

*Keep this night free!  
It's Saturday night this year!*

# VIC VETS. ANNUAL DINNER DANCE

12 NOVEMBER, 1994

## HAWTHORN RECEPTIONS

555 Glenferrie Road, Hawthorn  
(near the corner of Riversdale Rd)

7pm for sherries and savouries

3 course meal

Dancing until midnight!

BYO drinks

Organise a few tables  
from your venue and help  
us to make it a great night!

Ticket price to be advised.  
Wendy Greaves 560 2971  
Pat Carroll 369 2312



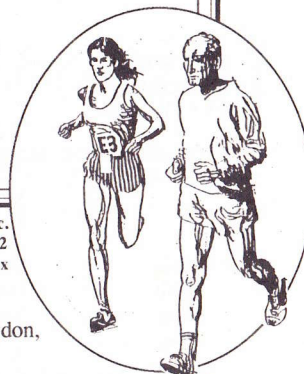
Please send all material for inclusion in this magazine to:  
Dot Browne (Hon Sec) VVACI  
4 Victory Street Mitcham 3132  
or by fax (03) 873 3223

We gladly accept work typed on computer disk, Mac or IBM,  
preferably saved in text format. You get your disk back!  
Thanks, we need your contributions to keep this going.

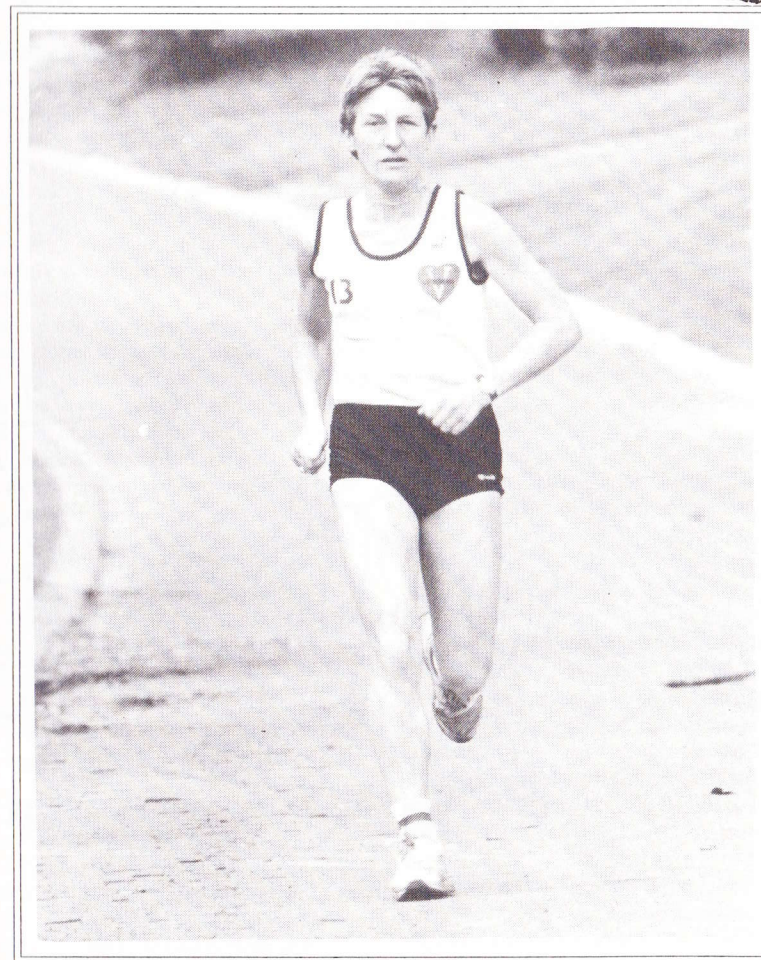
# Vic Vets

NEWS AND RESULTS

Published by: The Victorian Veterans' Athletic Club Inc.  
Dot Browne (Hon Sec) 4 Victory St. Mitcham Vic 3132  
(03) 874 2501 phone (03) 873 3223 fax



Lavinia Petrie, venue manager with David Sheehan at Croydon,  
W50, but still a recordbreaker in open company.



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# Editorial

"Under New Management". Yes, there's a sign on the window of News and Results that indicates that Peter Colthup has given over publication of this Vic Vets magazine to a new panel of editors. They are Dot and Colin Browne and Rob Waters. We appreciate the many interesting issues that Peter has edited over the years and hope that we can take up the reins now from where he left off. We hope to press on strongly as Peter enjoys at least some lightening of the load.

We have a few ideas of our own, and in this issue, you will notice some of them take shape. For example, we will offer space for letters to the Editor, a chance for you to raise issues or comment on what it is that you like or dislike about the Vets. We hope that you will submit write-ups of interesting events that you have been in, and points of view about the Vets' scene from different angles - newcomers or old stagers, it doesn't matter. I'm sure people love to hear the way someone else experiences it.

We plan to keep you informed about the things that your committee is occupied with and decisions they make on your behalf. We would be interested in reports of fun events or social occasions enjoyed by Vets in company, and we would like to publish open invitations to such events if you wish.

Hopefully, the magazine will bring together Vets in networks beyond the formal venue and championship structure. For example, if you have a training group that meets through the day and would welcome other Vets to your group, please let us know and we will publish the time, place and

contact person. I am sure that there are lots of people out there, free during the day, who would love to make contact with a group who run or walk or throw, in their area. When we had some exposure on Channel 10 last year in Golden Oldies I had dozens of calls from people who would love to walk or jog through the day but need the support of someone else for company or reassurance. I know of some groups that do meet but I would like to know of more. Many of the people I am referring to do not fancy coming out at night at this stage. They are a bit nervous, but they would love to get fit. We should reach out to them and make it possible. We do very little for our country members. Maybe some daytime groups could be possible in country areas if people only knew where the closest Vets live. I can tell you because I have the mailing lists. So try me, Colin Browne (03) 874 2501, and see how we go. This magazine could make the contact if you use it to place suggestions of times and places to run.

There are several major championship carnivals in the offing, and many of us have a big load of responsibility coming on to our shoulders. We would be grateful for support. These carnivals are a great opportunity for Vets to participate. Oceania in Fiji is very soon. The World Masters Games is in Brisbane in October, and our Queensland Vets are hosting the athletics. The Vic Vets have been asked to host the athletics arm of the Australian Masters Games in Melbourne next October, an event they say will be bigger than the 1956 Olympic Games. By the way, if you haven't caught up with it yet, next year's Australian Veterans' Championships will not be held in Darwin. They have pulled out. Queensland has been asked to take it on, and they have only two surfaced athletics tracks, Brisbane and Townsville. The Brisbane Broncos play on QEII so it may not be available. With the Masters Games to organize this October it is a lot to ask them. We are still waiting on their decision. Vic Vets have a lot on their plate too with the Masters one year and the nationals soon after. But they are growth opportunities, so let's stick to it and take a pride in a job well done.



"I had a dream ..."

Peter Colthup

## PETER COLTHUP MR. VICTORIAN VETERAN

Peter Colthup, immediate past Secretary of our club has been an active member of the Victorian amateur athletic scene for more than 40 years. Peter commenced his athletic career in the late '40s as a middle and long distance runner with the Glenhuntly Amateur Athletic Club. As time progressed, so did Peter's athletic ability and administrative qualities, and when the VAAA named an Olympic training squad in 1955 to commence training under Franz Stampfl in preparation for the 1956 Melbourne Olympics, Peter Colthup's name appeared on the list as a steeplechaser. (Wow!)

For many years, Peter was a highly ranked Victorian athlete in steeplechase, cross-country and marathon events, and was selected to represent his state as a marathon runner.

Over the years, Peter has proved that his administrative abilities were just what the doctor ordered when it comes to building strength, pride of performance, and success into a club. In the '60s, we saw the Glenhuntly Amateur Athletic Club become one of the most powerful clubs in Australia, winning a great string of track and cross-country premierships, and producing several international, Olympic and Commonwealth Games athletes such as Ron Clarke, Trevor Vincent, Tony Cook, John Coyle, Pat Clohessy, Lawrie Peckham, Don Keane, just to name a few, and Peter Colthup is one man who can take a lot of credit for the rise and development of this famous club.

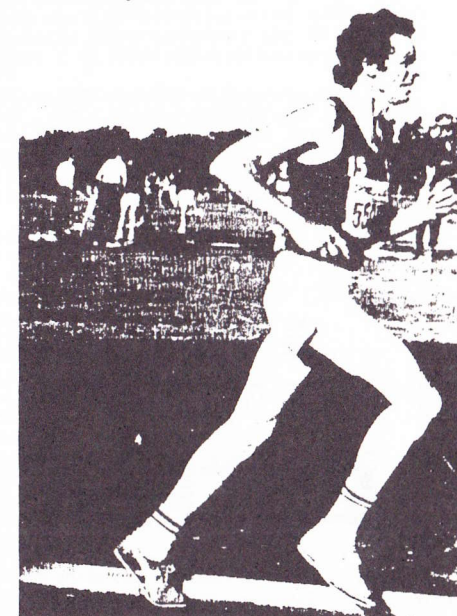
Now, as we move into the 1990s, we find that this same Peter Colthup has in the meantime, been working a few miracles with older athletes as well. He has been the backbone and driving force behind the very strong Victorian Veterans Athletic Club. Peter took over as Secretary of this club around 20 years ago, when the Vets. were just a small group of "over 40" athletes competing on a Tuesday night at the Box Hill AAC track, and fighting for recognition on the Victorian athletic scene. Now, in 1994, we find that our club has a membership in excess of 1300 male and female members competing at 11 city and 3 country venues in this state. "The Vets" also have teams competing in "Open" inter-club track

competition at Knox ( and doing very well, thank you very much!)

Now at the ripe old age of 73, retired from his employment as a carpenter and fence builder, Peter has spent more and more hours a day coping with the needs of such a large club and also took over a room in his home to house all the Vet's papers, historical data, magazines, filing systems, records, uniforms as well as the club's duplicating machine, and equipment and materials required to produce club magazines, newsletters, results' sheets, notices etc., that Peter just liked to produce in his spare time.

This is a small dedication to the inimitable Peter Colthup, with acknowledgement for the endless amount of work and dedication he has put into Veteran Athletics in Victoria and thanks for helping to make us the most successful state in Australia in terms of recruiting older athletes back into the 'getting fit' scene. You've shown 'em how to do it Pete, just by your enthusiasm and dedication and we love you for it.

Thankyou!



Peter Colthup



# LETTERS TO THE EDITOR

Dear Dot,

First of all congratulations on being elected Hon. Secretary of the Vets. You must be very brave to take on such a big job so lots of luck with it. You should do very well.

I'm writing mainly for some support for our walk group at Mentone which has quite of lots of support from Vet walkers already but we hav'nt advertised through the Vets as yet, So here's hoping.

I've enclosed an article I condensed from "Race Walking technique and judging - the final report of the International Athletic Federation research project." By Axel Knicker and Mich. Loch. The authors worked under the supervision of Prof. Peter Brüderer the Institute of Athletics of the German Sport University in

The original paper covers 13 pages including diagrams etc. The two authors participated also in IAAF research projects at the World junior Championships in Athens 1986, The World Championships Rome 1987 and the Seoul Olympiad 1988.

They found that during the International 35km at Laval, France in 1989. The field included international walkers from seven European countries..

All walkers in the event were shown to loose contact with the ground and the judges were way out in knowing if the competitors knees straightened according to the rule of race walking.

As far as I know there has been no testing done by clubs except at Mentone where we have tried to bring some common sense into a great low contact aerobic sport.

So if you can give us some publicity we would be most grateful. Tom Daintry stood up last Saturday and told the group that through all his contacts with walking over his many years of experience, Mentone was the best.. I rest my case.

We meet at Mentone's Dolamore Oval, 2nd Street Mentone each Saturday at 2.p.m race about 2.30.. On the second Saturday of each month we start the race at 2pm with certificate awards for age groups Contact is Frank McGuire 772 2026. Post entries.

Thanking you  
*Frank McGuire*  
Frank McGuire

## 第10回世界ベテランズ陸上競技選手権宮崎大会

### THE 10th WORLD VETERANS' ATHLETIC CHAMPIONSHIPS MIYAZAKI

# 公式記録集 Results

Clyde Riddoch has very kindly typed out the individual results of the Australian contingent in Japan, and put them into context against the medal winners. It was a mammoth job and results in about 24 pages of A4 typing. Rather than fill up our magazine with one thing, we will publish half of it this time and half next time. Thank you Clyde.

# Miyazaki

## RESULTS OF THE 10th WORLD VETERANS ATHLETIC CHAMPIONSHIPS MIYAZAKI JAPAN 7-17 OCTOBER 1993

### M40 100m 1st Round

H2:	3 Stephen Baird	12.77
H6:	1 Doug Pease	11.73
	2 Martin Lynch	12.02
H7:	1 Kevin Atkins	12.32
H14:	1 Barry Davis	11.62
H18:	4 John Stone	12.59
H19:	2 Tony Gallagher	11.68

### 2nd Round

H1:	3 Doug Pease	11.61
H2:	4 Tony Gallagher	11.65
H5:	3 Barry Davis	11.60

### Semi-Finals (w.a.)

SF1:	6 Doug Pease	11.47
SF2:	6 Barry Davis	11.43
	<u>Final</u>	
1	Jose Luiz Zogaib BRA	11.29
2	Joseph Caines GBR	11.35
3	Tom Thompson USA	11.35

### M45 100m

H3:	1 Peter Crombie	11.68
H8:	3 Noel Peters	12.45
SF3:	2 Peter Crombie	11.79
	<u>Final</u>	
1	Kozabu Kaihara JPN	11.54
2	Roland Wolf GER	11.61
3	Peter Crombie AUS	11.62

### M50 100m

H1:	4 Ted Barnard	13.12
H5:	1 Fred Turner	11.98
	2 Graham Clemens	12.07
H6:	1 Roy Fearnall	11.90
H9:	1 B. Kernaghan	12.23
SF2:	3 Graham Clemens	12.18
SF3:	4 B. Kernaghan	12.39
SF4:	1 Roy Fearnall	12.13
	<u>Final</u>	
1	Stephen Robbins USA	11.58
2	Stanley Wald RSA	11.65
3	Noriyoshi Hidaka JPN	11.79
6	Roy Fearnall	11.94

### M55 100m

H1:	1 Reg Austin	12.23
SF4:	1 Reg Austin	12.15
	<u>Final</u>	
1	Reg Austin AUS	11.78
2	R. Tsurumaki JPN	11.80
3	Lawrence Colbert USA	12.14

### M60 100m

H4:	3 Allen Lawson	13.60
H5:	3 Robert Solomon	13.17
H8:	8 Malcolm Pirie	21.17
H11:	3 Kerry Thew	13.62
H14:	2 Jim Liascos	13.89
SF2:	8 Jim Liascos	14.09
SF3:	3 Robert Solomon	13.24

### M60 100m (Cont'd)

SF3:	6 Allen Lawson	14.02
	<u>Final</u>	
1	Charles Williams GBR	12.35
2	Berthold Neumann GER	12.63
3	Cliff McPherson GUY	12.66

### M65 100m

H4:	6 James Whistler	15.39
H8:	2 Lindsay Kent	13.60
	5 Norm Keith	15.79
H9:	2 Fred O'Connor	14.10
SF2:	6 Fred O'Connor	14.18
	<u>Final</u>	
1	Allan Meddings GBR	12.71
2	Jim Law USA	12.78
3	Melvin Larsen USA	13.16

### M70 100m

H1:	2 Mike Johnston	14.63
H3:	1 Bernie Hogan	13.83
H4:	6 Ted Vickers	26.00
H6:	1 Tom Hishon	14.50
SF1:	1 Bernie Hogan	13.75
	3 Mike Johnston	14.47
	4 Tom Hishon	14.53
	<u>Final</u>	
1	Bernie Hogan AUS	13.45
2	Tim Murphy USA	13.52
3	Bruno Sobrero ITA	13.64
8	Mike Johnston	14.31

### M75 100m Final (w.a.)

1	Walter Rennschuh GER	13.99
2	Bill Weinacht USA	13.99
3	G. Marabotti ITA	14.23

### M80 100m

SF2:	6 Vic Younger	18.51
	<u>Final</u>	
1	Yuichi Tateishi JPN	15.33
2	Giichi Suda JPN	15.57
3	Yasaburo Okada JPN	16.17

### M85 100m Final

1	Harry Gathercole AUS	17.28
2	Tokutaro Sano JPN	17.96
3	Kumazo Kashiwada JPN	20.18

### M90 100m Final

1	K. Tsutsumi JPN	26.01
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### M40 200m

H6:	4 John Stone	26.42
H7:	1 Doug Pease	23.73
H8:	6 Stephen Baird	26.28
H10:	1 Tony Gallagher	24.30
H11:	2 Martin Lynch	25.10
H12:	2 Kevin Atkins	24.85
SF1:	2 Doug Pease	23.43

# Miyazaki

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## M40 200m (Cont'd)

SF1: 8 Martin Lynch 24.76  
SF2: 3 Tony Gallagher 23.66  
SF3: 7 Kevin Atkins 24.92

### Final

1 Jose Zogaib BRA 22.60  
2 Alasdair Ross GBR 22.87  
3 Joseph Caines GBR 22.96  
8 Doug Pease 23.70

## M45 200m

H1: 1 Peter Crombie 23.65  
H4: 6 Peter Dunham 27.22  
SF1: 1 Peter Crombie 23.58

### Final

1 Peter Crombie AUS 23.53  
2 Kozabu Kaihara JPN 23.63  
3 Kenneth Brinker USA 23.86

## M50 200m

H4: 2 Roy Fearnall 24.37  
H5: 2 Graham Clemens 24.38  
3 Keith Martin 25.29  
H6: 1 Fred Turner 24.43  
H9: 1 B. Kernaghan 24.54  
SF1: 2 Roy Fearnall 24.45  
3 Graham Clemens 24.66  
7 Keith Martin 25.83  
SF2: 2 Fred Turner 24.44  
SF3: 3 B. Kernaghan 24.59

### Final

1 Stanley Wald RSA 23.52  
2 Stephen Robbins USA 23.75  
3 John Henson GBR 24.12  
5 Fred Turner 24.21  
6 Roy Fearnall 24.22  
7 Barrie Kernaghan 24.50  
8 Graham Clemens 24.55

## M55 200m

H3: 1 Reg Austin 24.36  
SF1: 1 Reg Austin 24.26

### Final

1 Reg Austin AUS 24.04  
2 R. Tsurumaki JPN 24.39  
3 Lawrence Colbert USA 24.52

## M60 200m

H2: 1 Malcolm Pirie 27.01  
H3: 2 Tom Morgan 27.86  
H4: 5 Jim Liascos 29.33  
H7: 3 Robert Solomon 27.07  
H8: 3 Kerry Thew 27.78  
H9: 3 Allen Lawson 28.12  
SF1: 5 Malcolm Pirie 27.57  
SF2: 4 Robert Solomon 27.31  
SF3: 6 Kerry Thew 28.25  
7 Tom Morgan 28.76

## M60 200m Final

1 Ralph Romain TRI 25.37  
2 Charles Williams GBR 25.43  
3 Cliff McPherson GUY 26.45

## M65 200m

H2: 7 James Whistler 32.83  
H3: 8 Norm Keith 32.45  
H4: 2 Fred O'Connor 28.83  
H5: 7 Bob Cartwright 33.52  
H6: 3 Lindsay Kent 28.02  
SF1: 4 Lindsay Kent 28.38  
7 Fred O'Connor 29.84

### Final

1 Jim Law USA 26.05  
2 Allan Meddings GBR 26.39  
3 X. Anton-Bofill ESP 26.84

## M70 200m

SF2: 2 Mike Johnston 29.25  
SF3: 1 Bernie Hogan 28.36  
SF4: 2 Tom Hishon 30.70

### Final

1 Lucas Nel RSA 28.04  
2 Bernie Hogan AUS 28.48  
3 Bruno Sobrero ITA 28.50  
5 Mike Johnston 29.26  
6 Tom Hishon 29.93

## M75 200m Final

1 Walter Rennschuh GER 29.77  
2 Bill Weinacht USA 29.82  
3 Friedrich Muhle GER 30.35

## M80 200m Final

1 Giichi Suda JPN 33.35  
2 Alek. Ernesaks CAN 33.93  
3 Ermo Kulmar EST 34.66

## M85 200m Final

1 Harry Gathercole AUS 35.99  
2 Chin Ho Yeh TPE 37.55  
3 Tokutarō Sano JPN 39.30

## M90 200m Final

1 Paul Spangler USA 1.38.50

## M40 400m

H1: 2 Terry Ryan 53.62  
6 Stephen Baird 60.66  
H2: 2 Kevin Atkins 55.61  
H3: 5 John Stone 58.30  
SF1: 8 Kevin Atkins 56.64  
SF2: 5 Terry Ryan 54.06

### Final

1 Tom Thompson USA 51.47  
2 J. Breytenbach RSA 51.66  
3 Len Claassen RSA 52.42

## M45 400m

H1: 1 Peter Crombie 55.72  
H5: 4 Peter Dunham 60.28

# Miyazaki

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## M45 400m (Cont'd)

H6: 1 John Gordon 56.11  
SF1: 1 Peter Crombie 54.33  
SF2: 4 John Gordon 54.72

### Final

1 Peter Crombie AUS 52.76  
2 R. Zimmermann CAN 53.34  
3 Jairo Duque COL 53.48  
7 John Gordon 55.56

## M50 400m

H2: 2 Walter Groom 57.99  
H4: 2 Keith Martin 56.01  
H5: 1 Fred Turner 56.86  
H6: 1 B. Kernaghan 57.36  
SF1: 2 Fred Turner 53.60  
SF2: 2 B. Kernaghan 55.34  
6 Walter Groom 58.87

### Final

1 Harold Morioka CAN 51.76  
2 Fred Turner AUS 53.66  
3 John Henson GBR 53.76  
5 Barrie Kernaghan 54.90

## M55 400m

H4: 4 John Dwyer 61.15

### Final

1 Lawrence Colbert USA 55.11  
2 Hans Gasper GER 56.46  
3 Gerhardt Hansen DEN 57.06

## M60 400m

H2: 3 Robert Solomon 65.31  
H3: 4 Allen Lawson 65.79  
H4: 1 David Carr 61.62  
SF2: 3 David Carr 59.19

### Final

1 Ralph Romain TRI 54.92  
2 Berthold Neumann GER 56.99  
3 David Carr AUS 59.13

## M65 400m

H1: Norm Keith 73.79  
H5: Allen Tyson 76.89

### Final

1 Wilhelm Selzer GER 59.08  
2 Jim Law USA 59.41  
3 Chuck Sochor USA 60.59

## M70 400m

SF2: 1 Tom Hishon 67.86  
SF3: 1 Mike Johnston 68.52

### Final

1 Lucas Nel RSA 64.16  
2 Mike Johnston AUS 66.32  
3 Tom Hishon AUS 67.25

## M75 400m

SF3: 4 Jack Stevens 84.13

## M75 400m Final

1 Jay Sponseller USA 70.93  
2 F. Fischer BRA 73.33  
3 Hiroaki Emori BRA 76.14

## M80 400m Final

1 A. Ernesaks CAN 79.41  
2 Giichi Suda JPN 82.35  
3 Fred White USA 85.12

## M85 400m Final

1 Masanosuke Aoki JPN 93.46  
2 Takeji Morimoto JPN 100.24  
3 Toshio Kojima JPN 104.87  
5 H. Gathercole 119.41

## M90 400m Final

1 Paul Spangler USA 2.53.26

## M40 800m

H2: 2 Terry Ryan 2.07.01  
H6: 2 John Molloy 2.09.39  
SF2: 2 John Molloy 2.00.69  
SF3: 3 Terry Ryan 2.02.00

### Final

1 Carlos Cabral POR 1.57.25  
2 Ken Popejoy USA 1.57.63  
3 Udo Porcher GER 1.59.81  
4 John Molloy 2.00.02

## M45 800m

SF2: 4 Neil Gray 2.09.08

### Final

1 Ron Mercelina HOL 1.59.19  
2 Leslie Duffy GBR 2.00.67  
3 Heikki Vakkuri FIN 2.01.00

## M50 800m

H1: 2 Keith Wheeler 2.12.66  
H2: 6 G. Tappi 2.31.63  
H4: 1 N. MacDonald 2.15.92  
SF2: 1 Keith Wheeler 2.12.73  
SF3: 1 N. MacDonald 2.07.22

### Final

1 Harold Morioka CAN 2.03.42  
2 Neil MacDonald AUS 2.04.99  
3 Michael Smith GBR 2.06.84  
6 Keith Wheeler 2.11.65

## M55 800m

SF2: 11 A. McEneaney 2.42.06  
SF3: 4 John Dwyer 2.20.04

### Final

1 John Ross GBR 2.11.57  
2 Ken Baker USA 2.11.63  
3 G. Hansen DEN 2.12.98

## M60 800m

H1: 2 O. Millridge 2.28.55  
H2: 1 David Carr 2.28.01  
H3: 5 Ian Anderson 2.44.51  
H5: 3 Patrick Maye 2.33.57

# Miyazaki

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**M60 800m** (Cont'd)  
**H6:** 5 Colin Silcock 3.12.36  
**SF1:** 3 O. Millridge 2.25.37  
**SF2:** 2 David Carr 2.25.45  
Final  
 1 B. Neumann GER 2.14.90  
 2 David Carr AUS 2.15.56  
 3 Earl Fee CAN 2.15.81  
 8 Osmo Millridge 2.31.47

**M65 800m**  
**SF2:** 1 Norm Windred 2.42.50  
 3 John Plummer 2.49.00  
Final  
 1 Norm Windred AUS 2.27.99  
 2 Hein Zethof HOL 2.28.32  
 3 Kazuo Maehara JPN 2.28.47

**M70 800m**  
**SF2:** 3 Jack Stevens 3.23.35  
Final  
 1 Daniel Bulkley USA 2.47.61  
 2 Izo Sato JPN 2.49.76  
 3 Jay Sponseller USA 2.50.38

**M80 800m**  
**SF2:** 5 John Brown 4.20.01  
Final  
 1 D. Takahashi JPN 3.18.62  
 2 Giichi Suda JPN 3.22.50  
 3 Pierre Mascré FRA 3.31.20

**M85 800m** Final  
 1 T. Morimoto JPN 4.01.53  
 2 T. Tanaka BRA 4.30.12  
 3 K. Hasokawa JPN 5.08.83

**M90 800m** Final  
 1 Paul Spangler USA 6.19.65

**M40 1500m**  
**SF1:** 11 A. Beamish 4.41.79  
Final  
 1 Carlos Cabral POR 4.00.60  
 2 Ken Popejoy USA 4.01.42  
 3 Ed Spinney USA 4.01.71

**M45 1500m**  
**SF3:** 1 Neil Gray 4.21.32  
Final  
 1 Ron Mercelina HOL 4.04.47  
 2 Heikki Vakkuri FIN 4.05.14  
 3 N. Shatohin RUS 4.09.21  
 10 Neil Gray 4.24.36

**M50 1500m**  
**SF2:** 2 K. Wheeler 4.29.51  
**SF4:** 1 N. MacDonald 4.36.88  
Final  
 1 Gunnar Gaulen NOR 4.16.79  
 2 Neil MacDonald AUS 4.17.90  
 3 Michael Smith GBR 4.17.97

**M50 1500m** (Cont'd)  
 5 Keith Wheeler 4.22.07

**M55 1500m**  
**SF1:** 15 A. McEneaney 5.51.37  
**SF2:** 9 John Dwyer 5.04.90  
**SF3:** 11 Robert Hayes 5.03.48  
Final  
 1 Stephen James GBR 4.27.53  
 2 A. Hldegalega POR 4.29.83  
 3 G. Shalamanov UKR 4.37.16

**M60 1500m**  
**SF1:** 2 Patrick Maye 5.11.47  
 10 Ian Anderson 5.33.71  
**SF2:** 15 Col Silcock 6.34.38  
Final  
 1 Simon Herlaar HOL 4.42.86  
 2 Earl Fee CAN 4.44.86  
 3 Minoru Oikawa JPN 4.45.50  
 12 Patrick Maye 5.15.08

**M65 1500m**  
**SF1:** 9 B. Campbell 6.13.15  
**SF2:** 7 John Plummer 5.34.88  
 13 G. Riviello 7.40.37  
Final  
 1 Hein Zethof HOL 5.00.15  
 2 K. Horiuchi JPN 5.01.84  
 3 Kazuo Maehara JPN 5.03.57  
 12 John Plummer 5.37.35

**M70 1500m**  
**SF2:** 1 G. McKeown 5.37.77  
 2 John Gilmour 5.39.43  
Final  
 1 Gordon McKeown AUS 5.23.99  
 2 James Todd GBR 5.24.71  
 3 John Gilmour AUS 5.30.02

**M75 1500m**  
 1 Daniel Bulkley USA 6.05.99  
 2 Otto Ludzuweit GER 6.07.05  
 3 Torsten Stale SWE 6.08.54

**M80 1500m**  
 1 D. Takahashi JPN 6.44.59  
 2 L. Aellen SUI 6.51.70  
 3 Tadashi Tau JPN 7.13.42  
 11 John Brown 8.34.96

**M85 1500m**  
 1 T. Morimoto JPN 8.25.49  
 2 Toshio Kojima JPN 8.58.68  
 3 T. Tanaka BRA 9.17.41

**M90 1500m**  
 1 Paul Spangler USA 14.27.59

# Miyazaki

5.

**M40 5000m**  
 1 Ichio Sato JPN 14.59.77  
 2 H. Karkkainen FIN 15.00.30  
 3 S. Nakamura JPN 15.00.94  
 41 Michael Webster 17.58.10  
 42 Austin Beamish 17.58.55

**M45 5000m**  
 1 O. Van Noten BEL 15.32.97  
 2 S. Nakazawa JPN 15.43.81  
 3 H. Odegard JPN 15.49.66  
 31 John Lawford 17.36.17  
 37 Robert Henderson 17.54.45  
 51 Ronald Obst 19.09.61

**M50 5000m**  
 1 Gunnar Gaulen NOR 15.56.12  
 2 G. Maesschalck BEL 16.03.98  
 3 T. Kitamura JPN 16.16.71  
 46 Bryan Thomas 18.37.45  
 87 Stephen Barker 22.16.67

**M55 5000m**  
 1 Stephen James GBR 16.28.77  
 2 A. Hldegalega POR 16.40.79  
 3 S. Migita JPN 17.41.74  
 14 Jim Seymon 18.27.31  
 21 Robert Hayes 19.19.74  
 57 A. McEneaney 23.58.02  
 60 David Murphy 24.16.22  
 63 James Anthony 24.34.25

**M60 5000m**  
 1 F. Vicente POR 16.56.00  
 2 S. Midorikawa JPN 17.19.26  
 3 Simon Herlaar HOL 17.22.19  
 8 Ronald Stuart 18.37.50  
 33 Ian Anderson 21.14.27  
 37 Ralph Crack 21.26.83  
 54 Colin Silcock 23.06.98

**M65 5000m**  
 1 Y. Miyauchi JPN 18.38.45  
 2 Mikio Iwao JPN 18.49.62  
 3 T. Nakamura JPN 19.21.97  
 25 John Plummer 22.37.08  
 28 Bruce Campbell 23.06.22  
 44 Geraldo Riviello 27.03.64

**M70 5000m**  
 1 Soichi Tamoi JPN 20.08.21  
 2 G. McKeown AUS 20.23.42  
 3 John Gilmour AUS 20.24.23  
 31 N. Le Rossignol 28.44.93

**M75 5000m**  
 1 Izo Sato JPN 22.02.56  
 2 Torsten Stale SWE 22.05.97  
 3 Y. Haneda JPN 22.43.94

**M80 5000m**  
 1 L. Aellen SUI 24.44.39  
 2 D. Takahashi JPN 25.52.09  
 3 Y. Ueda JPN 26.20.52

**M85 5000m**  
 1 K. Kawakatsu JPN 38.29.71  
 2 K. Ishikawa JPN 41.30.49

**M90 5000m**  
 1 Paul Spangler USA 54.08.71

**M40 10k**  
 1 H. Karkkainen FIN 32.25.13  
 2 A. Riscado POR 32.35.27  
 3 Ivan Skof SLO 32.46.66  
 22 Michael Webster 37.59.53

**M45 10k**  
 1 O. Van Noten BEL 32.12.15  
 2 Frank Shorter USA 32.43.87  
 3 P. Roussel FRA 33.08.02  
 25 John Lawford 37.25.67  
 39 Ronald Obst 42.47.66

**M50 10k**  
 1 G. Maesschalck BEL 32.57.92  
 2 Gunnar Gaulen NOR 32.58.62  
 3 Walter Koch GER 33.25.08  
 25 Jock Lee 37.54.86  
 28 Bryan Thomas 38.33.56  
 58 Stephen Barker 47.31.29

**M55 10k**  
 1 Stephen James GBR 33.12.19  
 2 A. Hldegalega POR 33.16.46  
 3 M. Rosales ESP 35.08.83  
 10 Jim Seymon 36.58.34  
 27 Robert Hayes 40.39.80  
 37 Richard Maitland 43.03.80  
 51 David Murphy 53.10.79

**M60 10k**  
 1 F. Vicente POR 34.25.72  
 2 Norman Green USA 35.43.41  
 3 K. Ichikawa JPN 36.46.12  
 21 Ralph Crack 43.01.64  
 38 Colin Silcock 50.05.77

**M65 10k**  
 1 Y. Miyauchi JPN 38.42.81  
 2 Hein Zethof HOL 38.48.73  
 3 T. Nakamura JPN 39.52.15  
 21 John Plummer 46.42.54  
 30 Geraldo Riviello 56.57.42

**M70 10k**  
 1 John Gilmour AUS 42.20.87  
 2 Y. Nishimura JPN 42.25.25  
 3 G. McKeown AUS 43.15.88  
 22 N. Le Rossignol 60.12.79

# Miyazaki

6.

## M80 10k

1 L. Aellen	SUI	52.28.68
2 H. Matsumura	JPN	55.41.58
3 Rikiya Goto	JPN	56.27.06

## M85 10k

1 M. Nakatomi	JPN	97.50.00
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## M90 10k

1 Paul Spangler	USA	118.38.00
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## M40 110m Hurdles

1 Martin Bruce	DEN	15.42
2 Andre Fridenberg	BEL	15.51
3 Tony Wells	GBR	15.89

## M45 110m Hurdles

1 Kenneth Brinker	USA	15.83
2 Fred Johnston	USA	16.65
3 Osamu Tanaka	JPN	17.28

## M50 100m Hurdles

SF3: 1 Ted Barnard	16.01
Final	
1 Barry Ferguson	GBR 15.05
2 Ted Barnard	AUS 16.04
3 Ove Edlund	SWE 17.01

## M55 100m Hurdles

1 Alvin Henry	USA	15.78
2 Walter Holder	GER	16.21
3 Ulrich Schirow	GER	16.40

## M60 100m Hurdles

1 Phil Mulkey	USA	15.56
2 Marion Sanchez	USA	15.62
3 Levis Standen	CHI	16.73

## M65 100m Hurdles

1 Ian Steedman	GBR	17.41
2 Motoichi Tasaki	JPN	18.61
3 Hannu Suoknauti	FIN	19.04

## M70 80m Hurdles

1 Albertus Van Zyl	RSA	14.02
2 Walter Dahlin	USA	14.77
3 Juji Tanaka	JPN	15.61

## M75 80m Hurdles

1 Reino Taskinen	FIN	15.54
2 Daniel Bulkley	USA	15.85
3 F. Ferreira	POR	16.02

## M80 80m Hurdles

1 Mazumi Morita	JPN	16.98
2 Vic Younger	AUS	19.51
3 Albert Morrow	USA	19.54

## M40 400m Hurdles

SF1: 2 John Molloy	61.78
SF2: 3 Kevin Atkins	61.81

## M40 400m Hurdles Final

1 William Cheadle	USA	56.68
2 Martin Bruce	DEN	57.25
3 John Molloy	AUS	57.53
8 Kevin Atkins		Disq

## M45 400m Hurdles

SF1: 1 John Gordon	62.60
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### Final

1 John Charlton	GBR	59.12
2 John Gordon	AUS	60.17
3 Roelof Rossouw	RSA	62.28

## M50 400m Hurdles

SF1: 2 Walter Groom	63.74
SF2: 1 Fred Turner	64.58

### Final

1 Harold Morioka	CAN	61.03
2 Walter Groom	AUS	63.11
3 Fred Turner	AUS	64.71

## M55 400m Hurdles

1 Walter Holder	GER	62.91
2 Tor Trondset	SWE	63.19
3 Edward Oleata	USA	65.41

## M60 300m Hurdles

SF1: 4 Tom Morgan	50.55	
Final		
1 Levis Standen	CHI	46.43
2 Viljo Knaappila	FIN	48.25
3 Leo Benning	RSA	48.57
6 Tom Morgan		50.26

## M65 300m Hurdles

SF1: 2 Fred O'Connor	55.09	
Final		
1 Chuck Sochor	USA	48.79
2 Ian Steedman	GBR	49.52
3 Motoichi Tasaki	JPN	49.59
8 Fred O'Connor		55.67

## M70 300m Hurdles

1 Albertus Van Zyl	RSA	51.38
2 Walter Dahlin	USA	55.23
3 Raymond Spencer	USA	55.82

## M75 300m Hurdles

1 Daniel Bulkley	USA	56.78
2 Reino Taskinen	FIN	62.89
3 F. Ferreira	POR	63.85

## M40 3k Steeplechase

1 Bruce Meder	NZL	9.37.20
2 Patrick Allard	FRA	9.42.01
3 H. Karkkainen	FIN	9.48.10

## M45 3k Steeplechase

1 P. Roussel	FRA	9.49.69
2 H. Odegard	NOR	10.02.32
3 B. Franzen	SWE	10.06.21

# Miyazaki

7.

## M50 3k Steeplechase

1 J. Stuczynski	POL	11.06.50
2 John Walker	AUS	11.10.85
3 Kenji Takeda	JPN	11.27.59

## M55 3k Steeplechase

1 J. Ferreira	POR	11.34.80
2 Alberto Rios	ARG	11.39.35
3 Les Farley	AUS	11.45.63
8 Michael Roberts		12.17.72
13 Jim Seymon		12.53.49

## M60 2k Steeplechase

1 Ronald Stuart	AUS	7.51.96
2 Osmo Millridge	AUS	8.00.47
3 Gunther Ender	GER	8.03.79
10 Patrick Maye		8.51.89
11 Ian Anderson		8.53.19
17 Colin Silcock		9.50.03

## M65 2k Steeplechase

1 K. Horiuchi	JPN	8.01.18
2 J. Da Silva	POR	8.08.93
3 John Eccles	NZL	8.39.60

## M70 2k Steeplechase

1 Ioris Jones	NZL	9.12.10
2 S. Takahasi	JPN	9.27.35
3 T. Tomita	JPN	9.42.81

## M75 2k Steeplechase

1 D. Bulkley	USA	9.44.19
2 M. Hase	JPN	10.18.54
3 Takuro Miura	JPN	11.01.34

## M80 2k Steeplechase

1 Tadashi Tau	JPN	11.51.48
2 Robert Boal	USA	13.14.33

## M40 5k Walk

1 Fabio Ruzzier	ITA	21.45.69
2 B. Bulakowski	POL	22.17.07
3 S. Sasaki	JPN	22.36.13
9 Clyde Riddoch		24.34.76

## M45 5k Walk

1 R. Sultanov	RUS	23.26.39
2 P. Eisfeller	GER	23.53.88
3 M. Schneider	SUI	24.07.69

## M50 5k Walk

1 D. Zschiesche	GER	22.59.96
2 J. Carmines	USA	23.20.99
3 J. Fiala	TCH	23.34.90
4 Tony Johnson		24.24.11
16 John Walker		27.46.27
19 James Bannon		28.55.70

## M55 5k Walk

1 Dario Ramirez	COL	23.20.84
2 M. Dickinson	AUS	23.30.98
3 Paul Johnson	USA	24.28.77

## M60 5k Walk

1 John Bray	USA	25.09.66
2 Max Green	USA	25.11.58
3 S. Nakamichi	JPN	25.19.20
10 Colin Silcock		31.28.26

## M65 5k Walk

1 Robert Mimm	USA	28.23.68
2 V. Dubjak	TCH	28.28.13
3 Denis Withers	GBR	29.14.63

## M70 5k Walk

1 Carlo Bomba	ITA	30.21.22
2 Donald Cotner	USA	33.44.73
3 Meluin Lees	USA	34.04.60

## M75 5k Walk

1 A. De Fonesca	BRA	34.06.82
2 Max Gould	CAN	34.09.30
3 S. Matsunaga	JPN	34.47.08

## M80 5k Walk

1 G. De Petra	USA	35.58.41
2 V. Hallikainen	FIN	36.39.96
3 Mario Brivio	ITA	37.37.54

## M85 5k Walk

1 S. Hasegawa	JPN	47.27.26
2 K. Morikawa	JPN	48.50.08

## M40 High Jump

1 Steve Harkins	USA	1.95
2 Dusan Prezelj	SLO	1.95
3 Jan Huijbers	HOL	1.90

## M45 High Jump

1 G. Spielvogel	GER	1.80
2 Yoshiaki Kotani	JPN	1.75
3 Franc Vivod	SLO	1.75

## M50 High Jump

1 Dieter Wille	GER	1.88
2 Sean Power	GBR	1.75
3 Hiroji Kibamoto	JPN	1.70

## M55 High Jump

1 Gerhard Bomm	GER	1.70
2 Milton Newton	USA	1.65
3 Juergen Volkert	GER	1.65

## M60 High Jump

1 Phil Mulkey	USA	1.56
2 Olavi Niemi	FIN	1.55
3 Hikmet Kandeydi	TUR	1.50

## M65 High Jump

1 N. Nevrupe	SWE	1.58
2 Gordon Seifert	USA	1.55
3 H. Schuffenhauer	GER	1.50
17 James Whistler		1.25

# KING ISLAND 20 MILE EVENT - 13TH MARCH '94

by Eric Greaves (Club Captain)



Looking for a run that's different and challenging? Then why not have a crack at the King Island 20 Miler next year on the Labour Day weekend. This is what I found myself doing after listening to Kevin Only and Pat McHugh one night down at Springy venue. So come Saturday afternoon on the long weekend, I drove to Moorabbin airport and met up with Kevin and Pat along with our pilot Peter (Kevin's son).

After pre-flight checks (and nerves), we took off for King Island just 45 minutes away. As we approached the island's airfield, we got the impression from the air that King Island is very flat, but on the drive over the course later in the day, I was very surprised and concerned with just how hilly King Island is. The event itself is a handicap run, with each entrant having to submit times for a few previous races, preferably distance events. In fact the word went out on Saturday night during tea at the club that the handicapper had been checking up on each entrant, and pity help anyone trying to pull a shifty.

The race started at Grassy Wharf and finished on the other side of the island at Currie, which is the main town. As we collected our race numbers at the wharf, we were told by race organiser, Rob Cooper, to enjoy ourselves and take in the scenery on the way to Currie. Having the dubious honour of being one of the back-markers, there was a bit of a wait in a very cool wind before our turn came to chase the fronties.

The first three kms of the race were all up hill and you had to remind yourself to be conservative, as there was still a long way to go. After scaling this mountain, the rest of the course was over undulating asphalt roads, with an occasional flat section thrown in as a bonus. I myself felt that the toughest section was with just 2km to go, where you had to scale a couple of short but steep hills. I thought that it was appropriate that, on obtaining the summit of the last hill, you were faced with a large sign declaring that you were passing the King Island Hospital.

I kept hoping that someone in a white coat would rush out and drag me inside and strap me to a bed to stop any further punishment to my body. No luck. But like any distance event, the one thing that helps to keep you going is the support from spectators, and the locals turned out in force to encourage you on your way. After getting past the hospital hills, I thought, well at least the section to the finish line should be flat, but no: even the last 200 metres was slightly uphill. So needless to say, I did a very fine dance of the dying duck on my way to the line.

One bloke who deserves an encouragement award was Kevin Only, who, with 5km to go, tripped and fell on the road, leaving a large amount of skin behind. Kevin limped home, and after crossing the finish line, promptly sat down on the kerb feeling a bit crook. But unfortunately, the section of kerb that Kev decided to rest on whilst being attended to by the medics was right outside the local pub. So I am sure to a lot of people, it probably appeared that Kev had just staggered out of the boozier and fallen down the steps.

While the field was small, 20 starters and 17 finishers, the organisers are hopeful that numbers will increase next year. And if they continue to give a tee-shirt and a box of King Island dairy goods to every entrant, their wish will be granted.

### RESULTS as follows: Fastest times.

1. David ROSS	2.01.01	10.	Ron THORNE	2.24.56
2. Eric GREAVES	2.01.22	11.	James HILL	2.25.23
3. Bob HERRIMAN	2.09.58	12.	Kevin ONLEY	2.34.15
4. Patrick McHUGH	2.12.13	13.	Frank VERBANK	2.34.16
5. Cheri HORNE	2.13.27	14.	Neil SARGISON	2.43.55
6. Trevor KEATING	2.14.55	15.	Gary STRICKLAND	2.46.54
7. Pip THORN	2.16.13	16.	Jon JARVIS	3.32.23
8. Rob COOPER	2.20.12	17.	Rex ACKROYD	3.43.09

### Handicap Section:

1. Bob HERRIMAN
2. David ROSS
3. Eric GREAVES

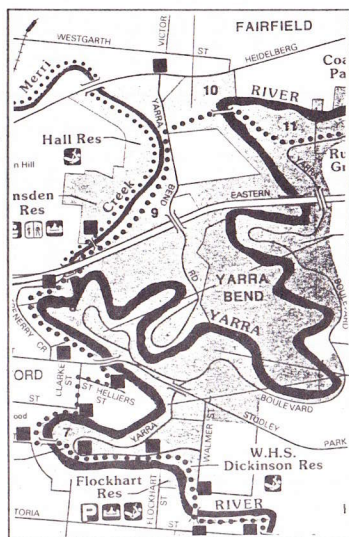
## Australian Strength Athletes Union Inc. RASENKRAFTSPORT RESULTS:

23/04/94

MENTONE Venue

Name	Age Group	Weight Class	STONE			HEAVY WEIGHT			HAMMER			TOTAL POINTS
			Wt Kg	Distance	Points	Place	Wt Kg	Distance	Points	Place	Wt Kg	
Craig Watson	M20	114	15	8.40	7.00	12.5	21.27	851	7.26	55.84	873	2423
Aaron Neighbour	M20	117	10	10.58	882	10	23.28	931	6.25	49.28	770	2583
Nick Leffler	M20	120	10	5.12	427	10	16.24	650	7.26	33.56	524	1601
Clyde Riddoch	M40	80	15	5.88	490	12.5	12.28	491	7.26	29.22	457	1438
John Reynolds	M40	94	15	6.39	532	12.5	14.35	574	7.26	35.66	557	1664
Roger Glass	M40	107	15	7.72	643	12.5	18.32	733	7.26	46.48	726	2102
Hans Lotz	M40	120	15	8.04	670	12.5	20.94	838	7.26	56.24	879	2386
Ken Priestley	M50	78	10	7.83	652	10	17.08	683	6.25	36.14	565	1900
Morrie James	M50	89	10	7.09	591	10	14.06	562	6.25	28.60	447	1600
Joe Ball	M50	97	10	7.41	617	10	14.18	567	6.25	31.76	496	1681
Nino Stankovic	M60	74	7.5	7.53	627	7.5	13.67	547	5	28.46	445	1619
Harry Staecker	M60	82	7.5	7.14	595	7.5	12.16	486	5	30.62	478	1560
Wim Van Weenan	M60	87	7.5	8.85	737	7.5	23.72	949	5	45.96	718	2404
Peter Barber	M60	99	7.5	7.15	596	7.5	17.90	716	5	42.34	662	1973
Stan Stankovic	M70	84	5	8.88	740	5	17.35	694	4	30.00	469	1903
Sharon Clayton	W30	85	5	7.09	591	5	15.69	628	4	29.76	465	1683
Sharon Reynolds	W40	58	5	5.17	431	5	12.19	488	4	24.08	376	1295
Joy Priestley	W50	65	4	6.76	563	4	13.70	548	3	25.96	406	1517
Kathe Stankovic	W60	75	4	4.85	404	4	10.15	406	3	16.02	250	1060





**VVACI 10 KM CROSS  
COUNTRY CHAMPIONSHIP  
22ND MAY, 1994 AT YARRA  
BEND, COLLINGWOOD.**

A very small field of finishers in our 10km cross country event at Collingwood - only 8 women and 41 men made an effort to contest this arduous run conducted on the rolling parklands of Yarra Bend Park. This run was the first of our combined events with the V.C.C.L. The second one will be the 10 Miler at Princes Park on 14th August, starting at 10.00am. Their members numbered the same as ours, which at least made a reasonable field to compliment the excellent course set out by the members of the Collingwood venue.

Ablly led by the Grand Poobah of Collingwood, the Honourable Ray Harbert, the venue members set out a course that, when coupled with a blustery wind, turned out to be very demanding indeed. And with the way the course was marked out, so proficiently with flags, bunting and course marshalls, you would have thought it would have been impossible for anyone to go the wrong way. But there are always exceptions to the rule. Just ask Ken Matchett (M70) and Shirley "Nanna" Young (W60). These two traipsed off along on a course known only to

themselves, and probably still would have been happy sauntering around the park only they were noticed by other competitors and brought back onto the course proper. One could forgive Ken for heading in the wrong direction, but you would reckon that with "Nanna" Young having run on this course since Noah was a kid, that she would know it backwards by now. It was suggested by Tony "Rocket" Williams that Shirley be given her own map and large signs placed around the course stating, "This Way Nanna", for next year's event

To me the hardest part of the event is at the conclusion of activities when it comes time to load up the club's equipment trailer. Every year, I have to run the gauntlet of Ray, "Rocket" and Wiggys standing closely by watching every piece of equipment to ensure that it belongs to the Veterans and not to the other clubs that kindly lent necessary items (Collingwood Harriers, Coburg Harriers and Collingwood Little Aths) and, as in past years, I have no sooner finished loading the trailer, than one of the three musketeers will yell out, "I just spotted something that doesn't belong to the Vets!" and make me drag everything out once again. I go home more knackered from this exercise than the actual race.

The race itself produced top efforts by all competitors, with an outstanding run by the "Northern Flash", Randall Hughes (M70), in a great time of 44.43. It was a great pity that more members did not run this event to appreciate the good work by Collingwood Venue. Once again, many thanks to all concerned in making the day successful.

Eric Greaves (Club Captain)



**YARRA BEND 10 KM CROSS COUNTRY**

**RESULTS:**

**W30**

- 1. Julie Braakhuis 44.56
- 2. Karen Watkins 57.28

**W45**

- 1. Christine Griffiths 67.55

**W55**

- 1. Judy Wines 52.58

**M35**

- 1. Joe Campisi 39.02
- 2. Les Cations 77.20

**M45**

- 1. Eric Greaves 37.01
- 2. Alan Bennie 38.55
- 3. Gerry Sofianos 39.12
- 4. Ken Senior 40.19
- 5. Rob Waters 44.08
- 6. Jim Paton 47.19
- 7. Joe Brown 47.35
- 8. John Dean 48.32

**M55**

- 1. Barry Watkins 41.18
- 2. Brian Mee 41.37
- 3. Bob Hayes 44.07
- 4. Greg Mauldon 47.12
- 5. John Peacock 48.35
- 6. Ron Wilson 49.16
- 7. Rex Young 49.19

**M65**

- 1. Bob Loader 50.16
- 2. Ben Morrey 50.27
- 3. Less Jarry 56.10

**M75**

- 1. Dick Kirkman 62.02

**W40**

- 1. Diane Paton 52.53

**W50**

- 1. Margaret "Hoppy" Cassidy 51.07
- 2. Heather Johnstone 57.40

**W60**

- 1. Shirley Young 52.40

**M40**

- 1. Keith MacDonald (1st overall) 36.58
- 2. David Jones 41.26
- 3. Ron Rabone 42.42

**M50**

- 1. John Brimacombe 40.08
- 2. Mike Richards 42.58
- 3. Keith Moody 43.43
- 4. Michael Orelli 44.18
- 5. Mal Brown 44.59
- 6. Bill Ryan 48.32

**M60**

- 1. Bruce Michelson 42.56
- 2. Bill Page 45.26
- 3. Ron Young 46.13
- 4. Tom Davison 47.08
- 5. Leo Charles 53.55

**M70**

- 1. Randall Hughes 44.43
- 2. Ken Matchett 51.55
- 3. Doug Orr 56.22
- 4. Ray Walker 57.10
- 5. Gerado Riviello 66.05

**M80**

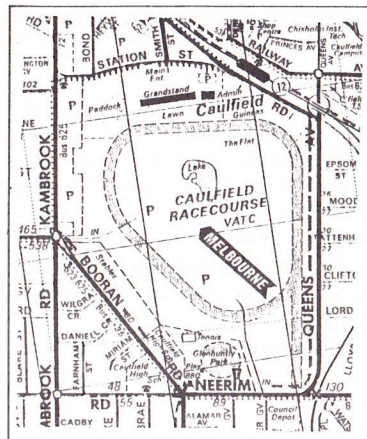
- 1. Harry Preston 99.03

**ATHLETICS VICTORIA  
10KM ROAD RACE  
AT CAULFIELD RACE  
COURSE ON 14TH MAY, 1994**

Another good turn out by Vets for this, the premier event on A.V.'s calendar. With a slight wind and overcast conditions, we lined up with over 300 competitors from other clubs to tackle what I feel is the hardest part of this run - the actual start! Staying on your feet after the gun has been fired and being pushed and shoved by the fast advancing hordes behind you, whose sole aim is to get mobile regardless of those in front of them, deserves an award for bravery. And of course, when you are directly behind the infamous starting line bandit, Mr. Kevin Moses, whose running 'modus operandi' is to sprint madly for 50 metres, then stop to a slow jog and cause competitors behind him to collide with him and then ricochet into you and others, is nothing short of frightening. It's about time Kevin realised the havoc he causes! He should move to the back of the field where a runner of his ability belongs, before he causes serious injury to himself and others.

But once you have overcome the mayhem of the start, you can then begin to concentrate on the actual race. And with 3 laps of the circuit, which is on the roads abounding Caulfield Race Course, you need to be able to direct all your energy into the race, because as with all other A.V. events there is always someone from another club after your scalp.

And one bloke who took my scalp with great ease, was the tenacious man from Ballarat Harriers, Barry Brooks. Halfway through the second lap, Barry just glided past me, all the while enquiring about my well-being as he went. And from my position in the field, Barry looked as though he was going to collect Lew Harvey's scalp as well, until Lew decided to select overdrive and put a safe distance between Barry and himself. There were overall good performances by both our teams, with pleasing runs by a couple of members. Thanks again to Wendy for time-keeping and keeping us under control (?).



**RESULTS:**

**C2 Team**

Lew Harvey	33.40
Eric Greaves	34.09
Gray Ryan	35.15
Rob Henderson	35.52
Alan Bennie	36.09
John Newsom	36.43

**E2 Team**

John Waite	38.45
Paul Cahir	39.17
Leigh Cassidy	40.49
Michael Cummins	47.57

**IMPORTANT NOTICES RE  
VETS. VENUE TRACKS**

**GEELONG:**

LANDY FIELD TRACK IS CLOSED FOR REPAIRS FROM 16TH MAY TO 8TH AUGUST, 1994. AND THE GEELONG VETERANS WILL GO INTO RECESSION DURING THIS PERIOD. THEY WILL RESUME COMPETITION ON WEDNESDAY 10TH AUGUST, 1994.

Bryan Cole (Venue Manager) Phone (052) 48 4747

**A-V SANDOWN RELAYS  
23 April 1994 6.2 km**

A good turnout by Vets for this first event on the A-V winter calendar. We were able to field a full C2 team and just missed out filling our second allocated team (E2). From our spot just adjacent to the pit area, we had a good overall view of the large throng of competitors and spectators. Quite a few of the clubs competing at the racecourse utilised the pit garages for their base camp. Coburg had to use two of these of these garages, one for all their competitors and the other one for Harold Stevens and his belly. Always ready to dispense some of his worthwhile coaching advice, Harold was heard bellowing out through the day, "Have a go you mug!" to some poor soul whom his squinty glare had fallen on.

With the actual run being a two lap event, it can be noted by the times that the warm conditions took a toll with all our competitors, except Ross Henderson, recording a lot slower time for the second lap. Thanks to all our competitors and thanks to Wendy for doing the timekeeping. A special welcome to new member John Newsom who made his debut.

	1st lap	2nd lap	total
Alan Bennie	10:52	11:07	21:59
John Castle	10:44	11:03	21:47
John Newsom	11:20	12:17	23:37
Eric Greaves	10:36	11:01	21:37
Rob Henderson	11:10	11:11	22:21
Lew Harvey	10:11	10:23	20:34

Eric Greaves  
Club Captain

**KNOX:**

DRAINAGE PROBLEMS AT THE KNOX PARK ATHLETIC TRACK HAVE AT LAST BEEN FIXED AND THE KNOX VENUE IS AGAIN OPERATIONAL ON A WEDNESDAY NIGHT. COME AND GIVE THEM YOUR SUPPORT.

Charlie McRae (Venue Manager) Ph 729 1439

**BUFFALO  
1995**

**WORLD VETERAN  
CHAMPIONSHIPS**

**COLLIN COOPER**

A.A.V.A.C.  
TRAVEL & SPONSOR DIRECTOR

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**TICK your interest and return to me with a \$30.00 non-refundable Registration Fee.**

**N.B. YOUR REGISTRATION FEE COVERS:**

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- Buffalo 1995 travelling United Air Lines.
- Group Flights only.
- Other Prizes: Bottles of Champagne, Travel Bags to be won.
- Raffle limited to first 300 applications.
- Draw will be made at United Airlines office - Sydney, 20th December 1994
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- PACKAGE 1
- PACKAGE 2
- PACKAGE 3 + 1
- PACKAGE 3 + 2

Name: .....

Address: .....

Phone:..... Fax:.....

Number of persons:



## VICTORIAN VETERANS' 20 & 10 KILOMETRE ROAD WALK CHAMPIONSHIPS.

In heavy rain and strong winds the 20 kilometre event started at the Knox Industrial venue on 22 May 1994. The weather improved gradually over the morning but conditions remained cool all day. The events were conducted in conjunction with the Victorian Race Walking Club and we thank the timekeepers, recorders, walk judges and others who assisted with the competition. Results were as follows:  
**20 KILOMETRE**

Group	Name	Age	Vet no.	Time	Place
M 35	Mark Donahoo	35	927	86:33	1st
M 40	Clyde Riddoch	40	2007	117:53	1st
M 50	Manfred Kuppler	54	2341	109:10	1st
M 50	Tony Johnson	54	1955	DNF	
M 55	Murray Dickinson	55	501	103:10	1st
M 55	Bob Gardiner	55	1194	DNF	
M 55	Terry Dunn	56	732	DNF	
M 55	Kevin Marion	58	492	DNF	

### 10 KILOMETRE

M 60	Colin Silcock	61	407	60:11	1st
M 65	Gordon Gourlay	65	692	60:44	1st
M 65	Vic Harley	68	1098	63:21	2nd
M 65	Bob French	66	729	63:59	3rd
M 65	Bob Lewis	66	1286	66:33	4th
M 75	Andy Smith	75	148	85:19	1st
M 80	Tom Daintry	83	73	73:55	1st
M 80	Ralph Field	80	81	74:55	2nd
W 30	Kerrie Taylor	30	731	66:32	1st
W 40	Heather McDonald	40	420	54:12	1st
W 40	Jan Jones	43	699	71:55	2nd
W 45	Kathy Woodward	45	421	52:47	1st
W 45	Celia Kelly	46	305	55:45	2nd
W 45	Jan Watson	47	283	69:13	3rd
W 45	Judy Farrell	45	287	DNF	
W 50	Lee Osborne	51	437	58:23	1st
W 50	Win May	52	173	60:42	2nd
W 50	Joy Curtis	52	390	68:55	3rd
W 50	Margaret Marion	54	755	73:03	4th
W 50	Natalie King	52	707	DNF	
W 55	Marlene Stanway	55	32	64:21	1st

W 60	Tina Leb	61	149	64:21	1st
W 65	Corrie DeGroot	66	358	73:12	1st
W 75	Dot Jack	76	569	78:19	1st
W 75	Grace Smith	75	579	85:19	2nd

Special thanks to Marge Colthup for her assistance with the Vets organization on the day  
... Peter McGrath

## P A C K A G E S

### PACKAGE 1 AMERICAN MASTERS & WORLD VETERAN CHAMPIONSHIPS

21 NIGHTS/22 DAYS • Return Economy Airfare. Aust/USA/Aust.  
• 21 Nights Accommodation including 3 meals daily.  
• Bus transfer Chicago to Lansing University.  
• Bus transfer Lansing to Buffalo University via Niagara Falls.  
• Air Transfer Buffalo to Chicago, connecting L.A./Aust.

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### PACKAGE 2 1995 WORLD VETERAN CHAMPIONSHIPS

14 NIGHTS /15 DAYS • Return Economy Air Fare. Aust - USA - Aust.  
• 14 Nights Accommodation includes 3 meals daily.  
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• Air transfer Buffalo to Chicago connecting L.A./Aust.

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PACKAGE 3 + 1 **\$3540.00**      PACKAGE 3 + 2 **\$3160.00**

## NATIONAL TRACK AND FIELD CHAMPIONSHIPS IN SYDNEY, EASTER 1994.

This year it was the turn of the NSW vets to host the nationals at Easter. It was eagerly anticipated in one sense in that we would see the new Homebush site for the 2000 Olympic Games for the first time. It certainly is a big area, about twenty minutes drive from the city out towards the west, towards Parramatta. Apparently the area has been an old abattoirs and market area, and there are still remnants of such buildings and yards to be seen. But sports buildings and modern signage are springing up everywhere and sites are marked for more to come. There is a generous amount of land and it all looks very promising. Perhaps the contrast between the clean new constructions and the rather grotty existing western suburbs is a criticism. They need to have a big civic clean-up between Sydney and Homebush in my opinion.

For the nationals we were on what will be the warm-up track for the Olympics, with a second warm-up track as a back-up. As it turned out this idea did not work and generated a lot of complaints about poor organization and lack of officials. So as soon as they could, the NSW vets consolidated all events on to the one arena, a much better arrangement. As with all new venues there were growing pains, failure of vital lines of communication and failure to foresee some of the things that might happen despite the most careful planning. We are likely to experience similar problems when we are hosts, so perhaps we will gloss over the complaints.

The carnival had the benefit of fine warm weather, blue skies and keen competition. The Vics had a great time. Many of us were holed up in the YHA hostel at Glebe, which was a lot of fun. If you are interested in having the full results, just contact me, Colin Browne, on 874-2501 by phone,

873-3223 by fax, or at 4 Victory Street, Mitcham, 3132, by post, and I will post you a copy. But to save paper, and keep our magazine relevant, we will print only a summary of the best performances by Vic vets here.

### 100 M HEATS

M 30 P. Creasey 2nd 12.16  
M 45 D Sheehan 3rd 13.01  
M 55 G. Noden 1st 13.50

### 100M FINALS

M 65 R. Hochreiter 1st 13.85  
M 75 A. Smith 2nd 18.18  
M 80 G. Knott 2nd 27.15  
W 35 M. Perrott 1st 12.95  
S. Lee 3rd 13.66  
W 50 A. Stobaus 2nd 14.81  
W 55 J. Cooper 1st 15.18  
W 70 G. Davidson 1st 17.09  
W 75 G. Smith 2nd 28.76

### 200 M HEATS

M 40 C. Hetherton 2nd 25.78  
D. Sheehan 2nd 25.88  
M. Vorchheimer 3rd 27.12  
M 45 P. Sinclair 3rd 26.40  
M 50 R. Kent 3rd 25.97  
M 55 J. Howes 2nd 28.09

### 200 M FINALS

M 60 D. Mather 3rd 27.00  
M 65 R. Hochreiter 1st 27.99  
L. Kent 2nd 28.62  
G. Gourlay 3rd 29.62  
M 75 J. Stevens 2nd 34.18  
A. Smith 3rd 38.24  
M 80 G. Knott 1st 58.60  
W 35 M. Perrott 2nd 26.43  
W 50 A. Stobaus 2nd 29.08  
W 55 J. Cooper 1st 30.36  
W 70 G. Davidson 2nd 35.77  
W 75 G. Smith 2nd 63.86

### 400 M HEATS

M 55 J. Howes 1st 60.08  
M. Hall 2nd 60.58

### 400 M FINALS

M 55 M. Hall 3rd 59.22  
M 65 L. Kent 1st 66.08  
W 50 A. Stobaus 1st 64.97  
W 55 L. Woodman 1st 72.04  
J. Cooper 2nd 75.92  
M. Duguid 3rd 77.68

### CHAMPION OF CHAMPIONS

Women G. Davidson 3rd (h'cap)

### 800 M FINALS

M 50 A. Bradford 3rd 2.25.19  
M 60 T. Roberts 1st 2.18.01  
R. Young 3rd 2.33.13  
M 70 G. McKeown 1st 2.49.53  
D. Orr 2nd 2.59.49  
M 75 J. Stevens 1st 3.07.08  
A. Smith 3rd 3.47.47  
M 80 J. Brown 1st 4.36.70  
G. Knott 2nd 4.44.61  
W 45 M. Wong 1st 2.36.42  
H. Steadman 2nd 2.38.26  
M. L'Huillier 3rd 2.41.95  
W 55 L. Woodman 1st 2.49.07  
M. Duguid 2nd 3.05.19  
W 60 S. Young 2nd 3.18.85

### 1500 M FINALS

M 35 C. Murphy 2nd 4.13.98  
M 40 G. Ryan 3rd 4.16.77  
M 45 N. Gray 3rd 4.17.52  
M 50 R. Curtis 2nd 4.40.71  
M 55 B. Hayes 3rd 4.50.04  
M 60 T. Roberts 1st 5.04.56  
R. Young 3rd 5.10.66  
M 65 V. O'Brien 1st 5.31.27  
B. Morrey 3rd 6.01.23  
M 70 G. McKeown 1st 5.34.14  
D. Orr 3rd 6.17.41  
M 80 J. Brown 1st 9.34.85  
H. Preston 2nd 11.10.07  
W 40 J. Wright 2nd 5.17.42  
W 45 M. Wong 3rd 5.25.07  
W 55 L. Jones 3rd 6.13.10  
W 60 S. Young 2nd 6.20.11

### 5000 M FINALS

M 35 C. Murphy 3rd 16.22.09  
M 40 R. McDonald 1st 15.17.78  
C. Stewart 3rd 15.51.17  
M 55 B. Hayes 3rd 18.31.53  
M 60 R. Young 1st 18.37.04  
M 65 V. O'Brien 2nd 20.23.01  
M 70 G. McKeown 1st 21.26.95  
K. Matchett 2nd 23.53.55  
M 80 J. Brown 1st 39.04.61  
W 50 R. Burhop 3rd 20.21.78

W 55 L. Jones 3rd 23.34.74  
W 60 S. Young 1st 22.33.08  
J. Onley 2nd 27.24.75

### 10 000 M FINALS

M 40 K. Macdonald 3rd 35.02.22  
M 45 E. Greaves 2nd 35.50.86  
M 50 R. Curtis 2nd 37.25.38  
M 60 R. Young 2nd 40.20.97  
M 65 V. O'Brien 2nd 45.02.45  
M 70 G. McKeown 1st 47.42.68  
K. Matchett 2nd 50.14.67  
M 80 J. Brown 1st 85.35.69  
W 45 S. Kerr 3rd 47.48.17  
W 50 R. Burhop 2nd 45.06.74  
W 55 J. Wines 2nd 49.40.03  
A. Callaghan 3rd 51.15.99  
W 60 S. Young 1st 48.48.99

### 110 M HURDLES

M 30 T. Baldwin 1st 15.78  
M 35 G. Tew 3rd 19.23

### 100M HURDLES

M 50 K. Priestley 1st 18.38  
M 55 J. Poulter 3rd 19.13  
M 60 D. Mather 1st 18.41  
M 65 G. Gourlay 1st 21.28  
W 35 S. Lee 1st 17.44

### 80 M HURDLES

M 70 S. Stankovic 2nd 19.07

### 400M HURDLES

M 40 C. Hetherton 3rd 1.09.03  
M 50 J. Poulter 3rd 1.11.72  
M 55 M. Hall 1st 1.06.92

### 300 M HURDLES

M 65 G. Gourlay 1st 54.80

### 3000 M STEEPLECHASE

M 35 C. Murphy 1st 10.33.42  
P. Hampshire 2nd 11.18.94  
M 40 G. Holden 1st 10.28.85  
M 45 E. Greaves 1st 10.43.50  
2000 M STEEPLECHASE  
M 80 G. Knott 1st 15.42.63  
W 40 J. Wright 1st 8.21.25  
W 55 P. Mews 1st 12.21.87

### 10 000 M CROSS COUNTRY

M 40 R. McDonald 1st 33.40.0  
K. McDonald 3rd 35.37.0

M 60 R. Young 2nd 42.25.0  
 M 70 G. McKeown 1st 49.31.0  
 M 80 J. Brown 1st 91.13.0  
     H. Preston 2nd 93.45.0  
 W 40 J. Wright 1st 42.26.0  
 W 50 R. Burhop 3rd 48.09.0  
 W 55 J. Wines 3rd 53.08.0  
 W 60 S. Young 1st 50.26.0  
     J. Onley 3rd 65.34.0

#### HIGH JUMP

M 30 T. Baldwin 1st 1.90  
 M 35 G. Varigos 3rd 1.07  
 M 40 J. Neale 3rd 1.20  
 M 55 J. Shand 1st 1.35  
     D. Jennings 2nd 1.30  
 M 65 G. Gourlay 1st 1.43  
     R. Hochreiter 2nd 1.35  
 M 70 S. Stankovic 3rd 1.05  
 M 75 A. Smith 1st 1.00  
 M 80 G. Knott 2nd 0.90  
 W 30 C. Tew 2nd 1.41  
 W 35 S. Lee 1st 1.44  
 W 50 C. Battersby 1st 1.34  
 W 70 G. Davidson 1st 1.13

#### LONG JUMP

M 30 T. Baldwin 1st 6.46  
     M. Larose 2nd 6.31  
 M 35 K. Perera 1st 6.40  
 M 40 D. Grace 2nd 5.64  
 M 50 P. Vallance 2nd 5.51  
 M 55 G. Noden 2nd 5.25  
     R. Harris 3rd 4.86  
 M 65 R. Hochreiter 1st 4.38  
     N. Keith 3rd 3.64  
 M 70 S. Stankovic 2nd 4.07  
 W 35 S. Lee 2nd 4.42  
 W 50 C. Battersby 1st 4.13  
 W 55 C. Dickie 3rd 3.01  
 W 70 G. Davidson 1st 3.21

#### TRIPLE JUMP

M 40 C. Hetherton 3rd 10.63  
 M 55 G. Noden 2nd 10.18  
     R. Harris 3rd 9.90  
 M 65 R. Hochreiter 1st 9.40  
     G. Gourlay 2nd 8.66  
 M 70 S. Stankovic 2nd 6.48  
 M 75 A. Smith 1st 5.61

W 70 G. Davidson 1st 7.10

#### POLE VAULT

M 30 T. Baldwin 1st 3.60  
 M 35 G. Varigos 1st 1.00  
 M 45 J. Reynolds 1st 2.20  
 M 50 J. Poulter 2nd 2.90  
 M 55 K. Priestley 2nd 3.00  
 M 65 R. Hochreiter 2nd 2.40

#### SHOT PUT

M 30 T. Baldwin 1st 11.25  
 M 40 R. Glass 2nd 11.99  
 M 45 P. Young 2nd 11.64  
 M 50 G. Rose 1st 12.58  
 M 55 G. Knight 2nd 9.59  
 M 60 I. Mancs 2nd 11.37  
 M 65 R. Hochreiter 3rd 11.01  
 M 70 S. Stankovic 3rd 9.46  
 M 75 A. Smith 1st 4.89  
 W 40 C. Schultz 1st 13.11  
 W 50 C. Battersby 2nd 10.59  
 W 60 G. McKeown 2nd 7.02  
 W 65 K. Stankovic 1st 5.21  
 W 70 G. Davidson 1st 7.21

#### DISCUS THROW

M 30 T. Baldwin 1st 34.84  
 M 40 R. Glass 1st 36.16  
 M 45 P. Young 3rd 35.24  
 M 50 G. Rose 2nd 40.36  
 M 55 R. Harris 2nd 27.52  
     D. Jennings 3rd 22.74  
 M 60 I. Mancs 1st 42.92  
     W. VanWeenen 3rd 37.96  
 M 65 R. Hochreiter 3rd 38.94  
 M 70 S. Stankovic 3rd 25.00  
 M 80 G. Knott 2nd 12.12  
 W 30 C. Tew 1st 29.46  
 W 40 C. Schultz 1st 41.88  
 W 50 C. Battersby 2nd 27.56  
 W 55 V. Worrell 1st 22.50  
     C. Dickie 3rd 16.10  
 W 60 G. McKeown 2nd 19.40  
 W 65 K. Stankovic 2nd 12.80  
 W 70 G. Davidson 1st 19.56

#### JAVELIN THROW

M 30 T. Baldwin 2nd 48.52  
 M 40 A. Farr 1st 54.06  
 M 50 G. Rose 1st 47.40

M 55 D. Jennings 1st 30.80  
 M 60 I. Mancs 3rd 31.60  
 M 65 R. Hochreiter 2nd 37.20  
 M 70 S. Stankovic 1st 27.80  
 M 75 A. Smith 1st 12.50  
 M 80 G. Knott 2nd 12.50  
 W 40 C. Schultz 2nd 34.30  
 W 50 C. Battersby 1st 28.46  
 W 65 K. Stankovic 1st 9.82  
 W 70 G. Davidson 1st 17.04

#### HAMMER THROW

M 35 M. Childs 2nd 28.74  
 M 40 R. Glass 1st 47.20  
 M 45 J. Reynolds 2nd 37.52  
 M 50 K. Readwin 1st 47.26  
     G. Rose 2nd 45.02  
 M 55 K. Priestley 3rd 38.30  
 M 60 W. VanWeenen 1st 45.98  
 M 70 S. Stankovic 2nd 30.84  
 M 75 A. Smith 1st 13.42  
 W 30 C. Tew 3rd 24.42  
 W 40 C. Schultz 1st 36.64  
 W 50 C. Battersby 2nd 41.30  
 W 55 V. Worrell 1st 26.60  
 W 60 G. McKeown 2nd 24.76  
 W 65 K. Stankovic 1st 16.22  
 W 70 G. Davidson 1st 24.56

#### 5 000 M TRACK WALK

M 50 T. Johnson 1st 24.49.6  
     G. Paton 2nd 24.59.3  
 M 55 M. Dickinson 1st 23.55.8  
     B. Gardner 3rd 25.51.9  
 M 60 C. Silcock 1st 29.58.0  
     K. Johnston 3rd 33.10.0  
 M 65 G. Gourlay 1st 30.06.0  
     A. Jones 3rd 41.36.8  
 M 70 G. Hogarty 2nd 33.32.6  
 M 75 A. Smith 1st 43.26.7  
     L. McGregor 2nd 47.44.4  
 M 80 T. Daintry 1st 37.07.9  
 W 40 C. Carrassi 2nd 31.16.10  
 W 45 K. Woodward 1st 26.55.13  
 W 50 L. Osborne 1st 28.15.0  
     W. May 2nd 29.44.0  
 W 55 J. Davison 2nd 35.08.7  
 W 60 J. Albury 1st 28.41.8  
     T. Leb 2nd 31.22.7  
 W 65 B. Newman 1st 33.22.0  
     M. Colthup 2nd 38.50.9

20 000 M ROAD WALK  
 M 50 T. Johnson 2nd 110.58  
 M 55 M. Dickinson 1st 105.31  
     G. Major 2nd 128.09  
 M 65 A. Jones 2nd 166.28

#### 10 000 M ROAD WALK

M 60 C. Silcock 1st 61.44  
     K. Johnson 3rd 68.26  
 M 65 G. Gourlay 1st 61.49  
 M 70 G. Hogarty 1st 70.35  
 M 80 T. Daintry 1st 68.26  
 W 40 C. Carrassi 3rd 70.48  
 W 45 K. Woodward 1st 54.06  
     C. Kelly 2nd 57.31  
 W 50 L. Osborne 1st 59.59  
     W. May 2nd 61.49  
 W 60 J. Albury 1st 63.06  
     T. Leb 2nd 68.06  
 W 65 B. Newman 1st 70.17  
 W 75 D. Jack 1st 81.22  
     G. Smith 2nd 90.32

#### PENTATHLON

M 45 P. Young 3rd 2474  
 M 55 G. Noden 3rd 3448  
 M 65 R. Hochreiter 1st 3741  
     N. Keith 2nd 2469  
 M 70 S. Stankovic 2nd 2931  
 M 75 A. Smith 1st 1164  
 W 45 M. Wong 3rd 2435  
 W 50 C. Battersby 1st 3489



## COBURG 24HR CARNIVAL

NOON SATURDAY 16 APRIL to NOON SUNDAY 17 APRIL 1994

### VETS 24HR RELAY CHALLENGE

In 1993, a Coburg team of 12 runners, all over the age of 40, ran 302 Kil in a 24 hour relay. So they issued a challenge to all Vets venues to "DO MORE IN '94". Venues from Altona, Aberfeldie, Burwood & Croydon responded. The Yan Yean Road Runners, although not a Veteran's venue, heard about the relay & fielded a veterans team.

The requirements were that all runners should be of Veterans ages as defined by the Vic Vets, with at least two of each sex in the team and representatives of 4 Vets categories. (5 year age groups). We were keen to have 10 teams so, when not enough Vets responded, Open teams were sought. A team from Ballam Park Secondary College entered but had to withdraw at the last moment because of sickness. Traralgon Harriers promised a team but didn't turn up.

COBURG Harriers fielded 2 teams, so a total of 7 teams competed. All in the VETS category. The oldest competitor was Gerardo Riviello (70) an Aberfeldie Vet. Gerardo substituted for a sick runner in the Altona Vets team at the last moment. At the change-overs Gerardo (70) was receiving the baton from 67 years old Les Jary. The combined age of the 10 Altona runners was 457 years with only one runner under 40, another 2 in the 40 year age groups and 4 in the 50s plus Gerardo & Les. Although they finished last they were remarkably consistent with their lap running despite the range of conditions they had to face and for a while there they had the Coburg 2 team worried. Many 40 & 50 year olds competed & it was probably the youthfulness of the Yan Yean Vets that gave them that winning edge. They managed to fulfil all the criteria for a Vets team but were able to keep to the lower categories of the Vets range. Their combined ages were 407 years with an age range of 34 to 51 years.

Yan Yean established an early lead and maintained the pressure to lead throughout. They had set themselves an "easy" target of 7K/30mins but soon found that what are easy targets in ordinary running become bloody difficult in ultra running. Their final winning achievement was 887 laps + 233.5 metres or 355.0335 Kilometres.

Aberfeldie & Coburg 1 battled for 2nd place throughout the first day but Coburg 1 allowed Aberfeldie to slip away during the night. Aberfeldie reeled off 859 laps + 169.4 metres or 343.7694 Kilometres. Coburg 1 totalled 839 laps + 0.5 metres or 335.6005 Kilometres.

Burwood also broke the 800 lap barrier with a total of 811 laps + 125.5 metres or 324.5255 Kilometres. There was some misunderstanding in the Burwood camp about the conditions of the running sequence but once they discovered their mistake they were sporting enough to stick to their nominated sequence & tough it out. I'm sure that with more strategic planning they could have given some of the teams above them a shake. Burwood were the first venue to support us and persisted with their support despite many difficulties in finalising a team. In the end they fielded a team with some help from the Victorian Road Runners & Coburg. Thankyou for your support Burwood & your sportsmanship.

Croydon were within sight of the 800 lap barrier but just could not make it with a total of 789 laps + 349.8 metres or 315.9498 Kilometres. I indicated in the early announcements that Croydon were a combined team also with some help from Knox venue. I was forced to retract this statement & state publicly that Croydon were a pure, unadulterated team!

## COBURG 24HR CARNIVAL

NOON SATURDAY 16 APRIL to NOON SUNDAY 17 APRIL 1994

### VETS 24HR RELAY CHALLENGE cont.

Altona & Coburg 2 battled for last place. On several occasions the Hourly Progress board showed Altona & Coburg 2 with the same number of laps or within 1 or 2 laps of each other. They swapped places often during the Saturday daylight hours, but Coburg 2 handled the night hours better & the morning saw them in the clear by 7 laps. Coburg 2, 721 laps + 185.5 metres or 288.5855 Kilometres. Altona, 710 laps + 118 metres or 284.1184 Kilometres.

It is nice to win but this event is not only about winning. There is enough sense of achievement in one's own individual tally & the team's total to give a glow of satisfaction & achievement no matter where the team is in the finishing order.

The 24HR RELAY CHALLENGE will be a part of the annual COBURG 24HR CARNIVAL from now on. We will soon decide on a date for 1995 & let everyone know about it. Our experience this year shows us that we could handle more teams on the track without it becoming too congested for either the relay runners or the ultra runners. Next year there will be an Open section for teams as well as a Vets section.

THE GAZETTE May 18, 1994

### sports watch

## Running to win gold

JILL Cooper gave up running for 30 years busying herself with her work and family.

Two years after resuming the sport as a 52-year-old Cooper won two bronze medals at the World Veteran Championships in Japan.

The Nunawading resident, now 55, said she was searching for another activity and alighted on sprinting, even though she "couldn't jog around an oval" when she returned to the track.

"I used to like running when I was young and I was looking for something to do," she said.

Cooper joined the Victorian Veterans Athletics Club and is now a member of Doncaster Athletics Club.

At first Cooper competed for the social enjoyment, but her growing levels of fitness and desire were rewarded with outstanding results at state and national level.

Last year she won two bronze medals competing in the 4x100m and 4x400m at international level in Japan.

Cooper's good form continued this year with two golds (100m, 200m) and a placing (400m) at the Victorian Veteran Championships.

More recently, Cooper emulated these feats at the Australian Veteran Nationals in Sydney and broke Victorian records in the 55-59 class.

Cooper said winning was all-important.

"I'm out to win — it's everything. When you start to get really fit you feel just as motivated as you would at the Olympics," Cooper said.

She is committed to earning a gold medal at an international event and has focused on the World Masters Championships in Brisbane in September.

Cooper said training involves aqua jogging and track sessions two-three times a week, increasing to four times leading up to an event.



## V.V.A.C.I. - HALF MARATHON

### BUNGAREE - 1ST MAY'94

by Eric Greaves (Club Captain)

A good turn out of 55 members travelled up to Bungaree for our annual combined run with the Ballarat Harriers Club, with very cool conditions, and what turned out to be a strong headwind on the outward leg of the race. Our competitors joined forces with approximately 150 other entrants to contest this very arduous event. In one way it was a blessing that it was a headwind on the way out, because once the turn-around point had been reached, the return trip was a lot easier with the wind at your back. Lew Harvey (M45), showed he had found his old form by running 74.41 to finish 1st veteran, not only for us, but overall as well. First woman home for the Vets. was Jenni Cottril (W40), in a time of 91.51. Due to the windy conditions, times were a bit slower than previous years, but all participating members are to be congratulated for their efforts on the day.

Ballarat Harriers are also to be congratulated for another well-organised event, with the course well-marshalled and an endless supply of spot prizes after the run. Our recently retired Honorary Secretary, Peter Colthup lived up to his nick-name of Arthur Daly by flogging tee shirts and windcheaters to any hapless soul who even showed the slightest bit of interest in the garments he was displaying.

The oldest competitors overall were Shirley Young (W60) and Randall Hughes (M70), and they were both presented with a special award by Ballarat's historical Stan Nicholls, in appreciation of their efforts. Special thanks to our timekeepers and collators for the race - Beryl Sinclair, Jean Onley, Lyn Crouch and Wendy Greaves for a top job.

A few of us found an ideal way of avoiding the dreaded P.R.B. (post race blues) by stopping off at St. Anne's Vineyard on the way home. After a pleasant meal and a few glasses of fine wine, we were ready to go back and tackle the race again!

### RESULTS

Name	Age	Time
<b>M 35</b>		
1. Andrew Tunne	35	1:40:11
2. Ian Flannery	38	1:43:01
<b>M 40</b>		
1. Ross Martin	42	1:17:19
2. Rob Clutterbuck	41	1:22:00
3. John Newsom	42	1:22:49
4. Denis O'Hehir	41	1:22:55
5. Bill Turner	44	1:33:22
<b>M 45</b>		
1. Lew Harvey	45	1:14:41
2. Eric Greaves	46	1:17:02
3. Jim Ingham	48	1:20:15
4. Ken Senior	48	1:20:37
5. Dennis Ardley	47	1:28:12
6. Rob Waters	48	1:28:20
7. Brian Walsh	49	1:29:59
8. Leigh Cassidy	46	1:30:19
9. Alan Fryday	47	1:34:43
10. Alan Douglas	48	1:37:34
11. Peter Lally	47	1:49:48
<b>M 50</b>		
1. Michael Fenelon	50	1:19:24
2. Barry Brooks	53	1:21:45
3. Roy Commerford	50	1:23:17
4. Rob Taylor	53	1:23:18
5. John Waite	53	1:24:45
6. Robert Fuga	51	1:27:48
7. Juan Perez	54	1:28:36
8. Malcolm Brown	53	1:29:39
9. Laurie Prosser	51	1:32:10
10. Bill Kyte	53	1:36:43
11. Laurie Crouch	54	1:37:47
12. Dave Herbert	53	1:38:23
13. Bill Ryan	53	1:38:57
14. Peter Nelson	53	1:41:49
15. Stephen Barker	50	1:43:04
<b>M 55</b>		
1. Fred Carpenter	57	1:22:25
2. Brian Johnston	55	1:32:56
3. Frank Furlan	55	1:33:14
<b>M 60</b>		
1. Ron Young	63	1:27:52
2. Bill Page	63	1:30:59
3. Tom Davison	61	1:33:46
4. Gerry Riley	63	1:36:38
5. Kevin Onley	60	1:44:17
6. Ron Watson	64	1:49:42

### M 65

1. Ben Morrey	65	1:45:08
2. Jim Sinclair	69	2:08:25
3. Gerrardo Riviello	69	2:09:05

### M 70

1. Randall Hughes	70	1:30:26
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### W 40

1. Jenni Cottril	42	1:31:51
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### W 45

1. Betty Mark	46	1:59:15
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### W 50

1. Cynthia Herbert	51	1:46:30
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2. Margaret Cassidy	50	1:49:48
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3. Helen Myall	51	1:51:15
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### W 55

1. Barbara Dagleish	58	1:43:45
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### W 60

1. Shirley Young	64	1:45:29
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2. Lois Sellar	61	1:59:40
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## *Fly on the Wall*

Leaked from the committee's minutes of  
9 MAY 1994

- 3.1 Re. Item 13, from Win May, after airing of complaints about the organization of the national championships in Sydney, it was decided that no further action would be taken by VVACI.
- 3.2 Re. Item 19, from Dave Herbert, there were objections to the organizers of a proposed aquathon giving any impression that it was a championship event, but agreed that it could be given a fun-run type of name such as Vic Vets Aquathon.
- 9.2 CAULFIELD: Difficulties being experienced by the venue with regard to ground hire charges were debated. The committee would wait upon a written submission from the venue regarding matters such as financial support, intervention with the Council, and representation on the Board of Management of Duncan McKinnon

track. Such a submission would be assessed on the basis of merit and action taken accordingly.

10.4

Rob Waters distributed VVACI badges which were warmly received. 500 had been made and would be offered for sale at \$3 each through "Around the Grounds" and at the Cross Country. John Dean was appointed to distribute them.

11.1

Duties of the 1994-5 Committee: The following allocations were made:  
Finance sub-committee - J. Briggs, K. Routley, J. Dean.  
Medals & presentations - M.Cassidy.  
Club singlets - E. Greaves.  
Competitions & championships - E. Greaves, P. McGrath, R. Callaghan.  
Technical affairs - P.McGrath.  
Publications sub-committee - D. Browne, C. Browne, R. Waters.  
"Around the Grounds" - P. Colthup.  
Registrar & public officer - D. Browne.  
Registrar for AV - M. Colthup.  
Media & publicity - D. Orr, J. Benson, K. Wu.  
Statistician - C. Riddoch.  
Artwork advisory board- R. Waters & co-optees.  
Constitution - A. Bradford.  
Minutes - C. Browne.  
Social secretary - Pat Carroll (co-opted later) 11.6 Trophy glasses for the venues. Following debate about the relationship between the venues and the central VVACI body, it was moved P. Colthup / R.Waters that the committee continue with the order, purchase and distribution of trophy glasses to the venues, to be organized by M. Colthup. Carried.

## Fly on the Wall

(continued)

11.8

5th Australian Masters Games in Melbourne, 5 October 1995 to 14 October 1995.

P. McGrath reported that discussions had been held between VVACI, represented by himself, D. Browne and R. Callaghan, and the representatives of the Masters Games, whose manager was Helen Armitage. VVACI had been offered \$1500 to assist in the athletics program. Peter himself was not in a position to assist and Ray would act in an advisory capacity only. At this stage there was no person or group coming forward within the veterans club to take the initiative and organize the athletics events. Negative points were made, including the facts that athletes would be required to pay \$50 to enter, that the Masters Games could not run without expert officials such as AV officials, and that it was unlikely that many veterans would be prepared or available to do the work involved. On the other hand the event could be a positive opportunity for the veterans movement.

(Watch out for more next issue!)



## MASTERS' GAMES AROUND AUSTRALIA

The **WORLD MASTERS' GAMES** are to be held in Brisbane from 26th September to 8th October 1994 and promises to be an enormous festival of sports. It's not too late to enter and entry forms can be obtained from your secretary, Dot Browne, 4 Victory Street, Mitcham 3132, or phone 874 2501. The closing date for entries is 15th July, 1994 so you'll need to act quickly.

\*\*\*\*\*

The **HONDA MASTERS' GAMES** in ALICE SPRINGS are to be held from 15 - 23 October, 1994. Any enquiries should be directed to Games Office, P.O. Box 1095, Alice Springs NT 0871 or telephone (089) 51 5329 or Fax (089) 51 5330

\*\*\*\*\*

**1995 FIFTH AUSTRALIAN MASTERS GAMES** are to be held in Melbourne from 5 - 14 October, 1995. It is anticipated that it will be the largest multi-sport event EVER held in Melbourne in terms of participants, and this includes the 1956 Olympic Games and our World Veterans' Games which were held in 1987. The opportunity to compete in any one of 50 different sports is being offered to all community members over 30 years. You definitely do not have to be a champion to be a participant, as the emphasis is on participation, having fun and enjoying friendly competition against people of similar age to yourself. The Games will have a strong community festival atmosphere,

## MASTERS' GAMES AROUND AUSTRALIA

supported by the City of Melbourne and excellent facilities such as Olympic Park have already been booked.

There will be a \$50 registration fee which will entitle the fee-payer to: international sporting competition, Welcome Ceremony and Street Parade, top-class entertainment, official program, free t-shirt, complimentary sports injury insurance coverage, individual sports competition program, free entry to Games entertainment centres (one of them is a nightly function in the Glasshouse), Games registration kit containing information and giveaways, chance to win special prizes, discounts at local tourist attractions entry to Closing Ceremony, to name a few.

Our Victorian Vets. committee has been asked to consider organising the athletics aspect of these Games at Olympic Park, and this proposal will be discussed at our next committee meeting on 27th June. Many of our committee members see these Masters Games as a golden opportunity to advertise and promote our club and to show them how an athletics programme SHOULD be organised. After all, we are supposed to be in the business of encouraging older people in our community to get fit, so how can we not support the Masters Games?

I / we will be attending the function for Peter and Marge Colthup

and enclose \$ .....

Name / s .....

## IMPORTANT NOTICE

The Committee invites all members, both present and past, to honour the outstanding performance of

### Peter and Marge Colthup

over 19 years continuous service to the Victorian Veterans' Athletic Club.

A social function will be held on **MONDAY 25th JULY 1994** at the **HAWTHORN RECEPTION CENTRE** 555 Glenferrie Road Hawthorn.

Refreshments and drinks will be provided between 8pm and 10pm whilst tea and coffee will continue to be available til 11pm. The cost will be \$5 per person (all inclusive).

We ask everyone to demonstrate their appreciation of this fantastic achievement by attending this function.

Please notify our Social Secretary, Pat Carroll by sending the attached form with your payment to 32 Shane Avenue Laverton 3028 or phone 369 2312 R.S.V.P. - 18th July 1994



**CALENDAR**  
**VIC. VETS'**  
**ATHLETIC CLUB INC.**  
**EVENTS FOR 1994**

**JUNE 26 WINTER CHAMPIONSHIPS**  
CAULFIELD VENUE  
Duncan McKinnon Reserve, cnr. North and Murrumbeena Roads, Murrumbeena  
12 noon start. Enter on the day for all events.

**JULY 23 8KM CROSS-COUNTRY RUN**  
BUNDOORA PARK (Mel. Map 19F3)  
Combined VVACI and VCCL Exhibition Cross-Country Run.  
An Open non-championship event with non-members welcome.  
\$2 entry fee. Enter on the day.  
3pm start. All welcome.

**AUG 14 WINTER WEIGHT PENTATHLON**  
CAULFIELD VENUE  
Duncan McKinnon Reserve, cnr North and Murrumbeena Roads, Murrumbeena.  
Enter on the day.

**AUG 14 10 MILE ROAD RACE**  
CARLTON  
Princes Park, Royal Parade, Melways Map 29G11)  
10.00am start. Enter on the day.  
Non Championship events combined with the VCCL.  
Spot prizes etc. The event will be an estimated time run

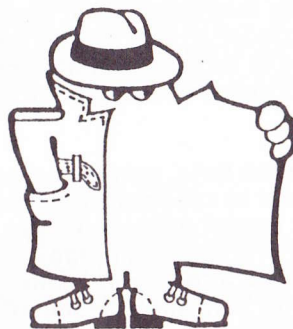
**AUG 28 25KM ROAD RUN**  
YOU YANGS  
Enter on the day. 9.15am start.

**SEPT 18 10KM ROAD RACE**  
DEVIL BEND, MOORODUC.  
(Melways Map 152J3) 10.00am start  
Start in the reserve in Graydens Road, Mooroduc

**OCT 2 CLUB MARATHON**  
CARLTON  
13 x 2 Mile laps around Princes Park.  
(Melways Map 29G11). Royal Parade, Carlton  
8am start. Enter on the day.

*Club uniform to be worn at all these events please!*

*Any further enquiries regarding any of these events, please telephone:  
Eric Greaves (Club Captain) 560-2971*



A note from Arfur Daley, sorry, from Peter Colthup.

Dear Dot,

I would appreciate it if you would mention somewhere in "News and Results" that I have made up videos of the 1993 and 1994 Victorian Championships as well as the 1993 and 1994 Australian Championships for \$ 20.00 each. Anyone wishing to know they are on the film can ring me on 795 1169. (Postage in box \$ 5.00) Also "History of the World Games" T - shirts \$ 20.00, and Sloppy Joes for \$ 32.00 (postage \$ 3.00) are available.  
All the best  
Peter Colthup

**VICTORIAN VETERANS**  
**ATHLETIC CLUB INC**

**WINTER COMPETITION**

Start Times	Track Events		Field Events	
			Only 3 attempts per Field event	
1:00 pm	Fem.	600 metres	Fem.	Hammer
	Men	600 metres	Men	Discus
1:30	Fem.	Two mile walk	Men	Javelin
			Fem.	Stand'g Long Jump
1:50	Men	60 metres	~~~~~	
2:00	Fem.	60 metres	Fem.	Discus
			Men	Triple Jump
2:15	Men	1000 m.	~~~~~	
	Fem.	1000 m.	~~~~~	
2:30	~~~~~		Fem.	Javelin
			Men	Stand'g Long Jump
2:40	Men	Two mile walk	~~~~~	
3:00	Fem.	150 metres	Men	Shot Put
			Fem.	Triple Jump
3:15	Men	150 metres	~~~~~	
3:30	Fem.	Three mile run	Men	Hammer
3:45	Men	Three mile run	Fem.	Shot Put
4:15 approx.	Finish and clean-up			
4:30 pm	Certificate Presentations to all Competitors plus Tea, Coffee and your BYO. plate combined with good conversation			

**2 6 JUNE 1 9 9 4**

**C A U L F I E L D V E N U E**

Duncan McKinnon Athletic Track, Cnr. North Road Murrumbeena Ref. 68 K9  
Entry fee \$1.00 per each event Entries will be taken on the day  
Enquiries (03) 807 5656 or 318 3802 Club Competition Uniform to be worn

[ AS AT MAY 8 1994 ]

28/08/1994 - VICTORIAN WINTER CHAMPIONSHIPS \*\*  
[ DOLOMORE OVAL MENTONE MELWAY P87 C7 ]

\*\* OPEN TO ALL FEMALE & MALE ATHLETES  
ALL CLASSES CATERED FOR: JUNIOR; OPEN; VETERANS.

12-00PM WEIGH IN / WARM UP ALL GROUPS  
1-00PM COMPETITION ALL GROUPS  
3-15PM 50m FIELD GAMES SPRINT ALL GROUPS  
3-30PM OPEN HAMMER COMPETITION

PERFORMANCE CERTIFICATES TO BE AWARDED  
COST \$3-00 PER ATHLETE

27/11/1994 - VICTORIAN SUMMER CHAMPIONSHIPS \*\*  
[ DOLOMORE OVAL MENTONE MELWAY P87 C7 ]

\*\* OPEN TO ALL FEMALE & MALE ATHLETES  
ALL CLASSES CATERED FOR: JUNIOR; OPEN; VETERANS.

MORE DETAILS AVAILABLE WHEN FINALISED.

MORRIE JAMES

H 03 570 6958 W 03 428 2467

NB. NORMAL MONTHLY PROGRAMME HAS BEEN SUSPENDED TILL 1995

VICTORIAN VETERANS ATHLETIC CLUB INC.

HEAVY WEIGHT & WEIGHT PENTATHLON 1994 WINTER CHAMPIONSHIPS

DUNCAN MCKINNON RESERVE - MURRUMBEENA - MELWAY 69 A9

COMPETITION SUNDAY AUGUST 14 1994

HEAVY WEIGHT 11-25AM - WEIGHT PENTATHLON 12-55PM

ENTRY FORM - PLEASE SEND THIS PART TO MORRIE JAMES  
34 PASADENA CRESCENT, BENTLEIGH EAST 3165 (570 6958)

SURNAME.....FIRST NAME.....  
CLUB #.....F/M.....  
ADDRESS.....  
.....POST CODE..... DATE OF BIRTH.....  
ENTRY FEE \$ 2-00 EACH EVENT - PLEASE CIRCLE.....  
HEAVY WEIGHT.....WEIGHT PENTATHLON.....  
CHEQUES PAYABLE TO VICTORIAN ATHLETIC CLUB INC.  
CLOSING DATE AUGUST 14 1994



VRR FUN RUN CALENDAR

1994 - No. 1 (May to September 1994)

Issued free by the Victorian Road Runners as a service to all runners

EVERY SUNDAY Coburg "Claytons" Fun Runs, 4km per lap, 1 to 8 laps optional, Harold Stevens Athletic Track, Coburg, 9am with CHC special events listed below) all runners welcome (386 9251 h).

June 3 Torch Run (5km), Swanston St, 7pm (429 5105 w)  
June 4 VRR Tan Handicap (8km & 4km) & Breakfast, opposite Swan St. Bridge, 7.30am (802 7925 after hours)  
June 5 Caritas Melbourne Marathon (42.2km), Swan St., opp. Olympic Park, 8am (429 5105 w)  
June 5 Qantas Half Marathon (21.1km), in conjunction with Melbourne Marathon, 8am (429 5105 w)  
June 12 Rutherglen Fun Run (10km), Main St, Rutherglen, 10am (060 32 8690)  
June 19 Blackburn Lake P.S. Fun Run (10km, 5km & 3km), P.S., Florence St, Blackburn, 10am (878 1091 h)  
June 19 Box Hill Lions' Fun Run (12km & 6km) Bennetswood Reserve, Burwood Hwy, 9.30am (898 7783)  
June 26 VRR Westerfold Park (10km & 5km), Porter St. entrance, 9am (802 7925 after hours)  
June 26 St Chlmroy Grand Prix Race 3 (8km) Princes Park, Carlton, 9am (808 1736)  
June 26 Olympic Day Run & Walk (10km, 5km & 3km) Albert Park Lake, 9.30am (428 8049)  
June 26 Traralgon Marathon & Fun Runs (42.2km, 7km & 3km), Davidson St, 9am & 10am (051 22 2855 h)

July 2 VRR Tan Time Trial (8km & 4km), near Government House Drive, 7.30am (802 7925 after hours)  
July 9 CHC Coburg Bluestone Classic (15km), Harold Stevens Athletics Track, 2pm (386 9251 h)  
July 10 The Great Ferry Challenge (16.5km), Rosebud Pier to Sorrento, 10am? (008 804 009)  
July 24 Queen of the Lake Womens (10km & 5km), South Melbourne Cricket Ground, 9am, (819 9225 w)  
July 24 ACCV Terry Fox Run (10km & 5km), State Hockey Centre, Brens Drive, Royal Park, 9am (279 1111 w)  
July 24 Lakes Entrance Terry Fox Run (12km, 8km & 4km), St. Brendans School, Princes Hwy., 10am (051 55 2395 h)  
July 30 CHC King & Queen of the Mountain (8km), Humevale Go-Cart Track, Whitlessa, 2.30pm (386 9251 h)  
July 31 PRR Devils Bend (30km & 10km), Mooroduc, 10am (059 75 8754 h)  
July 31 Mildura Half Marathon (21.1km, 10km & 3km), Nichols Point Hall, 9am (050 25 2303 w)

August 6 VRR Tan Time Trial (8km & 4km), near Government House Drive, 7.30am (802 7925 after hours)  
August 7 Malvern Mini Marathon (20km & 12km), Kooyong Park, 8.30am (571 9393 h)  
August 14 [Sydney City to Surf (14km), Sydney Town Hall, 10am (02 241 3538 w)]  
August 14 Koroll To Warrnambool Half Marathon (21.1km), Koroll, 10am (055 62 3275 h)  
August 21 Ricketts Point To Point (10km & 3km), Beaumaris Yacht Club Car Park, 8.30am (583 1912 h)  
August 21 CHC Coburg Half Marathon (21.1km), Harold Stevens Athletic Track, 9am (386 9251 h)  
August 28 VRR Princes Park Half Marathon (21.1km & 6km), Royal Parade, Parkville, 8.30am (802 7925 after hours)  
August 28 Bunke Hall De Castella Fun Run (15km & 8km), Studley Park Rd., Kew, 10am (846 3513 h)

September 3 VRR Tan Handicap (8km & 4km) & Breakfast, opposite Swan St. Bridge, 7.30am (802 7925 after hours)  
September 4 Keysborough Rotary Half Marathon (21.1km, 10.7km & 5.6km), Chellenham & Stanley Rds., 9am (702 1228 h)  
September 4 Spring Into Shape Series Run 1 (10km & 5km), Alexandra Gardens Boatsheds, 9am (819 9225 w)  
September 4 CHC Bluestone Fun Run Series (12km), Harold Stevens Athletic Track, 9am (386 9251 h)  
September 11 Victorian Half Marathon (21.1km), venue to be confirmed, 8.30am (429 5105 w)  
September 11 Bayswater West Primary School Fun Run (10km & 4km), Phyllis St, Bayswater, 10am (729 3394 w)  
September 11 City of Mordialloc Pier to Pier Fun Run (10km & 3km), Mordialloc Pier, 9am (580 8627 h)  
September 11 City to Ballarat University College Classic (10km), Malr St., Ballarat, 9.30am (053 33 9697 w)  
September 18 Traralgon Harriers King of Mountain (30km) Shakespeare St., 10am (051 74 4534 h)  
September 25 CHC Bluestone Fun Run Series (12km), Harold Stevens Athletic Track, 9am (386 9251 h)

October 1 VRR Tan Time Trial (8km & 4km), near Government House Drive, 7.30am (802 7925 after hours)  
October 2 Warrnambool Marathon (42.2km), Warrnambool Netball Stadium, 8am (055 62 3275 h)

Note: entries for all VRR events are taken ONLY on the day of the run