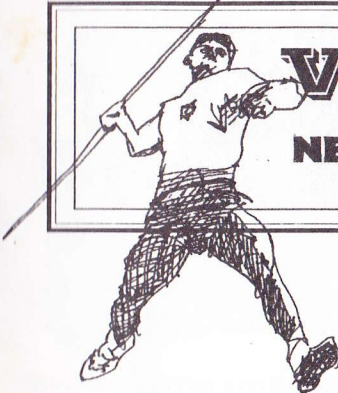


Vic Vets

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

February
1995



Aivars Pavulins with his medal haul from the World Masters Games and the Australian Weight Pentathlon in Brisbane 1994. More inside on page 4.



Vic Vets

NEWS AND RESULTS

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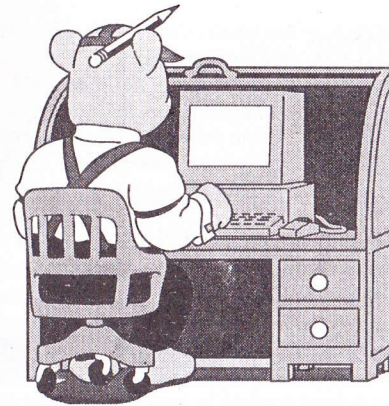
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This edition of the "Vic Vets News and Results" is designed to fulfil a few purposes other than give you something to read in your spare time. There are a few things coming up that members need to be informed of and given the chance to act upon. The first is the Victorian Championships. On Saturday 25th February at 6.30pm at Knox we have the 10km races. Entries into these close on Wednesday 22nd February with your venue manager or with Ray or Anne Callaghan, 6 Yvonne Avenue, Croydon 3136, phone 725 5376. Then on Saturday and Sunday, 25/26 March we have the track and field carnival at Aberfeldie. The entry forms for this, two of them in case the magazine goes to partners both Vets, form the middle pages of this magazine. Lift them out and follow the directions. This time the forms are sent to John and Phyllis Gosbell, 30 Penrose Street, Box Hill South 3128. This entry form also covers the Weight Throw and the Weight Pentathlon on Sunday 2nd April at Caulfield, and the Pentathlon on Saturday 8th April at Box Hill. One entry form covers several events. As you know, the national championships this year are not being held at Easter, but on April 28th to May 1st at Townsville. Information about entering these is inside on pages 13-14. However, if you would like to participate and travel at Easter, Canberra Vets have opened their track and field championships to you, and organized a weight pentathlon (Australian) championship at the same weekend. To enter these, lift out the second double page from the middle.

The other highly important event of which I must give you notice is the Annual General Meeting. At this meeting elections for the new committee are held, and nominations for them must be in, one

Editorial

week before the date of the meeting. The date of the AGM is Friday 21st April so the nominations for committee close on Friday 14th April, with secretary Dot Browne. We want to get the best possible committee, so in this issue we list some of the jobs done by committee members in the hope that some of you will see a job there that you would like to do and will put yourself up for nomination. That form is towards the back of the magazine on page 34. Well that's the housekeeping done. In addition there are our usual features. I get good feedback from members about our little publication. Please use it to communicate within the club. Communication is a matter of input and output, a transmitter and a receiver, a speaker and a listener, a writer and a reader. It works best when it is not all one way. I was delighted with the responses to Gordon Burrowes' letter on medals, with Anne Callaghan's article on the Bushranges, with Eccles' continuing shots at his favourite targets and with race reports by Tony Barrett and Bob Hayes, to name a few. There are plenty of other things you could write to us about. Just do it.

The Brownes had a busy January in company with a few of our Vet mates. Eleven of us went to Thredbo for National Running Week where we had a great time, playing golf every day, running in Brian Lenton's imaginative events, cooking communally every night and feeling on top of the world (of Australia at least). Then we were off to Mansfield for a weekend to help organize the 50km Mansfield to Buller road race with Peter Armistead, Geoff Hook and 18 people, mainly vets from around Victoria. The next weekend it was off to Phillip Island with a different group again, Lawrie Black and his gang. What with Christmas Day runs, New Years Eve runs, Andy Salter relays, and bike rides with the Gosbells and the Youngs, we are getting great value out of being in the Vic Vets. The Brownes are never home. That is why you get that familiar message on our answering machine when you ring. However we will get back to you. Truly. My point is to hope that you too are using your club and getting as much fun out of it as we are.

Colin Browne

AIVARS PAVULINS

Vic Vets number 129, Aivars Pavulins, is tall, strong, silver haired and handsome, speaking with a slight accent. He is well known to field games athletes and currently competes in the M 70 age group. His wife is interested in athletics and travels with him but does not participate.

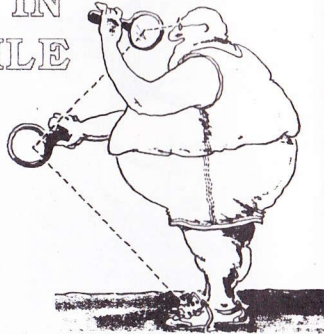
Aivars was born in Latvia on 8th May 1924. The history of that country during World War II was not very happy. He came to Melbourne in 1943 at the age of 19, leaving behind some family property, namely two houses and a printing shop. These were commandeered by the communist regime and the printing shop was kept going as a government concern. His relations kept living in the houses and have grown old as he has. Now at age 70 he finds that the communist regime has gone and he has some property to attend to, even if it is only to put it into his will. So his trip to Buffalo for the World Games will include a trip to Latvia.

When he came to Australia he wanted to pursue his trade, but they wanted him to go to school for years. He could not, because he had to earn some money to support his family. He found a job as a hospital nurse, at Kew Mental Asylum, and lasted there until retirement at 60. Since then the Kew institution has been closed to mental patients and is now owned by the Japanese who are trying to let the units as residential. It certainly has an outstanding situation and a great view.

Aivars met Ilmar Mancs and went to throw with the vets at Box Hill in 1974. He is a fine example of our field games veteran athletes, achieving world record status in the weight pentathlon. This event seems to suit him. We know his performances well over many years in the various components of it - discus, shot put, heavy weight etc. He currently holds the Australian records in shot put for M50 and M65 and javelin for M65 and M70. He is the Victorian record holder in shot put for M50, M60 and M65, in discus for M50 and M55, and in javelin for M50, M55, M60 and M65. When the weight pentathlon records get sorted out he will be the world record holder.

He is a product of Roy Foley's Murrumbidgee throwing mob, and there are many more there in the group bubbling up to world record standard.

VETS IN PROFILE



ILSE SCHNEIDER

Dear Dot,

Please find enclosed copy of the article from the Footscray Mail of 11 November 1994. I also took the liberty of enclosing a couple of articles from 1990 (prior to my two mastectomies). Apart from the cancer, I have had other setbacks, like being unemployed since 1991. Toorak Squash, which I managed for 20 years, changed owner - no room for me. Considered too old for any jobs I apply for. But as long as I can run, nothing can get me down. Unfortunately, 12 months ago my training partner and beloved dog developed severe arthritis in all four legs and consequently cannot run any more. But I still take him walking (waddling) and swimming every day. I am sad to no longer have my training partner, but I now run for him and hope this will make me stronger and better in the future.

This story is not about me, but about life after cancer, and about the unconditional love our animal friends give to us.

Best regards
Ilse Schneider

FOOTSCRAY MAIL 11 November 1994

Award well deserved

Ilse Schneider of Oakleigh won the Pacific Cruise Company Achievement Award for the 1994 Western Region Games.

Schneider, 53, has participated in five Valley Runs since 1988, winning the over-40 women's section in 1988, 1989, 1993, and 1994 and coming second in 1991. She has overcome breast cancer along the way.

Schneider was a champion miler and cross country runner in the 1960's, winning the Victorian mile championship in 1967. The Valley Run is one of the few fun runs Schneider participates in each year.

"It's scenic and a very beautiful course and we used to run along the Maribyrnong River in cross country 30 years ago," she explained. She said she had made many good friends through the run.

Schneider was first detected with breast cancer in 1987 and has had four operations since then to remove both breasts. But she was back pounding the pavement within a fortnight of each operation. She said her high level of fitness through running had allowed her to have a quick recovery each time.

But she said cancer was never a hurdle to doing the things she loved and hoped others would see it did not mean having to stop leading an active life.

"It's quite overwhelming actually that someone thought of nominating me for the award. I feel very humble about it because it's one of the greatest honors of my life."

— BEN —

Ben (Chilbruk Chappy and son of Karnoneh Reeseh) has not achieved the traditional goals of the German Shorthaired Pointer breed, but I feel so much more. Ben came into my life as a two months old puppy in March 1985. The next couple of years were spent playing and training. He passed grade 4 to grade 1 at the Southern Obedience Club. Although he had the potential to go on to higher degrees such as CD etc., neither of us had the inclination to continue. We had other things to do.

In 1987 I had an operation for cancer followed by weeks of radiotherapy. After this I spent a lot of time feeling sorry for myself. For over 25 years I had been a competitive runner, and Ben had become my training companion. He seemed to sense that to try and run again would be essential to my mental and physical well being. He tried all he knew to get me out of the house. Succeed he did, and by the end of that year we were running and playing with the soccer ball again (he is very good at it).

Eventually I regained complete fitness and began to run in several 10K road runs, always with Ben by my side, and we kept improving our times as well. Our best time to date is 48 minutes (on my own I am capable of running 10K in 46 minutes). Earlier this year we also did some training on an athletic track in preparation for the Veterans Australian Track and Field Championship.

As Ben and I live alone and he comes to work with me, we are seldom apart, on occasion we are and we can't wait to be together again.

In July of this year I had to have another operation, not as drastic as the previous one, but all the same frightening. Once again my Ben was here for me. He is my best friend, so protective, loyal and loving with a lovely nature, although there are times when he insists on his own way. If I am lucky, I sometimes even get to sleep on half of the waterbed!

Sharing my life with Ben has enriched mine. He may never win any awards, but he has my undying love and devotion. And I know we will look after each other for the rest of our lives.

Trusty training partner

- by Kerrie Baumgartner

They say that dog is woman's best friend ... or something like that. Ilse Schneider couldn't agree more - when it comes to Ben, her German Shorthaired Pointer. Together the pair have walked, run and jogged more than 2000km.

"Last year we did *Queen of the Lake*. Ben was the only 'boy'!" Ilse grins.

She joined Brunswick Aths Club 28 years ago and, directed by Ron Aust (the distance running coach), she attended Percy Cerutti's training camp and pounded the famous dune circuit.

In 1967 Ilse won the Victorian mile title, and the South Australian in 1968. She also reached state level in squash. Ilse has retained links with the sport by managing Toorak Squash Centre.

Ilse seems to apply that commitment to all aspects of life. After a recent serious illness she began exercising straight away: "It was a challenge trying to set a 'PB' on an exercise bike. Anyone seeing me in the full bike gear would have thought I was mad."

Anyone except Ben, that is. He woke from a snooze and gave one of those doggy grins as if to say: "Oh boy, Ilse, we'll soon be back into it."



BOB LEWIS

from "THE WHITEHORSE GAZETTE"

sports star

Gold four times over

by JANET BLAIR

AT THE age of 56, Blackburn South resident Bob Lewis is decided to take up running.

It was a story in the *Gazette* 10 years ago that captured his interest. After reading it, Mr Lewis joined the Victorian Veterans' Athletics Club.

Today he is a champion runner, gold medal winner in his age category — and a *Gazette* sports star.

Mr Lewis recently returned from the Central Australian Masters Games.

More than 5000 athletes from 15 nations competed at the games, which are held every two years for women over 30 and men over 35.

Mr Lewis competed in seven events in his age category (65-69) and came first in four of them, fourth in two, and fifth in another.

In addition to winning gold in the 10 km road run, Mr Lewis broke the games record.

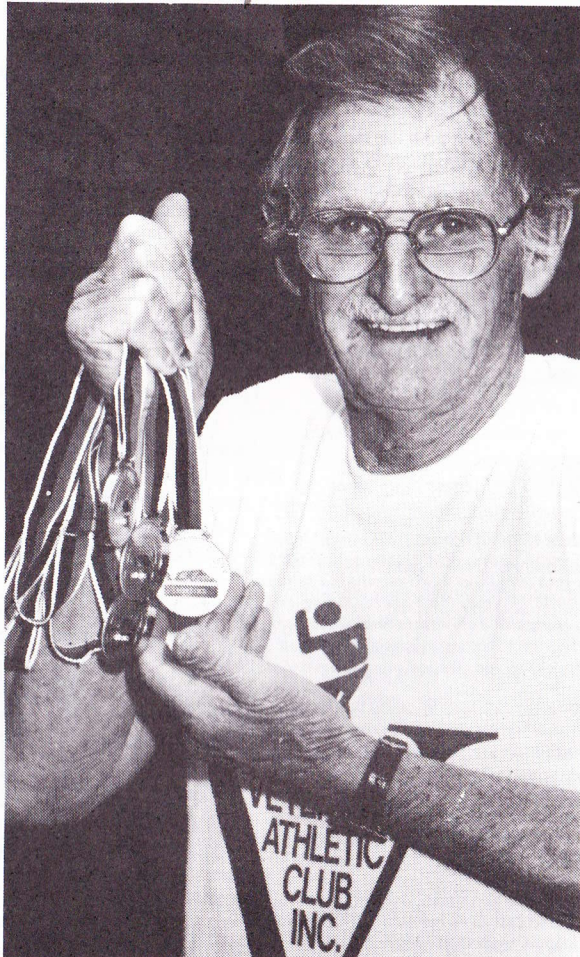
And in both the 3000m track walk and the 5 km road walk, he achieved personal best times as well as first places.

His fourth gold medal was for a 10 km road walk.

Mr Lewis said it was a great thrill to have done so well at the games.

He said his wife, Irene, had provided "marvellous support", acting as masseur, dietician and coach throughout the gruelling six days of events.

Now aged 66, Mr Lewis is probably fitter than most people half his age.



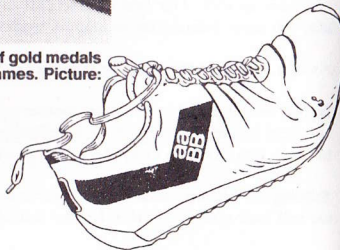
BLACKBURN South resident Bob Lewis with the collection of gold medals he picked up recently at the Central Australian Masters Games. Picture: COLIN STUCKEY.

He said he walked an average of 45 kilometres a week and ran a total of about 55 kilometres to keep in shape for competition.

And he trained every Thursday evening with

the club at the East Burwood Reserve.

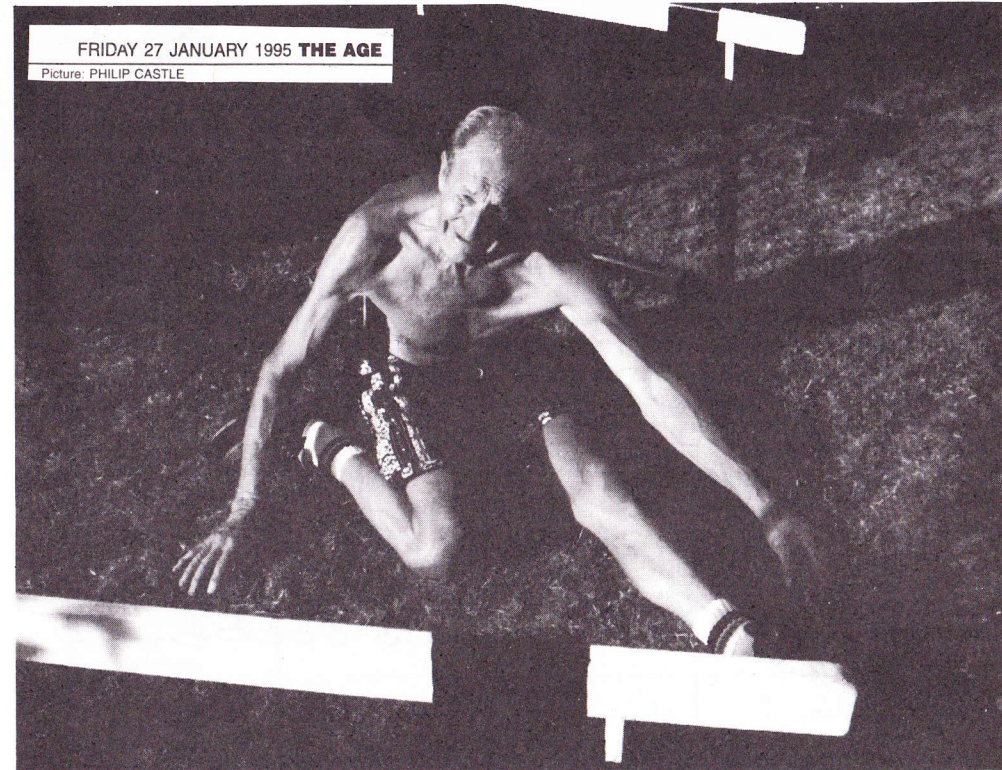
At this rate, he should have no problems achieving his aim of competing into his 90s.



GORDON GOURLAY

FRIDAY 27 JANUARY 1995 THE AGE

Picture: PHILIP CASTLE



A veteran athlete, Mr Gourlay will compete next month in the World Police and Fire Games: "It's been the making of me in some ways."

Running for his life in police games

By TIM WINKLER, police reporter

Many veteran athletes keep running, jumping or swimming because they have always played sport of some kind. Mr Gordon Gourlay was different.

Until he was 51, the policeman was kept busy by his job and family commitments, but when he had to face open-heart surgery his mind turned to sport.

"I had a wife and six kids and I was working see, but when I got sick I had to do something to get out and about," Mr Gourlay, 66, said yesterday.

After suffering his first heart attack in 1977, Mr Gourlay was forced under the knife by continuing heart problems. He

had open-heart surgery in 1981 and was also diagnosed as suffering Parkinson's disease.

While he had previously shunned sport so that he could spend time with his family, it suddenly became vital to his health. On doctors orders Mr Gourlay started to walk, and then run.

Fourteen years and more than 300 medallions later, the retired chief inspector is still running, and next month will be among the oldest competitors taking part in the World Police and Fire Games in the grand-master age group.

Despite retiring from the force in 1984 after 30 years of service, Mr Gourlay has not missed the annual Victorian police games since they started

in the early 1980s, and is looking forward to his first world games.

He will compete against other police and firemen over the age of 60 in the 100-metre and 200-metre sprints, the 100-metre and 400-metre hurdles, the triple, long and high jumps and the five-kilometre walk.

After watching competitors in other athletic events at the first police games, Mr Gourlay thought he would have a go in the five kilometre walk, rather than just watch.

He had always been fit to a degree, but now Mr Gourlay trains with his athletics club two or three times a week and competes most weekends. He also represents Victoria in vet-

erans events.

While many over 60-year-olds line up for the sprint events, he has fewer competitors in the high jump and the even more dangerous hurdles — seen as a potential danger for old bones.

With two Melbourne Marathons, 300 race medallions and five national records for walking and high jump in his age group, Mr Gourlay has not regretted being pushed into such strenuous activity.

"It's helped my health — it has been the making of me in some ways," he said.

The World Police and Fire Games will begin in Melbourne on 26 February and end on 4 March.

LETTERS TO THE EDITOR



Dear Dot,

The Vic Vets magazine is really excellent. We now know everything that is available, presented in readable form!
Attached is a translated literary gem from ancient Egyptian times, suitably updated for your modern readers, by means of poetic license and an active imagination.

When does a Veteran athlete THINK he is getting old?
When his running pace and walking pace co-incide.
When passing a shop with a notice in the window reading "Antiques Restored" - and he wonders if he should go in!
When he stops looking in the mirror for the occasional grey hair - and starts looking for the occasional hair that isn't grey.
When offered a seat on the bus or train.

When does he KNOW he is getting old?
When he accepts that offer of a seat!

Andy Smith



Dear Dot,

I thought readers may like to know about our first in Australia 400 metres Womens Synchronized Pairs Speed Walk held in Mentone on January 7..

Rules are ; Upright carriage; Straight knees; Contact with the ground; Staying in step with partner.

Eight pairs faced the starter with the males present acting as judges.

The event was won by Marlene Gourlay-Jean Albury, time 2 min. 11 secs, and Glennis McPherson - Sylvia Machin 2 mins 19 secs. The judges not being able to separate the performances..

All eight pairs walked beautifully and we expect to hold more events of this nature.

They are popular in Indonesia where team events take place, but this was the first in Australia.

Frank McGuire
Frank McGuire

The Editor
Vic Vets
News & Results

Colin,

your readers may be interested in these informal responses to my letter on the issue of Vets Gold, Silver & Bronze medals. This is not a formal survey, I did not seek these responses, people have sought me out to make comments & I thought this tabulation might be interesting for your readers.

First let me make the point that the concept I was proposing was:
Vets G S & B medals should be replaced by some other awards because G S & B have a special significance in athletics history & this special significance is being degraded by the indiscriminate presentation of G S & B by the Vets.

The most vehement opposition I have encountered to my letter is from those who misunderstood what I was proposing and some of these people not only disagreed but also debated my right to express an opinion.

	AGREE	DISAGREE	MISUNDERSTOOD THE CONCEPT.
Persons who have won VETS' medals in top class competition.	2		
Persons who have won VETS' medals only because of lack of opposition.	6	2	2
Persons who have never won a VETS' medal.	5	2	1

A further issue, of which I have only just become aware, because of these responses to my letter, is that

Vets athletics is regarded as something of a joke around athletics' circles in Victoria because G S & B medals are awarded on every trivial occasion.

The above does not reflect my view of Vets athletics but summarises a feeling that I was surprised to pick up from those expressing an opinion of my letter - people at a wide variety of athletic events.

I am reminded that, in English history, a legitimate son of a king would have the bar dexter (a diagonal slash sloping from the dexter or top right) on his coat of arms. An illegitimate son's coat of arms would be identical except for the diagonal slash sloping from the sinister (top left) - the bar sinister. By this simple device the illegitimate son would be allowed (indeed proud) to proclaim his royal birth but, also, the world would know that he was not in the legitimate line for the throne. Perhaps we need some such simple device attached to our awards to show that, although this athlete earned first, second or third, there were no other competitors available or that the competition was not of championship standard.

Gordon

editor's note:

I noticed when I was going through the entry booklet for Buffalo World Games that the organizers seem to support Gordon Burrowes' point of view. The clippings on this page are from the entry booklet.

MEDAL STANDARD

	100	200	400	800	1500	5000	10,000	Hurdle 80m 100m 110m	Hurdle 300m 400m	Steeple- chase	Walk
W35	13.6	28.0	1:03.0	2:30	5:10	19:00	40:00	16.0	1:13.0		30:30
W40	14.5	30.0	1:08.0	2:35	5:25	20:00	42:00	17.0	1:19.0		31:30
W45	15.4	32.0	1:13.0	2:40	5:40	21:00	45:00	18.0	1:25.0		33:00
W50	16.4	34.0	1:20.0	2:50	6:00	22:30	49:00	19.0	1:01.0		35:00
W55	17.4	36.0	1:28.0	3:10	6:20	24:00	52:30	21.0	1:06.0		37:00
W60	18.5	38.0	1:38.0	3:30	6:50	25:30	56:00	23.0	1:11.5		39:30
W65	19.6	40.0	1:49.0	3:55	7:30	29:00	1:03:00	26.0	1:17.0		43:00
W70	20.8	43.0	2:00.0	4:20	8:45	33:00	1:12:00	30.0	1:23.0		47:30
W75	22.0	46.0	2:15.0	4:55	10:00	37:00	1:20:00	37.0	1:31.0		52:00
W80	24.0	50.0	2:32.0	5:30	11:15	42:00	1:28:00	44.0	1:40.0		56:00
W85	27.0	55.0	2:55.0	6:30	13:20	49:00	1:40:00	51.0	1:51.0		1:00:00
M40	12.0	26.0	58.0	2:05	4:35	17:20	38:40	18.5	1:04.0	11:00	24:30
M45	12.5	26.8	1:00.5	2:13	4:45	18:00	40:00	19.5	1:07.0	12:00	25:40
M50	13.0	27.8	1:03.0	2:21	5:00	18:45	41:40	20.5	1:11.0	13:00	26:50
M55	13.8	29.9	1:06.0	2:30	5:15	19:30	43:30	22.0	1:16.0	14:30	28:10
M60	14.8	31.3	1:10.0	2:42	5:35	20:30	45:30	20.5	58.0	9:20	30:00
M65	15.9	33.0	1:14.5	2:55	6:20	22:00	48:00	23.0	1:03.0	10:30	32:30
M70	17.0	35.0	1:21.0	3:15	7:20	25:00	55:30	18.5	1:08.0	11:40	35:00
M75	18.2	38.5	1:28.0	3:35	8:00	28:00	1:02:00	23.0	1:14.0	13:30	40:00
M80	20.0	42.5	1:48.0	4:00	8:40	31:00	1:08:00	26.0	1:22.0	15:30	45:00
M85	22.0	47.0	2:00.0	4:40	9:40	36:00	1:19:00	30.0	1:32.0	17:30	51:00

	High Jump	Pole Vault	Long Jump	Triple Jump	Shot Put	Discus Throw	Hammer Throw	Javelin Throw
W35	1.30		4.80		9.00	26.00		28.00
W40	1.20		4.40		8.50	24.00		25.00
W45	1.10		4.00		8.00	23.00		23.00
W50	1.05		3.60		9.00	22.00		23.00
W55	1.00		3.20		7.00	20.00		20.00
W60	0.95		2.80		8.00	18.00		19.00
W65	0.90		2.50		6.25	15.00		15.00
W70	0.85		2.20		6.00	13.00		13.00
W75	0.80		2.00		5.50	9.00		10.00
W80	0.75		1.80		5.25	8.80		9.80
W85	0.73		1.70		5.00	8.60		9.60
M40	1.60	3.40	5.50	10.50	10.50	34.00	40.00	44.00
M45	1.50	3.20	5.25	10.00	10.00	35.00	37.00	40.00
M50	1.40	3.00	4.95	9.50	9.50	32.00	38.00	44.00
M55	1.30	2.80	4.65	9.00	9.00	28.00	33.00	40.00
M60	1.20	2.60	4.30	8.50	8.50	34.00	34.00	40.00
M65	1.10	2.40	3.90	8.00	8.00	28.00	30.00	32.00
M70	1.00	2.20	3.50	7.00	7.50	25.00	25.00	30.00
M75	0.95	2.10	3.00	6.00	7.00	21.00	19.00	28.00
M80	0.90	2.00	2.60	5.00	6.50	18.00	12.00	16.00
M85	0.87	1.90	2.40	4.00	6.00	13.00	10.00	13.00

Medal Standards

If there are only three competitors in an event, the third-placed competitor must achieve or better the published medal standard (See Appendix) before being awarded the third-place medal; if only two competitors, the second must achieve or better the published medal standard before being awarded the second-place medal; if only one competitor, he must achieve or better the published medal standard before being awarded the first place medal.

VICTORIAN TRACK AND FIELD CHAMPIONSHIPS

25/26 MARCH 1995

Correction to Specifications as published in previous News and Results:

The specifications for the sprint hurdles in the age groups M45, M55 and M65 will be as for the 1994 Victorian Track and Field Championships, not as per WAVA specifications, following a debate at the VVACI Committee meeting of 30 January 1995. (See Fly On The Wall, page 30). That is, these age groups will each have the hurdle specifications of the next older age group.

Entry Forms for the 1995 Victorian Track and Field Championships:

The centre pages of this magazine are intended to be lifted out to provide two entry forms.

Parking at the 1995 Victorian Track and Field Championships:

As there is often congestion and difficulty parking at these events, please take note of the suggestions given by the venue manager.

1995 TRACK & FIELD DAYS. ABERFELDIE VENUE 25/26 Mar.

Preparations for the 1995 Track & Field days are well advanced. Aberfeldie is the host venue and there was only positive reports from last year in the venue, track and welcome made to everybody. The ground is located at Aberfeldie Park, Corio Street, Moonee Ponds (Melway 28 D6). Regardless of ability your entry and attendance will be welcome and every club member is encouraged to attend these events.

As in all our Track & Field days each Venue is given certain responsibilities to assist with the smooth conduct of the competition and these are as follows:-

Setting Up/Hurdles/Steeple	East Burwood
Track Judging	Mentone
Time Keeping	Springvale/Noble Park
Track Recording	Croydon
Lap Scoring	Croydon
Presentations	Coburg
Long Jump/Triple Jump	Collingwood
High Jump	Knox
Pole Vault	Mentone & Tootgarook
Hammer & Javelin	Aberfeldie
Discus & Shotput	Altona
Track marshalling/ Starting & Assistance	Caulfield.

So please give your names to the Venue Manager that you will assist, even if it is only for a hour or so. It has been observed that the people assisting can have an enjoyable social day whilst assisting with the events.

The entry form for the Track & Field days is included with this magazine and it would be beautiful to have a large number of our members both competing and assisting.

VICTORIAN TRACK AND FIELD CHAMPIONSHIPS

25/26 MARCH 1995

ABOUT GETTING THERE AND PARKING

Venue for 1995 V.V.A.C.Inc. Track and Field

Aberfeldie Venue, Aberfeldie Athletic Centre, Corlo Street Moonee Ponds, Melway ref. 28 D6. located in parkland setting with viewing and or picnic areas to three sides of track

Newly created "Spurton BS" synthetic surface 400 metre 8 lane athletic track, completed June 1993

Grassed ovals 3 N° Immediately adjacent in adjoining Aberfeldie Park Complex

Three kilometres of "Lillydale" topped gravel walking or running trails through tree lined and grassed areas to and through Aberfeldie Park and Maribyrnong River Boulevard

Accessibility

Eight (8) kilometres north-west from the Melbourne GPO.

Private transport from Melbourne

i. North West of Melbourne via Epsom Road, Scotia and Waverley Streets

Public transport from Melbourne via Tram

ii. N° 57 tram from Elizabeth Street, alight at Maribyrnong River, Maribyrnong Road and walk 900 metres via River path to track (Tram journey approx. 25 minutes)

Car Parking

Three N° off-street car parks totalling 250 cars

- i. Enter from Bruce Street (as indicated by street signs) 130 car capacity
Bruce Street runs off both Holmes Road and Waverley Street - Largest and recommended off-street parking 50 metres to Main entry at Pavilion
Note There is a street sign indicating the car park off Waverley Street, BUT no sign indicating Bruce Street I
- ii. Enter from Park Crescent (at the end of Beaver St) 64 car capacity
50 metres down hill to Gate 2 entry near finish line
- iii. Enter from Corlo Street - (Closest to Pavilion) 56 car capacity
This car park will be full with at most times with early arrivals, support crew, officials and emergency vehicles
- iv. Additionally, street parking one side of road only to three surrounding sides of venue
via: a) Aberfeldie Street and b) The Boulevard 3 minutes walk

NATIONAL CHAMPIONSHIPS

TIME TABLE

Friday 28/4/95 (9.30am start) 400m, Sprint hurdles, Pole vault, Hammer, 10km track run.
Saturday 29/4/95 1500m, 100m, 10km CC, Long jump, Discus, High jump, 5km walk, Steeple.
Sunday 30/4/95 Long hurdles, 800m, 200m, Shot put, Triple jump, Javelin, 5km track run.
Monday 1/5/95 Half marathon, 10km road walk, Pentathlon.

Send Entry form to:
Yvonne Mullins

PO Box 7

Mundingburra Qld 4812

Ph: 0777/251022(h) / 0777/814173

AUSTRALIAN VETERANS ATHLETIC CHAMPIONSHIPS TOWNSVILLE 28 APRIL-1 MAY 1995

ENTRY FORM

Entry fee must be included with this form
Make cheques payable to:
"Townsville Combined Athletic Club"

Surname:.....

Given Names:.....

Address:.....

Post Code:.....

State or Country of Registration:.....

Date of Birth:.....

Sex: Male Female

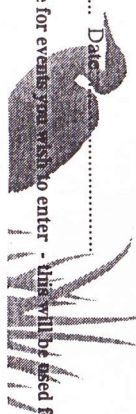
Age Group:.....

Emergency Contact Name and Number (if available):.....

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

Signature:.....

Date:.....



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

1995 Track and Field Club Championships

Day two: Saturday 15 April 1995

12.00 - 1.00 pm

- Discus Throw
- Hammer Throw
- 800m
- High Jump
- Long Jump
- 5000m walk

1.00 - 2.00 pm

- 5000m walk
- Hammer Throw
- Long Jump
- Discus Throw

2.00 - 3.00 pm

- High Jump
- Hammer Throw
- Discus Throw
- 200m
- Long Jump

3.00 - 4.00 pm

- Hammer Throw
- High Jump
- 5000m
- Discus Throw
- Long Hurdles

4.00 - 5.00 pm

- Hammer Throw
- 5000m
- Discus Throw
- Long Hurdles

For track events, slowest divisions will be run first, and the final place-getters determined on times.

Ribbons will be awarded to place-getters - the first three ACT and the first three outright in each age-group.

ACT Veterans Athletic Club Inc.

Approximate Timetable of Events.

Day one: Friday 14 April 1995

12.00 - 1.00 pm

- Javelin Throw
- Shot Put
- 1500m
- Short Hurdles
- Triple Jump

1.00 - 2.00 pm

- Javelin Throw
- Shot Put
- 1500m
- Short Hurdles
- Pole Vault
- 1500m walk

2.00 - 3.00 pm

- 1500m walk
- Javelin Throw
- Shot Put
- Triple Jump
- 100m

3.00 - 4.00 pm

- 100m
- Javelin Throw
- Steeplechase
- Shot Put
- 400m

4.00 - 5.00 pm

- Javelin Throw
- Shot Put
- 400m

Program booklets will be available at the track free of charge. A detailed timetable will be included in the program booklet.

All track events, and field events where entries are large, will be conducted in divisions based on the expected times shown on the entry form.

EVENTS	(Place a cross in appropriate box)	(Place performance in appropriate box)
80m Hurdles (M70+ & W 40+)	<input type="checkbox"/>
100m Hurdles (M50-69&W30-39)	<input type="checkbox"/>
110m Hurdles (M30-49)	<input type="checkbox"/>
300m Hurdles (M60+ & W50+)	<input type="checkbox"/>
400m Hurdles (M30-59&W30-49)	<input type="checkbox"/>
100m Sprint	<input type="checkbox"/>
200m Sprint	<input type="checkbox"/>
400m Sprint	<input type="checkbox"/>
800m Run	<input type="checkbox"/>
1500m Run	<input type="checkbox"/>
5000m Run	<input type="checkbox"/>
10000m Track Run	<input type="checkbox"/>
10000m Cross Country	<input type="checkbox"/>
2000m Steeple (M60&AllWmn)	<input type="checkbox"/>
3000m Steeple (M35-59)	<input type="checkbox"/>
5000m Track Walk	<input type="checkbox"/>
10000m Road Walk	<input type="checkbox"/>
Discus Throw	<input type="checkbox"/>
Hammer Throw	<input type="checkbox"/>
High Jump	<input type="checkbox"/>
Javelin Throw	<input type="checkbox"/>
Long Jump	<input type="checkbox"/>
Pentathlon	<input type="checkbox"/>
Pole Vault	<input type="checkbox"/>
Shot Put	<input type="checkbox"/>
Triple Jump	<input type="checkbox"/>
Half Marathon (non competitive)	<input type="checkbox"/>

FEES:

Registration Fee: \$10
 Events @ \$3
 Dinner @ \$10

TOTAL \$

The Dinner will be an informal 'roast on the spit' at a venue to be confirmed. There will be dancing! This is the same dinner as advertised for the Masters Games: please only pay once!

NOTE:

For entry confirmation enclose a stamped self-addressed envelope to receive confirmation when your Entry Form has been processed.

REMEMINDER:

Arrange and confirm your own accommodation.

ENTRIES CLOSE:

WEDNESDAY, 1 MARCH 1995
(No late entries accepted)

ACT Veterans Athletic Club Incorporated: Entry Form

ACT Track and Field Championships 12.00 Friday 14 April 1995

12.00 Saturday 15 April 1995

Event	Expected Performance	Event	Expected Performance
<input type="checkbox"/> 100m	_____	<input type="checkbox"/> 2000m Steeplechase	_____
<input type="checkbox"/> 200m	_____	(M60+, W30+)	
<input type="checkbox"/> 400m	_____	<input type="checkbox"/> 3000m Steeplechase	_____
<input type="checkbox"/> 800m	_____	(M30-59)	
<input type="checkbox"/> 1500m	_____	<input type="checkbox"/> 80m Hurdles	_____
<input type="checkbox"/> 5000m	_____	(M70+, W40+)	
<input type="checkbox"/> 1500m Walk	_____	<input type="checkbox"/> 100m Hurdles	_____
<input type="checkbox"/> 5000m Walk	_____	(M50-69, W30-39)	
<input type="checkbox"/> Hammer Throw	_____	<input type="checkbox"/> 110m Hurdles	_____
<input type="checkbox"/> Discus Throw	_____	(M30-49)	
<input type="checkbox"/> Shot Put	_____	<input type="checkbox"/> 300m Hurdles	_____
<input type="checkbox"/> Javelin Throw	_____	(M60+, W50+)	
<input type="checkbox"/> Long Jump	_____	<input type="checkbox"/> 400m Hurdles	_____
<input type="checkbox"/> Triple Jump	_____	(M30-59, W30-49)	
<input type="checkbox"/> High Jump	_____		
<input type="checkbox"/> Pole Vault	_____		

First Name: _____ Surname: _____

Veterans Athletic Club of which you are a member (eg ACT): _____

Sex M/F: _____ Age Group: _____ Contact Phone: _____

ENTRY FEES: _____ EVENTS @ \$3 each = \$ _____

or LATE ENTRY _____ EVENTS @ \$5 each = \$ _____

ACT 1994/95 MEMBERSHIP \$25 (if owed) = \$ _____

TOTAL ENTRY FEES = \$ _____

Entries may be posted to PO Box 157 Kippax ACT 2615.

The closing date is Monday 20 March 1995. Late entrants must pay the late entry fee.

Cheques are made payable to the ACT Veterans Athletic Club.

Note: The ACT Weight Pentathlon is incorporated with the National Weight Pentathlon, which will be held on Sunday 16 April 1995. There is a separate entry form for the National Weight Pentathlon which will also be used as the entry form for the ACT Weight Pentathlon.

All events will be held at the **AIS Athletic Field, Bruce** in Canberra.

Please address enquiries to - Geoff Moore, 06-254 4753 (home), 06-252 7470 (work)

VICTORIAN VETERANS ATHLETIC CLUB INC

1995 SUMMER ENTRY FORM

CLUB NUMBER (The one ironed onto your club vest) _____

SURNAME _____ CALL NAME _____

ADDRESS _____

POST CODE _____ SEX _____ DATE OF BIRTH _____ TEL. _____

VENUE _____

To select an event, please mark it with your recent best (or hoped for) time or distance. This will enable us to properly grade everyone in heats and divisions.

Saturday 25th March	Sunday 26th March
SH _____ Sprint Hurdles	LH _____ 3/400m Hurdles
1 _____ 100m Sprints	3W _____ 3km Walk - Men
15 _____ 1500m Runs	8 _____ 800m Runs
5W _____ 5km Walk	SW _____ 1500m Walk - Women
4 _____ 400m Sprints	2 _____ 200m Sprints
ST _____ 2/3km Steeple	5 _____ 5km Runs
LJ _____ Long Jump	TJ _____ Triple Jump
HJ _____ High Jump	PV _____ Pole Vault
SP _____ Shot Put (Women & M50+)	SP _____ Shot Put (M30-49)
DT _____ Discus (M30-49)	DT _____ Discus (Women & M50+)
HT _____ Hammer	JT _____ Javelin

Sunday 2nd Apr
 HW _____ Weight Throw
 WT _____ Weight Pentathlon

Saturday 8th Apr
 P _____ Pentathlon

ENTRY FEES - TO BE ENCLOSED WITH THIS ENTRY.

Track & Field @ \$3.00 per event _____
 Weight Throw @ \$3.00 _____
 Wt. Pentathlon @ \$5.00 _____
 Pentathlon @ \$5.00 _____

TOTAL ENCLOSED _____

(Please make cheques payable to Victorian Veterans Athletic Club.)
 (Send to John & Phyllis Gosbell, 30 Penrose St, Box Hill Sth 3128)

WHAT THE MEDALS MEAN

In Season 1990 the V.V.A.C.Inc. medal was upgraded to incorporate traditional club elements and recognisable features. The "Vee", the athlete and infinity symbol components have appeared on all previous medals although not always in this style.

In season 1993 a second V.V.A.C.Inc. medal, was struck for Track and Field events in all disciplines. As can be seen similar elements and inferences are retained in both medals.

Freehand design and layout sketches similar to those displayed here are forwarded to the medal manufacturer. Art work, usually computer generated is produced for written approval prior to manufacture of moulds and dies. Upon approval (and after re-draw of any amendments to incorporate design, visual refinements or manufacturing tolerance and/or mould requirements) manufacturer proceeds. The dies and moulds are retained by the supplier for any further orders. Manufacture and delivery is effected within three weeks.

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Wood Carving, Veneering, Hand-caning,
General Furniture Repairs.

WE BUY AND SELL ANTIQUES

Does anybody know this man?

He's a record holder!



HEEEERE'S STAN!

Stan Stankovic is 70 odd years old. He's also the unofficial world record holder for bouncing a soccer ball on his head. How many times? 14,000. Don't ask.

AUSTRALIAN ASSOCIATION OF VETERAN ATHLETIC CLUBS NATIONAL WEIGHT PENTATHLON CHAMPIONSHIPS

**SUNDAY 16TH APRIL 1995 CANBERRA (ATHLETIC FIELD, BRUCE)
8.30am.**

ENTRY FORM

Please complete all sections and send with cheque to Trish Connell, 53 Langdon Ave, Wanniasa, ACT 2903. **CLOSING DATE: Monday 20th March 1995.**

Name.....

Address.....
.....
.....

Age Group(as at 16/4/95)

Date of birth.....

Currently registered with.....Veterans Athletic Club

Enclosed is cheque made payable to the ACT Veterans Athletic Club for \$10.00

Waiver

1. I the undersigned, in consideration of and as a condition of my entry in this event for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event.
2. This waiver release or discharge shall be and operate in favour of the ACT Veterans Athletic Club Inc. and any other organising club or clubs, all officers and members, and any person concerned in or involved with the conduct of the event and shall so operate whether the damage or cause is due to any act of neglect of any of them.

SIGNED.....

DATE.....

RACE RESULTS

MIKE O'NEILL MEMORIAL INTERVENUE CHALLENGE, 7 DECEMBER 1994

This inaugural event was held at Dolomore Oval, hosted by the Mentone venue, and was very successful. The scoring was in age groups, with 10 for 1st, 8 for 2nd, and 7,6,5,4,3,2,1 for the next 7 places. The best strategy for a venue was to be represented in as many age groups as possible. Only the best performance in each age group from each venue scored points. Individual point scorers were:

Age	Place	Name	Venue	Time	Points
W30	1	Bronwyn Hanns	ME	19-22	10
	2	Cathy Curtis	AB	21-32	8
W35	1	Jenny Field	SP	23-46	10
	2	Jane Thompson	CA	25-02	8
W40	1	Janis Wright	FR	20-10*	10
	2	Marlene Gourlay	ME	20-12	8
	3	Medgee Lebrasse	SP	20-23	7
	4	Terry Stubbs	CA	21-35	6
	8	Susan Guthrie	AB	25-09	5
W45	1	Anne Holcombe	SP	20-42*	10
	2	Rhonda Hircoe	AB	22-18	8
	3	Jan Garrard	ME	24-34	7
	4	Rhonda Trengrove	CA	24-42	6
	6	Merrilyn Tait	FR	26-31	5
W50	1	Rimma McAvoy	GE	20-29*	10
	2	Roma Burhop	CO	21-12	8
	3	Margaret Cassidy	AB	22-36	7
	4	Joy Herbert	CA	23-14	6
	5	Helen Myall	SP	23-15	5
	6	Kitty Penfold	ME	28-12	4
W55	1	Barbara Dalgleish	CO	22-14	10
	2	Pam Mews	ME	29-03	8
W65	1	Marj Colthup	CA	34-52*	10
W75	1	Grace Smith	ME	41-40*	10
M30	1	Charles Copland	AB	16-22*	10
	2	Daniel Norris	CO	22-46	8
M35	1	Chris Murphy	SP	16-48	10
	4	Laurie Collard	ME	18-20	8
M40	1	Russell Johnson	AB	16-18	10
	2	Ross Martin	SP	16-45	8

	4	Neil Boyle	ME	18-03	7
	12	Lindsay Beaton	FR	20-58	6
	13	Chris Clarke	CA	21-13	5
M45	1	Eric Greaves	SP	16-29	10
	2	Peter Bence	ME	17-40	8
	3	Peter Shone	AB	17-41	7
	7	Sam Defanis	EB	18-14	6
	8	Jim McLure	CA	18-19	5
M50	1	Ted McCoy	ME	18-01	10
	2	Ian Muir	FR	18-39	8
	6	Frank Allen	SP	19-44	7
	8	Tony Fahy	CA	19-58	6
	9	John Sutton	EB	20-08	5
	10	John Knott	AB	20-23	4
M55	1	Ray O'Connor	FR	18-36	10
	2	John Howes	AB	19-51	8
	3	Juan Perez	SP	19-59	7
	5	Mark Benjamin	CA	22-45	6
	7	Gordon Burrowes	CO	26-49	5
M60	1	Mike McAvoy	GE	18-06*	10
	2	Bill Hughes	SP	20-16	8
	3	Bill Page	AB	20-56	7
	5	Mike Heffernan	CA	22-45	6
	6	Eddie Stack	FR	23-23	5
	7	Tom Dalgleish	CO	23-36	4
	8	Don McLean	ME	24-52	3
M65	1	Ray Kemp	ME	21-18	10
	2	Ben Morrey	SP	23-03	8
	4	George Norrish	AB	26-17	7
	7	George Goode	CO	29-48	6
M70	1	Jim Sinclair	SP	27-12	10
	2	Gerrard Riviello	AB	31-27	8
	3	Peter Colthup	CA	34-45	7
M75	1	Eddie Gamble	ME	30-49*	10
	2	Sam Stapleton	AB	32-27	8
	3	Andy Smith	CA	35-42	7
M80	1	Ern Walker	ME	34-15*	10
	2	Ralph Field	CA	36-23	8
	3	Harry Preston	AB	43-00	7

Venue placings

	ME	AB	SP	CA	FR	CO	GE	EB
1	ME Mentone	Women 47	Men 66	Total 113				
2	AB Aberfeldie	28	76	104				
3	SP Springvale/NP	32	68	100				
4	CA Caulfield	36	50	86				
5	FR Frankston	15	29	44				
6	CO Coburg	18	23	41				
7	GE Geelong	10	10	20				
8	EB East Burwood	0	11	11				

by Ted McCoy

ANDY SALTER RELAYS 1 FEBRUARY 1995

by Colin Browne

Springvale-Noble Park venue hosted this popular event again on a warm sunny evening which had a bit of a breeze. There was a very sociable atmosphere as at least 200 people gathered from all venues to renew acquaintances, often after some years. It was a great opportunity for the mixing of the clans. There was much hustling and horsetrading as the fun run teams took shape. Meanwhile sprints were going on on the track, and very impressive they looked too in the evening sun. Alan Bennie was in good voice as he shouted instructions. Then it was all out on the road. There were 16 challenge teams of three men and one woman, and 32 fun run teams. Off they went down the double parkway, fun runners on the right, gun runners on the left. Out of the park, over the bridge, around the corner and along the Springvale suburban footpath. You think you have reached the corner but it is just a bend and there is just as much beyond it. More right turns and you are back in the park with a good sprint to the finish. 3.1km. By lap 1 and 2 the teams had spread out. At the end of lap 3, Croydon led the challenge section from Springvale-Noble Park. Lavinia Petrie set off in the final leg with about 100 metres start on our cheeky club captain. A match race but not very equal. Eric brought in the winning team in 40-51. Martin Leggett of Frankston stormed past Lavinia in the last few metres to finish second in 42-33. Peter Bence of Mentone was fourth in 42-47. Col Waring busted a gut to finish with a dramatic dive into the median strip.

The evening wound down to a pleasant end with a 3km toddle on the track, a very nice supper and presentations. Thank you Springvale-Noble Park for another great event.

Results:

Challenge Teams:

1	Springvale-Noble Park	T.Baird, C.Murphy, R.Martin, E.Greaves.	40-51
2	Frankston	T.Rollinson, R.O'Connor, T.Wallace, M.Leggett.	42-33
3	Croydon	R.Curtis, R.Mason, C. Page, L.Petrie.	42-35

Fun Run Teams:

1	Dave's Derros	J.Newsom, S.Kemp, D.Pottage, P.Field.	41-40
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Fastest laps:

Male	Ross Martin	9-41
Female	Bronwyn Hanns	11-13

VETS AQUATHON Sunday 5th February, 1995 Lysterfield Lake Park, NarreWarren North by Frank Tutchener

A good turn out of 31 men and 9 women travelled to the picturesque Lysterfield Lake on Sunday 5th February. The run came first and was over an out and back 5km undulating, tree-lined course, which was well-marshalled and free of traffic. The 400 metre swim followed and was marked out on the lake by permanent fixed buoys. The water was warm and safety precautions were in place for the swimmers, with a kick-board and boat for pick-up and two lovely ladies on the pier to throw you a life-buoy if you got into difficulties. Only one lady was taken from the water at her own request. I'm happy to report that no competitors forgot their togs and none were lost. (togs or swimmers, Frank?)

Congratulations to Dave and Cynthia Herbert for an outstanding effort in the organisation of a great event at a new venue. A big thank you to a very good group of helpers.

The Vets Aquathon has been revived by East Burwood and from now on, it will become an annual event at Lysterfield Lake. So come on Vets, support this well organised event next year!

RESULTS:

Women:

Fastest female:	Anne Broderick (Inv)	33.03
Fastest Female Vet:	Coral Monk	33.07
W40	1. Janet Holmes (41)	39.44
W45	1. Coral Monk (46)	33.07
	2. Chris Broderick (47)	35.16
	3. Barbara Beaumont (47)	41.42
W50	1. Helen Myall (52)	43.26

W55 1. Jan Morrey (55) 40.38

Men:

Fastest Male: Ron Rabane (42) 27.49

- Pre-Vets: 1. Jeff Boot (38) 29.51
- 2. Richard Short (37) 31.49
- 3. Col Bibby (39) 33.27
- 4. Russell West (35) 34.51

- M40: 1. Ron Rabane (42) 27.49
- 2. Chris Calamatta (41) 32.35
- 3. John Holmes (42) 32.45
- 4. Darrell Peterson (43) 32.51
- 5. Mike Clapper (42) 33.09
- 6. John Moore (44) 33.58

- M45: 1. Charlie Mallia (45) 30.16
- 2. Mick O'Ryan (45) 30.48
- 3. Louis Waser (48) 30.51
- 4. Howard Ross (49) 32.08

- M50: 1. Colin Wight (51) 30.28
- 2. Doug Petroff (53) 32.19
- 3. Mick Whiteoak (50) 33.16

- 4. Rick Smart (51) 34.34
- 5. Hadley Davy (50) 34.43
- 6. Roland Brown (53) 35.33
- 7. Alan Irwin (53) 36.47
- 8. Dave Micklejohn (54) 38.44
- 9. Ron Bilston (51) 43.21

- M55 1. Juan Perez (55) 33.20
- 2. Bob Hayes (56) 34.35

- M60 1. Charles McDae (62) 37.43

- M65 1. Ben Morrey (66) 37.31
- 2. Vern Gerlach (69) 40.00
- 3. Jack Gubbins (65) 40.57

A Venue Happening

Hotham Heights weekend 14th and 15th January 1995

Each year Aberfeldie Venue have visited Hotham Heights in early January. Barbara Beaumont reports

"I've just come back from a weekend at Hotham. We went with our Vet's Athletic Venue." A groan. "You didn't spend your time running up and down hills did you?"

"Well yes, something like that."

I am on the phone to a friend. Clearly our weekend sounds something like a few days in purgatory to an

ordinary mortal, but it was a fantastic experience for the thirty four Vets and friends who attended the Aberfeldie/Altona Venues' Annual Hotham Weekend. The weekend is put together by Rob and Lorraine Carlton who are members of A.P.E.A. Ski lodge and is now in its seventh year. Congratulations and thanks Rob and Lorraine, for a wonderful time. Most of us arrived on Friday evening in time to settle in to our rooms, meet those we didn't already know and generally get into holiday mode, work-a-day cares left behind in the world at the foot of the mountains. Truly Hotham seems like a world apart. First item on the agenda on Saturday morning was a pre-breakfast pack run or walk. A goodly crowd assembled at 7:30am and took off up the hill. Several of us ladies had donned our running gear to join Sylvia Peacock who was rumoured to be interested in a "slow run". She cunningly eluded us by not appearing until after we had gone, but then put us to shame by running for an hour.

Back to the lodge for showers and breakfast. The breakfasts ranged from the traditional bacon and TWO eggs to super healthy muesli as Dr. Bircher intended (raw, with fresh fruit) and yoghurt. Miraculously, by 10:00 we were ready to for our bush walk. Jack Carroll preferred to tickle the trout in a nearby river, but the rest of us set out for Tabletop mountain. It was a great walk blessed with warm and sunny conditions and finally rewarding us with panoramic views as we sat on top of precipitous crags enjoying our lunch. Of course the walk contained no hills, only undulations, right Beryl? I must say some of those undulations were quite big. The great thing was that we all, fit and not so fit, some with a little help from our friends, made it to the top. Alan Bashford bobbed around trying out his new camera. Shelagh Browne startled the wildlife with her usual flashy iridescent attire. Pat Carroll tried hard to sprain her ankle but didn't quite manage. Marion Donovan was less fortunate as a slip resulted in an elbow injury. Help came from all quarters in the form of bandages, advice, offers of help and later aspirins, ice packs and ultimately a lift down the mountain as Marion was unable to drive her car.

After the walk we headed on to Dinner Plains for a little liquid refreshment. Esmee, Kate, Sylvia and I decided to walk and had a close encounter with some free range cows, but made it safely to the Pub. A few of us strolled around the village, where all the buildings are designed by Peter McIntyre and whilst not unappealing to my eye, create a sort of toy town

atmosphere. I would not have been surprised to see Noddy drive around the corner. Mind you he would have to be driving a Range Rover which is de-rigour for the denizens of Dinner Plains.

Back to the lodge again, happy hour (or was it two?) on the terrace, was the prelude for the traditional communal casserole dinner, the real reason most of us go on this weekend. I had heard that a lot from Altona Venue would be attending and knew that this promised well for the highlight of the weekend. After all Altona is well known as the eating Venue that also likes to run! Barbara Dickens was the organisational genius in the kitchen, juggling dishes in and out of the microwaves and ovens so they all appeared together in a state perfection. The smorgasbord that was arrayed along the extensive counter was a joy to behold and an even greater one to sample. As if that was not enough there was an extensive range of desserts, to which, despite already groaning stomachs, we did ample justice. Oh well! we can always run off those kilojoules in the morning! Graham Murfett was the King of the dishwasher, putting through load after load. You would not dare to help!

The party mood increased as the evening progressed and the wine flowed freely. The search was on for a cause to celebrate when John Annear let slip that Gwen was "twenty nine" next day, so she was feted with cake, candles and singing. In another part of the room a boisterous game of celebrity heads was in train. Groups formed, drifted and reformed. The noise ebbed and flowed as everyone enjoyed themselves. As someone commented, if your neighbours had such a noisy party, you'd be calling the police to complain.

Most staggered out of bed the next morning for another run or walk in the crisp rarefied mountain air. After breakfast, the highlight being Greg Savage's fruit bread it was time for the big clean-up. Everyone pitched in Youth Hostel style, making light work of what at home can seem irksome chores. Some of the Sunday dapartees began to leave. Graham and Heather Murfett thought they were on there way, having changed the wheel the day before after noticing a flat on the Merc. Unfortunately the spare was not the right wheel and Graham had to grind the wheel stubs before they could move. Julie and Greg also thought they were off until the discovered that they had locked the keys in the boot! Good one Greg!

It was a small group that headed off for the Sunday walk, a short stroll around the Nordic ski trails Big-Spur loop. The weather held and the wildflowers

were superb, literally carpets of flowers. Robbie Waters turned tour guide and introduced us to some of the finer points of our surroundings.

After lunch and the last departures, the mood changed inside and out. Mist and then rain swept across our view, as lodge bound we settled down to reading, scrabble and games of five hundred. Rob Carlton rang - he and Lorraine had left at the crack of dawn to make a lunch engagement at Point Lonsdale. "Yes Rob, everything's fine". John Peacock rang to tell us he had left his specs under his pillow. "No worries John, we'll bring them". Dinner was a quieter affair. A few items were added to the previous night's casseroles, which were finished off. More quite activities were the order of the evening for most. A few ventured out for a damp walk, whilst the boys Trent and Rowan Waters and Danny Hawksworth listened to the cricket from Sydney on Bob Dickens radio. It was the only contact with the outside world for the whole weekend.

The numbers of early morning walkers and runners dwindled the next day. Gordon Burrowes being the only person to run all three days. He deserves a medal! (If he'd keep it.) Breakfast, a last clean-up, then packing.

A car at a time we headed down the mountain, back to the real world, back to work after a weekend of fun, friendship and above all the great camaraderie that characterises the Victorian Veterans Athletics Club Inc.

WORLD GAMES

Congratulations to the following who won prizes in the raffle for the complimentary ticket to Buffalo, and other prizes sponsored by JCT Travel.

- | | | |
|------|------------------------------------------------|------------------------------|
| 1st. | Economy air ticket to Buffalo World Games 1995 | Leigh Cassidy Carrum |
| 2nd | Leather ticket wallet / champagne | Andy Smith South Bentleigh |
| 3rd | Japan Airlines umbrella | Merrilyn Tait Seaford |
| 4th | Vets T-shirt / Jaltour travel bag / champagne | Diane Fisher Greystanes NSW |
| 5th | Vets T-shirt / golf balls | Bob Soulsby Hoppers Crossing |
| 6th | United travel bag / Vets T-shirt | Kerry Thew Central Tilba |

CALENDAR

Saturday, 25 February: (VV) 10km Vic Vets Track Championships, Knox, veterans only. Melway 73 D7. 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 19), 556 4278(w).

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

:Hastings Fun Run, 5km or 10km. Hastings office of the Shire Council, Marine Parade, Hastings. 9.00am. Pam Hammon (059) 79 1308.

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. Morrie James 570 6958.

: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. Melway 28 D6. 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:

: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).

Sunday, April 2,

:Sussan Women's 10K Classic, 9am Bourke St Mall to Olympic Park, Melbourne, AusFit Events Management, 25 Queen Street Kew 3101.phone

(03)853 2768(w) (fax 853 2721)

:VVACI Summer Weight and Throwing championships, Caulfield Melway 68 K9, Morrie James, 570-6958. 11.25am Heavy weight event. 12.55pm Weight pentathlon.

Wednesday, 5 April, : (VV) Inaugural Peter Colthup 5 mile Road Race Handicap, organized by Mentone venue. Ted McCoy, 583-3280.

Saturday, 8 April, :VVACI Pentathlon Championships, Box Hill Athletic Track, 1.00pm. Melway 47 C7, Clyde Riddoch, 754-8241.

Sunday, 9 April,

:Australian Rasenkraft Championships, Dolomore Oval Mentone, Melway 87 C7. 10-11am weigh in & warm-up. 11.15am competition. 1.55pm field games sprint 50 metres. Morrie James 570 6958.

:Geelong Half Marathon, 9am Barwon Valley Park, Tom Blood (052) 43 5374(h), (052) 75 6777(w).

:Sussan Women's 10km, Olympic Park.

:Australian Veterans Marathon Championships, held in conjunction with the Mobil Canberra Marathon. Contact Dave Cundy (06) 231 8422.

Easter: (VAL) Stawell, Central Park, Main St.

Friday, 14 April & Saturday, 15 April, Easter)

:ACT Veterans track and field titles, Bruce Stadium, Canberra. Geoff Moore, 06 252 7470(w), or fax 06 252 5121.

Saturday, 15 April, (Easter) (Entries close for World Games at Buffalo with Dot Browne, AAVAC secretary, 874-2501.)

:Stawell Easter Gift, Stawell.

: (VV) Duncan McKinnon Reserve, 2 day track and field carnival organized by Caulfield venue. Peter McGrath, 807-5656.

Sunday, 16 April, Easter Sunday,

:Melbourne Water Easter Classic Fun Run/Walk, 5/10km cross country, 9am Werribee Treatment Complex (mel 205 F12), Greg Welsh 741 6688(w), (052) 23 1269(h).

:National Veterans Weight Pentathlon, Bruce Stadium, Canberra, 9am, Geoff Moore, 06 252 7470(w), or fax 06 252 5121.

:NIKE Women's Run/Walk Series, 5km, 9am, Yarra River Boatsheds, Melbourne, *Start To Finish* (03) 819 9225.

:Great Train Race, 13.6km, 9.30am Puffing Billy Station, Belgrave, Frank Stamford 754 6800(w), 830 1640(h).

Sunday, 23 April:

: (VRR) Winelands Half Marathon, also 6km, 9.30am De Bortoli Winery, Dixons Creek, via Yarra Glen, 802 7925(h).

:Peninsula Classic, 14km, 8.45am Mornington Pier to Frankston Pier, 786 9169, 787 6161.

Saturday, 29 April to Monday, 1 May : (AAVAC) Australian Veterans Track & Field Championships, to be held in conjunction with the Queensland Masters Games in Townsville. Contact Mrs Yvonne Mullins P.O.Box 7, Mundingburra/ QLD 4812, phone (H) 077 251 022.

Saturday, 29 April

: (VCCL) 8km Handicap, 10.30am Gladstone Park.

: (AV) Road Relays, Sandown racecourse.

Sunday, 1 May:

:Association for the Blind River Run, 10km, 10am Alexandra Gardens, Elizabeth Jarman (03) 822 1111(w).

:Bendigo Pottery 25km Road Race, also 1/1.5/2.5/8km run/walk, 9.25am Bendigo Pottery, Midland Hwy, Epsom, Greg Hilson (054) 41 1394(h).

:Ballarat Harriers Half Marathon, also 5/10km fun run, 10am Bungaree Football Oval, Bert Smith (053) 39 2311(h).

:Barney Oak Memorial Fun Run, 6.5km, 9am Princes Park Oval, Parkville, Joe Carrassi 388 2313(h).

:Warrandyte Lions Club Goldfields Fun Run, 6/10km, 9am, 725 5532.

Sunday, 7 May:

: (VV) Ballarat Half Marathon, Bungaree. 10am. Before Ballarat on the Western Highway. Eric Greaves, 560-2971.

: (VV) Shotaramma, Caulfield, Melway 68 K9. Morrie James 570 6958.

: (VV) Road Walks, 20km men's, 10km women's and men's 60+. Knox Industrial Area, Rushdale Road Scoresby, Melway 73 D7. Peter McGrath, 807-5656.



HERE'S YOUR BIG CHANCE TO BEAT ERIC GREAVES AND WIN THE MOST HANDSOME TROPHY IN VETERAN ATHLETICS!!

How, you might ask, when our fleet footed, sleek domed club captain is running as well, if not better than ever? The answer is simple - the event is a handicap. Yes, the first major handicap race to be conducted amongst Vic Vets. It is the inaugural running, hosted by the Mentone venue, of the

PETER COLTHUP 5 MILES (Peter's favourite distance) ROAD HANDICAP

to be conducted on Wednesday night, April 5th
at Dolomore Oval, Mentone.

The winner will receive, and hold for twelve months, a magnificent perpetual trophy, crafted by the Mentone manager, Louis Waser.

We hope that there will be a bumper entry from all female and male veteran athletes to honour Peter Colthup O.A.M. and to mark the tremendous contribution that he has made to veteran athletics over the past 20 years.

To facilitate handicapping, venue managers will be asked to take entries at the venues on a **VENUE ENTRY FORM** (to be sent to venue managers during February) with each entrant listing their best (or expected best) 5km and/or 10km track time run during the past twelve months. The **VENUE ENTRY FORM** will be lodged a week prior to the event.

Late individual entries will be accepted on the night but we hope that most entries will come through the venues. First, second and third place trophies will be awarded as well as fastest time prizes for both male and female.

The **PETER COLTHUP 5 MILES ROAD CHAMPIONSHIP** will be held as part of a regular Mentone venue Wednesday night competition.

The night's program is as follows:

- 6.45 Track 300m.
- 6.55 Track 1 mile
- 7.10 Track 100m handicap (trophy event)
- 7.20 Road **PETER COLTHUP 5 MILES ROAD HANDICAP**
Track 5km walk
- 8.45 Supper and presentations

Enquiries and entries to:

Ted McCoy, 24 Blackwood Avenue, Mentone 3194. Phone 583 3280



ROAD WALK CHAMPIONSHIPS

1995 VETERANS ROADWALK CHAMPIONSHIPS.

The 1995 Veterans Roadwalk Championships will be held in conjunction with the Athletic Victoria Racewalking Championships and the A.V School Walks. The Venue will be the Knox Industrial Area

Sunday May 7.

- 9.00am. 20Km Open Mens A.V Ch. & Teams Event.
20Km Veterans Mens Championships (to age 55)
- 9.20am 5Km Boys/Girls U17 A.V Schools Event.
- 10.00am 10km Open Womens A.V Event
10Km U20 Mens A.V Championship
10Km Men/Womens U19 A.V Schools Events
10Km Veterans Mens Championships (age 60 +)
10Km Veterans Womens Championships
- 11.00am 3Km Boys/Girls U15 A.V Schools Events
- 11.20am 5Km Open
- 11.30am 1.5KM U12 V.R.W.C. Club Championship

September 11 Veteran Titles and Associated Races.
Knox Industrial Area.

- 9.00am 10Km Veteran Mens Championships (to age 55)
10Km Open
- 10.30am 5Km Veteran Mens Championships (age 60 +)
5Km Veteran Womens Championship
5Km Open.

(Associated races yet to be advised)

Please note:- Club Uniform to be worn to be eligible for medals.

Entries for above races will be taken at the venue on the day up to 15 minutes before the event time.

Any enquiries may be directed to Peter McGrath on 8075656.

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:

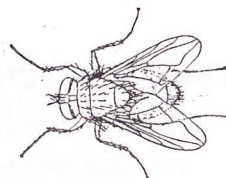
VicHealth 5th Australian Masters Games
GPO Box 2392V
Melbourne Vic 3001
Phone (03) 666 4214
Fax (03) 666 4232

FLY ON THE WALL

Leaked from the Committee's minutes of 30/1/95

2.0 MATTERS ARISING FROM MINUTES:

- 8.2 The proposed Easter track and field meet at Caulfield would not go ahead due to lack of interest.
- 8.3 The correct date for the Peter Colthup 5 miler is April 5th, not April 8th.
- 8.4 Alf Lakin Grand Prix events. Four had been held so far and had been successful. There were hopes for even more successful events at Melbourne and Sydney. Ten officials were needed for Melbourne, and they would be put in a draw for a new pair of Saucony shoes.
- 10.3 No quote on the brochure had yet been obtained.
- 12.2 A meeting between venue managers and the committee was set for Monday 10 April at the Brownes'. The Annual General Meeting was set for Friday 21 April at Duncan McKinnon Park. The updated Venue Managers' Handbook would be put on disk by Colin Browne and circulated to the venues.
- 12.3 Purchasers of singlets should be advised to hand wash them and hang them inside out to dry. Do not machine wash. A tag to this effect would be produced by Dot Browne for enclosure with the new singlets.
- 12.1 "News and Results". Both Doug Orr and Rob Waters made complimentary remarks about the magazine. Early submissions were called for a February issue which would include entry forms for Victorian championships and notice of the AGM.
- 12.2 A letter from Peter Colthup proposed



Peter McGrath for life membership. Moved Peter Colthup, seconded Ken Wu that Peter McGrath be nominated for life membership of the VVACI at the next annual general meeting. Carried.

- 12.3 Four people were named as recipients of special plaque awards for services rendered to the club. These plaques will be organized by Peter Colthup for presentation at the AGM.
- 12.4 Victorian track and field championships. Notices would be sent to venue managers describing the area of responsibility of the different venues. Peter McGrath had prepared the notice. Clyde Riddoch, by proxy, asserted that the notice of hurdle specifications for the Victorian championships had been published in error. After debate it was moved Peter McGrath, seconded Eric Greaves that the Victorian track and field championships be run under complete WAVA specifications regarding the hurdles. The motion was lost. The hurdles will have the specifications used in 1994's Victorian track and field championships. A meeting of the captain, vice captain, Ray Callaghan, Rob Waters et al will be called to discuss organization of the championships.
- 12.5 World Games at Buffalo. Ted McCoy said that it was mandatory for teams at Buffalo to wear uniforms clearly identifying their country. There is continuing dissatisfaction with the Australian uniform provided by Jean Thew.
- 12.6 Australian Masters Games. Colin Browne reported that over 1000 expressions of interest in athletics had been received.

V.V.A.C.Inc. Committee

WE NEED YOU!

by Rob Waters

Our Constitution requires that certain elected positions require specific roles and responsibilities. Listed are functions and fields of responsibilities that assist in the make up operation of a strong Club or group. It is the desire and the responsibility of the Committee to pursue these roles and activities.

At the AGM last year many new candidates for Committee introduced themselves to those present and spoke of their aspirations for the Club and roles which they felt they could contribute. The Committee requests that this become a permanent feature of all AGM's.

Notice of the AGM for 21st April is contained within this issue. Please consider standing for Committee or talk with someone who you feel could contribute in any of the areas as listed and suggest that they accept a nomination to stand for Committee or are willing to be co-opted into a sub-committee.

New candidates will be asked to speak from the floor prior to the ballot for nominated positions. Additionally Committee personnel elected un-opposed will also speak if so requested by those in attendance.

Put this date in your diary and be there to assist in the formulation of your Club for 1995 and indeed into the 21st Century.

Thoughts and comments on the role of the V.V.A.C.Inc. Committee

- 1 Hon. Secretary**
Correspondence Inward & outward (shared with Assist. Sec.)
Acknowledge & receive member requests
Issue standard letters: e.g. Nomination for membership, overlooked subscriptions, equipment hire, etc.,
Central point of enquiry for members and public
- 2 Assist. Secretary**
Minute Secretary
Correspondence Inward & outward
Assist Hon. Secretary as required
Assist Registrar
- 3 Public Officer**
(Constitution denotes as part of Secretary's role)
Public relations
- 4 V.V.A.C.Inc. Registrar** (Constitution denotes as part of Secretary's role)
Issue registered number to new members
Update yearly subscriptions
Issue subscription reminder standard letter
Maintain current address labels
(Correspondence address label to include Vet N^o)
Issue list of financial members to A.A.V.A.C. Registrar
Advise Uniform co-ordinator of new members' numbers
- 5 Treasurer**
Receive and account for all moneys
Produce budgets and financial statements
Establish and approve honorariums
Approve warranted expenses and disbursements
Arrange for auditing
- 6 Media Publicity Officer**
Establish and maintain contact with:
Newspapers, magazines, television, radio, sporting clubs

- 7 **Club Captain**
Control and set programming
Coordinate the activities of Competition Director and directors of distance events, walks, field games and equipment officer.
Co-ordinate and delegate personnel / venues to organise, officials, timekeeping equipment, field games equipment, etc.
- 8 **Competition Director**
To work with programme co-ordinator (Club Captain)
Nominate officials required at competition events
Ensure that all requirements for a smooth running meeting are adequately covered.
- 9 **Specialist Event Advisors**
Required to coordinate with Club Captain and Competition Director on each of - distance events, walks, and field games.
- 10 **Equipment Officer**
Co-ordinate the assembly of equipment for use in championships and programmed events.
Establish and maintain an inventory of V.V.A.C.Inc. equipment.
Establish a home base for equipment trailer
Maintain servicing of trailer and equipment
- 11 **Social Secretary**
Coordinate and form steering committees for social events.
Determine & book venue, fund raising, special efforts, tickets, awards, etc.
Suggest championship/competition events requiring input of a social nature to run parallel with that event.
Nominate social events in yearly program, eg. dinner dance, etc.
- 12 **Uniform Co-ordinator**
Maintain uniform supply and issue new uniforms
Apply official registration number
- 13 **Medal Distribution Officer**
Maintain adequate medal supply
Organise distribution for championships
Delegate medal presenters at medal awarded events.
- 14 **Statistician**
Responsible for the up to date recording of V.V.A.C.Inc. records
Advise Australian and world records to A.A.V.A.C. statistician.
- 15 **Constitution Officer**
Be familiar with constitution
Liaise with a legal advisor, when approved by Committee
Suggest amendments to maintain document and upgrade
- 16 **Historian**
History; include pertinent facts, events, personal, anecdotes, etc.
Upgrade and maintain archival material as the need arises.
Keeper of club records. (Records of an historic nature.)
- 17 **Artwork Advisory Sub-committee**
Logo's, certificates and medals, T-shirts / windcheaters, uniforms, badges, singlets
Special events; posters etc..
- 18 **Sponsorship Sub-committee**
Endorsements, advertising logos, travel subsidies / discounts,
- 19 **Around the Grounds Editor**
Quality control
Format, consistency of typefaces (no handwriting) clarity / density
Establish dates for submission of results for monthly circulation
Collating Courier to a venue for collation and distribution
- 20 **News & Results Editor**
Contributors Seek scribes, wits and articles
Content Competition results, news & results, editorials
Quality control
Format consistency
Distribution and bulk postage arrangements

Victorian Veterans Athletic Club Inc.
Annual General Meeting
Friday 21st April 1995

Notice is hereby given that the 23rd Annual General Meeting of the Victorian Veterans Athletic Club Inc., will be held at the Duncan McKinnon Park Pavilion, Cnr North Road and Murrumbidgee Roads, Murrumbidgee on Friday the 21st April 1995, commencing at 8:00 pm. ~6/(2)

Commencing at 8:00 pm.

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

NOTE: ~6/(5) etc., as listed indicate the relevant Constitution Clause N^o

Cut here and return to Hon. Secretary

Victorian Veterans Athletic Club Inc
Committee Nomination Form - 1995

Nominations close 8:00 pm 14th April 1995

Nomination for (insert position as listed below) *.....

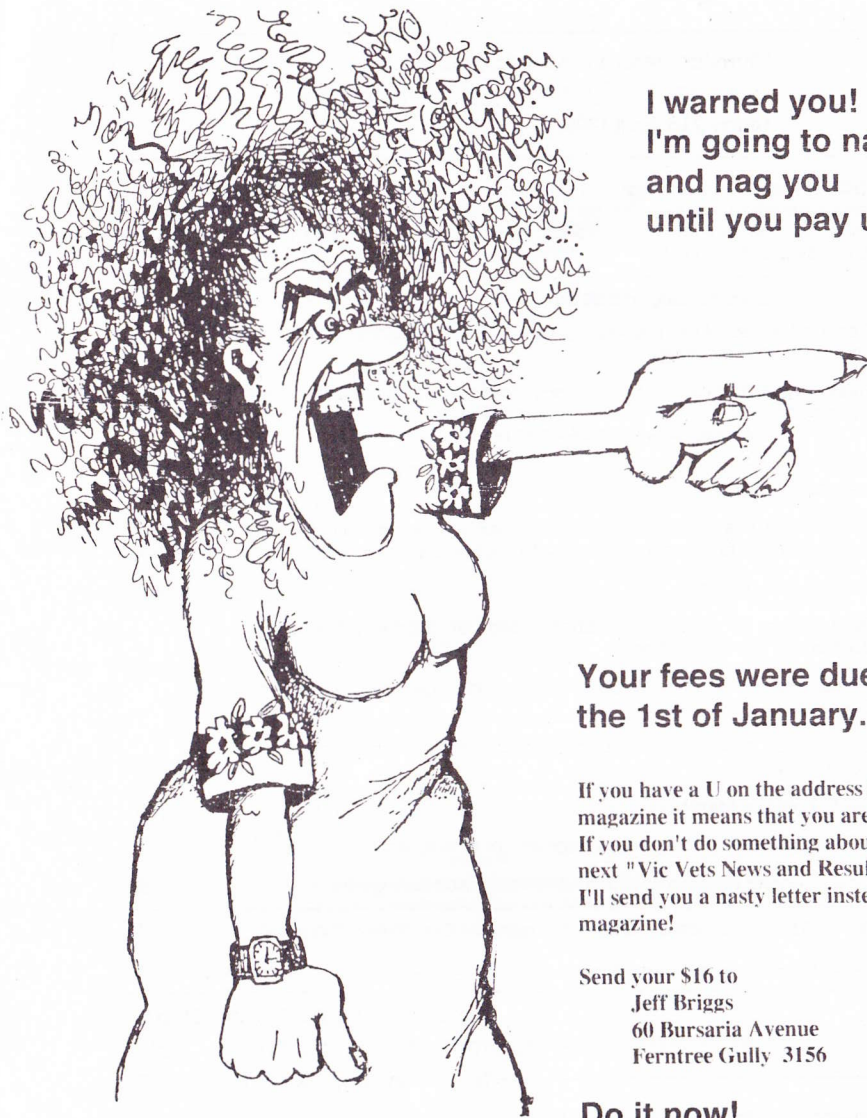
Name of Nominee.....

Signatures (3 N^o)Proposer

Date.....Secondeer

*Insert one of the following ;Nominee

President (1) Hon. Secretary (1) Hon. Assist. Secretary (1) Hon. Treasurer (1) Vice President (2) Club Captain (1) Vice Captain (1) General Committee (7 positions) Honorary Auditor (2 max)



**I warned you!
I'm going to nag you
and nag you
until you pay up!!**

**Your fees were due on
the 1st of January.**

If you have a U on the address label of your magazine it means that you are unfinancial. If you don't do something about it before the next "Vic Vets News and Results" comes out, I'll send you a nasty letter instead of a lovely magazine!

Send your \$16 to
Jeff Briggs
60 Bursaria Avenue
Ferntree Gully 3156

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

Honorary Secretary
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

Vice Presidents
Ted McCoy
24 Blackwood Avenue Mentone 3194
583 3280

Robert Waters
5 Bellevue Court Maribymong 3032
318 3802

Club Captain
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

Margaret Cassidy
4 Grandview Road Preston 3072
478 3687

Marjorie Colthup L.M.
14 Bakers Road Dandenong North 3175
795 1169

Peter Colthup OAM. L.M.
14 Bakers Road Dandenong North 3175
795 1169 fax 795 1169

John Dean
3 Pearl Street Essendon West 3040
337 7179

Clyde Riddoch
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 John Gosbell 808 4641 Graeme Horskins 802 7925	Thurs	62 C 7
CAULFIELD	Duncan McKinnon Park, North Road, Murrumbeena 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	Dolomere 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
TOOTGARROOK	Tootgarrook Sports Reserve, Truemans Road, Tootgarrook Alan Radford / Ken Taylor (059) 855 989	Weds - Winter Sunday - Daylight Saving	169 E 6