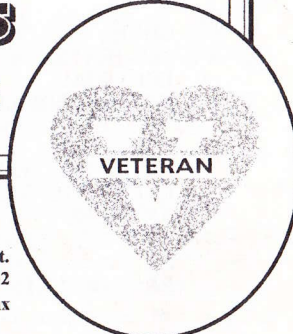
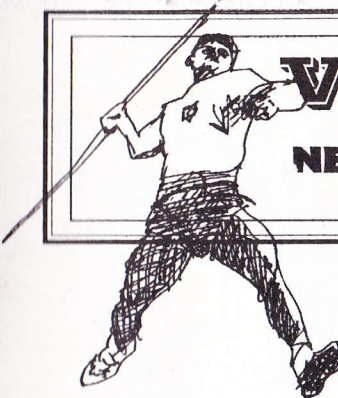


Vic Vets

NEWS AND RESULTS



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Gwen Davidson, jumping and running well at 71. An interview with Gwen appears inside.



Vic Vets

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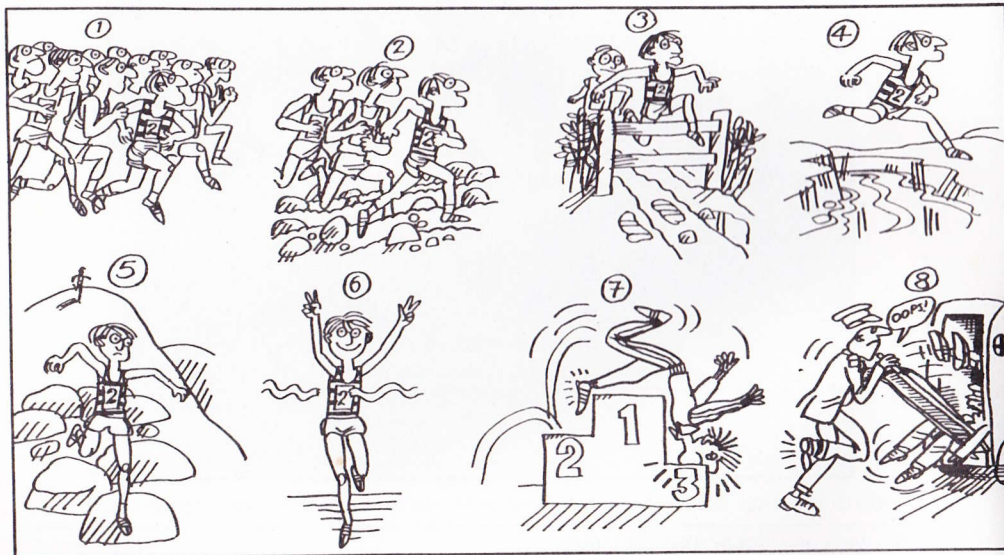
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Editorial

some other vets that I didn't see among the 4000. It is an event that would really suit lots of you - strenuous, hot, sociable, rough and tough. Just the thing for a vet with a week to spare.

There have been many other things to make us realize we are alive, sharing them in the company of our vet mates: the Albert Park protest rallies, Harry Logan's funeral, the Mike O'Neill Challenge at Mentone, The East Burwood Parlour Relays, not to mention the weekly venue meetings at thirteen venues around Victoria. As I said at the start, it makes you realize what a big part the Vic Vets plays in our lives, or could play if we participated in all of the activities available.

In the coming months there area whole host of events that you could get into. Just have a look at the calendar towards the back of the magazine. One that might surprise you (it surprises me) is the Alf Lakin Grand Prix, a chance to win fantastic prizes including a Daihatsu car. Read about it inside. It includes carnivals in Adelaide, Canberra, Brisbane, Melbourne and Sydney. Alf is a would-be entrepreneur with visions of an ongoing series of sponsored opportunities for the veterans. He places great faith in Melbourne to keep him afloat. He will probably lose money in Brisbane and Adelaide but hopes to offset his losses in Sydney, Canberra and Melbourne. He promises that the veterans club will not incur any debts. So let's get behind him and give it our full support. At \$3 an event it is not going to break us. It will be at Knox venue on February 12th. Entry form inside.

There are more details about the Buffalo World Games from Collin Cooper. Poor Col has been very sick. See "Letters to the Editor" for more. And championship events are coming up in several categories. See Ray Callaghan's sheets on entering for these events.

1995 will be quite a year - National Championships at Townsville, World Games at Buffalo, and then our biggest challenge - organizing the athletics segment of the VicHealth 5th Australian Masters Games in Melbourne. Gird your loins for a big year with the Vic Vets.

Colin Browne

Another edition of "Vic Vets News and Results", and when I come to put it together I realize what a large space in our lives our club fills. In a part of the year which serious athletes would call "off-season" or "pre-season" the vets seem to have had plenty to keep their minds and bodies occupied. We had the Bushranges Classic, held in such terrifying conditions of storm and tempest in the Dandenongs that they were front page news. We had the delightful inaugural East Burwood relay through the forests around Silvan dam, a magical day. There was the Bright Alpine Climb Four Peaks, heroically attempted by several of our members, the Olympic Dream Fun Run, the South Melbourne Marathon, the Coburg Lake to Lake Fun Run and the Zatopek 10 km series, all heavily patronized by vets. Two of our members, Ashley Ryan and Dot Browne, organized separate fun runs along the bike track at Heathmont for their primary schools and many vets turned up. By the time you read this we will have had Christmas Day and New Years Eve runs to give our members a kick start to the festive season. Our Vets Dinner Dance was a delightful social event, greatly enjoyed by all those who attended. The band is always amazed at the energy and endurance of the Vic Vets on the dance floor. And there was space for quite a few more, so come along next year and shake a leg.

In this period the Colac Six Day Race was run, and many supported Sandy Kerr in her valiant race. A marginal event that occupied some of us for nine days was the Great Victorian Bike Ride from Swan Hill to Melbourne. Graham and Heather Murfett, Peter Feldman and myself were in it, and maybe

VETS IN PROFILE

Gwen Davidson, interviewed by Colin Browne.

- Col How did you go at the Masters Games in Brisbane?
- Gwen Oh good. I entered ten events, won nine, got second in the tenth.
- Col Who was the person that knocked you off in the 200m?
- Gwen Aileen Hogan, she's my arch rival.
- Col That's old Bernie Hogan's wife. She's a pretty experienced sprinter, I suppose. She's held some Australian records in sprints, hasn't she?
- Gwen She has, both of them. Yes, we've been battling for quite a while actually. In the last age group I think I knocked the 100 metres off of her. And this age group, she's moved up as well, 70 to 74. We always have a battle. She's good too, good to run against. I mean we're fair dinkum about it. We don't talk to each other before the race. I beat her well in the hundred. I was pleased with that.
- Col What's your attitude before the race? Are you very focussed and concentrated?
- Gwen Oh yes, I try to be. I sort of focus on what I've got to do, because I've been learning how to run a race, which I hadn't before. The first few years I was a bit relaxed about it.
- Col What's that mean, learning how to run a race? What do you mean?
- Gwen How to pace it really. There's a guy who's been teaching us. He tells us to run flat out, or 90%, for the first 30 metres, then keep that momentum going, until about the 80 metres, and then leave a little bit in reserve to go flat out at the end.
- Col You've got to try and free wheel a bit in the middle.
- Gwen Yes, but it's a bit hard to do especially if somebody's breathing down your neck. She was in front actually. So I was glad to be able to put that into practice. She said, "You beat me in the last twenty metres." And I said "Yeah, I know!" (laughing)
- Col How did she run the two hundred? Did she have a better strategy than you?
- Gwen Probably. That's her best distance too. She likes the two hundred. And I'm not terribly fussed about over a hundred. I also did the
- three jumps, long jump, high jump, triple jump, shot, javelin, discus, pentathlon and the weight pentathlon.
- Col How do you go on these weight events?
- Gwen Well I rather like them, because I've never learned to do that. I only ever ran and did jumps at school. So I've only just started to learn how to do the throws. Ilmar Mancs is teaching me.
- I had fifty years off between finishing athletics and starting again. I didn't start until I was sixty-five. So I've had a lot to learn in that time.
- Col Fifty years break! That's a bloody lifetime, isn't it. And did you have immediate success?
- Gwen Well I did actually, because I'd only just found out about veteran athletics when I came down here from Mildura in 1987. I was down on holidays and I think I spoke to Anne Callaghan, and she said "Go up to Croydon, that's where your nearest club is." Then I heard that the World Veteran Games were going to be on in Melbourne in November, so I thought I'll give this a go. So I went home and got myself a coach, one of the phys ed teachers from the school I was working in, and we used to practise after school on the school oval.
- Col So you've always been surrounded by young people?
- Gwen It doesn't worry me being old. You know, being older than people I train with.
- Col Did you ever get unfit in the years you were off athletics?
- Gwen No, because I've always loved being outdoors and doing outdoors things. I used to play squash, netball, tennis and archery. I was very pleased when I found athletics.
- Col Tell us something of your impressions of the Brisbane Masters Games.
- Gwen Well it was a difficult job because they didn't expect to get so many. There were 23,000 entries.
- Col Does that mean that in your age group events which are often thinly attended that you had fairly decent numbers in them?
- Gwen Yes, we actually had eight in the 100m and the 200m. There was a fair bit of competition, which is really good, because in the 70 to 74, in Victorian championships

- there's nobody else much.
- Col Were you up against any overseas competitors?
- Gwen Yes there was a lady from Texas. We had quite a battle in the jumps actually. And the throws. There were two or three good ones in the throws. So I had competition and I was glad of that.
- Col Were you anywhere near your personal bests at Brisbane?
- Gwen Yes, I think my 100m time was 16.2 and my best is 15.9. The 200m was a bit of a fiasco, but in the discus I got nearly my best. I got a better distance in Sydney. I got an Australian record there.
- Col You've certainly got a stranglehold on the records in your age group.
- Gwen I've got all the Australian ones that I compete in in my age group. You've got to do that at the beginning of your age group because someone younger will come along and take them off you. You have them for a little while.
- Col I suppose you can't expect anything to be permanent.
- Gwen No, you can't. Records are made to be broken. I've still got the high jump and the triple jump from the 65 to 70 age group, that's a world record. I got those on the first day I competed on my 65th birthday in Melbourne, and I beat the world record for the high jump by 12 centimetres. That gave me some confidence, because I didn't know what to expect.
- Col Nice to come into a major competition on your birthday, isn't it?
- Gwen Oh yes, I was lucky. I don't think I'd ever do it again.
- Col What do you think about the social aspects of veteran athletics?
- Gwen Oh, it's great. Actually I had an interview yesterday with a lady from New Idea and I said to her "What bugs me about veteran aths is that we don't get any publicity about it. If people knew what's available for them, what's out there, they'd get out and they'd do it too. The social part of it means a lot as well. When I came down to Melbourne I didn't know anybody apart from my family, but since I've joined a couple of clubs and been to competitions I've made some

- wonderful friends.
- Col Is this your main social outlet, associated with vets?
- Gwen My only one. It doesn't matter with the vets, what your standard is, because there is no qualifying standard, and you can walk, you can run, you can do whatever you like, and everybody is so supportive. And nobody laughs at you. The one who comes in last gets as much applause as the one who comes first. It annoys me that there must be a lot of people who must be able to do a little bit of athletics of some sort but they just don't know about it.
- Col I think some of them are also timid, and won't come out at night, or won't come out without personal support. I don't know how to get them out.
- Gwen If you get out and do things like this you feel so much better. It's good healthy exercise. You feel great. I can't imagine not having athletics now, not being able to do it.
- Col Well I suppose you've got to face the fact that you won't always be able to perform at this top level. Will you keep going when you stop winning?
- Gwen Oh heavens yes. It doesn't worry me whether I win or not. I compete against myself, because I know what I want to do and I try to improve all the time because I just love what I'm doing. I always have and I was so grateful to get back into it again. I don't do it for the medals, for winning or anything like that.
- Col Do you think you've got an advantage in your build. You've got long legs?
- Gwen I suppose I have. And yet, you don't really have to be built like a sprinter. Perhaps I'm built more for jumping. My coach always complains that I step over the bar instead of springing.
- Col What style of high jump do you do?
- Gwen I only do scissors.
- Col Have you ever tried to do other things?
- Gwen Yes, but I was too awkward. I was too stiff to do the flop, and I tried the western roll and I landed on my shoulder, so I didn't like that much. I don't expect to get any higher. I can't do 1m 22cm now. I think 1m 16cm is as much as I can do in this age group. I think that will have to do me.

Col What about the long jump? It's speed isn't it?

Gwen Yes, it is fortunately.

Col What about the triple?

Gwen That's my favourite event. I did hurdles once. I did that in Eugene, because they had heptathlon instead of pentathlon. It's got the 80 metres hurdles and also the high jump. I quite liked it really.

* The lady is 71. She's just so young, so fresh-faced.

Harry Logan, 1917 - 1994.

Harry Logan, a familiar figure over many years at State and National Championships with his trim figure and pointy little beard, competing in the hurdles, jumps, sprints and field games, passed away on December 8th. His heart finally failed after many years of renal failure and dialysis treatment. We associate him in recent years with another M 75, Andy Smith, who shared a friendly rivalry with Harry over many years. Andy recalls that when they travelled to Fiji, Harry carried a lot of equipment, not only javelin and pole, but other stuff he kept quiet about.

He had to have a single room to enable him to self-administer his dialysis treatment with an elaborate set-up of equipment from St. Vincents Hospital. He visited the Suva hospital while there to demonstrate this equipment because the local medicos had not seen it before. Despite his kidney problem, Harry competed with full energy and great skill. Andy drew great inspiration from him. He speaks highly of the coaching Harry gave him in the skills of hurdling, jumping and throwing.

Harry came of a large family of eleven, and in many ways embodied the Olympic ideal. He recognized the aggression in man, but as a pacifist, believed that sport could channel this natural aggression positively and bring peace. He was always into sport, playing football for Box Hill Adelphians, and doing track and field with the Box Hill Athletics Club. He was a member of their first premiership team. As a young man he was the Victorian open age triple jump champion. One of his proudest moments was to carry the Olympic torch in the relay to the Melbourne Games in 1956. Over the years he maintained his fitness. He still holds the Australian and Victorian Veterans M 65 and M 70 high jump records and the Victorian M 65 Triple jump record.

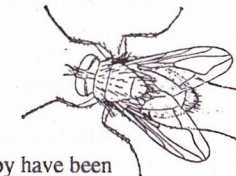
He was a conservationist and nature lover, passing on these ideals to his son Peter, who is also a well-known Vic Vet. It is not surprising that Peter is very active in the Save Albert Park movement. He is a son of his father.

Harry is survived by his wife Fay, brother Benjamin and Peter's family, Joan, Angela, Helen and Michael. Harry was a great family man. He was a gentle and loving husband and father. Peter remembers that when he was growing up in South Melbourne, his dad was the one the kids liked most. He always had time to kick a football with them or show them the finer points of jumping and hurdling. He would put up



impromptu hurdles in the corridor at home where he and the kids would scamper up and down. When he moved to the apple orchard at Red Hill he mowed a strip between the rows and set up hurdles there for training. He loved to sit and nurse the grandchildren as babies, and it seems that he made a special effort to live a few months longer after his serious heart attack in August to give the latest baby, Michael, the attention he had given Angela and Helen.

Thanks Harry for the contribution you have made to our lives.



FLY ON THE WALL

Leaked from the minutes of the Committee meeting of 5 December 1994

- 2.2 Re. 12.3 - Team Managers for Buffalo. Bronwyn Muller & Ted McCoy have been voted Ted thanked the committee for their support.
- 4.2 Re. Gordon Burrowes' letter, an overwhelming response against any change to the present system of medal presentation, from committee and letters from members. However, Gordon invited to forward a formal motion to the committee for consideration at the next meeting.
- 4.3 Ballarat venue have forwarded their excess funds to the Treasurer as a result of the venue closing. (\$896.64)
- 8.2 Caulfield - Peter McGrath stated that the venue is prepared to organise a low-key 2 day T & F meet at Duncan McKinnon Reserve on Easter Saturday & Sunday 1995 because there are no Nationals at Easter. Venue Managers to gauge the feeling of members as to whether they would support this.
- 8.3 Ted McCoy reported that Mentone venue are to organise on Wednesday April 5th the Inaugural Peter Colthup 5 Mile Road Race Handicap to be held at Mentone.
- 8.3 Dot Browne informed the committee of a Grand Prix of Veteran Athletics, which is being planned by Alf Lakin, ACT Vets Committee Member, with a main Track & Field event day being held in Melbourne, Adelaide, Sydney, Brisbane and Wollongong early in the new year, with the usual 5 year age-group categories, and medals for placegetters and certificates for all competitors. \$3 entry per event. Every event entry gets a name in the barrel (If you enter 3 events, your name goes in the barrel 3 times). All these names are sent to Sydney for the draw on February 19th, 1995. The name drawn from the barrel wins a Dihatsu car. The Knox track has been booked for the Melbourne event from 11am to 5pm on Sunday 12th February, 1995. Alf Lakin is seeking support from veteran competitors plus about 10 officials for the day. Moved Rob Waters/Peter McGrath that our club support in principle the conduct of the event, as proposed but that the VVACI have no input with indemnifying the event. Carried.
- 10.1 Closing date for Buffalo is April 15th. to Dot Browne, National Secretary. All entries must include verification of date of birth and a contact name & address in Melbourne.
- 10.2 Due to Darwin giving the National Committee short notice that they were not able to organise the Easter 1995 Nationals as previously arranged, and the consequent unavailability of main grounds in other states as a result, the National in 1995 will not be held at Easter but will be held in conjunction with the inaugural Queensland Masters Games from April 28th to May 1, 1995 in Townsville.
- 12.1 Peter Colthup reminded committee that Venue Managers are up for re-election at the start of 1995.
- 12.2 Doug stated that he felt that the committee is not in touch with the venue managers and that we need to meet with them on a regular basis to discuss their views, opinions and problems, possibly 3 times a year. A date for early March was suggested.
- 12.3 Eric stated that the new singlet numbers are falling off. Some other solution needs to be introduced. Rob Waters suggested that an offer be put in the next News & Results offering to replace numbers which were missing on club members' singlets and enclose a SSAE to Eric Greaves.

LETTERS TO THE EDITOR

Dear Dorothy

I wish to make a few points regarding Gordon Burrowes' letter on medals.

I find it strange that Gordon has handed his first ever running medal back. I remember the thrill I got when winning my first running medal and I have enjoyed the excitement of others when they have won their first medal.

It would seem that Gordon does not train or run hard enough (2hrs 28min at the You Yangs) to appreciate the reward of a medal. If he felt guilty for such a poor effort perhaps he did the right thing giving the medal back. It doesn't matter how many are in an age-group, if you have trained for the event and run your heart out in the Championship you deserve your reward.

Obviously Gordon did not witness the finish of the M 65 Championship at Devil Bend this year when Ben Morrey and myself had a tremendous battle with both of us distressed at the finish line. Ben won by a small margin. Would we have pushed ourselves to the limit if there had been no medals? Not likely.

I have spoken to a number of my team mates on this subject and find Gordon is odd man (person) out, and if he wants to be a Fun Runner, then so it be, but for the Fair Dinkum Competitors, let's leave the set up as it is.

As for ribbons, sashes and certificates, Okay for fun runs not championships.

Vern Gerlach

Dear Colin

I am writing in response to the letter from Gordon Burrowes re the returning of his silver medal obtained in the 25km event at the You Yangs.

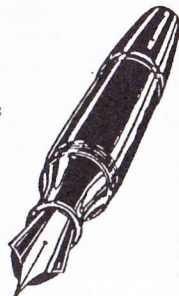
It was disturbing to read that Gordon would have felt a cheat by displaying said medal, which in my view he had more than earned by completing a very tough event. I also strongly reject his claim that the meaning and purpose of our club medals are insignificant and not worth winning etc. To me there is no difference in standards if there is only one competitor or one hundred in any age group, that one competitor still has to complete the distance or carry out the shot put correctly. I personally have spoken to members that have won medals due to the situations that Gordon has raised, but these people were rapt because they had made the effort to front up, compete and were rewarded for their efforts.

The points raised in his viewpoint, mainly items No1 and 2, hint very strongly at favouring the elite competitors only within our club, which is something we do not need.

Whilst Gordon is more than entitled to voice his opinions, it would be very unfortunate if these opinions through being published, caused the shine to be lost from medals won by members who have found themselves competing in their age group on their own.

In closing, I am interested to know if Gordon returned his gold medal won at the Western Region Games as well, seeing as he was the only competitor in his age group for the shot put.

Eric Greaves
Club Captain
V.V.A.C.I.



Dear Dot,

Gordon Burrowes' recent letter raises an issue familiar to most of us, the subject of "Clayton's Medals". I venture to say that those of us awarded medals have at least one of this sadly debased currency. I say this since it is openly acknowledged that many medals are merely an award for going the distance on the day. Obviously such medals are not held in the regard with which they were originally intended.

I propose that medals should return to a position of high regard and should reflect on the recipient the honour due to him for a courageous performance. Medals are undoubtedly a very strong incentive for many veterans to compete, witness the athletes who appear out of the woodwork at, e.g. The Western Region Games, and are not seen again until next year. I think that since they are so eagerly sought they should be retained at Club Championship level and above. Rather than attempt a sweeping radical change to the rules I propose an initial measure which will disappoint the least number of our members. Medals should only be awarded for the 3 placegetters in those events for which there is a minimum of six competitors. I realise that this would seriously decrease the awards in, e.g. women's events, so I propose that certificates of achievement are given to placegetters in events not meeting the minimum field requirement. This should satisfy those who may have achieved a personal best or record despite the lack of competitors and provide a fitting record of performance for those less well performed on the day.

In conclusion it is my observation that one of the reasons many veterans do not join our club is the "Mickey Mouse" way in which medals are handed out for mediocre performances. I think the intention of these athletes is to tell us that we do tend to concentrate more on the little rituals rather than the sport.

Mike Richards,
Altona Venue

Dear Dot

In regard to Gordon Burrowes letter on the awarding of medals by the Victorian Vets, I think he misses some very important points. Firstly, the competition is for veterans where the only qualifications are age and a willingness to participate. Secondly, to win a medal one must have to start, run and finish a race. Should that person be denied a medal because others won't participate?

In regard to the argument that medals should only be awarded in National or International competition and then only if a set of minimum standards apply, this means that people who cannot afford the time and/or money to travel to these competitions will be denied the chance of ever winning a medal, and we would be creating different classes of athletes in the Veteran movement, which I think will be detrimental.

The point is that, in my opinion, the present construction of the Veterans is ideal, with friendly competition in different age-groups. We are Veterans, not aspiring Olympians and we create our own standards by achievements of PB's and doing well in our age class. If only two or three people enter a championship, so be it.

Danny Pollock

Dear Dot,

Gordon BURROWES has invited discussion on the giving of medals to the winners of the age groups at our Championships so I would like to make the following points.

The fact that the medals are gold silver and bronze is only to show clearly who is first, second and third and are given in this manner in almost all sports.

Starting in Athletics, we have Little Athletic Championships, Club Athletic C'ships, schoolboy Championships, Athletic Victoria age group Championships up to twenty-one years of age, District Championships,, Victorian Open Championships, Australian C'ships, Commonwealth Veterans Championships, World Games C'ships, and Olympic Games Championships. Amongst these we have our own Victorian Veterans Club C'ships, Regional Championships, Veteran Australian C'ships, Masters Games Ch'ships, Oceania Games C'ships and World Veterans Games C'ships. All these and probably many more give medals for first, second and third the same as we do. As well as this, swimming, cycling, bowling etc all do the same thing.

We do not have standards for medals as there is no reason winners of medals should be penalized because they are the only ones to compete in their group on that day.

Let us be proud of our Champions and honour them for their efforts, if your effort was in your opinion substandard don't let it worry you but accept it that you were the second best in your age group on that day.

The people you speak of like the late George SIMPSON etc., were proud to receive their medals on the day as you would see by the smiles and waves seen in their photographs. What they did with their medals afterwards probably gave them great delight as well.

You made the point that you have received medals for competing in marathons, something not all people can do, and you were proud to display these. Did you run some first class time or defeat your peers or was it just a plod like the majority of "fun running" competitors who all receive medals just for finishing?

The winners of our medals are just as deserving as open competitors of receiving medals so let us keep it so.

By the way, is your medal a Championship medal or just a Competition medal colored silver?



Peter COLTHUP O.A.M.

Dear Dot,

The Gordon Burrowes letter re medals and "did I earn it" theme, would create a dangerous precedent to select athletes not to receive medals due to lack of numbers in any event.

It would demean the image of the Veteran Athletic movement to be selective of the athlete's performances, whether they receive medals due to a "number" situation in their events.

The medal presentation should stay as it is, but for those people (Gordon Burrowes, etc) who believe they have not earned a medal, then the answer is simple, "you do not have to accept the medal, provided you let the presenter know that you have forfeited your medal due to your reason".

Leo Charles

Caulfield Venue Manager

Dear Dot,

I read with interest, as no doubt many others did too!, the letter written by Gordon Burrowes and his feelings on the presentation of medals in Championship events.

It would appear to be quite a controversial subject, and some people would agree and others disagree with Gordon's views.

My suggestion would be to put a questionnaire in the magazine inviting members to give their opinion and suggestions and then toss these thoughts around at your committee meeting.

If the majority of the members wish to continue as the medals are issued now, there would be no reason to change, but if the poll varied, then the committee would have some ideas to work with.

The Vic Vets News and Results is a great magazine, presented in an excellent manner and I look forward to receiving each issue.

Judy Wines

Dear Dot,

Having simmered down somewhat, I now submit the following in answer to Gordon Burrowes outburst about the award of medals to veteran athletes.

The basic principle behind the veteran athletic movement is to encourage in every way the participation in athletics by all men and women above a certain age, and with no upper age limit - the only standard required is to do one's best on the day.

I wonder how many fellow Australians approaching 60 years of age, could run the difficult circuit at the You Yangs. Be thankful you can do it Gordon, and value the silver medal.

My old pal George Simpson valued his medals as much as any of us, and offered those not engraved back to the club for recycling in a typical gesture to help the club he served so long so long and so well.

As for awarding ribbons or certificates instead of medals to those delightful and dedicated gentlemen, John Brown and Harry Preston - shame on you Gordon! Their efforts are a constant source of inspiration to us "young'uns".

Victorian championships deserve the same awards as any other. Many cannot afford the time or money to compete at national or international level.

On the question of having to defeat someone to be awarded a medal, just imagine world champions Nance Jeffreys and Harry Gathercole, the only ones in their age-groups - not on your life Gordon. I have been awarded many medals for performances which many - including myself - would consider very ordinary, but, having done my best, accepted with thanks. To change this state of affairs, I can only suggest other middle-aged characters of my vintage front up and knock me off!

I have no doubt - in 20 years time - when Gordon eventually reaches maturity (couldn't resist that Gordon) he will have the same thoughts then as I have now!

Andy Smith

Dear Dot,

I went to three major events recently. The Sydney Winter Championships were well organised after Easter. It was very good and friendly. We had Andy Smith, Stan Stankovic and myself up there for the Vics. Thanks to the NSW organisers. Hope to see you next year.

The Maryborough Masters Games in Queensland conducted a good and friendly meeting. They hope to see some more of our veterans come next year. It is a weekend meeting with the athletics on one day so you can watch the other sports too. Thanks for all those that helped.

Alice Springs Honda Masters Games was another great meeting. Everyone enjoyed themselves. There was a parade of thousands at the start in good weather. We had Corrie de Groot, Colin Silcock, Nino Stankovic, Andy Smith, and myself. We won a lot of medals. All the Victorian athletes thank the organizers for a great week of sports.

Eddie Stack

Dear Editor,

I am not very good at writing letters, but I feel I must write re: Gordon Burrowes letter about medallions, so here goes, I feel that he is totally wrong in his outlook, I will first go through a few points of Gordon's letter.

1. Does he still admire the lady who won so many medals for being the only lady in her age group? He should as at least she was taking part, she was probably proud of her moments on the presentation platform.

2. So George Simpson returned his medallions, he did it with a minimum of fuss and after he also had had his proud moment on the platform.

3. This point is probably the same as George, the lady in question had had her moment of glory, and it was her way of maybe putting abit back into the Vets coffers, (though I'm sure they didn't need it).

4. I say "well done John Brown" for giving your friends a token of your friendship by giving them a medal that you had worked hard for and were no doubt extremely proud of, I have done that myself and my Aunt was touched by the gesture.

Why should the honest runner be penalized and stopped from winning a medal because they took the time and trouble to support an event. If people only go into an event knowing they are the only ones in their age group and just for the purpose of winning a medal then THEY have to live with that, but for the runner who pays their fee & supports the event, then they should have the chance to receive a medal no matter how big or small the field is. If anyone can remember the look of sheer delight on the face of Betty Leigh when she stood on the platform at our own Nationals then they know that we MUST keep the gold, silver & bronze medallions for each Championship event. Those who do not agree can surely do what George Simpson did and quietly hand them back after presentation without any fuss and bother.

SANDRA KERR (CROYDON VETS)

CUT!!



There was a huge response to Gordon Burrowes' letter about returning his medal. Gordon really stirred the possum and got a great debate going. I would love to print every letter, but this issue is very full. I am constrained by the weight of the package. If I go above 36 pages it goes up into a much higher postage rate. In addition to these letters, Gordon has had another bite of the cherry, and I have a piece from the World Games Entry Booklet on the subject of medals, but I will have to hold them over until next issue.

Col

Dear Dot,

Sorry I had not replied to your last fax, but I was rushed to hospital for a bowel cancer operation. What surprise! My fitness has helped in an early release, but I am looking at a long slow recovery. Would you show my appreciation to those vets who have helped me through a trying period, by inserting a notice in the newsletter, and wishing the Victorian Vets all the best for the Yuletide season. Many have expressed their sympathy and best wishes during my recent illness. Keep fit, Collin Cooper

(As well as this shattering news, Collin has had to overcome the intransigence of the American travel and accommodation people and WAVA officials in trying to obtain adequate lodgings for the Australian contingent to the Buffalo World Games. He has finally broken through and can now assure all who have booked that they have accommodation. He can also offer accommodation to others, whether they are travelling with him or not, at the university or at the Red Roof Inn. He has a buffer of about 60 places. It would be better to go through him to book accommodation. The university will not deal with individuals, although the Red Roof Inn will. However Collin has a better price from Red Roof than individuals will get. East Lansing, U.S. Masters Championships, July 6 to 9. Collin has accommodation at the university. There is no problem for individuals not travelling with him to get accommodation through him. He is worried however about how they will get to East Lansing. Entry forms for East Lansing have not yet been printed, but the organisers want all Australian entries to be submitted from the one source, which will be Collin Cooper. So contact him for your entry form, whether you are travelling with him or not, and return your entry form to him.

Entry booklets for the Buffalo World Games are available from either Collin Cooper or Dot Browne. Due to the high cost of postage a \$1.50 stamped addressed envelope, 230mm X 300mm will ensure your copy by return mail.

The entry form for the Buffalo World Games must be returned to Dot Browne by April 15th, 1995, along with a bank draft in US dollars, or Visa or Mastercard details, for the correct amount, proof of date of birth such as photocopy of passport or of birth certificate, the name, address and phone number of an emergency contact in Australia, and the name of your travelling companion if any. We want to provide the team managers with the information they need to do their job well. They are to be Bronwyn Muller and Ted McCoy.) CB, ed.

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Malvern/ S.A. 5061
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Dot Browne
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Special Appeal

John Allan, whose phone number is 059 777 290, is going to the World Games in Buffalo and he intends to stop in San Francisco on the way back, from July 24th until July 29th. If anyone is interested in twin share with him in San Francisco they could join him and halve the accommodation costs.

Dear Colin,

Unhappily the article appearing in your recent newsletter, concerning the omission of Barbara Dalgleish from official Spartan Club placings in the 1994 Melbourne Marathon, is correct.

We sincerely regret this error and extend to Barbara our apologies for this oversight.

The Melbourne Marathon Spartans Club's annual dinner is held in late June or early July each year. During the course of the evening a medal presentation is made to each of the placegetters in the various age group categories. To be able to make such a presentation so close to the completion of the marathon means that we are obliged to rely on interim results, rather than official records.

Regrettably, in 1994 the interim results forwarded to the Club failed to acknowledge Barbara as a sectional winner and we will have to seriously consider whether we can continue to issue awards based on unconfirmed records. Although this will probably be of little comfort to our colleague this is the first occasion on which these interim results have proved to be unreliable.

Arrangements are now under way to strike a new gold medal which will be awarded to Barbara at one of the Veterans venues in the very near future.

We trust this response satisfactorily clarifies the circumstances behind this omission and we congratulate Barbara Dalgleish on her 1994 Marathon results.

John S Raskas,
Secretary of Melbourne Marathon Spartans' Club

VET NOTES

Did you hear about Ronny Young from Collingwood venue getting ready for a trip to Canberra a while ago in the new vehicle, a 4 wheel drive Toorak tractor. It appears that after he had loaded the tractor with the luggage - his, Shirl's and the grandkids', some inside and the rest on the roof-rack, Shirl declared that she needed a few items from the shops, so Youngy and the grandkids piled into the car and headed off to Forest Hills Shopping Centre. As Youngy drove into the car-park, he noticed a bloke walking towards him, waving and pointing in the air. Thinking to himself, "What a friendly bloke", he waved back and kept going ahead until an almighty bang and a shudder that shook the guts out of the Toorak tractor brought him to a halt.

Upon alighting from the vehicle, Ron looked at all their luggage scattered on the road along with bits of the roof rack, then looked up to note the low height Warning Bar still vibrating from the impact. It dawned on Ron what the "friendly" bloke was actually waving at. It's been rumoured that Shirl now sits on an elevated seat, with her head poking through a hole in the rook to keep on the look-out for low flying objects.

Sprung doing the wrong thing at the recent Gus Theobald Relay Night at Caulfield Venue, was Mentone's Louis Waser. In the men's change room, having just showered after his run, Louis was prancing around in

his baby blue jocks when a male voice from outside the room yelled out for someone to throw a bucket of water over Louis to cool him down. As quick as a flash, Louis spun around and dropped the front of his jocks only to be greeted by the shrieks of female laughter. Unbeknown to Louis, there was a group of lady net-ball players walking by the door at the same time. So it was a very embarrassed and subdued Louis who got quickly dressed amid echoing cries of "What was that?" and "I think I just saw an endangered species" Nice one Louis!

Guess who lost his car-keys again? If you guessed it was Peter "Arthur Daley" Colthup, you were spot on. This time it was in Perth during his table tennis championships. The keys were returned to Peter via the RACV 3 days after arriving home. They had to do a break and enter job on the car for the spare key, to be able to drive home from Melbourne airport.

After this stunt, I'm convinced Arthur is trying for a spot in the Guinness Book of Records.

DAYTIME GROUPS

I keep pushing the idea of groups other than the established venues springing up to cater for people who may not be suited by what the venues offer, as their only training. With a bit of moral support many people would love to get some exercise. It is so much better training in a group than alone. And many people prefer to do it in daylight if at all possible. Here are a couple of responses to my suggestion. I would be delighted to publish more, so tell me if you have a group or are willing to start one.

* Simon Stargot uses Jells Park, Wheelers Hill, for training. He would be happy to start a group in the eastern suburbs for day-time runners. Phone him on 560-6508.

* Mentone Walks. From the Mentone Athletic Club on the fourth Sunday of each month a walk will be held over 10km on the road at 8.30am. For information ring John Beck on 583-0934.

* Altona Sundays. The Altona group have runs every Sunday from their ground, Grant Reserve, Sugar Gum Drive off Civic Pde. Contact Pat Carroll on 369-2312.

* Croydon Mums. An established group of mums (and a couple of dads too) run or jog or walk from different homes in the area every Wednesday morning, about 10am. To get into the act contact Ann Callaghan on 725-5376 or Sandra Kerr on 725-8346.

* Caulfield Throwers. There are both women's and men's groups using Duncan McKinnon Park, corner of North Road and Murrumbeena Road, for field games practice at different times of the week, during the day. If you are interested contact Royce Foley on 570-4898.

* Near Plenty Road, Epping, in Macdonalds Road. Alan Matthews tells me that they have a fantastic new track out there just busting to be used. It has a function room and change rooms, and will have lights pretty soon. There is an open age club called Merriang using it on Saturdays in AV comps. He would love to accommodate any Vic Vets in the area. Contact Alan Matthews on 465 9783.

I have access to all the names and addresses of our members, and it is a simple matter for me to spin out a list of all those who live in a particular postcode area. If you have the initiative to start a group, I will provide you with a set of names of vets who live near you. Give it a try.

Colin Browne, 874-2501

VICTORIAN VETERANS' ATHLETIC CLUB INCORPORATED
WEIGHT PENTATHLON CHAMPIONSHIP WINTER CAULFIELD VENUE

14 AUGUST 1994

SEX AGE	N A M E	HAMMER	SHOT	DISCUS	JAVELIN	HEAVY THROW	POINTS	PLACING
W 65	Wt & Age Factor	3kg 1.5875	3kg 1.8369	1kg 1.9920	400g 2.1345	5.449kg 1.3124		
	WIDERA Lydia	27.74m 800	7.42m 769	21.96m 710	17.08m 600	9.54m 638	3 5 1 7	1 st
W 55	Wt & Age Factor	3kg 1.3008	3kg 1.3964	1kg 1.5288	400g 1.6530	7.258kg 1.4001		
	WORRELL Valerie	27.70m 624	7.30m 542	21.94m 530	13.38m 328	7.90m 548	2 5 7 2	1 st
W 50	Wt & Age Factor	3kg 1.1774	3kg 1.2176	1kg 1.3530	400g 1.4546	7.258kg 1.3001		
	DAVIES Janice	45.12m 1002	9.43m 627	21.62m 448	16.96m 376	12.72m 888	3 3 4 1	2 nd
	BATTERSBY Chris	40.07m 868	10.63m 723	27.18m 591	26.83m 649	11.82m 815	3 6 4 6	1 st
	ROSE Astrid	32.24m 666	8.75m 722	20.40m 417	15.96m 349	8.54m 551	2 5 5 5	3 rd
W 45	Wt & Age Factor	4kg 1.2307	4kg 1.2258	1kg 1.1974	600g 1.5050	9.072kg 1.5117		
	DUNDAS Rhonda	23.42m 468	7.49m 476	24.26m 444	16.76m 386	7.75m 589	2 3 6 3	1 st
W 35	Wt & Age Factor	4kg 1.0084	4kg 1.0000	1kg 1.0000	600g 1.1655	9.072kg 1.3036		
	CLAYTON Sharon	27.96m 454	7.11m 342	30.48m 470	17.60m 298	8.48m 548	2 1 1 2	1 st
W 70	Wt & Age Factor	3kg 1.7537	3kg 2.1068	1kg 2.2056	400g 2.4256	5.449kg 1.4133		
	DAVIDSON Gwen	23.40m 734	6.62m 791	17.24m 616	15.12m 604	9.89m 728	3 4 7 3	1 st
M 70	Wt & Age Factor	4kg 1.5389	4kg 1.5054	1kg 1.3887	600g 1.9192	7.258kg 1.2088		
	PAVULINS Aivars	36.40m 776	11.70m 951	33.60m 801	30.96m 729	13.57m 806	4 0 6 3	1 st
	WIDERA Werner	D N S	9.64m 760	28.20m 648	23.72m 523	13.28m 786	2 7 1 7	2 nd
M 65	Wt & Age Factor	5kg 1.5502	5kg 1.5106	1kg 1.2457	600g 1.7465	9.072kg 1.2507		
	WYNHOVEN Harry	34.34m 730	9.20m 722	35.72m 757	20.52m 382	12.44m 756	3 3 4 7	1 st
M 60	Wt & Age Factor	5kg 1.3967	5kg 1.3558	1kg 1.1174	600g 1.5893	9.072kg 1.1574		
	VAN WEENAN Willem	46.18m 918	11.15m 797	41.44m 794	30.88m 575	16.04m 930	4 0 1 4	1 st
	MANGS Ilmar	39.98m 773	11.22m 803	41.18m 787	25.44m 448	12.56m 700	3 5 1 1	2 nd
	STAECKER Harry	32.52m 601	8m 43m 572	28.38m 498	27.50m 496	9.77m 518	2 6 8 5	3rd
	BARBER Peter	32.38m 598	7.20m 471	30.40m 543	16.10m 238	12.79m 715	2 5 6 5	4 th

VICTORIAN VETERANS' ATHLETIC CLUB INCORPORATED
WEIGHT PENTATHLON CHAMPIONSHIP WINTER CAULFIELD VENUE

14 AUGUST 1994

SEX AGE	N A M E	HAMMER	SHOT	DISCUS	JAVELIN	HEAVY THROW	POINTS	PLACING
M 50	Wt & Age Factor	6kg 1.2421	6kg 1.1963	1.5kg 1.0787	800g 1.4285	11.340kg 1.1081		
	ROSE Graeme	44.54m 765	13.22m 840	41.99m 771	44.60m 794	15.91m 877	4 0 4 7	1st
	REYNOLDS John	38.96m 650	10.65m 651	35.82m 637	28.50m 452	13.47m 722	3 1 1 2	2 nd
	JAMES Morrie	30.50m 478	8.55m 499	29.12m 492	22.70m 333	10.47m 534	2 3 3 6	3 rd
M 40	Wt & Age Factor	7.258kg 1.10927	2.58kg 1.06002	1.000	800g 1.1829	15.880kg 1.1228		
	RIDDOCH Clyde	29.56m 395	8.95m 455	32.96m 523	36.24m 484	7.72m 370	2 2 2 7	1 st

WINTER HEAVY THROWS CHAMPIONSHIP 14 AUGUST 1994

N A M E	S E X A G E	WEIGHT	DISTANCE	PLACING
WIDERA Lydia	W 65	5.449kg	10m 12cm	1 st
DAVIES Janice	W 50	7.258kg	12m 50cm	1 st
ROSE Astrid	W 50	7.258kg	9m 63cm	2 nd
CLAYTON Sharon	W 30	9.072kg	9m 13kg	1 st
WIDERA Werner	M 70	7.258kg	13m 15cm	1 st
WYNHOVEN Harry	M 65	9.072kg	12m 70cm	1 st
VAN WEENAN Willem	M 60	9.072kg	16m 47cm	1 st
BARBER Peter	M 60	9.072kg	12m 95cm	2 nd
STAECKER Harry	M 60	9.072kg	10m 06cm	3 rd
ROSE Graeme	M 50	11.340kg	17m 45cm	1 st
REYNOLDS John	M 50	11.340kg	13m 69cm	2 nd
JAMES Morrie	M 50	11.340kg	11m 11cm	3 rd

At the conclusion of the heavy throws and weight pentathlon and over a cup of tea, a logo bearing the title of "WORLD VETERANS' WEIGHT PENTATHLON AND THROWERS' CLUB" was presented for consideration as our throwing group logo. It is very presentable and Tom Worrell suggested that this logo could be printed on a quality "T" shirt. All present agreed to the suggestion and under pressure Jan Davies agreed to undertake the onerous task of collecting orders. Everyone present put in an order with the size of their "T" shirt. Those of you who were not in attendance are requested to ring Jan on **% 1002 and leave their size. The cost will be about \$10-\$12.

V.V.A.C.I. INC. MARATHON PRINCES PARK - 2ND OCTOBER, 1994

It was with very grave doubts regarding the level of my sanity, I along with 41 other competitors lined up for the start of our marathon event at Princes Park, Carlton. With the demise of the Peoples' Marathon last year, it was decided to continue the tradition of running the 13.5 lap course that we had used for many years in the past. With our last big distance run being miserably supported (25km at the YouYangs), there was concern that we would not get a decent field to justify putting on a marathon. But thankfully, the event was supported by members, which was very pleasing to the organisers. At the start time, as we were getting ready to start our own personal form of torture, a familiar face appeared right on the line, calling out "Hey man, where's the photographer?" Sure enough, it was the dreaded Kevin "Bloody" Moses, the infamous hogger of starting lines Australia-wide. And true to form, Kevin took off like a startled rabbit for 200 metres then dropped back to a perfect imitation of a penguin at Philip Island returning to its nest after a day's feeding. But once the field had passed Kevin, they quickly settled into race mode, which, if it was like me, involved turning my brain onto auto pilot and trying very hard to forget about what was to come. With having to pass the Melbourne Cemetery on every lap, I found myself after the fifth lap, looking over at the tombstones thinking that the occupants were doing what I should have done, that is, having a good lay in.. And I am positive when I looked over at the cemetery, on the twelfth lap, through my tears, I could see a stone with my name on it.. and the epitaph declaring for all to see, "There's no fool like an old fool!" I can assure you that on the 13th lap, I ran (crawled) past the cemetery with my eyes closed. It was a great feeling to finally stagger across the finish line knowing that the torment was at last over. One competitor that got the "Hard Luck Harry Award" was M50 Roland Brown. Roland was convinced he was finished and was tucking into soup and sandwiches, when he was informed by his Holiness, Ray Callaghan, that a countback had revealed he still had one lap to go. So, being the trouper he was, Roland headed out for his final lap with his belly rolling about like the rubber duck. that Harold Stevens uses in his bath. Needless to say, Roland was forced to lean over the fence half-way

around and have a good talk to the ground. After the run, we were able to partake of soup, sandwiches, salad and lasagne, thanks to our hard-working secretary, Dot Browne. Many thanks Dot for your hard work. Many thanks also to all of our helpers during the event. Rest assured, the day would not have been as successful as it turned out, if these people had not given up their valuable time to assist.

Eric Greaves, Club Captain.

BETTY LEIGH MEMORIAL NIGHT HELD AT CROYDON ON 23RD AUGUST, 1994

Lavinia and I would like to extend our warmest appreciations to all who attended this evening. With the weather quite threatening, it appeared we would be in for a wet evening. Not so, with Betty giving her approval, the rain stayed away. We had wonderful support with visitors from Knox, Springvale, East Burwood and Collingwood venues. I received a note from Tootgarook manager, Alan Radford, expressing his regret that he and his group did not attend. Enclosed was a donation towards our evening. Thank you Alan. Much appreciated. East Burwood's Doug Petrov made sure he got his money's worth in the estimated 3km walk. Doug was only 10 minutes outside his time. Doug, it was a pleasure having you on our track for that length of time. But Club Captain, Captain (PICTURES) Greaves was trying his best to be the MODEL WALKER (RUB HIM OUT KATHY!) One observant person suggested to Eric that he looking a "BIT STIFF". Not so. Wendy. (SHE WHO MUST BE OBEYED) was heard to comment, and I quote. "Who, Eric stiff? You must be joking. I can't remember the last time he was stiff!" Thanks for that little gem Wendy. At supper, after the events, Rita Kerr was asked to draw the raffle. 1ST PRIZE: JOHN KERR! Yes, you guessed it, John is Rita's husband. We keep it in the family at Croydon. Once again thank you to all who attended. With your support, we were able to send off a cheque for \$250 to the Anti- Cancer Council. We hope you all enjoyed the evening. You are all invited back next year. David Sheehan, Croydon Co-venue manager..

BUSHRANGES CLASSIC, 7 NOVEMBER 1994

The Bush Ranges Classic for 1994 came close as touching to being a complete disaster. Not from anything the organisers did or failed to do, but because we just happened to hold it on the stormiest November day in Melbourne's history. There were gale force winds with gusts well over 100km per hour, rain, hail and even snow in the high plains. The news was full of it for the next two days as thousands of homes were without electricity. Down on the coast at Portland houses were in danger of being washed away by the high seas. So we ran 100km through the Dandenong Ranges and had a barbecue afterwards! The early sign-in at Knox was fierce enough. As cold winds whipped the grandstand, runners huddled like sea birds in the crevices of cliffs in the lee of the building. No-one suspected that there was any danger in the run, just a lot of difficulty. Out we went along the bike track, and there was a huge tail wind - easy, apart from the chilling rain. But you knew that when you hit the head wind, along with the steep uphill it would be serious. More serious than we thought. Out along Paternoster Road with the dreaded hill to add insult to injury, the gale-force wind roared across the valley to attack the ridge-road carrying a cold rain. Trees dropped branches all over the road. Further up the road was blocked by a tree down, said a passing resident. 100km gusts and stronger blasted across the valley. It was a dangerous leg. At rain swept intersections drowned rats in luminous yellow jackets proclaiming "Traffic Controller" were seen waving the red flag to an equally bedraggled runner. It was a fantastic drive through some bush roads we never imagined to exist. Stewarts Road and Fairy Dell Road, outlined with tall messmates etched with their deeply grooved bark writhing high above us in the continuous gale. The rains came and went, the seasons changed like clockwork but the wind was always there. Branches littered roads everywhere. The Patch was so pretty, with flower farms making corduroy patterns on the steep slopes. Thanks Ken for adding some beautiful new roads to this year's run. Trees down across Paternoster made cars reverse and try to find their runner again via back roads - which was beyond the navigational skills of some teams, who had to be rescued. This pattern continued and worsened as the race progressed. In the Macclesfield

area, there were parts that no car could negotiate. Portman Road, you are joking! It was a steep, muddy goat track. This combined with trees down and power lines down across the road meant that runners were not able to be followed by their crews. The cars looked at their Melways and sought alternative routes, often up to 15km of detour, and often only to find roads blocked by more trees and lines down. William Road was one narrow lane of muddy gravel up a steep hill. It was fully occupied with two immense SEC lines trucks. The intersections were blocked by CFB people waving illuminated batons. State Emergency Service vans and police cars with lights blinking raced along every main road and cross road.

As a result, runners would start a 5km leg and meet no support crew at all along the way. Some ran on, past their changeover. Some ran two legs or more before their crew reached them. Liz Feldmann ran 15km before the Croydon Supermums got through enough detours to find her. Arthur O'Keefe was out there for hours whilst Gordon Burrowes and team were negotiating five fallen trees and three power lines. Ken Walters rescued Arthur in the long run. Colin Browne rescued a frozen Andrew Tunne from the roadside and drove him back along his track, picking up Al Willey of the same team along the way. Once back at Al's car the bad luck wasn't over. The computer driven alarm prevented the car being started for another forty minutes before it would go again.

Bill Baxter was running along and had a big tree come down just twenty yards behind him bringing down power lines. The Supermums took time out to help Werner Goller to saw branches off a fallen cypress, spreadeagled across the road. Werner had run a kilometre down the road to borrow a bushman's saw from a resident. Kevin Fagan's team had their car's roof dented by a falling branch. Dangerous! Back at the nerve centre we were really worried. It didn't get any better, if anything the wind got worse. Where was Charlie Hall? Where was Arthur O'Keefe, Gordon Burrowes, Ann Callaghan's team? We were glad when the last of the lost souls finally reported in. Seventeen teams started, only eleven were able to finish the course. It was the tenth time the race had been held and a team of five who had run all ten were rewarded with special certificates. They were Claire Bowker, Rob Waters, Chas McCrae, Chris Woolgar and Richard Todd. Only due to Richard's local knowledge of the

hills roads were they able to actually finish, as some of their detours took 15 kilometres. The main organisers were Ken Walters and Ray Callaghan, ably assisted by Sandy Kerr and several others. It was great to see Danny Pollock there beside Sandy at the sign-in table, his cheery face swollen by cortisone treatment, but glad to be back with the vets after illness.

That was Colin Browne's report. The next one is by Anne Callaghan

THE BUSHRANGES CLASSIC

Classic!! The term is spot on. This is the event of the running calendar, completely in a class of its own. Sunday 7th November at 8am, howling winds, pouring rain. Seventeen teams turned up to battle with the elements. Thank goodness we didn't know what the day had in store.

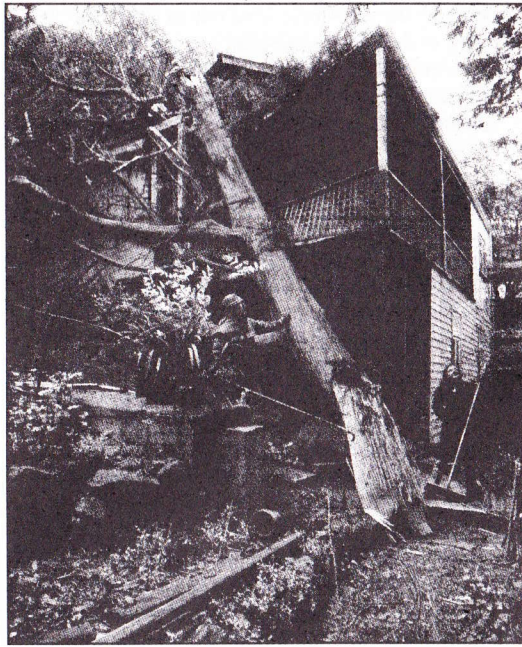
The first few legs on bike tracks were relatively quiet before we started climbing into the hills. Along came Harry Butler the second (Les Clarke), chewing on his gum leaves. A tree fell



across the track. Did this deter our Harry?? He calmly selected two more leaves and proceeded on his way. Bill Baxter was running his leg. If he'd been 20 seconds slower, he wouldn't be alive! As he ran through Kallista, a huge gum fell just behind him, bringing down power lines with it. Bill was just short of getting scorched. Turned the corner, another tree down. The S.E.S. wouldn't let the car through. So Andrew Tunney took off on his own with no support crew. We took off to find another way to the next checkpoint but there was another tree down and the way was blocked again. Our runner was out in freezing conditions and we couldn't reach him. Along came Sir. Galahad (Colin Browne, an interested spectator) and rescued Andrew from a bus shelter just before hypothermia set in. Also picked up All Willey who had run into the bush to find him. Meanwhile the rest of the team sat frustratedly in a computerised car, which wouldn't go for 40 minutes. The computer wouldn't



Colin Thompson and Annette Brunton try to clear the fallen trees so the race could continue.



Yvonne Bull of Belgrave inspects damage to her house as workers remove a large tree blown over by gale-force winds.

allow the car to move again for that length of time. Al came back, and two lads who thought they were being helpful touched the ignition key and the car was out for another 40 minutes! At that stage, we aborted our relay and returned to base. We met Arthur from Coburg who'd run ahead of his crew. They'd lost him on the mountain. Margaret Cassidy and company called at a house nearby when another tree had spread-eagled itself across the road and borrowed a hand-saw, did a bionic woman act and sawed through the offending branches and got their car through. She and several others have the callouses to prove it. The expertise of Richard Todd enabled The Decadents to finish. Knowing the area, he took them on a 37km detour and they were able to pick up their runner and complete the relay.

Despite the frustration of not finishing, it was a superb, exhilarating run, battling the elements, being blown to bits, soaked to the skin. It was only in hindsight that we realised the danger that we had all been in. I'll be lining up again next year!

Anne Callaghan.

VETERANS BUSH-RANGES CLASSIC - 100 KM RELAY (6/11/94) (THE YEAR OF THE BIG BLOW)

THE PURSUERS (194-)

1 LIL TWO DOGS	6:40.43
2 KR1 KNOX ROADRUNNERS 1	7:31.18

THE CHAIN GANG (195-244)

1 EB1 EB'S	7: 0.30
2 EB3 THE MONKEYS	7:24.36
3 KR2 KNOX ROADRUNNERS 2	7:29.23
4 EB2 BURWOOD BOOMERS	7:33.57
5 KN1 KNOX MOUNTAINEERS	7:51.16
6 CR1 BISHOP'S PAWNS	8:15.02

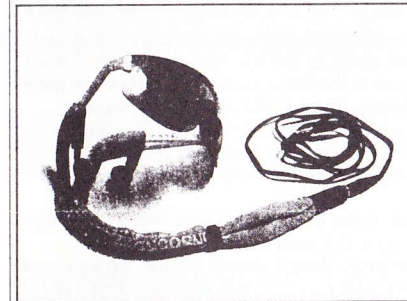
THE BUSHRANGERS (244+)

1 GB1 GASBUSTERS	7:24.21
2 TEN DECADENTS	8:12.14
3 CR4 CAMERONS CLOWNS	8:58.53

COMPETED BUT STOPPED BY THE FALLING TREES AND POWER LINES

0 CR2 ANNE'S ALSO RANS	0: 0.00
0 SP1 BARGAIN BLINDS	0: 0.00
0 CR5 CROYDON SUPERMUMS2	0: 0.00
0 CD1 COBURG CONS	0: 0.00
0 KN2 JAC	0: 0.00
0 AB1 THE HOPALONGS	0: 0.00

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SPORTSOUND

Kevin Cassidy

4 Grandview Rd

Preston VIC 3072

Ph: (03) 478 3687

Twenty Four Hour Race Walk Relay

by Tony Barrett

The Centurian race held this year incorporated a 24^h hour relay. The rules were fairly simple. Each team had a team that would be equal to 8 open athletes, i.e. athletes under 20 and over 40 were equal to half an open athlete. The usual racing rules applied, if you transgressed the contact or knee rules you were yanked off the track and could not race again for your team.

In a moment of weakness I got suckered into joining the Vets team consisting of Murray Dickinson, George Paton, Ross Sharpe, Tony Johnson, Celia Kelly, Kathy Woodward, Win May, Heather McDonald and youngsters Mark Blackwood and Simone Wolowiec. There were four teams competing, one from the Geelong area and two teams of relative youngsters.

We divided our team into two, some taking the first shift, the rest the night shift and the first lot returning (refreshed!) to finish off the race. I drew the "graveyard" shift from 10 pm to 10 am. Fortunately the weather was pretty good in fact quite pleasant.

As always the plans of mice and vets oft go astray. Heather had injuries and couldn't race and Win after a few laps had to retire ill. Our tactics were quite simple, each team member was to walk four or five laps and hand over to the next team member and so though our now depleted team.

My first few turns on the track weren't too bad. Moving fairly well, plenty of spectators and badinage. By now we were firmly entrenched in third place. About midnight some of the gloss wore off. Due to our depleted team we were taking turns every 30 minutes or so. Thirty minutes, not time enough for a sleep, not time enough to eat and digest some proper food. All I got was a trip to the toilet, a glass of water and a handful of jelly babies and a seat next to the radio in the tent. Then it was my turn again, my legs getting stiffer and stiffer. I forgot to bring a towel so planned to bot one off a friend, but two turns later I didn't care how I felt. Walk, water, jelly babies, toilet, walk again and so on throughout the night. At some stage the other teams started a few sprints of 400 and 800 metres legs. Great tactics it would appear - couple of your team members throwing on a couple of fast laps to gain a few minutes. But tactics that were to have repercussions later on.

While the race is going on let me make a few observations ...

... The Centurian race was a success as three competitors were successful at completing 100 miles

within the 24 hour time limit. First home was Peter Bennett from Queensland who really pushed along finishing in 19:42. Another Queenslander, Andrew Ludwig, was second home, this his second attempt. Local identity Ken Walters was third home. Ken, or Lazarus as some people were referring to him, looked dead on his feet at five o'clock in the morning but recovered and picked up speed as the new day wore on. Good as this was, Ken was outdone in the guts and determination stakes by newcomer Carmella Carrassi. Carmella, 40, just failed to get to the ton, recording 93 odd miles but won the admiration of the crowd. She was well supported by family and friends, in fact most people seemed to have walked a few laps with her. As mentioned above Andrew Ludwig's second attempt at becoming a Centurian was successful. I well remember his first attempt two years ago. I was walking a few laps with him to keep him company. Picture the scene, 2 am in the morning, cold, the fog dimming the track lighting, trying to make conversation with a bloke you don't know, who's probably in a taciturn mood and definitely hurting. Just the two of you going around and around the track in semi-darkness. The odd hoon driving past tooting his horn thinking we're crazy (Probably right). But this time around, thanks to the relay on at the same time there was, by walking standards, a large crowd which would have been a help to the 100 mile racers. Anyway back to the relay race ...

... water, jelly babies, toilet, race! On and on. Some of the youngsters weren't looking so sprightly now, those 400s had taken their toll. According to my recollections the birds started twittering at 4.15 am and it was light at 5 am. Only five hours to go to the end of my stint. Water, jelly babies, toilet, race. It was more mental application than physical at this stage. Suddenly realised I would never be a Centurian! I guess time is an elastic thing. For a condemned prisoner on death row time would fly whereas a pregnant woman finds that time drags as the big day gets closer. I must have been in the latter category! I began to panic that Murray, Tony, Celia and the rest wouldn't turn up to start their second stint and I would have to go on and on. Never in my whole life have I been so glad to see Murray's smiling face.

From my point of view that was about it. The rest turned up and I went home. Oh, one other thing I should clarify. Some people (mainly Leigh Cassidy) will point out that I did the slowest lap for our team. However this was a tactical manoeuvre on my part. I was walking with a competitor from the team placed behind us, cleverly sussing out their weaknesses and strengths. He was a slow walker. Speaking of Leigh, he was one of a number of people who should be thanked for sticking around all night recording and encouraging. Gee, is this guy in love! He stuck around all

night helping Kathy and then went off to work. Others to be thanked included Bob Gardiner and Lyn Wolowiec. If I've forgotten anybody please forgive me. I've almost got over the nightmares.

Controversy erupted after I left. Due to the fact that some of the juniors were becoming injured it was decided to reduce the race to 21 hours. This was not unanimous as the Geelong team choose to kick on for the extra 3 hours. I guess you can look at it two ways. A good move to save further damage to athletes or was this a tactical move on the part of some astute managers who saw their teams disintegrating? If the race had continued the vets would have been a lot closer to the lead through their steady tactics.



EAST BURWOOD INTER- VENUE CHALLENGE CROSS COUNTRY RELAY SUNDAY, 27 NOVEMBER, 1994

by Bob Hayes

Kookaburras and bell-birds provided the 'music' for the ten teams contesting the inter-venue challenge relay at Silvan. The event was conceived, organised and conducted by Bob Loader and his helpers. Each of the 30 runners completed the same challenging 8.75km loop on soft and hilly dirt tracks in the Olinda State Forest. A couple of fallen trees (one large), the occasional near 'encounter' with a

few 'idiots' on mountain bikes and the final steep 300m ascent on the road were the only impediments to running 'rhythm'. The course was clearly indicated by liberal applications of flour dropped at strategic locations. Nobody got lost or managed a short cut. Bob, Phil Soderstrom and Jan Swann did a fine job in planning and marking out an ideal course for this type of event.

Two women's, four men's and four mixed teams representing the Croydon, East Burwood and Knox venues participated.

In the men's section, Ian Clarke (EB Old Toads) and Bob Curtis (Croydon Crox - an appropriate title given Bob's condition on the day due to a recent 'large dog encounter') took off like proverbial maniacs from the start with Ian opening up a 2min 35sec break at the first change. Jim Patton (Crox) caught up with Don Cox (Toads), who had strained a leg muscle but bravely continued, at about 4km on the second round and reached the change holding a 2:45 margin. Glenn Claiden (Crox), walking up the final hill glancing backwards, held on to win from Bob Hayes (Toads) by 1:08 with Knox CPC third and East Burwood Shenandoah fourth.

The mixed section was taken out by Croydon Cruisers (Graeme Bishop, Ron Ledingham, Lavinia Petrie) by 3:24 ahead of East Burwood BBC followed by East Burwood SLS and Croydon KGB. The Croydon Super Mums (Liz Feldman, Dot Browne, Annette Brunton) won the women's section by 8:45 from Croydon Pussies Galore. Full details of the results, were compiled by timekeeper Les Clarke.

Generous sponsorship (in the form of prizes) was provided by Clifton Garages, Danks Corporation and Berlei. I'm fairly certain that practically all participants received something of real value to take home. A big thank you to the Loader family (Bob, June, Terry and Rebecca) and their helpers (Chris Simunkovic, Les Clarke, Phil Soderstrom and Jan Swann) for attending to all of the necessary tasks (too numerous to list here) required to conduct a highly successful event. They arranged and supplied literally everything required and the organisation was first class. Congratulations to all concerned for an outstanding effort. This event should be a regular 'fixture' and is recommended as a 'must' for many more teams and venues in future years. The barbecue in the lovely surroundings of the Silvan Reservoir provided a perfect finish.

**EAST BURWOOD INTER-VENUE CHALLENGE CROSS COUNTRY RELAY
SUNDAY, 27 NOVEMBER, 1994**

RESULTS

Outright Place	Section Place	Team	Runners	Personal Time	Team Time
1	1	Croydon Crox mens	Bob Curtis Jim Patton Glenn Claiden	35:33 39:10 39:15	1:53:58
2	2	E. Burwood Old Toads mens	Ian Clarke Don Cox Bob Hayes	32:40 44:48 37:38	1:55:06
3	3	Knox CPC mens	Chas McRae Peter Leget Chris Calamatta	40:20 41:11 36:49	1:58:20
4	1	Croydon Cruisers mixed	Graeme Bishop Ron Ledingham Lavinia Petrie	44:03 36:31 38:07	1:58:41
5	2	E. Burwood BBC mixed	Coral Monk Bob Lewis Barry Boyd	40:47 44:24 36:54	2:02:05
6	1	Croydon Super Mums womens	Liz Feldman Dot Browne Annette Brunton	44:08 43:05 44:27	2:11:40
7	3	E. Burwood SLS Mixed	Janet Swann Bob Loader Phil Soderstrom	45:50 46:27 41:20	2:13:37
8	2	Croydon Pussies Gal. womens	Lorrie Bishop Diane Patton Robyn Todd	51:11 46:14 43:00	2:20:25
9	4	E. Burwood Shenandoah mens	John Kerr Frank Tutchener Tony Martin	46:34 47:24 47:37	2:21:35
10	4	Croydon KGB mixed	Kay Graeme Bill Baxter	54:26 48:06 50:24	2:32:56

(Each runner completed 8.75km.)

CAULFIELD VENUE

Results of Club Championships held during November 1994

Caulfield Venue recently held their Club Championships over three weeks of handicap events. The winner of the Sprint section was KEVIN McGRATH - the Handicap Specialist! The Walk series was won by our champion, ANDY SMITH, walking two PB's in the events. The Middle Distance was won by IAN BRITTAIN - an excellent effort. The Distance event was won by MIKE HEFFERNAN who fought off many challenges to take out the title. Generous trophies were presented to the winners during the course of a most enjoyable Pizza, Beer and Champagne night. Congratulations to all the above winners.

CALENDAR

1995

**** Using 1994 as a model, with no verifications that some of these events will be repeated on the corresponding dates ****

Monday, 2 January, Portsea S.L.S.C. Fun Run, 7.5km, Portsea Back Beach Car Park, 9am, 288 5324 (w)

Thursday, 5 January: (AV) Victorian 10km Championships, Olympic Park.

Saturday, 7 January: (VAL) Rye, 11am Melbourne Rd.

:VRR Tan Time Trial, 8km & 4km, near Government House Drive, 7.30am, 802 7925 (after hours).

Saturday/Sunday, 7/8 January: (AV) Victorian Multi Event Championships, Olympic Park.

Sunday, 8 January: (VV) Veteran Weight Pentathlon, Caulfield Melway 68 K9

Saturday, 14 January: (AV) Interclub Round 9, Program 2, Box Hill.

Sunday, 15 January:

:CHC Bluestone Fun Run Series, 4/8km, 10am Harold Stevens Athletic Track, Coburg, 386 9251(h).

Saturday, 21 January:

: (AV) Interclub Round 10, Program 1, Olympic Park.

Sunday, 22 January: (VAL) Ringwood, 11.30am Russell Lucas Oval, Jubilee Park.

: Alf Lakin Grand Prix, track & field events, Adelaide. Alf Lakin, (02) 672-3637

Thursday, 26 January:

: Australia Day Fun Run, 7.3km, 9am Swanston Street Walk, finishes at Burke Street Mall, Leanne (03) 663 2854(w), (03) 741 8746(h).

: Australia Day Fun Run, 10km & 3km, Municipal Offices Rosebud, 8.45am, 059 81 1097 (h).

: Alf Lakin Grand Prix, track & field events, Canberra, Alf Lakin, (02) 672-3637

: (AV) Interclub Round 11, Program 2.

: Lilydale Apex Fun Run, 8km, 8am Lilydale Lakes Reserve, Swansea Rd, 870 5155.

Saturday, 28 January: (AV) Inter-Venue Match, Olympic Park.

Brisbane. Alf Lakin, (02) 672-3637

Saturday/Sunday, 28/29 January:

: (AV) Victorian Country Track and Field Championships, Geelong.

Wednesday, 1 February

: Super Sunset Series Run 3, 6/10km, 7.15pm Brens Dr, Royal Park, 658 9946. (10km entries close 26 Jan).

: (VV) Andy Salter Relays, Springvale-Noble Park venue, Memorial Drive, Springvale, Melway 80 E12, 7pm.

Saturday, 4 February:

: (VRR) Tan Time Trial, 4/8km, 7.30am near Government House Dr, 802 7925(h).

: (AV) Interclub Round 12, Program 1.

Sunday, 5 February

: Austin Hospital Fun Run, 4/8km, 8.30am Tan Track near Government House Dr, Lauren Bell 496 5204(w), 877 1951(h).

: (VV) Vets Aquathon, 5km run, 400m swim, Lysterfield Lake Park, Horswood Road, Narre Warren North, Melway 108 D3, 8.00am registration, 8.30am start. \$6.

Wednesday, 8 February: VRR Twilite Tan Time Trial, 8km & 4km, The Tan, Government House Drive, 6.30pm, 802 7925 (after hours)

Sunday, 12 February

: Tasmanian Veterans Pentathlon Championships, Domain Athletics Centre, Hobart. Contact Peter Lyden (002) 29 4263.

: (VV) Alf Lakin Grand Prix, track & field events, Knox track. Alf Lakin, (02) 672-3637

: Big Bay Challenge, 10.5km, Sandridge L.S.C., Port Melbourne, 8.30am, 646 5355 (w)

: (VV) Hammerfest: Caulfield Melway 68 K9

: (VRR) Nominate Own Time Tan Trial, 4km, 9am opposite Swan Street Bridge, 802 7925(h).

Friday-Sunday, 17-19 February: (AV)

Victorian Open and U20 Track and Field Championships, Olympic Park.

Saturday, 18 February:

: Alf Lakin Grand Prix, track & field events, Sydney. Alf Lakin, (02) 672-3637

: Croydon Festival Fun Run, 4/8km, 8.30am Town Park, Croydon, 723 7664(h).

: Healesville Apex Fun Run, 10km, 9am Healesville Showgrounds, (018) 352 908.

Sunday, 19 February:

: Zebras Fun Run, 10km & 5km, Forest Hill Football Ground, 9.30am, 878 5325 (h)

: Jells Park Fun Run, 10km & 5km, Jells Park,

Ferntree Gully Road entrance, 9am, 384 8321 (h)
:Umpires Fun Run, 5/10km, 9.30am Jells Park
 Ferntree Gully Rd entrance, G. Bertram 836
 1594(h).

:Cubitt Classic 10 Miler, 8am Kevin Bartlett
 Reserve, Yarra Boulevard, 817 3503(w).

Thursday, 23 February: NEC Classic
 incorporating the Mobil Grand Prix, Olympic
 Park, Melbourne, (03) 428 8049.

Saturday, 25 February: (VV) 10km Vic Vets
Track Championships, Knox, veterans only.
 Melway 28 D6. Eric Greaves, 560-2971.

Sunday, 26 February:

:Beat the Mountain Run, 26km 9am Powelltown
 to Warburton, also 4km fun run 9am Millgrove to
 Warburton, (059) 66 2010(w).

:City of Moorabbin Fun Run, 3/10km, 9am
 Moorabbin Aquatic Centre, Chesterfield Rd,
 Highett, (mel 77 J9), 556 4278(w).

:VRR Yarra Bend, 12km & 6km, Yarra Bend
 Park, 8am, 802 7925 (after hours)

Sunday, 26 February to Saturday 4 March,
World Police & Fire Games, Olympic Park and
 environs.

Saturday, 4 March:

: (VRR) Tan Handicap, 4/8km, 7.30am opposite
 Swan St Bridge, 802 7925(h).

:Melbourne Walk For MS, 7/10/15km, 4pm
 Albert Park Lake, MS Society 828 7222.

:Konica Women's Classic, 3.5/8km, 8.30am
 Maribyrnong River bike path, The Boulevard,
 Essendon, (mel 28 D8), Andrea Banks 243 8888.

Sunday, 5 March:

: (VRR) Angela Taylor Memorial Run, 5/10km,
 8.30am Police Academy, Glen Waverley, 802
 7925 (after hours)

:Rotary River Run, 3/10km, 9am Footscray Boat
 Club, Farnsworth Ave, 391 5174, 317 3644.

:Ringwood Festival Fun Run, 5.5/11.6km,
 8.30am Eastland Fitness Centre, 4 Warrandyte Rd,
 Kate Langmaid 870 9355(w).

:City to St Kilda Fun Run, 10km, 8.30am
 Museum Station, 525 1455(w).

:Courier Begonia Classic, 6/16.1km, 8am Lake
 Wendouree, Ballarat, Gerry Surridge (053) 37
 8416(w), (053) 31 7093(h).

:Traralgon Red Cross Fun Run, 1/4/8km, 10am
 Liddiard Road Primary School, (051) 74 4534(h).

:Shepparton News Fun Run, 4/10km, 9.30am
 Princes Park, (058) 21 1693(h).

Friday, 10 March & Friday, 17 March, South

Australian Vets Track & Field Championships,
 Olympic Sports Field, Kensington, SA, 6pm start.
 Contact Des Paul (08) 298 5005

Saturday, 11 March, NSW Vets 10km and
Pentathlon Championships. Contact Gloria
 Seymon (02) 887 2536.

Sunday, 12 March, : (VV) Veteran Weight
Pentathlon, Caulfield Melway 68 K9

:Queensland Vets Pentathlon & 5km
Championships, QE2, 12 noon start. Contact
 Judy Cooper (07) 341 2251.

Saturday/Sunday, 18/19 March: (VLA) Heart
Health State Track and Field Championships,
 8am Olympic Park.

Saturday, 18 March:

:Footmen Fun Run, 6km, 8.30am Ringwood
 Secondary College, Gerry Robinson 870 2002(w).

Sunday, 20 March:

:Essendon Fun Run, 10km, 9.30am Aberfeldie
 Athletics Track, 370 8250(h).

:Mooroolbark Red Earth Festival Fun Run, 3/
 10km, 8am Brice Avenue Reserve, Hull Rd, M.
 Pane 726 8871(h), 726 5161(w).

:SIDS Fun Run, 5/10km, 10.15am Albert Park
 Lake, 822 9744(w). (details to be confirmed).

Saturday/Sunday, 25/26 March : (VV) Vic Vets
track and field championships, Aberfeldie,
 veterans only. Eric Greaves, 560-2971

:NSW Vets track and field championships,
 Contact Gloria Seymon (02) 887 2536.

:Queensland Vets track and field championships,
 QE2, 9am start. Contact Judy Cooper (07) 341
 2251.

Saturday, 25 March, :Coca Cola RDA Blue
Rock Classic, the events consists of 5 legs; 10km
 run, 20km cycle, 22km horse ride, 1km swim,
 8km canoe, Blue Rock Lake, Willow Grove,
 Jennifer McNab (051) 60 1315.

: (VAL) Rupertswood, Salesian College,
 Rupertswood, Sunbury.

Sunday, 26 March:

:Sussan Women's 10K Classic, 9am Bourke St
 Mall to Olympic Park, Melbourne, (03) 429
 5105(w).

:Southern Peninsula Beach Fun Run. 6/10/
 16km, 9am Sorrento Football Oval, (059) 86
 2155(w).

Saturday, 1 April:

: (VRR) Tan Time Trial, 4/8km, 7.30am near
 Government House Dr, 802 7925(h).



VICTORIAN VETERANS' ATHLETIC CLUB INC.

(AFFILIATED WITH ATHLETICS VICTORIA)

*Eric Greaves (Club Captain) 7 Netherby Avenue, Mulgrave 3170 Vic
 (03) 560 2971*

CONTACTS

RUNNING EVENTS	- ERIC GREAVES	560-2971
WALKING EVENTS	- PETER McGRATH	807-5656
THROWING EVENTS	- MORRIE JAMES	570-6958
PENTATHLON EVENTS	- CLYDE RIDDOCH	754-8241

<u>25-2-95</u>	10KM TRACK EVENTS	.KNOX
<u>25/26-3-95</u>	TRACK AND FIELD EVENTS	ABERFELDIE
<u>2-4-95</u>	HEAVY WEIGHT AND WEIGHT PENTATHLON	CAULFIELD
<u>8-4-95</u>	PENTATHLON	BOX HILL
<u>7-5-95</u>	½ MARATHON	BUNGAREE
<u>7-5-95</u>	ROAD WALKS	TO BE ADVISED
<u>28-5-95</u>	10KM X-COUNTRY	COLLINGWOOD ***
<u>25-6-95</u>	WINTER CHAMPIONSHIPS	COBURG
<u>30-7-95</u>	10 MILE	CARLTON ***
<u>20-8-95</u>	WINTER WEIGHT PENTATHLON	CAULFIELD
<u>27-8-95</u>	10KM RUN	BRAESIDE
<u>10-9-95</u>	ROAD WALKS	T.B.A.
<u>24-9-95</u>	25KM RUN	YOU YANGS +++

*** COMBINED EVENT WITH VICTORIAN CROSS COUNTRY LEAGUE INC.

+++ DISTANCE SUBJECT TO CHANGE

ERIC GREAVES

CLUB CAPTAIN

VICTORIAN VETERANS ATHLETIC CLUB INC

1995 SUMMER EVENTS

DATE	EVENT	START TIME	VENUE	MELWAY MAP REF.	CLOSING DATE
25th Feb	10km Track	6.30pm	Knox	(73,d7)	Wed 22nd Feb
25/26 Mar	Track & Field	11.00am	Aberfeldie	(28,d6)	Wed 15th Mar
2nd Apr	Heavy Wt Throw	10.25am	Caulfield	(69,a9)	Sun 26th Mar
2nd Apr	Wt.Pentathlon	12.55pm	Caulfield	(69,a9)	Sun 26th Mar
8th Apr	Pentathlon	1.00pm	Box Hill	(47,c7)	Sun 26th Mar

IF YOU COMPETE AT A VENUE - ENTER THE 10KM AT YOUR VENUE
(At least the week before closing date to allow
your venue manager to send entries in in time.)

OR

Send or phone your entry to - Ray & Anne Callaghan, 6 Yvonne Ave,
5th Croydon 3136

Give us your Club Number, Callname and Surname, Address, Age,
Date of Birth, and the Venue (if any) you run with. NOMINATE YOUR
TIME. Do not send the entry fee. Pay that when you collect your
agegroup run number on the night of the 10km. Entry Fee for the
10km is \$5.00

An entry form for the other events this Summer will be issued
with the February "News and Results" Magazine.

Please Note :-

We are concerned at the steady decline in support from our
members for most of our running events. This is very
disheartening for those who put in so much time trying to ensure
that these events, which are intended to bring together all club
members, are conducted in a manner suitable for people of all
abilities, and at the same time to allow those of high ability
earn recognition for that ability.

In a trial to get greater participation in our events, we
will be running the 10kms in Ability Graded Divisions, instead of
agegroupings. The approximate division of runners will be -

- 6.30pm - runners who nominate 43.00 (approx.) or slower
- 7.35pm - (approx.) 39.00 to 42.59
- 8.30pm - (approx.) 36.00 to 38.59
- 9.20pm - faster than 36.00 (approx.)

Some adjustments will have to be made to balance division sizes.
Consideration will be given to one-out agegroup bests to drop
down a division, if they wish. Apart from this, no one will start
at an earlier time than that indicated above for their nominated
time.

As a further incentive to encourage participation, we will be
conducting an experimental Intervene Challenge in the 10kms,
with the result being based on 1/2/3 placings plus number from
each venue finishing, plus venue size.

HURDLES AND IMPLEMENTS SPECIFICATIONS
(State/National/International)

HURDLES

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
WOMEN						
30-39	100m	.840m	13m	8.5m	10.5m	10
40-49	80m	.762m	12m	8.0m	12.0m	8
50+	80m	.762m	12m	7.0m	19.0m	8
30-49	400m	.762m	45m	35.0m	40.0m	10
50+	300m	.762m	50m	35.0m	40.0m	7
MEN						
30-49	110m	.991m	13.72m	9.14m	14.02m	10
50-59	100m	.914m	13m	8.5m	10.5m	10
60-69	100m	.840m	13m	8.5m	10.5m	10
70+	80m	.762m	12m	7.0m	19.0m	8
30-49	400m	.914m	45m	35.0m	40.0m	10
50-59	400m	.840m	45m	35.0m	40.0m	10
60+	300m	.762m	50m	35.0m	40.0m	7
(.991=39" .914=36" .840=33" .762=30")						

IMPLEMENTS

AGE	Shot Put	Discus	Hammer	Javelin	Weight
Women					
30-49	4.00k	1.00k	4.00k	600gms	9.08k(201bs)
50-59	3.00k	1.00k	3.00k	400gms	7.26k(161bs)
60+	3.00k	1.00k	3.00k	400gms	5.45k(121bs)
Men					
30-49	7.26k	2.00k	7.26k	800gms	15.88k(351bs)
50-59	6.00k	1.50k	6.00k	800gms	11.34k(251bs)
60-69	5.00k	1.00k	5.00k	600gms	9.08k(201bs)
70-79	4.00k	1.00k	4.00k	600gms	7.26k(161bs)
80+	4.00k	1.00k	4.00k	600gms	5.45k(121bs)

STEEPLECHASE - 3000m for M30-59 2000m for M60+ and Women

PENTATHLON EVENTS - MEN - LJ, JAV, 200m, DISCUS, 1500m
WOMEN - LJ, JAV, 200m, DISCUS, 800m

WEIGHT PENT. EVENTS - ALL - HAMMER, SHOT, DISCUS, JAV, WEIGHT



**VICHEALTH 5TH
AUSTRALIAN
MASTERS GAMES**
Melbourne, 5-14 October 1995

The VicHealth 5th Australian Masters Games will be one of the biggest multi-sport events to take place in Melbourne since the Olympic Games in 1956.

An estimated 10,000 participants will compete in 53 sports. If you're an over 30 athlete who enjoys the health, fitness and social rewards of participation, then you've got what it takes to enter the Games.

For a brochure and entry form contact:

VicHealth 5th Australian Masters Games
GPO Box 2392V
Melbourne Vic 3001
Phone (03) 666 4214
Fax (03) 666 4232

LINDSAY THOMAS MEMORIAL 10 KLM RUN

TUESDAY 24 JANUARY 1995 - 7.00 PM SHARP

BRAESIDE METROPOLITAN PARK - MELWAYS REF:- 88 D7
(ENTRANCE - LOWER DANDENONG ROAD)

ENTRY FEE \$2.00 PAYABLE ON THE NIGHT

OPEN TO VETERAN ATHLETES ONLY (VVACI MEMBERS)

EVENTS

10 KLM RUN (TWO LAPS OF PARK)

5 KLM RUN (ONE LAP OF PARK)

5 KLM WALK (ONE LAP OF PARK)

PRIZES

LINDSAY THOMAS PERPETUAL TROPHY
(FOR 10 KLM RUN)

FIRST MALE 10 KLM RUN (TROPHY)

FIRST FEMALE 10 KLM RUN (TROPHY)

FIRST MALE 5 KLM RUN (TROPHY)

FIRST FEMALE 5 KLM RUN (TROPHY)

FIRST MALE 5 KLM WALK (TROPHY)

FIRST FEMALE 5 KLM WALK (TROPHY)

- NUMEROUS SPOT PRIZES -

PREVIOUS 10 KLM WINNERS (VETERAN)

1993 MALE -	BARRY FRY (TOOTGAROOK)	37.57
1994 MALE -	TERRY HARRISON (MENTONE)	36.43
1993 FEMALE -	THERESIA BAIRD (SPRINGVALE-NOBLE PARK)	40.50
1994 FEMALE -	THERESIA BAIRD (SPRINGVALE-NOBLE PARK)	44.16

ORGANISED BY THE SPRINGVALE - NOBLE PARK VENUE OF THE
VICTORIAN VETERANS ATHLETIC CLUB INCORPORATED

Vets Aquathon



WHEN

Sunday 5 February 1995 at 8.30 am sharp.
(Registration from 8.00 am)

WHERE

Lysterfield Lake Park
Horswood Road, Narre Warren North
(Start and finish at swimming beach)
Melway ref 108 D3

ENTRIES

On the day at the start line - (be early!)

COST

\$4.00 entry plus \$2.00 park admittance (\$6.00 all up)

DISTANCE

5km run followed by 400m swim.

AWARDS

Presentations will be as soon as possible after the event.
All age groups winners receive a medal.
Certificates for all competitors.

NOTE

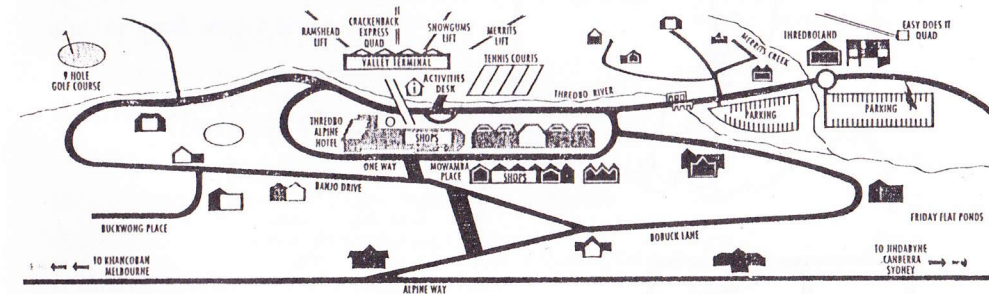
No dogs or cats allowed in the park.
Electric barbecues available.



15th Thredbo

National Running Week

THREDBO ALPINE VILLAGE, KOSCIUSKO NATIONAL PARK
FRIDAY, JANUARY 13 TO MONDAY, JANUARY 23, 1995



Program enquires to:

Honorary Organiser
Thredbo National Running Week,
Brian Lenton, PO Box 5, Duffy ACT 2611

Accommodation enquires to: THREDBO ALPINE APARTMENTS THREDBO'S BEST LOCATION

Friday Drive, Thredbo, 2627
Contact: Shirley Gosson
(064) 576414 or TOLL FREE 008 811 162
FAX (064) 576417



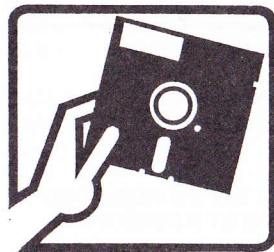
**I don't want to
have to nag you
and nag you for
months and
months!!**

**Your fees are due from
the 1st of January.**

There is a coloured slip in this
magazine for you to fill in and send,
along with your money to

Jeff Briggs,
60 Bursaria Avenue Ferntree Gully
3156

So do it now!!



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.

COMMITTEE MEMBERS 1994

Victorian Veterans Athletic Club Inc.

President
Doug Orr
27 Shawlands Avenue Blackburn South 3130
878 4875

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Dorothy Browne OAM. LM. (Life Member)
4 Victory Street Mitcham 3132
874 2501 fax 873 3223

Honorary Assistant Secretary
Colin Browne
4 Victory Street Mitcham 3132
874 2501

Honorary Treasurer
Jeffrey Briggs
60 Bursaria Avenue Ferntree Gully 3156
758 6328

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Ted McCoy
24 Blackwood Avenue Mentone 3194
583 3280

Robert Waters
5 Bellevue Court Maribymong 3032
318 3802

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Eric Greaves L.M.
7 Netherby Avenue Mulgrave 3170
560 2971

Club Vice Captain
Peter McGrath
13 Bales Street Mt Waverley 3149
807 5656

Immediate Past President
Anthony Bradford
6 Merrett Avenue Werribee 3030
749 2248

General Committee Members
John Benson
198 Prospect Hill Road Canterbury 3126
830 4546

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478 3687

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1425 Burwood Highway Upwey 3158
754 8241

Kenneth Wu
PO. Box 2149 St Kilda West 3182

Honorary Auditor
Keith Routley
6 Mowbray Street Albert Park 3206
699 6384

VENUES Locations and Managers Venue Day and Melway Ref

ABERFELDIE	Aberfeldie Park, Corio Street, Moonee Ponds Rob Waters 699 5311(B) 318 3802	Weds	28 D 6
ALTONA	Grant Reserve, Sugar Gum Drive (off Civic Pde) Altona Ray Wilson 398 2285	Sun - Winter Tuesday - Daylight Saving	54 G 9
BALLAARAT	Llanberris Field, Ballaarat		
EAST BURWOOD	Burwood East Reserve, Burwood Highway Doug Petroff 885 6811 David Langley 807 5297	Thurs	62 C 7
CAULFIELD	Duncan McKinnon Park, North Road, Murrumbena Leo Charles 579 1830 (Royce Foley 570 4898)	Tues - Track Sunday - Field Games	68 K 9
COBURG	Harold Stevens Ath. Field, Outlook Rd. Coburg Gordon Burrowes 366 0326 Vonda Saunders 460 1267	Thurs	18 A 9
COLLINGWOOD	George Knott Reserve, Heidelberg Rd., Clifton Hill Ray Harbert 478 7202	Tues	30 F 12
CROYDON	Town Park, off Norton Road, Croydon Lavinia Petrie (059) 671 915 David Sheehan 720 7969	Tues	50 K 5
FRANKSTON	Ballam Park, Bananee Terrace, Frankston Bruce Moulton 580 7914	Thurs	103 B 4
GEELONG	Landy Field, off Barwon Terrace, Geelong Bryan Cole (052) 484 747	Weds	228 C 7
KNOX	Knox Park Athletic Track, off Rushdale Road, Scoresby Charles McRae 729 1439	Weds	73 D 7
MENTONE	Dolomore Oval, Cnr. First and Queen Streets, Mentone Lois Waser (059) 412 945	Weds	87 B 6
SPRINGVALE/ NOBLE PARK	Ross Reserve, Memorial Drive, Springvale Theresa Baird 754 2648	Weds	80 E 12
TOOTGAROOK	Tootgarook Sports Reserve, Truemans Road, Tootgarook Alan Radford / Ken Taylor (059) 855 989	Weds - Winter Sunday - Daylight Saving	169 E 6

Australian Association of Veterans Athletic Clubs Secretary - Dorothy Browne OAM. (03) 874 2501