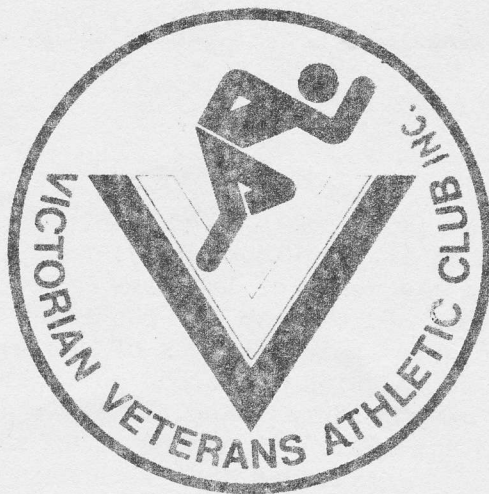


# NEWS AND RESULTS



CONTAINS :-

RESULTS

AQUATHON.  
WINTER CHAMPIONSHIPS  
10 KM ROAD CHAMPIONSHIP  
10 KM CROSS COUNTRY CHAMPIONSHIP.

ARTICLES BY:- V.A.A., Iris COOK, Eric GREAVES, Klaus SCHNIBBE,  
Mike HOARE, Dot BROWNE, Vern GERLACH and  
Jim SEYMON. Also coming events.

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



# ARTHUR ELLIS HOLDEN



36 Bell Street, West Heidelberg 3081  
PHONE: 459 9055



## EDITORIAL

Lately I have been a little upset by an attitude that has been taken by some of our members that if you become a Veteran Club member it is necessary that you attend one venue or another. The object of our Venue meetings is to supply extra competition for people of veteran age and to give them a chance to compete against people of their own age if they so desire. Many veterans do not wish to attend our night meetings whilst others cannot do so for many various reasons. This does not mean that these veterans should be discriminated against when they wish to compete. The present desire of the committee is that we remain one large club and not a lot of small ones, if this alters then the venues can set up their own rules but at the moment it is most desirable that we increase our numbers and attract as many people to join our club as possible. Because of our rapid increase in numbers some of the venues are finding it difficult to run their evening meetings efficiently due to lack of help. Please do everything you can to assist our managers and make welcome any outside members, new or old, who attend your venue.

Thank you,

Ed.

\*\*\*\*\*

The 1987 World Veterans Championships will be held in Melbourne between the 28th November and the 6th December 1987 at Olympic Park and various other venues. This right was gained at the recent World Assembly of Delegates held in Rome, Italy. You can all now start a training program for this period as we expect you all to enter these Championships if you have one leg or one arm. The Italians had over 1300 entries in Rome and we want to beat this figure.

\*\*\*\*\*

The Victorian Athletic Association has set up a number of coaching clinics around Melbourne and we have been asked to welcome our members to attend these clinics. CROYDON - Sunday 1st Sept. Hansen Reserve, FOOTSCRAY - Sunday 15th Sept. Box Hill - Sunday 6th Oct. COBURG - Sunday 13th Oct. GLENHUNTLY - Sunday 27th Oct. and GEELONG 10th Nov.

\*\*\*\*\*

The 1986 National Veterans Track and Field Championships will be held at the Olympic Sportsfield, Adelaide, S.A. at Easter. T.A.A. have set up a package deal for us which I'll set out in a later edition and arrangements for buses will also be made.

ANNUAL GENERAL MEETING - Friday 3rd May, 1985

The following members were elected to represent you for the next 12 months. If you have something that you wish to be discussed at committee meetings, either attend the committee meeting yourself, or bring it to the attention of one of these members. Committee meetings are always open to any member who wishes to attend. Meetings are usually held at Duncan McKinnon Reserve Murrumbena.

<u>PRESIDENT:</u>	Leo Jones	14 Wright Street, Essendon 3040	(B) (H)	387 8611 379 1704
<u>VICE PRES:</u>	Ted McDonald	104 Old Morningson Rd, Mt. Eliza 3930		787 1489
<u>VICE PRES:</u>	Marge Colthup	14 Bakers Road, North Dandenong 3175		795 1169
<u>TREASURER:</u>	John Smith	13 Yando Street, Greensborough 3088		435 6743
<u>HON. SEC. &amp; PUBLIC OFFICER:</u>	Peter Colthup	14 Bakers Road, North Dandenong 3175		795 1169
<u>ASSIS SEC:</u>	Dot Browne	4 Victory Street, Mitcham 3132		874 2501
<u>CLUB CAPTAIN:</u>	Eric Greaves	7 Netherby Avenue, Mulgrave 3170		560 2971
<u>VICE CAPT:</u>	Doug Orr	27 Shawlands Avenue, South Blackburn 3130		878 4875
<u>HON AUDITOR:</u>	Keith Routley	47 Aurum Court, Ringwood 3134		870 8360
<u>COMMITTEE members:</u>	Bill Goldsmith	1 Dianne Court, Springvale South 3172		546 0072
	Ken Hough	6 Gynea Court, Keysborough 3173		798 1231
	Doug McConchie	25 Taylor Square, Taylor Street, Parkdale 3194		580 0050
	Royce Foley	7 Kinlock Avenue, Murrumbena 3163		570 4898
	Bob Seers	7 Shirley Avenue, Seaford 3198	(B) (H)	697 1712 786 2169
	Murray Dickinson	6 Jayson Avenue, South Eltham 3095		439 8531
	Bob Tait	15 Hallifax Street, Seaford 3198		785 1739

MEMO

TO: MEMBER ASSOCIATIONS

REF: 1.11

FROM: GENERAL MANAGER

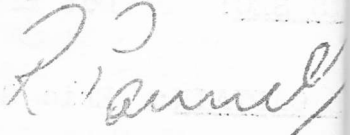
DATE: 7th January 1961

SUBJECT: DUAL REGISTRATIONS

Attached are the conditions under which athletes can compete under dual registration.

Would Associations please circularise all their member clubs with this information so that athletes cannot be misinformed in regard to competition and therefore possibly infringe their status.

Please note that the dual registration conditions as set down at the moment do not allow any athlete who wishes to compete interstate or represent Australia, to compete in athletic meetings or events which are conducted by organisations which are not member Associations of the Union, or whose events or meetings are not specifically approved by the Union.

  
Rick Pannell  
General Manager

AUSTRALIAN ATHLETIC UNION

DUAL REGISTRATION

1. Membership category. There will be five categories of membership recognised by the Union:-

- a. Competing eligible athletes.
- b. Officials and administrators.
- c. Coaches.
- d. Reinstated athletes.
- e. Restricted athletes.

Definitions:

d. Reinstated athletes.

This category is set aside for athletes who have been reinstated for domestic competition. Athletes in this category will be allowed to compete in any meeting conducted by or under the auspices of the Australian Athletic Union in Australia.

e. Restricted athletes.

This category is confined to athletes with dual registration and only allows such athletes to compete under AAU rules within their State of residence up to and including State Championships. This definition is subject to whatever conditions may be laid down by local Association.

2. A special registration has been provided to all States for use by category (e) athletes. This form will have provision for notification of dual registrations to:
- the Australian Athletic Union,
  - the Australian Athletic Confederation (the governing body of professional athletics in Australia),
  - State Association,
  - club,
  - individual.
3. Dual Registration (category (e) ) by any athlete seeking to compete under both AAU and AAC rules is required to complete the necessary forms provided by both bodies and pay the prescribed fees set down by member Associations.
4. No athlete registered in category (a) who wishes to maintain eligibility status may compete in any events not sanctioned by the Union.
5. Professional athletes do not have to be currently registered with a professional body to apply for registration under category (e).
6. The established competition rules and constitution laws of the respective bodies will apply to the athletes when competing in respect of competition with the AAU or AAC.
7. Each body will respect and uphold any penalties or disciplinary action imposed by the respective bodies. That is, any athlete holding dual registration and suspended by one body, will not be allowed to compete in competition conducted by the other body until such suspension period is completed.
- Each body is to advise the other of any disciplinary action imposed on athletes as soon as practicable after such penalty is imposed.
8. It will be the responsibility of category (e) athletes to advise the respective bodies of their performances.
9. Each body will agree to make available to the other at reasonable notice any results or records with respect to athletes competing under category (e).
10. Any athletes competing in category (e) who are entitled to participation money or grants under competition organised by the AAU will be required to have such funds under the control of the AAU's Trust Accounts.
11. NO AMATEUR ATHLETE MAY COMPETE IN "PROFESSIONAL" EVENTS,

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8th January 1985

This year's championships were superb. Events started right on the scheduled time throughout the whole Easter competition and medal presentations immediately followed each event, before placegetters had time to disappear. Supalene and Ansett had generously provided sponsorship and enabled the Tasmanian Vets. to provide everything - a great track, a canteen where the prices were reasonable, a well-laid out color-coded program, forms for claiming the many Australian records which were set, hot showers, fantastic weather with no wind, attractive T shirts, boxes of crisp apples free for the taking, and a set of computer-produced results at the Dinner Dance on the Sunday night.

Their superb organisation brought out the best in the athletes. Many ran PBs, a few broke Australian records and Jean Albury scuttled around the track and continued to collect World Records with monotonous regularity.

The 10km. events were all held on Good Friday, a great preparation for a weekend of events. However the race of the day was definitely the M35s in which Canberra marathon champion, Garry Hand raced against the local star, Ric Coyle. They ran shoulder to shoulder for 20 laps with Garry in the lead. Ric took off with 5 laps to go and Garry struggled to hang on. They both broke the Australian record with phenomenal times, 29.58.5 for Ric and 30.13.5 for Garry. So much for anyone who puts down the standards in veteran athletics.

Not all were winners of course, but as one snail was heard to say, "It's people like us who make the winners look good." Oldest competitor was the delightful Bill Empey from NSW, 85 not out. Around 400 competed from all states. Numbers were down this Easter. Vets were saving their money for the World Titles in Rome in June. A few Kiwis also joined us. One particular Kiwi confused officials. He was Rob Paul from Auckland in the M45 age group. Well, we already had a Rob Paul from Victoria in the M45s didn't we? So we named the Kiwi the Real Rob Paul. "Would the Real Rob Paul front up" was heard continually. We reckoned our Rob Paul was unreal.

We all got lit up and featured at the Wrest Point Casino Convention Centre on Sunday night and enjoyed a pleasant dinner dance before sneaking into the Casino afterwards to check it out. Peter Colthup took over from the croupier and ran the two-uptable. He won \$92 amid shrieks of delight from the Victorian mob. The hysterical group provided an interesting contrast to all the other supercool gamblers who won and lost thousands of dollars without batting an eyelid.

So we fronted up for the 10km., 20km. walks, the 10km. Cross-country or the pentathlon the next morning, mostly feeling decidedly seedy. Those in the walks were warned about the low-flying aeroplanes over one part of the beach course. "Will there be a walk-judge in one of them?" one of the walkers asked. "No, only in the helicopters", replied Jean O'Neill. Victoria's worthy secretary missed a turn-off and mislead a group of cross-country runners up a steep, stoney hill. They eventually shuddered to a halt, gasping at the top when they ran out of flags, and saw old John Brown charging through the bush some distance away. Lost them a few places. It also probably cost Jim Seymon and Peter Hannaford medals in the M45 age group when they missed the same turnoff.

But they really turned it on for us after we'd all staggered in to finish, mud up to our armpits. For a start there were the uni-sex showers in which the fellas tended to linger longer than they needed. And then there was a great BBQ with sandwiches, apple tarts, cakes and apples added. It was marvellous. The weather was warm and sunny and the beautiful bush setting was fantastic with the pink heath growing in profusion. They apparently had spent days shifting boulders, filling up holes and removing treeroots so that we would have a reasonable track to run.

And so another great National Veteran Championships came to an end. It was a beauty. Thankyou Tassie Vets! We all had a ball and learnt much about efficient organisation combined with a friendly welcoming attitude. See you in South Australia next Easter!

RESULT - 1985 VICTORIAN VETERANS ATHLETIC CLUB INC. AQUATHON.

Place	Name	Age	Venue	Run	Swim	Finish Time
		Age				
1	Dave HERBERT	* 44	S/vale	18.02	8.15	26 m 17 s
2	Saul BAKAITIS	40	Croydon	15.39	11.00	26 m 39 s
3	Geoff THOMAS	* 45	Mentone	16.21	10.25	26.4646 s
4	Margaret SMITH	* 45	Croydon	19.09	8.01	27 m 10 s
5	Barry WATKINS	45	Burwood	16.25	10.48	27 m 13 s
6	Jack CLARKE	* 51	Mentone	16.55	11.21	28 m 16 s
7	Mike HOARE	49	Burwood	18.24	10.10	28.3434 s
8	John ANDERSON	46	S/vale	17.53	10.59	28 m 52 s
9	John FAGNANI	* 37	C/wood	17.18	11.36	28 m 54 s
10	Robert PAUL	46	Croydon	16.24	12.33	28 m 57 s
11	Chris WOOLGAR	41	S/vale	18.29	10.34	29 m 03 s
12	Howard ROSS	39	Burwood	18.40	10.29	29 m 09 s
13	Ted McDONALD	* 66	F'ston	19.28	10.17	29 m 45 s
14	Dave MEIKLEJOHN	44	Burwood	19.20	10.42	30 m 02 s
15	John IRVINE	49	Croydon	17.58	12.32	30 m 30 s
16	Tom DAVISON	52	Mentone	17.47	13.07	30 m 54 s
17	Christine HILDEBRAND	* 37	S/vale	18.48	12.27	31 m 15 s
18	Arthur LUCAS(w/snorkel)	43	S/vale	19.14	12.04	31 m 18 s
19	Ben MORREY	* 55	S/vale	19.48	11.33	31 m 21 s
20	Fred HARRISON	42	Burwood	18.17	13.08	31 m 25 s
21	Rowland BROWN	43	S/vale	19.15	12.18	31 m 33 s
22	Sam HILDITCH	50	Mentone	19.04	12.59	32 m 03 s
23	John SPILLER	50	S/vale	21.03	11.09	32 m 12 s
24	Vern GERLACH	* 60	Croydon	22.31	9.51	32 m 22 s
25	Eddie GAMBLE	69	Mentone	21.58	10.30	32 m 28 s
26	Jan MORREY	45	S/vale	19.2424	13. 18	32 m 42 s
27	Graeme CALLENDER	38	S/vale	21.26	11.58	33 m 24 s
28	Bob BROWN	43	S/vale	20.43	13.47	34 m 30 s
29	Bob MOSS	59	Croydon	20.58	14.10	35 m 08 s
30	Gordon GOURLAY	55	Mentone	20.31	16.28	36 m 59 s
31	David PENFOLD	37	Mentone	25.35	11.28	37 m 03 s
32	Judy WINES	47	C/wood	23.10	14.55	38 m 05 s
33	Tony PRYER	56	Mentone	24.45	14.04	38 m 49 s
34	Kitty PENFOLD	* 42	Mentone	27.16	12.21	39 m 37 s
35	Jan GARRARD	37	Mentone	26.43	14.08	40 m 51 s
36	Leonard TAYLOR	50	Croydon	23.12	20.33	43 m 45 s
37	Andy SMITH	69	S/vale	27.20	21.22	48 m 42 s
	Don COX (Assisted)	48	S/vale	21.15	14.28	35 m 43 s
	Marj. COLTHUP	59	Mentone	26.10		
	Peter COLTHUP	63	Mentone	26.13		

1st Outright Dave HERBERT S/vale

Best Swim, 1st Female, 4th Outright Margaret SMITH Croydon

Best Run Saul BAKAITIS Croydon

Best Female Run Christine HILDEBRAND S/vale

JEAN ALBURY

A Profile of one of our members by Iris Cook

What a remarkable woman is Jean Albury, holder of five World Age Records and at the age of 55 years is improving all the time! As Jean intends competing forever, we are going to see some great performances and records broken in the years to come.

Jean was born in Pakenham, Victoria on the 28th September, 1929. She was the third child in a family of eight children. She led a fairly active childhood, walking the 2½ miles to and from school each day with her brothers and sisters, until the age of about 10 years, when she got her first bicycle. She was in the netball and basketball teams at school, and in her teens, played badminton and swam every summer.

Jean is married and her husband and Jean have five daughters aged, 32, 30, 27, 25 and 18. When asked the question of occupation, Jean replied, "Runner and, when I have time, housewife!"

Jean got involved in athletics in 1977 and ran in a few fun runs, eventually running in the 1980 Big M Marathon, where she scored a trophy for the oldest female finisher. It was whilst collecting her award at the Big M reception that Jean met Judy Wines, who persuaded her to join the Vets. Jean joined Mentone and has never looked back. Her best performances to date are as follows: 1500m. - 5.15, 5,000m. - 18.49, 10,000m. - 38.38, marathon - 3:09:14

As can be seen from the above times, Jean is just no ordinary runner. However let me assure you that this talented athlete hasn't got there just by luck or natural ability - it's been by sheer hard work, dedication and love of the sport that has got her to the standard she is today. Take a look at the following typical training Jean would do in a week, and you will know what I mean.

Sunday	-	18 miles
Monday	-	8 miles
Tuesday	-	a.m. 6 miles p.m. 10 miles (speed training at Caulfield Sand track 200s, 400s, 600s, 800s)
Wednesday	-	a.m. 6 miles p.m. 6 miles (club night - 5km. race included)
Thursday	-	a.m. 6 miles p.m. 7½ miles (speed training at Waverley track 200s, 400s, 600s)
Friday	-	8 miles
Saturday	-	6 miles

Besides running, Jean's other interests include gardening, embroidery, knitting and various other crafts, listening to the radio, swimming and bush walking. The things that Jean most likes about athletics are the friendships and competing. She has no dislikes.

When asked what improvements or changes she would like to see take place in Veteran Athletics, Jean had the following to say, "To make Winter Championships more interesting, it would be good to have a handicap event or events the winners being presented with special trophies. This idea could only encourage a bigger entry in the Championships as everyone would have a chance of winning."

Jean's future aims are "to compete interstate and overseas, especially in marathons" In fact Jean is off to Rome in June to compete in the World Veteran Championships. All going well, she intends competing in the 1500m, 10,000m, cross-country and marathon! All the best of luck Jean!

\*\*\*\*\*

Editor's note: Jean DID in fact do extremely well in Rome. She collected gold medals in the 10,000m and the 5,000m, but became injured in the cross-country and won a silver and was forced to pull out of the marathon. Great effort Jean!



WINTER CHAMPIONSHIPS RESULTS

1000 METRES (Weather wet and windy)

150 METRES

<u>M35:</u>	1. Warwick Stagg	2.44
	2. Eric Greaves	3.14
<u>M40:</u>	1. Laurie Leydon	2.43
	2. Kerry Beattie	2.47
	3. Ian South	3.40
<u>M45:</u>	1. Neil Beachley	2.42
	2. Rob Paul	2.49
	3. Ken Frazer	2.58
	4. Mike Hall	3.01
<u>M50:</u>	1. Tom Roberts	2.43
	2. Mike McAvoy	3.09
	3. Lyle Fletcher	3.17
	4. Col Silcock	3.26
<u>M55:</u>	1. Stuart Bradley	3.40
	2. Frank Tutchener	3.43
	3. John Dibbs	3.54
<u>M60:</u>	1. Doug Orr	3.41
	2. Peter Colthup	3.45
<u>M65:</u>	1. Ted McDonald	3.31
<u>M75:</u>	1. John Brown	4.27
<u>W35:</u>	1. Merrilyn Tait	4.19
<u>W40:</u>	1. Jeanette Grimer	3.53
<u>W45:</u>	1. Eileen Dibbs	4.23
<u>W60:</u>	1. Betti Woodburn	4.17

<u>M35:</u>	1. Graham Buckingham	17.56
	2. Robert Robinson	19.99
	3. Jack Buckingham	20.49
<u>M40:</u>	1. Ernie Kemplay	17.64
	2. Ian South	21.43
<u>M45:</u>	1. Ken Priestley	18.56
	2. Norm Johnston	20.88
<u>M50:</u>	1. Bob Soulsby	19.61
	2. Col Silcock	22.37
<u>M55:</u>	1. Tony Pryer	20.48
	2. Mike McAvoy	20.52
	3. Gordon Gourlay	20.53
	4. Ilmar Manes	21.51
	5. Frank Tutchener	23.42
<u>M60:</u>	1. Reg McCrae	20.53
	2. Dennis Blandy	21.97
	3. Andy Salter	24.31
	4. Tom Lynch	24.84
<u>M70:</u>	1. Andy Smith	23.28
<u>M75:</u>	1. Harry Gathercole	22.98
	2. George Simpson	28.67
<u>W35:</u>	1. Chris Griffith	26.20
<u>W50:</u>	1. Tina Leb	23.30
<u>W60:</u>	1. Betti Woodburn	24.35

60 METRES

1600 METRES WALK

<u>M35:</u>	1. Graham Ford	7.34
	2. Jack Buckingham	8.19
	3. Robert Robinson	8.58
<u>M40:</u>	1. Ernie Kemplay	7.38
<u>M45:</u>	1. Ken Priestley	7.58
	2. Norm Johnston	9.43
<u>M50:</u>	1. Bob Soulsby	8.25
	2. Mike McAvoy	8.52
	3. Col Silcock	9.51
	4. Mike Rose	11.12
<u>M55:</u>	1. Tony Pryer	8.37
	2. Gordon Gourlay	8.64
<u>M60:</u>	1. Andy Salter	9.76
<u>M65:</u>	1. Lindsay McGregor	11.75
<u>M70:</u>	1. Andy Smith	9.82
<u>M75:</u>	1. Harry Gathercole	9.32
	2. George Simpson	11.32
<u>W50:</u>	1. Tina Leb	9.43

<u>M35:</u>	1. Robert Robinson	9.27
<u>M40:</u>	1. Fred Harrison	9.03
<u>M45:</u>	1. Terry Dunn	9.16
	2. Noel Johnson	9.49
<u>M50:</u>	1. Col Silcock	9.50
	2. Singleton	10.05
<u>M55:</u>	1. Stan Jones	8.16
	2. Gordon Gourlay	9.07
	3. John Dibbs	10.35
<u>M65:</u>	1. Lindsay McGregor	12.26
<u>M70:</u>	1. Stan Nicholls	9.32
	2. George Knott	10.27
<u>M75:</u>	1. Frank Scully	10.36
<u>W35:</u>	1. Christine Griffiths	10.53
<u>W40:</u>	1. Myra Green	8.37
	2. Penny Hall	9.19
<u>W45:</u>	1. Eileen Dibbs	11.57
<u>W50:</u>	1. Barbara Wilson	9.49
<u>W55:</u>	1. Jean O'Neill	10.59
<u>W60:</u>	1. Marge Colthup	9.29
<u>W65:</u>	1. Stella Murnane	10.46
	2. Grace McDonald	11.07
<u>W70:</u>	1. Arley Nicholls	11.16

1985 WINTER CHAMPIONSHIPS RESULTS

600 METRES RUN

<u>M35</u> :1.	Graham Ford	1.29.02
2.	Eric Greaves	1.52.68
3.	Kevin Esmore	1.55.12
4.	Bob Robinson	1.58.12
<u>M40</u> :1.	Ernie Kemplay	1.33.47
<u>M45</u> :1.	John Howes	1.32.19
2.	Rob Paul	1.33.41
3.	John Peacock	1.53.54
<u>M50</u> :1.	Tom Roberts	1.30.28
2.	Ed Stack	1.42.11
3.	Mike McAvoy	1.48.73
4.	Col Silcock	2.01.56
<u>M55</u> :1.	Stewart Bradley	1.59.78
<u>M70</u> :1.	Andy Smith	2.05.18
<u>M75</u> :1.	John Brown	2.32.88
<u>W40</u> :1.	Jeanette Grima	2.05.34
<u>W60</u> :1.	Betti Woodburn	2.21.52

3 MILE RUN

<u>M35</u> :1.	Rob Jennings	16.24
2.	Eric Greaves	17.24
3.	Kevin Esmore	22.10
<u>M40</u> :1.	Kerry Beattie	16.02
2.	Denis Phillips	16.55
3.	Fred Harrison	19.08
4.	Arthur Lucas	19.36
5.	Ian South	22.08
<u>M45</u> :1.	Geoff Thomas	16.37
2.	Rob Paul	16.43
3.	Ted McCoy	16.53
4.	Ken Fraser	17.43
5.	Mike Hall	17.47
6.	John Peacock	17.55
7.	Norm Johnston	18.28
<u>M50</u> :1.	Mike McAvoy	16.57
2.	Lyle Fletcher	17.59
3.	Col Silcock	18.27
4.	Ed Stack	18.29
5.	Kevin Campbell	24.16
<u>M55</u> :1.	Ben Morey	19.44
<u>M60</u> :1.	Tom Lynch	23.48
<u>M65</u> :1.	Ted McDonald	19.06
<u>M70</u> :1.	Stan Nicholls	20.23
2.	Harry Preston	26.23

3 MILE RUN - WOMEN

<u>W35</u> :1.	Christine Griffiths	21.05
<u>W40</u> :1.	Cynthia Cameron	19.10
2.	Jeanette Grima	22.37
<u>W55</u> :1.	Jean Albury	18.45
<u>W70</u> :1.	Arley Nicholls	27.53

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FIELD EVENTS

STANDING LONG JUMP

<u>M35</u> :1.	Roger Glass	2.73m.
2.	Jack Buckingham	2.06m.
<u>M45</u> :1.	Ken Priestley	2.51m.
<u>M55</u> :1.	Ilmar Mancs	2.18m.
2.	Gordon Gourlay	2.12m.
3.	Frank Tutchener	1.72m.
<u>M70</u> :1.	George Knott	1.56m.
<u>M75</u> :1.	George Simpson	1.33m.

JAVELIN THROW

<u>M35</u> :1.	Bob Robinson	26.25m.
<u>M45</u> :1.	Ken Priestley	32.26m.
2.	Terry Dunn	30.20m.
<u>M55</u> :1.	Ilmar Mancs	28.52m.
<u>M60</u> :1.	Dennis Blandy	22.34m.
2.	Doug Orr	17.06m.
<u>M65</u> :1.	Royce Foley	17.88m.
<u>M70</u> :1.	John Fraser	19.96m.
2.	George Knott	13.47m.
<u>M75</u> :1.	George Simpson	11.88m.
<u>W50</u> :1.	Tina Leb	12.66m.
2.	Barbara Wilson	12.20m.
<u>W60</u> :1.	Betti Woodburn	18.68m.

triple Jump

<u>M35</u> :1.	Roger Glass	10.95m.
2.	Jack Buckingham	10.75m.
<u>M45</u> :1.	Ken Priestley	11.24m.
<u>M50</u> :1.	Mike McAvoy	9.39m.
<u>M55</u> :1.	Gordon Gourlay	9.26m.
2.	Ilmar Mancs	8.46m.
<u>M60</u> :1.	Reg McRae	9.43m.
<u>M70</u> :1.	Andy Smith	7.23m.
<u>M75</u> :1.	George Simpson	6.32m.

DISCUS THROW

<u>M35</u> :1.	Roger Glass	37.10m.
2.	Bob Robinson	24.90m.
3.	Jack Buckingham	14.30m.
<u>M45</u> :1.	Ken Priestley	25.78m.
2.	Terry Dunn	20.38m.
<u>M55</u> :1.	Ilmar Mancs	34.64m.
<u>M60</u> :1.	Dennis Blandy	31.44m.
2.	Doug Orr	19.22m.
<u>M65</u> :1.	Royce Foley	37.73m.
<u>M70</u> :1.	John Fraser	33.40m.
<u>M75</u> :1.	George Simpson	17.60m.
<u>W50</u> :1.	I Deneefe	36.20m.

WINTER CHAMPIONSHIPS RESULTS (Cont'd)

DISCUS

<u>W55</u> : 1. Jean O'Neill	11.00m.
<u>W60</u> : 1. Betti Woodburn	14.32m.

SHOT PUT

<u>M35</u> : 1. Roger Glass	12.74m.
2. Bob Robinson	7.93m.
3. Jack Buckingham	6.78m.
4. Kevin Esmore	6.69m.
<u>M45</u> : 1. Ken Priestley	8.62m.
2. Norm Johnston	6.62m.
<u>M55</u> : 1. Ilmar Mancs	10.73m.
<u>M60</u> : 1. Dennis Blandy	8.36m.
<u>M65</u> : 1. Royce Foley	9.09m.
<u>M70</u> : 1. John Fraser	10.14m.
<u>M75</u> : 1. Frank Scully	5.90m.
2. George Simpson	5.12m.

SHOT PUT - WOMEN

<u>W35</u> : 1. Merrilyn Tait	4.95m.
<u>W50</u> : 1. I Deneefe	8.20m.
2. Barbara Wilson	6.55m.
3. Tina Leb	6.12m.
<u>W60</u> : 1. Bettina Woodburn	7.67m.

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REPORT ON V.A.A. CROSS-COUNTRY RACE AT BRIMBANK PARK, KEILOR 6/7/85

On this rather cool Saturday, the Veterans V.A.A. team travelled out to Keilor to compete in the cross-country events for men and women. The women's run consisted of one loop of the park of 6km, while the men had to be content with two loops of 8km. each. Both runs had to traverse a rather short and sharp hill, the women once, while the men's race copped it twice. On the second lap, most of the men seemed to be running closer to the ground while going over this hill.

The women's No.1 team are doing a very good job this season, and at the time of writing, they were on top of the ladder. The hard-luck story of the day belongs to Vet. Mike McAvoy from Lara. On his way up, Mike stopped to place a bet at the T.A.B. and then when he went to start his car, he found that his starter motor had dropped its bundle and died. By the time Mike arrived, he then missed the start of his race. I hope your horse won for you Mike.

Overall, a good effort from all the Vets. who competed on this course, which could be classed as hard and trying.

Results: Women's 6km. race Men's 16km. race

Ir's Cook	21.27	Eric Greaves	56.03
Dot Browne	21.51	Leo Jones	59.02
Ann Holcombe	23.19	Brian Rycroft	59.16
Pat Wallace	25.07	Brian Holcombe	60.35
Han Morrey	25.41	Leigh Cassidy	64.36
Jo McGarrity	25.47	Mike Hoare	65.13
Shirley Young	26.50	Ben Morrey	72.53
		Richard Todd	75.18
		Henry Slack	75.32

Eric Greaves, Club Captain

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INTER - CLUB 1985/86

The Victorian Athletic Association have allocated the following grounds for Inter-club for season 1985/86 - Aberfeldie, Box Hill (men only), Doncaster, Glenhuntly and Knox. We have been given team places at all grounds. It is now up to us to form our teams to compete on them. Are you registered yet? If you wish to compete for the Veterans this track season get your \$25.00 registration fee to our registra, Marge COLTHUP, 14 Bakers Rd, Nth. Dandenong 3175 immediately.

## MELBOURNE TO COLAC 100 MILER

by Klaus Schnibbe

As if the Coburg 100km. was not taxing enough, I let myself become involved in the Melbourne to Colac race. My offsider, Frank Biviano, used the most persuasive method in convincing me to partake in this event. By implying that we are fortunate to have a pair of very understanding wives, who were only too eager to see us compete - correction after a lot of grovelling, haggling and bribery, agreed to assist us as our back-up crew.

The big event was preceded by a Press Conference at the Southern Cross, which was organised by the main sponsors "McEwans". In the presence of the competitors for the 6 day race, we were told that the Melbourne to Colac 100 miler was an event for the "sprinters", as a curtain-raiser for the 6-DAY McEwans-COLAC-ULTRAMARATHON. (I am sure they were not referring to the two geriatrics from Croydon.)

After the conference, we graciously accepted a lift to the starting point. Cliff out-manoeuvred Mary to have the honour of sharing the backseat with us. (We must have looked a bit too frisky for Cliff's liking)

The flag was dropped outside of McEwans Bourke Street store at 12.52. We were off... herded between two official cars through the lunch-time traffic, up and over West Gate Bridge. Our back-up team was waiting for us on the Geelong side. What a welcome sight!! Food, drink and two beautiful women.

From West Gate Bridge, we were on our own, to our own devices of protecting our rears from the onslaught of massive transports bearing down on us. Was it inner strength or outer strength brought about by months of hard training that we were able to contain ourselves and forge ahead to fate yet unknown?

It was here, early in the race when the favourite, Geoff Molloy dropped back, perused the field, and not considering us a threat, showed us a clean pair of heels. We passed the first marathon distance in four hours ten minutes, well ahead of our schedule, but at this stage, we were last in the field.

It was shortly after here when it started raining. We continued running in the rain till Corio. Here the weather improved. After a change of shoes and dry socks, my feet felt somewhat better. Just before Geelong, we caught up with Gerry Hart. Gerry stayed with us for the next thirty or so kilometres, then upon hearing that there were several runners a kilometre ahead of us, he virtually left us sitting like a pair of lame ducks.

The second marathon distance, we covered in under nine hours, still ahead of schedule.

On the Geelong - Colac road, the weather conditions were ideal, but the slight undulations in the terrain made themselves felt. It was in the early hours of the morning that we passed the encampment of Peter Logan, Michael Whiteoak and Geoffrey Hook. They were sitting back on deck chairs soaking up the starlit night. Seeing they competed in the "Sri Chinmoy Australian National 24-Hour Run" two weeks earlier, it is understandable.

Getting closer to our destination, the task of keeping those feet moving was very difficult, but we methodically kept on. What brought us back to reality was the hysteria of one of our back-up team as she darted to the Ladies and found it locked. Enough said.

On entering the township of Colac, we mustered enough strength to run behind the official car driven by Bruce Clark. Maybe after coming this far, he wanted to make sure we did not. The last 32 laps of the circuit were the hardest. Out of a field of 15 starters, 14 finished, which I feel shows that everyone competing gave their utmost.

10KM CROSS COUNTRY CHAMPIONSHIP

AT YARRA BEND ON 12TH MAY 1985

(Age group placings & overall placings given)

<u>M35:</u>	1. Allan Foley	2	34.31
	2. Eric Greaves	3	34.40
	3. John Fagnani	19	37.55
	4. Bob Kruger	22	38.53
	5. Dick Huggins	23	39.00
	6. Laurie Carter	34	41.16
	7. Richard Lambert	35	41.33
	8. David Jones	46	43.20
	9. Geoff Lynch	60	47.00
	10. Bob Robinson	62	47.20

<u>M50:</u>	1. Mike McAvoy	12	37.32
	2. Bert Gaudion	14	37.37
	3. Brian Rycroft	16	37.39
	4. Ray Callaghan	21	38.40
	5. Peter LeGet	33	40.50
	6. Eddy Stack	36	41.36
	7. Col Browne	37	41.48
	8. Col Silcock	50	44.47
	9. Kevin Campbell	77	52.54
	10. Ian Thompson	78	55.09

<u>M40:</u>	1. Geoff Molloy	1	34.18
	2. Alan Irwin	6	35.40
	3. Peter Maddigan	7	36.31
	4. Ralph Bennett	9	37.00
	5. Helmut Prentler	10	37.04
	6. Bob Maddigan	20	38.35
	7. Klaus Schnibbe	31	40.22
	8. Denis Kearney	32	40.36
	9. Keith Wade	40	42.20
	10. Graeme Murfett	43	42.45
	11. Mike Cummins	45	42.52

<u>M55:</u>	1. Dennis Fitzpatrick	25	39.20
	2. Don Weston	28	40.00
	3. Merv Woodgate	38	42.08
	4. Frank Tutchener	49	44.26
	5. Bob Moss	54	46.38
	6. Ben Morrey	61	47.04
	7. Max Carter	63	48.16

<u>M60:</u>	1. Don Howatson	53	45.44
	2. Peter Colthup	58	46.49
	3. Tom Lynch	72	51.25
	Malcolm Hill	71	51.11
	(not entered)		
	4. Col Hamley	76	52.28
	5. Ray Walker	83	56.39
	6. George Hogarty	86	58.30

<u>M45:</u>	1. Trevor Vincent	4	34.57
	2. Jim Seymon	5	35.40
	3. Ted McCoy	8	36.40
	4. Les Hillbrick	11	37.29
	5. Geoff Thomas	13	37.33
	6. Mike Hall	15	37.39
	7. Fred Smith	18	37.44
	8. Murray Dickinson	24	39.03
	9. Jim Gook	26	39.28
	10. Dick Batchelor	27	39.48
	11. Ray Harbert	29	40.14
	*13. John Peacock	41	42.25
	14. Peter McGrath	48	43.33
	15. Greg Mauldon	51	45.05
	16. Gary Wert	52	45.41
	17. Norm Johnston	69	49.18
	*12. Mike Hoare	30	40.17

<u>M65:</u>	1. Ted McDonald	39	42.14
	2. Dick Kirkman	56	46.42

<u>M70:</u>	1. Alan Burgoyne	42	42.28
	2. Jack Bennett	65	48.35
	3. Harry Preston	88	59.32
	4. George Knott	89	60.18

<u>M75:</u>	1. John Brown	84	57.30
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<u>W30:</u>	1. Judy Foley	82	55.28
	2. Michelle Jones	87	58.37

<u>W35:</u>	1. Maija Prentler	59	46.51
	2. Chris Griffiths	64	48.27
	3. Shirley Armfield	67	48.39
	4. L. Williams	81	55.27

<u>W40:</u>	1. Dot Browne	17	37.43
	2. Jan Grima	68	49.18
	3. Heather Johnstone	70	49.38
	4. Heather Murfett	74	51.58
	5. Marlene Dickinson	80	55.14

<u>W45:</u>	1. Jan Morrey	47	43.27
	2. Judy Wines	57	46.46
	3. Anne Callaghan	66	48.37
	4. Phyllis Gosbell	75	52.23
	5. Peg Smith	79	55.13

<u>W55:</u>	1. Jean Albury	44	42.49
	2. Shirley Young	54	45.53
	3. Audrey Weston	90	64.20

<u>W60:</u>	1. Bettina Woodburn	73	51.27
	2. Marg Bennett	85	57.43

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Our 10KM CROSS COUNTRY CHAMPIONSHIP on Mothers' Day was a most successful event. The weather was great and the track was dry. Thanks to those 90 members who competed. Also a special thanks to those members who organised the whole event.

They were: Wendy Greaves  
Mike O'Neill  
Ron Young  
Ray Harbert  
Frank Scully

THE AUSTRALIAN VETERANS MARATHON CHAMPIONSHIP

CANBERRA - 14TH APRIL 1985 by Mike Hoare

Friday April 12th saw the start of the Sydney to Melbourne "marathon" run from the Westfield Shoppingtown at Parramatta. I was fortunate enough, due to a business trip and Easter holidays to be in Sydney and to be part of the pre-run excitement, the hype of the extended press conference at the Boulevard Hotel, last minute training runs around Parramatta Park with Geoff Molloy, Siggy Bauer, Peter Pfister, and a very light-hearted (considering the pressures and stresses) dinner at the Travelodge.

On race day, I followed the runners in a borrowed car a few miles down "The Hume Highway", stopping at convenient vantage points to jog and chat with the many competitors that I knew. They were all cheerful (a bravado?) despite the promise of a couple of unseasonably hot days. It was quite staggering to contemplate the number of Victorian Veteran Club members who were competing in the run. Geoff Molloy of course, Howard Ross, Gerry Hart, Brian Bloomer and Cliff Young. There appeared to be even more Vic.Vets. helping out in back-up crews. I saw the Schickerts, Andy Salter and Dot Browne (it wouldn't be an endurance run without her!) and many others in various teams. It was quite exciting being a mobile spectator in the very early stages of such an event, and seeing so many familiar faces so far away from home.

What has this long preamble got to do with the Marathon Championship you might well ask. Well, as I was in the general neighbourhood, I thought I would run the marathon, my first in two years, as a mobile spectator again, that being the most enjoyable way to run I find, as I certainly can't win medals. (Let's hear it for more spot prizes!)

Early on Saturday morning I left Sydney heading for Canberra with friends Dorothy Siepmann and Maureen Greenwald, the two most gorgeous American-born runners in Sydney. We were very kindly driven by Derek White, a retired Merchant Navy Officer, who kept us entertained with fascinating tales of the sea. Derek at age 57 runs very respectable marathons and gives his all in the process.

We were also entertained all the way to Canberra by our many friends in the Sydney to Melbourne epic, now into their second day, and starting to know all about it. We stopped to chat, to jog, to encourage as best we could many times, and although it was probably the slowest drive I ever had to Canberra, it seemed to be a quick journey, a novel experience indeed.

Arrival in Canberra entailed scurrying around to collect race numbers, tee shirts and other souvenirs as well as renewing old acquaintances. It was great to get up to date and swap laughs with Race Director Dave Cundy, famous author Brian Lenton, past Vets.National President Peter Frylink and Warwick Armstrong, who sells tractors and God in Grenfell. There were also Peter McGhie and family, ex-Victorians, but surely by now Stromlo striders, and Ron Vines, who I am told is a Spank expert. There were top Veterans from all states except W.A. as I remember, and runners from New Zealand, Canada and New Guinea. Among the international athletes I met were Colin Neave and Sale Kirk from N.Z, Lesley Douglas from Canada, Iris Cook and Jim Seymon from Victoria.

There were numerous carbo-loading dinner parties around town that night, each of which could probably fill an article this size with stories of runners' great wins, hard luck losses and plain old-fashioned lies. I managed to convince our party that a quiet night was the best bet and very early to bed at our motel.

Race day, Sunday, and clear blue skies indicated a day with temperatures in the mid twenties, perhaps a little too warm for comfortable distance running. We had anticipated this as being most likely because the weather bureau had forecast a cool change with showers late Saturday and a cool and cloudy perfect day for Sunday.

The Canberra Marathon course is a dream for full-time mobile spectators, being an out and back route, giving lots of opportunities to get a look at real runners and to become inspired for about five seconds every thirty minutes or so. I did contemplate carrying my camera during my excursion but thought I should at the very least try to look like a runner rather than the tourist I saw myself as.

The Australian Veterans' Marathon Championship continued

Up front, the race was quite something to see with our Carl Stevenson mixing it with the internationals and top locals half his age. Carl finished eighth overall, his 2.30.41 giving him a convincing eight minute win over Eric Hodge (ACT) in the M40 section.

It was the women's race that ruined me. I hit the wall at five miles after shouting myself breathless "Carn Iris!" and "Yerlookingood Iris". She didn't disappoint though, running a very nice 2.54.45 to be first woman by two minutes, first Vet. naturally and finisher overall number 100. Yet another overseas trip the easy(?) way.

The only bloke who disagreed with me (and a fair majority) that the day was a bit too hot and humid was Jim "Muscles" Seymon, but then he always takes the opposite view on principle. But he proceeded to fix us right up by winning the M45 section in 2.39.27, 2½ minutes up on Rein Evenhuis, the Queensland Vet. Good on you James.

At about that time, I lost my pencil and nore-pad. You have read all those ridiculous scare stories in the esteemed running journals about hitting a horrific wall at twenty miles, well forget them. I hit the wall at 25 miles and hobbled to the finish. Surely a masonry structure can't be bent five miles even after being hit by several hundred haunted, hurrying harriers. So I sort of lost track of the rest of the race, but I did find out later that Wendy Davidson (ACT) won the W40 award, zipping past Dot Siepmann, who led all the way, at the last drink stop. The third place-getter was Sylvia Manthorpe, the only other Victoria woman, apart from Iris Cook to get amongst the trophies.

The other section that saw medals for Victorian runners was M55 with Denis Fitzpatrick (3.8.30) and Merv Woodgate (3.12.57) showing their more mature mates the way to the finish line.

Post-race, I continued my mobile spectating in no discomfort at all, having had a pleasant Sunday morning training run, albeit a long one. There was the usual array of walking wounded, all sorts of very strange stories, possibly dredged from the chronic stages of hallucination and lots and lots of "never again"s were heard. Sort of like a marathoner's amen.

It is probably only fair to mention that the Australian Veterans Marathon Championship also incorporates the Nike Canberra Marathon, hence all those wirile, tanned young people with hair, cluttering up the course.

Seriously folks, this is a great event over a great course, with great organisation. The Race Director, Dave Cundy is a great bloke and probably the best Marathon Director in the country. He warrants sincere thanks and congratulations for his personal efforts.

It would be much too embarrassing for the M45 Vic.Vet. concerned to relate in detail the story of how he came to leave his near-new burgundy Nike Transit running shoes in Canberra after the marathon, or where he left them. But a special word of thanks must go to the Lost Property Officer who retrieved them and promptly mailed them back to the owner. Thankyou Dave Cundy; they really are an unusually comfortable pair of shoes.

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VETERAN RESULTS OF THE NATIONAL MARATHON CHAMPIONSHIP

M40	MEN	TIME	W40	WOMEN	TIME
1.	Carl Stevenson (Vic)	2.30.41	1.	Wendy Davidson (ACT)	3:18.5
2.	Eric Hodge (ACT)	2.38.42	2.	Dot Siepmann (NSW)	3.19.12
3.	John Carlton (ACT)	2.40.30	3.	Sylvia Manthorpe (Vic)	3.28.5
M45:	MEN	TIME	W45:	WOMEN	TIME
1.	Jim Seymon (Vic)	2.39.27	1.	Beverley Scown (ACT)	4.25.42
2.	Rein Evenhuis (QLD)	2.41.50			
3.	Terry Munro (ACT)	2.52.34	M50	MEN	TIME
W50	WOMEN	TIME	1.	John Murray (Vic)	2.41.42
1.	Marie O'Donovan	3.26.30	2.	Bruce Longmore (Tas)	2.45.42
			3.	Robert Chapman (ACT)	2.59.26

V.V.A.C. 10,000 METRES ROAD CHAMPIONSHIP

AT DEVIL BEND, MOOROODUC - JULY 1985

Weather conditions: howling gale!

<u>M35</u> :1. Eric Greaves 2 35.04	<u>M50</u> :1. Rob Morgan-Morris 9 37.14
2. Ken Coppleman 4 35.57	2. Ron Young 14 37.32
3. Neil Gray 6 36.16	3. Roy Stanway 19 38.23
4. Alan Foley 8 36.45	4. Feith Graham 21 38.48
5. Bob Kruger 22 38.54	5. Sam Hilditch 27 40.20
6. Lachlan Graham 23 39.23	6. John Spiller 35 42.58
7. Louis Wasser 34 42.45	7. Bob Jeffrey 40 43.45
8. Alan Witt 47 44.50	8. Colin Browne 42 43.57
9. Ian Tregear 51 45.53	9. Brian Fuller 58 46.49
10. Frank Grant 61 49.03	10. George Simons 62 49.03
11. Graeme Callander 68 52.06	11. Len Taylor 63 49.06
	12. Kevin Campbell 67 51.13
<u>M40</u> :1. Kerrie Beattie 3 35.25	<u>M55</u> :1. Merv Woodgate 28 40.38
2. Bob Schickert 5 36.08	2. Ben Morrey 38 43.25
3. Chris Brown 7 36.22	3. John Kerr 44 44.14
4. Alan Irwin 11 37.21	4. Frank Tutchener 46 44.30
5. Graeme Monkhouse 13 37.22	5. Gerry Gibney 52 46.11
6. Ralph Bennet 15 37.46	
7. Laurie Leyden 16 38.11	<u>M60</u> :1. Henry Slack 48 45.11
8. Richard Piesse 17 38.15	2. Vern Gerlach 53 46.19
9. John Wallace 26 40.18	3. Don Howatson 57 46.29
10. Frank Plant 29 41.33	<del>4. Sam Stapleton 65 51.01</del>
11. Mike Cummins 32 41.47	4. John Hill 65 49.47
12. John Hodgson 33 42.09	
13. Graham Bonnett 36 43.02	<u>M65</u> :1. Bob Turnbull 49 45.12
	2. Dick Kirkman 59 46.54
<u>M45</u> :1. Trevor Vincent 1 35.01	3. Sid Nightingale 60 47.29
2. Ted McCoy 10 37.17	4. Sam Stapleton 66 51.01
3. Brian Mee 12 37.22	
4. Mike Hoare 18 38.23	<u>W30</u> :1. Judith Foley 41 43.46
5. Jim Gook 24 39.26	
6. Trevor Jupp 25 39.28	<u>W35</u> :1. Trish Wallace 37 43.20
7. Ralph Smith 30 41.34	2. Christine Griffith 56 46.20
8. Tom Gorman 31 41.35	3. Vicki Thompson 69 54.36
9. Gary Wert 39 43.43	
10. Greg Mauldon 43 44.11	<u>W40</u> :1. Dot Browne 20 38.37
11. Mike Hooper 50 45.42	2. Lyn Schickert 70 59.02

Although weather conditions at this Championship were poor, we had 70 members competing and the organisation was great. Thanks to Eric and Wendy Greaves, Bob Tait, Marlene Stanway and Doug McConchie for doing such an efficient job.

<u>W45</u> :1. Jan Morrey 45 44.20
2. Jeanette Grima 55 46.19
<u>W55</u> :1. Shirley Young 64 49.19

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V.V.A.C.I. 10 KM WOMEN & 20 KM MEN ROAD WALKING CHAMPIONSHIP -- 28/7/85

W40 1st Lynne SCHICKERT 1 H 09 M 19 s	M60 1st Goerge NEVITT 2 H 16 M 36 s
W45 1st Marlene STANWAY 1 H 04 M 04 s	2nd Tom McBRIDE 2 H 18 M 29 s
W60 1st Marge COLTHUP 1 H 06 M 35 s	M70 1st Tom DAINTRY 2 H 06 M 56 s
M40 1st George PATON 1 H 56 M 30 s	2nd Ralph FIELD 2 H 10 M 26 s
2nd Fred HARRISON 2 H 00 M 10 s	3rd George KNOTT 2 H 29 M 49 s
M55 1st Gordon GOURLAY 2 H 00 M 34 s	M85 1st Gus THEOBALD 2 H 31 M 55 s
2nd Vic HARLEY 2 H 11 M 43 s	

A windy day with all starters finishing. Where are all the walkers ?



NEW RULES FOR VETS'.CLUB MEMBERS!!

- an effort to curb poor venue attendances

Due to the excessive number of absences during the winter at the various venues, the committee has found it necessary to put the following rules and procedures into operation immediately.

SICKNESS:

No excuse. The venue managers will no longer accept a medical certificate as proof of not being able to run. They believe that if you are able to limp to the doctor, you are able to attend venue competition.

DEATH (your own)

This is no excuse. It simply won't be accepted as an excuse. We should like two week's notice since we feel that it is your duty to train someone else in timekeeping and recording.

DEATH (other than your own)

No excuse. There is nothing that you can do for them so no time off will be allowed for funerals. However, in case this should cause some hardship to some of our members, please note on your behalf the committee has a special scheme. In conjunction with the local councils, arrangements have been made for rush burials to be held between events, to ensure no time is lost from competing.

LEAVE OF ABSENCE FOR AN OPERATION

We wish to discourage any thoughts you may have re. needing an operation, so no excuses will be accepted for hospitalisation. The committee believes that as long as you are a Vets'.club member, you will need all of whatever you already have and should not consider any of it being removed. You were enrolled in trust (or trussed) as a member with all your parts and anything being removed would mean that we would be getting less than we bargained for.

VISITS TO THE TOILET

Far too much time is spent in this practice. It makes the evenings' programs run too late. In future, all sprinters and walkers (that is, the 'novelty event' people) will go in alphabetical order. For example, those with surnames beginning with the letters A to E, will go at 7pm before the program starts; F to J, at 7.30pm, after the sprints, K to O at 7.45pm after the walks, P to T at 8.00pm after the middle distance event and the U to Z's at the close of the evening's program. Note: those of you who are unable to attend at your appropriate time will have to cross your legs and wait until the next week when your turn comes around again.

The distance runners, because they are able to 'keep it up longer', will wait until they go home, thereby not further disrupting the program.

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HOW TO COUNTER THE DOG MENACE

by Vern Gerlach

After reading the article submitted by Mike Powell, headed "Pampered Pets and Tiresome Tykes" in August "Around the Grounds", I feel I may have the answer to help our members.

I, like most of you, have suffered the dog problem.

About 12 months ago, I started carrying a "Riding Crop" when training and believe me, it has worked wonders. Dogs are very clever and they can sense if you are afraid; they run at you, to test you out. Carrying a Riding Crop is no trouble, being a very light weight, it gives the runner great confidence, even to the state of arrogance. A Collie dog that has given me much trouble in the past will not cross the road now when I run past with this whip. I even challenge him and he turns and runs. If a dog runs at you, just wave the whip at him. Believe me, they are real cowards when they see you have the whip in hand.

V.M.C. ROADRUNNERS 150KM RACE

ABERFELDIE TRACK - 10/3/1985

report by Jim Seymon

With the clap of two boards, the Hon. Simmonds sent the 38 runners on their way. With the prospect of a hot day and 150 kilometres to go, (375 laps) this group of ultra distance runners had picked a great way of celebrating Victoria's 150th Year.

Colin Silcock, for the first time in living memory, had arrived in time and did not, as is usual, delay the start.

The team of lapscorers and runners' handlers settled down to a comfortable morning, but by the end of the first hour were all looking for shade. It certainly was going to be a hot day.

Under the watchful eyes of Ray Callaghan, Marg Brown and Dot Browne, the early pace was quite fast with Peter Moore and Geoff Hooke having completed 94 laps by the end of the third hour. Brian Bloomer was one lap behind these two at this stage.

The very light cloud cover did little to protect the runners but it seemed to have no effect on Marg Smith, who covered 75 laps at a consistent 25 laps each hour.

As the day and the race progressed, water and watery foods became big demand items but it was not until the sixth hour that the first runner was forced to retire. Naturally, the pace of all runners slowed as the heat took its toll.

By the end of the twelfth hour, the Springvale venue veteran, Brian Bloomer was well in front with 312 laps completed. Marg Smith had moved into second place with 284 laps, one ahead of Mick Whiteoak. Nine runners had now withdrawn for a variety of reasons.

As the remainder struggled on into the night, Col Browne kept on updating his excellently-designed leader board on the hour. Spectators were coming and going in good numbers and the race had settled down in the cool of the evening air.

Stan Miskin, the running wonder, was suffering painful leg cramps and Cliff Young was receiving regular massage to keep his legs in good shape. Others just struggled on. Survival seemed the main aim for some, while others were still running strongly.

Brian Bloomer finished well in front in the 15th hour (14hr53m20s) and the ever-cheerful super-lady, Marg Smith in second place in 15hr42m50s.

Mick Whiteoak and Cliff Young fought a stirring battle for the other minor place, providing remarkable turns of speed very late in the race to finally see Mick take third in 16hr05m18s. and Cliff next in 16hr9m. Further back in the field, the second lady, Dawn Parris, ran on, very ably supported by her back-up team. She finished in 20hr48m48s. looking none the worse for her marvellous effort.

Morning came and still there were runners on the track, some of whom would not finish the full distance but all determined to see out the 24 hour time limit.

And the officials? Marg Brown was working Col's leader board with one eye closed and Ray Callaghan was still providing lap by lap countdowns for those reaching their final few laps. Of course the few remaining lapscorers were still meticulously recording each lap run by their charges.

Of the 38 starters, 24 were veterans and 13 of these finished the full distance within the time limit with 1 just over. In fact, the first ten places were taken by veteran runners. Perhaps ultra distance running is an 'old man's game'?

Anyway, all I can say is that these runners all thoroughly earned their '150th' medals and in the hardest possible way.