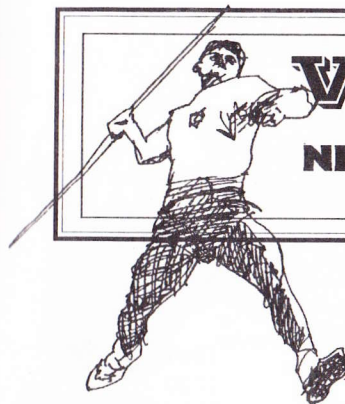


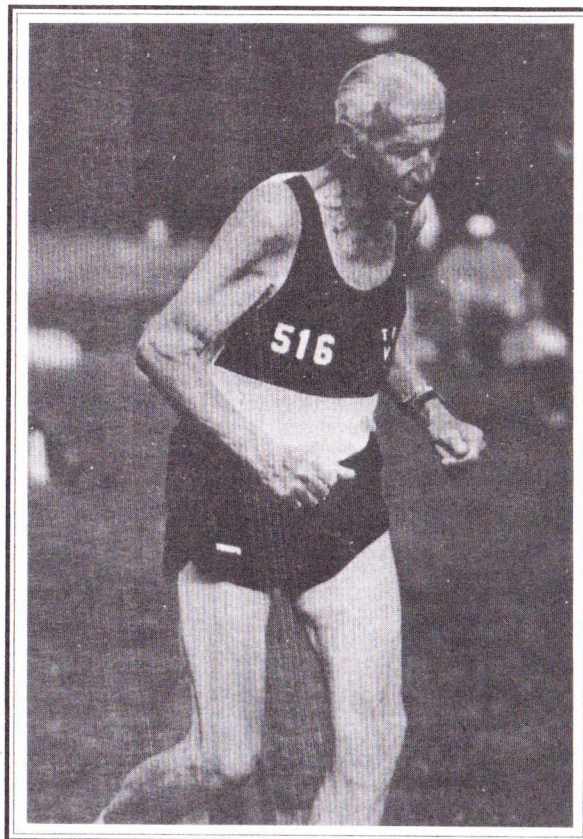
VETERAN

# 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



Respected and  
admired for his  
G&D at 84, Harry  
Preston in the 5km  
at the Vic Champs at  
Aberfeldie.



# Vic Vets

## NEWS AND RESULTS

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Well the AGM has been and gone, and now we have a new committee. We reluctantly say "Goodbye, thank you, well done," to Clyde Riddoch, Margaret Cassidy and Marge Colthup, and "Hi, come in, take a seat, you're most welcome," to Morrie James, Annette Brunton and Les Clark. Of course Clyde, Margaret and Marge won't be far from the action still, Clyde with his State Statistician's duties, Margaret and Marge with their continuing duties in hospitality, uniforms, presentations and venue duties. The Masters Games will rely on all three of them pretty heavily one way and another.

It is good to get three new faces on the committee. Annette is well known at Croydon for her cheery, cheeky personality. It is a bit of a cover for a business-like competence and energy which we know she will bring to the committee. Morrie is the hub of the weight throwing brigade that is doing such a great job at Caulfield and Mentone these days. The Cinderellas of track and field (heavy Cinderellas!) will now have a voice to stick up for themselves. Les is amazing for what he does in an unobtrusive way for the vets. As I was reading the venue managers' reports in the Annual Report, I noticed that he was given a mention for indispensable service at, not one, but three different venues! And if you follow ultra running you would know that AURA would give him the same tribute. So we have three new good'uns on the committee.

The Victorian Track and Field Championships went off very well indeed. We had two days of pleasant weather at Aberfeldie, the entries were good, the organisation worked really well, sponsorship from Mercantile Mutual was much appreciated,

# Editorial

and the performances were excellent. Jeff Briggs was happy because the contestants were financial. Rob Waters was happy because a major complex operation at his venue had come off so well. Eccles was happy because there seemed to be an upturn in enthusiasm and participation in championship events. Of course track and field is not the only championship event for the year, and members are strongly urged to participate in all of the others for which they are suited, without worrying that they might not be good enough. Participation is the thing. Be in it.

Quite a large contingent of Australians will be making the trip to Buffalo, USA, for the World Veteran Games in July. We have about 220 entrants, including about 80 Victorians. Such a large group will probably generate a strong sense of camaraderie, and events and relationships on the trip will leave enduring memories. We wish everybody personal bests in their events, and injury-free bodies. To give the World Games entrants the best possible conditions in a warm-up event at home, the Winter Championships venue has been changed from Coburg to the new track at Duncan McKinnon Park, Murrumbidgee. Thank you Coburg for agreeing to the change, we know you would have liked to hold it. You did have your moment of glory though recently with your highly successful 24 hour track run and teams relay. The venue was really buzzing for the whole time. The place looked like tent city. There was a great spirit among the athletes with the teams keeping the individual runners alert. Kouros broke his Australian record, the local community had a fun run, there were karate demonstrations, St Johns local group were there in force. It had a great community feel.

Another memorable event was the inaugural Peter Colthup Memorial 5 Mile Handicap at Mentone. Handicapping was so good that a stampede of finishers crossed the line. One more annual event to add to Vic Vets imposing list of great inter-venue races. They certainly add spice and sociability to our activities.

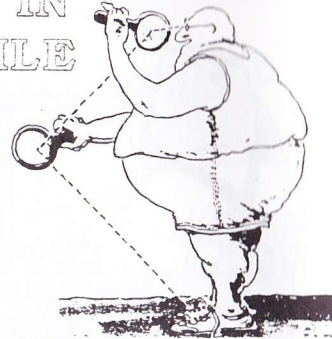
*Edin Browne*

## RAY HARBERT

Very reluctantly, Ray Harbert has retired from being venue manager at Collingwood after about ten years on the job. He is still keen to continue, but finds that he can not give it his full attention as his invalid mother needs more of his time these days. Ray has never been one to do things by halves, and it would not satisfy him to think he was doing less than a thorough job as venue manager. He has taken a pride in building a good team at Collingwood, and is particularly proud of his cross country organizing team. He believes in a casually run venue, because that is the way the vets like it, but the casual impression can only be achieved with lots of preparation.

Ray has been in athletics for about 40 years, as a member first of Collingwood Harriers then of the Vic Vets. He was a top middle distance runner, being

## VETS IN PROFILE



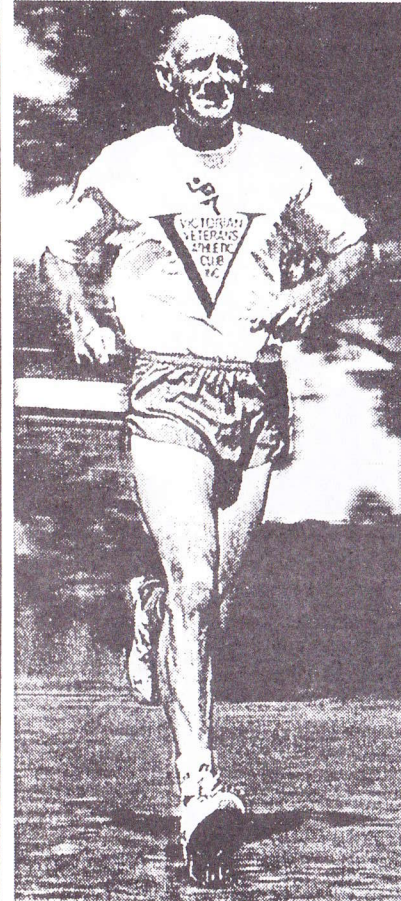
very competitive in 3 mile, 5km, steeplechase, cross country and marathon. Whatever he did he put in wholeheartedly. He took over as venue manager at Collingwood from Graeme Scott, and has built up a very full range of activities, both athletic and social. He has always been very well-liked, elected unanimously without competition year after by the members. He still keeps up a close interest in the venue. (notes from Ron Young)



Ray raking sand in the long jump pit at the Vic Champs.

## ERIC GREAVES

### Sports Star



ERIC Greaves on the run . . . a modest champion.

## Shy champ

By Paul Amy

VETERAN Mulgrave middle-distance runner Eric Greaves will be sheepish as he reads this write-up and sees this photograph, as he is a man who plainly believes actions speak louder than words.

Running colleague Michael Davin advised *The Journal*: "Doesn't say much at all, Eric — you'll be lucky to get two words out of him when you go see him. I'd better fill you in on his achievements; Eric will be too modest to tell you."

Greaves, this week's *Journal* - Dandenong Community Credit Union Sports Star of the Week, was indeed humble but we did manage to glean some details about his running career which began began 15 years ago when he and some friends at work decided to do some jogging during their lunch break.

Greaves, now 47, was soon competing at veterans' meetings at Springvale and soon he was winning races. These days he is so dominant that Davin, the author of the club's newspaper notes, has been known to lead off his report with the fact that Greaves didn't win.

Last year, Greaves, a lawnmowing contractor, represented Australia in the Veterans' Oceanic Games in Fiji, winning the 5km race, cross country and 3000m steeple in his age group (45-50). He also came in second in the half-marathon. In the 1994 Australian titles he took the 3000m steeple and the 10km run.

"Pretty pleasing," he said of his efforts last season. Davin was more eloquent: "Outstanding stuff." Truth is, Greaves would never have taken up running if it wasn't for an expanding waistline — "I was stacking on the weight, so I decided to do something about it".

Greaves is in training for a 32km race on King Island in two weeks and will then start rounding off his preparation for the World Veterans' Games in Buffalo, America, in July. He will compete in four events — the 10km track, 10km cross country, 5km track and marathon.

Individuals or groups wishing to nominate someone for the Sports Star of the Week award should contact *The Journal* editorial office on 707 0222 or write to PO Box 318, Dandenong 3175.

Sports Stars can collect their trophies, courtesy of the Dandenong Community Credit Union, by phoning Charlene Venter on 791 6399.

## CLIFFY'S BOOK

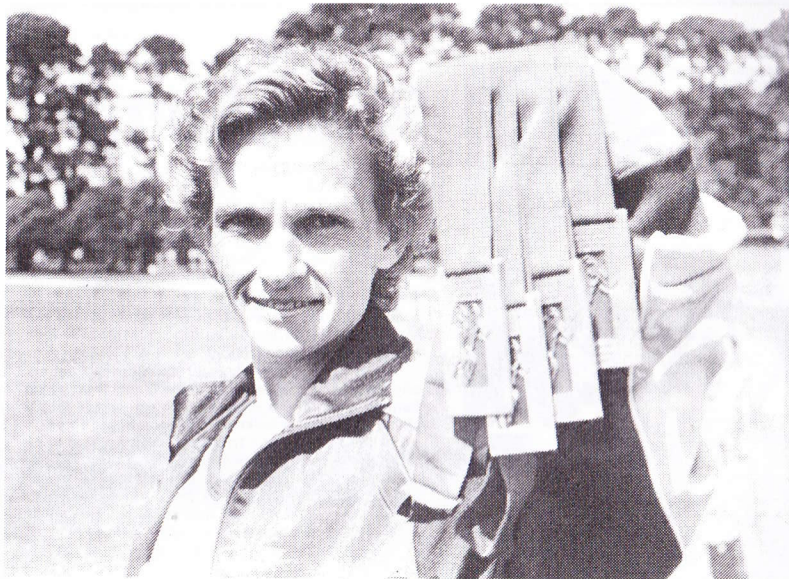
by Cliff Young

Dot Browne has copies of this delightful new book for sale at \$12 a copy. Cliff wrote it himself and it is full of his inimitable anecdotes. You can hear Cliffy talking as you read. It takes you back to the early days of opening up blocks in the Otways, through the tough life of an agricultural worker picking up work around Queensland and Mildura, his running experiences, Mary, Colac, Westfield, gumboots, potatoes, the lot.

## JANIS WRIGHT & KATHY HEAGNEY

BOTH WON SPORTS STAR AWARDS RECENTLY

### SPORT



JANIS Wright ... four medals at the World Masters Games.

### *She's all heart*

by SIMON McEVROY

MT ELIZA mother Janis Wright last week returned from the World Master Games in Brisbane with four medals.

And the thing that most pleased her was that one of them was her favorite color — gold!

Competing in the 40-44 age group, Wright, who is barely 150cm tall, showed her class in her pet event, the 2km steeplechase. Despite having trouble with the water jump, she was untroubled to win.

"I went up there mainly for an off-season training type thing, because I hadn't really trained a lot," she said. "I wasn't really pushing, I just made sure I got around."

Wright also won silver in the 10km and bronze medals in the 1500m and 5km.

Her main goal is next July's World Veterans Games in Buffalo, U.S. She is determined to defend the gold medal she won in Japan last year.

In between now and then, she hopes to drop 20 seconds off her PB of 8:21.

"I'll have to improve my technique of getting over the jumps, it's slowing me down a lot. I tend to fall into the water jump," she said.

She isn't helped by the fact that she's built more like a jockey than a middle distance runner. She relies on fierce determination to get her through most races.

To get to next year's world games, Janis Wright desperately needs sponsors. If anyone can help, call her on (059) 75 0777.

### Mordialloc Chelsea **SENIOR**



ATHLETE Kathy Heagney won a gold medal in the 200 metres and a silver in 100 metres at the World Masters Games.

(Ed: Kathy, one of our new members, who goes to Frankston venue, won the W40 sprint double of 100m and 200m at the recent Victorian championships.)

## ALF & COL HETHERTON

Whitehorse Post 15 March 1995

### ATHLETICS



THREE generations of Hethertons hit the track.....Alfred (centre), Colin (right) and Bradley (left) form a unique team of athletes competing at Knox every Saturday.

## Like father, like son, like son

LIKE father like son gets a whole new meaning as athletes hit the track at Knox-Sherbrooke Athletics Centre every Saturday when three generations of the Hetherton family take part in events at weekly interclub meetings.

Alfred Hetherton, his son Colin and his grandson Bradley bring a

combined age of 120 years to the Knox club and show tremendous family similarities in their athletic involvement.

Alfred, 66, from Blackburn South is a sprinter and field athlete as are his son, 40 year old Colin, and grandson, 14 year old Bradley, both from Croydon.

### FIT AND OVER 50?

PAUL MELLING RETIREMENT PLANNING is offering over 100 prizes!

The first runner over age 50 to complete the VicHealth Melbourne Marathon will win over \$2000!!  
The first runner over age 50 to complete the City of Melbourne Half-Marathon will win over \$1000!!

In addition, in each race, the first 50 runners over age 50 to finish will receive consolation prizes of at least \$50!

The races are part of the HeartHealth Fitness Festival to be held in Melbourne on 5th June 1995.  
Entries close with AusFit Events Management (03) 9854 2768, on May 26, 1995.

For further information please ring  
Paul Melling Retirement Planning on (03) 9457 1500

## LETTERS TO THE EDITOR

Dear Eric,

On behalf of all the South Australian athletes who competed in the Victorian Veterans' Championships, I would like to thank all the organisers, officials and athletes who made us feel so very welcome. We thought the way the Championships were conducted was comparable, if not better, than any National Championships in which we have competed. You have managed to capture the very essence of what Veterans' Athletics is all about - competitive but friendly competition. Once again, many thanks. We will certainly be back next year.  
All the best.

Geoff Whitehall

Summer Club Captain

SA Veterans' Athletics Club.

P.S. Our relay team is already in training for next year.

Dear Dot,

Further to the article reproduced in the February edition of your excellent publication, I would like to inform you that I was able to uphold the credibility of our home grown veteran athletes in the World Police and Fire Games against some very strong and younger performers from the far flung corners of the world. I was successful in receiving three gold and two silver quality medals for my efforts.

Unfortunately, since then, I suffered a severe torn hamstring in my endeavours during the venue finals of the Athletics Victoria intervenue meeting at Glenhuntly. This has caused a most frustrating setback in my proposed program, but I would like to take this opportunity to give thanks to fellow veteran athlete, Keith Coster, a long time member, for his healing massage prowess which has given me hope to go on a continued training regime.

Keith can be contacted on 570 5184 if others need similar reassurances.

Thanking you,  
Gordon Gourley



Dear Colin,

Amongst my other running affiliations is membership of the Melbourne Midday Milers Inc. (a body formed by runners at the Revenue Bank in Melbourne) For the last 7 years or so, on the long weekend in March, the group has run a relay in forested areas of Victoria. I have participated in the last 3 relays - in 1993 from Anglesea to Airey's Inlet via the Angahook State Forest; in 1994 through the Strathbogie Ranges from Merton to Bonnie Doon. This year on March 12th, three teams of 4 runners met at Tylden for a relay approximately 60kms. in length. Each runner ran twice before lunch and twice after lunch. Commencing on the wind-swept plains at Tylden, the majority of the legs were actually in the Wombat State Forest, east of Trentham. At the lunch break, 2mins.2 secs. separated 1st team from 2nd and the 3rd team was only 10 seconds further back. The air temperature at lunch time (the stop was at Firth Park, deep in the forest) seemed to drop approximately 5 degrees!

The close contest continued after lunch as the teams raced through the forest for the return to Tylden. At the last changeover with approximately 3kms to run, each of the teams could have finished in front. As the last runners battled the strong wind along the Tylden-Woodend Road, a very close finish was a certainty. The winning margin was, in fact, 5 seconds and the third team just over 1 minute behind.

The grading panel and the team selectors had an almost perfect weekend! No major mishaps occurred and only one runner took a wrong turn. I look forward to the 1996 relay.

Richard Piesse.

Dear Dot,

Since you have started to write stories about our foundation members, I give you a list of athletes who joined the newly formed Victorian Veterans' Club in 1971/72. Some of them are still active. Some of them have since retired and others watch us from above.

Here they are: Laurie Hill, Ron Young, George Bain, Tom Kelly, Mike O'Neal, Frank Bonecker, Rudi Hochreiter. (No.6), Gus Theobald, George Simpson, Geoff Warren, John Bowles, Wal Sheppard (No.1), Norm Duff, Theo Orr and Jack Stevens.

As you can see, there are not many of us left in this group.

Yours,

Rudi Hochreiter

Dear Dot,

I read with interest Gordon's story on heraldry, but it seems to me the only relevance to veteran athletics is the "bar sinister" - doubtless the one at the local pub. Regarding the ridiculing of the award of medals to veteran athletes by athletic circles in Victoria, might I suggest they have overdone the fruit diet and found the grapes a little sour. Anyway, may Gordon's literary efforts continue, and his appreciation of veteran awards commence!

Andy Smith.

Dear Dot,

Re: VVACI Medal Awards & Mr.Gordon Burrowes I have only tonight read the responses and comments published in the January 1995 Vic Vets News, which makes me surer than ever that the system does not need alteration. Your respondents have covered a lot of relevant material, which is that in VETERAN events, the level of performance is not the criterion but simply the first, second and third placings, even if only that number perform.

I have been a member of VVAC for 11 years and I

have experienced and witnessed hundreds if not thousands of individual battles at all levels in Athletics, Swimming and Triathlon, but particularly in Track, Road and Cross-country, all based on the great VENUE SYSTEM that builds the existing contributions and competitiveness of members at any and all levels and creates sporting interest and encourages betterment for all; and if after all the effort each participant is prepared to give, a medal results, the recipient has EARNED IT!

I heartily with Vern Gerlach's response and wish to add that not only did he and I battle out the Devil Ben 10km for gold/silver from beginning to end, but we have had many battles over years in Aquathons, last year's Melbourne Marathon, Malvern Mini-Marathon, Lysterfield Lake Aquathon and other races.

Over the years, I have had many exhausting battles with (to name a few) Ron Aust, Jack Gubbins, Bob Loader, Bob Lewis, Arthur Lucas, Peter McGrath, Ernie Jeffs, the late Lindsay Thomas, Don Hughes, Doug Orr, Ray Walker at venues, Championships and Fun Runs, and suffered endless defeats by champions Jean Albury, Alan Burgoyne and Ted McDonald and a legion of others who have contributed to my occasionally reaching better standards; and where medals have resulted, I have been proud to receive by far the greater percentage of them, and I know no one personally who does not feel the same.

As to single entrants, could anyone seriously deny that a gold medal was earned by one of our very senior members, Harry Preston, who last weekend, completed 10km in almost 40 degrees heat in his mid-eighties, proving yet again the magnificent determination of Vets.

As the very most, should a majority of members decide that minimum standards should be required for medal awards where say less than 5 entrants start, those standards would have to be very liberal for upper age groups and allow for difficulties of extreme heat, weather and wind conditions, all of which are very difficult.

Yours faithfully,

Ben Morrey - Vet 1234

Dear Secretary VVACI,

I would like to sincerely thank the members of the Victorian Veterans' Athletic Club for their assistance and guidance in the running of the Half Marathon Road Race event for the World Police and Fire Games.

I was extremely pleased with the success of the Half Marathon and I have received very positive feedback from competitors, spectators as well as the Games Federation. A lot of the credit for this success should be attributed to the Vets. Their knowledge and experience was a great information source for the committee members and me. I would particularly like to mention Doug Orr, Bob and Joy Curtis, Eric and Wendy Greaves, Sandra Kerr, John & Phyllis Gosbell and Richard Huggins, whose interest and commitment to the Games was outstanding.

I have enclosed a cheque for \$200 for the VVACI in appreciation of the efforts of approximately 30 members who assisted the World Police and Fire Games. Please accept this with the sincere thanks of the Road Race Committee of the W.P.F.G. Board of Directors.

Yours sincerely

Tania Lewis  
Road Race Co-Ordinator.

Dear Secretary,

I wish to make further comment leading on from Gordon Burrowes' statement that "Vets. athletics is regarded as something of a joke around athletics' circles in Victoria ".....

I competed at the recent Victorian Country Athletic Titles at Newborough. The meeting was well organised and a credit to the organisers, officials and athletes. Unfortunately, I was most concerned with the attitude and feeling generated towards competing veteran athletes. I cannot point the finger at anyone in particular, but we felt that we were not wanted.

I spoke with most of the veteran athletes I competed

with (I competed in 5 events) plus the 4 other veteran members of my own club (Wodonga A.C.) All were in total agreement with me and the standing joke amongst ourselves was that "We are the 2nd class citizens"

Our gripes were:

\* Veteran records were missing from the program, whilst all other age groups were listed, including 4 age groups that were not even represented. The same unfortunate and very discriminatory system operates at state level.

\* Veterans did not receive a medal to be hung around their necks like all other competitors, but were handed one. Four of my medals were even presented still in their plastic bags. I am surprised we were even allowed to stand on the dais to receive them! A bit of equality could at least have been displayed to veterans.

\* Any champion of any age at either country or state titles receives a laurel wreath on their registration number for the following year. Not so for veterans. We have multi- world champions amongst Victorian veteran athletes, yet they receive little recognition outside their own ranks.

I have competed only once (since becoming a veteran) in an Athletics Victoria winter cross country event. I was staggered to find several under-age events, yet 85 year olds have to compete with 20 year olds. Perhaps we could combine some of our events with AV events. That might solve some of Gordon's concerns with the number of medals handed out.

Many of our veteran athletes have been at the forefront of athletics in Victoria for decades and for them to be recognized equally, with all other athletes is of paramount importance.. Unfortunately the authorities do not seem to be interested in remedying the situation. I think it is about time our Vets organisation examined our position in the Athletics Victoria program. Or do we wish to remain isolated from the main stream of Victorian athletics?

David Innes.

Dear Dot & Colin,

I am enclosing for members' interest, if you care to publish this in the very interesting journal, some past results I recently looked at. This may stimulate some discussion of comparative performances between venues and years.

This information is from Around the Grounds 1985 and, being a bit of a statistician at heart, I find it very interesting particularly to compare current performances.

What we have are Croydon 5km and 16 laps results ten years ago, in March & November 1985, and my point relates to the bulk quality of performance. For instance, on March 26th of that year, no less than 38 runners in the 5,000 metres galloped round in less than 20 minutes, at an average lap time of 96 seconds, while 17 of those managed to get under 18 minutes at 86.5 seconds per lap. Any Vet who has run under 18 minutes for 5km will know they've been busy. On November 19, 32 runners beat 20 minutes again.

In the 16 laps, 6400 metres or about 4 miles, an equivalent time would be 26 minutes at 97.5 secs. a lap, and on March 19th, 27 runners achieve this time, while 29 did it on November 26th.

I would be surprised if any veteran venue has before or since turned out the mass quality of performance achieved at Croydon in those heady days, and I would be interested to hear if members think that the average performance in distance events has improved over the last 10 years.

It is also interesting to note that, while many of those Vets in 1985 may have hung up their boots on the assumption that they couldn't achieve any more, there are still more than 50% of those listed soldiering on around the grounds. Despite all those heroic performances, not all have run themselves into the ground yet.

Yours sincerely,  
Peter Le Get.

(Ed: I would love to print your examples Peter, but this issue is so packed that I will have to settle for your interesting analysis.)

Dear Editor,

I wish to pass on through our magazine my personal thanks to all involved with the recent Victorian Veterans Track & Field Championships. The two days of competition were, in my view, a great success, with many top performances being produced.

To the members who freely gave up their time over the weekend, in the majority of cases, this meant both days, I sincerely thank you all. To the members who competed in their chosen events, my thanks for supporting your club.

It was inspiring to observe over the weekend, the efforts of members competing in the various events. Many would have been competing with the knowledge that there would be no medal for them at the conclusion of their event. But as far as I am concerned, it would not be worth the work involved to conduct these championships if these members did not take part. I along with many others, truly appreciate their efforts as much as the efforts of the competitors gaining the medals.

After expressing this view, I hope many more of our members will be encouraged to take part next year and discover for themselves, that you don't have to be a champion to compete and enjoy yourself.

Eric Greaves (Club Captain)

Dear Dot,

Tahiti (i.e. the Oceania Games 1996) is looking a disaster after preliminary inquiries.

1. The dates co-incide with the Atlanta Olympic Games
2. Qantas, due to high season, will not take the numbers required
3. Due to high season, packages will be in the area of A\$3000.00 per person (Ouch!)
4. Air New Zealand may take our group but early deposits will be required.

Collin Cooper (AAVAC travel director)

(Ed: Communication with Tahiti about their athletic facilities has been impossible. No response from them. Norfolk Island may be the fallback option.)

Dear Col,

The very deserving piece written for Harry Logan would be appreciated by many who, like myself, enjoyed over some decades his humour and well-founded opinions on matters ranging from life's purpose to athletic history.

A part of his athletic life not related by Peter is one that to me seems to be quite remarkable. In 1967, in celebration of turning 50, he set himself the task of running 50 miles on his birthday, and this he accomplished over laps of Flinders Naval Depot.

It should be appreciated that, in those pre-jogging-boom days, 42 km marathon fields would attract about 25 to 75 starters only, although standards, on average, were higher than those of present times. To run 50 miles therefore was a most unusual achievement to say the least. Harry, as we know, was a most accomplished decathlete, and field games, jumps and sprints are an entirely different discipline from distance.

That situation never deterred Harry who, with the likes of George Wilson, was a game but late finisher in many VMC events.

His rivalry with Andy Smith was mentioned in the article but in one aspect of sporting excellence they differed. Andy, to my knowledge, never ran 50 miles, while Harry never pedalled a bike to Sydney (or was it Brisbane?) ... (It was Brisbane .. ED) ... for the Australian Vets Championships. Although, had he been a well man, who knows?

With kind regards

Keith Routley

\*\*\*\*\*

Dear Dot,

I would like to comment on the new format used in the 10,000 Metres Championship this year. Speaking with other competitors we found eliminating the wide diversity of performances in each event to be an advantage. In 1994 I was lapped several times and I myself lapped some runners two or three times. Its disheartening to be lapped too often, and, as a leader when catching a group of lapped runners who in turn are lapping other runners it can become a problem. This year it was well into the race before the slowest runners were lapped which is much less disheartening than being lapped

in early in the race. Further there were no problems with passing groups of lapped runners. I also noticed within each event there were many races within the race where as in previous years most athletes were on their own after the initial laps. Most athletes want a good hard race where the result is not known until the very end. This years format achieved such a result.

If there is going to be a problem with the new format its going to be at the time boundaries. (In grading the events the organizers rely on the entrants putting in a realistic time and in this regard optimism is still alive in Veterans Athletics.) My third place was almost a minute slower than second place in my age group so there was never any question of what would have happened had we run in the same heat. However, what about if the times were very close? One of us would be left wondering what might have been. My partial suggestion is that the organizers be allowed flexibility in the grading and adjust the cut off times in each age group to give some priority to age groupings in each race. For example, in the over 50s two runners submitted times just outside the 37 minute cut off. With only a few runners over 50 in the higher division the cut off time for over 50s might have been bent to grade those two runners to compete in the higher division. Other runners with the same time would still compete in the lower division.

When discussing the 1995 Championships the question of the temperature cannot be ignored. On a hot day it seems unrealistic to expect some athletes to compete at 6.30 when the sun still has a lot of sting. While there may be problems at other grounds I cannot envisage any at Knox if the events were to start one hour later. That is if the maximum temperature in Melbourne exceeds 35 all events will be delayed by one hour. I find that after a Championship run I cannot sleep anyway so I personally would not be worried by having the events at midnight. I do respect that others, and most importantly the officials, might not feel the same.

One additional point which is not related to the 1995 Championships. What's the most disheartening point in a 10,000? It is when you are lapped and if that can be delayed as long as possible so much the better. I have found that the relatively new practice

of changing the laps to go board when the leader comes into the straight to be most disheartening and confusing for runners about to be lapped. Often it is several laps before it actually occurs and in that time I'm saying to myself I'm one lap behind and then when I am actually passed it somehow in my mind always becomes two. I'm thrown into a state of chaos. In the Championship I led my event and as leader I would have been much happier to see someone standing by the lap board and then when I was within 10 to 20 metres to see them physically flip the board. While in International Competition we might be about having everything perfect for the winners, Veterans Athletics is for everyone, and I feel flipping the board as the leader passes would be less disheartening for the lapped runners and would not impact on the leaders.

Congratulations on the Championships. If anyone has any violent objections to my comments we run from Dolamore Oval, Mentone, at 7 am on a Sunday morning and we are always after someone to fire the group up.  
John Kneen.

\*\*\*\*\*

Dear Dot,

I would like to add my comments to the discussion on the awarding of medals at Veterans Championships. Over the years I have won a number of medals, many in different circumstances. I do not discount the value of any of those medals. I always give Championship races everything I have regardless of the opposition. I do not ever enter a Championship for a training run. If there is tough opposition the medal represents fighting it out against those athletes. If the opposition is not so strong the battle is often much tougher one against myself; fighting to maintain the early race pace, mentally calculating my race time, trying to concentrate and not let all the early work come to nothing, generally running scared that I have gone too fast early and I'm going to blow up. The medal at the end has a different significance to winning against a tough field but it is certainly not discounted.

In some years I have been lucky with the opposition being either unfit or injured. However, I know that the following year I am their target and I will need to bust my boiler to defend that medal. There is

nothing like winning a medal in a slow time to fire other athletes up and you can be sure they will be gunning for you. Even Sunday morning runs take on a different perspective when other athletes have you in their sights.

For any athlete who feels their medals is under valued I would say commit yourself to a good performance weeks before the event, run hard early, really guts it out to the end, and, then be prepared to come back the following year and defend that medal hammer and tong in a time that is better than you have ever run before. You will find that the medal will then be really significant.

John Kneen.

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## FEET NOTES

by Eric Greaves (Club Captain)

An interesting comment was made by one of the visiting South Australian veterans competing in our recent Track & Field Championships at Aberfeldie. During a discussion, he informed us that at the South Australian Veterans' Championships held a few weeks prior to ours, they had 4 women and 21 men turn up to compete. They were quite pleased to be invited over to take part and expressed their thanks to all for the warm welcome and much needed competition. The veteran athletics movement in South Australia is really struggling to keep afloat at this stage.

It would appear that our system of venues is unique in Australia, with many states being very envious of us being able to participate at one or more venues during the week. So keep this fact in mind, and don't take your venue for granted!

The Grand Poobah of Collingwood, Mr. Ray Harbert, has retired as Venue Manager after 12 years, as reported elsewhere in this magazine. My personal thanks to you Ray for your help over the years in setting out our cross-country course at Fairfield Park. Don't get too retired Ray, I still want you to do the cross-country course for a while yet. I and many others would miss the sight of you wandering through the fields of Yarra Bend Park with the little Poobah, Rocket Williams, trying to find you in the long grass.  
Captain Eccles.

## VVACI TRACK AND FIELD CHAMPIONSHIPS

ABERFELDIE, March 25 & 26, 1995

by Colin Browne



Theresa Lynch leads Mike McAvoy into deep water in the Vic Champs steeplechase.

Peter Colthup has produced a booklet of the results of this carnival, and it has been delivered to those who were entrants. If you would like a copy of the results contact me, Colin Browne, on 874 2501. I was at the championships with my camera trying to get some good action shots for our publicity brochure, "Get Fit For Life", which I hope you will see in a few weeks. So my impressions are mainly visual, and in no particular order, except alphabetical.

I noticed Errol Amersekera, a solid M50 field games competitor. Is that name Sri Lankan, Errol? Terry Baldwin, our young M30 record breaker normally bursting with life and vigour, entered everything, but was strangely absent from running and jumping events. A leg injury perhaps? I met our NSW import, Rob Barclay, suave and relaxed like a film star enjoying a picnic with his lovely wife on the lawn near the pole vault. Rob is an expert performer and coach in the pole vault and will be very welcome in Victoria. There were the silver-haired smiling Rowena Barker, that handsome hurdler, Ted Barnard, and the gingery comedian, Lindsay Beaton, who is always on for a laugh. Alan

Bennie, "Jack" as Eric calls him, who works hard whether at organising or at running, Denis Blandy, into the weight throws winning the M70 hammer, and two very fast ladies, W45 100 winner Barbara Blurton and W35 800 winner, Julie Braakhuis. With white beard flowing like Moses, Gordon Burrowes was taking charge of the field games throwing events.

I chatted with our immediate past president, Tony Bradford, a cheerful chappie with a bit of speed who has a go at just about everything. He was happy with the way the carnival was going. I watched Annette Brunton, the cheerful joker, put in hard in the 5k, to take gold in the W35. Black-haired W50, Roma Burhop ran the middle-distance races, as did the irrepressible Anne Callaghan, who also ran the results back and forth to the computer on both days. Husband Ray was inside running the show. Dot Browne and Marg Cassidy were coping with a continuous flow of medal presentations, which posed quite a problem. It needs a single-minded person like a bookmaker's penciller to keep up with it.

The East Brunswick connection, the Carrassis, were

there, Guiseppi, solid and mature, Carmela, bubbly, full of energy and go, very keen on the walking. She does a lot of liaison between the Vets and the Italian community, organising memberships, entries, uniforms and so on. Kathy Cassidy, the woodduck as Eccles calls her, was noticeable as a great little walker, so flexible she seems to bend in funny places. We saw that smart fast runner Rob Catherall, gingery mo and glasses, and one of the younger brigade, Mark Cauchi who contested all the jumps. There was the tall upstanding figure of Caulfield's manager, Leo Charles running a good bend in the 200. Our bushman Les Clark, who normally runs with a gumleaf in his mouth, ran the results to the nerve centre all weekend and then ran a brave 5k. Mandi Cole was a smart mover and thrower in just about every W35 event.

Our interstate contingent included Collin Cooper who ran a very good 400, his wife Ann and proteges, Peter Dunham and Anne Lang. He also brought Jim Liascos and Geoff Whitehall. It was great to get such support from the Croweaters. Another Cooper was our bright blonde, Jill, a smart fast mover in the W55s. Then there were the dark quiet smiler, Cathy Curtis, Barbara Dagleish, the well known vet from Kilmore, and our W70 marvel who has a go at everything, Gwen Davidson. Jan Davies, the backbone of the weight brigade, entered all the throws and had most success in the hammer. I saw a very low number on Jim Davy's singlet, 19, indicating that he was one of the first to join our club. A very well worn faded singlet graced the chest of that cheery walker with the split faced grin, Murray Dickinson. More suave and smooth was our smiling bank manager, John Dean. He and East Burwood's bustling Sam Defanis put in hard in the 5k.

Rhonda Dundas, that energetic sprinter/jumper from Croydon was right into it, as was the fiery redhead Geraldine Hennessy.

Three of our senior weight men were seen in action, the guru, Roy Foley, long-term member John Fraser and newcomer Gen Galewski, who cleaned up in the M75's in his first year in the club.

John and Phyllis Gosbell did not see a lot of the sun, except for one race each, as they operated the computer all weekend.

Two unrelated Gourlays were very active, Marlene that neat little runner/walker from Mentone and Gordon our M65 all rounder who walks runs and jumps so well at 66. Eccles Greaves worked his butt

off all the time, getting things done around the arena, and found time to bound home in the 5k. Mike Hall is always an exciting runner to see in the sprints, and in the walks wife Penny tried hard after a long illness. Tom Hancock knocked off everybody in the M55 field games except Rob Barclay in the pole vault. Ray Harbert, who retires after 12 years as Collingwood's venue manager, was officiating at the long jump pits. It was nice to meet our trim fast blonde from Frankston, Kathy Heagney, and see her run so well. Croydon's Col Hetherton went in everything and did well, even in the high jump. It was great to see Peter Hannaford, another two figure singlet, running well again. The image I have of the way he digs in at the finish of a race goes back a long way. Peter Hunt stirred us with a gutsy run in the 5k. And it was good to see the boyish figure of John Kneen running so well in the 5.

Talk of low numbers! Rudi Hochreiter's number 6 says it all. It indicates an original club member who was a world age group champion at the time. And he still is the master of all areas of track and field. Morrie James, organiser of the series of weight throwing events at Mentone and Caulfield, popped up in every weight event there was.

Tony Johnson and Celia Kelly showed expertise in their shared interest of race walking. George Knott at 84 and Dot Jack at 77 were brave walkers. The cheerful Ken LaRoche and the tall figure of Tina Leb were in there too. Jean and Ken Knox gave a good illustration of the country vets. They did the walks and field games and then went home to feed the cows.

Marc Larose was starring in the younger section. His sprints were exciting and he took off in the high jump too. It was a terrific 200 to watch. Ex VMC secretary Fred Lester, who has had a hip replacement recently, was officiating wherever he could manage on a walking stick. Another cheery official was the red-coated starter, John Moss. Jean O'Neill also took the red coat and gun at times, the microphone at others, keeping up husband Mike's tradition.

Win May is walking well, as is our star Heather McDonald, tight shorts and thin grin, legs going twenty to the dozen. Mike McAvoy is another with the grin. I don't know whether it is enjoyment or pain, but they both really put in hard, and both fly in their own way. More Macs. Ted McCoy worked hard organising all weekend and showed very good



form when he ran. There was Gordon McKeown an amazing runner at 71, and Chas McRae our cheerful Knox manager. Peter McGrath didn't have a run. He was too busy managing the arena, and keeping the program running on time.

Pam Mews showed great bravery in the steeplechase. That water was so deep. Sandy Morison is our new Geelong flyer. The Morreys were there, distinguished Ben and the lovely Jan, selling with Peter Colthup's help a range of smart luminous running gear that she makes. Two Nodens, Graeme our neat fast sprinter/ jumper, and Keith who killed 'em in the 800. Into the O's and we saw that smart middle distance runner Ray O'Connor, local boy Michael Orelli, Duggie Orr on the blower and Lee Osborne chasing Win May in the W50 walks.

Jim Paton with the Yankie accent is a nice mover. Ted Paulin put in a terrific last lap in the 5k. Aivars Pavulins in action has impressive energy in the throws. He really hurls those implements into orbit. The Petries, Lavinia and Bob, ran bravely, both giving all they had, Lavinia beating many girls younger than herself. Harry Preston, the old stayer, continues to amaze us.



Great movers Sue Haylock and Barbara Blurton in the 200m at the Vic Championships.

Had a chat with Ken Readwin, that self-possessed identity, humorist and weight-thrower. Glad to have him back in Victoria. A very strong performer.

Clyde Riddoch went in everything except the six day bike race. He is the ultimate all-rounder. Astrid and Graeme Rose do really well in the throws. Both were multi-winners. The pots and pans must fly at home. Charlene Rendina produced a strong run at age 47 to win the 5k outright. It is always good to see Tom Roberts bumpy bounding style in the championships. He can be relied upon to dig deep and make a great race out of it.

Our race walker, John Salter, did a great job placing the results of the carnival in the papers. On both the Sunday and the Monday he got full reports into our two daily papers. Kathy Schlegel shuffles fast in the middle distance races, whilst Chris Schultz is an impressive and successful thrower. Jim Shand, tall and fast in the sprints, also jumped well in the high jump. I haven't seen Peter Shone lately, but he was back in the 5k. Good to see. Eric Sigmont pushed hard in the middle distance races.

Col Silcock is a great trier who goes in everything, as does Andy Smith. Real participants those two.

Grace Smith, well-named, is our lovely senior lady, seen walking side by side with George Knott, lap after lap. Anything going on there, I wonder? The Stankovics, Kathe, Stan and Nino fronted up in all the field games. I saw a brave run by Jack Stevens in the M75 800m. Anne Stobaus was fast and successful in the W50's. John Szymanski got plenty of vocal support from his cheer group on the sidelines.

Into the T's, and we saw Alison Thompson, that fine walker, Andrew Tunne, a prancing light mover, Hartley Tobin, the bearded thrower from the bush, and Debbie Tomsett, the flier from Doncaster who blitzed them in the W35s. Peg Tyler, the white-haired official, was as reliable and committed as ever.

Wim Van Weenan is a solidly built weight thrower who has done well lately. Rimma Vassina-McAvoy, from Russia with love, was not so well on the day, but we are delighted to have her with us. Myer Vorcheimer did well in the various jumps. Ken Wu produced a good triple jump in the M45. Meredith Wong seemed to be on the dais receiving medals most of the time. Ron Wilson had two runs in the 5k. (There are two of them, Ron Wilsons, that is.)

Rob Waters was a blue-arsed fly, everywhere at once, proud of his venue, getting signage up, making announcements, solving problems, even having a run. It is a fine track, with multiple facilities, and big aprons, capable of running several field games at once. Thanks Rob for a marvellous weekend.

## VVACI 10km CHAMPIONSHIPS KNOX, 25 FEBRUARY 1995

This year's running of our 10km track events created history for our club, with the 4 scheduled events being conducted in divisions instead of straight age groupings. The idea of trying the division system was suggested last year by the Ayatollah of Croydon, Ray Callaghan, as a possible means of increasing member participation. And as usual, Ray was quite correct, with 154 entries prior to the event night.

But unfortunately, the hot temperatures (38 degrees) predicted for the day caused quite a few members to have second thoughts about competing. The final figure of 105 starters overall was still a tremendous effort by members of the Vets., and with the events being conducted at the Knox Venue track, it was a

perfect chance for a vast majority of the entrants to try out the recently laid new track.

I am not going to mention any individual efforts on the track, but wish only to acknowledge the great assistance given by the following people - our Secretary, Dot Browne, for calling times for every race for the benefit of the lap-scorers. Brownie called the times so proficiently and clearly that I believe she will be offered a job at Flinders Street Station, announcing the arrival and departure of the trains. Les "The Bushranger" Clark made sure that the lap-scoring requirements were set up, and Sandy Kerr and Phyllis Gosbell took care of pre-race enquiries etc. Looking after the finish area were Wendy "She Who Must Be Obeyed" Greaves and Alan "Big Jack" Bennie, doing timing and recording respectively.

Due to the hot and trying conditions, a water and sponge station was set up to assist competitors, and this was looked after by Cynthia and Dave Herbert, Andy Smith, Joy Herbert and David "Ferret" Sheehan. At the other end of the track, we had Coral Monk, Janet Swann and Phil Soderstrom also handing out drinks and sponges. But this water station was slightly unconventional, due to the fact that Phil and helpers were armed with water pistols. So it seems that whilst helping to cool the runners down, these big kids were able to experience their second childhood with no fear of criticism. Being Club Captain sometimes has its drawbacks, as every time I indicated I wished to be squirted, these Samaritans would focus all their attention on me and proceed to bombard me with copious quantities of H<sub>2</sub>O. So much so in fact, that by the end of the race, I felt that I had done 25 laps trapped in a car wash.

One thought that kept me going during the trying conditions of the run was the comment made to me by Springy's Thomas Gallagher prior to the start. Tom sidled up beside me and whispered in his pea-soup thick Scottish brogue, "Run a respectable race and I will shout you two stubbies when you finish". So not being a person to pass up a freebie, especially when it is offered by a Scotsman, I endeavoured to perform well. So after finishing and cooling down, I set off in search of Tom and his cold beer. After a prolonged hunt for that elusive Scotty, and failing to find him, I asked Big Jack Bennie had he seen Tom. "Yes", said Jack, "I spotted him racing out to his car with his empty car fridge just as you crossed the line, calling out, 'Someone tell Eccles I got thirsty

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Hurdles; Steeplechase; 1500m & 5000m Track

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watching the race and I drank all the grog” I am told that the speed in which Tom reached his car would have left Linford Christie spitting dust. To all competitors, thanks for supporting your club, and to all officials and helpers, special thanks for making the night a great success.  
Eric Greaves (Club Captain)

## 10K VVACI CHAMPIONSHIPS

by Colin Browne

It was a really hot night after a century heat day. Ray Callaghan offered the 6.30pm starters the option of a later start but the salty old vets declined. There were water and sponges on the turn, and as the night came on, the shadow of the grandstand provided some relief. The first event was for the slowest estimates and ironically, the ones who took the longest, were out there in the worst heat. In fact, the fast group had pretty good conditions, balmy evening weather, very sweaty, but not too bad. In fact, Eccles managed to break the course record for his age-group, and the guys he beat came home like trains, so it wasn't too bad at 10.15pm. However, back to 7.15pm, when the sun was still out and the water suppliers were working overtime. Rimma McAvoy was a worry because she wouldn't drink. Dehydration forced quite a few out before the 25 laps came up. It was wise to drop out in fact. Times were not as good as people expected, but who cares? You have to be realistic. There were some marvellous performances, given the conditions. John Kneen ran beautifully, Harry Preston put in a brave effort for an 80 year old.

Ray's idea of starting the races in divisions based on expected time, rather than age-group, worked really well. Not only did we have more entries than usual, the events were more closely contested, with very few people embarrassed by being regularly lapped by the stars. Only John Kneen's race was won by an all-the-way front runner. In the others, the lead changed quite a lot. The final group had a really tight bunch of leaders for many laps, with Ross, Russell Johnson, Eccles, Dragan, etc featuring. Eccles & Dragan finally put the pressure on and broke it up, but Eccles came away in the 20th and put it beyond doubt. The finishing sprints of Peter May, Eccles etc. were stunning. Didier Martin had paced for 20 laps on Geoff Boots' shoulder and burnt away in the last three. Ted Paulin was the old man of the field, and held his own against the kids. Saul Bakaitis ran a great race in his age-group.

What had been a rotten hot day, turned into a pleasant balmy evening and the social atmosphere and good feelings of the event ensured that everyone had a great time, possibly at the expense of the runners who busted a gut.

### RESULTS

M 30	1	Peter May	EB	35-24
M 35	1	Didier Martin	Col	35-29
	2	Jeff Boot		35-39
	3	Peter Tonkin		35-36
M 40	1	Ross Martin	Spr	34-57
	2	Colin Heywood	Spr	35-49
	3	Russell Johnson	Abe	35-53
M 45	1	Eric Greaves	Spr	34-13
	2	Jeff Walker	Gee	34-38
	3	Bob Henderson	EB	35-51
M 50	1	Max Balchin		35-59
	2	Saul Bakaitis	Cro	36-04
	3	John Kneen	Men	36-58
M 55	1	Ted Paulin	Col	36-10
	2	Bob Hayes	EB	40-58
	3	Juan Perez	Spr	41-15
M 60	1	Mike McAvoy	Gee	38-40
	2	Ron Young	Col	40-13
	3	Chas McRae	Kno	43-14
M 65	1	Bob Lewis	EB	47-11
	2	John Kerr	Cro	51-09
	3	Ben Morrey	Spr	53-30
M 70	1	Randall Hughes		40-52
	2	Gordon McKeown		48-57
	3	Jim Sinclair	Spr	59-30
M 80	1	Harry Preston	Alt	96-52
W 30	1	Bronwyn Hanns	Men	39-16
	2	Kathie Schlegel	EB	43-19
W 35	1	Annette Brunton	Cro	44-08
	2	Theresa Lynch		45-46
	3	Anne McPherson	Kno	48-07
W 40	1	Lyn Davis		40-47
	2	Janis Wright	Fra	43-35
	3	Cherie Baldwin	EB	47-04
W 45	1	Charlene Rendina	Col	39-50
	2	Petrina Trowbridge		41-17
	3	Robyn Todd	Kno	46-46
W 50	1	Rimma McAvoy	Gee	48-10
	2	Helen Myall	Spr	51-33
W 55	1	Barbara Dalgleish	Cob	50-12
	2	Anne Callaghan	Cro	57-59
W 60	1	Rowena Barker	Cob	56-01
W 65	1	Shirley Young	Col	49-52

## VIC CHAMPS ... 5km results

The following are the results of the M50/55/60 5km from the recent VVACI club titles. They were inadvertently mixed up with the presentation papers and missed publication in the results booklet.

M50		
1	ROB HENDY	17.08
2	JOHN KNEEN	17.15
3	TED McCOY	18.09
4	MALCOLM BROWN	19.32
5	KEITH MOODY	19.37
6	MICHAEL ORELLI	19.46
7	JOHN DEAN	20.03
8	ROBERT PETRIE	20.52
9	JOHN INFANTE	21.55

M55		
1	TED PAULIN	17.28
2	PETER HANNAFORD	17.45
3	JOHN VISSER	19.41
4	JOHN EYRE	20.08
5	JOHN PEACOCK	20.21
6	RON WILSON	21.06
7	GEORGE MARNEY	25.02

M60		
1	MIKE McAVOY	18.03
2	BRUCE MICHELSEN	19.42
3	PETER LEGET	19.49
4	WILLIAM PAGE	21.12
5	CHAS McRAE	21.19
6	THOMAS DALGLEISH	22.15
7	COLIN SILCOCK	24.02
8	LES CLARKE	25.29

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## Alf Lakin Grand Prix Event

Knox, Sunday Feb 12, 1995

by Colin Browne

Well we really didn't know what to expect. Communication with Alf by phone from Sydney did not inspire confidence, but Dot went ahead with

positive attitudes and tried to raise enthusiasm at the venues. He said he wanted her to get ten officials, and the response from Peter McGrath, Peg Tyler and their AV friends was great. Without them the event would have sunk without trace. Peter was the mainstay of the program, getting the equipment together, telling amateur officials what to do, keeping the program running to the timetable, which was produced at the last minute when Alf made his entrance, along with several other pieces of key documentation, about half an hour before the start.

Peg's band of AV officials braved the heat of the 35° sun all day organising javelins, shot puts, high jumps, long jumps and discus. They even seemed to like it. Everyone else sought the shade of the grandstand or the sparse trees as much as they could. Starter Jean O'Neill did a great job. As a starter she has a commanding voice, which comes as a surprise after her normal quavering tone.

The backbone of the show came from Dot and her Croydon mates, Sandy Kerr and Les Clark, the indispensable. It was almost laughable to see the state of the entry records produced in a little exercise book by Alf just 20 minutes before the first event. Dot, Sandra and Col went to work like demons in the back room to knock it up into starting lists for the 100 metres and the javelin, first off the ranks. As Morrie James and Joe Ball noted, the throwers are a Cinderella mob. When the organiser was asked what the timetable was, the answer was, "It starts with the 100 metres and ends with the 5 km." "Typical", say the throwers. "What does that tell me about the field events?"

But apart from these behind the scenes hassles, the show went off really well. Being the first heat wave day for weeks, it was a severe trial to everyone, and the attendance was not as good as hoped for. But those who got out and did their events, did their best and achieved the best results they could expect on such a hot day. The under 40's seemed to enjoy themselves and the company of Liam O'Reilly, a visitor from Ireland.

For what it was, a small scale track and field carnival, it was very good. Vet athletes who like sprints and field games do not get many opportunities. Everything seems laid on for the distance runners with fun runs and so on. So the sprinters and field games athletes welcomed this addition to the year's program and hope it will come up again next year - on a cool day. However, Nino Stankovic's promised car has not yet materialized.

Age/Name	Long Jump Distance	Javelin Dist.	200m Time	Discus Dist.	1500m Time	Score Pts	Place
<b>MEN:</b>							
M30 Terry Baldwin	5.62	42.90	26.8	33.02	5.06.8	3,090	1st
David Cross	5.63	28.76	24.7	22.92	4.58.4	2,827	2nd
M35 Mark Cauchi	5.17	32.32	27.8	21.16	5.38.9	2,229	1st
M40 Alfred Lendvai	5.37	27.10	26.2	24.14	5.04.2	2,584	1st
John Neale	4.96	30.12	26.8	26.84	5.18.5	2,455	2nd
Tony Nemanic	4.44	24.60	29.8	18.10	5.38.3	1,621	3rd
M45 Peter Young	5.07	55.1.1	28.8	34.30	7.34.1	2,450	1st
Vern Curnow	4.43	339.9 NT	30.3	22.78	6.06.1	1,553	2nd
M50 Guy Augustin	4.38	424.8	27.4	28.18	5.46.9	2,727	1st
Neville Gardner	4.49	464.4	29.2	28.88	5.14.6	2,658	2nd
M55 Tony Bradford	3.49	196	27.7	19.62	5.09.8	2,388	1st
M60 Nino Stankovic	3.81	454.5	34.3	32.72	6.09	2,568	1st
Wyvern Burke	4.08	576	32.7	17.78	6.43	2,139	2nd
M65 Hans Meiselbach	4.03	715	30.6	23.34	7.03	2,915	1st
Norm Keith	3.72	560	31.4	21.00	7.34	2,326	2nd

## RESULTS OF VICTORIAN PENTATHLON CHAMPIONSHIPS 8 APRIL 1995

Age/Name	Long Jump Distance	Javelin Dist.	200m Time	Discus Dist.	1500m /800m Time	Score Pts	Place
<b>MEN (Cont'd):</b>							
M70 Stan Stankovic	4.07	918.5	32.2	29.34	DNF	3,097	1st
M80 Andy Smith	2.24	156	39.5	13.36	8.35	1,565	1st
<b>WOMEN:</b>							
W30 Anna-Lisa Leb	4.12	438	30.0	18.88	2.55	2,429	1st
W40 Janis Wright	3.02	118.8	32.0	11.52	2.40	1,577	1st
Kathy Heagney	3.41	247.5	31.7	12.36	3.09	1,553	2nd
W50 Chris Battersby	4.39 VR	778.5	31.9	29.58	3.01	3,474	1st
Jane Kinsey	2.80	63	37.6	15.44	3.31	1,215	2nd
W70 Gwen Davidson	3.14	552	38.0	18.20	4.44	2,175	1st

I wish to thank all of the competitors and officials for turning up at Box Hill despite the cold weather. Numbers were down so everyone received a medal, but they were well deserved. Thank you to the Box Hill club for providing their excellent facilities yet again. And lastly a special thank you to Peter McGrath for picking up and carting all of the equipment across from the Caulfield venue for managing the event and organising the officials. In fact there wasn't much left for me to worry about. I strongly recommend that the Pentathlon is never held later than mid-March in future. Perhaps we could swap dates with our 10K Championships.

Clyde Riddoch  
Pentathlon Co-Ordinator

(In accordance with the rules of W.A.V.A. and June 1994 Scoring Tables)

Age	Name	Hammer	Shot	Discus	Javelin	Heavy Hammer	Total Pts	Place					
<u>W30</u>	Weight:	4kg	4kg	1kg	600g	9.072kg							
	Sharon Clayton	32.94	557	7.91	394	32.56	511	18.58	263	9.30	442	2,167	1st
<u>W40</u>	Weight:	4kg	4kg	1kg	600g	9.072kg							
	Christine Schultz	33.92	662	12.46	749	40.54	712	31.76	707	10.05	736	3,566	1st
	Ailine Martin	19.34	312	6.27	316	16.32	229	13.90	259	7.05	478	1,594	2nd
<u>W50</u>	Weight:	3kg	3kg	1kg	400g	7.258kg							
	Jan Davies	43.30	954	9.44	627	21.62	448	18.56	420	13.12	920	3,369	1st
	Astrid Rose	35.54	752	9.40	624	24.96	534	20.84	482	9.90	660	3,052	2nd
	Berny McGrath	27.34	540	6.94	428	19.66	399	16.94	376	7.18	444	2,187	3rd
<u>W55</u>	Weight:	3kg	3kg	1kg	400g	7.258kg							
	Christine Dickie	23.74	512	7.65	574	15.74	352	10.50	240	7.80	540	2,218	1st
	Margaret Nunn	17.66	342	5.46	375	12.14	252	9.24	201	6.31	414	1,584	2nd
<u>W60</u>	Weight:	3kg	3kg	1kg	400g	5.449kg							
	Valerie Worrell	30.88	807	7.54	666	23.62	670	15.30	453	10.86	682	3,278	1st
	Glad McKeown	23.54	576	6.38	544	15.60	405	11.42	316	7.82	456	2,297	2st
<u>W70</u>	Weight:	3kg	3kg	1kg	400g	5.449kg							
	Gwen Davidson	23.08	722	6.30	745	17.72	636	15.88	639	9.51	695	3,437	1st
	Kathe Stankovic	14.04	378	3.96	421	10.70	343	8.80	314	5.21	325	1,781	2nd
<u>M30</u>	Weight:	7.258kg	7.258kg	2kg	800g	15.88kg							
	Terry Baldwin	26.64	297	10.90	540	35.38	VR571	42.54	479	8.27	349	2,236	VR
<u>M40</u>	Weight:	7.258kg	7.258kg	2kg	800g	15.88kg							
	Clyde Riddoch	28.72	380	9.18	469	34.44	552	41.00	566	8.07	392	2,359	1st
	John Neale	25.22	318	8.20	407	27.34	412	29.94	376	7.30	344	1,857	2nd

Note: VR indicates Victorian Record

VICTORIAN WEIGHT PENTATHLON CHAMPIONSHIP 2 APRIL 1995

Age	Name	Hammer	Shot	Discus	Javelin	Heavy Hammer	Total Pts	Place					
<u>M45</u>	Weight:	7.258kg	7.258kg	2kg	800g	15.88kg							
	Peter Young	25.30	369	10.90	659	32.18	568	35.56	533	8.26	445	2,574	1st
<u>M50</u>	Weight:	6kg	6kg	1.5kg	800g	11.34kg							
	Graeme Rose	46.20	799	13.36	850	42.28	779	47.10	848	16.50	914	4,190	1st
	John Reynolds	37.42	618	10.32	628	34.64	611	28.96	462	13.66	734	3,053	2nd
	Morrie James	30.04	468	8.78	516	29.08	491	22.30	325	12.00	629	2,429	3rd
<u>M55</u>	Weight:	6kg	6kg	1.5kg	800g	11.34kg							
	Tom Hancock	35.84	667	10.80	753	35.94	730	41.00	804	12.09	696	3,650	1st
	George Knight	25.82	441	8.81	591	24.68	458	21.46	351	10.31	575	2,416	2nd
<u>M60</u>	Weight:	5kg	5kg	1kg	600g	9.072kg							
	Wim Van Weenan	47.56	950	10.84	771	37.68	707	30.54	567	15.68	906	3,901	1st
	Joe Ball	33.96	634	11.20	801	37.50	703	28.70	524	12.80	715	3,377	2nd
	Ilmar Manco	34.54	647	10.15	714	38.88	735	24.68	431	11.83	651	3,178	3rd
	Peter Barber	36.54	694	7.75	516	30.30	541	17.30	264	13.44	758	2,773	4th
	Harry Staeker	32.10	591	8.55	582	28.00	490	28.80	526	9.34	489	2,678	5th
	Nino Stankovic	N.T.	0	9.52	662	36.60	683	26.96	483	10.05	536	2,364	6th
<u>M65</u>	Weight:	5kg	5kg	1kg	600g	9.072kg							
	Harry Wyrnhoven	37.34	807	9.28	730	34.98	737	22.16	423	13.69	VR848	3,545	1st
<u>M70</u>	Weight:	4kg	4kg	1kg	600g	7.258kg							
	Aivars Pavulins	38.26	824	11.58	940	34.28	821	33.22	795	13.40	795	4,175	1st
	Stan Stankovic	31.08	640	9.38	736	27.00	614	29.66	692	11.09	636	3,318	2nd
	Ken Knox	26.34	521	10.11	803	32.54	771	19.86	415	11.32	651	3,161	3rd
<u>M75</u>	Weight:	4kg	4kg	1kg	600g	7.258kg							
	Roy Foley	33.66	801	8.79	774	30.04	798	15.12	326	11.93	760	3,459	1st
<u>M80</u>	Weight:	4kg	4kg	1kg	600g	5.449kg							
	John Fraser	31.72	845	8.59	854	21.72	614	14.28	343	12.58	747	3,403	1st
	Hans Holland	17.46	400	6.55	621	16.14	423	10.88	233	6.84	353	2,030	2nd

VICTORIAN VETERANS HEAVY HAMMER CHAMPIONSHIP  
CAULFIELD VENUE - 2 APRIL 1995

W30	1st	Sharon Clayton	10.14m VR	9.072kg
W40	1st	Chris Schultz	11.85m	9.072kg
	2nd	Ailene Martin	6.70m	
W50	1st	Jan Davies	13.59m	7.258kg
	2nd	Astrid Rose	10.50m	
W55	1st	Christine Dickie	8.07m	7.258kg
	2nd	Margaret Nunn	6.75m	
W60	1st	Valerie Worrell	11.09m VR	5.449kg
	2nd	Gladys McKeown	8.97m	
W70	1st	Gwen Davidson	9.57m VR	5.449kg
	2nd	Kathe Stankovic	5.43m	
M40	1st	Clyde Riddoch	8.70m	15.88kg
	2nd	John Neale	7.94m	
M45	1st	Hans Lotz	15.70m VR	15.86kg
M50	1st	Graeme Rose	17.32m	6kg
	2nd	John Reynolds	13.65m	
	3rd	Morrie James	11.40m	
M55	1st	George Knight	10.54m	6kg
M60	1st	Wim Van Weenen	16.80m	5kg
	2nd	Joe Ball	14.15m	
	3rd	Peter Barber	12.52m	
M65	1st	Harry Wynhoven	13.04m VR	5kg
M70	1st	Aivars Pavulins	13.66m	4kg
	2nd	Stan Stankovic	11.28m	
	3rd	Ken Knox	11.00m	
M75	1st	Roy Foley	12.38m	4kg
M80	1st	John Fraser	13.58m VR	4kg
	2nd	Hans Holland	6.24m	

### MULTI-EVENTERS... Here's your chance.

The NSW Vets, in conjunction with Athletics NSW will conduct an **Invitational Heptathlon and Decathlon** at the Homebush Olympic Warm-up Track on June 10th / 11th starting at 10am each day.

If you wish to compete send an entry including your age-group to:

Jim McGrath, 35 Sylvan Avenue, East Lindfield, NSW 2070 (ph (02) 416 6209) by 29th May.

Ages: Women W 30, Men: M 35 and upwards. Entry fee \$10 payable at the venue by 9.30am.

Age factors will be applied to performances before using International Points Score Tables.

## AUSTRALIAN VETERANS' CHAMPIONSHIPS, TOWNSVILLE

Nearly all of the 43 Victorian entrants in the Australian Championships turned up at Townsville, held over four days: 28th April to 1 May 1995. The meeting was an outstanding success, in every possible way. My guess is that all 600 odd participants in Track & Field returned home happy.

Townsville was great: very relaxed, friendly locals, and accommodation and shops were all within walking distance of the track, located about a kilometre from the centre of the town at the Townsville Sports Reserve, North Ward. The new synthetic track was overshadowed by the 300m lookout at Castle Hill, which turned out to be a very popular training venue for cyclists, walkers and runners.

Most Victorians and interstate competitors enjoyed trips to the Great Barrier Reef, Magnetic Island or to attractions in and around Townsville, such as its well known aquarium. There were plenty of clubs and restaurants, and entertainment centres for the young ones. We were encouraged to sample many things in Townsville by receiving discount vouchers. I went to the beach for the first time in years. It certainly beats swimming in Melbourne's icy Port Philip Bay.

Competition at the track was stronger than expected in the popular events, but fairly weak in the more technical events. We enjoyed meeting for the first time many north Queenslanders who don't travel down to the southern states. Officials were terrific: competent, helpful, laid back and never officious.

The programme was sensible: 10k walks and Half Mara's were held at 6.30am, and Cross Country at 7am. 5k walkers, 10k runners and steeplechasers suffered from high humidity at starting times of 3.45pm to 5pm, but the tropical weather was welcomed by everyone else. You never needed more than shirt, shorts and thongs, even at night, with the exception of the Casino and nightclubs.

The one peculiar aspect was the combining of our Champs with the inaugural Queensland Masters Games (QMG). There were roughly three equal groups of athletes: one group entered in our Champs only, one group in QMG only, and the rest in both (including myself). Most people who only entered one competition had been unaware of the other one. Separate medals were handed out for both competitions at the same presentation ceremony. I was pleased that we didn't have a situation where a QMG only entrant finished ahead of an Australian Championship gold medallist.

Unlike the World Masters Games in Brisbane last October, I never noticed competitors from other sports, but the QMG organisers announced that over 3,000 participated. Townsville was successful because it combined small town friendliness and tropical holiday fun, with big time organisation and efficiency. I've been to all of our Australian Champs since Perth in 1989, and after encountering a few less than perfect Champs in recent years, I'd be happy to keep going to Townsville.

Clyde Riddoch



## VAWC AND VVACI ROAD WALK CHAMPIONSHIPS

KNOX INDUSTRIAL ESTATE, 7 MAY 1995

by Colin Browne

It was interesting to come across the walkers doing their thing around the nearby streets during a break from helping Dot organise her 12 hour ultra run on the Knox track. My break included a gentle jog along the bike track to Ferntree Gully dodging the alsatian owners and power walkers, and a leisurely scan of the BMX activities where the dads had on more 500cc Grand Prix gear than their kids. Exciting stuff watching those kids hurtle up over the double hill, get airborne, twist in mid-air, land and bounce away around the bend. It attracts a big crowd and all the mums and dads are right into it supporting their little Michael Doohans. Then I went around to the road walks, where the big factory area lay empty except for the walkers and the organisers. They do a 2km loop out along a good

flat asphalt road, do a U-turn and return, diverting left to do a short block and complete the lap. Five times for 10km, ten times for 20km. It takes a lot of concentration to keep your style going for such a long time. The conditions were ideal, with no wind, cool and cloudy weather. The roads are traffic-free on a Sunday. Try walking there through the week though!

Picture of a walker: face contorted in distress or wearing the fixed grin of concentration, wobbling heel and toe, hips lurching one way, knees buckling the other, elbows up and out, fists punching an imaginary attacker on the tummy. It reminds you of a waiter trying to balance a metre high stack of dinner plates. They sway one way, then the other, surely they will go over, but no! On they go.

There was a great feeling of friendship and mutual support among the walkers. They were keen to assess their own form in the lead-up to Buffalo. A few PB's were very encouraging. Lee Osborne and Celia Kelly went home happy.

## RESULTS

### 10km

Name	Age group	Placing	min.sec
H. McDonald	W45	1	51.57
K. Cassidy	W45	2	53.20
C. Kelly	W45	3	55.30 PB
L. Osborne	W50	1	56.30 PB
F. Arcadi	W30	1	57.55
F. Brooks	M60	1	58.04
P. Hall	W50	2	58.47
K. LaRoche	M60	2	60.10
W. May	W50	3	60.12
G. Gourlay	M65	1	62.53
V. Harley	M65	2	65.38
T. Leb	W60	1	66.46
J. Thompson	M65	3	71.47
K. McGrath	M60	3	75.43

M. Marion	W50	4	75.37
R. Field	M80	1	76.08
D. Jack	W75	1	77.02
A. Smith	M80	2	82.20
<b>20km</b>			
M. Dickinson	M55	1	101.34
T. Johnson	M50	1	105.59
R. Sharpe	M45	1	113.23
R. Gardiner	M55	2	116.12
H. Summers	M55	3	118.30
G. Russell	M45	2	121.56
G. Paton	M50	2	123.46
K. Marion	M55	4	130.15
J. Salter	M50	3	134.20
J. Beck	M55	5	144.12

\*\*\*\*\*

## COBURG 24HR CARNIVAL APRIL 1995 Results

### 24 hour Ultra track race (Victorian Championship)

	LAPS	+METRES	K	I	L	.
Yiannis Kouros (38) Vic	707	181.8	282.98	18(AR)		
Joe Skrobalak (42) Vic	526	30.0		210.43		
Andrew Lucas (30) Tas	452	10.0		184.81		
Peter Hoskinson (32) Tas	442	160.0		176.96		
Mike Maddock (51) Tas	437	50.0		174.85		
Peter Gray (30) Vic	407	10.0		162.81		
Dawn Parris (42) Vic	335	160.0		134.16		
Godfrey Pollard (64) Vic	313	0.0		125.20		

### 24 hour Open relay teams challenge

Yan Yean Road Runners	952	90	380.89(AR)
RMC Duntroon	786	50	314.45
Coburg Harriers (1)	769	20	307.62
Coburg Harriers (2)	768	30	307.23
Coburg L.Aths	647	380	259.18
Ten Fabulous Females	641	90	256.49

### 24 hour Veterans relay teams challenge

(All runners over 30 years, must include 2 females & 4 Vets age groups)

Traralgon Harriers (1)	924	340	369.94
Yan Yean Road Runners	907	0	362.8
Coburg Vets	860	80	344.8
Aberfeldie Vets	841	395	336.795
Altona Vets	789	260	315.86
Traralgon Harriers (2)	777	380	311.18
Croydon Vets	755	70	302.07
Keilor Walkers (2)	490	0	196.00
Keilor Walkers (1)	484	0	193.60

# THE INAUGURAL PETER COLTHUP 5 MILE ROAD HANDICAP

by Ted McCoy

On a cool, overcast but fine autumn Wednesday night on April 5th, the Mentone Aths. clubroom quickly filled with Vets from far and wide, creating that air of nervous excitement laced with ribald humour typical of a Vets gathering before a club competition. This was a big competition with 65 entrants from 9 different venues. Everyone covetously eyed the Louis Waser crafted, magnificent PETER COLTHUP trophy, displayed along with the winners' medals and were secretly hoping that the handicapper would be unusually generous and kind-hearted- but true to handicappers' past and present, he proved to be, for most at least, the opposite. Mutterings of "Who's the handicapper?", "Where's the handicapper?", "Kill the Handicapper!" could be heard as all gathered at the start in the dark on the Mentone road course. Peter Colthup started his own event by sending off the outmarker, Kees Zwynenburg (Frankston) and the sounds of "60" - "60" repeated for the next 20 minutes until the backmarker, Russell Johnson (Aberfeldie) had left. In the dark, and with 9 and a half laps (834m/lap) of the road course to traverse and with numerous outmarkers getting up to 3 laps start, it wasn't easy to single out a leader for much of the event. Initially at least, the racing was very spirited, with everyone feeling that they had some chance of winning. Russell Johnson was running a "blinder", having caught and passed Eric Greaves and working his way right through the field almost to finish a magnificent 7th in the fastest time of 26.19 for the 5 miles. (8.045km) Jan Garrard (Mentone) and Joy Herbert (Caulfield) looked likely runners with a lap to go but were worn down almost in sight of the finish line by Gerry Blanchfield (Caulfield) with Don Hughes (Mentone) one second in arrears. Jan and Joy finished 3rd and 4th place respectively. Others followed quickly in succession. As proof that the handicapper (despite a couple of sleepless nights) had not been too far off the mark, Lavinia Petrie (Croydon) and Trish Wallace (Frankston) had a great battle for the women's fastest time, with Lavinia just shading Trish to

record the excellent time of 32.10.

The Mentone Vets put on a generous supper, which everyone enjoyed while recounting hard-luck stories. This event, in honour of Peter Colthup, will no doubt be the forerunner of many more - it can only get bigger and better judging by the enthusiastic response by all those who participated.

## RESULTS

Pl.	Name	Estimate	Go time	*Actual
1.	Gerry Blanchfield	39.30	10.30	38.07
2.	Don Hughes	36.40	13.20	35.18
3.	Jan Garrard	40.45	9.15	39.49
4.	Joy Herbert	40.00	10.00	39.10
5.	Bob Lewis	36.50	13.10	36.02
6.	Don McLean	37.20	12.40	36.35
7.	Russell Johnson	27.00	23.00	26.19
8.	Howard Ross	33.55	16.05	33.21
9.	Neil Boyle	29.55	20.05	29.26
10.	Rod Ford	33.35	16.25	33.0
11.	Lindsay Beaton	34.10	15.50	33.58
12.	Norm Cameron	39.30	10.30	39.30
13.	Judy Davison	40.30	9.30	40.35
14.	Col Waring	28.25	21.35	28.31
15.	Marion Perrazo	39.10	10.50	39.19
16.	Jim McLure	30.00	20.00	30.11
17.	David Pottage	29.50	20.10	30.03
18.	Ray Kemp	34.35	15.25	34.51
19.	Carole McCoy	39.30	10.30	39.48
20.	Trish Wallace	32.20	17.40	32.39
21.	Lavinia Petrie	31.50	18.10	32.10
22.	Michael Aust	32.30	17.30	32.54
23.	John Moore	35.40	14.20	36.08
24.	John Wallace	30.25	19.35	30.55
25.	Mark Benjamin	37.55	12.05	38.27
26.	Eric Greaves	27.05	22.55	27.38
27.	Alan Bennie	28.50	21.10	29.28
28.	Peter LeGet	32.45	17.15	33.27
29.	Michael Heffernan	37.25	12.35	38.08
30.	Peter Duggan	31.30	18.30	32.18
31.	Rimma McAvoy	34.10	15.50	35.59
32.	Bill Irvine	29.25	20.35	30.15
33.	Tom Davison	34.20	15.40	35.14
34.	Rob Waters	31.40	18.20	32.35
35.	Bronwyn Hanns	31.05	18.55	32.04
36.	Sam DeFanis	29.45	20.15	30.45
37.	Mike McAvoy	29.50	20.10	30.53
38.	Ian Cassell	30.25	19.35	31.32
39.	Judy Wines	39.30	10.30	40.3
40.	Shirley Young	38.05	11.55	39.19
41.	Jeff Mark	33.55	16.05	35.16

42.	Domenick Morina	36.30	13.30	37.54	54.	John Gosbell	33.45	16.15	36.55
43.	Ron Campbell	39.30	10.30	40.58	55.	Paul Meredith	36.30	13.30	39.53
44.	Charlie McRae	32.55	17.05	34.34	56.	Gordon Loughnan	37.45	12.15	41.13
45.	Laurie Collard	29.40	20.20	31.22	57.	Peter Smart	31.00	19.00	34.33
46.	Ron Young	31.45	18.15	33.29	58.	John Waite	30.45	19.15	34.19
47.	Roma Burhop	34.15	15.45	36.04	59.	Peter Batrick	35.30	14.30	39.12
48.	Doug Petroff	31.40	18.20	33.47	60.	Bob Henderson	28.50	21.10	33.26
49.	Les Clark	41.00	9.00	43.12	61.	Rob Findlay	32.20	17.40	37.33
50.	Bob Seamer	33.15	16.45	35.31	62.	Betty Mark	39.30	10.30	45.24
51.	Doug Wallace	34.10	15.50	36.28	63.	Kees Zwynenburg	56.00	7.00	no time
52.	John Mahoney	37.55	12.05	40.19	64.	Col Silcock	38.00	12.00	1lap extra
53.	Phyllis Gosbell	42.40	7.20	45.50	65.	Alan Killeen	34.15	15.45	1lap short

# VICTORIAN VETERANS ATHLETIC CLUB INC

## WINTER COMPETITION 95

### Start Times for 12 Track Events and 12 Field Events

Events will not start before the listed time Only 3 attempts per Field event

1:00 pm	1 - Fem.	600 metres	1 - Fem.	Hammer
	2 - Men	600 metres	2 - Men	Discus
1:30	3 - Fem.	Two mile walk	3 - Men	Javelin
			4 - Fem.	Stand. Long Jump
1:50	4 - Men	60 metres		
2:00	5 - Fem.	60 metres	5 - Fem.	Discus
			6 - Men	Triple Jump
2:15	6 - Men	1000 m.		
	7 - Fem.	1000 m.		
2:30			7 - Fem.	Javelin
			8 - Men	Stand. Long Jump
2:40	8 - Men	Two mile walk		
3:00	9 - Fem.	150 metres	9 - Men	Shot Put
			10 - Fem.	Triple Jump
3:10	10 - Men	150 metres		
3:20	11 - Fem.	Three mile run	11 - Men	Hammer
3:45	12 - Men	Three mile run	12 - Fem.	Shot Put
4:15 approx.	13 - Finish and clean-up			
4:30 pm	Certificate Presentations to all Competitors plus Tea, Coffee and your BYO. plate combined with good conversation			

2 5 JUNE 1 9 9 5

### CAULFIELD VENUE

Duncan McKinnon Athletic Track, Cnr. North Road Murrumbeena Ref. 68 K9

**NOTE** Change of Venue to allow World Veterans Games entrants to have one last hit-out prior to departure for Buffalo USA.

Entry fee \$1.00 per each event Entries will be taken on the day  
Enquiries (03) 807 5656 or 318 3802 Club Competition Uniform to be worn



## CALENDAR

### Saturday, 20 May:

**:Mt Beauty Marathon**, including half marathon and 10km fun run, 10am Mt Beauty Secondary College, Gerry Ploeg (057) 57 5234(h), (057) 57 2468(w).

**Saturday-Monday, 20-22 May: Otway Classic**, Ceelong.

### Sunday, 21 May:

**:Sports: Run to the G**, 8km run or walk Brunton Ave, 9am, Start to Finish Event Management, 84 Burwood Rd., Hawthorn 3122. 819 9225.

**(VV) Weight Pentathlon**, Caulfield Melway 68 K9. Morrie James 570 6958.

**:Omron Healthcare Classic Fun Run**, 3/10km, 9am Braeside Park, (mel 88 D8), Robynne Browell 551 1727(w), 551 6218(h).

**:Garry Rogers Nissan Jells Lake**, 10km & 5km, Ferntree Gully Rd entrance, 9.30am, 282 5645 w.

### Sunday, 28 May:

**:Beat the Tide Fun Run**, 5/10km, 9am Catani Gardens, St Kilda, 827 7900.

**:Heathmont Lions Fun Run**, 6/12.5km, 9am HE Parker Reserve, Heathmont, 870 1626 h.

**:(VV) & (VCCL) 10km Cross Country**, Yarra Bend, Heidelberg Road, Clifton Hill. Melway 30 H12. Eric Greaves, 560-2971.

**:Sportworks Fun Run & Walk**, 8km & 4km, Scienceworks, Spotswood, 10am, 392 4800 w.

**:The Port Classic Fun Run**, 8km, 8.30am Port Melbourne Football Ground, Williamstown Rd, Mark McLeod 646 2094.

**:Kew-Camberwell Fun Run**, 4.5km /10km, Yarra Boulevard, Kew, 836 8222(w), 763 2709(h).

**:CHC Coburg Queen/King of the North**, 12km, 9am Harold Stevens Athletic Track, Harold Stevens 386 9251(h).

**:Omron Health Care Classic form Kingswood Classic**, Braeside Park, Dingley, 9am, 551 1727 w.

### Friday, 2 June

**:Everyready Torch Run**, 4.7km, Swanston Street, 7pm, 853 2768 w.

### Saturday, 3 June:

**:VRR Tan Handicap and breakfast**, 8km & 4km, opposite Swan Street Bridge, 7.30am, 802 7925 ah.

**Sunday, 4 June: (MM) VicHealth Melbourne Marathon, Half Marathon, Fun Run and Walk**, 10km & 5km, Junction Oval, St Kilda, AusFit Events Management, 25 Queen Street Kew 3101. phone (03)853 2768(w) (fax 853 2721)

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

**Saturday, 10 June: (AV) C.C. Relay**, Brimbank Park.

**Sunday, 11 June, Rutherglen Fun Run**, 10km, Main Street, 10am, 060 32 8690 w.

### Sunday, 18 June:

**:Olympic Day Run & Walk**, 10km, 5km, 3km, Albert Park Lake, 9.30am, 428 8049 w.

**:(VCCL) 8km Western Runners Handicap**, 11am Footscray Park.

**:Box Hill Lions Club Fun Run**, 6/12km, 9.30am Benettswood Reserve, 890 6173.

**:Blackburn Lake Primary School Fun Run**, 3/5/10km, 10am Florence St, Eric Sigmond 878 1091(h).

**:Sri Chinmoy 10km 2 Bridges**, Morell Street Bridge, 8am, 808 1736.

### Sunday, 25 June:

**:(VRR) Westerfolds Park**, 5/10km, 9am Porter St entrance, 802 7925(h).

**:(VV) Winter Championships**, Coburg, Melway 18 A10. 1.00pm. Eric Greaves, 560-2971.

**:Traralgon Marathon and 3/7km Fun Run**, incorporating Victorian Country Marathon, 9/10am Davidson St soccer ground, 051 341 809

### Saturday, 1 July:

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

**:(AV) Fishermans Bend 15km**.

**Sunday, 2 July: (VCCL) Albert Park Handicap**, 5km, 11am.

**:Tasmanian Vets Marathon Championship**, held in conjunction with the Southern Cross Marathon which finishes at Richmond. Contact Peter Lyden (002) 29 4263.

**:(VV) Heavyweightathon**, Caulfield, Morrie James 570 6958.

### Saturday, 8 July:

**:(VCCL) Shanahan Memorial Handicap**, 10km, 11am Aberfeldie.

**:(CHC) Bluestone Classic**, 15km, 2pm Harold Stevens Athletic Track, 386 9251.

**Thursday, 13 July - Sunday, 23 July, World Veteran Games**, Buffalo, New York State, USA, about 220 Australians competing.

## CALENDAR

**Saturday, 15 July: (AV) Brimbank Park 16km Cross country**.

### Sunday, 16 July:

**:(SF) Australian Runner and Athlete Trail Runs**, 5/10km, 9am Albert Park Lake, (mel 58 A8), 819 9225(w).

**:Gold Coast Marathon**, Gold Coast.

**:(VV) Weight Pentathlon**, Caulfield Melway 68 K9. Morrie James 570 6958.

### Sunday, 23 July:

**:(SF) Danone Queen of the Lake**, women's 5/10km, walk/run, 9am Albert Park Lake, 819 9225(w).

### Saturday, 29 July:

**:(AV) Bundoora 12km**.

**:CHC King/Queen of Mountain**, Whittlesea, 8km, Humevale Go Cart Track, 2pm, 386 9251.

**Sunday, 30 July, (VV) & (VCCL), 10 Mile Road Championship**, Princes Park, Carlton. Melway 29 G11, 10.00am Contact Eric Greaves, 560 2971.

**:Sri Chinmoy Marathon, half marathon, 10km fun run, 6km walk**. Williamstown, Newport Park, 8am, Kishore Cunningham, 853 8142(h) 666 4248(w).

**:Peninsula RR, Devil Bend**, 10km, 21km, 30km, Graydons Road, Moorooduc, 10am, 775 2494 ah.

### Saturday, 5 August:

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

**:(AV) 12km Cross Country**, Bundoora.

### Sunday, 6 August:

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

**:(SF) Australian Runner and Athlete Trail Runs**, 5/10km, 9am Albert Park Lake, (mel 58 A8), 819 9225(w).

**:Malvern Mini Marathon**, 7/12/20km, 8.30am Malvern Town Hall, 571 9393(h).

### Sunday, 13 August:

**:(VCCL) 10 Mile Handicap**, Princes Park, Carlton.

**:City to Surf, 14km**, Sydney, 14km, 10am, Sydney Town Hall to Bondi, 02 282 6611.w.

**Saturday, 19 August: (AV) 8km Cross country**, Ballarat Uni.

### Sunday, 20 August:

**:(VV) Winter Weight /Throwing Championships**, 12.55pm Duncan McKinnon Reserve, Murrumbeena (Melway 68 K9). Morrie James, 570-6958.

**:Ricketts Point to Point**, 3/10km, 8.30am Beaumaris Yacht Club car park, Terry Cheverton 583 1912(h).

**:(CHC) Coburg Half Marathon**, 9am Harold Stevens Athletic Track.

### Sunday, 27 August:

**:(VV) Vic Vets 10 km Road Championship** Braeside Park, Melway 88 E10, 9.00am. incorporating VCCL 8km Championship and Sealed Handicap. Eric Greaves, 560-2971.

**:(VV) Winter Rasenkraft Championships**. Dolomore Oval Mentone. Melway 87 C7. 12.00 weigh in & warm-up. 1.00pm competition. 3.15pm field games sprint 50 metres. Morrie James 570 6958.

**:(VRR) Princes Park Half Marathon**, 6km & 21.1km. 8.30am, 802 7925 ah.

**:Burke Hall De Castella Fun Run**, 7.5/15km, 10am Studley Park Rd, Kew, Phillip Xeureb 846 3513(h), 280 0800(w).

**Saturday, 2 September: (VRR) Tan Handicap**, 4/8km, 7.30am opposite Swan Street Bridge, 802 7925(h).

**:(AV) Australian Open Cross country**, 12km, Ravenswood, Bendigo. & Open 8km C.C.

### Sunday, 3 September:

**:Spring into Shape Series Run 1**, 5/10m, 9am Alexandra Gardens Boatsheds, 819 9225(w).

**:(CHC) Bluestone Classic**, 12km, 9am Harold Stevens Athletic Track.

### Sunday, 10 September:

**:Shotaramma**, Caulfield, Melway 68 K9. Morrie James 570 6958.

**:(VV) Road Walks**, 10km men's, 5km women's and men's 60+. Knox Industrial Area, Rushdale Road Scoresby, Melway 73 D7. 9.00am. Peter McGrath, 807-5656.

**:City of Mordialloc Pier to Pier Fun Run**, 3/10km, 9am Mordialloc Pier, Ian Manfred 580 0155(h), 587 1241(w).

**:(VV) Veteran Weight Pentathlon**, Caulfield.

**:(AV) Half Marathon**, Albert Park.

### Sunday, 17 September:

**:Victorian Half Marathon**, 8am Albert Park Lake, 429 5105(w).

## FLY ON THE WALL

Leaked from the minutes of the AGM, 21 April 1995.

**PRESENT:** 63 members of the Victorian Veterans' Athletic Club Inc.

2.1 National Championships. Dot Browne mentioned that Marge Colthup was prepared to organise a Vets. bus to travel to the Nationals in Perth at Easter 1996. Contact Marge if interested 795 1169. A quote being obtained regarding costs.

2.2 Treasurer, Jeff Briggs commented that he had re-organised the finances of the club so that venues were now responsible for their own finances and the 50c. levy per member which used to be sent to the treasurer, no longer applies.

2.4 Peter Colthup commented that Tootgarook had mentioned in their report that the venue did not receive copies of "Around the Grounds". He stated that they had been taken to Frankston venue for Tootgarook but had not been collected from there.

### 3.0 ELECTION OF OFFICE-BEARERS:

(Ed: See opposite page for the new committee.) --> -->

3.2 Doug Orr thanked retiring committee members Clyde Riddoch, Marge Colthup and Margaret Cassidy for their valuable contribution to committee work.

### 4.0 LIFE MEMBERSHIP:

4.1 It was moved Peter Colthup, seconded Ken Wu at a meeting of the committee held on 30th January, 1995 that Peter McGrath, Vice Club Captain should be recommended for Life Membership of the V.V.A.C.I. at the coming AGM. A summary of Peter's strong contribution to the club over many years and his efforts in other areas was read to members. Subsequently, the committee's recommendation was put to the members and was approved by all present. Doug Orr congratulated Peter on a well deserved honour, and presented him with a plaque.



### 5.0 PRESENTATION OF AWARDS:

5.1 The following members were presented with plaques in recognition of outstanding service to the club: Margaret Cassidy (Committee member & assistant Aberfeldie venue manager) David Langley & Doug Petrov (retiring venue managers at East Burwood)

Ellen Crane & Peggy Tyler (21 years of service as club officials)

Doug Orr thanked Ray Harbert also, for his many years of excellent service as venue manager at Collingwood, recently retired, and stated that his services would also be recognised.

Bill Ryan, Keith Moody, and Ron Young to share the responsibilities from now on at Collingwood. John Gosbell and Graeme Horskins have taken over at East Burwood.

6.3 Pam Mews asked about advertising brochures for the club. Doug Orr & Colin Browne were able to pass around the "mock-up" for a publicity brochure entitled "Get Fit for Life" for which quotes are being obtained at the moment, with various printers, planning to produce 15,000 of these for distribution. Photographs on the brochure were taken at the recent Vic. Championships. Doug stated that Nike were being approached for sponsorship of approximately \$2,500 to cover costs of printing. If this was unsuccessful, VicHealth had agreed to cover the costs.

6.6 Australian Masters Games: Colin Browne gave a brief overview of the various venues where events outside of Olympic Park would take place: 8km Cross country at Yarra Bend, Half Marathon around Flemington Race course, 25km Road Run in the city, and 10km Road Walk at South Gate.

6.8 Eric Greaves stated that the venue for the Winter Championships had been changed from

Coburg to the newly-laid Duncan McKinnon track to enable those going to the World Champs. to have competition on an excellent surface prior to their departure.

6.9 Doug Orr proposed that the club needed a navy and white Victorian Vets. club track suit to be made available for members and produced some designs in a variety of materials made by "Kea". These received a positive response from members. They are well-made, lined, feature a Big V design and would cost \$120, with a choice of shiny rain proof or plain material. Doug would handle orders.

6.11 Trophy Glasses. As a result of the venue managers' meeting, it was asked to re-assess the position in regard to the provision of trophy glasses for venues. Agenda item for incoming committee.

## COMMITTEE MEMBERS 1995

Victorian Veterans Athletic Club Inc.

President  
Doug Orr  
27 Shawlands Avenue Blackburn South 3130  
878 4875

Honorary Secretary  
Dorothy Browne OAM. L.M. (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 Maribyrnong 3032  
318 3802

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

Club Vice Captain  
Peter McGrath L.M.  
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

Annette Brunton  
7 Purches Street Mitcham 3132  
873 2529

Les Clark  
53 Koorngal Road Upwey 3158  
754 2793

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

Maurie James  
34 Pasadena Crescent Bentleigh East 3204  
570 6958

Kenneth Wu  
PO. Box 2149 St Kilda West 3182

Honorary Auditor  
Keith Routley 699 6384  
6 Mowbray Street Albert Park 3206  
also Rob Petrie (059) 671 915

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 54 G 9 Tuesday - Daylight Saving
BALLAARAT	Llanberris Field, Ballaarat	
EAST BURWOOD	Burwood East Reserve, Burwood Highway John Gosbell 808 4641 Graeme Hoskins 802 7925	Thurs 62 C 7
CAULFIELD	Duncan McKinnon Park, North Road, Murrumbene Leo Charles 579 1830 (Royce Foley 570 4898)	Tues - Track 68 K 9 Sunday - Field Games)
COBURG	Harold Stevens Ath. Field, Outlook Rd. Coburg Gordon Burrows 366 0326 Vonda Saunders 460 1267	Thurs 18 A 9
COLLINGWOOD	George Knott Reserve, Heidelberg Rd., Clifton Hill Bill Ryan 434 3783 Keith Moody	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, Banance 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 Louis Waser (059) 412 945	Weds 87 B 6
SPRINGVALE/ NOBLE PARK	Ross Reserve, Memorial Drive, Springvale Leigh Cassidy 772 2508	Weds 80 E 12
TOOTGAROOK	Tootgarook Sports Reserve, Truemans Road, Tootgarook Alan Radford / Ken Taylor (059) 855 989	Weds - Winter 169 E 6 Sunday - Daylight Saving

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