE	54	21.16
3. John KNOTT	51	21.37
4. Louis WASER	49	20.01
5. Peter SMART	50	20.10
6. Don McLEAN	61	21.41
7. Janet FORD	27	25.20
8. Carmel SMART	45	28.28
9. Neil BOYLE	41	17.53
10. Rhonda TRENGROVE	47	25.00
11. Paul LYNON	46	22.19
12. Casey HUYSMANS	62	22.33
13. Laurie COLLARD	38	19.04
14. Don HUGHES	58	22.36
15. Jeff MARK	46	22.21
16. John WAITE	54	19.48
17. Betty MARK	48	28.25
18. Pam MEWS	60	28.21
19. Dick JEFFREY	52	23.11
20. Rodney FORD	54	22.08
21. Brett THEILE	36	19.52

27.8.95

10KM WALK - ROAD

1. Kevin MARION		65.10
2. Gwen STEED		71.59
2. Marie KILFOYLE		71.59
3. Darrel POLGLASE		76.06

5KM WALK - ROAD

1. Kevin McGRATH		40.19
2. Grace SMITH		49.16
2. Dot JACK		49.16

6.7 KM WALK - ROAD

Jack KILFOYLE		42.42
---------------	--	-------

30/8/95

100 METRES "H.C." HEAT 1

1. Vivienne CASH	43	14.3
2. Max BROOK	59	14.19
3. Kevin McGRATH	64	16.2
4. Nyala MILLAR		16.4
5. Glad WISHART	51	17.40
6. Andy SMITH	61	19.49

100 METRES "H.C." HEAT 2

1. Bob WISHART	53	12.4
2. Stephen YOUNG	43	12.64
3. Peter SINCLAIR	48	12.90
4. Kevin MARION	59	13.8
5. Dick JEFFREY	52	13.9
6. M. JOHNSTON	61	14.63

MENTONE VENUE RESULTS

30/8/95 (cont)

1 MILE

1. K. ELBARCHE	27	5.05.5
2. Col WARING	49	5.15.4
3. N. BOYLE	41	5.24.8
4. R. RABONE	43	5.37.9
5. Graham STOCKDALE	53	5.44.7
6. Max BROOK	59	6.06.8
7. John WAITE	54	6.12.7
8. Bruce SANDILAND	48	6.18.6

6KM - TRACK

1. Peter BENCE		21.43
2. Neil BOYLE	41	21.51
3. John KNEEN	52	22.02
4. Laurie COLLARD	38	23.29
4. Bronwyn HANNS	32	23.29
5. John WAITE	54	24.40
6. Graham STOCKDALE	53	24.55
7. Doug WALLACE	54	25.21
8. Rodney FORD	54	25.22
Jeff MARK	46	26.00
Dick JEFFREY	52	26.07
Don McLEAN	61	26.25
Stephen YOUNG	43	26.23
Case HUYSMANS	61	26.31
Marion PERAZZO	44	29.10
Janet FORD	27	30.08
Paul LYNON	45	27.30
Don HUGHES	58	27.03
Betty MARK	48	26.56
(12 Laps)		
Leo CHARLES	62	19.00
(4KM)		

4 LAPS "E.T." - ROAD

Darrel POLGLASE	55	22.51
Kevin MARION	59	21.14
Claudia MAXWELL	51	27.36
Ken LA ROCHE	60	20.56
Bruce SANDILAND	48	19.40
Nola FINN	59	28.27
Vic HARLEY	69	21.12
Joy HERBERT	52	19.39
Maureen SEEDSMAN	57	21.19
Ian BEAUMONT	59	23.53
John HALLO	53	18.48
Gwen STEED	53	21.18
Wendy SEERS	53	23.55
Angela SEERS	INV	23.49
Grace SMITH	76	30.15
Rae ATKINS	64	21.52
Jean ALBURY	65	15.41
Heidi ENGEL	53	30.10
Kerrie TAYLOR	32	21.35
Geoff BARROW	46	18.38
John BECK	59	22.02
Glad WISHART	51	23.08

6/9/95

800 METRES H/C

1. Bronwyn HANNS	32	2.42.8
2. Khalid ELBARCHE	27	2.43.3
3. Emma YEOMANS	INV	2.47
4. GRAHAM STOCKDALE	53	2.48.7
5. Stephen YOUNG	43	2.49.6
6. Laurie COLLARD	38	2.50.9
7. Neil BOYLE	41	2.50.9
8. Jasen GEDDES	INV	2.53.5
9. John KNOTT	51	3.02
10. Bob WISHART	53	3.0.24
11. John WAITE	54	3.07.5
12. Ron RABONE	43	3.10.9

100 METRES H/C

1. Darren WHITTAKER	INV	12.11
2. Ross KENT	53	12.32
3. Kevin MARION	59	13.82
4. Jack BUCKINGHAM	45	14.38
5. Gordon GOURLAY	66	15.50
6. Kevin McGRATH	64	16.63
7. Nyala MILLAR	53	16.73
8. Glad WISHART		17.68

5KM RUN - ROAD

1. Neil BOYLE	41	18.44
2. Laurie COLLARD	38	19.01
3. Bronwyn HANNS	32	19.03
4. John WAITE	54	19.32
5. Peter SMART	50	20.10
6. Rodney FORD	54	20.55
7. Doug WALLACE	54	20.11
8. S.YOUNG	43	21.09
9. Dick JEFFREY	52	21.22
10. Don McLEAN	61	21.33
11. Paul LYNON	46	21.54
12. Hank BUREN	47	22.11
13. Case HUYSMANS	61	22.15
14. Don HUGHES	58	22.23
15. Jeff MARK	47	22.53
16. John MAHOM	55	23.25
17. Marion PERAZZO	44	24.11
18. Rhonda TRENGROVE	47	24.27
19. Janet FORD	27	24.36
Carmel SMART	45	28.38
Pam MEWS (4 Laps)		

2KM WALK - TRACK

Glad WISHART	51	13.29
Claudia MAXWELL	51	15.41
1. Marlene GOURLAY	43	10.34
2. Fred BROOKS	61	11.31
Wendy SEEERS	53	14.03
3. Merrilyn TAIT	46	12.27
Graham GOURLAY	49	14.30
Dot JACK		17.15
Heidi ENGEL	53	16.30
Rae ATKINS	64	13.34

MENTONE VENUE RESULTS

6/9/95 (cont)

4KM WALK - TRACK

John BECK	59	26.44
Darrel POLGLASE		27.51
Gordon GOURLAY	66	25.09
Kevin MARION	59	25.25
John HALLO	53	23.39
Maureen SEEDSMAN	58	25.33
Nola FINN	59	33.29
Bob FRENCH	67	27.46
Bruce SANDILANDS	48	23.19
Vic HARLEY	69	25.10
Jean ALBURY	65	23.12
Geoff BARROW		22.12
Ken LA ROCHE	60	21.43
Gwen STEED	53	25.18
Ern WALKER	81	27.37
Grace SMITH	76	35.24
Ian BEAUMONT	59	29.03
Kerrie TAYLOR		25.52

13/9/95

30 MINS. "E.D." WALK - ROAD

Darrel POLGLASE	55	5 Laps
Nola FINN	59	4 Laps 184
Gordon GOURLAY	66	5 Laps 600
John BECK	59	DNF
Claudia MAXWELL	51	4 Laps 325
Kevin MARION	59	5 Laps 489
Ian BEAUMONT	59	4 Laps 775
John HALLO	53	6 Laps 5M
Bruce SANDILANDS	48	5 Laps 721
Ern WALKER	81	5 Laps 28
Marie KILFOYLE		5 Laps 320
Kerrie TAYLOR	31	5 Laps 445
Gwen STEED	53	5 Laps 412
Angela SEERS	25	4 Laps 775
Wendy SEERS	53	4 Laps 740
Grace SMITH	76	3 Laps 540
Jean ALBURY	65	5 Laps 180
Dot JACK		3 Laps 315
Ken LA ROCHE	60	6 Laps 250
Marlene GOURLAY		6 Laps 225

0/9/95

500 METRES "E.T."

Col WARING	49	4.47.6
Neil BOYLE	41	4.55.2
John WAITE	54	5.34.7

1000 METRES

Graham STOCKDALE	53	60.35
Laurie COLLARD	38	64.08
Neil BOYLE	41	68.71
Mike JOHNSTON	74	71.13
Ron	69	73.10

20/9/95 (cont)

200 METRES

1. Bob WISHART	53	25.34
2. Peter LONG	43	26.03
3. Viv CASH		30.27
4. Gordon GOURLAY	66	31.65
5. Mike JOHNSTON	74	31.96
Dick JEFFREY	52	DNF

6.7 KM - ROAD

1. Peter BENCE	46	24.11
2. Neil BOYLE	41	24.27
3. Peter WEEKS	41	27.58
4. Doug WALLACE	54	28.12
5. Rodney FORD	54	28.31
6. Rob FINLEY	46	28.52
7. Laurie COLLARD	38	29.26
8. Don McLEAN	61	29.43
9. Don HUGHES	58	31.49
10. Marion PERAZZO	44	32.38 1st
11. Ben MORREY	66	34.20
12. Pam MEWS	60	39.18 2nd
12. Carmel SMART	45	39.18 2nd

27/9/95

1000 METRES

1. P. CONNOR	32	3.00.7
2. Mike CLAPPER	43	3.4.5
3. Julie BRAAKMUIS	36	3.08.2 #
4. Laurie COLLARD	38	3.14.6
5. Ian CASSELL	42	3.19.3
6. Max BROOK	59	3.22.2
7. Peter WEEKS	42	3.22.8
8. John KNOTT	51	3.24.3

150 METRES "E.T." HEAT 1

1. Gordon GOURLAY	66	24.03
2. Bill DALEY	70	24.83
3. Andy SMITH	80	29.94
4. Bddie GAMBLE	80	33.76

150 METRES "E.T." HEAT 2

1. Bob WISHART	53	18.18
2. Stephen YOUNG	43	18.25
3. Ross KENT	53	18.55
4. Tara GATELY	INV.	19.86
5. Mike JOHNSTON	74	21.77
6. Max BROOK	59	22.79

3000 METRE - TRACK

1. Bob HENDY		9.26 *
2. Col WARING		10.20
3. D. MARBURG		10.25
4. Peter BRNCE		10.46
5. Ron RABONE		10.55
6. Laurie COLLARD		11.18
7. Ian CASSELL		11.22

27/9/95 (cont)

3000 METRES - TRACK

8. Peter SMART		11.25
9. Paul CURTIS		11.35
10. Louis WASER		11.40
11. Richard DENVIR		11.40
12. Peter WEEKS		11.52
13. Mike CLAPPER		12.05
14. Stephen YOUNG		12.15
15. Graham STOCKDALE		12.16
16. Max BROOK		12.20
17. Hank BUREN		12.30
18. Jeff MARK		12.35
19. Paul LYNCH		12.50
20. John MOORE		13.25
21. Rhonda TRENGROVE		13.58
22. George YEOMANS		13.58
23. Janet FORD		14.19
24. Pam MEWS		16.04

* Age Track Record

3000 METRES - WALK - ROAD

3. Fred BROOKS	61	17.11
Andy SMITH	80	23.15
Nola FINN	59	DNF
Darrel POLGLASE	55	21.00
Mary MOORE	53	24.06
Eddie GAMBLE	80	23.08
Claudia MAXWELL	51	23.55
2. John HALLO	53	16.42
Joy HOGAN	43	18.39
Rae ATKINS	64	20.22
Dot JACK		23.10
Ern WALKER	82	20.50
Ken LA ROCHE	60	18.37
Gordon GOURLAY	66	18.42
Wendy SEERS	53	21.05
Gwen STEED	53	18.53
Joan GEARY	50	31.48
Margaret BEAUMONT	57	22.12
Ian BEAUMONT	59	22.31
Heidi ENGEL	53	24.02
Kerrie TAYLOR	32	18.42
1. Marlene GOURLAY	43	16.22
Jean ALBURY	65	17.44
Glad WISHART	51	20.25

4/10/95

800 METRES "H.C."

1. Khalid ELBACHE	27	2.16.5
2. Graham STOCKDALE	53	2.27.5
3. Ron RABONE	43	2.40.3
4. John WAITE	54	2.48

100 METRES "H.C."

1. Mike JOHNSTON	74	11.58
2. Jim THOMSON	68	11.9
3. Nyala MILLAR	53	11.9
4. Ross KENT	53	12.29

4/10/95 (cont)

100 METRES "H.C."

5. Bob WISHART	53	11.00
6. Glad wishart		51
7. Andy SMITH		80
8. Gordon GOURLAY	66	12.63

6.7KM - 8 LAPS - ROAD

Ray KEMP	68	28.35
Greg WILLIAM	42	30.23
Graham STOCKDALE	53	31.56
Rebecca STOCKDALE	INV	31.56 2nd
Ron LITTLE	52	27.53
Rob FINLEY	46	28.35
Doug WALLACE	54	27.58
Jeff MARK	46	30.39
Peter WEEKS	41	27.04
Greg MAULDON	58	34.37
Bronwyn HANNS	31	26.15 1st
Ron RABONE	43	25.38
Marion PERAZZO	44	32.40 3rd
Hank BUREN	47	30.23
Laurie COLLARD	38	26.02
Rodney FORD	54	28.06
Rhonda TRENGROVE	47	33.14
Don HUGHES		34.44

4KM - WALK-TRACK

Darrel POLGLASE	55	28.45
3. Gordon GOURLAY	66	25.03
Nola FINN	59	33.56
Joy HOGAN	43	25.24 1st
1. Ken LA ROCHE	60	21.46
Joan CLARKE	60	32.30
2. John HALLO	53	23.09
Bob FRENCH	67	25.26
Margaret BEAUMONT	57	28.52
Ian BEAUMONT	59	28.47
Rae ATKINS	64	27.12
Sylvia MACHIN	54	29.23
Jim MACHIN	65	32.30
Ern WALKER	82	28.29
Kerrie TAYLOR	32	25.38 3rd
Gwen STEED	53	25.18 2nd
Wendy SEERS	53	27.53
Maureen SEEDSMAN		25.28

2KM - WALK

Glad WISHART	51	13.43
Angela SEERS	INV	13.39
Lesley BARBER	47	16.36
Pam MEWS		60 (3 Laps)

RESULTS FROM FRANKSTON VENUE

5-10-95

60 METRES RUN - HEAT 1		
Graeme RICHARDS	50	8.07
Frank BELL	37	8.28
Tony NEMARIC	43	11.15
Geoff OSBORNE	55	11.56

HEAT 2		
Kees ZWYNNENBURG	66	11.21
Norm JOHNSTON	58	11.19
Ron KANE	58	12.76

200 METRES RUN HEAT 1		
Frank BELL	37	27.04
Graeme RICHARDS	50	26.25

HEAT 2		
Jarrold POPE	INV	35.89
Allan ALDERSON	44	30.16
Tony NEMARIC	43	32.50
Peter ELLIS	44	29.86

HEAT 3		
Kees ZWYNNENBURG	66	42.31
Norm JOHNSTON	58	42.01
Geoff OSBORNE	55	38.05

2000 METRES RUN		
Tony NEMARIC	43	8.13
Graham BONNETT	52	8.26
Jean LEGGETT	59	10.44
Jarrold POPE	INV	8.49

1000 METRES RUN		
Allan ALDERSON	44	3.44
Tony NEMARIC	43	3.48
Ron LEGGETT	61	5.22
Jarrold POPE	INV	3.47
Bruce MOULTON	63	4.36
Norm JOHNSTON 400m	58	2.11
Kees ZWYNNENBURG ""	66	2.11

3000 METRES WALK		
Jack KILFOYLE	71	18.36
Ron KANE	58	26.08
Sylvia ROSS	56	26.08
Geoff OSBORNE	55	24.32
Nola FINN	59	25.37
Gwen STEED	53	19.03
Denise LEGGETT	36	21.29
Kees ZWYNNENBURG	66	21.01
Norm JOHNSTON	58	21.01

5000 METRES RUN		
Allan ALDERSON	44	19.33
Peter ELLIS	44	22.08
Sue KEMP	42	24.33
Mada TRAVICA	38	24.24
Tony NEMARIC	43	23.48
Ken WHYTE	49	19.12
John WALLACE	51	21.51
Ron LEGGETT	61	25.58
Chris KING	50	19.52

12-10-95

100 METRES RUN - HEAT 1			
Graeme RICHARDS	50	13.62	
Allan LADERSON	44	15.22	

HEAT 2			
Kees ZWYNNENBURG	66	19.28	
Norm JOHNSTON	58	19.29	
Jim STRICKLAND	65	20.36	

300 METRES RUN - HEAT 1			
Graeme RICHARDS	50	45.11	
Tony NEMARIC	43	47.78	
Allan ALDERSON	44	51.11	

HEAT 2			
Norm JOHNSTON	58	70.38	
Kees ZWYNNENBURG	66	70.60	

3200 METRES WALK			
Jack KILFOYLE	71	19.46	
Sylvia ROSS	56	28.01	
Kees ZWYNNENBURG	67	22.32	
Gwen STEED	53	19.50	
Ron KANE 800m	58	9.32	
Tony NEMARIC 800m	43	4.46	
Norm JOHNSTON ""	58	5.36	

6000 METRES RUN			
Ron LEGGETT	61	29.52	
Allan ALDERSON	44	23.19	
Peter ELLIS	44	26.21	
Ian MUIR	51	23.42	
Chris KING	50	24.08	
Pam HORNIBROOK 4000	40	19.52	

2000 METRES RUN			
Sue KEMP	42	10.10	
Garry ANDERSON	43	7.31	
John WALLACE	51	7.23	
Jean LEGGETT	59	10.42	
Mike LANDMAN	39	7.32	
Nada TRAVICA	38	9.48	
Norm JOHNSTON	58	10.42	

600 METRES RUN			
Kees ZWYNNENBURG	67	3.26	
Jarrold POPE	INV	2.09	
Allan ALDERSON	44	2.05	
Mike LANDMAN	39	1.55	
Peter ELLIS	44	1.54	
Ian MUIR	50	1.59	
Bruce MOULTON	63	2.30	
Jean LEGGETT	59	2.54	
Norm JOHNSTON	58	2.54	

19-10-95

70 METRES RUN - HEAT 1			
Graeme RICHARDS	50	9.31	
Tony NEMARIC	43	10.46	
Mike LANDMAN	39	10.41	

RESULTS FROM FRANKSTON VENUE

19-10-95

70 METRES RUN - HEAT 2			
Ray O'CONNOR	58	11.20	
John REID	68	12.23	
Amanda NEMARIC	43	12.38	
Norm JOHNSTON	58	13.79	

400 METRES RUN - HEAT 1			
Graeme RICHARDS	50	71.49	
Tony NEMARIC	43	69.48	
Mike HALL	57	64.57	

HEAT 2			
Ray O'CONNOR	58	68.45	
Eddie STACK	61	1.40	
Mike LANDMAN	39	67.15	
Norm JOHNSTON	58	1.40	

2000 METRES WALK			
Sylvia ROSS	57	16.55	
Kees ZWYNNENBURG	66	13.51	
Syd ELKS	70	14.04	
Debbie TERLARK	INV	13.36	
Kathy WESTHOP	INV	12.35	
Ern WALKER	82	14.44	
Jack KILFOYLE	71	12.04	
Lindsay BEATON	45	14.51	
Wendy SEERS	53	14.08	
Gwen STEED	53	12.00	
Norm JOHNSTON	58	12.00	
Janis WRIGHT	44	13.35	
Angela SEERS	INV	13.36	

4000 METRES RUN			
Sue KEMP	42	21.45	
Nada TRAVOCA	38	21.35	
John BEID	68	21.50	
Ian MUIR	51	14.50	
Ken WHYTE	49	16.18	
Allan ALDERSON	44	15.04	
Pam HORNIBROOK	41	21.15	
Peter ELLIS	44	16.48	
Gordon LOUGHNAN	43	19.04	
John WALLACE	51	16.18	

1600 METRES RUN			
Tony NEMARIC	43	7.16	
Mike LANDMAN	39	6.28	
Jarrold POPE	INV	6.27	
Reuben POPE	51	6.10	

800 METRES RUN			
Ray O'CONNOR	58	2.38	
Allan ALDERSON	44	2.46	
Chris KING	50	2.43	
Mike LANDMAN	39	3.17	
Gordon LOUGHNAN	43	3.21	
Norm JOHNSTON	58	4.31	
Gwen STEED	53	4.31	
Bruce MOULTON	63	3.31	
Debbie TERLAR,	INV	4.21	

26-10-95

100 METRES RUN - HEAT 1			
Tom GERRARD	46	12.09	
Graeme RICHARDS	50	12.03	
Ross KEMT	51	12.04	

HEAT 2			
John REID	68	15.71	
Allan ALDERSON	44	14.13	
Tony NEMARIC	43	14.14	
Ray O'CONNOR	58	14.84	

HEAT 3			
Kees ZWYNNENBURG	66	19.37	
Norm JOHNSTON	58	17.93	
Geoff OSBORNE	55	17.94	

200 METRES RUN - HEAT 1			
Ross KEMT	51	25.85	
Graeme RICHARDS	50	26.63	
Tom GERRARD	46	26.70	

HEAT 2			
Tony NEMARIC	43	29.07	
Ray O'CONNOR	58	30.96	
Chris KING	50	29.17	
Allan ALDERSON	44	29.75	
Peter ELLIS	44	28.66	

HEAT 3			
Eddie STACK	61	32.22	
Norm JOHNSTON	58	35.83	
John REID	68	33.87	
Geoff OSBORNE	55	36.39	
Gordon LOUGHNAN	43	36.77	

3000 METRES WALK			
Bevan DAVIS	66	24.20	
Jim STRICKLAND	64	22.50	
BARB STRICKLAND	61	24.03	
Syd ELLIS	71	20.47	
Lyn PIMM	35	20.48	
Kathy WESTHOP	34	19.28	
Kees ZWYNNENBURG	66	20.09	
Jack KILFOYLE	71	18.20	
Geoff OSBORNE	55	24.00	
Lindsay BEATON	45	20.11	
Sylvia ROSS	56	25.39	
Nola FINN	59	25.11	
Gwen STEED	43	19.28	
Marg BEAUMONT	57	22.30	
Ian BEAUMONT	59	21.20	
Grace SMITH	76	27.31	
Wendy SEERS	53	21.20	
Debbie TERLARK	31	21.12	
Norm JOHNSTON	58	19.28	

4800 METRES RUN			
Allan ALDERSON	44	18.35	
Sue KEMP	42	25.42	
Nada TRAVICA	38	23.40	
Chris KING 4400m	50	18.01	
Ken WHYTE	49	18.02	
Peter ELLIS	44	20.51	
John WALLACE	51	20.36	

RESULTS FROM KNOX VENUE - OCTOBER 1995

5 KLM H/C - 18/10/95

15-30 Min. Time Trial - 4/10/95

	Age	Laps
John GREEN	51	8L 20m
Gray RYAN	45	10L
David WEAR	49	7L 80m
Des CLANCY	46	8L 50m
Brian MEE	58	9L 300m
Peter LEGET	61	9L 190m
Chas McRAE	63	8L 200m
Rob DREW	41	10L 120m
Alan SPRUNT	51	8L 300m
Gerry CLARKE	40	10L
Kevin FAGAN	52	9L 100m
Leah TWINING	Inv.	7L 150m
Kevin McLAUGHLIN	51	7L 90m
Vern GERLACH	70	15L
Glen CLAUDEN	41	19L 15m
Colin THOMPSON	47	17L 200m
John MONK	48	20L 250m
John CASTLE	49	20L 250m
Denise NICOL	40	15L 120m
Anne McPHERSON	39	17L 100m
Ian BIRTHISEL	38	16L 100m
George DYER	60	18L 3m
Dave ROLFE	49	18L 70m
Ron MILSOME	40	18L 120m
Ivan ANDRIC	38	16L 350m
Trevor WEST	40	17L 20m
John HORSELING	38	18L 120m
Paul OSMAN	37	17L 300m
John NAISMITH	53	14L 100m
Paul TWINING	46	20L 320m
Keith STYLES	52	15L
George SIMONS	60	14L 300m
John VARNEY	37	17L 290m

1 Mile - 4/10/95

	Age	Time
Paul TWINING	46	5.11
John MONK	48	5.28
Paul OSMAN	37	5.29
Glenn CLAUDEN	41	5.42
Alan SPRUNT	51	6.13
Ivan ANDRIC	38	6.14
Ben PETERSEN	Inv.	9.02
Brendan ANDRIC	Inv.	9.04

400 Metres - 4/10/95

Brian MEE	58	1.06
John GREEN	51	1.08
Paul OSMAN	37	1.08
Ben PETERSEN	Inv.	1.39

2 KLM H/C - 18/10/95

	Age	H/C	Actual Time	Time
Chas McRAE *	63	10.08	7.58	
Alan SHORT	51	10.10	7.03	
Chris HANDBY	39	10.17	8.54	
Charlie HALL	35	10.19	6.19	
David TWINING	Inv.	10.24	6.24	
Glen CLAUDEN	41	10.25	7.05	
Paul TWINING	46	10.31	6.31	
Colin THOMPSON	47	10.35	7.45	
Mark MATTHEW	37	10.49	7.04	
Mark LEONARD	35	11.23	9.53	
Richard SHORT	38	11.38	7.53	

RESULTS FROM KNOX VENUE - OCTOBER 1995

200 Metres - 18/10/95

Heat 1	Age	Time
David TWINING	Inv.	25.5
Chris CALLAMATTA	42	26.2
Noel FAIRBURN *	34	26.9
Michael HANDBY	Inv.	28.9
Ivan ANDRIC	38	29.3
Mathew HANDBY	Inv.	43.0

Heat 2	Age	Time
Charlie HALL	35	28.7
John GREEN	51	29.6
Leah TWINING	Inv.	30.2
Paul TWINING	46	31.1
Chas McRae	63	25.8
Ron MILSOME	48	36.1

*** TROPHY WINNER**

4 KLM - 6 KLM - 25/10/95

	Age	Time
Debbie CARSE	38	8.30
Kevin FAGAN	52	8.59

4 KLM

Chris CALLAMATTA	42	16.31
John GREEN	51	18.35

6 KLM

Paul TWINING	46	21.48
Charlie HALL	PB 36	21.56
Sam DEFANIS	47	22.24
Des CLANCY	46	22.25
Shaun EXTON	PB 35	22.35
Brian MEE	58	22.43
Graeme LETICQ	40	22.48
Glen CLAUDEN	41	23.04
Mick CARR	PB 42	23.34
David ROLFE	PB 49	23.35
Mark MATTHEWS	37	24.32
Mark LEONARD	35	24.58
John HORSELING	39	25.01
David WEAR	49	25.17
Richard SHORT	38	25.32
Ron MILSOME	48	25.36
Anne McPHERSON	39	26.00
Norm CAMERON	51	26.37
Ivan ANDRIC	PB 38	26.42
Bob PETRIE	54	26.52
Levina PETRIE	52	27.17
Don HOWATSON	71	27.31
Russell WEST	36	27.33
Richard TODD	43	27.54
Rob DREW	41	27.54
John VARNEY	37	27.55

6 KLM - 25/10/95 (Continued)

	Age	Time
David NOBBS	55	27.55
Noel FAIRBURN	34	28.16
Denise NICOL	40	29.32
Greg SAVAGE	39	29.33
Vern GERLACH	70	30.16
Kevin McLAUGHLIN	51	30.17
Robyn TODD	45	30.17
Leah TWINING	Inv.	32.24
Julie BUTTERFIELD	35	33.14
Dave SOMMERS	37	35.50

1600 Metres - 25/10/95

	Age	Time
Paul TWINING	46	5.03
A. RYAN	41	5.22
Mark MATTHEWS	37	5.22
Glen CLAUDEN	41	5.36
Ivan ANDRIC	38	6.23
Bob PETRIE	54	6.34

400 Metres - 25/10/95

Heat 1	Age	Time
Chris CALLAMATTA	42	58.85
John GLEESON	41	1.00
Noel FAIRBURN	34	1.01
A. RYAN	41	1.02
Mick CARR	42	1.039

Heat 2	Age	Time
Charlie HALL	36	1.046
Brian MEE	58	1.059
John GREEN	51	1.097
Leah TWINING	Inv.	1.117
Debbie CARSE	38	1.253

**!! ATTENTION !!
KNOX 1/2 MARATHON CHANGE OF DATE
NOW WILL TAKE PLACE ON
13 DECEMBER 1995**

John GREEN	51	1.08	Mark MATTHEW	37	10.49 7.04	Richard TODD	43	27.54
Paul OSMAN	37	1.08	Mark LEONARD	35	11.23 9.53	Rob DREW	41	27.54
Ben PETERSEN	Inv	1.39	Richard SHORT	38	11.38 7.53	John VARNEY	37	27.55

RESULTS FROM SPRINGVALE VENUE

4-10-95			4-10-95		
<u>200 METRES ESTIMATED TIME RUN</u>			<u>3 X 3200 METRES RELAY CONT...</u>		
1. John FREAME	44	24.94	9. Laurie CROUCH	12.57	
2. Bill HAINS	32	25.19	John ANDERSON	12.17	
3. Paul OLSSON	38	26.02	John ABEL	11.59=37.13	
4. Mike HALL	56	27.24	10. Juan PEREZ	12.31	
5. Jim GIVAN	38	28.37	Karl FAUVRELLE	12.19	
6. Norm SEARL ***	58	29.79	Mick COLGAN	12.33=37.23	
7. Frank ALLEN	51	31.45	11. Bruce FERRIER	11.46	
8. John WESTON	40	33.75	Brian McCANN	12.19	
9. Juan PEREZ	INV	42.48	Tom GALLAGHER	13.34=37.39	
*** = WINNER			12. Graeme STEVENS	13.16	
<u>800 METRES RUN</u>			<u>70 METRES RUN</u>		
1. Robert MEISELBACH	39	2.04.57	1. Bill AHNS	32	9.00
2. Charles LEHNE	36	2.12.17	2. Brian HOLCOMBE	50	9.09
3. Dave TALBOT	41	2.15.60	3. Ron MUIR	44	9.66
4. Les MAPSTONE	50	2.16.42	4. Frank ALLEN	51	10.34
5. Peter FIELD	37	2.16.99	5. Juan PEREZ	INV	10.48
6. Neil GRAY	47	2.16.99	<u>400 METRES RUN</u>		
7. Rob CLUTTERBUCK	42	2.19.25	1. Bill AHNS	32	58.55
8. Paul WINTERTON	41	2.21.31	2. Dave TALBOT	41	60.15
9. Ron MUIR	44	2.22.75	3. Paul OLSSON	38	60.23
10. Ross MARTIN	43	2.25.35	4. Mike HALL	56	60.65
11. Neil PILLING	36	2.25.35	5. Peter FIELD	37	63.96
12. Brian McCANN	49	2.29.91	6. Brian HOLCOMBE	50	64.16
13. Leigh CASSIDY	47	2.35.24	<u>4KM RUN</u>		
<u>3 X 3200 METRES RELAY</u>			Michael DAVIN	45	16.01
1. Doug PETROFF	11.59		John MANNING	49	17.49
Roland B ROWN	13.03		Ernie JEFFS	50	20.51
Charles LEHNE	10.56=35.58		Laurie TELFER	47	16.40
2. Tony DORAN	11.35		Trevor JUPP	55	17.56
Lou BUCCIER	13.07		Medgee LEBRASSE	42	17.02
Neil PILLING	11.30=36.12		Alan DOUGLAS	49	17.03
3. L. OXENHAM	12.08		Ben MORREY	66	18.18
Bill CARR	11.51		Roland BROWN	54	17.36
Ian ORR	12.17=36.16		Bruce FERRIER	42	15.01
4. Don CORRIE	14.46		Ian ORR	44	15.52
Peter FIELD	11.33		Leigh CASSIDY	47	15.55
Eric GREAVES	10.20=36.39		Rick SMART	52	17.45
5. Ian TREGEAR	12.29		Juan PEREZ	56	16.31
Frank ALLEN	12.13		John ABEL	47	15.24
Stan JORDAN	12.08=36.50		Kevin ONLEY	61	17.52
6. Jim SMITH	12.33		Brian HOLCOMBE	50	16.37
Bill IRVINE	11.42		Neil GRAY	47	14.35
Reg WILLIAMS	12.45=37.00		Lindsay MYALL	58	18.57
7. John MANNING	13.47		Helen MYALL	52	19.28
Brian HOLCOMBE	12.17				
Rob CLUTTERBUCK	11.00=37.04				
8. Geoff THOMSON	11.39				
Helen MYALL	14.34				
Eric OXENHAM	11.00=37.13				

RESULTS FROM SPRINGVALE VENUE

11-10-95			18-10-95		
<u>4KM RUN CONT...</u>			<u>5KM RUN CONT...</u>		
Mick COLGAN	44	16.06	Bruce FERRIER	42	18.02
Ron LITTLE	52	16.23	Alan DOUGLAS	50	21.47
Stan JORDAN	48	15.31	Kevin ONLEY	61	23.18
Laurie CROUCH	55	17.02	Phil GLASCOTT	46	22.07
Bill HUGHES	63	15.44	John ABEL	45	19.29
Tony DORAN	43	15.36	Paul WINTERTON	41	18.27
Neil PILLING	36	14.55	Gordon NOBLE	58	19.16
Graeme STEVENS	53	16.57	Peter FIELD	37	19.37
Jim SMITH	55	16.09	Ross MARTIN	43	18.46
Lou BUCCIERI	40	16.59	Charles LHENE	36	19.11
<u>6KM RUN</u>			<u>John CHISHOLM</u>		
Eric GREAVES	47	20.35	Ian ORR	44	20.05
Charles LEHNE	36	22.21	Neil GRAY	47	17.57
Paul TWING	46	21.05	Jean ONLEY	62	28.14
Peter FIELD	37	23.27	Stan JORDAN	55	22.25
Lindsay OXENHAM	46	24.23	Russell DAVIDSON	INV	16.23
Tony JOHNSON	55	23.58	Lindsay MYALL	58	24.27
Celia KELLY	48	27.47	Brian McCANN	49	21.31
Rob CLUTTERBUCK	42	21.06	Laurie CROUCH	55	20.43
Frank ALLEN	51	24.10	Simon STARGOT	49	20.40
Voyo NIKOLICH	50	25.28	Helen MYALL	52	23.47
<u>18-10-95</u>			<u>Bill HUGHES</u>		
<u>100 METRES RUN</u>			<u>Theresa BAIRD</u>		
1. Bill HAINS	32	12.30	Juan PEREZ	56	20.21
2. Paul OLSSON	38	12.35	Mick COLGAN	45	20.58
3. Mike HALL	56	13.50	Tom DAVISON	63	21.33
4. Katrina OLSSON	INV	14.20	Jim SMITH	55	20.32
5. Juan PEREZ	INV	19.86	Judy DAVISON	59	25.40
<u>1500 METRES HANDICAP RUN</u>			<u>Lindsay OXENHAM</u>		
1. Charles LEHNE	1.12.4	23.64	John ANDERSON	56	20.24
2. Stan JORDAN	0.35	5.01.29	Denis PHILLIPS	53	19.12
3. Eric GREAVES	1.05	4.35.36	John MANNING	49	22.27
4. Michael DAVIN	0.35	5.08.63	Jim SINCLAIR	71	27.10
5. Peter FIELD	0.55	4.49.79	Voyo NIKOLICH	50	20.31
6. Brian McCANN	0.30	5.17.38	Ernie JEFFS	50	25.25
7. Ron MUIR	0.35	5.13.67	Bill IRVINE	47	17.57
8. Frank ALLEN	0.30	5.19.16	Rob CLUTTERBUCK	42	17.20
9. Bill HUGHES	0.25	5.26.03	Laurie TELFER	47	20.43
10. Lou BUCCIERI	0.10	5.43.48	Geoff THOMSON	33	19.07
11. John ABEL	0.30	5.23.85	Jack GUBBINS	66	24.43
12. Roland BROWN	0.20	5.39.80	Frank ALLEN	51	20.15
13. Ross MARTIN	0.50	5.12.11	Graeme STEVENS	53	21.33
14. Bill HAINS	0.50	5.21.57	Ian TREGEAR	45	21.08
<u>2KM WALK</u>			<u>Ron MUIR</u>		
1. George PATON	53	15.34			
2. Daniel MERCER	INV	15.40	<u>25-10-95</u>		
3. Kathy CASSIDY	46	17.17	<u>200 METRES RUN</u>		
<u>5KM RUN</u>			1. Bill HAINS	32	24.99
Roland BROWN	54	21.31	2. Ron MUIR	44	26.23
Leigh CASSIDY	47	10.41	3. Mike HALL	57	26.63
Eric GREAVES	47	16.57	4. Frank ALLEN	51	31.73
			5. Juan PEREZ	INV	44.97

ALTONA VENUE RESULTS.

RESULTS FROM SPRINGVALE VENUE

<u>25-10-95</u>		<u>25-10-95</u>	
<u>800 METRES RUN</u>		<u>4KM RUN CONT...</u>	
1. Charles LEHNE	36 11.76	Jean ONLEY	62 21.45
2. Neil GRAY	47 15.20	Jim SMITH	55 16.08
3. Eric GREAVES	48 17.51	Michael DAVIN	45 17.25
4. Peter FIELD	37 18.73	Alan BENNIE	48 13.33
5. Dave TALBOT	41 20.39	Lindsay OXENHAM	46 16.27
6. Geoff THOMSON	33 24.51	Jim SINCLAIR	71 20.47
7. Michael DAVIN	50 30.10	Ben MORREY	66 16.46
8. Ian KRASKA	40 33.91	Laurie TELFER	47 16.35
9. Lindsay OXENHAM	46 46.65	Geoff THOMSON	33 15.24
10. Lou BUCCIERI	40 53.17	Lou BUCCIERI	40 17.11
<u>2KM WALK</u>		Ian TREGEAR	45 16.22
Tony JOHNSON	55 9.38	<u>10KM RUN</u>	
Celia KELLY	48 10.34	Theresia BAIRD	54 41.35
Kathy CASSIDY	46 10.20	Bill HUGHES	63 40.52
<u>4KM RUN</u>		Voyo NIKOLIC	50 42.42
Juan PEREZ	56 16.49	Bill IRVINE	47 36.52
Leigh CASSIDY	47 15.27	Frank ALLEN	51 42.26
John ABEL	45 15.10	Rob CLUTTERBUCK	42 36.18
Ron LITTLE	52 15.40	Roland BROWN	54 44.56
Peter FIELD	37 14.49	Laurie CROUCH	55 42.59
Ross MARTIN	43 13.36	Graeme STEVENS	53 45.26
Charles LEHNE	36 14.27	Simon STARGOT	49 43.08
Trevor JUPP	55 18.20		
Kevin ONLEY	61 17.42		
John CHISHOLM	57 17.11		
Gordon NOBLE	58 14.57		
John MANNING	49 17.17		
Tom DAVISON	63 17.04		
Judy DAVISON	59 20.19		
Mick COLGAN	44 16.39		
Eric GREAVES	48 13.14		
Paul WINTERTON	41 14.29		
Stan JORDAN	48 16.24		
Denis PHILLIPS	53 15.07		
Helen MYALL	52 19.25		
Howard ROSS	50 16.21		

5th AUST. 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.

Sunday 1st October 1995
At Point Cook Metro Park
7.0m.

Mark McKEON	Inv	28.00
Stan BELCHER	53	28.28 PB.
Michael ORELLI	51	29.56
Cathy ORELLI	33	33.40

5.5km.

Harry PRESTON	84	44.11
---------------	----	-------

Sunday 15th October 1995
At the You Yangs.

4.8km.

Lois JONES	56	25.26
Les JARRY	67	33.32

7.1km.

Graeme MURFETT	54	41.04
Heather MURFETT	54	44.11

13.9km

Stan BELCHER	53	59.05 PB.
--------------	----	-----------

Sunday 22nd October 1995
Around the Tan Track

1 lap - 3.8km

Graeme MURFETT	54	19.24
Lorraine WOODMAN	58	21.15
Les JARRY	67	23.04
Gordon BURROWES	60	28.43
Harry PRESTON (W)	84	41.15

2 laps - 7.6km.

Michael ORELLI	51	34.27 PB.
Cathy ORELLI	33	37.43

Halls Gap Weekend
Saturday 28th October 1995
Crampions Half Marathon

Stan BELCHER	53	94.07
--------------	----	-------

11km Belfield Run

Michael ORELLI	51	48.43
Cathy ORELLI	33	55.52
Michael RICHARDS	51	55.52
Mark McKEON	Inv	55.57
Graeme MURFETT	54	60.34
Heather MURFETT	54	62.50
Julie BUTTERFIELD	Inv	65.06

9km.

Gordon BURROWES	60	68.50
-----------------	----	-------

7km.

Harry PRESTON	84	79.42
---------------	----	-------

5km from Belfield

Lois JONES	56	24.18
Lorraine WOODMAN	58	28.31

Sunday 29th October 1995
Mount Zero Run
10 Km.

Michael ORELLI	51	43.10
Stan BELCHER	53	45.20
Graeme MURFETT	54	48.54
Cathy ORELLI	33	49.16
Michael RICHARDS	51	49.34
Mark McKEON	Inv	51.11
Heather MURFETT	54	59.48

5km.

Lois JONES	56	24.48
Lorraine WOODMAN	58	27.19
Pat CARROLL	55	29.30
Gordon BURROWES	60	40.08

Tuesday 31st October 1995
100 metres.

Michael RICHARDS	51	16.2
Stan BELCHER	53	16.6
Lois JONES	56	17.3
Michael ORELLI	51	17.9
Lorraine WOODMAN	58	18.7
Alan BARLING	62	19.1
Peter KRAUSE	Inv	20.8

800 metres.

Michael RICHARDS	51	2.45
Michael ORELLI	51	2.51
Cathy ORELLI	33	2.53
Stan BELCHER	53	3.03
Lorraine WOODMAN	58	3.59
Alan JAMES	64	3.59
Kerry PADBURY(W)	Inv	5.13
Alan BARLING(W)	62	5.32

Discus Throw

Ray WILSON	55	24.6
Michael RICHARDS	51	23.6
Gordon BURROWES	60	22.9
Cathy ORELLI	33	21.0
Alan BARLING	62	20.8
Stan BELCHER	53	19.4
Peter KRAUSE	Inv	16.1
Les JARRY	67	14.0
Michael ORELLI	51	13.6
Robert WATERS	50	13.5
Sandra TREADWELL	43	11.9

Around Cherry Lake
2 laps - 7.5km.

Robert WATERS	50	31.3
Stan BELCHER	53	32.0
Michael ORELLI	51	33.0
Michael RICHARDS	51	35.1
Graeme MURFETT	54	35.1
Lois JONES	56	36.5

1 lap - 4.0km.

Cathy ORELLI	33	18.4
Sandra TREADWELL	43	19.3
Heather MURFETT	54	21.2
Jack CARROLL	61	22.0
Pat CARROLL	55	22.4
Les JARRY	67	24.1
Gordon BURROWES	60	26.2
Alan BARLING(W)	62	27.3
Kerry PADBURY(W)	Inv	27.3
Harry PRESTON(W)	84	39.0

RESULTS FROM CROYDON VENUE - OCTOBER 1995

4 LAP WALK 3.10.1995

1 Alison THOMPSON	42	8.38
2 Barrie WICKS	55	9.41
3 Ray CROSS	54	10.32
4 Jan WATSON	48	10.34
5 Faye GRAVE	48	11.34
6 Denise BANNON	56	12.29
7 Lynette HILL	50	13.08
8 Joan CLARK	64	16.23
9 Frank TUTCHENER	68	16.24

RELAY 2x200 2x800 2x400 2x1600 3.10.1995

Annette BRUNTON		
Ray CROSS	9.03	
Karen TRAVILL		
Brian SIMMONS		
Ron SMITH		
Colin HETHERTON	9.18	
Geraldine FENNESSY		
Ken MORTON		
Glenn CLAUDEN		
Mark WHELAN	9.27	
Norm KEITH		
Philip SODERSTROM		
Ashley RYAN		
John GLEESON	9.32	
Frank TUTCHENER		
Colin THOMPSON		
Gray RYAN		
Anne CALLAGHAN	9.37	
Des WHITE		
Les WARREN		
Alison THOMPSON		
Alf HETHERTON	9.39	
Gerry ROBINSON		
John MONK		

50 METRE SPRINT 3.10.1995

Heat 1:

1 John GLEESON	41	6.8
2 Colin HETHERTON	41	6.9
3 Mark WHELAN	35	7.0
4 Ashley RYAN	41	7.4

50 METRE SPRINT 3.10.1995 Contd

Heat 2:

1 Des WHITE	38	7.4
2 Ron SMITH	46	7.7
3 Ray CROSS	53	8.3
4 Norm KEITH	68	8.4

Heat 3:

1 Gerry ROBINSON	56	8.0
2 Geraldine FENNESSY	34	8.1
3 Faye GRAVE	48	9.1

Heat 4:

1 Brian DEMPSTER	54	7.0
2 Alf HETHERTON	67	9.9
3 Frank TUTCHENER	68	10.9

8 OR 16 LAP RUN 3.10.1995

8 Laps:

1 John MONK	48	11.17
2 Gray RYAN	45	11.24
3 Peter LEIGH	58	11.46
4 Murray HUTCHISON	46	11.58
5 Laurie BLACK	58	14.36
6 Ken MATCHETT	73	14.42
7 Ron SMITH	46	15.20
8 Annette BRUNTON	38	15.23
9 Margaret DUGUID	59	15.24
10 Alison THOMPSON	42	15.25
11 Barrie WICKS	54	15.26
12 Frank TUTCHENER	68	15.48
13 Cindy FYSH	35	15.53
14 George SIMONS	60	16.03
15 Mark WHELAN	35	16.07
16 John YATES	68	16.34
17 Ashley RYAN	41	16.48
18 Anne CALLAGHAN	58	17.52
19 Pat CAVANAGH	54	17.53
20 Phyllis GOSBELL	57	17.54
21 Jan WATSON (Walk)	48	22.56

16 Laps:

1 Brian SIMMONS	39	23.13
2 Glenn CLAUDEN	41	25.29
3 Ron LEDINGHAM	47	25.40
4 Ken MORTON	38	26.14
5 Andrew TUNNE	37	26.52
6 Ron ROTTIER	39	26.54
7 John DANIEL	46	26.56
8 Colin THOMPSON	47	28.30

RESULTS FROM CROYDON VENUE - OCTOBER 1995

8 OR 16 LAP RUN 3.10.1995

16 Laps Contd.:

9 Nancy CHORLEY	48	28.32
10 Karen TRAVILL	39	29.39
11 Ron BOYNE	61	29.46
12 Norm CAMERON	51	30.38
13 Al WILLEY	56	30.47
14 Keith STYLES	52	32.41
Bob CURTIS (5 Laps)	53	7.23

5 LAP WALK 17.10.1995

1 Alison THOMPSON	42	11.16
2 Barrie WICKS	55	11.58
3 Jan WATSON	49	13.08
4 Tina LEB	62	13.56
5 Ray CROSS	53	14.46
6 Neroli TREBECK	52	15.34
7 Lynette HILL	50	16.21
8 Rita KERR	65	17.53
9 Audrey TUTCHENER	66	18.31
10 Frank TUTCHENER	68	18.31

800 METRE HANDICAP 17.10.1995

		Clock Time	Actual Time
1 Ron ROTTIER	39	2.58	2.33
2 Philip SODERSTROM	48	3.07	2.37
3 Neville PORTER	61	3.08	2.58
4 Brian SIMMONS	39	3.11	2.16
5 Frank TUTCHENER	68	3.11	3.11
6 Gerry ROBINSON	56	3.16	2.56
7 Neil GRIFFIN	49	3.17	2.27
8 Colin HETHERTON	41	3.18	2.48
9 John MONK	48	3.19	2.29
10 Glenn CLAUDEN	41	3.20	2.40
11 Ken MORTON	38	3.20	2.35
12 Mark WHELAN	35	3.22	3.02
13 John GLEESON	41	3.37	2.52

100 METER HANDICAP 17.10.1995

Heat 1:

		Hcp. Mtrs.	Time
1 Mark WHELAN	35	7	12.6
2 Gerry ROBINSON	56	9	12.8
3 John GLEESON	41	4	12.9
4 Colin HETHERTON	41	0	13.0
5 Jack BUCKINGHAM	45	6	13.5

100 METER HANDICAP 17.10.1995 Contd.

Heat 2:

		Hcp. Mtrs.	Time
1 Geraldine FENNESSY	35	18	12.8
2 Jan WATSON	49	34	12.8
3 Gwen DAVIDSON	72	25	13.3
4 Jess BASHAM	51	18	14.7

Heat 3:

1 Ken SHAW	50	11	12.9
2 Norm KEITH	68	18	12.9
3 Ron SMITH	46	13	13.5
4 Frank TUTCHENER	68	23	15.5

5 KM SEALED HANDICAP 17.10.1995

		Clock Time	Adj. Time
1 Robert PETRIE	54	21.24	27.39
2 Ron ROTTIER	39	21.12	27.57
3 Albert BERRY	51	19.28	27.58
4 Alison THOMPSON	42	24.39	28.09
5 Brian SIMMONS	39	16.38	28.18
6 Philip SODERSTROM	48	19.57	28.27
7 Dot BROWNE	54	23.31	28.36
8 John MONK	48	17.55	28.40
9 Laurie BLACK	58	22.21	28.46
10 Colin BROWNE	63	24.36	28.46
11 Nancy CHORLEY	48	22.34	28.49
12 Andrew TUNNE	37	20.17	28.52
13 Bob CURTIS	53	18.44	28.59
14 Glenn CLAUDEN	41	19.22	29.02
15 Norm CAMERON	51	21.47	29.02
16 Jack FREDERICKSON	56	20.38	29.08
17 Ron LEDINGHAM	47	19.55	29.10
18 Phyllis GOSBELL	57	27.17	29.12
19 Ken MORTON	38	19.29	29.14
20 John YATES	68	25.44	29.14
21 Robyn TODD	45	23.31	29.16
22 Ron BOYNE	61	22.29	29.24
23 Frank TUTCHENER	68	25.09	29.29
24 Barrie WICKS	55	24.40	29.30
25 Ray MERIDA	51	19.22	29.32
26 Jim INGHAM	49	18.40	29.35
27 Denise SCHOLLES	52	28.15	29.45
28 Annette BRUNTON	38	23.24	30.19
29 Anne CALLAGHAN	58	27.21	30.21

RESULTS FROM CROYDON VENUE - OCTOBER 1995

5 KM SEALED HANDICAP 17.10.1995 Contd.			70 METRE SPRINT 24.10.1995		
	Clock	Adj.			
	Time	Time			
30 John DANIEL	46	23.00	30.55	1 Colin HETHERTON	41 9.5
31 Neville PORTER	61	22.59	30.59	2 Jess BASHAM	51 10.2
32 Lavinia PETRIE	52	22.52	31.22	3 Faye GRAVE	48 11.5
33 Murray HUTCHISON	46	20.45	31.25	4 Ron SMITH	46 11.8
34 Neil GRIFFIN	49	21.24	31.39	5 Frank TUTCHENER	68 15.1
35 Keith STYLES	48	25.56	31.56	<u>8 LAP RUN 24.10.1995</u>	
36 Ray CALLAGHAN	62	29.32	32.32	1 Brian SIMMONS	39 10.25
Jess BASHAM (4.5 Laps)	51	10.28		2 Colin PAGE	41 10.54
<u>3 LAP WALK 24.10.1995</u>				3 Shane ROSS	Inv 11.36
1 Alison THOMPSON	42	6.39		4 John MONK	48 11.38
2 Barrie WICKS	55	7.05		5 Bob CURTIS	53 11.44
3 Tina LEB	62	7.31		6 Ron LEDINGHAM	47 12.05
4 Jan WATSON	49	7.48		7 Philip SODERSTROM	48 12.08
5 Neroli TREBECK	52	8.16		8 Glenn CLAUDEN	41 12.17
6 Faye GRAVE	48	8.19		9 Albert BERRY	51 12.20
7 Denise BANNON	56	9.18		10 Andrew TUNNE	37 12.21
8 Rita KERR	65	10.37		11 Jim INGHAM	49 12.34
9 Audrey TUTCHENER	66	11.01		12 Murray HUTCHISON	46 12.36
10 Frank TUTCHENER	68	11.01		13 Colin THOMPSON	47 13.26
11 Joan CLARK	64	12.13		14 Norm CAMERON	51 13.30
<u>15 MINUTE PALOUF RELAY 24.10.1995</u>				15 Robert PETRIE	54 13.33
<u>Team 1:</u>				16 Neil GRIFFIN	63 13.33
	Laps	Metres		17 Neville PORTER	61 14.12
John MONK				18 Ron BOYNE	62 14.20
Neville PORTER				19 Ron ROTTIER	39 14.38
Colin HETHERTON				20 Annette BRUNTON	38 14.58
Albert BERRY				21 Karen TRAVILL	39 14.59
Annette BRUNTON	8	350		22 Al WILLEY	56 15.04
<u>Team 2:</u>				23 Frank TUTCHENER	68 15.06
David SHEEHAN				24 David NOBBS	55 15.07
Christine SIMMONS				25 Colin BROWNE	63 15.08
Ron SMITH				26 Dot BROWNE	54 15.10
David NOBBS				27 Keith STYLES	52 15.27
Karen TRAVILL	8	325		28 Barrie WICKS	55 15.32
<u>Team 4:</u>				29 Alison THOMPSON	42 15.35
Murray HUTCHISON				30 Ron SMITH	46 15.53
Alison THOMPSON				31 Robyn TODD	45 16.04
Glenn CLAUDEN				32 Christine SIMMONS	39 16.04
Jess BASHAM				33 John YATES	68 16.19
Bob CURTIS	8	200		34 John KERR	66 16.22
<u>Team 3:</u>				35 Phyllis GOSBELL	57 16.59
Ken MORTON				36 Carol BUCKINGHAM	45 18.29
Robyn TODD				37 Jess BASHAM	51 18.43
Neil GRIFFIN				38 Marlene CAMERON	46 20.08
Ron ROTTIER				39 Jan WATSON	49 21.16
Colin THOMPSON	8	150			

RESULTS FROM CROYDON VENUE - OCTOBER 1995

5 LAP WALK 31.10.1995			15 OR 25 LAP RUN 31.10.1995		
1 Alison THOMPSON	42	11.13	<u>15 Laps Contd.:</u>		
2 Barrie WICKS	55	11.52	12 Colin BROWNE	63	30.28
3 Tina LEB	62	13.01	13 John YATES	68	30.52
4 Jan WATSON	49	13.27	14 Ron SMITH	46	31.30
5 Neroli TREBECK	52	14.26	15 Christine SIMMONS	39	32.20
6 Denise BANNON	56	15.45	16 Denise SCHOLES-BR'N	53	33.07
7 Pat CAVANAGH	55	15.59	17 Pat CAVANAGH	55	34.32
8 Rita KERR	66	17.04	<u>25 Laps:</u>		
9 Audrey TUTCHENER	66	17.50	1 Brian SIMMONS	39	36.59
10 Frank TUTCHENER	68	17.51	2 Colin PAGE	41	37.47
11 Joan CLARK	64	19.01	3 Jim INGHAM	49	38.13
<u>100 METER SPRINT 31.10.1995</u>			4 Andrew TUNNE	37	44.17
<u>Heat 1:</u>			5 John DANIEL	46	44.17
1 Colin HETHERTON	41	12.7	6 Karen TRAVILL	39	44.19
2 Geoff COLLIE	52	13.9	7 Colin THOMPSON	47	44.20
3 Ron SMITH	46	14.5	8 Ron ROTTIER	39	45.23
<u>Heat 2:</u>			9 Ron BOYNE	48	46.45
1 Jess BASHAM	51	16.4	10 Nancy CHORLEY	62	46.48
2 Gwen DAVIDSON	72	17.3	11 Keith STYLES	52	49.58
3 Faye GRAVE	48	17.3	<u>Also:</u>		
4 Frank TUTCHENER	68	19.4	Les CLARK (5 Laps)	65	9.16
<u>50 METRE SPRINT 31.10.1995</u>			Jess BASHAM (5 Laps)	51	11.44
<u>Heat 1:</u>			Joy CURTIS (5 Laps walk)	53	15.54
1 Colin HETHERTON	41	6.8	David SHEEHAN (8 Laps)	48	14.15
2 Geoff COLLIE	52	7.4	Marlene CAMERON (8 Laps)	46	20.12
3 Brian DEMPSTER	54	7.8	<u>10 Laps:</u>		
4 Des WHITE	38	7.8	1 Glenn CLAUDEN	41	15.59
5 Ron SMITH	46	7.9	2 Frank TUTCHENER	68	19.12
<u>Heat 2:</u>			3 Barrie WICKS	55	19.30
1 Jess BASHAM	51	8.4	4 Cec McKEOWN	55	20.04
2 Faye GRAVE	48	8.7	5 John KERR	66	20.40
3 Gwen DAVIDSON	72	8.9	6 Phyllis GOSBELL	57	21.46
4 Jan WATSON	49	9.8	7 Robyn TODD	45	21.46
5 Frank TUTCHENER	68	10.0	Cindy FYSH (12 Laps)	35	24.05
<u>15 OR 25 LAP RUN 31.10.1995</u>			Pam RICHARDS (12 Laps)	55	26.15
<u>15 Laps:</u>			Lavinia PETRIE (20 Laps)	52	39.56
1 Murray HUTCHISON	46	22.28	<u>800 METRE RUN 31.10.1995</u>		
2 Bob CURTIS	53	22.46	1 Colin PAGE	41	2.11
3 Ron LEDINGHAM	47	25.17	2 Brian SIMMONS	39	2.11
4 Neil GRIFFIN	49	25.39	3 Ashley RYAN	41	2.17
5 Norm CAMERON	51	26.28	4 David NOBBS	55	2.18
6 Annette BRUNTON	38	26.40	5 Neil GRIFFIN	49	2.28
7 Laurie BLACK	58	27.51	6 Glenn CLAUDEN	41	2.48
8 Lynton PIETZSCH	49	28.51	7 Colin THOMPSON	47	2.55
9 Alison THOMPSON	42	29.14	8 Cec McKEOWN	55	2.55
10 Dot BROWNE	54	29.18	9 Frank TUTCHENER	68	3.13
11 Des WHYTE	38	29.51			

Veterans 1996 **AQUATHON**

- * WHEN? SUNDAY 4th FEBRUARY 1996, AT 8.30a.m. SHARP.
- * WHERE? LYSTERFIELD LAKE PARK. Melway I08 D3 (Swimming beach)
- * ENTRIES? ON THE DAY FROM 8.00a.m. (BE EARLY).
- * COST? \$4.00 ENTRY, PLUS \$2.00PARK FEE. (\$6.00 ALL UP).
- * DISTANCE? 5K_m RUN FOLLOWED BY A 400_m SWIM.
- * AWARDS? TROPHIES TO ALL AGE GROUP WINNERS, CERTIFICATES TO ALL FINISHERS.

Further particulars to
Dave Herbert. 758 0743.

(ELECTRIC B.B.Q's AVAILIABLE AT THE PARK).

CONDUCTED BY THE EAST BURWOOD VETS.

KNOX VETERANS HANDICAP HALF MARATHON ENTRY FORM

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 (Rusdale 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 (stall) \$3.00.

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 TROPHIESTrophies 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.

The 1995 Post Office Dash

Sunday December 17th 1995

8.00 am start.



Please Enter
Me in The
(Tick One Box)

- 9.2 Km Run
- 4.6 Km Jnr Run
- 4.6 Km Open Walk

SURNAME.....IST NAME.....

ADDRESS.....

POSTCODE.....PHONE (.....).....H/B.....

SEX M/F.....AGE.....

DECLARATION

1) I, whose signature appears on this Entry Form coupon in consideration of and as a condition of acceptance of my entry in this event, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or they might otherwise might have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event. I will abide by the Race Rules.

2) This waiver, release and discharge shall be and operate separately in favor of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and the offices of any of them.

Entries Close Sunday 17th December 1995 7.30am

Entry Fee \$5

I have read the above DECLARATION and agree to abide by it and agree to abide by all race rules and directions.

SignatureDate...../...../.....
(Of Parent/Guardian if entrant under 18 years of age.)

RETURN ENTRY FORMS TO:-

Alan Radford

Southern Peninsula Victorian Veterans Athletic Club Inc.

3 Gonyah Street, Rye. 3941

Ph: (059) 855 989 (059) 888 238

ENTRIES PRIOR TO
DECEMBER 8TH WOULD BE
APPRECIATED

SOUTHERN PENINSULA VENUE
OCTOBER RESULTS

SUNDAY 15th.

THE 4.8 KM. GREENS BUSH CROSS COUNTRY RUN/WALK.

Alan RADFORD	44	22:32	Ken TAYLOR	50	27:03
David APPLEBY	35	22:37	Jackie TAYLOR	48	35:44
Barry FRY	52	22:38	Meredith RADFORD	34	35:44

THE 2 KM. GREENS BUSH CROSS COUNTRY WALK.

Victoria RADFORD	9	20:48	Daniel SIMPSON	11	20:57
Jessica SIMPSON	5	21:25	Sue SIMPSON	??	21:41

SUNDAY 22nd.

A SMALL GROUP, IN MOIST CONDITIONS, WENT FOR A RUN FROM THE ROOMS TO RYE & BACK.

ABOUT 14 KM.

Barry FRY	53	52:50	Ken TAYLOR	50	54:08
Terry COX Jnr.	30	52:50	David APPLEBY	35	54:08
			Jackie TAYLOR	48	1:08:27
			Meredith RADFORD	34	1:08:27

ABOUT 10 KM.

SUNDAY 29th.

IT'S KEN TAYLOR TROPHY DAY & FIVE TEAMS CONTEST THE RUN-RIDE-RUN EVENT. MANY OF THE TEAM MEMBERS COMPLETE EVERY LEG AND RECORD SOME EXCELLANT RESULTS. MAIE WITHERS, FRESH FROM HER MASTERS SUCCESS, RECORDS A PB IN THE 800 MTR.WALK. YOUNG DANIEL SIMPSON & TERRY APPLEBY HAVE 70 & 1000 MTR.BESTS.

VICTORIA RADFORD AND BARRY FRY SHARE THE TROPHIES IN THE 100 MTR. HANDICAP WITH CLOSE HEAT VICTORIES AND MARGARET BERKERY JOINS US FOR A WALK.

MEREDITH RADFORD & JACKIE TAYLOR RECORD PBs IN THE 2K LEG OF THE RUN-RIDE-RUN TO SET UP THEIR RESPECTIVE TEAMS FOR A WIN, BUT NEITHER TEAM DOES. THE WINNING COMBINATION (SEEDED & DRAWN FROM THE A HAT) WAS GRAHAM ANGLISS WITH KEN & ROBERT TAYLOR. BARRY FRY WAS THE FASTEST IN THE INDIVIDUAL DIVISSON.

KEN PRESENTED SPORT SOCKS & REFRESHMENTS TO THE WINNING TEAM & BARRY

70 MTRS. Heat one

Daniel SIMPSON	11	11:27	PB
Jackie TAYLOR	49	11:55	
Meredith RADFORD	34	12:19	
Sally REID	22	11:27	
Victoria RADFORD	9	13:15	
Terry APPLEBY	6	15:58	PB

Heat two

Bruce MESLEY	34	9:07	
Robert TAYLOR	26	9:26	
Alan RADFORD	44	9:70	
Russ CHRISTIE	38	10:17	
Barry FRY	53	10:41	
Ken TAYLOR	50	10:68	

100 MTR. HANDICAP Heat one.

Victoria RADFORD	9	34	12:40	*
Ken TAYLOR	50	15	12:76	
Russ CHRISTIE	37	10	12:84	
Meredith RADFORD	34	24	12:90	
Bruce MESLEY	34	SCR	13:00	
Daniel SIMPSON	11	18	13:00	

Heat two.

Barry FRY	53	10	12:67	*
Alan RADFORD	44	5	12:97	
Rob TAYLOR	26	SCR	13:27	
Sally REID	22	24	13:58	
Terry APPLEBY	6	36	14:21	

TROPHIES FOR BARRY & VICTORIA.

1000 MTRS.

Bruce MESLEY	34	2:59
Terry COX	30	3:05
Barry FRY	53	3:07
Jeff JESSUP	43	3:29
Alan RADFORD	44	3:32
Garry STIRTON	43	3:33
Russ CHRISTIE	38	3:49
Ken TAYLOR	50	4:13
Daniel SIMPSON	11	4:37
Dave APPLEBY	35	4:48
Jack HAYWARD	62	5:08

800 MTR. WALK.

Russ CHRISTIE	38	5:15
Norm JOHNSON	56	5:21
Maie WITHERS	75	6:03
Meredith RADFORD	34	6:31
Sally REID	22	7:10
Alan RADFORD	44	7:24
Margaret BERKERY	73	9:20

WARM SUNNY CONDITIONS FOR
MAIES PB, & WELCOME MARGARET.

THE TEAM DUATHALON (RUN 2KM TRACK - RIDE 6KM - RUN 4KM CROSS COUNTRY)
FOR THE KEN TAYLOR TROPHY

THE WINNERS

2KM.RUN -	ROB TAYLOR	26	7:38
6KM.RIDE -	Ken TAYLOR	50	11:03
4KM.C.C.-	Graham ANGLISS	34	14:46
			= 33:27

SECOND PLACED

Jackie TAYLOR	49	9:06
Dave APPLEBY	35	11:07
Terry COX	30	14:45
		= 34:58

THIRD PLACED

2KM.RUN -	Jack HAYWARD	62	10:37
6KM.RIDE -	Garry STIRTON	43	11:04
4KM.C.C.-	Jeff JESSUP	43	15:47
			= 37:28

FOURTH PLACED

Meredith RADFORD	34	11:04
Barry FRY	53	10:15
Alan RADFORD	44	17:20
		= 38:39

D.N.F.

2KM.RUN -	Sally REID	22	10:52
6KM.RIDE -	Russ CHRISTIE	38	11:06
4KM.C.C -	Bruce MESLEY	34	D.N.F.

BARRY EXCELLS IN THE BIKE LEG
BUT THE FATHER SON (dad & dave)
TAYLOR COMBINATION WITH A FIT
GRAHAM ANGLISS ARE TO QUICK FOR
EVERYONE.

THE INDIVIDUAL DIVISSON.

	AGE	2KM.RUN	6KM.RIDE	4KM.C.C.RUN	TOTAL	TROPHY
Barry FRY	53	7:22	10:15	15:41	33:18	TROPHY
Terry COX	30	6:35	12:04	14:45	33:24	2ND
Jeff JESSUP	43	7:22	11:40	16:47	35:49	3RD
Garry STIRTON	43	7:56	11:04	18:17	37:17	4TH
Dave APPLEBY	35	7:59	11:07	20:05	39:11	5TH
Rob TAYLOR	26	7:45	11:10	20:16	39:11	6TH
Russ CHRISTIE	38	10:58	11:06	19:40	41:44	7TH
Jackie TAYLOR	49	9:22	18:23	22:57	50:42	8TH

WITHOUT SEEDING TEAM MEMBERS. THE QUICKEST COMBINATION FOR THE DAY
WOULD HAVE BEEN - BRUCE MESLEYS' 2KM OF 6:30, BARRYS' BIKE LEG OF 10:15 &
TERRY COXS' 4KM C.C. RUN OF 14:45, FOR A TIME OF 31:30.

THE MEREDITH RADFORD TROPHY IS THE SPECIAL EVENT IN NOVEMBER FOR THE
5KM.ROAD RUN HANDICAP ON THE 8TH AND ON WEDNESDAY DECEMBER THE 13TH THE
RUSS CHRISTIE TROPHY WILL BE AWARDED TO THE WINNER OF THE 600 MTR.HCP.



= 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 night, 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					THURS			
			100M	200M	1500M	4K	8K	100M	400M	1K walk 1 MILE	30min TT/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				13 + 250
CAR	Bev	F50						1.35.64			12 + 200
ROBOTHAM	Kate	F50	SEPT14				23.35				15 + 345
SAUNDERS	Vonda	F55									18.43
DALGLEISH	Barb	F55	SEPT14		6.28.90		37.46		6.56.89		19.47
MENZIE	Winsome	F55	SEPT14		43.44						1.13.50
HARRAP	Chris	M30									13.77
TRUEFELDT	Wayne	M30									1.02.48
VILLEGAS	Rey	M30	SEPT14		29.43	6.06.89	22.05				17.28
NORRIS	Daniel	M30	SEPT14	17.09	37.11	6.22.33	19.31			6.45.35	1.23.24
KELLY	Mark	M30	SEPT14				16.43				1.12.62
HARRAP	Richard	M30									5.37.14
WILSON	Robert	M30	SEPT14				16.17				
DOWLING	Russell	M35									19.85
STAUNTON	John	M35	SEPT14	14.16		4.49.45	16.58				14.34
McKENZIE	Roy	M35	SEPT14	15.66			22.30		1.03.10	5.34.99	1.03.10
COLLINS	Rayphe	M35	SEPT14				14.44				5.34.99
GIORGIOU	Francis	M35	SEPT14	19.81							19.85
CATIONS	Les	M35									19.85
RADEMAKER	Fred	M40	SEPT14		5.05.77		31.44				13.81
HARRISON	Ray	M40								5.30.89	15.44
MARSH	Trevor	M40	SEPT14				14.45				15.44
CARTER	Ken	M40									16.63
CORNALL	Ian	M40	SEPT14				19.14		1.51.57	9.00.49	1.51.57
MUSCAT	Mario	M40									16.50
HALLETT	Len	M45	SEPT14				22.15				6.30.66
BARBARO	John	M45	SEPT14	14.75	30.66						15.34
GIBBS	Bruce	M45	SEPT14	13.21	34.66	6.36.31					13.86
MARTIN	Denys	M45	SEPT14				17.09				13.86
RYAN	Bill	M50	SEPT14		35.01	6.11.13	18.24		1.20.72	6.36.05	1.20.72
HARBERT	Ray	M55	SEPT14				17.37				1.20.72
KYTE	Bill	M55	SEPT14	15.64		6.25.42					15.88
GOGGIN	Bernie	M55	SEPT14		47.41	7.40.66				7.06.21	15.88
BURROWES	Gordon	M60									7.29.79
CHARLTON	Bob	M60									7.29.79
DALGLEISH	Tom	M60	SEPT14				18.32				7.18.71
GOODE	George	M65									7.28.61(W)
WILSON	Neville	M65	SEPT14				37.52				7.28.61(W)

COBURG 24HR RELAY Noon Saturday 13 APRIL to Noon Sunday 14 April 1996
10 per team 30min legs \$10/runner VETS & OPEN sections Keep the dates free

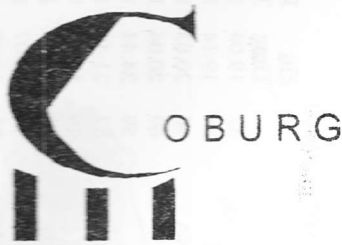
WALKERS * WALKERS * WALKERS

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

~~20th~~ 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



THURS 28 SEPT 42 runners enjoyed a sky full of stars & a crescent moon. The feature race of the night was the 800M with VETS JOHN'S & KEITH forming a lead pack with non-Vet ANTHONY. After letting JOHN set the pace ANTHONY took him on the bend & KEITH in the straight. A sterling effort by BEV in the 200M in preparation for the Masters' Games, cries of 'shame' as DANIEL slipped her on the post. A storming finish down the straight by LES to finish his 5K. Welcome to EILEEN & baby's father husband PETE also preparing for the Masters Games. Welcome back to ANDREW.

THURS 5 OCT 24 runners braved a cold Northerly wind that pushed the few, fast & frustrated guys down the back straight for there were no female runners in the 5K event. WINSOME & young LEAH were the only female sprinters. KEN once again flashed out in front to win his heat in 16.07secs. A mini-program tonight for those not involved in the M's Games.

= PB this venue, this year

			THURS					THURS		
			100M	200M	800M	5K	10K	100M	800M	5K
COLES	Eileen	F35	SEPT28				23.30			
BAMFORD	Vicki	F40	SEPT28					54.32		
SOUTHAM-SAHN	Sue	F40	SEPT28					54.32		
BRAN	Glenyce	F45	SEPT28				30.38			
CAR	Bev	F50	SEPT28		35.24					
ROBOTHAM	Kata	F50	SEPT28				30.41			
MENZE	Winsome	F55	SEPT28	18.60	45.65				19.01	
DALGLEISH	Barb	F55	SEPT28			3.19.08		48.19		
HARRAP	Richard	M30	SEPT28			2.37.71			16.43	2.47
MILLEGAS	Rey	M30	SEPT28		29.40	3.02.71	21.40			2.39
MORRIS	Daniel	M30	SEPT28	17.81	35.19	3.05.82	23.54		18.29	3.12
KELLY	Mark	M30	SEPT28			2.30.61	24.38			
HIDES	Andrew	M30	SEPT28						13.03	
HARRAP	Chris	M30	SEPT28							24.32
MCKENZIE	Roy	M35	SEPT28				30.14			
STANTON	John	M35	SEPT28			2.18.09	18.39			19.21
DOWLING	Russell	M35	SEPT28							21.58
COLLINS	Rayphe	M35	SEPT28					36.40		
CATIONS	Les	M35	SEPT28				33.50			22.03(3K)
LORDAN	Andrew	M35	SEPT28							19.25
GIORGIOU	Francis	M35	SEPT28	19.08	38.97				20.89	
HARRISON	Ray	M40	SEPT28		31.91		23.00		16.05	22.11
CORNALL	Ian	M40	SEPT28				26.51			24.29
CARTER	Ken	M40	SEPT28	15.03	38.57	4.08.62	???		16.07	5.05
RADEMAKER	Fred	M40	SEPT28				31.48 (8K)			27.04
MUSCAT	Mario	M40	SEPT28	16.97			26.48		16.79	3.18
MARSH	Trevor	M40	SEPT28				19.02			27.26
BARBARO	John	M45	SEPT28	14.84	30.19				15.81	25.33
HALLETT	Len	M45	SEPT28				21.57			22.31
PROUDFOOT	Gordon	M50	SEPT28					44.11		
WOODY	Keith	M50	SEPT28		2.17.09	???				
RYAN	Bill	M50	SEPT28				22.10			
GOODMAN	Bruce	M55	SEPT28				22.40			
KYTE	Bill	M55	SEPT28	15.25		3.07.74		48.11		
GOGGIN	Bernie	M55	SEPT28		35.57	3.32.40		???		3.32
HARBERT	Ray	M55	SEPT28				20.44			25.06
BURROUES	Gordon	M60	SEPT28				???			
CHARLTON	Bob	M60	SEPT28			3.10.28	25.28			3.15
GOODE	George	M65	SEPT28				12.23(6 laps)			25.35
WILSON	Neville	M65	SEPT28			3.25.37	22.51			

COBURG 24HR RELAY Noon Saturday 13 April to Noon Sunday 14 April 1996
 10 per team 30 min legs \$10/runner VETS & Open sections Keep the dates free

RESULTS OF MEETING AT CAULFIELD VENUE - OCTOBER 1995

RESULTS OF MEETING AT CAULFIELD VENUE - OCTOBER 1995

100 MTR SPRINT - 3.10.95

Domenick MORINA	56	11.94	28 Mtrs
Bob WISHART	53	12.07	Scr
Jim KING	56	12.09	10 Mtrs
Jack BUCKINGHAM	45	13.28	10 Mtrs
Bill DALEY	70	13.93	20 Mtrs
Jim THOMSON	Inv	13.98	15 Mtrs
Brian TONKIN	60	14.16	15 Mtrs

5KM RUN - 3.10.95

Col WARING	49	17.49
Keith ALEXANDER	45	18.26
Jim McLURE	49	18.38
Graham PROSSOR	41	19.43
Graeme DAVIS	45	20.43
Janine KEKICH	Inv	20.49
Doug WALLACE	54	21.13
Tony FAHY	52	21.17
John McBRIDE	45	21.19
Bob POWER	53	21.43
Joshua FAHY	Inv	22.30
Terry STUBBS	45	22.31
Domenick MORINA	56	23.19

200 MTRS - 10.10.95

Jim KING	56	38.42	10 Sec
Leo CHARLES	62	38.71	9 Sec
Domenick MORINA	56	38.99	4 Sec
Andy SMITH	80	39.27	Go
Bob WISHART	53	39.51	13 Sec
Denis THORNTON	40	39.87	12 Sec
Eddy STACK	61	40.12	8 Sec
Ian BRITTAI	61	40.43	6 Sec
Ross KENT	53	40.76	13 Sec
Doug ADENEY	51	41.13	11 Sec
Don PRITCHARD	45	43.01	10 Sec
John GREEN	51	43.71	12 Sec
Stephen YOUNG	43	46.12	13 Sec

400 METRES H/cap 3.10.95

Eddy STACK	61	1.32.23	22 sec
Ross KENT	53	1.32.69	35 sec
Jim KING	56	1.34.52	27 sec
Leo CHARLES	62	1.36.12	24 sec
Mike HALL	56	1.36.57	35 sec
Doug ADENEY	51	1.36.71	33 sec
Jim THOMSON	68	1.37.18	22 sec
Brian TONKIN	60	1.40.13	26 sec
Andy SMITH	80	1.44.13	Go
Stephen YOUNG	43	1.47.02	35 sec

5KM SEALED H/C WALK - 3.10.95

	H/c	Real
Gwen STEED	53	31.43 24.53
Vic HARLEY	69	31.35 25.35
Kevin MARION	59	32.26 26.38
Ken LaROCHE	60	27.41 27.41
Glad WISHART	51	34.38 27.43
Frank WARREN	69	34.35 27.50
Margaret MARION	55	36.13 28.43
Darrel POLGLASE	55	36.43 28.58
Ron BILSTON	57	33.24 29.24
Nola FINN	59	44.42 29.42
Ralph FIELD (3K)	81	23.03
Joy HERBERT (3K)	52	17.24

1000 MTRS - 10.10.95

Col WARING	49	4.46
John HALL	48	4.52
Peter BENCE	46	5.02
George YEOMANS	50	5.11
Stephen YOUNG	43	5.13

4K RUN (10 LAPS) S/H/C - 10.10.95

	Actual	Net
Domenick MORINA	56	18.00 14.00
Denis THORNTON	40	16.03 14.03
Kevin BROWNE	59	17.19 14.04
Rodney FORD	54	16.38 14.08
Graham PROSSOR	41	15.30 14.10
Keith ALEXANDER	45	14.46 14.11
Jim McLURE	49	14.48 14.18
Gerry BLANCHFIELD	53	18.55 14.25
Rhonda TRENGROVE	47	19.05 14.45
Judy WINES	57	20.36 14.46
Jane STURZAKER	42	20.50 14.50
John McBRIDE	45	17.06 14.56
Bob POWER	53	17.13 15.03
Jim SINCLAIR	71	21.27 15.12
Terry STUBBS	45	19.05 15.35
Greg MAULDON	58	18.44 16.04
Graeme DAVIS	45	16.58 16.13
John GREEN	51	17.43 16.23
John HALL	48	16.37 16.37
Peter VINCE	47	18.33 17.13
Glenys PILLING	32	18.37 17.17
Jim KING	56	20.15 18.15
Don PRITCHARD (5 Laps)	45	21.34

600 Mtrs H/c - 17.10.95 (Championship)

Mike HALL	57	2.25.28	44 Sec
Doug ADENEY	51	2.25.88	43 Sec
Jon HOLMES (Inv)	43	2.28.15	42 Sec
Janet Holmes (Inv)	42	2.33.28	42 Sec
Fred BICHSEL	58	2.35.58	34 Sec
Eddy STACK	61	2.35.99	36 Sec
Stephen YOUNG	43	2.43.53	45 Sec
Richard TREMBATH	53	2.51.59	45 Sec
Andy SMITH	80	2.52.29	Go
George YEOMANS	50	2.52.76	38 Sec
Don PRITCHARD	45	2.54.79	44 Sec

3K SEALED HANDICAP WALK - 17.10.95 (Championship)

	Fin	Real	Fin	Real
	Time	Time	Time	Time
Des MIDDLETON	48	16.10	13.45	
Sylvia MACHIN	54	18.41	15.21	
Kevin MARION	59	18.15	15.25	
Kevin McGRATH	64	23.22	15.32	
Gwen STEED	53	18.16	15.36	
Darrel POLGLASE	56	21.07	15.37	
Vic HARLEY	69	18.54	15.39	
Maureen SEEDSMAN	57	18.55	15.40	
Sandra MIDDLETON	46	18.30	15.40	
Kerrie TAYLOR	32	19.04	15.44	
Marie KILFOYLE	34	19.14	15.44	
Domenick MORINA	56	20.03	15.53	
Frank WARREN	69	20.04	15.54	
Nola FINN	59	24.44	15.59	
Margaret BEAUMONT	57	21.49	15.59	
Graeme DAVIS	46	18.27	16.00	
Ken LaROCHE	60	16.27	16.12	
Joan CLARKE	58	22.07	16.17	
Ralph Field (3-1/2 laps)	80	10.08		

NEW SINGLETS

A phone call to Eric GREAVES on 0 560 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.

* * * * *

ABERFELDIE VENUE 18 October 95

W R Games 400 metres cont., Heat 2

1	Ross	Kent	53	58.90
2	John	Howes	60	62.91
3	Tony	Bradford	56	66.13
4	Eddy	Stack	61	71.44
5	Stan	Stankovich	72	90.19

3000 metres WALK

1	Ken	Laroche	60	16.50
2	Carmella	Carrassi	40	17.02
3	David	McLay	39	17.33
4	Fred	Brooks	61	17.35
Disq	John	Annear	59	18.14
6	Kevin	Marion	59	18.14
7	Kerrie	Taylor	30	19.06
8	Margaret	Marion	55	20.53
9	David	Long	30	21.13
10	Nino	Stankovich	64	21.29
Disq	Stan	Stankovich	72	24.00
12	Lazarevic	Vidosaya	66	24.59

1500 metres - WOMEN

W3C	Bronwyn	Hanns	32	5.23
W5C	Roma	Burhop	52	5.49
W45	Rhonda	Hircoe	46	5.50
4	Cathy	Orelli	33	6.00
W55	Barbara	Dalgleish	59	6.17
W4C	Carmella	Carrassi	40	7.35

1500 metres - MEN

M40	Brian	Marentelli	41	4.21
2	Russell	Johnson	43	4.22
M30	Ray	Rossi	32	4.31
4	Russell	Severino	42	4.40
M60	Mike	McAvoy	60	5.01
M50	Robert	McPherson	54	5.06
M35	Brendon	O'Connor	35	5.09
M45	Bill	Turner	45	5.11
9	Richard	Trembath	53	5.15
10	Howard	Gibson	47	5.20
11	Michael	Orelli	51	5.29
12	Kevin	Armstrong	36	5.40
13	Peter	Onofretchook	42	5.46
14	Denis	Watson	50	5.47
15	Jim	Glover	50	5.48
16	Mark	Chandler	36	5.50
M65	Bill	Page	65	5.58
18	Nino	Stankovic	64	6.09
19	Alex	Harris	65	6.11
M80	Harry	Preston	84	12.26

ABERFELDIE VENUE 18 October 95

800 metres

M40	Russell	Johnson	43	0:16:28
M30	Lawrenc	Malone	34	0:16:44
M50	Peter	Shone	50	0:17:46
4	Ray	Rossi	32	0:17:51
5	Robert	Sutton	34	0:17:55
M60	Mike	McAvoy	60	0:18:11
M35	Laurie	Collard	38	0:18:15
8	Fred	Rademake	43	0:18:19
M45	Keith	Alexander	45	0:18:22
W30	Bronwyn	Hanns	32	0:19:08
11	Graham	Prossor	41	0:19:27
12	David	Jones	44	0:19:33
13	Greg	William	42	0:19:38
14	Greg	Hamilton	46	0:19:45
15	Danny	Hawksworth	16	0:19:48
16	Steve	Vosti	46	0:20:03
17	Rob	Waters	50	0:20:08
18	Howard	Gibson	47	0:20:09
19	Bill	Turner	45	0:20:26
20	Denis	Watson	50	0:20:31
21	Brendon	O'Connor	35	0:20:37
22	Michael	Orelli	51	0:20:43
23	Denis	Holden	42	0:20:59
M55	John	Annear	59	0:21:07
M65	Bill	Page	65	0:21:09
26	Kevin	Browne	59	0:21:16
27	Kevin	Armstrong	36	0:21:22
W50	Roma	Burhop	52	0:21:28
29	Stephen	Barker	52	0:21:34
W45	Rhonda	Hircoe	46	0:21:38
31	Barry	Preta	31	0:22:04
32	Peter	Beggs	49	0:22:17
33	Peter	Onofretcho	42	0:22:20
34	Brad	Turner	Inv	0:22:54
35	Duncan	H'ton-Ritchi	50	0:22:59
36	Naomi	Mallin	33	0:23:13
W55	Barbara	Dalgleish	59	0:23:26
38	Mark	Chandler	36	0:23:45
39	Chris	Lyall	37	0:23:58
40	Margaret	Cassidy	52	0:24:00
W40	Susan	Guthrie	42	0:25:11
42	Barbara	Beaumont	48	0:26:48
43	Pat	Carroll	56	0:28:18

8th Annual Western Region Games next year Wed's 9th October 1996. Same track events PLUS Hammer, shot and discus.

ABERFELDIE VENUE 4 October 95

100 metres

* Results sheet misplaced

200 metres

* Results sheet misplaced

800 metres

* Results sheet misplaced

3000 metres

1	Allan	Hircoe	47	0:14.44
2	Pat	Carroll	56	0:17.40
3	Elvis - 3.4 k	Endoski	Inv	0:20.02

5000 metres

1	Howard	Gibson	47	0:19:28
2	Danny	Hawksworth	Inv	0:20:16
3	Peter	Shone	50	0:21:30
4	Bill	Page	65	0:21:31
5	Barry	Preta	31	0:21:37
6	Stephen	Barker	51	0:21:42
7	Duncan	H'ton-Ritchie	50	0:21:42
8	Allan	Bashford	56	0:21:44
9	Rhonda	Hircoe	46	0:22:12
10	Cos	Pietrelli	50	0:23:28
11	Ron	Pearce	53	0:24:11
12	Margaret	Cassidy	52	0:24:50

ABERFELDIE VENUE 11 October 95

No events as we prepared for the conduct of Aust Masters Games Half Marathon

ABERFELDIE VENUE 18 October 95

7th Annual Western Region Games

100 metres

M30	Steven	Tilburn	32	11.28
2	Paul	Torrini	30	11.38
3	David	Long	30	13.69
M35	Wilson	Lee	35	13.75

Heat 2

M45	Joe	Brown	48	11.38
M40	Wayne	Bingham	40	12.00
3	Desmond	Maloney	40	12.16
4	John	Neale	44	12.87
5	Tom.P.X	Burke	44	13.29
6	Brian	Harvey	46	13.63

Heat 3

M50	Ross	Kent	53	11.90
M55	Barry	Pomeroy	55	12.63
3	Jim	Shand	57	13.44
4	Tony	Bradford	56	14.50

ABERFELDIE VENUE 18 October 95

W.R Games 100 metres cont. Heat 4

M65	Jim	Thompson	68	15.20
M70	Stan	Stankovich	72	15.44
M60	Nino	Stankovich	64	16.00

100 metres Women

W50	June	Reeves	50	13.82
W45	Helen	Steadman	46	14.44
W55	Jill	Cooper	56	14.81
4	Nanette	Compte	52	15.79

200 metres Women

1	Anne	Stobaus	54	28.63
2	June	Reeves	50	30.56
3	Helen	Steadman	46	31.07
4	Jill	Cooper	56	31.69
5	Susan	Guthrie	42	31.79
6	Nanette	Compte	52	33.97

*** New Vic record (to be ratified)

Men

1	Steven	Tilburn	32	23.62
2	David	Long	30	26.25
3	Brad	Turner	Inv	27.71
4	David	McLay	39	28.41

Heat 2

1	Joe	Brown	48	25.00
2	Wayne	Bingham	40	25.13
3	Desmond	Maloney	40	25.60
4	John	Neale	44	26.35
5	Tom.P.X	Burke	44	28.45

Heat 3

1	Ross	Kent	53	25.34
2	Barry	Pomeroy	55	25.66
3	Jim	Shand	57	28.19
4	Tony	Bradford	56	29.75

Heat 4

1	Eddy	Stack	61	30.53
2	Jim	Thompson	68	30.66
3	Stan	Stankovich	72	33.77

400 metres Women

1	Anne	Stobaus	54	64.58
2	Barbara	Dalgleish	59	86.88

Men

1	Paul	Torrini	30	56.51
2	Chris	Brown	Inv	60.44
3	David	McLay	39	60.88
4	John	Neale	44	64.32
5	Brian	Harvey	46	68.32
6	Elvis	Endoski	Inv	76.75

Thank you to all attendees, marshals, assistants and participants. An end to quite a

with 5th AMG Terry Fox Anti-Cancer event and the Western Region Games

RESULTS FROM COLLINGWOOD VENUE

3.10.95				
<u>1500 METRES HANDICAP</u>				
Graeme PAUL	41	5.31.09	.26	5.05.09) TROPHY
Keith MOODY	51	5.31.09	.40	4.51.09)
Paul BAN	40	5.40.38	.40	5.00.38
Keith LODGE	64	5.45.12	.20	5.25.12
Greg LYNDON	38	6.02.00	GO	6.02.00
<u>100 METRES</u>				
Ian MCLEOD	50	13.70		
Ken WU	46	14.01		
Kevin IRONS	51	14.48		
Don WARDEN	71	17.85		
<u>150 METRES</u>				
Adrian CORACE	Inv.	16.20		
Ken WU	46	20.30		
Kevin IRONS	51	21.40		
<u>3000 METRES</u>				
Charlene RENDINA	47	11.16		
Keith LODGE	64	11.32		
Graeme PAUL	41	11.37		
Mal BROWN	54	11.58		
Denny MARTIN	47	12.17		
Melinda WALSH	21	12.35		
Garry BELL	41	12.48		
Ian MORGAN	49	12.49		
Bill RYAN	54	13.03		
Jan WILSON	49	13.19		
Peter BLACK	49	13.59		
Russell ROLLS	50	14.27		
John NOONAN	52	15.38		
Shirley YOUNG	65	16.09		
Dick KIRKMAN	77	17.55		
Anna PARLIEVLIET	50	20.00		
<u>5000 METRES</u>				
Paul BAN	40	19.21		
Guido SMOGLIAN	41	19.24		
Brian WALSH	51	19.56		
John POCOCK	52	20.16		
Rod BAYLEY	49	20.21		
Rob WILSON	50	20.55		
Ray HARBERT	56	21.17		
Greg LYNDON	38	22.06		
10.10.95				
<u>90 METRES</u>				
Kevin IRONS	51	12.88		
Bill RYAN	54	14.06		
Mal BROWN	54	14.83		
<u>800 METRES</u>				
Keith MOODY	51	2.24		
Didier MARTIN	47	2.25		
Paul BAN	40	2.26		
Graeme PAUL)	41	2.30		
Mal BROWN)	54	2.30		
Guido SMOGLIA	41	2.46		

<u>310 METRES</u>				
Gerard ADRIAN	35	42.63		
Bruce GIBBS	46	45.28		
Keith MOODY	51	49.39		
Kevin IRONS	51	50.94		
Guido SMOGLIA	41	53.86		
Mal BROWN	54	55.54		
Mathew DROSDOWSKY	Inv.	64.81		
<u>4 KM</u>				
Paul BAN	40	15.16		
Guido SMOGLIAN	41	15.37		
Ray HARBERT	56	16.17		
John MERORY	49	16.25		
Mal BROWN	54	16.31		
Denny MARTIN	47	16.36		
Norm DUFF	64	16.51		
Bill RYAN	54	17.58		
Garry BELL	41	18.14		
Wasył DROSDOWSKY	44	18.35		
Rob WILSON	50	20.51		
John NOONAN	52	20.51		
Dick KIRKMAN	77	24.52		
Les CATIONS	37	29.13		
<u>6 KM</u>				
Graeme PAUL	41	23.26		
John POCOCK	52	24.00		
Mike KENNEDY	42	25.22		
Brian JOHNSTON	56	27.52		
Greg LYNDON	38	29.44		
17.10.95				
<u>120 METRES</u>				
Gerard ADRIAN	35	15.48		
Bruce GIBBS	46	16.29		
Kevin IRONS	51	17.25		
Mathew DROSDOWSKY	Inv.	20.09		
<u>400 METRES</u>				
Matthew WINDSOR	Inv.	59.44		
Gerard ADRIAN	35	59.80		
Keith MOODY	51	64.99		
Wes WINDSOR	51	65.42		
Bruce GIBBS	46	66.10		
Kevin IRONS	51	73.48		
<u>2000 METRES</u>				
Keith MOODY	51	7.25		
Peter MADDIGAN	53	7.28		
Ray HARBERT	56	7.50		
Rod BAYLEY	49	7.55		
Denny MARTIN	47	7.58		
Charlene RENDINA	47	8.03		
Wasył DROSDOWSKY	44	8.17		

RESULTS FROM COLLINGWOOD VENUE

17.10.95					
<u>2000 METRES CONTINUED</u>					
Bill RYAN	54	8.39		<u>8000 METRES</u>	
Val MCLEOD	48	8.53		Guido SMOGLIAN	
Peter BLACK	49	8.59		41 31.11	
John POCOCK	52	9.18		Graeme PAUL	
Marg DUIGOOD	59	9.29		41 31.19	
Rob WILSON	50	10.02		Ray HARBERT	
John NOONAN	52	10.02		56 33.11	
Peter JOHNSTONE	58	10.13		Mike KENNEDY	
Shirley YOUNG	64	10.15		42 33.46	
Don WARDEN	71	11.01		<u>4000 METRES</u>	
Dick KIRKMAN	77	12.00		Ken DUXBURY	
Helen BROWN	54	12.00		41 13.55	
Vin MARTIN	44	13.06		Jim GRELLIS	
Russell SEVERINO	42	13.09		44 14.23	
Les CATIONS	38	14.08		Charlene RENDINA	
Westly WINDSOR	51	19.08		47 14.56	
Ian MORGAN	49	27.44		Vin MARTIN	
<u>10,000 METRES</u>					
Jim GRELLIS	44	37.22		44 15.02	
Graeme PAUL	41	39.42		Keith LODGE	
Guido SMOGLIAN	40	39.55		64 15.33	
Mal BROWN	54	42.04		John MERORY	
Randall HUGHES	71	42.39		49 15.37	
Mike KENNEDY	42	43.09		Andrew HALLETT	
Greg LYNDON	38	52.24		16 15.39	
24.10.95					
<u>70 METRES</u>					
Kevin IRONS	51	10.06		Petrina TROWBRIDGE	
Don WARDEN	71	11.85		48 15.46	
<u>1600 METRES</u>					
Mathew DROSDOWSKY	Inv.	7.24.50		Mal BROWN	
Keith MOODY	51	7.24.75		54 15.58	
<u>200 METRES</u>					
Keith MOODY	51	27.68		Murray DICKINSON	
Bruce GIBBS	46	27.72		57 16.03	
Kevin IRONS	51	29.96		Len HALLETT	
Jim GRELLIS	44	30.58		46 16.53	
Don WARDEN	71	36.05		<u>RUSSELL</u>	

Garry BELL	41	17.40
Bill RYAN	54	17.43
Ian MORGAN	50	17.59
Wasył DROSDOWSKY	44	18.09
Julie MAPLESTONE		
RUSSELL	43	19.36
Jane KINSEY	54	23.55
Don WARDEN	71	23.55
Greg LYNDON	37	24.41
	(12 laps)	
Les CATIONS	38	30.42

VICHEALTH 5th AUSTRALIAN MASTERS GAMES

Thank you to ALL lapscorers and supervisors for your assistance and co-operation during the games when required.

Also to those who manned the Athletic table at reception, this was the only sport table that was manned every day from the 2nd Oct to the 14th Oct inclusive, it was much appreciated by the competing athletes and by the Aust Masters Games reception.

Les Clark

RESULTS OF MEETING AT CAULFIELD VENUE - OCTOBER 1995

3K S/H'cap - 17.10.95 (Championship)

	Actual	Net	
Graham PROSSOR	41	11.03	9.33
Denis THORNTON	40	11.24	9.39
Lesley GRIMES	35	11.13	9.43
Tony DORAN	43	11.14	9.44
Terry STUBBS	46	12.56	9.56
Jim McLURE	49	10.42	9.57
Rodney FORD	54	12.11	10.01
Kevin BROWNE	59	12.40	10.05
Jane STURZAKER	42	14.52	10.07
Gerry BLANCHFIELD	53	13.40	10.10
Doug WALLACE	54	12.10	10.10
Keith ALEXANDER	45	10.51	10.11
Judy WINES	57	14.53	10.13
Ben MORREY	66	13.49	10.19
Peter McGRATH	56	13.38	10.23
Peter BATTRICK		13.09	10.24
Bob POWER	53	12.25	10.25
Gabriel CARMONA	52	11.12	10.37
Greg MAULDON	58	13.07	10.37
Don McLEAN	61	12.42	10.42
Michael HEFFERNAN	60	13.54	10.49
Ray VALLANCE	50	12.55	10.50
Tristan BOYLE	Inv	9.19	11.19
Rhonda TRENGROVE	47	14.40	11.25
George YEOMANS	50	14.13	11.33
John O'CONNOR		12.28	11.43
Stephen YOUNG	43	14.07	11.52

5K SEALED H/C - 24.10.95 (Championship)

	Net	Actual	
Jim McLURE	49	16.35	18.15
Brian TONKIN	60	16.42	21.42
Terry STUBBS	45	16.42	21.42
Kevin BROWNE	59	16.53	21.28
Rodney FORD	54	16.54	20.29
Ray VALLANCE	51	16.54	20.54
Pete BATTRICK	52	17.09	21.54
Peter McGRATH	56	17.15	23.05
Bob POWER	53	17.18	20.53
Graham PROSSOR	41	17.20	19.20
Denis THORNTON	40	17.22	19.37
Judy WINES	57	17.29	25.14
Gerry BLANCHFIELD	53	17.34	23.49
Gabriel CARMONA	52	17.38	19.08
Rhonda TRENGROVE	47	17.38	23.38
Domenick MORINA	56	17.40	22.10
Jane STURZAKER	42	17.46	25.46
Greg MAULDON	58	17.51	22.06
Greg WILLIAN	42	18.07	19.47
John McBRIDE	45	18.27	21.32
Michael HEFFERNAN	60	18.30	23.30
Sandy ROESS	42	21.51	28.51

200M SPRINT H/C - 24.10.95 (Championship)

Bob WISHART	53	37.86	12	Secs
Stephen YOUNG	43	38.20	12	"
Eddy STACK	61	38.51	7	"
Norm KEITH	68	38.83	8	"
Jim KING	56	39.05	10	"
Leo CHARLES	60	39.15	9	"
Denis THORNTON	40	39.57	12	"
Bryan JOHNSON	60	39.84	8	"
Richard TREMBATH	53	40.25	11	"
Andy SMITH	80	40.62	Go	
Domenick MORINA	56	41.50	4	Secs

800M H/C 24.10.95 (Championship)

Richard TREMBATH	53	3.53.04	1.30	Sec
Mike HALL	57	3.53.94	1.30	Sec
Doug ADENEY	51	3.55.86	1.30	Sec
George YEOMANS	50	3.57.76	1.15	Sec
Jon HOLMES	43	3.59.14	1.20	Sec
Janet HOLMES	42	4.09.77	1.10	Sec
Bryan JOHNSON	60	4.11.05	1.15	Sec
Stephen YOUNG	43	4.12.94	1.30	Sec
Andy SMITH	80	4.16.33	Go	

4K H/C WALK 24.10.95 (Championship)

	Actual	Net	
Gwen STEED	53	24.37	20.12
Kevin MARION	59	24.45	20.15
Nola FINN	59	13.25	20.17
Vic HARLEY	69	25.17	20.27
Frank WARREN	69	26.51	20.36
Glad WISHART	51	27.12	20.37
Marie KILFOYLE	34	26.00	20.40
Sylvia MACHIN	54	25.02	21.02
Sandra MIDDLETON	46	25.05	21.05
Graeme DAVIS	46	25.13	21.13
Maureen SEEDSMAN	58	25.20	21.40
Ken LaROCHE	60	22.01	21.46
Darrel POLGLASE	56	29.01	21.56
Des MIDDLETON	48	22.41	22.31
Ron BILSTON	51	24.28	22.38
Joy HERBERT	52	23.24	22.39
Margaret BEAUMONT	57	29.11	22.41
Alan MIDDLETON	46	28.07	23.02
Ralph FIELD (5 LAPS)	81	14.20	

RESULTS OF MEETING AT CAULFIELD VENUE - OCTOBER 1995

400M H'cap - 31.10.95 (Championship)

	Fin time	H/Cap
Don PRITCHARD	45	1.38.70 35 Sec
Norm KEITH	68	1.40.04 28 Sec
Martin SCHAWALDER	39	1.40.20 40 Sec
Stephen YOUNG	43	1.40.62 44 Sec
Leo CHARLES	62	1.41.2 33 Sec
Jim KING	56	1.41.69 36 Sec
Bob WISHART	53	1.41.96 44 Sec
Andy SMITH	80	1.42.69 Go
George YEOMANS	50	1.43.36 38 Sec
Janet HOLMES	42	1.43.59 30 Sec
Eddy STACK	61	1.44.19 32 Sec
Bryan JOHNSTON	60	1.45.22 34 Sec
Domenick MORINA	56	1.41.56 24 Sec

1000M H'cap - 31.10.95 (Championship)

	Fin	H/cap
Rob OSBORNE	43	4.29 1.30 Sec
Jon HOLMES	43	4.31 1.20 Sec
Doug ADENEY	51	4.34 1.25 Sec
Lesley GRIMES	35	4.38 1.20 Sec
Gabriel CARMONA	52	4.43 1.20 Sec
Mike HALL	57	4.47 1.35 Sec
Brian TONKIN	60	4.59 1.25 Sec
Martin SCHAWALDER	39	5.12 1.15 Sec
Bryan JOHNSTON	60	5.13 1.20 Sec
Domenick MORINA	56	5.12 1.10 Sec

10K RUN H'cap - 31.10.95 (Championship)

	Fin time	H/Cap
Terry STUBBS	45	44.48 33.48
Kevin BROWNE	59	44.46 34.56
Greg MAULDON	58	44.02 35.02
Denis THORNTON	40	40.15 35.15
Gerry BLANCHFIELD	53	48.22 35.22
Rodney FORD	54	41.31 35.31
Judy WINES	57	52.24 35.54
Graham PROSSOR	41	40.59 35.59
Louis WASER	49	41.08 36.08
Jim McLURE	49	38.27 36.12
Peter BATTRICK	52	46.05 36.25
Jane STURZAKER	42	52.56 36.26
Peter McGRATH	56	47.57 36.27
Bob POWER	53	43.28 36.43
Greg WILLIAN	42	39.52 37.22
Rhonda TRENGROVE	47	49.52 37.22
Doug WALLACE	54	43.53 37.33
Michael HEFFERNAN	60	48.43 37.43
Case HUYSMANS	63	47.53 40.23
Johnny O'Connor (1 short)	33	41.07
Chris CLARK (Did not finish)		
George YEOMANS (DNF)		
Brian TONKIN (DNF)		

5K WALK H'cap - 31.10.95 (Championship)

	Fin	H/cap
Gwen STEED	53	29.44 26.29
Nola FINN	59	43.33 27.08
Des MIDDLETON	48	29.36 27.26
Kevin MARION	59	31.07 27.37
Maureen SEEDSMAN	58	31.33 27.38
Ron BILSTON	51	30.42 27.47
Sandra MIDDLETON	46	31.30 27.50
Ken LaROCHE	60	28.31 28.06
Vic HARLEY	69	32.28 28.18
Marie KILFOYLE	34	33.29 28.39
Darrel POLGLASE	56	36.05 28.50
Graeme DAVIS	46	33.06 29.11
Jill ROLLS	48	40.17 29.27
Frank WARREN	69	35.37 29.32
Margaret BEAUMONT	57	37.22 32.12
Ian BEAUMONT	59	36.46 36.46
Joy HERBERT	52	15.00 (6½ Laps)

The Caulfield Championships were held during the last three weeks and the trophy winners are:

SPRINT: BOB WISHART
DISTANCE: TERRY STUBBS
WALK: GWEN STEED
MIDDLE DISTANCE: MIKE HALL

Congratulations to you all from your Caulfield friends.

Aberfeldie Venue 27 September 1995

100 m. Heat 1.

Name	Age	Time
Paul Tossol	invit.	11.91
Martin Hodgson	37	11.95
Barry Tossol	invit.	12.16
Grant Glassford	38	12.31
John Neale	44	13.19
Lorraine Woodmar	56	18.11

Heat 2

Chris Brown	invit.	12.11
Joe Brown	48	12.25
Richard Trembath	53	13.09
Tom P.X. Burke	44	13.91
Chris Lyall	38	14.78
Helen Steadman	46	14.84

1000 m. run

Fred Rudemaker	43	3.11
Pat Maye	63	3.22
Tom P.X. Burke	44	3.31
Denis Holden	42	3.32
Tony Bradford	56	3.41
Chris Lyall	38	4.11

25th Oct. 1995

100 metres

Mark CHANDLEP	36	13.84
Tony BRADFORD	56	14.41
Chris LYALL	38	14.53
Rob ROBINSON	48	14.84
Lorraine WOODMAN	58	19.91
Craig BROWN	Inv	10.91

800 metre WALK

Craig BROWN	Inv	5.12.6
Joanne BROWN	Inv	6.43.00

400 metres ET

Name	Time
Lorraine WOODMAN	58 83.38
Joe BROWN	48 57.91
Tony BRADFORD	56 70.96 **
Danny HAWKSWORTH	Inv 67.75
Craig BROWN	Inv 105.90
John HOWES	53 59.47
Ron PEARCES	53 88.20
Chris LYALL	38 82.34
Rob WATERS	49 74.09

Winner

Tony BRADFORD .14 sec

400 m. run

Martin Hodgson	37	54.88
Barry Tossol	invit.	56.31
Paul Tossol	invit.	56.62
Joe Brown	48	57.31
Richard Trembath	53	58.13
John Neale	44	61.34
Grant Glassford	38	65.21
Helen Steadman	46	72.88

4,000 m./10 laps

Bernard Angel	41	16.23
Allan Bashford	57	17.5
Rhonda Hircoc	46	17.59
Ron Pearce	53	18.59
Cos Pietrelli	50	19.02
Ian Flannery	40	19.12
Mararet Cassidy	52	19.31
Denis Sinnott	45	22.25

6,000 m./15 laps

Fred Rudemaker	43	22.58
Howard Gibson	47	24.08
John Dean	50	25.33
Denis Holden	42	25.42
Bill Page	65	26.11
Barry Preta	31	26.31
Chris Lyall	38	29.51

1 MILE RUN

Rob ROBINSON	48	5.12
Brian MARANTELLI	41	5.26
Rod GROVES	Inv	5.26
Howard GIBSON	47	5.42
Dan HAWKSWORTH	Inv	5.59
Rob WATERS	49	6.00
Denis HOLDEN	42	6.00
Mark CHANDLER	36	6.34

4/6 Km Sealed H/cap

M DOWDLE	40	4Km	36.51
A BASHFORD	56	6Km	36.21
R PEARCE	53	6Km	36.50
J BROWN	48	4Km	30.17
M CHANDLER	36	4Km	29.17
D HAWKSWORTH	Inv	6Km	38.21
T HAWKSWORTH	47	6Km	36.39
C LYALL	38	6Km	35.46
R GROVES	Inv	6Km	36.17
R HIRCOE	46	6Km	36.41
C PIETRELLI	50	4Km	26.52
D HOLDEN	42	6Km	36.01
F RADEMAKER	43	6Km	37.25
B PRETA	33	6Km	32.18
R WATERS	49	6Km	37.24
E MARANTELLI	41	6Km	36.17
H GIBSON	47	6Km	37.01

Sealed Time 25.53.

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

GEELONG VENUE RESULTS - OCTOBER 1995

5.75 K/M CROSS COUNTRY 4/10/95

Jeff WALKER	48 19.43
Paul DUCK	44 20.19
Ron CAMPBELL	52 20.59
Rex SIZELAND	52 21.52
Gary GIBSON	43 22.02
Reg QUELCH	47 22.49
Mike McAVOY	61 24.13
Neil McDONALD	37 24.13
John INTURISSI	36 24.13
Gary ELLIOTT	43 24.37
Graeme CROCKFORD	45 24.37
John CAULFIELD	47 24.40
Denis VALENTA	39 24.43
Wendy SIZELAND	49 25.10
Horacio PEREIRA	45 26.26
Ian HOLLIDAY	50 26.30
Tony ALSOP	55 26.32
Gary STRATTON	48 27.05
Brian WOODS	58 27.06
Phil GIRDLER	61 29.10
Alan FOOT	52 29.43
Peter DICKSON	55 30.05
Linda QUELCH	41 30.41
Charles REES	40 31.01
Patsy SALATHIEL	58 31.11
Fred BARNETT	47 33.21
Mike BOYLAN	55 11.00

6.8 K/M CROSS COUNTRY 18/10/95

Jeff WALKER	48 23.19
Michael VAREEN	00 23.31
Trevor CANTWELL	37 24.31
Crichton COLLINS	43 25.38
Ron CAMPBELL	52 25.38
Gary GIBSON	43 26.48
John INTURISSI	36 27.13
Neil McDONALD	37 27.15
Gary ELLIOTT	43 27.17
Brian McHUTCHISON	44 27.24
Graeme CROCKFORD	45 27.24
Reg QUELCH	47 27.49
John CAULFIELD	47 30.22
Tom BLOOD	55 30.33
Joe WEILER	55 30.39
Alan FOOT	52 31.27
Ian HOLLIDAY	50 32.03
Gary STRATTON	48 33.02
Don RASMUS	56 33.04
Brian WOODS	58 33.06
Tony ALSOP	55 33.06
Phil GIRDLER	61 34.47
Sue STRATTON	45 36.31
Peter DICKSON	55 37.01
Patsy SALATHIEL	58 37.56
Frederica BARNETT	47 39.09

3200 METRES 11/10/95

Graeme WATKINS	39 10.13
Jeff WALKER	48 10.39
Paul DUCK	44 11.19
Gary GIBSON	43 12.02
Neil McDONALD	37 12.02
Mike BOYLAN	55 12.10
Gary ELLIOTT	43 12.24
Tom BLOOD	55 12.39
Tony ALSOP	55 14.28
Horacio PEREIRA	44 14.55
Gary STRATTON	48 15.46
Phil GIRDLER	61 15.50
Sue STRATTON	45 16.03

3200 METRES 25/10/95

Dave ELWARD	45 9.30
Jeff WALKER	48 9.56
Mike McAVOY	61 10.37
Ron CAMPBELL	52 10.39
Crichton COLLINS	43 10.41
Neil McDONALD	37 10.45
Clive PAISLEY	44 10.48
Mike BOTLAN	55 10.50
John INTURISSI	36 11.11
Michael PANKERIDGE	33 11.21
Laurie BLAIR	35 11.33
Gary ELLIOTT	43 11.34
Gary GIBSON	43 11.38
Geoff CORN	38 11.41
Tom BLOOD	55 11.56
John MOORE	44 12.03
Peter ONOFRETCHOOK	42 12.31
Joe WEILER	55 12.32
Alan FOOT	53 12.52
Ian HOLLIDAY	48 13.11
Horacio PEREIRA	44 13.21
Don RASMUS	56 13.31
Tony ALSOP	55 13.36
Peter DICKSON	55 14.31
Steve FLOWER	39 15.19
Patsy SALATHIEL	58 15.40

400 METRES

Gary GIBSON	42 72.57
Bob SEAMER	50 75.99
Alan FOOT	52 80.43
Phil GIRDLER	61 84.00
Tony ALSOP	55 90.58

GEELONG VENUE RESULTS OCTOBER 1995 (CONT)


800 METRES 25 10 95 (Cont)

Dave ELWARD	43 3.31
Gottfried SCHUTZ	42 3.32
Gary GIBSON	43 3.37
Bob SEAMER	50 3.38
John INTURISSI	33 3.41
John MOORE	44 3.53
Peter ONOFRETCHOOK	42 3.53
Joe WEILER	55 3.55
Alan FOOT	53 3.59
Ian HOLLIDAY	48 3.06
Den RASMUS	56 3.07
Peter DICKSON	55 3.19
Steve FLOWER	39 3.31
Tony ALSOP	53 3.56
Patsy SALATHIEL	58 3.57

200 METRES


Gottfried SCHUTZ	42 26.38
John MOORE	44 27.19
Bob SEAMER	50 28.49
Mike McAVOY	61 29.05
Alan FOOT	52 30.94
Phil GIRDLER	61 37.56
Patsy SALATHIEL	58 41.01

**** VIC. & AUST. C'SHIP VIDEOS ***
 * 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. *



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.



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 13 th 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, QUB 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



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 *Jetset Travel* - Tasmanian Masters Games Office
74 Charles Street PO Box 206 LAUNCESTON 7250
Tel: (003) 346 523 Fax: (003) 346 597

- Arcery
- 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