

# NEWS AND RESULTS



DETAILS  
OF  
Marathon Championship

## Venues

ABERFELDIE, ALTONA, BALLARAT, CAULFIELD, COLLINGWOOD,  
CROYDON, EAST BURWOOD, FRANKSTON, GEELONG,  
MENTONE, SPRINGVALE-NOBLE PARK.

For information on Club activities, contact  
Peter Colthup, 795 1169

VVAC WINTER CHAMPIONSHIPS  
HELD GLENHUNTLY 16TH JUNE - 1934.

60 METRES

W35  
1. Helen STEADMAN 8.66

W50  
1. Tina LEBB 9.50

W55  
1. Shirley KENNEDY 9.66

W60  
1. Bettina WOODBURN 9.98

W65  
1. Stella MURNANE 11.19

M35  
1. Graham FORD 7.03  
2. Rod GUY 8.19

M40  
1. Gary BARKER 7.12  
2. Garry DONALDSON 7.65  
3. David WOOKEY 8.17

M45  
1. Graeme NODEN 7.61  
2. Ken PRIESTLY 7.71  
3. Roy CUNLIFFE 7.90  
4. Barry DIXON 8.28  
5. Terry DUNN 8.35

M50  
1. Roy McQUADE 8.45  
2. Bruce MOULTON 8.51  
3. Colin SILCOCK 9.28

M55  
1. Budi HOCKREITER 7.88  
2. Tony PRYER 8.40  
3. Gordon GOURLAY 8.61

M60  
1. Mike JOHNSON 8.52  
2. Doug ORR 8.84

M65  
1. Andy SMITH 9.88  
2. Doug McCONCHIE 10.95

M75  
1. George SIMPSON 10.77

150 METRES

W35  
1. Ann HOLCOMBE 20.14  
2. Helen STEADMAN 21.53

150 METRES

W50  
1. Tina LEB 24.00

W60  
1. Betinna WOODBURN 24.77

W65  
1. Stella MURNANE 29.39

M35  
1. Graham FORD 17.08  
2. John RASKAS 18.22  
3. Brian HOLCOMBE 18.40  
4. Rod GUY 19.58

M40  
1. Gary BARKER 17.44  
2. Mitchell SMITH 18.50  
3. David WOOKEY 20.08

M45  
1. Graeme NODEN 18.27  
2. Jim SHAND 18.47  
3. Ken PRIESTLY 18.58  
4. Roy CUNLIFFE 19.23  
5. Terry DUNN 19.44  
6. Barry DIXON 20.15

M50  
1. Roy McQUADE 19.90  
2. Bruce MOULTON 20.56  
3. Colin SILCOCK 22.54

M55  
1. Rudi HOCHREITER 19.17  
2. Tony PRYER 19.93  
3. Denis BLANDY 21.55

M60  
1. Mike JOHNSON 21.08  
2. Doug ORR 21.25

M65  
1. Andy SMITH 23.79  
2. Doug McCONCHIE 27.73

M75  
1. George SIMPSON 26.97

600 METRES

W35  
1. Ann HOLCOMBE 1.40.1  
2. Helen STEADMAN 1.50.27

W60  
1. Bettina WOODBURN 2.11.81

600 METRES

M35

1.	Graham FORD	1.29.00
2.	John RASKAS	1.41.64

M40

1.	Owen McGLONE	1.37.25
2.	Tom O'LOUGHLIN	1.38.09
3.	John WALLACE	1.44.93

M45

1.	Roy CUNLIFFE	1.42.16
2.	Barry DIXON	1.50.63

M50

1.	David MIDDLETON	1.42.28
2.	Ed STACK	1.42.28
3.	Bruce MOULTON	1.44.07
4.	Ray McQUADE	1.48.5
5.	Colin SILCOCK	1.55.5

M55

1.	Stew BRADLEY	1.55.73
2.	Tony PRYER	2.01.66

M60

1.	Reg McRAE	1.42.8
2.	Doug ORR	1.54.02

M65

1.	Eddie GAMBLE	2.02.16
2.	Andy SMITH	2.04.71

1000 METRES

W35

1.	Ann HOLCOMBE	3.11.55
2.	Helen STEADMAN	3.33.84
3.	Trish WALLACE	3.38.03

W60

1.	Bettina WOODBURN	4.16.98
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M35

1.	Peter EDMUNDS	2.58.19
2.	Peter WHITE	3.05.10
3.	John RASKAS	3.10.11
4.	Wolf WIRTHENSOHN	3.10.70

M40

1.	John WAITE	2.56.42
2.	Frank PLANT	3.07.46
3.	Tom O'LOUGHLIN	3.13.36

M50

1.	Colin SILCOCK	3.19.7
2.	Pat MAYE	3.19.84

1000 METRES

M55

1.	Stew BRADLEY	3.52.64
2.	Mervyh BLUNDY	4.13.73

M60

1.	Gordon McKEOWN	3.11.46
2.	Peter COLTHUP	3.38.78

M65

1.	Andy SMITH	4.13.73
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3 MILE

W35

1.	Trish WALLACE	20.01
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W40

1.	Dot BROWNE	17.23
2.	Jan MORREY	20.14
3.	Lynne SCHICKERT	27.19

W70

1.	Arley NICHOLLS	28.02
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M35

1.	Robert JENNINGS	16.17
2.	Eric GREAVES	16.25
3.	Brian HOLCOMBE	17.11
4.	Peter EDMONDS	17.44
5.	Peter WHITE	17.58
6.	Rod GUY	19.01

M40

1.	Michael GERAGHTY	15.44
2.	John WAITE	17.18
3.	Frank PLANT	17.57
4.	Frank BIVIANO	19.28
5.	Neil ELLIOTT	19.51
6.	Arthur LUCAS	23.33

M45

1.	Jim SEYMON	15.37
2.	Les HILLBRICK	16.33
3.	John VISSER	16.46
4.	Ron FRASER	17.34

M50

1.	Colin SILCOCK	18.24
2.	Colin BROWNE	18.28
3.	Ed STACK	18.38

M55

1.	Victor HARLEY	20.00
2.	Ben MORREY	20.55
3.	Stew BRADLEY	21.49

M60

1.	Gordon McKEOWN	17.50
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3 MILE

<u>M65</u>		
1. Eddie GAMBLE	21.29	
2. Jack BENNETT	22.25	

<u>M70</u>		
1. Stan NICHOLLS	20.32	
2. John BROWN	23.41	

1 MILE WALK

<u>W40</u>		
1. Lynne SCHICKERT	10.20	

<u>W45</u>		
1. Marlene STANWAY	8.32	

<u>W55</u>		
1. Marj COLTHUP	10.00	
2. Marg FRENCH	13.35	

<u>W60</u>		
1. Esther THOMPSON	11.06	

<u>W65</u>		
1. Stella MURNANE	10.31	
2. Grace McDONALD	11.13	

<u>W70</u>		
1. Arley NICHOLLS	11.17	
2. Freda McGUIRE	12.58	

<u>M40</u>		
1. Dan REAVEY	7.44	
2. Frank BIVIANO	9.12	

<u>M45</u>		
1. Terry DUNN	9.37	

<u>M55</u>		
1. Gordon GOURLAY	8.46	
2. Victor HARLEY	10.55	
3. Mervyn BLUNDY	11.18	

<u>M60</u>		
1. George NEVITT	8.08	
2. Jock KILFOYLE	9.12	
3. Andy SALTER	11.08	

SHOT PUT

<u>W35</u>		
1. Mary DONALDSON	7.39	

<u>W50</u>		
1. Tina LEB	6.03	

<u>W60</u>		
1. Bettina WOODBURN	8.11	

SHOT PUT

<u>M35</u>		
1. Rob GUY	11.34	
2. Peter EDMONDS	8.09	

<u>M40</u>		
1. David WOOKEY	7.71	

<u>M45</u>		
1. Patrick DOWNEY	9.89	

<u>M55</u>		
1. Rudi HOCHREITER	11.34	
2. Denis BLANDY	8.35	
3. Tony PRYER	6.81	

<u>M60</u>		
1. Anars PAVWLINS	11.99	

<u>M65</u>		
1. John FRASER	10.30	

<u>M70</u>		
1. Frank McGUIRE	6.74	

<u>M75</u>		
1. George SIMPSON	5.49	

TRIPLE JUMP

<u>M35</u>		
1. Rod GUY	9.64	

<u>M40</u>		
1. David WOOKEY	8.70	

<u>M45</u>		
1. Ken PRIESTLY	11.15	
2. Roy CUNLIFFE	8.68	

<u>M50</u>		
1. Roy McQUADE	8.54	

<u>M55</u>		
1. Rudi HOCHREITER	10.02	
2. Gordon GOURLAY	9.15	

<u>M60</u>		
1. Mike JOHNSON	8.82	

<u>M65</u>		
1. Andy SMITH	6.94	

<u>M75</u>		
1. George SIMPSON	5.98	

1 MILE WALK contd...

<u>M70</u>		
1. Stan NICHOLLS	9.30	
2. Frank McGUIRE	9.57	
3. Frank SCULLY	10.27	



JAVELIN

W40  
1. Joy PRIESTLY 19.14

W60  
1. Bettina WOODBURN 20.06

M35  
1. Rod GUY 47.56

M40  
1. David WOOKEY 36.34

M45  
1. Patrick DOWNEY 37.24  
2. Den PRIESTLEY 32.44  
3. Terry DUNN 32.28  
4. Jim SHAND 30.96

M55  
1. Rudi HOCHREITER 33.52  
2. Denis BLANDY 23.46

M60  
1. Aivars PAVWLINS 34.84  
2. Andy SALTER 19.64  
3. Mike JOHNSON 17.20

M65  
1. John FRASER 21.80  
2. Andy SMITH 14.92

M70  
1. Frank McGUIRE 13.92

M75  
1. George SIMPSON 12.38

DISCUS

W30  
1. Gai MONAHAN 11.82

W35  
1. Mary DONALDSON 16.54

W50  
1. Tina LEB 14.08

W60  
1. Bettina WOODBURN 14.06

M40  
1. David WOOKEY 26.18

M45  
1. Patrick DOWNEY 24.96  
2. Jim SHAND 23.78  
3. Terry DUNN 21.84

DISCUS

M55  
1. Rudi HOCHREITER 34.00  
2. Denis BLANDY 26.06

M60  
1. Aivars PAVWLINS 33.50  
2. Mike JOHNSON 16.78

M65  
1. John FRASER 35.20

M75  
1. George SIMPSON 14.96

S/LONG JUMP

W30  
1. Gai MONAHAN 1.92

W40  
1. Joy PRIESTLY 1.88  
2. Lynne SCHICKERT 1.66

W60  
1. Bettina WOODBURN 1.65

M35  
1. Wolf WIRTHENSOHN

M40  
1. Garry DONALDSON 2.42

M45  
1. Ken PRIESTLY 2.53  
2. Jim SHAND 2.47  
3. Barry DIXON 2.38  
4. Graeme WODEN 2.37  
5. Terry DUNN 2.18

M50  
1. Roy McQUADE 2.07

M55  
1. Rudi HOCHREITER 2.39  
2. Gordon GOURLAY 2.22  
3. Denis BLANDY 1.94

M60  
1. Mike JOHNSON 2.00

M65  
1. John FRASER 1.75

M75  
1. Cyril REDFERN 1.43  
2. George SIMPSON 1.35

It was with a sigh of relief that I sighted the airport at 8.30am with barely half an hour to my flight - it had been the usual hectic morning getting my family ready and organising two of my sons off on a scout weekend. On arrival at the airport, I met my team manager Clyde Riddoch and the other Victorian team members, then I bade farewell to my family and boarded the plane to Sydney.

We arrived at our hotel, the Sheraton-Wentworth about 11am, but were told our rooms would not be available for about an hour, so I went off for a run. The beautiful Botanic Gardens were just a street away and it was lovely to relax in there looking at Sydney's sights before settling in at the hotel. After lunch, the women's team, Barbara Fay, Nanette Gage and myself decided to go sightseeing and get some fresh air rather than go on the organised bus trip to see the marathon course. (We were glad we didn't because it took 2½ hours because of the slow traffic! Besides which, we knew we would be seeing the course in the morning anyway!) We walked down to the Opera House and along Circular Quay, where we were entertained by all the buskers, especially the young boys doing rap dancing. Then we caught a ferry across the harbour to Manly and strolled up through the shops to the surf beach and back. Every other person was walking along eating the largest ice-creams I had ever seen. We resisted the temptation and bought some bananas instead! A pleasant evening was spent with some of the team members walking up to the "Rocks" and having dinner in a Spaghetti Restaurant.

The following morning, we were taken by bus to the start of the race, next to the North Sydney Oval. On arrival, everyone charged out to find the toilets and what a shock met our eyes - queues 20 or 30 deep at every toilet! I warmed up first, thinking the problem would improve later, but the situation got ridiculously worse for the runners, so every tree, shrub or fence in sight got a watering!

The race was started on time by Nifty Neville. However, unfortunately, no time was allowed for the poor officials holding back the mass of 3½ thousand runners to get off the course; it left me with a sick feeling in the stomach when I could hear the official near me screaming at the top of his voice as everyone hurtled past him! The first part of the course was downhill, traffic free and very interesting as it wound through the streets of St. Leonards and North Sydney. We then ran across Sydney Harbour Bridge with its fine views across the city. Coming off the bridge, the course went past famous places such as the Rocks (the oldest part of the city), Circular Quay, where the ferries and hydrofoils leave the harbour every 30 minutes, and the Opera House. A few hills made this section even more interesting. We went through the Royal Botanic Gardens right up to Mrs. Macquarie's Point and back down through the park again. It was here that one got a view for the first time of how everyone else was doing in the field. The course then went through Woolloomooloo and down through King's Cross and it was after that point that the course ceased to be scenic. A long straight, seemingly endless road, with traffic roaring past on the right, took us towards Botany Bay. I remember looking longingly at the pleasant green golf course on the left of us and wishing we could stride across them away from the awful noise. "Still, never mind," I thought, "it will be nice when we get to the sea", and I searched in the far distance for the blue waters of Botany Bay but could see nothing but traffic! Coming into the Botany Bay area, we went through industrial, housing and shopping areas - not quite what I had imagined! Somewhere around this point, the course ceased to be enjoyable for me. The traffic got worse and even though there seemed to be officials everywhere doing a great job, the traffic was nevertheless a hazard. I can't remember where exactly, but at one place there was honking of horns in your ears, fumes from the exhausts in your faces and unbelievable sights met your eyes! One of which was a bus pulling up alongside me as I was approaching a bus-stop. Would I slow down and let it come past and then run around it, thereby risking getting run down by the fast-moving traffic or would I continue on? I chose the latter, and the bus pulled up suddenly a few feet from me and an elderly couple got out. On seeing the oncoming runners, he

The Wang Marathon continued by Tris Cook

scruffed back his wife and said, "Mind dear, you'll get run down!" At another point, when we were doing a turnaround, there seemed to be traffic on all sides of us!

The course wound on uninterestingly with fumes everywhere and one horrid smell of which I couldn't identify, which nearly choked me. Then we hit a headwind on the last long stretch. Tiredness had crept in and thoughts were only of sighting the Sydney Athletic Field. The last kilometre seemed extremely long and I couldn't believe it when I rounded a corner and saw runners strung out way ahead on yet another long stretch with the stadium lights in the distance!

A steep ramp had to be negotiated into the stadium, which wasn't as bad as I had been told, and then it was all over as the tremendous crowd lifted you over that last 130 metres or so to the finish. It would be hard not to find a finishing burst on that last straight with that terrific atmosphere, supportive crowds, superb track and enthusiastic announcer on the P.A. So through the finish at last, where a medal was placed over your head and a bottle of Gatorade placed in your hands. Officials led you to the recovery area where fruit and cold drinks were provided. Several small exercise mats (like trampolines) were available which helped relieve tired and sore muscles. Also, tents labelled "Massage", "Physiotherapy" and "Chiropractors" were on hand if needed.

However, a few seats would have been welcomed by most runners whilst waiting for their mates to come in.

Later back at the hotel, we were all shocked to hear the news that Nanette had been taken to hospital after collapsing at 41kms.! Apparently, she had suffered very badly from dehydration and overheating of the body and ended up having 9 intravenous drips of electrolyte and a night's rest in hospital. After attending a function at the hotel, we all called in to see Nanette at the hospital and were relieved to see her looking so cheerful after her ordeal.

We went from the hospital to the airport, where we all had a nice meal together - incidentally, the first meal since the race - seven hours before!! A good flight back with another meal on board and so ended a rather hectic but pleasant weekend, made even more enjoyable by the friendly team members.

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CONGRATULATIONS!

What a wonderful lady!

Margaret Bennet, at the age of 59 years, ran her first marathon in 4 hours 54 minutes - the Sri Chinmoy on July 1st at Dromana. Jack, her best mate, paced her all the way. Congratulations!!

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ANNE'S 50 MILER

by Tony Bradshaw

She'd run three miles then walk a lap,  
To Lady Anne I'll doff me cap,  
She ran her race with proper plan,  
Assisted by our Stan the Man.

She reached her goal with perfect pace,  
Perhaps it was her perfect race,  
Just more than eight for fifty mile,  
Let's give her ten for perfect style.

Her even tempo hardly changed  
As around Hagenauers she ranged,  
Supported by her helpers' smiles,  
Who'll be there for her hundred miles.

Congratulations Anne Callaghan!

## THE POPULATION PROBLEM

Organisers of the Little Athletics Summer Competition are so concerned about the numbers of children they have to cope with each Saturday morning, that they have appealed to athletes in particular, to make a real attempt to limit their families to help the situation in the future. One concerned athlete, desperately trying to do the right thing by the Little Athletics organisation, has written this letter to his doctor.

Dear Doctor,

I wish to apply for an operation to make me sterile. After having been married for 7 years and having 7 children, I have come to the conclusion that contraceptives are totally useless.

After getting married, I was advised to use the "Rhythm Method". Despite trying to Tango and Samba, my wife fell pregnant, and I ruptured myself doing the Cha-Cha.

Another doctor suggested using the "Safe Period". At the time, we were living with the in-laws and we had to wait 3 weeks for a safe period when the house was empty. Needless to say, this didn't work.

A lady of several years experience informed me that if we made love whilst breast feeding, we would be alright. It's hardly Foster's Lager, but I did finish up with a clear skin, silky hair and felt very healthy and my wife was pregnant.

Another old wives' tale we heard was that if my wife jumped up and down after sex, this would prevent pregnancy. After constant breast-feeding, including two earlier attempts, my wife jumped up and down, but she would finish up with two black eyes and eventually she knocked herself unconscious.

I asked the chemist about the "Sheath". He demonstrated how easy it was to use, so I got a packet. My wife fell pregnant again, which didn't really surprise me, as I failed to see how a Sheath stretched over a thumb as the chemist showed, can prevent babies.

A coil was then supplied, and after several attempts to fit it, we realised we had a left-hand thread and my wife is definitely a right-hand screw.

The "Dutch Cap" came next, and we were hopeful of this as it didn't interfere with our sex life at all, but alas, it gave my wife severe headaches. We were given the largest size available, but alas, it was still too tight across her forehead.

Finally, we tried "The Pill". At first it kept falling out, then we realised we were doing it wrong. My wife then started putting it between her knees. This stopped me getting anywhere near her. This did work for a while until the night she forgot the pill.

You must appreciate my problem. If this operation is unsuccessful, I will have to revert to oral sex. Although just talking about it can never be a substitute for the real thing.

Yours faithfully,

Sean O'Toole and Fanny O'Toole.

\*\*\*\*\*  
REG BARLOW turns 80 !!

Reg Barlow, Veteran A.C. member, recently ran 80 laps of the Box Hill track to celebrate his 80th Birthday. Ask Reg Barlow when he plans to stop running and his answer is generally, "When I get old". The distance he ran was one lap for every year, about 30 kilometres. The man who won two world veteran titles at 71 and 75 years of age does it easily. "While I feel well enough and fit enough, I'll keep running", he said last week. "It's nice to be still winning races at my age". Just this year, he won the Australian 1500m. title and the Victorian Championships, took out the 10,000 metre event and the three mile run. Congratulations!

NIKE \* AVON OLYMPIC MARATHON TRIAL

incorporating the AUSTRALIAN VETERANS MARATHON CHAMPIONSHIP

VIC. VETERANS A.C. RESULTS - 1754 finishers

Veteran Category winners:

M55	2nd place	Vin O'Brien	2.58.31
M60	1st place	Gordon McKeown	2.57.49
M60	2nd place	Rolet deCastella	3.13.28
W40	1st place	Dot Browne	2.47.47
W45	3rd place	Anne Callaghan	3.57.01
W50	2nd place	Rowena Barker	3.40.51

However, many veterans that competed are not members of their State Veterans Athletic Clubs so the Australian Veterans Championship Awards were slightly different.

M40	3rd place	Barry Ryder	2.36.24
M35	2nd place	Carl Stevenson	2.31.05
M35	3rd place	Saul Bakaitis	2.33.56
M55	2nd place	Vin O'Brien	2.58.31
M60	1st place	Gordon McKeown	2.57.49
M60	2nd place	Rolet deCastella	3.13.28
W35	2nd place	Iris Cook	2.53.15 PB
W40	1st place	Dot Browne	2.47.47
W45	1st place	Anne Callaghan	3.57.01
W50	1st place	Rowena Barker	3.40.51

TEAM AWARDS

The Victorian men won the Open Team category award ( Rob Wallace, Graeme Kennedy & Glenn Henry); the Victorian women won the Open Team category award ( Megan Sloane, Dot Browne & Barbara Byrnes) and our veteran women took out the Team Award for veteran women (Dot Browne, Iris Cook and Chris Setterfield)

INDIVIDUAL VETERAN RESULTS: giving overall placing & time

32	Carl Stevenson	39	2.31.05	458	Bob Welsh	37	3.01.06
40	Saul Bakaitis	39	2.33.56	479	Bert Gaudion	50	3.02.33
56	Barry Ryder	40	2.36.24	491	Ernie Elliott	42	3.03.05
109	Brian Bloomer	43	2.42.27	503	Denis Fitzpatrick	54	3.03.33
123	Ted Paulin	45	2.44.34	530	Gray Summers	38	3.04.50
136	Gary Hyde	39	2.45.51	532	Kevin Macken	39	3.04.53
141	Clive Davies	42	2.46.01	547	Roy Stanway	50	3.05.35
170	Dot Browne	43	2.47.47	592	Ken Whyte	37	3.07.39
171	Tony Cook	47	2.47.48	625	Wolf Wirthensohn	39	3.09.28
205	Chris Brown	40	2.50.01	632	Peter Leigh	46	3.09.57
207	Graeme Salthouse	46	2.50.11	638	Denis Kearney	41	3.10.11
210	Don Sayers	40	2.50.17	663	Newell Barrett	56	3.11.14
214	Hamilton Barry	39	2.50.40	672	Ted deFrece	49	3.11.45
221	John Castle	38	2.51.06	707	John Scollary	42	3.13.22
244	Jack McKellar	44	2.52.19	708	Rolet deCastella	60	3.13.28
270	Iris Cook	37	2.53.15	794	Colin Browne	51	3.17.25
300	Eric Greaves	36	2.54.47	845	Eric Marie-Jeanne	35	3.18.50
316	Ray Callaghan PB	50	2.55.45	1046	Mike Kelly	43	3.26.42
324	Terry Cash	50	2.55.58	1048	Ron Wilson	47	3.26.49
341	Leo Jones	43	2.56.52	1198	Phillip Pryor	37	3.34.37
360	Gordon McKeown	60	2.57.49	1210	Stan Miskin	58	3.35.31
381	Paul Leonard	44	2.58.23	1288	Rowena Barker	52	3.40.51
384	Vin O'Brien	55	2.58.31	1323	Kerry Hartnett	49	3.42.25
432	Bill Stephenson	42	2.59.53	1339	Barrie Slater	42	3.43.37
442	Peter Armistead	37	3.00.22	1362	John Bateman	42	3.45.08



SWIM TIPS FOR THE WALKING WOUNDED by Dot Browne

"Stress fracture in the right foot. No running for 6 weeks."  
Devastation.

Okay, into the bike-riding and swimming.  
Disaster.

However, think positive!

Alan (Mouse) Irwin had already filled me in on the best swim locations with his "Chlorinated Boredom" article, so I was in business.

However, some tips for the unwary!

TIP NO.1:

Two piece bathers are a definite no-no. I started off the first session with the usual beach bikini affairs and lost the lot on the first dive. I wondered why the fellas swimming towards me in the same lane suddenly started thrashing with bulging eyes and gulping water, until I realised my top was cunningly concealing my navel. I hoped the underwater photographers weren't operating that day.

TIP NO.2:

For God's sake, get your goggles right. I started off lap one with one eye round near my right ear and wondered why the black line on the bottom had the wobbles.

TIP NO.3:

Look where you're going. If you don't, you'll end up right up the back-side of some old lady who floats a few metres between strokes and get tangled up in her fat dimply legs.

TIP NO.4:

The helpful pool manager told me the clue for running injuries was to wear a life-jacket and try running in deep water. Made sense. Uses the same muscles but no jarring. Five minutes later, I was toggged up and ready to go. I leapt in the deep end, arms up, and disappeared down to the bottom, while the life-jacket stayed on top. The pool manager was last seen peering down into the bobbing life-jacket, wondering where the hell I'd gone. So Tip No.4 is: Hang on to the bottom of your life-jacket when you jump in.

Incidentally, the other thing about this running in water is that your lap times are not all that great. I knew I was slow over 50 metres, but this was ridiculous. Would you believe, 12 minutes for 50 metres?

TIP NO.5:

Don't let the fast fellas get the better of you. Some smart aleck males like to show off and pass you in the lane, kicking you in the face as the cut in too soon. Right. You wait!. Time your next lap so that you're swimming in the opposite direction next time down. Organise your overarm strokes and line him up so that you punch him right between the sockets as you pass. Bullseye. All totally accidental of course.

TIP NO.6:

Get a haircut. Essential if you want to avoid the "Who turned the lights out" sensation when you come up gasping at the end of the lane.

TIP NO.7:

Avoid "Aerobics in Water" classes like the plague. The fat ladies cause waves. These sessions seem to attract the grossly overweight, because they can hide their spare tyres below the water line. It's simply a matter of standing in waist-deep water and doing arm exercises to music. Perfect because their powdered faces and perms. remain intact.

TIP NO.8:

Avoid amorous couples having sly underwater gropes. Without goggles, they are unaware of how well you can see underwater, and the excitement will fog yours. Heavy breathing underwater is also not recommended.

TIP NO. 9:

Swimming among the ice-bergs is fine for overweight masochists. However runners have a low percentage of body fat, so if you're swimming for long enough to obtain aerobic benefit, say, 25 minutes, outdoors is out. Leave the cold water to brass monkeys who know a good welder.

TIP NO.10

Avoid swimming squad training times. It's demoralising. I can handle 100's in, say 2 minutes, but I find it hard to cope with the under 12's in the next lane churning out 1.15's. I realize that, aquatically, I am the equivalent of an 8 minute miler, so I will never again ridicule an overweight jogger plodding around the tan.

TIP NO.11:

Whatever style you choose, no matter how ridiculous you think you look, doing it is better than doing nothing, so go for it; and this also applies to swimming.

However, the worst feature of swimming is that it's totally antisocial. If you prop at the end of a lane and throw out the old one-liners, such as, "Come here often?", "Haven't I seen you somewhere before?" or "What's a nice boy like you doing in a dive like this?", you'll find your smooth talking will get you absolutely no-where. They'll just stare blankly at you through their fogged-up goggles then take off down the lane.

Except for once. Just once I got a reaction. I was doing laps on my back, just kicking, no arms, trying to get my legs going. I had crunched my head so many times at the end of the lane, that recently, I had taken to putting my hand out when I was nearing the end, to stop the head impact.

This one time, I made contact allright. Not with the tiles, but with a delightful handful. A fella had been propped up the end of the pool. "Ooooooooo!" he yelled, "this has definite possibilities!"

Finally, it always amazes me how many huge magnified bandaids are lying on the bottom; I wouldn't be the least surprised to see the odd arm or leg lying there one day, come adrift when all the bandaids came off.

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HOW TO CURE YOUR DRINKING PROBLEM submitted by Mike Hoare

<u>Problems</u>	<u>Reason or Possible Cause</u>	<u>Suggested Remedy</u>
1. Drink fails to give any satisfaction or taste. Front of shirt wet.	Mouth not open while drinking or glass applied to the wrong part of the face.	Buy another pot & practise in front of a mirror. Continue with as many pots as is necessary until drinking technique is perfected.
2. Drink fails to give any satisfaction or taste. Beer usually pale and clear.	Glass empty.	Find someone who will buy you another pot.
3. Feet cold and wet.	Glass being held at wrong angle.	Turn glass the other way so that the open end is pointing upwards.
4. Feet warm & wet.	Loss of self control.	Go & stand next to the nearest dog. After a while complain to the owner & demand a pot in compensation.

10 KM. ROAD CHAMPIONSHIP RESULTS

HELD AT DEVIL BEND, MOOROODUC ON SUNDAY 19TH AUGUST 1984

M35:

1. Peter Armistead	34.25
2. Rob Jennings	35.52
3. Colin Blyth	35.56
4. Kevin Macken	36.35
5. Eric Greaves	36.47
6. Wolf Wirthensohn	37.45
7. Ken Whyte	38.09
8. George Moore	38.29
9. Ross McDonald	38.51
10. Leigh Cassidy	40.29
11. Louis Waser	42.27
12. Richard Todd	43.59

M40:

1. Geoff Molloy	33.19
2. Doug LeBas	34.02
3. Bob Schickert	34.55
4. Tom Gray	35.11
5. Chris Brown	35.28
6. Peter Morris	36.25
7. Dennis Phillips	36.52
8. Dennis Cain	37.07
9. Ted McCoy	37.36
10. Owen McGlone	39.25
11. Frank Plant	40.52
12. Graham Bonnett	45.49
13. Colin Herbert	46.21

M45:

1. Jim Seymon	33.38
2. Trevor Vincent	34.12
3. Neil Beachley	35.36
4. John Smith	38.06
5. Graham Salthouse	38.09
6. John Gosbell	39.47
7. Greg Mauldon	42.33
8. Ian Buchanan	43.18
9. George Simons	44.07
10. Mike Hoare	46.17
11. Mike Hall	46.34

M50:

1. Brian Rycroft	36.53
2. Bill Hughes	36.57
3. Ray Callaghan	37.27
4. Keith Graham	37.46
5. Roy Stanway	37.52
6. Tom Davison	38.41

M55:

1. Merv Woodgate	40.01
2. Gordon Gourlay	45.19
3. Jim Thompson	46.34
4. Ron Farnill	46.57
5. John Dibbs	48.03
6. Tom Albury	48.31
7. Alan Caldwell	49.37

M60:

1. Gordon McKeown	38.53
2. Peter Colthup	45.05
3. Doug Orr	45.15
4. Noel LeRossignol	47.55
5. Sid Nightingdale	49.37

M70:

1. Alan Burgoyne	41.33
2. John Brown	53.47

WOMEN

W30:

1. Gai Monahan	57.45
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W35:

1. Trish Wallace	44.22
2. Christine Griffiths	46.40

W40:

1. Jan Morrey	43.21
2. Lyn Schickert	55.07
3. Diane Macken	59.48

W45:

1. Anne Callaghan	46.44
2. Phyllis Gosbell	49.43
3. Judy Davison	52.47
4. Eileen Dibbs	53.27
5. Peg Smith	55.07

W50:

1. Jean Albury	41.13
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W60:

1. Bettina Woodburn	53.45
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74 finishers in cool, windy conditions.

Thanks to all our members who turned up to support our club event.

Club Marathon Championship certificates and medals were also presented on this day.

Thanks to Bob Seers, Dot Browne and Wendy Greaves, who organised the event, and to Peter and Marge Colthup who put the measuring wheel over the course the day before to make sure the distance was correct.

A really enjoyable day was had by all members.

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M65:

1. Ted McDonald	41.35
2. Bob Turnbull	44.23
3. Sam Stapleton	50.16
4. Andy Smith	54.59
5. Harry Logan	61.37

As we settled in the bus to head for some unknown destination, somewhere in the Snowy Mountains, it wasn't difficult to see that we were all feeling apprehensive. What were we really letting ourselves in for? Would we be found wanting at the moment of truth? There were 13 of us. Was this some kind of omen? At that moment I wondered what type of mental block I had which gave me the idea to try another challenge other than running marathons.

Our ages ranged from 30 to 61. Our occupations included a biochemist, a retired professor, welfare worker, retired business man, training officer, housewife, househusband, real estate valuer, computer programmer, nurse, 2 S.E.C. employees and a mad runner. Quite a mixture of people who were to spend the next nine days together under all kinds of conditions.

Outward Bound schools started in Australia in 1956, the program is designed to provide people with experiences which allow them to realise their potential, quite often greater than the individual expects - and so develop inner strengths to be drawn on in the future.

We alighted from the bus to be innundated with gear - rucksack, helmet, sleeping-bag, ground sheet, overalls, bivvie sheet and cords. The group was split in two, our group headed for the caves after we had donned our overalls and helmets. We learned some simple knots including the one for our safety harness, a knot on which our lives would depend during the next few days of climbing or abseiling. I soon learned how secure that knot was when I slipped climbing along the wall inside the cave. After the initial fright, I didn't have quite the fear of falling that I had previously.

We gathered around the campfire that night, dining on spitted lamb and vegetables and exchanged tall tales of our bravery with the other group. They retaliated with tales of what it was like to walk along ropes which were strung across 15 metres above the ground. We set up our shelters with the aid of sticks and rocks, no tent poles or pegs were available. Just our bivvie sheet strung on to whatever was available.

The next morning, we were up at dawn to "learn the ropes". I was fine until I realised the only way down from the highest tree was holding on to the flying fox. It is amazing how quickly the will to survive develops when the only alternative is to spend the remainder of your life in the fork of a tree.

By lunch time, we were heading for the area where we were going to descend into the gorge. We spent the afternoon learning how to reach the bottom of a 60 metre cliff in the quickest, safest way. When my turn came to abseil, I was so petrified, my legs would barely carry me. My confidence started to build up as I went down backwards over the cliff until I had a slight mishap. Once again, thank goodness for safety lines. Once we were down to the bottom, after we had gained some control of our jelly legs, we learnt how to rock climb back up. That night, we re' red to doze and wake through the night, as muscles started to protest about the exercise, and thoughts of the descent into the gorge the next morning at dawn.

Our big descent was from the Bluff 600 metres down to Little River. We were to abseil down 40 metres then rock climb across a narrow saddle that jutted out into the gorge and from there, climb down cliffs to the bottom. During the descent, the camaraderie between us was developing so that there was always encouragement and support. We were learning to rely on each other, and to be reliable. The base of the gorge was strewn with huge boulders. Progress was slow as we climbed up, over or around them. We came to rockpools that reached from one side of the cliff to the other. Rucksacks are very heavy once they become soaked when there is no alternative but to wade through neck-high water. Lunch was absolute heaven, swimming in the rock-pool, drinking billy tea and feeling that we were the first people to have ever traversed this route.

We came back to earth with a thump that night when the rain had settled in and our clothes and sleeping bags were still soggy from earlier rock pools. A hearty breakfast helped lighten the rucksacks and we set off with renewed energy to reach the snowy River and begin our trip along the river in our canoes. We were able to laugh at the potentially dangerous mishaps we had survived and looked forward to giving our legs a rest



We paired up and set off in our canoes, revelling in the joy of the adventure. As we approached the first rapids, we waited until each canoe was through before the next one entered. As we waited at the bottom, the last couple hit a submerged rock. Unfortunately, a badly wounded knee needed stitching. After this was done by one of the group, the patient was taken out. The next three days would be too tough for anyone with such an injury. We were shown how to run through the rapids. This is called "bumming" - moving along in a sitting position. The feet have to be held high so they will not jam under rocks. It is too dangerous to go head first.

The camp area was next to the river on the cleanest, whitest sand that can be imagined; while we waited for the return of some of the group from their errand of mercy, we swam, fished, sunbathed and for the first time, dried our clothes. We were learning how satisfying the most simple things are.

The next day, in spite of the mishap, we were confident as we started paddling down the river, and as the days went on, the rapids provided us with spills and thrills. There was no one in the group who did not feel amazed at what they were capable of. The scenery of that wilderness area is truly magnificent.

Part of the course involves a solo time, where everyone is separated and spends two nights alone. Special rations are issued and no reading matter is allowed. Our group did not have this experience because of the earlier delay. Those of us who had been initially apprehensive felt that after all our "near-misses" doing solo would have been a "Soda". The last night camping proved to me that I had changed. As a red-bellied black snake settled where we had erected our bivvie, we just shooed it away and settled down that night to sleep without stirring.

We were driven to a motel in Buchan, where, after a wonderful hot shower we put on clean clothes for our final dinner together. Our nine days together have been an experience I would not have missed for all the tea in China.

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RESULTS OF THE WALK CHAMPIONSHIPS HELD AT ALBERT PARK - 29/7/84

<u>MEN'S 20KM WALK</u>		<u>MEN'S 20KM WALK</u>	
<u>M40</u> :1. Dan Reavey	1.10.11	<u>M70</u> :1. Tom Daintry	2.08.17
2. George Paton	1.12.26	2. Ralph Field	2.11.25
3. John Salter	1.16.35	3. Vin Mead	2.22.45
4. Fred Harrison	1.58.53	4. Frank Scully	2.23.55
<u>M45</u> :1. Bob Gardiner	1.05.42	<u>M85</u> :1. Gus Theobald	2.27.33
<u>M50</u> :1. Ken Walters	1.54.34	<u>WOMEN'S 10KM WALK</u>	
2. Alan Taylor	1.56.39	<u>W40</u> :1. Penny Hall	64.05
3. Alan Barling	2.03.26	2. Bernadette McGrath	64.26
<u>M55</u> :1. Gordon Gourlay	2.08.16	3. Lyn Schickert	66.31
2. Vic Harley	2.22.56	<u>W45</u> :1. Joan Hooper	58.22
<u>M60</u> :1. George Nevitt	2.07.34	2. Marlene Stanway	60.19
2. John McBride	2.16.19	<u>W60</u> :1. Betty Newman	69.04
<u>M65</u> :1. Lindsay McGregor	2.46.29	2. Esther Thomson	72.06

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GOOD VALUE by Stan Miskin

World record holder Ray Callaghan with 20 laps in 20.17 at East Burwood on 28/6/84 (It's true! Read "Around the Grounds" - June '84) was trying to activate a lethargic Croydon crowd and finally instructed us, "If you want to be in it, see Judy Walters and have a dollar in your hand".....Silence!.....Ray, in near despair, "Step out here Judy, so they can see what you look like". Judy steps forward and immediately Tony Bradshaw shouts, "A dollar-fifty!" Judy reckons she wouldn't be worth \$1 let alone \$1.50c after she's done 20 laps.



RESULTS OF THE VETERANS VICTORIAN MARATHON CHAMPIONSHIP HELD IN  
CONJUNCTION WITH THE MITA MARATHON VICTORIAN CHAMPIONSHIP ON 15 JULY '84  
Veterans results only given with placings in the various age categories  
259 finishers, 109 of these were V.A.C. MEMBERS. Overall placings  
also given. Conditions icy cold but little wind.

(26)

<u>M35</u> :1. Carl Stevenson(9)	2.28.54
2. Saul Bakaitis (15)	2.30.31
3. Paul Boehm (19)	2.34.57
4. Neil Rowleron (24)	2.37.31
5. David Birks (28)	2.39.14
6. John Castle (46)	2.46.48
7. Eric Greaves (49)	2.47.45
8. David Olney (52)	2.48.15
9. Charlie Mallia (90)	2.56.13
10. Peter White (102)	2.56.57
11. Ian Heafield (159)	3.14.55
12. Ray Standish (171)	3.17.31
13. Paul Davies (172)	3.17.51
14. Mick Whiteoak (188)	3.22.30
15. Richard Bartlett(201)	3.25.00
16. Ken Hough (228)	3.38.55
17. Louis Waser (236)	3.42.11
<u>M40</u> :1. Barry Ryder (10)	2.29.12
2. Geoff Molloy (11)	2.29.14
3. Gabriel Carmona(18)	2.34.26
4. Bruce Watt (32)	2.40.32
5. Clive Davies (34)	2.41.07
6. Kevin Vallence (36)	2.42.25
7. Leo Jones (40)	2.44.35
8. Bob Schickert (42)	2.45.48
9. Peter Betheras (43)	2.45.52
10. John Waite (47)	2.47.13
11. Jack McKellar (50)	2.47.46
12. Richard Hutton (58)	2.49.08
13. Denis Phillips (64)	2.50.49
14. Fred Wubbeling (67)	2.51.20
15. Kevin Fagan (82)	2.54.05
16. Bill Stephenson(83)	2.54.08
17. Garry Wilson (113)	2.59.23
18. Bruce Peters (119)	3.00.56
19. Brian Elkner (129)	3.05.58
20. Robert Fuga (131)	3.06.33
21. Peter Nelson (139)	3.08.02
22. Mike Kelly (142)	3.09.18
23. Chris Woolgar (148)	3.11.31
24. Peter Maddigan (149)	3.11.33
25. Barry Wyatt (160)	3.15.02
26. Frank Biviano (165)	3.16.37
27. Klaus Schnibbe (166)	3.16.39
28. Trevor Jupp (191)	3.23.07
29. Bill Goldsmith (193)	3.23.57
30. Rob Smith (197)	3.24.55
31. Cec. McKeown (212)	3.29.24
32. Graham Stevens (231)	3.40.36
33. Frank Plant (244)	3.51.38
34. Kelvin Robertson(248)	3.54.12
35. Paul Mullins (253)	4.04.48

<u>M45</u> :1. Wallace Robinson	2.39.04
2. Graeme Huntington	2.45.37
3. John Smith (48)	2.47.29
4. Richard Jeffrey(70)	2.51.30
5. Peter Leigh (74)	2.51.49
6. Jack Fredrickson(79)	2.53.28
7. Ken Fraser (107)	2.54.05
8. Bill Fulton (118)	3.00.24
9. Hamish Bell (121)	3.01.17
10. Barry Robertson(124)	3.04.04
11. Sam Hilditch (137)	3.07.56
12. John Spiller (140)	3.08.11
13. Jim Crawford (141)	3.09.13
14. John Anderson (154)	3.13.55
15. Jim Gook (162)	3.15.29
16. Gerry Hart (180)	3.20.55
17. Graeme Salthouse(187)	3.21.57
18. Ken Bray (218)	3.31.36
19. Michael Hooper(221)	3.33.32
20. John Evans (224)	3.34.42
21. Max Harrison (259)	4.18.00
<u>M50</u> :1. Brian Rycroft (45)	2.46.09
2. Ray Callaghan (57)	2.48.59
3. Hank vanWijngaarden	2.49.37
4. Mike McAvoy (61)	2.50.20
5. Tom Davison (65)	2.50.53
6. Dennis Bowers (73)	2.51.43
7. Geoff Warren (91)	2.56.15
8. Denis Fitzpatrick(105)	2.57.58
9. Charles McRae(115)	3.00.12
10. Gerry Riley (122)	3.03.08
11. Col Silcock (128)	3.05.24
12. Ron Young (169)	3.16.57
13. Alan Warren (192)	3.23.40
14. Ron Boyne (194)	3.24.02
15. Jim Scroggie (222)	3.34.07
16. George Taylor (225)	3.37.10
<u>M55</u> :1. Bart van Asten(109)	2.58.13
2. Merv Woodgate (130)	3.06.04
3. Newell Barrett(155)	3.14.07
4. Jack Gubbins (203)	3.25.08
5. Stan Miskin (213)	3.30.40
6. John Kerr (229)	3.40.29
7. Bernie Brennan (254)	4.07.00
<u>M60</u> :1. Gordon McKeown (77)	2.53.03
2. Cliff Young (145)	3.10.10
3. Doug Orr (211)	3.27.43
4. Peter Colthup (230)	3.40.33
5. Henry Slack (242)	3.48.07
<u>M65</u> :1. Jack Bennett (223)	3.34.13

WOMEN

<u>W35</u> :1. Iris Cook (72)	2.51.38
<u>W40</u> :1. Claire Bowker(170)	3.17.31
2. Judy Peters (237)	3.42.48

<u>W45</u> :1. Marg Smith (138)	3.08.00
2. Anne Callaghan(243)	3.51.28
<u>W50</u> :1. Jean Albury (157)	3.14.32
2. Shirley Young (184)	3.21.42

ROAD RUNNERS' SENSATIONS

by Betti Woodburn

When the nature lovers are lifting their eyes to the heavens, or at least the hills, and studying at their leisure forests and ferns, flora and fauna, the road-runner is confined to a tar or gravel Human Sanctuary and carefully watches where he puts his feet.

His or her swift passage and the downward position of his or her head limits communing with Nature to the occasional glimpse of a darting magpie, or a basking lizard on the quieter roads. Unlike the followers of 'Hairy' Butler who roam into alien territory and turn over rocks and pry into holes, the runners' specimens lay there slain, deformed, victims of radial power.

By "sensations", I mean the interpretation and identification, through sight and smell, of those pieces of fur, feathers, skins, and even fins, splattered across the roadway.

Most of the fauna have only wandered on to the road in search of the other side. Instead, they have become sacrifices to semi, four-wheel-drive, or other vehicular might.

"Little things, that run, and quail,  
And die, in silence and despair!  
Little things, that fight, and fail,  
And fall, on sea, and earth and air!" (James Stephens)

Naturalists tell us that our holidaying Antipodeans drive over, past, alongside and through over 1400 species of birds, reptiles and mammals.

Sightings of road-casualty creatures can enliven many a run. Although defunct, the surrounding countryside, their habitat, gives a clue to their previous existence and, alas no more, life-style.

Spotting the Splot adds interest. Ascertaining the cause of every lump, hump, bump or discolouration takes the mind off offending engineers and roadmakers who allow holes and hollows to exist. Keen runners, scanning the roadways like a radar beacon for pitfalls for the unwary, have all the attributes of good "spotters", acute vision and concentration. Perhaps one day their services will be conscripted to assist in counts of endangered wild-life. For the time being, the practice of counting squashed "bunnies" or "birds" could be more encouraging than counting passing competitors.

The runner has a decided advantage in being close to the remnants or remains of these non-survivors which are unmercifully decimated. Ascertaining the species adds another dimension to road-racing.

"Now the animal  
Is dead and dumb and done.  
Nevermore to peep again, creep again, leap again,  
Eat or sleep or drink again.  
Oh, what fun"

...said Walter de la Mare in an indictment on hunting. It applies equally to some motorists, although most wild life deaths are accidental.

I suppose we're all vulnerable. These flattened losers were part of the passing parade too.

by Betti Woodburn, from a runner's point of view! and with apologies to Squashed Critters of the Australian Roads, C. Morris, Rigby, 1982. (an amazing road guide and nature booklet)

" A YEAR OF RUNNING" by a Veteran runner

Towards the end of June last year, a well-credentialled Croydon Vet. invited me to join in on a Tuesday nights run. As I had only commenced jogging a few weeks earlier, I was most reluctant to accept. However, due to the regard I had for the friend inviting me, I decided to have a go. I was very nervous with some embarrassment about running against seasoned performers. I needn't have been, as I was greeted and welcomed by people I hadn't met before, but wish I had. The feeling of being welcome and the friendliness had replaced the formalities which I feared. Since that first night when I pushed my 'heaving bulk' around 16 laps of the Croydon track, I have developed a great love for running and the people in the sport. A year passes and a lot happens. I feel younger, I'm much fitter, lighter, healthier, faster, more tolerant, enjoying life more and feeling like I am achieving something again in my life.

The bottom line to all this is simple. Here is one person who had a kind friend invite me to join in with one of the greatest groups of people known to mankind, the Victorian Veterans Athletic Club. I am sure, if there is a friend in a similar situation as myself, an invitation to join our marvellous association would be greatly appreciated in the long term. Sometimes, embarrassment or lack of confidence can prohibit someone from making the first step, but as I had found, a friend asking certainly can overcome some personal barriers. I can vouch for this and I often try to get people along to our gatherings. One day, I may reward someone as I have been rewarded.

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MARATHONS by Ernie Jeffs

Twenty six miles is a long, long way,  
If it takes two hours or it takes all day,  
It's hard on your legs, your mind and your feet,  
But if you finish O.K., then victory is sweet.

You hope for a day that is free of the sun,  
Yet fine and mild with no wind for the run.  
A course that is flat and a surface that is kind,  
No hollows, no hills, no traffic to mind.

Scores of competitors with varying speeds,  
Go through their paces with varying needs.  
Some drink water at allocated spots,  
Others are dogged by many toilet stops.

The first few miles are full of bright talk,  
Will I run all the way or will I walk?  
Can I bear the pressure and the strain,  
Will I fight to the line in nagging pain?

The middle miles are quiet, heads are down,  
Some bearing smiles, others a frown.  
Am I in time with the training I've had,  
Will I keep up this rhythm or will I go bad?

After twenty, it sorts out the crowd,  
Finish this one for your record so proud.  
Blisters and cramp, can give you a fright,  
Even when the line is nearly in sight.

Keep up your battle, both trier and champ,  
Marathoners are made with one special stamp.  
They're strong in the legs and body and mind,  
Athletes more determined are hard to find.

Whether you finish up front or back with the rest,  
You should get a medal to pin on your chest.  
To go through this test is effort extreme,  
And the emotional kick is nearing supreme.

RESULTS OF V.A.A. ROAD CHAMPIONSHIPS AT BRIGHTON ON JUNE 17TH 1984

Veterans A.C. Results - 10KM

Jim Seymon	32.34	Jim Scroggie	38.05
Peter Armistead	33.31	Jim Crawford	38.32
Tony Cook	33.42	Jim Gook	38.35
Tom Gray	33.45	Peter Battrick	38.40
Bruce Peters	34.43	T.Vallence	38.48
Don Simpson	34.51	G.Wise	38.54
John Waite	35.01	Don Elliott	39.01
Gary Hyde	35.16	H.Bell	39.11
Mick Whiteoak	35.37	Merv Woodgate	39.22
Hank van Wijngaarden	35.38	Ted McDonald	39.35
Eric Greaves	35.45	Sam Hilditch	39.41
Brian Rycroft	35.46	Fred Harrison	39.57
Ernie Elliott	35.48	Mike Hoare	39.58
Ken Bunning	35.56	J.Hassall	40.26
Ron Young	36.01	Tony Bradshaw	40.45
F.Smith	36.03	Terry Cash	40.53
Geoff Warren	36.04	Alan Burgoyne	41.42
Graeme Salthouse	36.14	Doug Oliver	42.34
Bill Hughes	36.17	G.Noden	43.13
Jack Ryan	36.23	K.Esmore	43.18
David Olney	36.26	Richard Todd	43.25
Voj.Nikolic	36.29	M.Marchant	43.29
Graeme Humphreys	36.30	Peter Colthup	43.44
Brian Holcombe	36.50	K.Moloney	43.51
Bert Gaudion	37.20	Rod Heron	44.16
Bill Fulton	37.21	Arthur Lucas	46.14
D.McGregor	37.25	Ben Morrey	45.56
Tom Davison	37.30	Harold Stevens	47.34
Gray Summers	37.56		

RESULTS OF WOMENS 6KM C.C.C. AT BRIMBANK PARK, KEILOR ON 21/7/84

Dot Browne	22.08	Shirley Young	28.39
Iris Cook	22.42	Jo McGarity	28.44
Jean Albury	26.58	Merrilyn Tait	36.32
Bonnie Black	27.39		

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FITTODE by David Gordon GP, submitted by  
Tom Roberts

I sit in my surgery, my weight is just right,  
Tobacco forbidden, bed early each night,  
But both my feet ache from jogging this morning,  
A pain in my calf that comes on without warning,  
From a muscle I pulled at squash last weekend.  
At the same time a disc went when I tried to bend.

My finger a cricket ball hit and did crack it,  
Three stitches are over my brow - tennis racket,  
While sitting in comfort just opposite me,  
Is a five foot six patient, who weighs sixteen-three,  
He eats like a horse and drinks beer like a fish,  
Never does exercise, smokes fortyish.

He's come for a check-up, and says he feels great,  
How can I tell him to start losing weight?  
Give up his smoking and drinking each night?  
Begin to do sport? I haven't the right!  
As I sit in my chair, my mind starts to roam.  
What a bloody example! I wish he'd go home!

("Fittode" is reprinted from "Prescriptions", a collection of verses from his medical experiences, by Dr.David Gordon, a British G.P.)

RESULTS OF 8KM CROSS COUNTRY V.A.A. RUN AT THE WARRAGUL BOG

JUNE 2ND 1984 - VETERAN A.C. RESULTS ONLY

Doug LeBas	28.25	Don Trembearth	34.08
Trevor Vincent	29.14	John Eyre	34.11
Jim Seymon	29.25	John Raskas	35.11
Carl Stevenson	30.34	Harry Bell	35.37
Tony Cook	30.41	J.DeVisser	36.17
Tom Gray	30.48	Don Evans	36.23
Don Simpson	31.33	Peter Battrick	36.25
Ron Young	31.47	M.Cummins	36.53
Les Hillbrick	31.47	T.Vallence	36.59
Ernie Elliott	31.55	Mike Hoare	37.36
Eric Greaves	31.57	Ted McDonald	37.38
Ken Bunning	31.59	Terry Cash	37.45
Brian Rycroft	32.17	J.Hassall	37.50
Mick Whiteoak	32.23	Jack Stevens	37.59
Peter Hannaford	32.34	D.Oliver	38.49
Bill Hughes	32.43	K.Esmore	39.33
Graeme Wise	33.01	Hans Meiselbach	40.10
Falconer Ireland	33.14	Peter Colthup	40.25
Geoff Warren	33.15	M.Marchant	40.44
Brian Holcombe	33.25	Doug Orr	41.22
F.Smith	33.34	J.Davy	44.01
Jack Ryan	33.35	Harold Stevens	47.14
Bill Fulton	33.36		
Graeme Humphreys	34.02		

4KM CROSS COUNTRY CHAMPIONSHIP - WOMEN

Dot Browne	15.43	Shirley Young	18.56
Iris Cook	16.02	Marg Brown	19.10
Chris Hildebrand	17.20	Glenda Humphreys	19.40
		Judy Peters	19.42
		Marlene Stanway	20.10

RESULTS OF 10KM ROAD RACE AT BRIGHTON - 17TH JUNE 1984 - V.A.A.

Veteran Womens Results

Dot Browne	37.04	Shirley Young	44.28
Jean Albury	40.15	Marg Brown	44.02
Jan Morrey	42.40	Judy Wines	45.06
Glenda Humphreys	42.43	Clare McKerr	54.36
Joe McGarity	44.04	Merrilyn Tait	57.10
Judy Peters	44.26		

RESULTS OF V.A.A. 16KM.C.C.C. AT BRIMBANK PARK - 21ST JULY '84

Jim Seymon	56.49	Falconer Ireland	64.35
Peter Armistead	57.46	Ian Black	64.40
Peter Hannaford	57.47	Ross Letson	65.41
Tony Cook	58.09	Gabriel Carmona	66.04
Kevin Solomon	59.10	John Raskas	67.03
Tom Gray	59.11	Klaus Schnibbe	67.09
Gary Hyde	59.14	Tom Rowan	68.24
Doug LeBas	59.17	Peter Battrick	69.46
Ken Bunning	59.51	Jim Scroggie	70.41
Fred Brooks	60.52	Ian Heafield	70.45
Richard Humphreys	61.13	Terry Cash	71.55
Mick Whiteoak	61.50	Jack Stevens	72.16
Eric Greaves	61.59	David Farnsworth	73.11
Fred Smith	62.13	Hans Meiselbach	73.54
Graeme Humphreys	63.01	Roy Thomas	75.14
Ron Young	63.07	Nan Gago	75.44
Bill Fulton	63.11	Stan Nicholls	76.02
David McGregor	63.23	Doug Oliver	76.13
Keith Lodge	64.00	Peter Colthup	78.09
Brian Rycroft	64.03	Rod Heron	81.52
Brian Holcombe	64.16	Jim Davy	85.36