

VICVETS

# NEWS AND RESULTS

# NEWS NEWS



VOL. 7 NO. 4.

FEBRUARY 1994 MAGAZINE.

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FOR INFORMATION ON CLUB ACTIVITIES  
Peter COLTHUP 795 1169 Ph. or Fax

COMMITTEE MEMBERS OF VICTORIAN VETERANS ATHLETIC CLUB INCORPORATED.

1993

|                       |                       |                  |                    |
|-----------------------|-----------------------|------------------|--------------------|
| PRESIDENT.....        | Douglas ORR           | 27 Shawlands Ave | STH BLACKBURN 3130 |
|                       |                       |                  | 878 4875           |
| VICE PRESIDENTS.....  | Ted McCOY             | 24 Blackwood Ave | MENTONE 3194       |
|                       |                       |                  | 583 3280           |
|                       | Robert WATERS         | 5 Bellevue Ct    | MARIBYRNONG 3032   |
|                       |                       |                  | 318 3802           |
| HONORARY SECRETARY... | Peter COLTHUP LM      | 14 Bakers Rd     | NTH DANDENONG 3175 |
|                       |                       |                  | 795 1169           |
| HON. ASS. SECRETARY.  | Dorothy BROWNE OAM LM | 4 Victory St     | MITCHAM 3132       |
|                       |                       |                  | 874 2501           |
| HONORARY TREASURER... | Jeffrey BRIGGS        | 60 Bursaria Ave  | F'TREE GULLY 3156  |
|                       |                       |                  | 758 6328           |
| CLUB CAPTAIN.....     | Eric GREAVES L.M.     | 7 Netherby Ave   | MULGRAVE 3170      |
|                       |                       |                  | 560 2971           |
| CLUB VICE-CAPTAIN.... | Peter McGRATH         | 13 Bales St      | MT WAVERLEY 3149   |
|                       |                       |                  | 807 5656           |
| COMMITTEE MEMBERS.... | Denis BLANDY          | 38 North Ave     | MOORABBIN 3189     |
|                       |                       |                  | 557 4364           |
|                       | Margaret CASSIDY      | 4 Grandview Rd   | PRESTON 3072       |
|                       |                       |                  | 478 3687           |
|                       | Marjorie COLTHUP      | 14 Bakers Rd     | NTH DANDENONG 3175 |
|                       |                       |                  | 795 1169           |
|                       | Royce FOLEY L.M.      | 7 Kinlock Ave    | MURRUMBEENA 3163   |
|                       |                       |                  | 570 4898           |
|                       | Wendy GREAVES         | 7 Netherby Ave   | MULGRAVE 3170      |
|                       |                       |                  | 560 2971           |
|                       | Robert SEERS          | 7 Shirley Ave    | SEAFORD 3198       |
|                       |                       |                  | 786 2169           |
|                       | Kenneth WU            | P.O. BOX 2149    | ST KILDA WEST 3182 |
| HONORARY AUDITOR..... | Keith ROUTLEY         | 6 Mowbray St     | ALBERT PARK 3206   |
|                       |                       |                  | 699 6384           |
| IMM. PAST PRESIDENT.  | Anthony BRADFORD      | 6 Merrett Ave    | WERRIBEE 3030      |
|                       |                       |                  | 749 2248           |

\*\*\*\*\*

VENUES AND MANAGERS

Melway

|                              |    |  |              |          |
|------------------------------|----|--|--------------|----------|
| ABERFELDIE                   | :: | Aberfeldie Park, Corio St, MOONEE PONDS      | Weds         | 28 D6    |
|                              |    | Rob. WATERS (B) 699 7899) 318 3802           |              |          |
| ALTONA                       | :  | Grants Reserve, off Civic Pde, ALTONA        | Sun (Winter) |          |
|                              |    | Ray WILSON 398 2285                          | Tues         | 54 G9    |
| BALLAARAT                    | :  | Llanberris Field, BALLAARAT                  |              |          |
| EAST BURWOOD                 | :  | Burwood East Reserve, Burwood H'way          | Thur.        | 62 C7    |
|                              |    | Doug PETROFF 885 6811 David LANGLEY 807 5297 |              |          |
| CAULFIELD                    | :  | Duncan McKinnon Park, North Rd MURRUMBEENA   | Tues         | 68 K9    |
|                              |    | Leo CHARLES 579 1830                         |              |          |
|                              |    | Royce FOLEY (Field Games) 570 4898           | Sun          |          |
| COBURG                       | :  | H STEVENS Ath Field, Outlook Rd COBURG       | Thur         | 18 A9    |
|                              |    | G BURROWES 3660326 Vonda SAUNDERS 4601267    |              |          |
| COLLINGWOOD                  | :  | George Knott Reserve, Heidleberg Rd          | Tues         | 30 F12   |
|                              |    | Ray HARBERT /Clifton Hill 478 7202           |              |          |
| CROYDON                      | :  | Town Park. off Norton Rd, CROYDON            | Tues         | 50 K5    |
|                              |    | Lavinia PETRIE 059 671915 David SHEEHAN      |              |          |
| FRANKSTON                    | :  | Ballam Park, Bananee Tce, FRANKSTON          | Thur         | 103 B4   |
|                              |    | Bruce MOULTON 580 7914,                      |              |          |
| GEELONG                      | :  | Landy Field, off Barwon Tce, GEELONG         | Weds         | 228 C7   |
|                              |    | Bryan COLE 052 484 747                       |              |          |
| KNOX                         | :  | Knox Park Ath Tk, off Rushdale Rd, SCORESBY  | Weds         | 73 D7    |
|                              |    | CHARLES McRAE 729 1439                       |              |          |
| MENTONE                      | :  | Dolomore Oval, First & Queens St MENTONE     | Weds         | 87 B6    |
|                              |    | Louis WASER 059 412 945                      |              |          |
| SPRINGVALE/NOBLE PARK        | :  | Ross Reserve, Memorial Dve, SPRINGVALE       | Weds         | 80 E12   |
|                              |    | Theresia BAIRD 754 2648                      |              |          |
| TOOTGAROOK                   | :  | Tootgarook Sports Reserve, Truemans Rd       | Weds         | 169 E6   |
|                              |    | /Tootgarook 059 855989                       | Sun          |          |
|                              |    | Alan RADFORD Ken TAYLOR 059 855 989          |              |          |
| AUST. ASSOC.VET.ATH. CLUBS : |    | SECRETARY Dorothy BROWNE O.A.M.              |              | 874 2501 |

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**Victorian Veterans Athletic Club Inc.**  
**Annual General Meeting**  
**Monday 18th April 1994**

Notice is hereby given that the 22nd Annual General Meeting of the Victorian Veterans Athletic Club Inc., will be held at the Duncan McKinnon Park Pavilion, Chr North Road and Murrumbeena Roads, Murrumbeena on Monday the 18th April 1994, commencing at 8:00 pm. ~6/(2)

**Commencing at 8:00 pm.**

1. Confirm Minutes of last preceding AGM (and of any general meeting held since that meeting) ~6/(4)a
2. Presentation and receipt of the Annual report and audited financial statement ~6/(4)b
- Business, between 8:45 - 9:15 pm.**
3. Ballot for the election of the (named) Executive positions and members of the General Committee ~6/(4)c
4. To and receive and consider the statement submitted (by the Association (Club) ) in accordance with Section 30(3) of the act ~6/(4)d
5. Election of Auditor(s) ~6/(4)e
6. Declaration of result of election ballot of (named) Executive positions of the Committee.
7. Declaration of result of election ballot of members of the General Committee.
8. Declaration of result of election of other Executive positions of the Committee.
9. Election of Life Members. ~3/(4)
10. Presentation of special award trophies. (or similar, etc.)
11. Other general business of which notice has been duly given. ~6/(5)

**NOTE:** ~6/(5) etc., Indicates relevant Constitution Clause N<sup>o</sup> ~6/(5)

*Cut here and return to Hon. Secretary* .....

Victorian Veterans Athletic Club Inc  
**Committee Nomination Form - 1994**

~~~~~ Nominations close 8:00 pm 11th April 1994

Nomination for (Insert position as listed below) \*.....

Name of Nominee.....

Signed

.....Proposer

.....Second

Date.....Nominee

\*Insert one of the following ; President / Vice President / Hon. Secretary / Hon. Assist. Secretary / Hon. Treasurer/ Club Captain / Vice Captain / General Committee

# WORLD MASTERS GAMES

Brisbane Australia 1994

## Track and Field (Athletics) Program of Events 26 September - 3 October 1994

### Monday 26 September 1994

- \* Pentathlon 1430-59
- \* 10km Cross Country

### Tuesday 27 September 1994

- \* Pentathlon 460+/WOMEN
- \* 3000 metres track walk
- \* Poles Vault

### Wednesday 28 September 1994

- \* 5000m
- \* High Jump men/women
- \* Hammer - all women & men 60+

### Thursday 29 September 1994

- \* 80/100/110m hurdles
- \* 400m - heats (semi-finals if necessary)
- \* 1500m - heats
- \* Hammer - men 30-59
- \* 5000 metres track walk

### Friday 30 September 1994

- \* 100m - heats
- \* 800m - heats (semi-finals if necessary)
- \* 1500m - finals
- \* Discus
- \* Long jump - men/women

For more information contact the World Masters Games Athletics Liaison Officer on +61 7 405 0955 or write to World Masters Games, Locked Bag 1994, GPO Brisbane, Queensland 4001 Australia.

WORLD MASTERS GAMES



Please note: Walks are competition race walks not power walking

World Veteran Games to be held in BUFFALO - NEW YORK, 13th to 23rd July 1995.

Accommodation has been arranged at the "State University" Buffalo. Twin share & 3 meals approx. A\$41.00 per person per night. Single, twin, 3, 4 & 6 person rooms can be arranged. Air Fare and transfers to "Buffalo" approx. A\$1800.00 return. Round world fare (incorporating the World Games) approx. A\$2350

2 tracks 10 minute walk from university accommodation.

Tick your interest & return to me.

- Normal Return Trip Name.....
- Round World Trip Address.....
- Number of Persons.....

**COLLIN COOPER - TRAVEL AND TOUR DIRECTOR (A.A.V.A.C.)**  
3/195 FISHER STREET, MALVERN, S.A. 5061  
\* PH (08)272.0992 \*FAX (08) 267 2770

## AUSTRALIAN VETERANS MARATHON CHAMPIONSHIPS

*incorporated with the*

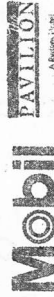
### Mobil Canberra Marathon

Sunday 10 April 1994

The ACT Cross Country Club invites all veteran athletes to participate in the 1994 Australian Veteran Marathon Championships

For entry forms and full details, send stamped address envelope to:

ACT Cross Country Club, GPO Box 352, Canberra ACT 2601.



|   |                                                      |                                  |         |
|---|------------------------------------------------------|----------------------------------|---------|
| X | XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX | VETERAN CLOTHING                 |         |
| X | X                                                    | X Big "V" Windcheaters           | \$22.00 |
| X | X                                                    | X Big "V" T Shirts               | \$10.00 |
| X | X                                                    | X Big "V" T Shirts Long          | \$15.00 |
| X | X                                                    | X Sleeves                        | \$10.00 |
| X | X                                                    | X Blue Shorts for Ladies and Men | \$10.00 |
| X | X                                                    | X Ladies Club Blouses            | \$10.00 |
| X | X                                                    | X Cotton                         | \$12.50 |
| X | X                                                    | X Mesh                           | \$15.00 |
| X | X                                                    | X New Mens Singlets              | \$2.00  |
| X | X                                                    | X Postage per item               |         |
| X | XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX |                                  |         |
| X | X                                                    | X All items available from       |         |
| X | X                                                    | X Peter CLOTHUP, Club Sec.       |         |
| X | XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX |                                  |         |

**VALE MURRAY BROWN AND GRACE MCDONALD.**

During the last couple of weeks we have lost two long time respected members. On behalf of the President, committee and members of the Victorian Veterans Athletic Club Inc. I would like to extend our heartfelt sympathy to the families and friends. Murray BROWN and Grace MCDONALD were both walkers and regular competitors and will be sadly missed.



## THE AUSTRALIAN ASSOCIATION OF VETERANS' ATHLETIC CLUBS LIMITED

### CALENDAR OF VETERANS' ATHLETIC CLUBS EVENTS AROUND AUSTRALIA 1994

- 1994**
- Jan 7-17 14th Thredbo National Running Week, Programs available from honorary organiser, Brian Lenton; P.O. Box 5, Duffy, ACT 2611 (send SSAE). Accommodation: Thredbo Accommodation Services, P.O. Box 117, Thredbo, NSW or Ph (008 801 982). Enquire about the special NRW prices on self-contained apartments.
- Jan 30-Feb 6 Norfolk Island Veterans' Games, Contact: Ian Anderson, President Athletics Norfolk Island, P.O. Box 158, Norfolk Island, 2899, Ph. 22115(w) . 22879 (H) or Fax 23106. Closing date for entries is January 1st.
- Feb 6 Tasmanian Vets. State Pentathlon Championships, Penguin Athletic Centre, Contact: Peter Lyden (Sec) GPO Box 890, Hobart or Ph. 388632 (W) or 294263 (H)
- Feb 26 Victorian Vets. 10km Championships at Aberfeldie track, Contact Peter Colthup (03)795 1169
- To Mar 26 Victorian Vets. Pentathlon Championship at Box Hill Reserve  
Contact Clyde Riddoch 754 8241 (H) 204 7085 (W)
- Mar 5 NSW Vets. Pentathlon Championship (1.15pm start) & 10Km Track Championship (6pm start), Hepsley Athletic Field
- Mar 6 NSW Vets. 10Km Walk Championship, 10.00am start for all men & women at Heffron Park, Matraville. Entry forms: Jean & Kerry Thew, 46 Olympian Parade, Leura 2781, ph. (047) 84 1761
- Mar 9 West. Aust Steeplechase Championship, McGillivray Oval, 6pm, contact Bob Fergie, (09) 447 6898.
- Mar 11 S.A. Veterans Club Championships Day 1, at Olympic Sports Field, contact Marcie Sheer, (Hon. Sec), 3 Cassab Street, Holden Hill 5088 SA. Ph. (08) 263 3396
- Mar 12/13 Tasmanian Vets. State Track & Field Championships, Domain Athletic Centre, 11.00am start. Contact: Peter Lyden (Sec) G.P.O. Box 890, Hobart or Phone 388632 (W) or 294263 (H)
- Mar 13 West. Aust Vets. State Track & Field Championships, Bob Fergie (09) 447 6898
- Mar 18 S.A. Veterans' Club Championships Day 2, at Olympic Sports Field, contact Marcie Sheer, (Hon. Sec), 3 Cassab Street, Holden Hill 5088 SA, Ph. (08) 263 3396.
- Mar 19/20 Victorian Vets. Track & Field Championships, Aberfeldie Track, contact Peter Colthup, (03)795 1169
- Mar 19/20 West Australia Vets. State Track & Field Champs, Bob Fergie (09) 447 6898

Mar 19/20 NSW Vets. State Championships, 9.30am start, at International Athletic Centre, Homebush, First event \$8.00, additional events @ \$4, Annual-Sub. \$20.00. Entries to The Registrar, NSWVAC, 10 St Martins Field, 17-19 Sinclair Avenue, Blacktown 2148. Entries close 4th February. No late entries!  
Victorian Vets. Pentathlon Championships - Box Hill  
Victorian Vets. Weight Pentathlon Championship (& Heavy Weight Comp.) at Duncan McKinnon Reserve, Caulfield, contact Morrie James, 570 6958 (H) or 429 1840 (W)

April 1-4 Australian Veterans' Track & Field Champs in Homebush, Sydney. Entries to: Fred O'Connor, 5 Roma Street, North Epping 2121 NSW or write to: Kerry & Jean Thew, 46 Olympian Parade, Leura 2780 or Ph. (047) 84 1761 or contact your state secretary for entry form Closing date Friday 18th February, 1993.

April 10 Australian Veterans' Marathon Championship, Canberra. (Contact: Dave Cundy, Race Director, ACT Cross Country Club, GPO Box 252, Canberra 2601 ACT (06)231 8422) - SSAE for entry form.

Apr. 15-17 Third Tasmanian Masters Games, North-west Coast. (Devonport to Burnie - various venues). Open to interstate & overseas participants. Further information and/or registration form Ph. (008) 806846 or (004)346250 or write to: The 3rd Tasmanian Masters Games, 1st Floor, Reece House, 46 Mount Street, Burnie 7320

April 24 Victorian Vets. Road Walks Championship, venue to be advised.

May 1 Victorian Half Marathon Championship, Bungaree, (near Ballarat) Write to: Peter Colthup, 14 Bakers Road, North Dandenong 3175, Ph. (03)795 1169

May 22 Queensland Vets. Marathon Championship (in conjunction with the Brisbane marathon)

May 29 South Aust. Vets. Half Marathon Championship held in conjunction with ASA & Barossa Half Marathon at Barossa Fitness Centre.

May 22 Victorian 10km C. Country Championship, Yarra Bend, Collingwood, ( Peter Colthup)

June 18 South Aust. Vets. State 10km Road Championship, 2pm, Camira Ave, Regency Park

June 26 Victorian Vets. Winter Track & Field Championships at Duncan McKinnon Reserve, Caulfield, ( Peter Colthup)

Jun ACT Veterans Half Marathon at Weston Park. Contact Geoff Moore (06)2544753

July 3 South Aust. Vets. 4/8km Cross Country Champs. in conjunction with ASA at CBC Oval.

July 1-9 Oceania Veteran Athletics Regional Championships in Fiji Write to Collin Cooper, Travel & Tour Director (AAVAC), 3/195 Fisher Street, Malvern 5061 S.A. University & Travel Lodge accommodation available for single, twin or triple. plus a special 3 day post-stop-over package at the Shangri-La's Fijian Resort can be arranged for 50 people (July 10,11,12 incl)

July 24 South Aust. Vets. 6/12km Cross Country Championship in conjunction with ASA. (at Carisbrooke?)

July NSW Winter Track & Field Championships, The Crest Oval, McLean St, Bankstown \$2 entry, Contact Alf Laker. (02) 625 289



# AUSTRALIAN VETERAN ATHLETIC CHAMPIONSHIPS - 1994

## SYDNEY - INTERNATIONAL ATHLETIC CENTRE HOMEBUSH - SITE OF OLYMPICS 2000

### EASTER 1994 - 1ST APRIL to 4TH APRIL

# ENTRY FORM

SEND ENTRY FORM TO:

Mr Fred O'Connor  
5 Roma Street  
North Epping NSW 2121

Make Cheques/Money Order  
payable to NSW Veterans Athletic Club  
All fees must be included with this form.

Surname \_\_\_\_\_ Given Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Telephone (Home) \_\_\_\_\_

(Business) \_\_\_\_\_

Emergency Contact Name and Number if available \_\_\_\_\_

Sex  Male  Female Date of Birth \_\_\_\_\_

Age Group \_\_\_\_\_

State or Country of Registration \_\_\_\_\_

**INDEMNITY CLAUSE:** I agree to compete with a spirit of fair play and abide by the judges' decisions. In consideration of acceptance of my entry, I hereby waive all and any claims, right, or course of action which I might be entitled to have against the Games' managers, personnel or organisers and other competitors liable for any damage in respect of any matter whatsoever arising out of or incidental to the events/functions being held as part of or in conjunction with the Australian Veterans Athletics Championships

Signature \_\_\_\_\_

Date \_\_\_\_\_

**It is important that you include your recent best or estimated performance for events you wish to enter - to be used for grading purposes.**

EVENTS (Place a cross in appropriate box)

EVENT CODE (Place performance in appropriate box)

|                                  |    |  |
|----------------------------------|----|--|
| 80m Hurdles W40+ M70+            | 8H |  |
| 100m Hurdles W30-39 M60-69       | 0H |  |
| 110m Hurdles M30-59              | 1H |  |
| 300m Hurdles W50+ M60-69         | 3H |  |
| 400m Hurdles W30-49 M30-59       | 4H |  |
| 100m Sprint                      | 1  |  |
| 200m Sprint                      | 2  |  |
| 800m Run                         | 8  |  |
| 1500m Run                        | 15 |  |
| 5000m Run                        | 5  |  |
| 10 000m Track Run                | 10 |  |
| 10km Cross Country Run           | CC |  |
| 2000m Steeple Run M60+ All Women | 2S |  |
| 3000m Steeple Run M30-59         | 3S |  |
| 5000m Track Walk                 | 5W |  |
| 10km Road Walk All Women M60+    | 1W |  |
| 20km Road Walk M30-59 M60+       | 2W |  |
| Discus Throw                     | DT |  |
| Hammer Throw                     | Ht |  |
| High Jump                        | HJ |  |
| Javelin Throw                    | JT |  |
| Long Jump                        | LJ |  |
| Pentathlon                       | P  |  |
| Pole Vault                       | PV |  |
| Shot Put                         | SP |  |

Size  S  M  L  XL T-Shirt

**FEES**

Registration (Member) \$16.00  
Registration (Non-member) \$50.00  
Events @ \$4 \_\_\_\_\_  
T-Shirts @ \$12 each \_\_\_\_\_  
Dinner Dance Tickets @ \$25 ea \$ \_\_\_\_\_  
**TOTAL** \$ \_\_\_\_\_

**NOTE:** For Entry Confirmation enclose a stamped self-addressed envelope to receive confirmation when your Entry Form has been processed.

**Reminder:** Arrange and confirm your own accommodation.

**CLOSING DATE FOR ENTRIES IS  
FRIDAY 18th FEBRUARY 1994  
(No late entries accepted)**

400m Sprint  4

July 30/31 2nd WAVA Road Racing Championships, City of Scarborough, Toronto, Canada. There will be 3 official WAVA events - 10km, 25km and a 20km Road Walk.

Aug Tasmanian Cross Country Titles & Championships 12 noon at Hobart, Contact Peter Lyden (002) 29 4263.

Aug Victorian Vets. 10 Mile Road Championship, Princes Park, Carlton, ( Peter Colthup (03)795 1169

Aug Queensland Road Walks Championships, Men 20km, Women 10km, 7.30am Pinkenba (in conjunction with the QAA Champs) Contact Judy Cooper: (07) 3412251

Aug 14 Victorian Winter Weight Pentathlon at Duncan McKinnon Reserve, Murrumbidgee, Contact: Morrie James, 570 6958 (H) or 429 1840 (W)

Aug ACT Veterans Athletics Cross Country, at Fadden Pines. (Geoff Moore (06)2544753)

Aug 28 Victorian Vets. 25km Road Championship, You Yangs Reserve, Little River ( Peter Colthup )

Aug Queensland Cross Country Championships - 10km, 8am Ashgrove Sports Ground. Contact Judy Cooper: (07) 341 2251

Aug 28 South Aust Vets. Marathon Championship (Adelaide Festival City Marathon) in conjunction with ASA and SARRC

Sept 18 Victorian 10km Road Championship, Devil Bend Reserve, Moorooduc ( Peter Colthup)

Sept 26 - Oct 8 World Masters' Games, Locked Bag 1994, GPO Brisbane, Queensland 4001. These now have 110m hurdles, 10 Road Walk, 10km C.Country and 1/2 Marathon

Oct 15-23 5th Honda Masters Games in Alice Springs, Contact John Dermody, organiser on (089) 51 5329.

Oct Maryborough Masters Games, Q'ld. Contact D.Hauser (071)237710

Oct 2 Victorian Veterans Marathon Championship, Port Melbourne ( Peter Colthup) (to be confirmed)

1995 11th World Veterans' Championships to be held in Buffalo, USA.

IF YOU ARE UNFINANCIAL FOR 1994.

\*\*\*\*\*  
\* Your subscription of \$16.00 single, \$28.00 double \*\*\*\*\*  
\* was due on 1st Jan. '94. The Club would appreciate \*\*\*\*\*  
\* your becoming financial again as soon as possible. \*\*\*\*\*  
\* Peter COLTHUP Hon. Sec. \*\*\*\*\*  
\* 14 Bakers Rd, \*\*\*\*\*  
\* Nth Dandenong 3175. \*\*\*\*\*  
\* Herewith subscription of \$16.00 single \*\*\*\*\*  
\* \$28.00 double \*\*\*\*\*  
\* Name.....Vet...No..... \*\*\*\*\*  
\* Address (IF ALTERED)..... \*\*\*\*\*  
\* ..... \*\*\*\*\*  
\* ..... \*\*\*\*\*  
\* ..... \*\*\*\*\*

(No late entries accepted)  
4  
400m Sprint

### MEN'S SPRINT HURDLES

Contrary to the note in the last NEWS & RESULTS (August & November 1993 edition), men's sprint hurdle specifications in our Victorian Championships will not revert back to the W.A.V.A. specifications. However, W.A.V.A. specifications will be used at future Australian Championships, including Sydney this year.

It's all very confusing, so for EVERYONE'S information here are the modified W.A.V.A. specifications which will be used in future Victorian Championships:

9yd 10in

| Age Group  | Race Dist. (m) | No. of Hrdls | Hurdle Height (cm) | Dist. to 1st Hurdle (m) | Dist. Between Hurdles (m) | Dist. to Finish (m) | Equiv. Athletics Australia Event |
|------------|----------------|--------------|--------------------|-------------------------|---------------------------|---------------------|----------------------------------|
| M30 to M40 | 110            | 10           | 99.1               | 13.72                   | 9.14                      | 14.02               | U19 Men                          |
| M45 & M50  | 100            | 10           | 91.4               | 13                      | 8.5                       | 10.5                | U16 Men                          |
| M55 & M60  | 90             | 9            | 84                 | 13                      | 8                         | 13                  | U16 Women                        |
| M65+       | 80             | 9            | 76.2               | 12                      | 7                         | 12                  | U13 Men                          |

10 36" 42'8" 27'10"  
13m

Fred Cron has advised that the Box Hill track is available from 1pm Saturday, 26th March for our Pentathlon Championships.

#### VICTORIAN VETERANS ATHLETIC CLUB INC.

#### HEAVY WEIGHT & WEIGHT PENTATHLON 1994 SUMMER CHAMPIONSHIPS

DUNCAN MCKINNON RESERVE - MURRUMBEENA - MELWAY 69 A9

COMPETITION SUNDAY MARCH 27 1994

HEAVY WEIGHT 10-25AM - WEIGHT PENTATHLON 12-55PM

ENTRY FORM - PLEASE SEND THIS PART TO RAY CALLAGHAN  
6 YVONNE AVENUE CROYDON SOUTH 3136 [ TEL 725 5376 ]

SURNAME.....FIRST NAME.....  
 CLUB #.....E/M.....  
 ADDRESS.....  
 .....POST CODE..... DATE OF BIRTH.....  
 ENTRY FEE \$ 4-00 EACH EVENT - PLEASE CIRCLE.....  
 HEAVY WEIGHT.....WEIGHT PENTATHLON.....  
 CHEQUES PAYABLE TO VICTORIAN ATHLETIC CLUB INC.  
 CLOSING DATE MARCH 16TH 1994

RASENKRAFTSPORT - KEY DATES

- 30/01/1994 - 12-55PM "WEIGHTARAMA" - THEN COACHING [MENTONE]
- 27/02/1994 - 12-55PM "HAMMERFEST" - THEN COACHING [MENTONE]
- 26/03/1994 - AUSTRALIAN CHAMPIONSHIPS [DOLAMORE OV. MENTONE]
  - 11-30/12-30PM WEIGH-IN WOMENS/MENS ALL GROUPS
  - 1-00PM COMPETITION WOMENS/MENS ALL GROUPS
  - 2-45PM HAMMER COMPETITION WOM/MENS OPEN/JUNIOR
  - 4-15PM PRESENTATION OF TROPHIES/MEDALS/CERTIF.
- 24/04/1994 - AUSTRALIAN VETERAN CHAMPIONSHIPS [MENTONE]
  - 11-30/12-30PM WEIGH-IN WOMENS / MENS GROUPS
  - 1-00PM COMPETITION WOMENS / MENS GROUPS
  - 2-45PM HAMMER COMPETITION OPEN AGE
  - 4-15PM PRESENTATION OF TROPHIES/MEDALS/CERTIF.
- 29/05/1994 - 12-55PM "HAMMERFEST" - THEN COACHING [MENTONE]
- 26/06/1994 - 12-55PM "WEIGHTARAMA" - THEN COACHING [MENTONE]

MORRIE JAMES - 34 PASADENA CRESCENT BENTLEIGH EAST 3165  
 TEL HOME 03 570 6958 - WORK 03 4291840

V.V.A.C.I. AMENDED PROPOSED FIXTURE 1994 NO. 4.

|                |               |                                   |
|----------------|---------------|-----------------------------------|
| 26TH FEBRUARY  | ABERFELDIE    | 10 KM TRACK C'SHIPS               |
| * 26TH MARCH   | BOX HILL      | PENTATHLON C'SHIPS                |
| 19TH "         | ABERFELDIE    | TRACK AND FIELD C'SHIPS           |
| 20TH "         | "             | " " " "                           |
| 27TH "         | CAULFIELD     | HEAVY WEIGHT 10.25 AM             |
| 27TH "         | "             | SUMMER WEIGHT PENTATHLON 12.55 PM |
| 24TH APRIL     | TO BE ADVISED | ROAD WALK C'SHIPS                 |
| 1ST MAY        | **BUNGAREE    | HALF MARATHON C'SHIPS             |
| 22ND MAY       | **COLLINGWOOD | 10 KM CROSS COUNTRY C'SHIPS       |
| 26TH JUNE      | CAULFIELD     | WINTER C'SHIPS                    |
| 23RD JULY      | **KEILOR      | ATH. VIC. 8KM C.C.                |
| 14TH AUGUST    | CAULFIELD     | WINTER WEIGHT PENTATHLON          |
| 14TH "         | **CARLTON     | 10 MILE C'SHIPS                   |
| 28TH AUGUST    | YOU YANGS     | 25 KM C'SHIPS                     |
| 18TH SEPTEMBER | DEVIL BEND    | 10 KM ROAD C'SHIPS                |
| 2ND OCTOBER    | TO BE ADVISED | MARATHON C'SHIPS                  |

\*\* COMBINED EVENTS - : 1/2 MARATHON WITH BALLARAT HARRIERS  
 C.C. & 10 MILE WITH V.C.C.L.

\*\* THIS EVENT IS AN EXHIBITION RACE BEING HELD IN CONJUNCTION  
 WITH AUST. SCHOOLS C.C. C'SHIP. YOU DO NOT HAVE TO BE A  
 MEMBER OF ATH. VIC. TO COMPETE IN THIS RUN

FOR INFORMATION REGARDING FIELD GAMES EVENTS CONTACT :-  
 MORRIE JAMES 570 6958.

PLEASE CHECK ALL ABOVE DATES BEFORE COMPETING. ED.

\*\*\*\*\*

MONTHLY WALKS      MONTHLY WALKS      MONTHLY WALKS      MONTHLY WALKS

AT THE MENTONE ATHLETIC CLUB ON THE FOURTH SUNDAY IN EACH MONTH A  
 WALK OVER 10 KM WILL BE HELD STARTING ON SUNDAY 30/1/94 AT 8.30 AM.  
 THEY WILL BE HELD ON THE ROAD AND THE ROOMS WILL BE OPEN FOR A  
 SHOWER AND A CUPPA ETC. THE COST WILL BE \$1.00 AND VETERANS AND  
 THEIR FRIENDS WILL ALL BE WELCOME.

FOR FURTHER INFORMATION RING JOHN BECK 583 0934.

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05 JANUARY 1994

# URGENT UPDATE

for

## OCEANIA VETERAN GAMES PARTICIPANTS

**DEADLINES FOR DEPOSITS** - QANTAS ADVISE AS THE GROUP WILL BE TRAVELLING IN PEAK PERIOD \*\*\* (SCHOOL HOLIDAYS) \*\*\* SEATS WILL NOT BE HELD WITHOUT DEPOSIT - ALL SEATS NOT DEPOSITED BY 30 JANUARY 1994 WILL BE CANCELLED AND LATE REQUESTS WILL BE ON SUBJECT TO AVAILABILITY BASIS ONLY.

PLEASE DO NOT WAIT TO THE LAST MINUTE OR YOU WILL RISK BEING UNABLE TO SECURE FLIGHTS OR ACCOMMODATION DURING THIS VERY BUSY PERIOD.

**SAD NEWS FOR MELBOURNE PARTICIPANTS** - QANTAS HAVE ADVISED OF AN INCREASE IN AIFARES FOR THE PEAK SEASON 1994 - COSTS UNFORTUNATELY WILL INCREASE BY \$52.00 PER PERSON.

ALL AIRFARES/LAND ARRANGEMENTS ARE SUBJECT TO INCREASE AND CURRENCY FLUCTUATIONS.

### **TRAVEL INSURANCE - USING QBE STANDARD POLICY -**

GROUP RATES PER PERSON FOR MAXIMUM DURATION OF 13 DAYS - \$70.00

DUE TO THE AIRLINES AND OPERATORS REQUESTING EARLY NON REFUNDABLE DEPOSITS IT IS STRONGLY RECOMMENDED TO TAKE THE ABOVE TRAVEL INSURANCE. PAYMENT SHOULD BE SENT WITH YOUR DEPOSIT.

**REMEMBER ALL DEPOSITS ARE TO BE FORWARDED TO**

COLLIN COOPER, 3/195 FISHER STREET, MALVERN, S.A. 5061,  
AND PAYABLE TO "OCEANIA VETERAN GAMES TRUST FUND".

I WISH YOU ALL THE VERY BEST IN THE NEW YEAR AND LOOK FORWARD TO YOUR CONTINUED SUPPORT IN OUR ATTEMPT TO OFFER YOU THE BEST POSSIBLE TRAVEL ARRANGEMENTS TO THIS AND ALL FUTURE TOURS.

*Collin*

VICTORIAN VETERANS ATHLETIC CLUB INC

1994 SUMMER COMPETITION DETAILS

| DATE      | EVENT          | START TIME | VENUE      | MELWAY MAP REF. | CLOSING DATE |
|-----------|----------------|------------|------------|-----------------|--------------|
| 26th Feb  | 10km Track     | 6.00pm     | Aberfeldie | (28.d6)         | Wed 23rd Feb |
| 1st Mar   | Pentathlon     | 1.00pm     | Caulfield  | (69.a9)         | Wed 2nd Mar  |
| 19/20 Mar | Track & Field  | 11.00am    | Aberfeldie | (28.d6)         | Wed 9th Mar  |
| 27th Mar  | Heavy Wt Throw | 10.25am    | Caulfield  | (69.a9)         | Wed 16th Mar |
| 27th Mar  | Wt. Pentathlon | 12.55pm    | Caulfield  | (69.a9)         | Wed 16th Mar |

Timetable for 10kms :- 6.00pm M45/60 7.00pm All Women & M65+  
8.00pm M30/35/50 9.00pm M40/55

Provisional Timetable for Track & Field :-

| Saturday 19th March               | Sunday 20th March             |
|-----------------------------------|-------------------------------|
| 12.00 Sprint Hurdles              | 12.00 3/400m Hurdles          |
| 12.30 100m Sprints                | 12.30 3km Walk - Men          |
| 1.30 1500m Runs                   | 1.00 800m Runs                |
| 2.15 100m finals (if req.)        | 1.45 1500m Walk - Women       |
| 2.15 5km Walk - Men under 75      | 2.00 200m Sprints             |
| 2.45 400m Sprints                 | 2.45 5km Runs (4 Divisions ?) |
| 4.00 5km Walk - Women and M75+    | 3.45 200m Finals (if req)     |
| 4.30 2km Steeple - Women and M60+ |                               |
| 4.45 3km Steeple - Men under 60   |                               |

| Saturday               | Sunday                  |
|------------------------|-------------------------|
| 12.00 All Ages         | None                    |
| None                   | 12.00 All Ages          |
| 1.00 All Ages          | None                    |
| None                   | 1.00 All Ages           |
| 1.00 All except M30-49 | M30-49 (after 1.00)     |
| 11.00 M30-49           | 11.00 All except M30-49 |
| 12.00 All Ages         | None                    |
| None                   | 11.00 All Ages          |

CONDITIONS OF ENTRY

1. You must be a financial member of the club.
2. Club uniform must be worn.
3. Please supply your own lapscorer for events 3km and longer.
4. Timetables are only a guide-Events can start upto 15mins earlier than indicated.
5. Please report to the start of your event at least 30 minutes before the official start time.
6. Please provide your most recent best performance or an estimate, for each event you enter. These will be used to arrange fairer seedings and gradings.

NOTE - If you wish to send entries at the various closing dates, fill in the official form for the first entry. Then for any subsequent entries just send a note with you club number and name and the additional entry and fee to -  
Ray Callaghan, 6 Yvonne Ave, Sth Croydon, 3136.

VICTORIAN VETERANS ATHLETIC CLUB INC  
ENTRY FORM

(Send this form to Ray Callaghan, 6 Yvonne Ave, Sth Croydon, 3136)

CLUB NUMBER (The one ironed onto your club vest) \_\_\_\_\_

SURNAME \_\_\_\_\_ CALL NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

POST CODE \_\_\_\_\_ SEX \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ TEL. \_\_\_\_\_

ENTRY FEES - TO BE ENCLOSED WITH THIS ENTRY.

10km Run @ \$5.00 \_\_\_\_\_  
Track & Field @ \$3.00 per event \_\_\_\_\_  
Pentathlon @ \$4.00 \_\_\_\_\_  
Weight Throw @ \$4.00 \_\_\_\_\_  
Wt. Pentathlon @ \$4.00 \_\_\_\_\_

TOTAL ENCLOSED \_\_\_\_\_

(Please make cheques payable to Victorian Veterans Athletic Club.)

| EVENT | BEST<br>PERF. | AGE ON<br>DAY | EVENT | BEST<br>PERF. | AGE ON<br>DAY |
|-------|---------------|---------------|-------|---------------|---------------|
| 1     |               |               | 9     |               |               |
| 2     |               |               | 10    |               |               |
| 3     |               |               | 11    |               |               |
| 4     |               |               | 12    |               |               |
| 5     |               |               | 13    |               |               |
| 6     |               |               | 14    |               |               |
| 7     |               |               | 15    |               |               |
| 8     |               |               | 16    |               |               |

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