

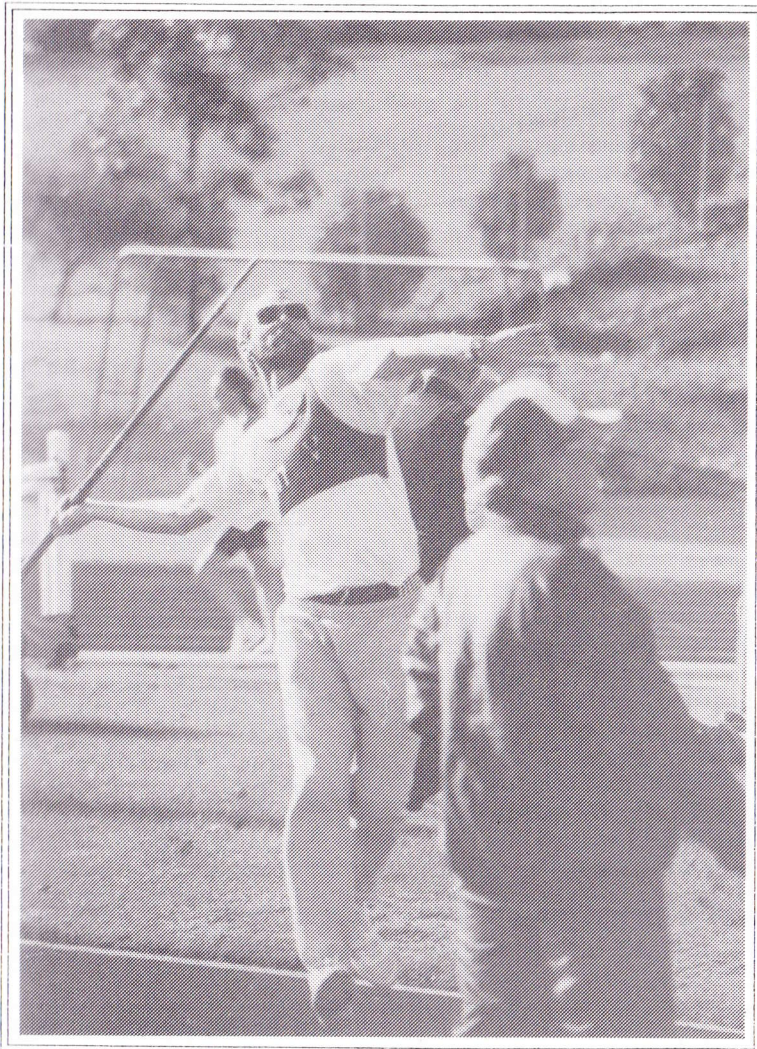


# Vic Vets

## NEWS AND RESULTS

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All-rounder, Clyde Riddoch, who turned the Winter Championships into an M 40 pentathlon +1 (a hexathlon?)



# Vic Vets

## NEWS AND RESULTS

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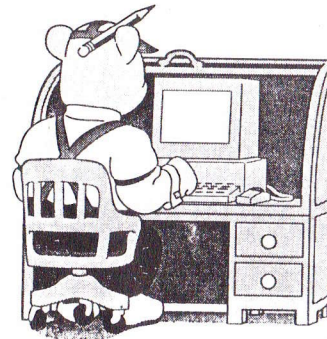
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## MATRIMONIAL BLISS ...



As 220 of our Australian veteran athletes are currently overseas representing us in Buffalo, New York at the XI WorldVeterans' Championships, it might be of interest to remind you that we are doing very well in our sport at the top veteran level. As national statistician I send on applications for world age-group records to Pete Mundle, the chairman of the WAVA Records Committee for ratification. We hear nothing more of these until the publication each year of the May issue of the National Masters News, which is the American newspaper devoted to veteran athletics. In the May 1995 issue there were ten new world records notified by Australian vets. That is really great. Ten new ones, not to mention those held for many years by the well-known stars! The ones I sent certificates to were Judith Knight, NSW, W65 80m hurdles, Marja-leena Parviainen, NSW, W50 hammer, Ruth Frith, NSW, W85 hammer, Jan Hynes, QLD, W50 200 metres, 400 metres and long jump, Nance Jeffreys, VIC, W85 3k walk, Heather McDonald, VIC, W40 20k walk, and Marge Allison, NSW, W50 400 metres and 800 metres. At the same time I sent out 13 certificates for Australian records. And I have sent several further claims for world records to Pete Mundle, but we won't know their fate until about June next year. So the standard is improving all the time. Let us hope that our representatives get plenty of PB's and even records at Buffalo. Go Aussie, go!

The Vic Vets are there in number, led by Ted McCoy, having his first innings as a team manager. Ted does a great job for the vets. He is a consistent committee member whose views are always well reasoned and constructive, a venue leader at Mentone, a leading light in Melbourne's preparations for

# Editorial

the 5th VicHealth Australian Masters games, and an exciting athlete in his own right. He is one of those runners who puts in everything that he has got right through the tape. Good luck as manager, Ted.

Things are moving along for the Masters Games in Melbourne. Our arrangements for medical cover are in place, with a very acceptable plan offered by Dr Paul Blackman and Dr Chris Bradshaw (son of Tony and Pauline you Croydon vets), by Kevin Beard of the Sports Trainers Association and by the Society of Clinical Masseurs who are offering free massage to the athletes. The road events are pretty well settled, although I might hold off announcing them for the moment, just in case I have to make an alteration. The entries close on August 1, and soon after that we will have a better idea of the size of the job. It could be 2000. That is a pretty big track and field event, especially for working people who are trying to organise it in their spare time. Ray Callaghan is the key man. He has a team of helpers to whom he has delegated a list of responsibilities that runs into three pages of typed lists. Ray is a master of forethought. We are in good hands, and will succeed, provided that everyone does his allotted job. By the way, don't forget to get your own entry in. I haven't yet. Must do it before July is over.

Winter is upon us, and the mornings are dark. Those training for marathons who get up for a morning run deserve our congratulations. Vic Vets had a nice little wintry track and field day at Caulfield and a great cross country at Yarra Bend in recent weeks. Read about them inside.

On a sadder note, it distressing to report that Sam Stapleton, well-known and greatly-loved Aberfeldie vet, died recently. Heart attack while running, I believe, in Northern Territory. Many members from the Aberfeldie venue have told me what a great person he was, how much he had helped them, what a great loss it is to lose such a good man. Vic Vets joins the many groups that sent tributes, to express our condolences to Sam's family and to thank them for allowing us to share in part of his life.

*John Browne*



## VETS IN PROFILE

### SAM STAPLETON

News of Sam Stapleton's death hit the people at Aberfeldie venue hard. Sam was a terrific bloke, according to the members. Bill Page, Margaret Cassidy and Rhonda Hircoc all had the same story to tell. Sam had been wonderful to the new members, quick to make them feel at home, supporting them in their early runs, going out of his way to smoothe their early days in the vets. He was very sociable, very helpful and very capable.

His capabilities came partly from his engineering background. He was something of an inventor. Tributes in the newspaper show the associations who valued his abilities. He was a handy man to have around the venue, able to solve the practical problems like welding.

He involved himself in the local council and took on the responsibility of manager of the Round The Bay Run team.

Sam was a good distance runner, winning age group medals in 5km and 10 km events. He did a half marathon two years ago, confiding to Margaret Cassidy as they ran that he had a heart complaint. He was in the habit of taking off to the north in the winter to the Northern Territory and Queensland. It seems that time ran out for Sam in Katherine, N.T., still running at age 79. Not a bad way to go. Thanks Sam, for all that you gave to the Vic Vets.



Sam Stapleton, back left, pictured alongside Dennis Sinnott, with Burt Rich, Margaret Cassidy and Peter Lally in front of the wall plaque from the Two-ton Round the Bay Run in 1989.

## LETTERS TO THE EDITOR

Dear Morrie (James),

Last Tuesday night, we attended a dinner and presentation in which our daughter, Sharon Clayton, was announced as winner of the Bendigo Sportswomen's Association Quarterly Award for her results at the Victorian Vets. Championships, Canberra Championships and the Rasenkraft Championships. As part of this award, she bought her own heavyweight from Ken.

At present she is having a break from training, but if Hans has a coaching day, please let us know and she will be there. Sharon has told us that you are responsible for bringing Rasenkraft, and then Veteran Athletics to her attention. And what a wonderful group of friends she has made during the last 12 months. Her renewed enthusiasm is due to you and Roy.

Thank you,

Frank & Irene Barr.

Ed's note: Well done Morrie! We're lucky to have enthusiasts such as yourself in our club. Keep up the good work!

Dear Colin,

Re: World Record - W55 2km Steeplechase.

I set a new World Record in the above event at the Australian Championships, held in conjunction with the Masters Games in Townsville the week before last.

The record was acknowledged at the medal presentation, and Ben spoke with Heather Doherty in this regard. Clyde Riddoch mentioned that you are to be advised. What is the procedure from Here? From memory, last time I broke a record in this manner, Heather Doherty sent me something to sign and return to her.

Re: Victorian medal presentations

I know this once hot potato has just about cooled down, but how about something in the line of:

- a) Medal presentations for 1st, 2nd and 3rd placegetters take place, as per usual.
- b) The placegetter who does not wish to retain his/her medal can trade it in after the presentation for a voucher, with a relative value in points in keeping with the placing gained.
- c) These vouchers can then be redeemed at a later date, or at the weekly venue, or some other place by arrangement, for a glass tumbler with the Vic. Vets. motif printed thereon.
- d) Maybe three different sizes of glasses could be made available, each having a different points value - so a competitor could save, say, three third vouchers (having a value of one point each) and redeem them for a tumbler, which is worth, say 3 points.

I know I would love to work towards having a set of Victorian Vets. glasses for use in our home bar.

Regards,

Jan Morrey.

Dear Dot & Colin,

I agree whole heartedly with David Innes' letter (Vic Vets News & Results, May '95). I too competed at the Victorian Country Championships at Newborough in January. I am a Pre-Veteran, which means that I still have to compete in the Open Section.

I have been competing for 26 years and I get the feeling from the junior competitors that I am past my prime and shouldn't be out there wasting their time and that of the officials. (This was my best season for 6 years!) The one thing that really annoys me is the fact that the juniors can come up into the Open Section and take medals off a genuine Open competitor and also win medals in their own correct age group. Aren't we entitled to receive a medal? If they're good enough, why don't they leave their proper age group for someone else to win? This is because of greed!

I love competing with the Veterans because I am in my own age-group. I can't move up and I can't move back and I get encouragement from all ages and both sexes (and not snide remarks!).



When the Country Championships were held in Bendigo back in 1987, I put in a Motion to include all events on the program for Veteran athletes. After a lot of discussion, it was finally passed. Many athletes entered in a lot of events, thinking that they wouldn't be held because of a lack of entries, but all events went ahead.

Athletics Victoria should look at why they have good entries in junior events and taper off in Open Section and then are strong again in the veterans. (Vic. Country Championships) Maybe it's got something to do with the juniors having age groups two years apart, then when they turn 20, that's it! They're in Open for good, unless they join the veterans where they get 5 year age-groups.

Victorian Veterans Athletic Club Inc. is the best thing that could have happened to me. I am back training again and can't wait to get back to Melbourne for competition. If Athletics Victoria took some lessons from you, they might not be in the mess that they are in now.

Keep up the excellent work,  
Yours in athletics,

Sharon Clayton..

Dear Editor,

I too have strong feelings about the Coburg results' reporting, but have not put pen to paper until now. When the question was raised at the AGM, nearly everyone was in agreement that they are impossible to follow easily. I might say that I am used to looking at tables and reviewing statistics, but after several attempts, have given up Coburg's as being extremely user-unfriendly.

The arrogance of the reply to criticism of his statistics had to be read to be believed. There is no doubt merit in a novel approach and Coburg gets points for trying, but if no-one reads them, what's the point?

Yours sincerely,

Peter Le Get.

## An insight from a baby veteran

by Terry Baldwin

My introduction to veterans' athletics came through longtime friend Clyde Ridloch, and although at first I was reluctant to have a go, Clyde was very persistent. The timing was perfect. Having come back from injury, I found the interclub season had almost finished, and I was still hungry for some good times and a decent track (having competed at Doncaster all season).

The word "veteran" has a certain ageing stigma attached to it, and for us young ones who still have dark hair, it can be somewhat of a hurdle to overcome when you say, "I'm competing in the veterans." People tend to laugh and say, "That's for old people." I had no idea there were so many veteran athletes who were so competitive, or that they have State and National titles open to all ages. My first competition in last year's Victorian championships brought back nerves that I hadn't experienced for many years. And I was pleasantly surprised by the efficiency of the meet, and more so by the competition I had in the sprints. The field events were light on with competitors. But I think too many people only enter a championship if they think they are a strong medal chance. Naturally in my age group there are still a lot of athletes unaware or uncertain about vets.

The Sydney Nationals were the first time I had travelled for a major competition, and it was very exciting. It was at these championships that I felt a strong bond from within the Victorian Vets. At first I felt very much like an outsider. So many unfamiliar faces. However the support I received during the pole vault was overwhelming and certainly made me feel right at home. I was impressed with the standard of competition, friendly rivalry, dedication and support displayed by the athletes. Whether you're running for gold, or to perform a PB or just pure fun, that you can still get on the track and have a go. Just being able to participate gives you a sense of achievement. And to enjoy the friendship of a very healthy lifestyle can't do any harm.

For me the veterans have opened up a whole new

world of athletic competition; it's like a new beginning. I have found the athletes to be very warm and encouraging, and it has given me some important meets to focus on and hopefully perform well in.

I think all veteran athletes should feel very proud of themselves and their achievements. I am fortunate enough still to be able to perform at my best (and hope to improve). I do not know how well I will deal with the inevitable decline in my speed, etc. Perhaps I can look to the more senior members for guidance.. Already my wife Jennifer has met girls she competed against 15 years ago. After the birth of our son Jayghen she is anxiously awaiting her debut in the vets. Rest assured you'll be seeing and hearing a lot more from the Baldwins (especially those vets at Knox).

Looking forward to getting re-acquainted  
Regards

Terry (Socks) & Jennifer Baldwin

P.S. Hope to see you all at the Australian Masters. I believe there is no official uniform to wear. That could make things very colourful.

\*\*\*\*\*

Ed: Thank you Terry. I am very keen to give a section in the "Vic Vets News and Results" to the younger generation of vets, so if you are under 40 and have a point of view to express, send it to me and I will make sure it gets a place in the mag. Col.

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## 1995 AAVAC NATIONAL CHAMPIONSHIPS

### AT TOWNSVILLE

#### VICTORIAN GOLD MEDALISTS

100 metres	M30 1.	P. Creasey	11.5
	M65 1.	L. Kent	13.9
	W75 1.	D. Jack	22.7
200 metres	M30 1.	P. Creasey	23.4
	M65 1.	L. Kent	28.7
	M80 1.	A. Smith	38.2
	W75 1.	G. Smith	1-06.9
400 metres	M60 1.	E. Stack	1:12.1
	M65 1.	L. Kent	1-09.7
	M80 1.	A. Smith	1-36.8
	W55 1.	J. Morrey	1-12.9
800 metres	M65 1.	A. Harris	2-49.5
	M70 1.	G. McKeown	2-49.5
	M80 1.	A. Smith	3-45.2
1500 metres	M65 1.	A. Harris	6-11.6
	M70 1.	G. McKeown	5-46.5

W40 1.	J. Wright	5-40.7
5,000 metres	M65 1.	B. Morrey 23-16.8
	M70 1.	G. McKeown 21-45.4
	W40 1.	M. Gourlay 20-49.0
10,000 m	M65 1.	B. Morrey 51-55.8
High jump	M35 1.	M. Larose 1.68m
	M65 1.	G. Goode 1.20m
	M70 1.	W. Widera 1.25m
	M75 1.	E. Galewski 1.95m
	W30 1.	A. Leb 1.38m
Long jump	M35 1.	M. Larose 5.91m
	M75 1.	E. Galewski 2.67m
Pole Vault	M70 1.	W. Widera 2.30m
	M75 1.	E. Galewski 1.20m
Triple jump	M75 1.	E. Galewski 5.59m
5km Walk	M40 1.	A. Doran 30-17.9
	M55 1.	G. Major 28-06.2
	M65 1.	G. Gourlay 32-08.9
	M80 1.	A. Smith 41-33.0
	W40 1.	M. Gourlay 28-39.0
	W45 1.	J. Watson 34-19.5
	W50 1.	M. Marion 36-04.9
	W60 1.	T. Leb 32-32.7
	W75 1.	D. Jack 38-34.7
10k Walk	M55 1.	G. Major 57-02.1
	M65 1.	G. Gourlay 65-06.8
	M80 1.	A. Smith 85-31.3
	W40 1.	M. Gourlay 57-19.4
	W45 1.	J. Watson 70-49.5
	W50 1.	M. Marion 73-16.1
	W60 1.	T. Leb 67-40.8
	W75 1.	D. Jack 76-23.2
100hurdles	M65 1.	G. Goode 22.2
	W30 1.	A. Leb 19.0
300hurdles	M65 1.	A. Harris 1-00.6
400hurdles	W30 1.	A. Leb 1-21.6
2k steeple	M65 1.	A. Harris 9-52.2
	W40 1.	J. Wright 8-58.4
	W55 1.	J. Morrey 9-13.5
10k cross cty	M65 1.	B. Morrey 44-43.0
	W40 1.	M. Gourlay 38-57.0
Half mara	M70 1.	G. McKeown 1:48.26
	W75 1.	G. Smith 3:29:0
Javelin	M70 1.	S. Stankovic 30.72m
	W30 1.	A. Leb 30.24m
	W65 1.	L. Widera 7.44m
Discus	M75 1.	E. Galewski 27.78m
	W65 1.	L. Widera 21.50m
Hammer	M75 1.	E. Galewski 35.58m
	W65 1.	L. Widera 24.94m
	W70 1.	K. Stankovic 14.08m



1995 AUSTRALIAN VETERANS CHAMPIONSHIPS AND MALANDA MILK QUEENSLAND MASTERS GAMES.

April 28th to May 1st saw the 1995 Australian Veterans Championships held in Townsville in conjunction with the Malanda Milk Queensland Masters Games. A beautiful host city, with good athletic facilities, ensured the competitors enjoyed both the competition and the social intermingling during the four days.

About fortyfive Victorians travelled north for the games and my observations were we had representatives in probably every event. The athletic track was brand new and in great condition. So were the throwing and jumping facilities although the Womens Hammer competition was held in an outside location where windy conditions and a temporary throwing cage caused some problems. All events naturally were held under IAAF and WAVA rules and specifications.

Day 1 saw the Short hurdles, the 400 metre heats and finals and the 10,000 metres on the track and the PoleVault and Hammer as the field events. The windy conditions early in the day settled during the afternoon and the temperature peaked around the 30 degree mark as the time for the 10k events drew near. However the sun went behind Castle Hill just before the first 10K which allowed the spectators stand to throw a shadow across a large area of the front straight and give the runners some relief. Unfortunately for the author and M30 to M55 age groups the sun moved around the back of the mountain as our event took place and we all copped a late afternoon suntan.

Saturday started with the 10k cross country through the Townsville Botanical gardens. A good cross country course with some difficult patches but it was short by at least 1km. It was still an enjoyable event however and quite warm even at 7am. This day also saw the Long Jumps, High Jumps and Discus in the Field and the 1500m, 100m heats and finals, the 2 and 3k Steeples and the 5k Walks. It was a fairly long day which finished with a barbeque type meal for those interested.

Sunday was another day where the Triple Jumps, Shot Puts and Javelin were the field events and the Long hurdles, 200 Metres heats and finals and 5km events were conducted on the track. The time table on all days had been running well to time and this continued on that day.

The final day (Monday 1st May) started with the 10km RoadWalks and the HalfMarathon plus the Pentathlon series. During the road walk and HalfMarathon the rain fell fairly heavily and this would have assisted some competitors. Both events had reasonably flat courses with the walk being 5 laps of a 2km course and the halfmarathon was an out and back course.

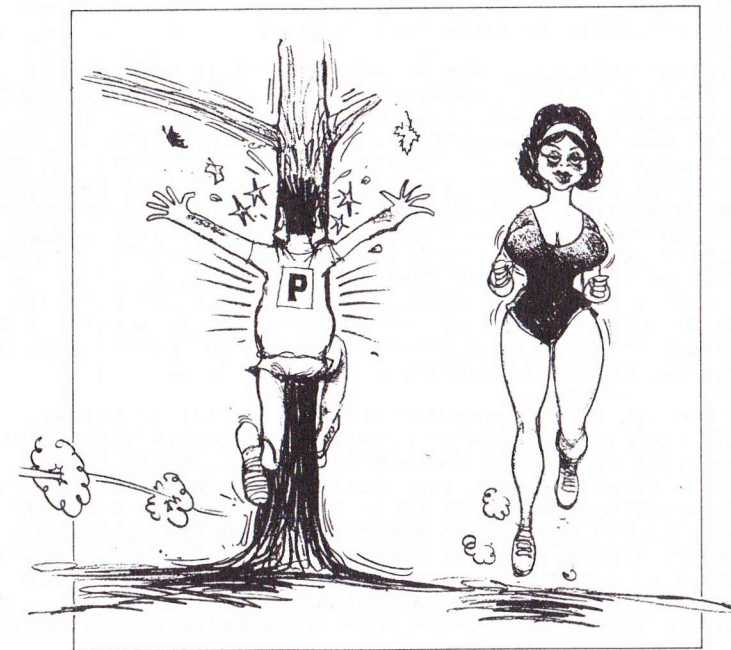
There were many highlights during the competition. A world record was made by Jan Morrey in the Womens 55-59yrs 2000 metre Steeplechase. A great effort particularly as she had a foot problem during the event. Paul Creasey (M30-34) ran a top race to win Gold in the 200M against strong competition. I also thought that Eddie Stack showed a ton of courage to win bronze in his final of the 200m. Andy Smith, Gold in the 400 metres was full of spirit and Dot Jack (W75-79) obtained Gold in her first ever 100 Metre race. There could be a future in athletics for both Andy and Dot if

they decide to concentrate on the sport. The Victorian contingent won many medals and each person should be proud of their efforts.

On the organisational side I feel the Queensland Veterans and the Townsville and District Athletic Association should be complimented for the conduct of the competition and for the manner in which they made everyone welcome. A lot of hard work obviously went into the preparations and this resulted in a fairly smooth running of events. So well done to Queensland, and to Townsville, and I am sure every VVACI member who attended has good memories of these games. (with the exception of Clyde Riddoch who pulled a leg muscle in his first event and effectively ruled himself out of every other event he had entered - I think this was a dozen or so).

I think also it was the Veteran component which contributed to the success of the athletics. A study of the day 1 entries shows total entries 315. Those who competed as Veteran/Master category were 164 (52.06%) and those who competed as Veteran were 97 (30.79%). The Masters component was 54 which was 17.14%. The figures appear consistent for the track and field events during the whole meeting but change dramatically for the Half marathon where most people competed as Masters. Medals were presented as both Masters and as Veterans. Therefore a person who competed as a Veteran/Master could receive two medals for winning an event. The system worked quite successfully.

Peter McGrath





SATURDAY THE 11TH MARCH, ONCE AGAIN FOUND US MAKING OUR WAY DOWN TO MOORABBIN AIRPORT TO BEGIN OUR TRIP TO KING ISLAND FOR THE 2ND RUNNING OF THEIR IMPERIAL 20 MILE HANDICAP RACE. JOINING PETER ONLEY (PILOT), KEVIN "TANGLES" ONLEY AND MYSELF FOR THIS TRIP WAS HOWARD "ROWDY" ROSS, WHO ALONG WITH THE REST OF US WAS QUIETLY LOOKING TOWARD A WEEKEND AWAY FROM OUR RESPECTIVE "SHE WHO MUST BE OBEYED". A VERY PLEASANT FLIGHT FOLLOWED WITH A LANDING AT KING ISLAND AIRPORT AROUND 2.30PM. AFTER PICKING UP OUR HIRE CAR AND BOOKING INTO THE CARAVAN PARK, WE WERE OFF FOR A DRIVE ALONG THE COURSE TO REFRESH OUR MEMORIES OF WHERE ALL THE HILLS WERE. I'M NOT SURE ABOUT THE OTHERS BUT I WAS CONVINCED THAT MOST OF THE HILLS HAD GROWN SINCE LAST YEARS EVENT.

ON SATURDAY NIGHT WE JOINED THE MAJORITY OF COMPETITORS AND SUPPORTERS IN THE PUB FOR THE TRADITIONAL PASTA LOADING AND THE CONDUCTING OF THE RUNNERS CALCUTTA. THIS EVENT ENTAILED BUYING A TICKET FOR \$2.00, AND IF YOU WERE LUCKY, YOUR TICKET WAS PULLED OUT OF THE BUCKET AND COUPLED WITH A COMPETITORS NAME. THERE WAS A FAIR AMOUNT OF BOOING ETC. WHEN PADDY MCHUGH AND MYSELF HAD OUR TICKETS PULLED OUT TO ONLY BE COUPLED WITH OURSELVES. CRIES OF, SLINGING THE HANDICAPPER A QUID AGAIN, HEY ECCLES, ABOUNDED THROUGHOUT THE PUB LOUNGE. FOR ONCE I FOUND MYSELF SHORT OF WORDS. BUT ALL THIS WAS QUICKLY FORGOTTEN ONCE THE BIDDING TO BUY A RUNNER IN THE HANDICAP RACE STARTED. IT WAS AN EYE OPENER TO WATCH THE BIDDING AND THE MONEY CHANGING HANDS. WHEN ONE COMPETITOR EAGERLY BID FOR HIMSELF, THERE WERE QUITE A FEW KNOWING LOOKS AMONGST THE CROWD AND AFTER THE RACE WAS RUN, THIS PARTICULAR ENTRANTS EFFORT JUSTIFIED THE KNOWING LOOKS OF THE PREVIOUS EVENING.

AFTER SETTling DOWN FOR A NIGHTS SLEEP IN OUR VAN, WE WERE AWOKEN ABOUT 2.00AM BY A HOWLING WIND WHICH WAS THREATENING TO DISLodge THE VAN FROM ITS FOUNDATIONS. AS WE LAY THERE WONDERING HOW THE HELL COULD ONE RUN WITH THAT WIND AND PRAYING THAT IT WAS A TAILWIND, IT BECAME OBVIOUS THAT THERE WAS QUITE A BIT OF WIND INSIDE THE VAN AS WELL. THIS WAS THE RESULT OF THE VAST QUANTITIES OF PASTA CONSUMED THE NIGHT BEFORE. SO YOU CAN IMAGINE THAT WITH BEING TRAPPED IN THE CONFINED SPACE, THERE WERE PLENTY OF CRIES DIRECTED TO ONE ANOTHER ABOUT, YOU CAN GET A VAN ON YOUR OWN NEXT YEAR YOU DIRTY BUGGAR! IT WAS A GREAT RELIEF WHEN DAWN FINALLY ARRIVED SO ONE COULD GET OUT INTO THE FRESH WIND. OF COURSE, WOULDNT YOU KNOW IT, WE WORKED IT OUT THAT IT WAS GOING TO BE A BLOODY HEADWIND TO CONTEND WITH ON THE RUN FROM GRASSY TO CURRIE.

ON ARRIVAL AT THE STARTING LINE, THE WHARF AT GRASSY, THE WIND WAS STRONGER AND AS COLD AS A MOTHER-IN-LAW'S KISS. I AM POSITIVE THAT EVERY COMPETITOR, INCLUDING THE GUEST CELEBRITY, YIANNIS KOUROS THE ULTRA MAN, WOULD HAVE BEEN HAVING SECOND THOUGHTS ABOUT THEIR LEVEL OF SANITY IN VEIW OF THE ATROCIOUS CONDITIONS. BEING FOURTH BACK MARKER, GIVING THE FIRST OFF ENTRANT 37MINS START, I STARTED TO LOOK FORWARD TO GETTING GOING JUST SO I COULD WARM UP A BIT. AN ADDED INCENTIVE TO HOOK IN AND GET GOING ONCE MY CO-BACKMARKER (DAVID ROSS) AND I FINALLY STARTED WAS TO TRY AND PUT AS MUCH DISTANCE BETWEEN YIANNIS

AND THE SCRATCH MAN AS POSSIBLE. BY THE 5KM SPOT, ANDREW AND YIANNIS HAD CAUGHT ME AND THEN IT WAS ALL OUT OT TRY AND HANG ON. YOUNG ANDREW EVENTUALLY POWERED AWAY LEAVING YIANNIS AND ME IN HIS DUST. FROM THEN ON IT WAS JUST A MATTER OF GETTING INTO THE RHYTHM METHOD AND TRYING TO ROUND UP AS MANY OF THE FRONT MARKERS AS POSSIBLE.

IT IS AMAZING HOW AFTER YOU HAVE COVERED A FEW K,S OF AN EVENT AND THE CONDITIONS ARE TOUGH, THE POSITIVE THINKING IS QUICKLY REPLACED BY THE NEGATIVE OUTLOOK. MY POSITIVE APPROACH IS TO SING TO MYSELF A SONG THAT IS UPLIFTING IN THE EFFORT TO FIND SOMETHING EXTRA. BUT ON THIS OCCASION AFTER STARTING OFF WITH THE THEME FROM ROCKY, I QUICKLY FOUND MYSELF HUMMING THE TUNE, REQUIEM FOR LOST SOULS. NOT THE BEST CHOICE OF MUSIC TO INSPIRE ONE TO GREATER EXPLOITS I CAN ASSURE YOU.

BUT AS HAPPENS, ALL GOOD THINGS MUST END, AND EVENTUALLY THE FINISH LINE CAME INTO VEIW, ALBEIT AT THE TOP OF A SLIGHT RISE. ANY THOUGHTS ABOUT NOT BEING ABLE TO CONQUER THIS LAST OBSTACLE ARE SOON DISPELLED AS THE TREMENDOUS ENCOURAGEMENT FROM THE LOCALS MAKES YOU FORGET WHAT YOU HAVE BEEN THROUGH AND ACTUALLY BREAK INTO A SPRINT.

OUT OF 32 STARTERS, 27 FINISHED THE EVENT. KEVIN ONLEY MANAGED TO STAY UPRIGHT AND NOT FALL OVER AS HE DID LAST YEAR. THE HARDWORKING RACE ORGANIZER AND GENERAL GOPHER, ROB COOPER, EVEN OFFERED KEV A SET OF TRAINING WHEELS PRIOR TO THE START IN AN ATTEMPT TO KEEP THE OLD BLOKE STEADY ON HIS FEET. KNOX VENUE'S KATHRYN SCHLEGAL RAN STRONGLY TO FINISH UP 3RD WOMAN, A FINE EFFORT.

ONE THING I NOTICED THAT HAPPENS IN A SMALL TOWN IS THE WAY RUMOURS SPREAD. THE NEXT MORNING WHILST ENJOYING A CRAWFISH PIE FROM THE BAKERY IN THE MAIN STREET OF CURRIE, QUITE A FEW PEOPLE WERE POINTING TO US AND SAYING THATS THEM, THEY ARE THE DESPERATES. JUST AFTER PADDY MCHUGH CAME ALONG AND SAID, YOU BLOKES ARE INCREDIBLE, I,M GLAD I DIDN'T END UP WITH YOU LOT YESTERDAY, YOU SHOULD BE ALL ASHAMED OF YOURSELVES. WE COULD ONLY GUESS HE WAS REFERRING TO OUR 4 HOUR LUNCH AND NINE BOTTLES OF WINE WE ENDURED SUNDAY ARVO AFTER THE RACE. BUT THEN AGAIN WE COULD HAVE BEEN MISTAKEN. THANKS TO ALL ON KING ISLAND FOR YOUR HOSPITALITY AND HELP. SEE YOU NEXT YEAR.

ERIC GREAVES  
CLUB CAPTAIN.

- |                      |         |                    |         |
|----------------------|---------|--------------------|---------|
| 1. IVAN DAVIS        | 2-15-02 | 15. PADDY MCHUGH   | 2-18-19 |
| 2. BRUCE CHETWYND    | 2-07-41 | 16. HOWARD ROSS    | 2-32-36 |
| 3. ANDREW LAW ***    | 1-56-14 | 17. RON HORNE      | 2-35-57 |
| 4. DAVID ROSS        | 2-00-30 | 18. FRANK BEAURAIN | 2-42-17 |
| 5. ERIC GREAVES      | 2-01-56 | 19. ALAN RIDER     | 2-32-37 |
| 6. LESS SAVAGE       | 2-16-12 | 20. TREVOR KEATING | 2-21-33 |
| 7. GEORGE FOSTER     | 2-39-16 | 21. ROB COOPER     | 2-34-32 |
| 8. PIP THORN ###     | 2-17-00 | 22. ROB PARKER     | 2-54-50 |
| 9. CHERY HORNE       | 2-16-46 | 23. TIM JAMIESON   | 2-52-13 |
| 10. BARRY LONG       | 2-17-19 | 24. ANDREW WARDLAW | 3-06046 |
| 11. JAMES HILL ccc   | 2-27-48 | 25. ROSE CROUCHER  | 3-21-08 |
| 12. KEVIN ONLEY      | 2-37-5- | 26. JOY LANG       | 3-30-46 |
| 13. KATHRYN SCHLEGAL | 2-30-19 | 27. KEITH GREEN    | 3-30-46 |
| 14. YIANNIS KOUROS   | 2-05-44 |                    |         |

\*\*\* = FASTEST TIME  
### = 1ST FEMALE  
ccc = 1ST LOCAL



## V.V.A.C.I HALF MARATHON BUNGAREE - 7TH MAY, 1995

Just on near perfect conditions greeted the large contingent of veterans and supporters on arrival at the Bungaree Foote oval for the Half-Marathon event. In fact the weather was so good, there was a fair bit of discussion as to whether or not the conditions were the best ever since our association with the Ballarat Harriers started. I can still vividly remember our first combined race when we copped rain, sleet and a wind that was cold enough to freeze the nuts off a tractor. The only thing that kept you going was the thought of a hot shower when you finished.

But this year it was almost pleasing to hear the sound of the gun to send us on our way. I have found it pays to be wise and concentrate solely on your fellow Vets. and not worry about other competitors once the gun goes. I have heard quite often post race tales about how someone has latched onto a non-vet running at a solid pace only to be left doing the dance of the dying duck when the said non-vet either turns off for the 5km race finish line or turns around for the 10km run turn around and charges away in the opposite direction towards the footey ground.

In the event itself, it quickly became apparent that M40 Russell Johnson was determined to be the first VVACI competitor to cross the finish line. Russell took charge after only 2km and was never challenged from there on. Russell's time of 73.43 put him into second place over all, with local athlete and Otway Classic runner, Frank Shevlin, in first spot with 73.11 to his credit. Back in the field as per normal, other battles were taking place with the M50 division being contested keenly between Barry Brooks and the bloke with the Eric Greaves haircut, Bob Curtis. Barry only broke away from Curtis with a couple of K's to go to finish in 79.10, only 15 seconds in front of Bob. Cherie Baldwin, W40, was first female vet. home in a time of 98.10. W65 Shirley "Nana" Young won the Stan Nicholls oldest female competition award. Shirley, along with Ken Matchett, oldest male, was presented with a book by Stan. It is rumoured that the book was titled "My Brilliant Career and Runs That I've Done", written,

edited and published by Stan himself.

Well done to the Ballarat Harriers for another well-conducted event. As a matter of interest, the award presentations, both race and spot prizes, took just on one hour to complete. I have never seen as many spot prizes at an event as there were at Bungaree.

My thanks to our members for supporting this event, with special thanks to Beryl Sinclair, Lyn Crouch, Jan McLure, Jean Onley and she who must be obeyed for their valued assistance in the time-keeping and collating of results. I would be remiss if I did not do in Caulfield venue manager, Leo Charles. Leo intended to have a trot in the 5km run, but on dragging his shoes out of his bag he discovered that he had put two left foot shoes in. It was then pointed out by an observant onlooker that both shoes were different sizes. It must be the pressure of being a venue manager that does it.

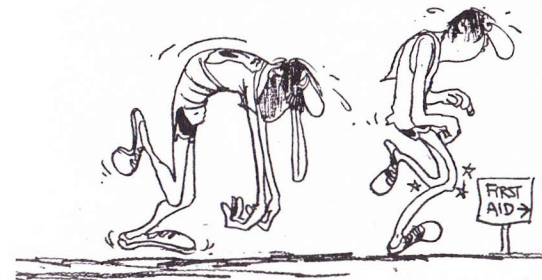
I wish to remind all members that the club uniform must be worn when competing in all official club events. Members not wearing their uniform will not be eligible to receive the appropriate medals if finishing first, second or third. The only exception to the above is if a member cannot be supplied with their club uniform prior to the event by the uniform sub-committee.

Club captain, Eric Greaves

### RESULTS

W 40	1	Cherie Baldwin	98-10	
W 45	1	Rhonda Trengrove	109-17	
	2	Vicki Thompson	120-35	
	3	Betty Mark	128-59	
W 50	1	Helen Myall	107-51	
	2	Margaret Cassidy	113-02	
W 55	1	Barbara Dalgleish	102-02	
W 60	1	Lois Sellar	127-06	
W 65	1	Shirley Young	106-10	
M 30	1	Shaun Kemp	84-53	
M 40	1	Russell Johnson	73-43	2nd OA
	2	Ross Martin	77-41	
	3	Gray Ryan	77-58	
	4	Rob Clutterbuck	78-43	
	5	Dennis O'Hehir	82-13	
M 45	1	Eric Greaves	76-00	3rd OA
	2	Lew Harvey	76-35	
	3	Peter Shone	78-06	

	4	Alan Bennie	80-19
	5	Sam Defanis	81-11
	6	Ken Senior	81-58
	7	Graeme Hewitt	82-03
	8	Rob Henderson	83-33
	9	Jim McLure	84-21
	10	Alan Douglas	89-05
	11	Rob Waters	90-48
	12	John Able	91-37
M 50	1	Barry Brooks	79-10
	2	Bob Curtis	79-25
	3	Michael Fenelon	80-37
	4	Rob Taylor	83-28
	5	Ron Campbell	84-58
	6	John Waite	85-28
	7	Colin Wight	86-14
	8	Barry Guppy	87-25
	9	John Dean	88-39
	10	Malcolm Brown	88-45
	11	Laurie Prossor	91-00
	12	Bill Kyte	101-24
	13	Peter Nelson	104-53
	14	Stephen Barker	109-07
M 55	1	Juan Perez	87-29
	2	John Annear	90-54
	3	Laurie Crouch	92-49
	4	Frank Furlan	99-50
	5	Brian Drennan	122-59
	6	Gordon Burrowes	132-01
M 60	1	Ron Young	91-33
	2	Bill Page	92-00
M 65	1	Bob Lewis	99-26
	2	Jack Gubbins	109-21
	3	Ben Morrey	114-29
	4	Newell Barrett	117-54
	5	Ron Watson	119-45
M 70	1	Ken Matchett	101-05
	2	Vern Gerlach	110-17
	3	Jim Sinclair	125-57
	4	Gerardo Riviello	133-54



## VVACI 10KM CROSS COUNTRY

YARRA BEND, 28 MAY 1995

by Eric Greaves

A very small field of competitors fronted for this event at Yarra Bend, Fairfield Park, in fact one of the smallest turn-outs for many years. But we were not alone in the lack of numbers area, our co-club, the VCCL, were also right down in competitor numbers. It would appear that the large number of fun runs on offer were more enticing than our club run to many members. But the members who made the effort to support our event, 45 in all, were treated to another well laid out course thanks to the hard workers from Collingwood venue. Led by that incisive and indefatigable individual, Mr. Ray Harbert, Grand Poobah Retired, Collingwood venue utilised the undulating terrain of Fairfield Park to the maximum, to once again present the competitors with a testing course.

The course underfoot was wet, due to early morning precipitation, thereby creating a couple of slippery sections that, upon approaching the second time, required a fair amount of dexterity by oneself to avoid going A over T and being trampled by the competitor behind you. Also this year for the first time in memory, the grass had been mown taking a little bit of the toughness away from the course. Personally though, I think Collingwood arranged especially for the grass to be cut due to the fact that they could never find Tony "Rocket" Williams, Ray Harbert's mini offside in the long grass when he set off to mark a section of the run out. I am reliably told by Disco Bruce that more than once Rocket has been mistaken for someone's garden gnome that's been stolen and dumped in the park.

It was interesting to note that even though Ray Harbert has retired as venue manager, when it comes to the cross country course layout he is still in command there. This was proven to me when after setting out a small section with flags in a gesture of being helpful, Ray came along and promptly moved them all to the opposite side of the track, all the while asking which lard head had put them in the wrong spot the first time.

Thanks to all members for their support and assistance on the day, with special thanks to Collingwood venue for another top effort.





**Russell Johnson, first vet overall at the 10km Cross Country Championship.**

**RESULTS**

M 30 1	Shaun Kemp	39.39
2	Kevin Cassidy	41.21
M 35 1	Bill Long	42.58
2	Andrew Tunne	44.22
3	Les Cations	79.33
M 40 1	Russell Johnson	36.10
2	Glenn Claiden	41.48
M 45 1	Eric Greaves	36.52
2	Dennis Ardley	43.27
3	Rob Waters	44.03
M 50 1	Keith Moody	41.27
2	Col Wight	42.13
3	Mike Richards	42.23
M 55 1	Ray O'Connor	39.21
2	Ted McCoy	39.39
3	Juan Perez	41.58
M 60 1	Ron Young	41.45
2	Bill Page	44.53
3	Kevin Onley	47.29
M 65 1	John Yates	53.17

M 70 1	Randall Hughes	41.48
2	Ken Matchett	49.47
M 75 1	Dick Kirkman	63.08
M 80 1	Harry Preston	1.54.24
W 45 1	Petrina Trowbridge	42.25
2	Carole McCoy	53.56
3	Christine Griffiths	68.32
W 50 1	Lavinia Petrie	47.06
2	Dot Browne	47.16
3	Margaret Cassidy	51.20
W 55 1	Judy Wines	54.56
W 65 1	Shirley Young	52.07

**OVERALL**

1	Russell Johnson	36.10
2	Eric Greaves	36.52
3	Ray O'Connor	39.21
F1	Petrina Trowbridge	42.27
F2	Lavinia Petrie	47.06
F3	Annette Brunton	47.14

**Overheard at the cross country:**

Eccles: "When we were setting up I was going crook at everyone for getting it right. If you don't get something wrong I won't have anything to put in my article."

Ron Young: "This course is so well marked, anyone who gets lost here would get lost in their own dining room."

A couple of highlights were the runs of Russell Johnson and Lavinia Petrie who earlier had run an 8km race at Port Melbourne and still won their sections. The combined event was interesting with a lot of red VCCL singlets going through first, including Matt Horgan in 34.10, Peter Hunt, Mark Tomsett and Brian Simmons. The sealed handicap event for the VCCL was won by Joe Caruana, his first win in that club.

Colin Browne

**WINTER CHAMPIONSHIPS**

AT DUNCAN MCKINNON GROUND,  
JUNE 25TH 1995

Colin Browne

This was a pleasant little low key, off season event. The new track at Duncan McKinnon Ground, Murrumbeena, site of the Caulfield Venue of the Vic Vets, was sharply orange and white in the cold winter sun shine, which poked out from behind the racing clouds from time to time. It is a great track, and quite a lot of Buffalo entrants took advantage of the chance to have a race or two before going overseas. Judy Wines and Nola Bradford did a great job on entries and results all day. There were a good spate of entries, with lots of rubbishing going on in the queues as they signed up with Dot and Bernadette. A number of old pros came out of the woodwork, Helmut Prentler, Keith Noden and



**Stan Stankovic, Col Silcock, Eddie Stack, Leo Charles and two unidentified at the Winter Champs.**



Howard Ross amongst others. Andy Smith was there in an overcoat, crook. Col Silcock came bustling in late as usual, calling out "Enter me in everything." Jean Knox, wife of the tall bearded Ken, was having her first try at a Vets event. There were some intense warmers- up, Jim Shand in long lycras doing sprints, Russell Johnson in headphones, looking to keep up his winning form. Field games were soon happening at three points of the ground. Clyde Riddoch was showing great style in the javelin and teaching others the finer points of the event. There was plenty of good spirit and bonhommie.

We had some of the non- standard events, such as the 60 metres, the 600 metres, the 150 metres and the three mile run. I wont say "Mickey Mouse events", but let me say that to see Nino Stankovic doing the standing long jump is not quite as riveting as watching Carl Lewis do it off a run up. Eddie Stack would have given Tom Roberts a run for it in the 600 metres, he said, but for the wind. Eccles was looking like a country squire in his overcoat and tweed cap. He and Peter McGrath swapped Irish jokes while they weren't organising the events. Doug Orr was running the entries to the starter. Marge Colthup prepared a nice afternoon tea of cakes and biscuits, and later put on a barbecue tea with salads. The Brownes were there with their dog Harley. They left it with Ken Readwin who sold it to a little Vietnamese guy for \$5 for dim sims.

## RESULTS

### 60 metres Men

M 30 1	Gary Hennessy	7.33
M 35 1	Steve Zimaris	7.58
2	John Szymanski	7.69
3	Greg O'Keefe	7.97
M 40 1	Paul Turner	7.28
2	John Freame	7.45
3	Clyde Riddoch	8.22
M 45 1	David Sheehan	7.48
2	Ken Millstead	7.99
3	Jack Buckingham	8.06
M 50 1	Bob Wishart	7.42
2	Ross Kent	7.77
3	Brian Tate	8.54
M 55 1	Graeme Noden	7.80
2	Jim Shand	8.40
3	Tony Bradford	8.45
M 60 1	Colin Silcock	10.41
M 65 1	Leo Coffey	8.42
2	Norm Keith	9.47

3	Peter Ward	10.40
M 70 1	Bill Bradley	8.75
2	Stan Stankovic	9.32

### 150 metres Men

M 30 1	Gary Hennessy	17.48
M 35 1	Greg O'Keefe	16.79
2	Steve Zimaris	19.36
3	John Szymanski	21.61
M 40 1	Paul Turner	18.43
2	John Freame	18.53
3	Clyde Riddoch	21.42
M 45 1	David Sheehan	18.67
2	Tom Gerrard	19.31
3	Ken Millstead	19.54
M 50 1	Bob Wishart	17.97
2	Ross Kent	18.60
3	Richard Trembath	19.01
M 55 1	Graeme Noden	19.13
2	Jim Shand	19.89
3	Tony Bradford	20.85
M 60 1	Kevin McGrath	25.26
2	Colin Silcock	27.87
M 65 1	Leo Coffey	21.38
2	Norm Keith	23.35
3	George Goode	23.61
M 70 1	Bill Bradley	22.84
2	Stan Stankovic	23.39
3	Gordon McKeown	24.80

### 300 metres Men

M 45 1	David Sheehan	40.06
M 50 1	Richard Trembath	41.60
M 60 1	Eddie Stack	50.30

### 600 metres Men

M 30 1	Bill Hains	1- 33.05
M 35 1	Bill Long	1- 46.46
M 40 1	Ron Muir	1- 35.29
2	Russell Johnson	1- 39.52
3	Mauro Anzil	1- 46.81
M 45 1	Trevor Rollinson	1- 34.76
M 50 1	Neil McDonald	1- 35.56
2	Ross Kent	1- 41.44
3	Doug Adeney	1- 44.85
M 55 1	David Nobbs	1- 41.84
2	Tony Bradford	1- 43.48
3	Ron Wilson	1- 55.33
M 60 1	Tom Roberts	1- 48.64
2	Eddie Stack	1- 51.88
3	Kevin McGrath	2- 21.92

M 65 1	Keith Noden	1- 58.64
2	Norm Keith	2- 11.12
M 70 1	Gordon McKeown	1- 59.87
2	Peter Colthup	3- 19.87

### 1000 metres Men

M 35 1	Bill Long	3- 13.81
2	Andrew Tunne	3- 27.17
M 40 1	Chris Stewart	2- 42.05
2	Russell Johnson	2- 56.74
3	Alan Alderson	3- 17.52
M 45 1	Trevor Rollinson	2- 49.72
2	Alan Bennie	3- 02.18
3	Jim McLure	3- 13.17
M 50 1	Neil McDonald	2- 55.39
2	John Waite	3- 15.68
3	John Knott	3- 24.36
M 55 1	John May	3- 12.64
2	Ron Wilson	3- 31.32
M 60 1	Tom Roberts	3- 15.37
2	Colin Silcock	4- 06.32
M 65 1	Keith Noden	3- 41.35
2	Bob Lewis	3- 51.07
3	Ben Morrey	4- 08.85
M 70 1	Gordon McKeown	3- 47.84
M 80 1	Harry Preston	7- 32.87

### Three mile run Men

M 35 1	Bill Long	18- 20
2	Andrew Tunne	19- 06
M 40 1	Chris Stewart	15- 39
2	Gray Ryan	15- 59
3	Geoff Holden	16- 07
M 45 1	Eric Greaves	16- 11
2	David Marburg	17- 26
3	Jim McLure	17- 51
M 50 1	Bob Hendy	17- 09
2	Norm Franzi	17- 46
3	John Waite	18- 18
M 55 1	Ray O'Connor	17- 14
2	Ted McCoy	17- 46
3	Juan Perez	19- 13
M 60 1	Tom Roberts	18- 33
2	Ron Young	18- 40
3	Michael Heffernan	21- 51
M 65 1	Bob Lewis	21- 13
2	Ben Morrey	22- 09
M 70 1	Gordon McKeown	21- 06
M 80 1	Harry Preston	48- 15

### Two mile walk Men

M 40 1	Clyde Riddoch	15- 47.86
M 45 1	Geoff Barrow	18- 24.47
M 50 1	John Hallo	18- 18.80
2	Jim Bannon	18- 39.54
3	John Salter	18- 57.36
M 55 1	Tony Johnson	15- 18.30
2	Kevin Marion	20- 33.48
3	John Beck	20- 53.50
M 60 1	Ken LaRoche	18- 05.62
2	Colin Silcock	19- 08.59
3	Fred Brooks	19- 11.36
M 65 1	Bob Lewis	21- 18.00
2	Jim Davy	21- 38.00
M 80 1	Ralph Field	23- 50.00

### Standing Long Jump Men

M 30 1	Chris Lewis	2.86
M 40 1	Paul Turner	2.77
2	Ron Muir	2.33
3	Tony Nemaric	2.23
M 45 1	Tom Gerrard	2.33
M 50 1	John Reynolds	2.40
2	Ken Readwin	2.07
M 55 1	Ken Priestley	2.45
M 60 1	Nino Stankovic	2.02
M 65 1	Norm Keith	1.98
M 70 1	Stan Stankovic	2.04

### Triple Jump Men

M 40 1	Clyde Riddoch	10.23
2	Tony Nemaric	9.43
M 45 1	Jack Buckingham	10.68
2	Tom Gerrard	9.54
M 55 1	Graeme Noden	10.38
M 60 1	Nino Stankovic	6.83
M 65 1	Leo Coffey	8.83
M 70 1	Stan Stankovic	8.45
<b>Discus Men</b>		
M 40 1	Clyde Riddoch	33.08
2	Tony Nemaric	17.16
M 50 1	John Reynolds	35.96
2	Ken Readwin	30.60
M 60 1	Joe Ball	37.76
2	Nino Stankovic	30.44
M 65 1	Harry Wynhoven	33.66
2	Norm Keith	17.56
M 70 1	Ken Knox	31.24
2	Stan Stankovic	27.32
M 75 1	Royce Foley	31.18
M 80 1	John Fraser	23.82



Javelin Men		
M 40 1	Clyde Riddoch	38.44
2	Tony Nematic	8.50
M 45 1	Tom Gerrard	37.62
M 50 1	John Reynolds	26.00
M 55 1	Ken Priestley	29.00
M 60 1	Joe Ball	34.14
2	Nino Stankovic	26.42
M 65 1	Harry Wynhoven	19.60
M 70 1	Stan Stankovic	25.64
2	Ken Knox	22.78
M 75 1	Royce Foley	15.14
M 80 1	John Fraser	14.04

Hammer Men		
M 40 1	Clyde Riddoch	25.22
2	Tony Nematic	14.30
M 50 1	Ken Readwin	44.20
2	John Reynolds	36.64
M 55 1	Ken Priestley	35.28
M 60 1	Joe Ball	36.48
2	Nino Stankovic	26.56
M 65 1	Harry Wynhoven	37.72
2	Jim Davy	19.74
M 70 1	Stan Stankovic	28.12
2	Ken Knox	27.12
M 75 1	Royce Foley	33.24
M 80 1	John Fraser	31.62

Shot Put Men		
M 40 1	Clyde Riddoch	7.97
2	Tony Nematic	7.33
M 50 1	Ken Readwin	10.00
2	John Reynolds	9.42
M 55 1	Ken Priestley	8.79
M 60 1	Joe Ball	11.19
2	Nino Stankovic	9.04
M 65 1	Harry Wynhoven	9.14
M 70 1	Ken Knox	9.99
2	Stan Stankovic	8.93
M 75 1	Royce Foley	8.96
M 80 1	John Fraser	9.21

60 metres Women		
W 35 1	Margaret Perrott	8.06
W 40 1	Kathy Heagney	8.47
W 50 1	June Reeves	8.66
2	Nyala Millar	9.35
W 55 1	Jill Cooper	8.94
2	Margaret Duguid	9.86
3	Christine Dickie	10.31

W 70 1	Gwen Davidson	10.05
W 75 1	Grace Smith	16.41

150 metres Women		
W 35 1	Margaret Perrott	18.53
W 40 1	Kathy Heagney	19.65
W 50 1	June Reeves	20.80
2	Nyala Millar	23.34
W 55 1	Jill Cooper	22.23
2	Margaret Duguid	25.82
W 70 1	Gwen Davidson	27.13
W 75 1	Dot Jack	36.12
2	Grace Smith	46.55

600 metres Women		
W 30 1	Sue Macko	1- 44.94
W 50 1	Carole McCoy	2- 03.86

1000 metres Women		
W 30 1	Sue Macko	3- 15.10
W 45 1	Vicki Thompson	4- 48.88
W 50 1	Lavinia Petrie	3- 39.37

Three mile run Women		
W 30 1	Sue Macko	18- 12
W 40 1	Jane Thompson	25- 40
W 45 1	Rhonda Trengrove	23- 01
2	Vicki Thompson	26- 04
W 50 1	Lavinia Petrie	19- 51
W 65 1	Shirley Young	22- 46

Two mile walk Women		
W 45 1	Celia Kelly	17- 18.47
2	Jan Watson	21- 45.75
3	Jill Rolls	23- 48.25
W 50 1	Win May	17- 54.56
2	Joy Herbert	18- 42.33
3	Sylvia Machin	19- 25.04
W 55 1	Maureen Seedsman	20- 09.16
2	Margaret Marion	22- 43.72
3	Denise Bannon	22- 49.32
W 60 1	Tina Leb	20- 02.98
W 65 1	Jean Knox	19- 33.35
W 75 1	Dot Jack	23- 56.19
2	Grace Smith	27- 34.57

Standing long jump Women		
W 45 1	Sharon Reynolds	1.65
W 50 1	Joy Priestley	1.73
W 55 1	Christine Dickie	2.04
W 70 1	Gwen Davidson	1.74

Triple jump Women		
W 55 1	Christine Dickie	7.39
W 70 1	Gwen Davidson	6.63

Discus Women		
W 30 1	Sharon Clayton	32.60
W 45 1	Sharon Reynolds	19.76
W 50 1	Jan Davies	23.12
W 55 1	Christine Dickie	15.78
W 60 1	Val Worrell	24.14
2	Glad McKeown	18.82
W 65 1	Lydia Widera	22.22
W 70 1	Gwen Davidson	15.66

Javelin Women		
W 30 1	Sharon Clayton	17.10
W 40 1	Judy Kohn	31.32
W 45 1	Sharon Reynolds	13.66
W 50 1	Joy Priestley	18.70
2	Jan Davies	18.10
W 55 1	Christine Dickie	11.30
W 60 1	Glad McKeown	14.30

2	Val Worrell	13.72
W 70 1	Gwen Davidson	14.66

Hammer Women		
W 30 1	Sharon Clayton	31.96
W 45 1	Sharon Reynolds	23.96
W 50 1	Jan Davies	44.32
W 55 1	Christine Dickie	23.52
2	Margaret Marion	16.52
W 60 1	Val Worrell	31.22
2	Glad McKeown	25.28
W 65 1	Lydia Widera	25.94
W 70 1	Gwen Davidson	24.20

Shot put Women		
W 30 1	Sharon Clayton	7.52
W 50 1	Jan Davies	9.21
W 55 1	Christine Dickie	7.31
2	Margaret Marion	4.75
W 60 1	Val Worrell	7.56
2	Glad McKeown	6.36
W 65 1	Lydia Widera	6.90
W 70 1	Gwen Davidson	6.27



A couple of villains swapping Irish jokes at the Winter Champs: Peter McGrath and Eric Greaves.



## THE THROWER'S COLUMN

### Throwers' DISCUSsions or HAMMERing a point

by Joe Ball

For a long time now, Morrie James and myself have grumbled over the fact that this magazine has appeared almost totally devoted to our running brethren. There have seldom been any articles about the throwing events or the problems and challenges facing the ageing thrower. I guess we must have been rather thick in not ascertaining the reason earlier - we throwers are either lazy or indifferent, or else we are incapable of stringing sufficient words together to tell our own stories. Whilst acknowledging our slowness in the realisation that WE needed to do something about this matter for ourselves, and in an attempt to refute our apparent inability to compose readable literature, here are the offerings of one Joe Ball.

Mindful of how different we all are, I need to set the scene about the factors that govern my own personal approach to meeting the challenge of continuing to throw at an age when the more sensible have chosen far less strenuous ways of spending their increased leisure time.

Firstly, I am not fanatical in my approach to training and competing. I have long ago decided that BALANCE is the keyword in the 'language of living'. Consequently, I try to ensure that I spend time on the other interests in my life, particularly my family, and this means that I do not train three times a day or even every day.

Secondly, I try to accept the fact that I am no longer 21 years old, and the accompanying realisation that I am NOT AS FIT, FLEXIBLE, QUICK OR STRONG as I used to be. If I need any reminder about this - particularly on the good days when the usual aches and pains have miraculously abated in the euphoria of a good throw - I can always look down at the rather large scar on my chest, courtesy of a by-pass operation in 1989.

Now the most difficult to accept of all the

factors is THE PROSPECTS OF MY PERFORMANCE GETTING BETTER ARE VERY SLENDER!! Sure, I will have the occasional good day and achieve a satisfying distance, but unless I enter a new age division where the weights go down, PBs are a thing of the past. Disbelievers should get themselves a copy of the recently updated AGE FACTOR TABLES, which detail and quantify the extent of the deterioration in athletic prowess with advancing years. I have faithfully kept a record of my personal performances since turning 40 way back in 1974 and they tell me, much as I would like to think otherwise, I ain't no different from the rest.

So by now, you are probably thinking "Why do I bother at all?" I do not seem to train anywhere near often enough, I am fast losing my youth and vigour and my performances are destined to go downhill at an ever-increasing rate. Well dear readers, THAT'S THE CHALLENGE and I still fervently believe that, despite all what appears to be negative in my introduction, that I can and I will one day be a good thrower. My optimism stems from the fact that my technique in all the throwing disciplines has tremendous scope for improvement, and it will be mainly by throwing more efficiently, that I can, to a degree, offset the ravages of ageing.

The most important point is that, with a self-imposed limited training time, I MUST MAKE EVERY AVAILABLE TRAINING MOMENT COUNT. To do this, I need to train far SMARTER and a damn sight CLEVERER than I did when I was younger. I must decide on which strategy suits me best at that particular time to slow down the ageing process and its effect upon my performances. Whereas I wish to spend the majority of my time on technique training, because this is where I anticipate most benefit, I cannot ignore the need for flexibility, speed and strength training. So, how do I solve the problem?

Well my first decision was to incorporate my flexibility exercises as part of my getting-up routine. This was not a result of long deliberations, but was forced upon me by an arthritis attack in my wrists and hands, which frequently renders them dead and lifeless on waking up. Consequently, as I swore and cursed and exercised my digital extremities in the early morning light, I decided that this was also the

best time to put the rest of my body through its stretching and flexibility routine. I do not do anything special other than to ensure back, shoulders and legs are fully manipulated. Personally, I think that once we are past the 60 barrier, that maintaining one's flexibility needs to have a higher priority than strength training. That is why I make certain that it is the one daily routine that gets done whatever the circumstances. Too often, older throwers seem to be 'pumping iron' when they should be stretching, with the consequence that they cannot get their inflexible bodies into the required throwing positions to fully and effectively utilise their recently re-acquired strength. However, this is a contentious area, and I am well aware there are those throwers who totally disagree with me and I extend them the right to reply in later editions.

Part and parcel of my early morning routine is a 40 minute brisk walk with my good lady, Myra which helps to maintain my general fitness as well as clearing my head from the previous night's all too frequent visits to the port bottle - medicinal of course! So, as you will see, I have developed a daily routine that attempts to maintain my flexibility and general fitness that is totally independent of what I call my training schedule.

TRAINING to my mind addresses INCREASED PERFORMANCE and assumes a reasonable degree of flexibility and fitness, since without these essentials, then one has difficulty handling the normal every day life of growing old, let alone attempting to hurl implements around.

Presupposing that my daily flexibility and fitness routine is sufficient, I still have to incorporate actions in my training schedule to help offset the deterioration in my speed and strength. So I have adopted a training program that will hopefully improve my technique and also address need for 'greater' speed and increased strength. There is nothing new in what I am doing, which is basically to THROW LIGHTER IMPLEMENTS TO ACHIEVE SPEED AND HEAVIER ONES TO GAIN STRENGTH. The Russians in particular have long advocated such an approach to training and I believe it is particularly applicable to us wrinklies. The great benefit in what I am doing is that, because my speed and strength training are all performed with the implements in hand, so THE

GAINS ACHIEVED ARE ALL IN THE ACTIONS AND MUSCLE GROUPS ACTUALLY USED IN THROWING. Which is where I want them. So what that I can no longer bench press heavy weights. I am not a power lifter and do not wish to become one.

With a limited total training time available, I fervently believe that such a FUNCTIONAL approach is by far the best way to meet challenges of continuing to throw, when really, we are long past our use-by date.

Joe Ball.

*(Joe Ball is 60 years old and has been a Vets member since the inception of the club. Joe has won numerous gold medals for shot-put, discus, javelin, hammer throw and is a keen devotee of the Weight Pentathlon event.)*

## MOVERS

### VETS WHO MOVE INTO A NEW AGE GROUP SOON

Morrie James pointed out to me that there may be interest in seeing which members are on the verge of moving into a new five-year age group category soon. Runners obviously will enjoy the respite from competing against the younger ones in the age group, but in the field games there are often even greater benefits from moving up, such as lighter implements and lower hurdles. So I made a little program to pull these names out from the membership database for a given month.

GIBNEY	GERARD	M65
GRAY	KEVIN	M50
BRADFORD	ANTHONY	M55
CLANCY	DESMOND	M45
DREWS	ALAN	M40
HANNAFORD	PETER	M55
HEYWOOD	COLIN	M40
HEYWOOD	J. WESLEY	M65
LLOYD	GARRY	M40
MATHESON	IAN	M55
McAVOY	MICHAEL	M60
MUIR	IAN	M50
NORRISH	H. G.	M65
RYAN	ASHLEY	M40
SCOTT	DOUGLAS	M45
TURNBULL	BOB	M75
CAMERON	MOYRA	M50
KELLY	DALE	M45



## Friday Bike Rides

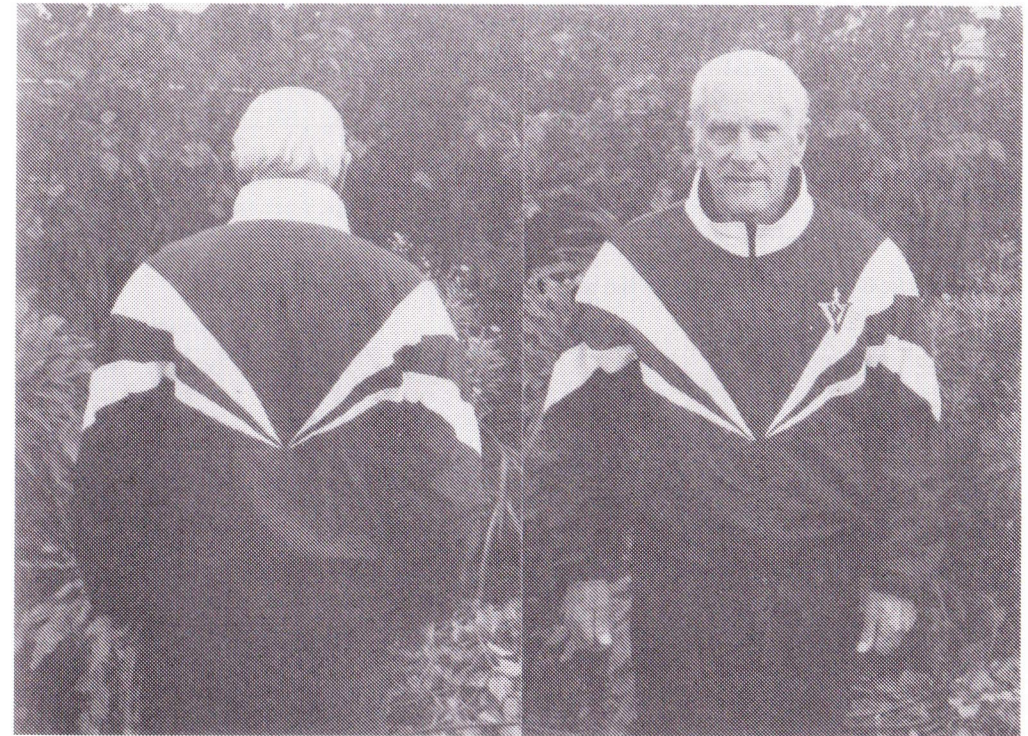
by Phyllis & John Gosbell

An informal group of Vets. has been bike riding regularly on almost every Friday since September last year. The group has evolved from Vets. in the eastern suburbs: mainly retirees, retrenchees, part-time workers, shift workers and those on RDOs or "sickies".

Usually we take a different route every week mostly on bike paths. Sometimes we travel over public roads to link up the bike paths but we try to keep the road distance as short as possible and take the safest route. The rides range in distance over 30 to 60 Km. Some of the shorter rides we do during the morning but for most we leave mid-morning, take a cut lunch, and return during the afternoon. We've discovered some interesting and scenic routes around Melbourne and its suburbs. At this stage we are still exploring new routes but we'll soon have to recycle (re-cycle) our outings. Most of the rides are out and back while others are loop type courses. Here is a sample of some of our rides: Glen Waverley to Southbank; Brighton to Chelsea; Dandenong to Beaumaris Beach; Vermont to Vermont via Jells Park, Scoresby, Ferntree Gully and Boronia; Box Hill to Box Hill via Gardiners Creek, the Main Yarra Trail and the old Outer Circle Railway; Banksia Park to Diamond Creek; Banksia Park to the Zoo. One recent ride took us from Brighton to Westgate Bridge where we crossed the Yarra on the Bike Punt and rode on through Williamstown to have a picnic lunch at Altona and returned.

Of course all this bike riding has not been without incident. After clipping Shirley Young's back wheel, Les Clark gave a perfect demonstration of a commando style roll as he fell from his bike. John Kerr, in the middle of the lunch time crowd at Southbank, tried to mount his bike by swinging a leg over the front of his handlebars but ended up in an embarrassing heap under his bike much to the amusement of the crowd. Instead of using the opportunity to pass around his helmet for contributions from the crowd, he tucked his bike between his legs and took off smartly looking rather red-faced. One day the weather was looking very threatening, but not to be put off (after all we run in the rain sometimes) we set out. After riding through steady rain we were suddenly struck by a severe thunder storm; and I mean struck. The hailstones were very large and hit with some force; helmets protected heads but other body parts suffered. This happened when we were somewhere near Scotch College where a unanimous vote was taken to quit. On the way back Sandra Kerr ran out of brakes coming down a steep hill and decided to stop by simply jumping off. She has now re-grown a reasonable cover of skin on her legs. When we got back to our cars, we all went around to the Gosbell's place where dry socks, knickers and jocks were dispensed to the dripping assembly along with some old running shoes etc., and we thawed out with some hot soup. We repeated the course several weeks later under more clement conditions. On another occasion, we stopped to have a chat to a very large group of senior citizens taking a walk in Williamstown. One of their number boasted that they went on a long walk every Friday. Not to be outdone, Shirley Young retorted that we run every day but Friday is our day off so we do a bike ride instead. They strolled off looking somewhat deflated and disbelieving. Sometimes we have a few problem members like Judy Walters who wait until we're ready to start out to announce that they have a puncture.

Are you interested in joining us? It's heaps of fun and you would be very welcome. We get along at a leisurely pace, stop for camera shots, sometimes a diversion into a coffee shop and we pull up for any number of reasons along the way. You don't have to be an elite or experienced cyclist to get along with this group! If you want any further information, or details of the next ride, please contact Shirley and Ron Young on 878 9510 or Phyllis and John Gosbell on 808 4641.



## OPPORTUNITY KNOCKS

The forthcoming Australian Masters Games are expected to attract almost 2,000 participants in athletics alone. We intend to take advantage of this rare occasion by widely circulating a promotional pamphlet, which relates to the purpose and positive aspects of Veteran Athletics. It will be well presented in full colour on quality paper. We are hopeful it will attract many new members to our club. A submission has been made to VicHealth and the Department of Sport and Recreation for their endorsement and financial support.

We also feel that we can project our image and our strength even further by adopting a standard form of dress. We have seen other sporting bodies, including our own interstate colleagues, who are readily identified by the clothes they wear. An attractive uniform gives the wearer a sense of belonging and the club an identity of prestige and strength.

We have decided on a navy and white track-suit design with an appropriate Victorian logo on the front of the jacket. We feel it offers a smart and dressy appearance. We will visit your venue shortly to show you the gear and to give you more details on how you can make a purchase. The jacket and the pants may be purchased separately. An order form is printed on the reverse side of this page.

It is expected that if enough of us wear the gear at the Masters Games, we can make a very positive impact on non-members and hopefully recruit more people to Veteran Athletics.

Doug Orr (President)



# ORDER FORM - V.V.A.C.I. TRACK SUIT

Name: ..... Venue: .....

Address: .....

Telephone: (Bus) ..... (Home) .....

Please circle your size. Note jackets and pants can be ordered in different sizes.

Jacket: XS S M L XL XXL XXXL

Pants: XS S M L XL XXL XXXL

Order

Price	Full suit	\$90.00	.....
	Jacket	\$55.00	.....
	Your name embroidered	\$ 3.00	.....
	Postage	\$ 5.00	.....
	<b>Total Amount</b>	<b>\$ .....</b>	

Note: If you have paid to have your name embroidered on the chest, would you please indicate whether you prefer block letters or script .

Block [ ]

Script [ ]

Please send Order Form and cheque or money order (made payable to V.V.A.C.I.) to:

Doug Orr,  
27 Shawlands Avenue,  
South Blackburn 3130



# NEW VICTORIAN RECORDS

Age	Event	Name	Performance
M50	100m	Gary Barker	11.6
M70	100m	Charles Scarff	13.8
W45	100m	Barbara Blurton	12.9
W50	100m	Anne Stobaus	13.7
W55	100m	Jill Cooper	14.3
W75	100m	Grace Smith	27.76
M30	200m	Paul Robertson	22.79
W45	200m	Barbara Blurton	27.0
W50	200m	Anne Stobaus	29.08
M30	400m	Paul Robertson	51.08
M30	400m	Terry Baldwin	50.91
W35	400m	Debra Tomsett	58.04
W55	400m	Jill Cooper	70.2
W50	800m	Anne Stobaus	2.34.8
M60	1500m	Mike McAvoy	4.42.1 & 4.41.9
M70	1500m	Randall Hughes	5.14.8
M60	Marathon	Mike McAvoy	3.07.45*
M30	400m Hurdles	Terry Baldwin	58.3 Aust Record
M55	400m Hurdles	Mike Hall	46.6
M30	3k Steeple	Raymond Rossi	10.27.84 Aust Record
M40	3k Steeple	Jeff Broderick	9.11.9 Aust Record
M60	2k Steeple	Mike McAvoy	7.54.5
W35	2k Steeple	Theresa Lynch	8.44.6
W40	2k Steeple	Janis Wright	8.16.3
W45	1500m Walk	Heather McDonald	5.57.1
W75	1500m Walk	Dot Jack	10.59
M55	3k Walk	Murray Dickinson	13.51.1 Aust Record
W45	3k Walk	Heather McDonald	14.53.68 Aust Record
W75	3k Walk	Dorothy Jack	22.29 Aust Record
W85	3k Walk	Nance Jeffreys	27.36.5 Aust Record
W45	5k Walk	Heather McDonald	25.04.5 Aust Record
W85	5k Walk	Nance Jeffreys	47.13 Aust Record
W45	10k Walk	Heather McDonald	52.39 Aust Record
W85	10k Walk	Nance Jeffreys	98.37 World Record
M30	Long Jump	Roger Groppi	6.48m (=) Aust Record
M50	Long Jump	Chris Battersby	4.39m
M30	Triple Jump	Roger Groppi	12.92m Aust Record
M80	Triple Jump	Andy Smith	5.65m
W40	Triple Jump	Sue Haylock	10.20m
W55	Triple Jump	Christine Dickie	7.45m & 8.28m
M55	Pole Vault	Rob Barclay	3.45m Aust Record
M60	Pole Vault	Harry Wynhoven	2.51m
M65	High Jump	Gordon Gourlay	1.45m = Aust Record
M30	Shot Put	Terry Baldwin	11.60m
M70	Shot Put	Aivars Pavulins	11.70, 90, 97m & 12.25m
M80	Shot Put	John Fraser	9.31m Aust Record
M30	Discus	Terry Baldwin	35.38m
M50	Discus	Graeme Rose	42.32m & 42.86m
M80	Discus	John Fraser	25.08m = Aust Record
M50	Javelin	Graeme Rose	51.08m Aust Record
M70	Javelin	Aivars Pavulins	32.30m & 36.34m Aust Record
M60	Hammer	Wim Van Weenen	49.98m, 50.60m & 50.62m Aust Record
M80	Hammer	John Fraser	32.60m Aust Record
W30	Hammer	Sharon Clayton	28.94, 31.74, 32.92 & 33.98m



## NEW VICTORIAN RECORDS

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Age	Event	Name	Performance
W50	Hammer	Jan Davies	47.80m World Record
W55	Hammer	Val Worrell	32.82m
W60	Hammer	Val Worrell	31.68m & 31.72m Aust Record
M45	Heavy Hammer	Hans Lotz	15.70m*
M60	Heavy Hammer	Wim Van Weenen	16.47m, 16.72m & 17.26m*
M65	Heavy Hammer	Harry Wynhoven	13.27m & 13.69m*
M80	Heavy Hammer	John Fraser	13.58m*
W30	Heavy Hammer	Sharon Clayton	9.03m, 9.59m & 10.14m*
W40	Heavy Hammer	Chris Schultz	12.44m*
W50	Heavy Hammer	Jan Davies	13.70, 83, 87m & 14.00m*
W55	Heavy Hammer	Valerie Worrell	8.53m*
W60	Heavy Hammer	Valerie Worrell	11.09m & 11.12m*
W70	Heavy Hammer	Gwen Davidson	9.54m & 9.57m*
M30	Weight Pent	Terry Baldwin	2,236 pts
M50	Weight Pent	Graeme Rose	4,158, 169, 194 & 4,285 pts*
M55	Weight Pent	Tom Hancock	3,650 pts*
M60	Weight Pent	Wim Van Weenen	4,112 & 4,162 pts*
M70	Weight Pent	Aivars Pavulins	4,063, 172, 230 & 4,242 pts*
M80	Weight Pent	John Fraser	3,918 & 3,961 pts*
W30	Weight Pent	Sharon Clayton	1,996 & 2,158 pts
W50	Weight Pent	Chris Battersby	3,646 pts*
W55	Weight Pent	Val Worrell	2,881 pts*
W60	Weight Pent	Val Worrell	3,278 & 3,384 pts*
W70	Weight Pent	Gwen Davidson	3,519 pts*
M30	Decathlon	Terry Baldwin	6,106 pts Aust Record
M50	4 x 1500m Relay	Mentone Venue team	20.02.3 (Ted McCoy, Ray O'Connor, John Waite & John Kneen)

\* Possibly Australian Records, because Australian Records have not yet been compiled for the Marathon, Heavy Hammer and Weight Pentathlon events.

In addition, John Salter has provided sufficient evidence to show he broke two walking records way back in 1979 and 1981: 25.28 for the M35 5k Walk and 100.18 for the M40 20k Walk.

Similarly, Peter Hannaford set M35 and M45 Marathon records of 2.25.52 in 1977 and 2.32.16 in 1984, and a M45 3k Steeplechase record of 9.45 also in 1984.

Please note that performances from any meeting (eg Saturday A.V. Interclub) can be claimed as a record as long as qualified officials are prepared to certify the validity of the performance (and the usual rules have been complied with, e.g. 3 timekeepers)

Victorian Record Certificates have been issued for all records set since 1993, but if requested **in writing**, Certificates will be supplied for any older Victorian Record. And please contact me if you haven't received your certificate.

Clyde Riddoch  
Victorian Records Officer  
1425 Burwood Highway, Upwey Vic 3158  
Telephone 204 7085 (B), 754 8241 (H), Fax 204 7818

1. JAMES CONNOLLY OF THE U.S.A., BECAME THE FIRST OLYMPIC CHAMPION IN 1527 YEARS, WHEN HE WON THE TRIPLE JUMP IN 1896 WITH A GREAT LEAP OF 13.71 mts. CONNOLLY HAD PERFORMED TWO HOPS AND A JUMP WHICH WAS QUITE ACCEPTABLE AT THE TIME. THE PREVIOUS OLYMPIC CHAMPION WAS THE BOXER BARASDATES OF ARMENIA IN THE YEAR 369.

2. THE STORY OF HAROLD ABRAHAMS' 100 mts VICTORY IN 1924, IS WELL TOLD IN THE FILM "CHARIOTS OF FIRE". BUT THE FILM CONTAINED A NUMBER OF FACTUAL DISTORTIONS. FIRSTLY, IT WAS LORD BURGHLEY, AND NOT HAROLD WHO RACED AROUND THE GREAT COURTYARD OF TRINITY COLLEGE AT CAMBRIDGE. SECONDLY, HAROLD DID NOT LOOK AT THE 100 mts AS A CHANCE TO REDEEM HIMSELF AFTER HIS FAILURE IN THE 200 mts, SINCE IN REAL LIFE, THE 100 mts WAS RUN BEFORE THE 200 mts. THIRDLY, ALTHOUGH BEING JEWISH, WAS A MOTIVATING FACTOR IN HIS QUEST FOR VICTORY, A GREATER FACTOR, WAS HAROLD'S DESIRE TO DO BETTER THAN HIS TWO OLDER BROTHERS, BOTH OF WHOM WERE WELL-KNOWN ATHLETES, ONE OF WHOM HAD REPRESENTED GREAT BRITAIN AT THE 1912 STOCKHOLM OLYMPICS. FOURTHLY, "CHARIOTS OF FIRE" PORTRAYED ERIC LIDDELL AS LEARNING AT THE LAST MINUTE THE FINAL OF HIS SPECIALITY EVENT, THE 100 mts WOULD BE HELD ON A SUNDAY. ACTUALLY ERIC WAS INFORMED OF THE SCHEDULE 6 MONTHS IN ADVANCE AND HAD PLENTY OF TIME TO ADJUST HIS TRAINING FOR THE 200 & 400 mts.  
[ I STILL THOUGHT IT WAS A BEAUTIFUL FILM ]

3. ELVIRA OZOLINA [USSR] WINNER OF THE WOMENS 1960 JAVELIN THROW, WAS SO HUMILIATED AT FINISHING ONLY FINISHING 5th IN 1964, THAT SHE SHAVED OFF ALL HER HAIR AND REFUSED TO WEAR A SCARF TO HIDE HER SHAME.

4. AS A CHILD IN RURAL TENNESSEE, WILMA RUDOLPH [USA] SUFFERED THROUGH POLIO, DOUBLE PNEUMONIA AND SCARLET FEVER. YET SHE GREW UP TO WIN 3 GOLD MEDALS IN 1960 FOR THE 100 & 200 mts & 4 x 100 mt RELAY.

5. RAY EWRY [USA] WON 8 GOLD MEDALS IN 1900, 1904 & 1908. RAY DOMINATED THE STANDING LONG JUMP, HIGH JUMP & TRIPLE JUMP. AS A BOY, RAY CONTRACTED POLIO AND IT WAS THOUGHT HE WOULD BE PARALYZED FOR LIFE. RAY HAD OTHER IDEAS AND BEGAN EXERCISING ON HIS OWN. THE REST IS HISTORY. RAY WAS SO GOOD HE COULD DO A STANDING LONG JUMP 7' 3" "BACKWARDS" & "FORWARDS" 11' 5". HE COULD MANAGE 5' 5" FOR A STANDING HIGH JUMP & 35' 9" IN THE STANDING TRIPLE JUMP.

6. IN 1920 AT ANTWERP THE 561b THROW WAS CONDUCTED FOR THE LAST TIME, WITH THE WINNER BEING PATRICK McDONALD OF THE U.S.A. PAT'S THROW WAS 11.26 mts WHICH WAS WELL SHORT OF THE THEN WORLD RECORD OF 12.36 mts. PAT IS THE OLDEST PERSON EVER TO WIN AN OLYMPIC GOLD MEDAL. HE WAS 42 YEARS & 26 DAYS OLD. [WHO SAID VETS COULDN'T BE OLYMPIC CHAMPIONS, BRING BACK THE 561b THROW]

7. DID YOU KNOW THAT LORD BURGHLEY WHO WON THE AMSTERDAM 400 mt HURDLES IN THE RECORD TIME OF 53.4 secs, ONCE SET THE UNUSUAL RECORD OF RACING AROUND THE UPPER PROMENADE DECK OF THE OCEAN LINER QUEEN MARY IN 57.0 secs, HE WAS DRESSED IN STREET CLOTHES AT THE TIME.

8. THE MENS DISCUS THROW IS THE ONLY TRACK & FIELD EVENT IN WHICH A WORLD RECORD HAS NEVER BEEN SET IN THE OLYMPICS.

9. IN 1896 THE GREEKS, FOR HISTORICAL REASONS DEARLY WANTED TO WIN THE DISCUS GOLD MEDAL. BUT, THEY SADLY MISSED OUT BY A MERE 19cm. THE WINNER, ROBERT GARRETT [USA] THREW 29.15 mts. 20 YEAR OLD BOB, WHO CAME FROM A WEALTHY BALTIMORE BANKING FAMILY FIRST SAW PAINTINGS OF THE DISCUS, WHILST A STUDENT AT PRINCETON. HE THOUGHT IT WOULD BE FUN TO "HAVE A GO" AT THE EVENT. ENCOURAGED, YET RISKING WHAT HE FEARED WOULD BE A GREAT EMBARRASSMENT, HE ENTERED THE OLYMPIC DISCUS EVENT. TO THE DISAPPOINTMENT OF THE GREEKS, YOUNG BOB, WON THE EVENT ON THE THIRD AND FINAL THROW.



Dear Col

Enclosed is a list of Running Groups which I have compiled over several months with the help of Ray Valence and a number of other people. It includes both formal and informal groups located mainly in the eastern suburbs. I believe there are many more but it is probably better to call it quits for the time being and put the list out as it stands. Once published it will most likely attract additional groups anyway. I have arranged to make copies available for distribution to East Burwood, Croydon, Knox and possibly other venues.

I thought you might like to print the list in the next issue of the News and Results Magazine. I remember you calling for details of running groups for the magazine some time ago but not much seemed to happen (a bit like calling for volunteers!)

I would be happy to further develop the list if you think it is worthwhile, or you might like to take it on!

Regards

John Gosbell

## Running Groups

### Victorian Road Runners

A programme of annual events. Regular 8 km Tan Track Time Trial on the first Saturday of every month at 7:30 a.m., Melway: 2F K11.

**Contact:** Graeme Horskins 9802 7925

### Knox Road Runners

Saturday mornings 6:00 a.m. Generally start from the Youth Centre, Bayswater, on the corner of Station Street and Pine Road (opposite the Railway Station) - Melway: 6A G4. Various distances, usually 15 - 35 km, peaking prior to the Melbourne Marathon. The group accommodates a good standard of running.

**Contact:** Leo Rooney 9762 3111  
Greg Palmer 9547 4669

### Tally Ho Men's Fitness Group

Saturday mornings 7:00 a.m. Exercises, aerobics, running and use of swimming pool. Annual subscription \$80. Three out of four weeks at Wesley College, High Street Road, Glen Waverley - Melway: 62 A12 - the fourth week at various locations for a long run (up to 90 minutes).

**Contact:** Frank Martin 9528 6544 (Bus.) Mobile: 015 355072  
Cliff Burns 9868 2182

### Fernycreek Saturday Morning

From car park in Sherbrooke road near the corner of Mt Dandenong Tourist Road, Fernycreek at 8:00 a.m. - Melway: 75 D1.

Devonshire Tea breakfast at Fernycreek Reserve Cafe afterwards.

**Contact:** Richard Todd 9754 3776

### Monash Runners

Saturday mornings 8:00 a.m. from car park, at Monash University, overlooking oval, SE corner - Melway: 70 G11. Normally run mile laps on grass or 2.5 km laps on road. Join in when you arrive - "Slow" pace. A very friendly talkative group.

**Contact:** Dave Langley 9807 5297  
Bob Power 9560 0080

### Knox City Shopping Centre Runners

Sunday mornings 7:30 a.m. Start from rear car park at Knox City Shopping Centre - Melway: 63 K11. Distances of 18, 21, 25 and 30 km.

Tea, coffee and biscuits afterwards.

**Contact:** Bob Henderson 9874 1706

### Wattle Park Runners

Sunday mornings 7:30 a.m. from various venues. Run for about an hour, all standards. Many interesting locations including the Dandenongs (approximately once a month).

**Contact:** Jim Gribbin 9874 4329

### Marathon Training Group

Sunday mornings 6:30 a.m. at Burnley Golf Course, Richmond - Melway: 44 J12, K12. Runs are 18 - 30 km at approximately 5 minute/km pace. A very friendly group.

**Contact:** Vin Martin 9818 4824  
Mike Eveston 9889 1763

### Sunday Morning Silvan Dam

From Silvan Dam 8:30 a.m. most Sundays. Meet in Stonyford Road at the beginning of the unsealed surface just beyond the entrance to the Dam. Melway: 120 H11.

**Contact:** Graeme Bishop 9722 1809

### Chariots Without Fire

Sunday mornings 9:00 a.m. and Wednesday evenings 6:00 p.m. An informal social running/walking group. Runs/walks start from various locations in Wantirna South. Everyone welcome from marathoner to beginner.

**Contact:** Phillip Measom 9887 0491

### Monday Night Runners

From Brentwood Square, Vermont. Meet at 6:30 p.m. between Pasta Restaurant and Kentucky Fried - Melway: 62 G2. 11km recovery run.

**Contact:** Sam Defanis 877 1121 (Home) 9720 7182 (Bus.)

### Nunawading Pool

Mondays, Wednesdays and Fridays 6:30 a.m. Run from the Nunawading Pool - Melway: 62 F2. Various routes for one hour. All standards catered for.

**Contact:** Graeme Ritchie 9887 9144 (Bus.)

### Tuesday Track & Hill Work

Tuesday evenings 6 p.m. Meet at Bill Sewart Athletics Track, East Burwood - Melway: 62 C7 or other venues as decided. "Serious" runners only!

**Contact:** Bob Henderson 9874 1706

### Wednesday Running/Walking Group

Wednesday mornings 9:00 a.m. Starts from various members homes mainly in the Eastern Suburbs and is followed by a cuppa.

**Contact:** Phyllis Gosbell 9808 4641



## CALENDAR

### \*\*Important note

As some people have turned up at some of the runs mentioned in the calendar only to find them cancelled, or dates changed, it is wise to check with the organisers first.

**Thursday, 13 July - Sunday, 23 July** :World Veteran Games, Buffalo, New York State USA.

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

**Sunday, 16 July**

:(VV) **Weight Pentathlon**, Caulfield Melway 68 K9. Morrie James 9570 6958.

:(Gold Coast Marathon, Gold Coast.

**Sunday, 23 July :**

(SF) **Danone Queen of the Lake**, women's 5km 10km, walk/run, 9am Albert Park Lake, 9819 9225(w).

**Saturday, 29 July**

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

**Sunday, 30 July, :**

**(VV) & (VCCL), 10 Mile Road**

**Championship**, Princes Park, Carlton, Melway 29 G11, 10.00am Contact Eric Greaves, 9560 2971.

:(Sri Chinmoy Marathon, half marathon,

10km fun run, 6km walk. Williamstown, Newport Park, 8am, Kishore Cunningham, 9853 8142(h) 9666 4248(w).

:(PRR) **Devil Bend** 10km, 21km, Graydon's Road, Moorooduc, 10am, (9775-2494 h.)

**Saturday, 5 August:**

:(VRR) **Tan Time Trial**, 4/8km, 7.30am near Government House Dr, 9807-7307(ah).

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

**Sunday, 6 August:**

:(VV) **Hammerfest**, Caulfield Melway 68 K9. Morrie James 9570 6958.

:(Malvern Mini Marathon, 7/12/20km, 8.30am Kooyong Park 9571 9393(h).

**Sunday, 13 August:**

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

:(City to Surf, 14km, 10am, Sydney, 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, 9570-6958.

:(Rickets Point to Point, 3/10km, 8.30am

Beumaris Yacht Club car park, 9589-3904 h

:(CHC) **Coburg Half Marathon**, 9am Harold Stevens Athletic Track.9386-9251

**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, 9560-2971.

:(VV) **Winter Rasenkraft Championships**, Dolomere Oval Mentone, Melway 87 C7. 12.00 weigh in & warm-up. 1.00pm competition.

3.15pm field games sprint 50 metres.

Morrie James 9570 6958.

:(VRR) **Princes Park Half Marathon**, 5km, 10km, 21.1km, Royal Parade Parkville, 8.30am . 9807-7307 ah

:(Burke Hall De Castella Fun Run, 7.5/15km, 10am Studley Park Rd, Kew, 9842-8676 ah

**Saturday, 2 September**

:(VRR) **Tan Handicap & Breakfast**, 4/8km, 7.30am opposite Swan Street Bridge, 9807-7307

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

**Sunday, 3 September:**

:(CHC) **Bluestone Classic**, 12km, 9am Harold Stevens Athletic Track, 9386-9251 h.

:(Brighton Star Phar Lap Fun Run (8km, 3km) Mentone Grammar fields, Keysborough, 8.30/ 9.00am (9584-4211 w)

**Sunday, 10 September:**

:(Spring into Shape Series Run 1, 5/10m, 9am Alexandra Gardens Boatsheds, 9819 9225(w)

:(Shotaramma, Caulfield, Melway 68 K9.

Morrie James 9570 6958.

:(Half on the Park (21.1km & 5km) venue to be confirmed. 8.30am, (9853-2768 w).

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

## CALENDAR

**Sunday, 17 September:**

:(Bayswater West Primary School Fun Run (10km & 4km) Phyllis Street Bayswater, 10am (9729-3394 w)

:(Monash University Fun Run, 10km, 9am Sports and Recreation Centre, David Bertovic 803 7314(h).

:(Burnie 10km Road Race, Burnie, Tasmania.

**Saturday, 23 September,**

:(AV) **Mountain Championship Short Course**, Mt. Dandenong.

**Sunday, 24 September:**

:(AV) **Mountain Championship Long Course**, Mt. St.Leonard.

:(VV) **25km Maribyrnong Valley Bike Track Run**, Footscray, Myers Road, Melway 42 C1, 9.00am. Eric Greaves, 9560-2971

:(VV) **Weight Pentathlon**, Caulfield Melway 68 K9. Morrie James, 9570 6958.

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

:(Sri Chinmoy Fun Run (10km & 4km), Princes Park, 8am, (9428-6665 w) to be confirmed.

**Sunday, 1 October: Spring into Shape Series** 2 Run and Walk, 5/10km, 9am Alexandra Gardens Boatsheds, 819 9225(w).

:(Bill Sewart Family Fun Run, 5/10km, 9am Bill Sewart Athletics Track, Dorothy Maxwell 9803 2346(h), John Murray 9878 9320(h).

**Thursday, 5 October to Saturday 14 October** **VICHEALTH 5TH AUSTRALIAN**

**MASTERS GAMES.** Track and field to be organised by the Victorian Veterans A.C.I.

Entry forms from Colin Browne, 4 Victory Street, Mitcham, 3132 Phone 9874 2501, fax 9873 3223.

**Saturday, 7 October**

:(VRR) **Tan Time Trial**, 4/8km, 7.30am near Government House Dr, 9807-7307 ah.

**Sunday, 8 October**

:(Mulgrave Apex Fun Run (10km & 5km), Jells Park, Ferntree Gully Rd. entrance, 9.30am (9561-8712 h)

:(Toolangi Fun Run (10km & 4km), Memorial Hall, 10am, (059 62 9467 h)

**Sunday, 15 October**

:(ACCV Terry Fox Run (10km & 5km) Brens

Drive, Royal Park 9am (9279-1111 w)

:(Maribynong Valley Run (13.5km & 6.5km) Farnsworth Ave, Footscray, 9.30am, (9688-4462)

:(Braeside Rotary Fun Run (10km & 5km) Braeside Park, Lower Dandenong Road, 9.30am, (9702-1228 h)

:(Collingwood Leisure Centre Fun Run (13.25km & 5km) cnr Turnbull/Hoddle Sts. Clifton Hill, 9.30am, (9248-8999 w)

:(Eaglehawk to Bendigo (7km) Eaglehawk Town Hall, 10.30am, (054 423 101 w)

**Sunday, 22 October**

:(Adidas Spring into Shape Run Series (10km & 5km) Alexandra Gardens, 9am, (9819-9225 w)

:(Broadmeadows Festival Fun Run (8km & 4km) Dimboola/Pearcedale Pde, Broadmeadows, 9am, (9306-5541 h)

:(Breaking the Cycle Run for Youth (7.6km & 3.8km) Tan, Govt.House Drive, 9am, (9699-3164 w)

:(Glendal PS Fun Run (10km & 2.5km) PS, Medina Road, Glen Waverley, 10am (9802-6457 h)

:(St. Gerards Family Fun Run (10km & 5km) Gladstone Rd, Dandenong North, 10am, (9791-7553 w)

:(Deakin Dash (5km) Deakin Uni, Geelong Campus, 9.30am, (052 272 608 w)

**Saturday, 28 October**

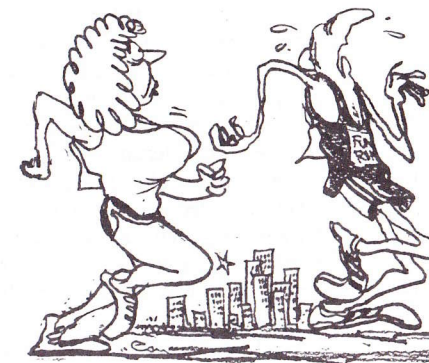
:(Mooroolbark East Primary School Fun Run (10km & 3km) Taylor Road, 8am (9726-9422 w)

**Sunday, 29 October**

:(Sri Chinmoy Running Festival (42.2km, 21.1km, 10km) Greenwich Reserve, Newport, 9am TBC (9428-6665 w)

:(Woodleigh Spring Fair Fun Run (10km & 5km) St Pauls School Baxter, 8.30am (9787-8105 h)

:(Swan Hill Beat the Boat Fun Run (7.5km) Swan Hill, 11am (050 32 1767 w)





**3.0 CORRESPONDENCE:**

No.20: AV summer venues made no mention of Caulfield as a venue for interclub, which would mean the omission of one of our VVACI teams.

No. 17: As a result of the meeting at AV on fee structure, there had been a halving of the fee increase of \$20 to \$10 and a procedure decided on for members who did not want to receive the Australian Runner magazine.

**7.0 CLUB CAPTAIN'S REPORT: Eric Greaves**

- 7.4 Dates for 1996 had been decided, and were as follows:  
 Weight Pentathlon Sunday 17 March 1996  
 Pentathlon Sunday 17 March 1996  
 Track & Field Champs Sat & Sun 23 & 24 March 1996

**8.0 ATHLETICS VICTORIA REPORT: Peter McGrath**

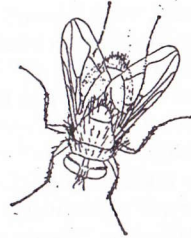
8.1 There was a need for an AV registrar on the VVACI committee. Marge Colthup would instruct the new delegate on the procedures. John Dean volunteered. It seems that the only venue for VVACI interclub this summer would be Knox.

**11.0 AAVAC REPORT: Dot Browne**

11.1 A flyer had been received from Perth advertising the AAVAC Track and Field Championships at Perry Lakes stadium on April 5, 6, 7, 8 1996. Morrie James had obtained details of air fares to Perth. Group bookings with a good discount were available. The calculation of a group applied to departures from various capitals so it would be best handled nationally. Bus travel was also mooted, without much enthusiasm.

**12.0 GENERAL BUSINESS**

- 12.4 Windcheaters for venue managers. Dot Browne was to write to venue managers asking who had not received a red windcheater, and telling them to order one through Peter Colthup at the club's expense.
- 12.6 5th VicHealth Australian Masters Games. John Benson reported that there was a strong chance that the Albert Park Grand Prix track would be available for the 5km/10km run/walk. The city proposal was unlikely. Rob Waters reported that following the torch run, he and Harold Stevens were strongly opposed to the city venue because of difficulties of communication and security. They advocated Princes Park for the 5k/10k run/walk. It was possible that we may get 2500 doing athletics.
- 12.8 Peter McGrath reported that the national championships at Townsville had been a very well conducted athletic event. Queensland vets should be congratulated.
- 12.9 "Cliffy's Book". Dot Browne has copies of this excellent autobiography by Cliff Young at a discounted price of \$12.
- 12.10 Colin Browne reported that Swan Hill was making moves to form a venue of VVACI.
- 12.11 Morrie James said that there would be quite a large bill for VVACI for maintenance and purchase of throwing implements for the 5VAMG. He suggested raising the entry fee for championships from \$3 to \$4 to cover this cost, which would be ongoing because of maintenance.
- 12.12 Budget. Peter Colthup suggested that we work out a per head budget and decide whether the fees will cover our costs. If necessary, set a new fee to be put at the AGM. He also suggested that we raise the fees to cover the championships costs and then give everyone free entry to all championship events.
- 12.14 Uniforms. it was re-iterated that bike shorts and crop tops were acceptable as uniforms provided they were the right colour, and that people competing out of uniform were disqualified from receiving a medal.



**DOB YOURSELF IN!**

What the hell. Be a devil. You probably haven't got time, but put your name down anyway. It doesn't happen very often that we get a couple of thousand entrants in an athletics carnival, so it might be something to talk about in years to come. There are plenty of us still dining out on tales of the World Veteran Games in Melbourne in 1987. This could be bigger. Vic Vets will need plenty of helpers to get this lot across the line.

**The 5th VicHealth Australian Masters Games in Melbourne in October 1995!!**

Needs you.

And you.

And your mate.

Now before I get my lines crossed, let me tell you that Ted McCoy has an overall plan covering support, and that different venues are going to be asked to take on particular tasks and responsibilities. For example the western venues are doing the road run, Collingwood is doing the cross country, Mentone is doing the walk, and so on. But there will be lots more help needed with jobs such as packing up entrants' packages, giving out packages at the information desk, meeting interstate visitors and helping them, taking times, measuring distances, raking pits, lap scoring, writing down times and distances, running results to the nerve centre, displaying results, selling T-shirts, oiling the social machine, leaping the gap across to other sports. We have a big job to do, not just to run athletics as efficiently as it can be run, but to get in there with all the other sports and make the total games the best that Melbourne has ever seen.

If you can help, consider the following time table and volunteer to help, either in specific areas or just as we place you, and send the form back to me,

**Colin Browne, 4 Victory Street, Mitcham 3132**

I could be available

				Morning	Afternoon	Evening
Sunday	24 September	10am to 4pm	Putting numbers etc. into packages			
Monday	25 September	10am to 4pm	Putting numbers etc. into packages			
Sunday	1 October	10am to 4pm	Setting up our information centre			
Monday	2 October	10am to 6pm	Attending the information centre			
Tuesday	3 October	10am to 6pm	Attending the information centre			
Wednesday	4 October	10am to 6pm	Attending the information centre			
Thursday	5 October	10am to 6pm	Attending the information centre			
		6.30pm start	Events start with the road run.			
Friday	6 October	6pm to 10pm	Track and field in the evening			
		3pm to 7pm	Attending the information centre			
Saturday	7 October	9am to 3pm	Track and field all day			
Sunday	8 October	8am start	Road walk			
		8am start	Cross country			
		9am to 6pm	Track and field all day			
Tuesday	10 October	6pm to 10pm	Track and field in the evening			
Wednesday	11 October	6pm to 10pm	Track and field in the evening			
Thursday	12 October	6pm to 10pm	Special events night			
			Masters challenge around the tan			
Saturday	14 October	8am start	Half marathon			
		8am to 5pm	Weight pentathlon			

My name .....

Phone .....

Special preferences .....





**BECAUSE YOU'RE OVER 30,  
NOT OVER THE HILL...**

**ENTER THE VICHEALTH 5TH  
AUSTRALIAN MASTERS GAMES  
NOW!**

Entries close on **1 August 1995** for this multi-sport festival for mature-age people being held in Melbourne from 5th to 14th October this year.

By the early bird close of entry on 1 June, 1000 people had entered the Games...make sure you are one of the 9000 other participants planning to enter, making these Games one of the biggest participant events ever staged in Australia.

Don't miss out on all the fun and excitement of the VicHealth 5th Australian Masters Games... enter by **1 August 1995**.

**Enter now!**  
For an entry form or further details,  
call **03 9666 4214**  
or fax **03 9666 4232**.



**COMMITTEE MEMBERS 1995**

Victorian Veterans Athletic Club Inc.

**President**  
Doug Orr  
27 Shawlands Avenue Blackburn South 3130  
9878 4875

**Honorary Secretary**  
Dorothy Browne OAM. LM. (Life Member)  
4 Victory Street Mitcham 3132  
9874 2501 fax 9873 3223

**Honorary Assistant Secretary**  
Colin Browne  
4 Victory Street Mitcham 3132  
9874 2501

**Honorary Treasurer**  
Jeffrey Briggs  
60 Bursaria Avenue Ferntree Gully 3156  
9758 6328

**Vice Presidents**  
Ted McCoy  
24 Blackwood Avenue Mentone 3194  
9583 3280

**Robert Waters**  
5 Bellevue Court Maribyrnong 3032  
9318 3802

**Club Captain**  
Eric Greaves LM.  
7 Netherby Avenue Mulgrave 3170  
9560 2971

**Club Vice Captain**  
Peter McGrath LM.  
13 Bales Street Mt Waverley 3149  
9807 5656

**Immediate Past President**  
Anthony Bradford  
6 Merrett Avenue Werribee 3030  
9749 2248

**General Committee Members**  
John Benson  
198 Prospect Hill Road Canterbury 3126  
9830 4546

**Annette Brunton**  
7 Purches Street Mitcham 3132  
9478 3687

**Les Clark**  
53 Koorinal Road Upwey 3158  
9754 2793

**Peter Colthup OAM. LM.**  
14 Bakers Road Dandenong North 3175  
9795 1169 fax 9795 1169

**John Dean**  
3 Pearl Street Essendon West 3040  
9337 7179

**Morrie James**  
34 Pasadena Crescent Bentleigh East 3165  
9570 6958

**Kenneth Wu**  
PO. Box 2149 St Kilda West 3182

**Honorary Auditor**  
Keith Routley 9699 6384  
6 Mowbray Street Albert Park 3206  
and Rob Petrie (059) 671 915

VENUES	Locations and Managers	Venue Day and Melway Ref
ABERFELDIE	Aberfeldie Park, Corio Street, Moonee Ponds Rob Waters 9699 5311(B) 9318 3802	Weds 28 D 6
ALTONA	Grant Reserve, Sugar Gum Drive (off Civic Pde) Altona Ray Wilson 9398 2285	Sun - Winter 54 G 9 Tuesday - Daylight Saving
BALLAARAT	Llanberris Field, Ballaarat	
EAST BURWOOD	Burwood East Reserve, Burwood Highway John Gosbell 9808 4641 Graeme Hoskins 9802 7926	Thurs 62 C 7
CAULFIELD	Duncan McKinnon Park, North Road, Murrumbeena Leo Charles 9579 1830 (Royce Foley 9570 4898	Tues - Track 68 K 9 Sunday - Field Games)
COBURG	Harold Stevens Ath. Field, Outlook Rd. Coburg Gordon Burrowes 9366 0326 Vonda Saunders 9460 1267	Thurs 18 A 9
COLLINGWOOD	George Knott Reserve, Heidelberg Rd., Clifton Hill Bill Ryan 9434 3783 Keith Moody and Ron Young	Tues 30 F 12
CROYDON	Town Park, off Norton Road, Croydon Lavinia Petrie (059) 671 915 David Sheehan 9720 7969	Tues 50 K 5
FRANKSTON	Ballam Park, Bananee Terrace, Frankston Bruce Moulton 9580 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 9729 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 9772 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