

Vic Vets

NEWS AND RESULTS

Published by: The Victorian Veterans' Athletic Club Inc.
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Morrie James, committee man and throwing enthusiast. He led the team organising the field games, and also the special events night, at the VicHealth 5th Australian Masters Games.



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Congratulations to all Vic Vets who played a part in running the VicHealth 5th Australian Masters Games. We showed them how it's done!

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Editorial

Sorry if this issue of Vic Vets News and Results seems a long time coming, but the VicHealth 5th Australian Masters Games took all the editorial powers I had for some months. For many of us it was a huge effort, attending to lots of detail, living very close to it for weeks on end to the exclusion of everything else. So now we can look back on a job well done and feel very satisfied. The consensus of the visitors was that it was very well organised, and that among the many sports, athletics played a bigger part than most and did it extremely well. A most enjoyable carnival.

Over the fortnight we were never home, except to sleep. Home at 10pm, eating take-away, up at 6am, the dog never given any attention, the garden overgrown, the mail unopened, calls piling up on the answer-phone, rolls of daily papers unopened, wearing the same clothes every day, car full of bits and pieces you mustn't forget at the games, it was a single-minded experience. When we had a lay day on the Monday, we felt deeply tired to the bone. But it was worth it, because shared hard work produces stronger bonds between people. Our team of Vic Vets grew to admire and value each other all the more. We found the opportunity in so many areas to give service, to be helpful to people, and that is rewarding to both the receiver and the giver.

In particular at the registration centre, where there were all sorts of demands on your information and resourcefulness. Travellers from other states and countries can come up with all sorts of problems. Like how to get across town on a Sunday morning before 8am when the public transport doesn't run that early. Or how to make yourself understood in Russian, or Lithuanian, or Gujerati. I was earnestly trying to help two Russian ladies, Galina and Zoia, one of whom had a few words of English, when I looked over my shoulder and saw Mike McAvoy, who had recently succeeded in bringing Rimma, his new wife, from Russia. I said "I wish you had Rimma there Mike", and he said "There she is". The three ladies turned to each other and the floodgates opened. There was a joyful rush of language, hugs and smiles. It was a wonderful moment. Another day Zoia came up to me with no English and pointed in four places on her chest,

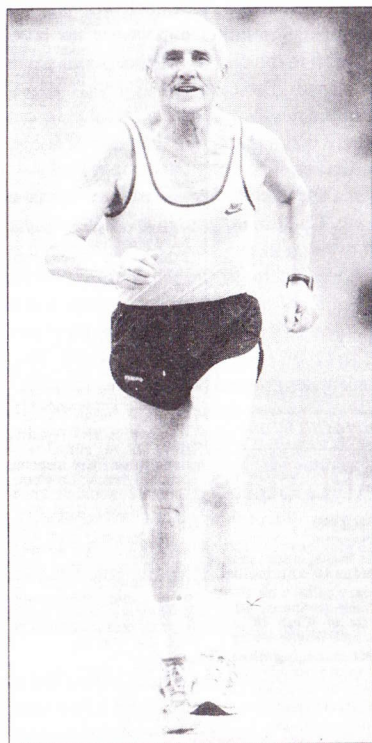
saying something I could not follow. Then I twiggled. I went and came back with eight small safety pins. She smiled and went away happy. The march in the city had a great feeling of camaraderie. Thousands of us stood around for an hour in the middle of Bourke Street before it started and there was a lot of friendly rubbish flying around. Then we marched up to Parliament House and were part of a spectacular display of laser lights, go-go dancing, Chinese dragon, music and singing. A great evening in the streets of Melbourne. Our city came up well in the Games. We were proud of all of our venues. They were just right for the purpose. It was interesting for all of us to see what has been going on at Albert Park. The engineers down there worked a few miracles on our behalf, laying a new surface on Aughtie Drive for the race, putting in an asphalt link that would be torn up again the next day, laying toppings on the pathways, grading the road edges. It made the road race a great start to the games. Yarra Bend and Southgate were seen at their best on a lovely sunny spring morning. Collingwood treated us to a lovely sausage sizzle. Princes Park was adequate for the half marathon. We wouldn't have wanted it any harder.

A torrential cloudburst minutes before the start of the Lap of the Tan probably kept a few away, but those who did it, and the special fun events on Olympic Park later, enjoyed a friendly, low-key night with dress-ups, false whiskers, funny hats and unusual tests of athletic skill. The visitors loved the tan, as they did all of the area along the Yarra. We have a lot to be proud of in Melbourne. And we certainly gave them a taste of Melbourne's weather. Olympic Park was fine. The Athletics Victoria officials were there in force and ensured efficient running of the events. We had terrific support from the medicos, the sports trainers, the masseurs and the podiatrists. Paul and his platoon of Dad's Army guys from Queensland, humping heavy radio equipment with great long aerials, were a constant feature. Thanks a million guys.

Our own support crews were excellent. But I won't individualise here, because it would take too much space. If you were part of it you will know what you did, and will be feeling quietly satisfied. I know I am.

Colin Browne

Marathon marvel



Running into form: Ken Matchett on the road. Picture: MIKE KEATING

It was Steve Moneghetti who recently said that the human body has only so many marathons in it and that more than two per year was a risk. Obviously Ken Matchett of Montrose didn't read Moneghetti's comments or, if he did, paid them due respect before pulling on the training shoes and preparing for another 20km or so.

Ken has already run five marathons this year with his sixth due tomorrow in Sydney. That number in one year is unusual enough in itself but his advanced age of 73 makes his achievement something special.

Matchett, a politely mannered gentleman, didn't take up running until 16 years ago but he has made every post a winner since.

From the age of 60 he has completed a remarkable 72 marathons, including a yearly best of 11 in 1993. His personal best time is 3.15 in 1985 when just a youngster at age 63.

He has run marathons in Rome, Honolulu and Boston and later this year will run his first New York marathon just before turning 74.

Some of his other marathon venues include

Mt Beauty, Sydney, Gold Coast, Canberra, Adelaide, Traralgon, Hall's Gap, Hobart, Ballarat, Whyalla and the Flinders Ranges.

Ken's ambition is to become the only person in the world to run 100 marathons after turning 60 and he's leaving no stone unturned to achieve it.

He recently cut down his endurance training and is concentrating on sprint work and weights.

He estimates having run around 50,000km in the last 16 years and has no intention of stopping, hoping his efforts will help put the Melbourne marathon on the map as a major race.

"It is easily my favorite marathon, being run on an attractive course and one that is very fast," Ken said yesterday.

"It has the potential to become a big tourist attraction."

The marathon is expected to be run in October next year and you would happily take even money about Ken Matchett passing the finishing line in around 3½ hours. This year he has run four of his five marathons in exactly 3.41 with the other a 3.33, his fastest in nine years.

A remarkable athlete is Ken.

He designed the basic layout of Landy Field and 38 years after that is still the track's handyman.

He is still coaching and he is also preparing for the Masters' Games.

Although he has retired from the Landy Field board of management, he still attends board meetings in an advisory capacity.

As a member of the Geelong Guild club, he helped choose the site of Landy Field. He was to join the very first Landy Field sub-committee and later joined the John Landy Field Management Committee, which he was a member of for 30 years.

The Rudi Hochreiter story began in his homeland of Austria, where he was a leading athlete. He was a middle distance runner, competing internationally throughout Europe after World War 2.

He qualified for the 1948 Olympic Games as the number two middle distance runner for Austria, but did not go due to financial reasons.

In the mid 1950s, he decided he did not want to bring up his children in Europe under the threat of war so he migrated to Australia.

He lived in a migrant camp before being shifted to Geelong. On one of his first days in Geelong he bumped into John Landy, who he had met and competed against in Europe.

"He invited me down to Guild. On arriving there they asked me whether I would coach the club," Hochreiter said.

That began a relationship which is still going today.

Hochreiter came out to retire,

but four days after Guild asked whether he would coach the club he found himself competing.

"I was coaching Les Dellar, who was Victorian Junior Hurdle Champion. I was at an inter-club meeting with him and one of the guys in the race pulled out. Although I had no spikes I still ran and won, beating my pupil. My retirement was short-lived," Hochreiter said.

Hochreiter's comeback was a full-on one. In the years since he competed as an athlete and ran in almost every event.

Hochreiter has supposedly mellowed in his old age as a coach but not enough to profess disappointment with the youth of today.

"In the past year I've lost three or four top class athletes. In the

case of Susie Howie, the pentathlete, I told her to go for netball if she could achieve national selection. The others, though, have been disappointing.

"We have potential top class athletes here but they are falling away. It's a lifestyle thing I suppose. They just don't want to do hard training," Hochreiter said.

Along the way, Hochreiter has trained several local Olympians, including triple jumper Mick McGrath, the Conlon brothers and Tony Benson.

Although Hochreiter is approaching 70 he does not intend to slow down.

"I'll be around athletics competing or coaching until the body and mind says slow down."

He is gearing up for the

Master's Games in Melbourne in three weeks. He will compete in 10 events.

Almost every day of the year, Hochreiter is at Landy Field. If he is not coaching, he is working and if he is not doing either of those he is training two or three hours a day for the Games.

Since 1972 he has set 14 world records in the Masters' Games and he still holds five of these. He has won three Pentathlon world titles and a world decathlon championship.

"I've loved my involvement in the sport. Most positions I've fallen into because I know more about the sport than any other person. People also know that I will do the job.

"The head says give it away but the heart says no."

Rudi Hochreiter, "Geelong Advertiser" 14 September 1995

Tracking down a real man of merit

By Michael Manley

RUDI Hochreiter closed off the phone call for this story with the words: "If you can't get me, I'll be here or at Landy Field."

As anybody involved in local athletics would tell you — where else would you find him.

Although Geelong has had several outstanding athletes over recent decades, when you think of Geelong athletics the name Rudi Hochreiter is never far away.

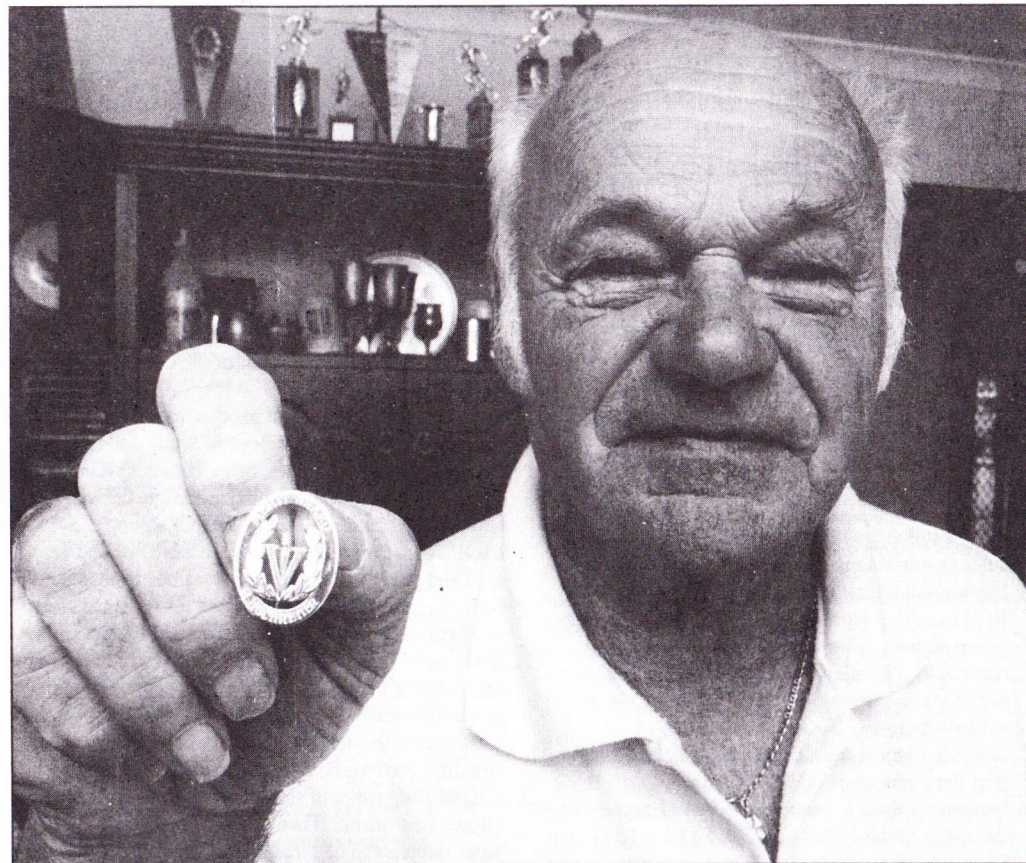
Recently Hochreiter was bestowed one of the highest awards that Athletics Victoria can bestow upon its members — their Merit Award.

This was for his administrative contribution to athletics over 40 years.

Hochreiter, 68, was presented with the sterling silver medallion at the Annual General Meeting of Athletics Victoria at Olympic Park, Melbourne last month.

He regards the award as a great honor, saying that it was more important to him than an MBE.

Hochreiter regards himself as being retired, but few would agree.



● Rudi Hochreiter with his merit award badge. He just can't give athletics away.

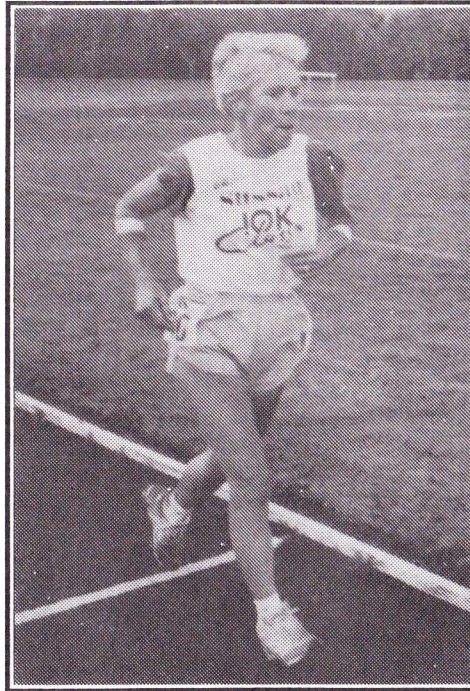
Picture: MIKE DUGDALE

RON AND SHIRLEY YOUNG

"Go Youngie!"

The piercing scream rends the air like the voice of a young teenager barracking for her favourite footy star. But it is coming from a little 65 year-old grandmother and it is directed at the neat black-haired athlete in the M60 5000metre run at the National Veterans Track and Field Championships. "Go Shirli!"

The yell is more restrained but just as fervently enthusiastic, and is directed at the bustling little silver-haired figure rattling home up St Kilda Road in her umpteenth Melbourne Marathon. These are the Youngs. Keen as mustard, still keen on athletics after fifty years experience, keen on each other through a long marriage of shared training, continuous support in competition at all levels, and raising an athletic family which includes a race walker of Olympic standard and a highly regarded personal fitness adviser. Ron and Shirley Young exemplify the spirit of veteran athletics. This issue contains two articles about the running grandmother's recent exploits. Ron's long career deserves an article of its own.



RECORDS GALORE TO ULTRA OLDIES

by Ron Young

Friday 29th July, 1994 is a date that is firmly etched in my memory as the day that I closed the door after 48 years in the workforce and joined the ranks of the retired.

Now just one year later, Saturday 29th July, 1995, is a day that will long be remembered by my wife Shirley and ultra-running Vet friend, Randall Hughes as the day they both re-wrote the world age-group records. They completely shattered the records for 50 miles, and all the intermediate distances on the way, a total of 10 records in all, 5 records each.

It was 8.10am at the Bill Sewart Athletic Track in east Burwood when AURA President, Geoff Hook blew the whistle to send the field of 11 runners on their way in the 15th Australian 50 Mile Track Championship, conducted by AURA (Australian Ultra Runners Association). The weather was fine

and cold, with a light cloud covering and a light breeze in the back straight. The track was covered with puddles from the previous day's heavy rain as the runners set off on the first of their 201 and a bit laps.

Safet Badic set off at a hot pace to lead the field in the early laps, followed by Bryan Smith and George Cormack, with Jeff Visser, Mike Grayling, Randall Hughes and Bill Beauchamp bunched up behind, and the rest of the runners spread out around the track. As the race progressed, the wind became very cold and gusty, giving the runners a bad time in the back straight. Then about 2 hours into the race, the sky became very black, the heavens opened up and down came the rain. From this point on, the runners had to battle icy cold winds and rain squalls for the rest of the race.

It was just after the 3 hour mark when Mike Grayling used his common sense and called it quits after battling the cold and wet conditions with an injured ham string. Then about 10 minutes later, Safet Badic, who had lead the field through the marathon distance in 2 hrs 58 min 26s also had to withdraw from the race with stomach problems.

The poor conditions were now starting to have an effect on some of the runners, making the going very tough.

With Bryan Smith now bowling along in the lead, and each of the runners starting to record times for the marathon distance, it soon became obvious when the frisky Randall Hughes went through the marathon mark in 3 hrs 30 min 30s and then "Nanna" Young in 3hrs 51min25s. that the men's 70-74 years and the women's 65-69 years age-group records were in danger of taking a bit of a hiding.

The first of these records fell when Randall strolled through the 30 mile mark on his 121st lap in 4hrs 5 min 57s. Then at the end of the 125th lap, he collected the 50km record in 4hrs 16min 50s. Both of these records were previously held by Victorian Vet Ken Matchett, from Croydon Vets. Approximately 20 minutes later, it was Shirli's turn to pick up the 30 mile record in 4hrs 27min 49s, and then the 50km in 4hrs 38min 22 s. From this point on, the interest seemed to focus on just how many records they would break.

Somewhere around the 5 hour mark, we saw the arrival of two HSV7 camera men and Randall's neighbour from Yarrambat (who is also his sponsor from "Blue Lakes"), complete with a car load of young fans who immediately streamed onto the track to cheer Randall on his way. Apparently the neighbour had phoned HSV7 and gave them all the details of the race, and the possibility of Randall breaking a few records, so the camera crew set to work.

The rain continued to pelt down, the wind became stronger and colder and the runners were now feeling the effects of the terrible conditions. They were all tired, muscles were aching, but now they were approaching the 40 mile mark, then with only 10 miles to go, it hopefully would feel like "down hill" all the way to the finish.

Randall was the first of our "golden oldies" to reach the 40 miles in the new record time of 5 hrs 15 min 56s, followed by Shirli, also in a new record time of 6 hrs 11 min 35s. From here on in the bitter conditions, it was a case of "dig in", concentrate on maintaining an even pace, fight off all the aches and pains, and scrape up every ounce of guts and determination they could to complete the 50 miles. Randall was delighted to hear the sweet sound of the bell that Geoff Hook was ringing, as each of the runners started their last lap. He went on to pick up

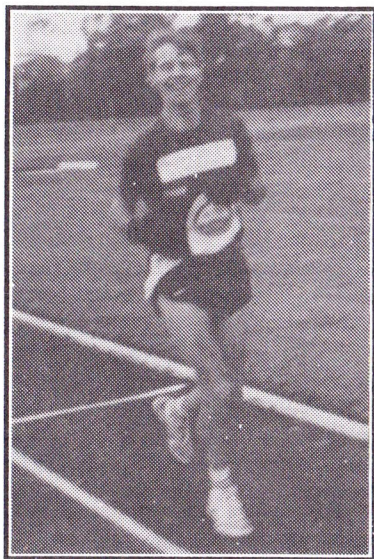
the 50 Mile Record in 7hrs 43min 28s, then just over 11 minutes later, Shirli heard the welcome sound of Geoff's bell and also collected the 50 Mile Record in 7hrs 55min 08s. Both runners agreed the hardest part of the run was completing an additional lap after each of them had officially finished. This was just a safeguard against any error that may have occurred in lap-scoring that might in turn affect the records. The bonus after completing the additional lap was that they had both set records for 6 Hours on the way to the 50 Mile mark, with Randall recording 65.575km for 6 hours and Shirley 62.605km. They collected a total of 5 new world records each - not a bad result for a shade under 8 hours work. The outright winner of the race was ultra evergreen, Bryan Smith in 6 hrs 19 min 57s, followed by George Cormack in 7hrs 04min 09s, and Bill Beauchamp in third place in 7hrs 32min 12s. Randall finished in 4th place, followed by Shirley in 5th place.

I have been competing for 48 years in athletics, and I have seen many outstanding athletes and performances during that time, but I will never cease to be amazed at the incredible results that these two remarkable Vets of ours just keep on producing. Despite their ages, their personal records are all creditable performances that many athletes half their age would be quite happy to achieve. These performances not only add so much quality to their own lives, but also the respect they receive from other athletes. They are both certainly an inspiration to people of all ages. I am sure that neither Randall nor Shirli realize just how incredible their achievements are. They both just seem to take them for granted each time they produce a result that leaves the rest of us amazed.

After the race, I shook Randall's hand and congratulated him on a great run. He thanked me then replied, "You enter these runs and you do what you have to do. Sometimes it works, sometimes it doesn't. That's the way it goes" This is typical of Randall's casual acceptance of his remarkable achievements, and it is the same with Shirley. If you were to approach Shirli and ask her what her future ambitions are, or if there is anything else she would like to achieve in athletics, she would reply, "Just to keep on running and enjoying the friends and companionship I have found through running". But if you were prepared to push the point a bit further, and ask her if there is one specific thing that she would like to do, her eyes would sparkle, a huge

grin would appear from ear to ear, and the answer would be, "To run a marathon when I am 100!" And with this lady, who knows?

Below is a list of the world age group records broken by Randall and Shirley and the margins they were broken by.



Men 70-74	World Records	Randall Hughes	71	Margin
30miles	Ken Matchett	4-38-00	4-05-07	33m 53s
50km	" "	4-49-15	4-16-50	32m 25s
40miles	Ernie Warwick	6-48-06	5-51-56	56m 10s
50miles	" "	8-51-03	7-43-28	68m 35s

Women 65-69	World Records	Shirley Young	65	Margin
30miles	Francoise Lamothe	5-30-50	4-27-49	63m 1s
50km	" "	5-43-25	4-38-22	65m 3s
40miles	" "	7-30-13	6-11-35	78m 38s
50miles	Helen Klein	9-39-32	7-55-08	104m 24s
6hours	(none listed)	*****	62.605km	

Randall Hughes at the East Burwood track in the 50 miler.

WILD WOMEN DO AND DON'T REGRET IT

by Shondra Hill

(A day in the Life of Shirley Young, Ultra Marathoner Extraordinaire.)

On Sunday 17th September at 6am at the Shepparton Harriers Club Room gathered a motley bunch ready to tackle the elements with a 50K and 100Km race from Shepparton to Violet Town. Sitting in the corner, taking off the familiar grey trackie with the red stripe down the side was Shirley 65 year old Young. But what's this excess baggage to take on the trip? Yes, one finger with 3 stitches wrapped in one huge bandage. Shirley had caught it in the car door, packing to come up! A trip to the doctor, injection, orders to keep her hand in a sling, rest and DO NOT RUN was the order of the weekend.

Wild women do and don't regret it, or do they? At 6am, Shirley was off and running a lot of the first 30km with Jimmy Clarke - hot pink shorts, moving swiftly, so her back-up- crew -husband Ron Young would not miss her.

Steep hills and 30 motor bikes later, the 40K mark looms ahead. Friends Sandra and Anne surprise Shirley with fire-crackers, smiles and "Go Shirley! Go!" Life got tough from 65K, survival mode came at 80K. Shirley told Ron at 90K that was it! She could not take another step, to be told by Ron, "You don't think I have come all this way today not to have you finish. Forget it! You are not getting in the car!"

More friends arrived, dark was setting in, the traffic was heavy. John and Phyllis Gosbell advised Shirley to get on the footpath. She tripped, fell, got a leg cramp (This girl will do anything for a massage!) with 3K to go.

The end in sight, she powered home to be welcomed at the finish line with more crackers, streamers and a World Record. What a role model. What a woman! Wild women do and don't regret it. They finish the job with everybody's admiration.



LETTERS TO THE EDITOR



Dear Colin

I find Peter Le Get's criticism of Coburg's results puzzling. To me, it is the clearest and most comprehensive of all and would be a good model for other venues. The only thing it doesn't show is the names of 1st, 2nd 3rd etc in order, which at our age I would have thought would be of least importance.

Yours truly,
Neville Wilson. (Vets. No. 2334)

Dear Dot,

As we all know at the Mentone Venue, we have two excellent pastry-cooks (male) amongst our members, and treasure them very much, as every Wednesday night, we get spoilt with a different cake. Recently overheard in between sprint races, a slightly heated argument between the two, of how many raisins and/or eggs go into a cake. Makes sprinting rather interesting!

A snippet picked up somewhere recently:
"My grandmother started walking five miles a day when she was 60. She is 97 now and we don't know where the hell she is!"

Regards
Louis Waser
Manager Mentone venue.

Dear Dot and Colin,

Firstly thanks for "Cliffy's Book", a lovely story of his life and attitudes. He mentions little of his efforts in Christchurch in '81. So I will elaborate for your readers:

He was clearly unknown even to your Victorian runners in 1981. On the first breakfast at Christchurch University I noticed this Aussie, obviously one of my age group, sitting alone so I joined him. It was Cliff. It transpired we were both 58 years, and both running in the M55 cross country and marathon. In the cross country which was stinking hot, we all suffered but did get the team gold, as he says. The result was, for the record:

1. Hesselman 35-45, 2. O'Neil 35-57, 3. Ratelle 36-21, 4. Weston AUS 37-38, 5. Kystad 38-06, 6. Madsen 38-16, 7. Pennington AUS 38-23, 8. Cameron 38-32, 9. Madge 38-44, 10. Sanchez 38-49, 11. Liukka 38-57, 12. Nelson NZ 39-01, 13. Young AUS 39-04, ...

Following the cross country, I said to Cliff "We've got three days til the marathon. We should go and watch the athletics at the stadium." About 8 miles by bus. So next day we did. On arrival at our seats, Cliff got up and disappeared and came back later with ice-creams. When he finished his icecream, he disappeared again and *did not come back!*

On return to the university, I went to his billet and found him "resting" and said, "What happened to you?" He said, "I got bored and ran home" (in his street clothes). So I made another attempt at being friendly and said, "I'll pick you up in the morning and we'll go for a walk" He said, "OK" So after breakfast, I walked across the oval to his billet, and in the distance I saw a runner coming my way. I thought, "He looks familiar. I'll wait around and see who it is". Lo and behold it was Cliff. I said, "What are you doing" He replied "Three hours". I said "But the marathon's tomorrow!" He replied, "I know but I want to make sure I can run for three hours" upon which I gave up.

In the marathon M55: George Perdon was third in 2:47:54, Don Weston 7th in 2:58:20 Cliff Young 8th, also 2:58:20 (by agreement?), Wally Beames 10th in 3:02:35, R.Blanchard 14th in 3:05:37 and Pennington 18th in 3:12:06 (Never again!)

I maintained a correspondence with Cliff and when he won the Sydney - Melbourne, I sent him a Tokyo Olympic Gold Medal, which had been given to me by Ikada of The Nippon Turtle Association in 1975.

Cliff was the more worthy recipient.
End of saga.

I bet you had bad reports of Buffalo!
Our throwers were not only out in the sun from morning to night, but only the Yanks had implements to practise and warm-up with. None were made available to foreigners. Charlie Rann was pretty disgusted!

All the best,

Jack Pennington.



Dear Colin,

With reference to our recent telephone conversation concerning my sister, Bernice Mary Lynch, please find enclosed a current photograph of Bernice with her two daughters Megan, 11 years old and Aimee, 8 years old.

Bernice was a member of the Coburg Veterans and was well known for her determination and friendly nature. Bernice was a very committed triathlete and as well as running at Coburg, she swam at the Reservoir Leisure Centre and cycled around the Yea, Whittlesea & Kinglake vicinities. It was whilst training on her bike on the 13th August 1995 that she was tragically killed when hit by a car. She was 38 years of age!

We have received many messages of sympathy and support from various members of the Veterans' groups, particularly the Coburg members. On behalf of our family, my sister Theresa Lynch (Yan Yean Road Runners) and myself (Paul Lynch of the Mentone Veterans), we would like to thank those who have offered their condolences. My mother, along with the rest of the family, are very appreciative of the kind words and support offered.

Bernice will be sadly missed by all who knew her and especially by her two young daughters whom will now be cared for by their father Philip.
Yours sincerely,

Paul Lynch

Dear Dot and Colin,

It's good to see I'm not on my own when it comes to feeling that us older age group Vets, or should I say not too older Vets are not liked when it comes to competing in open age group. We are classed as too slow. I've been competing for just on 20 years now in race walking and have competed in a few international events in my time and won many centre titles in New Zealand and two state titles since coming to Australia in 1989 as a 35 year old. I stepped straight into racing "A" Grade and now I have to race by invitation in "A" Grade when I can, even when my times are as good as any one else's time. I've also competed in the Open Nationals over the last few years and get the impression I'm not liked there as well, so Sharon and the rest, it's good to have the Victorian Veterans around where everyone is so friendly.

Ross Reid.

Dear Dot,

I have been living in Malaysia for over a year now and receive a copy of Vic. Vets relayed to me from my address in Melbourne. It is great to see what my running friends are up to - all those familiar names taking part in all those runs I'd love to be doing!

Running in Malaysia is a whole new ball game, with two new monsters to overcome - the heat and the haze - and I'm not sure which is worse. To beat them both, I find I must be on the road by 6am at the latest, when it is still pitch black, and I am now quite used to taking my own water supply with me (plus a couple of ringgit in case I need to buy some more). The heat always seems to take its toll, and I am now resigned to the fact that I usually have a bad run, and sometimes an even worse run! (seldom a good run). I am endeavouring to keep up my 6 days per week running schedule, but the heavy work and travelling commitment often sees this reduced a little.

I have recently taken part in some races here, with moderate success. It's the same old story here - not a lot of women runners, and therefore not so difficult to finish in the minor money.

My first attempt was the Sijori Marathon. Before you get too excited, I must confess that I took part in the veteran women's section, which was only 10km, (Apparently we're too old for the longer distance) My worries began on the evening before when we attempted to follow the supplied map to work out the route. Never mind, I knew I'd not be in the lead! It was an interesting start to the race - a staggered start, with each section starting 5 - 10 minutes apart. We started 15 minutes after the veteran men, yet within the first 1km, we already began overtaking the tail-end charlies. Seems a lot of participants don't actually RUN the race. To cut a long story short, it was a very hilly, very hot and very dry event, with no water supplied throughout. I was not impressed. I finished 4th, and won the grand prize of RM 350. My time - I've no idea (no clock either) - it would have been around 46 minutes. There's big money to be had here. Winners of all sections in the marathon won RM 10,000, with RM 1,500 for the 10km winners. (Ed's note: What's this worth in Aussie dollars?)

My most recent attempt was the PJ Half Marathon last weekend. I decided to run in the open classification and run the full 21km. (Once again the veteran women's section was 10km only) This was a superbly organised event, with lots of water supplied and even ice-cold sponges. To my utter surprise, when I crossed the line, I was given the No.1 place-card. I had no idea I was leading at any

stage of the race. I won 3 enormous trophies, a hamper from every sponsor, plus a trip to Vancouver. Utterly amazing. I did not read the pre-race blurb, and didn't even know there were prizes. I've been in the paper, on the TV etc.

So all you runners who regularly beat me in club races in Melbourne, your road to fame and fortune may well begin over here.

Best regards,

Sonya McLennan

IS THERE A NEW RULE FOR RACEWALKING?

by Val Paton - A.A. Walk Judge, I.A.A.F. Lecturer (Walks)

This has become a common question over the past 12 months at most judged events. There are several rules in the I.A.A.F. Handbook that have a bearing on Race Walking events. The rule of most importance is Rule 191, parts 1 to 7, and, yes, there will be a change, but not until 1st April, 1996. The rule we currently use is

"Race walking is a progression of steps so taken that unbroken contact with the ground is maintained.

(a) During the period of each step, the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground.

(b) The supporting leg must be straightened (i.e. not bent at the knee) for at least one moment when in the vertical upright position."

The changes passed in Gothenberg, Sweden in August 1995 should help in a clearer understanding of the rule. The new rule will be

"Race walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until in a vertical upright position"

Also, Rule 191 part 4b will be omitted. This stated, "Normally a competitor is entitled to a warning

before a disqualification is given" This rule was omitted because of its constant misinterpretation. But an athlete will still be given a caution if he/she is in danger of failing to comply with the definition of race walking.

Any graded walk judge including myself would be only too pleased to help any athlete with these changes.

Many thanks,

Val Paton (Carrum)

Dear Dot,

I am writing to you to introduce the 1995 Australian Ekiden Relay to the Vic. Vets. Enclosed is the formal introduction letter mailed out to major corporate businesses in the Ballarat region for extra information. Up until this year, the event has basically been restricted to corporate teams in the Ballarat area, but I am approaching clubs in the Melbourne area in the hope of enlarging the event.

The event attracts approximately 600 runners from 85-90 teams, and we would dearly love to field over 100 teams this year. The proceeds have been accumulated over the past eight years to fund a new athletic track for the people of Ballarat, and this should be commenced by the end of this year (to replace Llanberris Field)

5th AUST. MASTERS GAMES VIDEO.

A Video containing most of the 100m, heats and finals, some of the 400m races, most of the 200m races, most of the 800m races with some of the steeplechase jumping, a little walking and a few presentations, about one and a half hours in all. These were the events on Saturday and Sunday, taken under difficult conditions at times and the video is unedited. With the time taken, cost of the video, \$20.00 is the asking price. Postage is about \$5.00 extra due to protective packaging.

Peter COLTHUP, 14 Bakers Rd, Nth Dandenong 3175.

Returnable if unsatisfied.

* * * * *

The Australian Ekiden Relay is a handicapped event (based on expected times for each team member over a 6km leg) and, as a fellow veteran athlete, I anticipate this may be attractive to many club members. For those members not familiar with the Lake Wendouree area, the surface is a tan track surface similar to around Melbourne's Botanic Gardens, and has accurate markers every 500 metres. It is a huge event, well supported by families of the competitors and the venue lends itself to a friendly atmosphere.

The event is on Sunday, 26th November 1995. I must apologise for the relatively short notice, but I have only recently joined the race committee as Race Secretary and have pushed to invite Melbourne based clubs and teams. My own connection is as a mature age student in Human Movement at the University of Ballarat, thus becoming involved in the event.

If you or any veteran members would like any extra information, please do not hesitate to contact me on (03) 9743 1553 and I would be happy to provide any assistance. We would certainly welcome any teams from the Vets venues or a combined venue team.

Yours in running,

Tony Milligan (Veteran No. 2253)

Ed. I have a letter from Peter Anderson, Country Portfolio Committee of AV, replying to David Innes, which I must hold until next issue because of lack of space.

VICTORIAN VETERANS ATHLETIC CLUB INC. - Club Records as at 17 March 1995

MEN			WOMEN		
100 METRES			100 METRES		
M30	Marc Larose	11.0	W30	Shirley Griffin	12.7
M35	Ken Bruce	11.1		Margaret Perrott	12.96
M40	Garry Barker	11.2	W35	Debra Tomsett	12.3
M45	Bob Wishart	11.2	W40	Judy Pollock	13.0
M50	Bob Wishart	11.8	W45	Chris Battersby	13.9
M55	Rudi Hochreiter	12.3	W50	Gloria Seymon	13.8
	Len Kent	12.3	W55	Shirley Kennedy	14.77
	Graeme Noden	12.3	W60	Joyce Green	15.6
M60	Rudi Hochreiter	12.5		Shirley Kennedy	15.6
M65	Rudi Hochreiter	13.2	W65	Gwen Davidson	15.6
M70	Charles Scarff	14.0	W70	Gwen Davidson	15.9
M75	Harry Gathercole	14.9	W75	Grace Smith	27.76
M80	Harry Gathercole	15.5	W80	Nance Jeffreys	24.18
M85	Charlie Booth	16.98	W85		
200 METRES			200 METRES		
M30	Terry Baldwin	22.6	W30	Shirley Griffin	25.9
	Paul Robertson	22.79	W35	Chris McArdle	25.55
M35	Ian Anderson	22.3		Debra Tomsett	25.3
M40	Bob Wishart	22.0	W40	Judy Pollock	26.6
M45	Bob Wishart	23.4	W45	Anne Holcombe	28.1
M50	Joe Tennant	23.4	W50	Anne Stobaus	29.08
M55	David Mather	25.2	W55	Jill Cooper	30.36
M60	Rudi Hochreiter	26.3	W60	Bettina Woodburn	32.7
M65	Mike Johnston	27.6	W65	Gwen Davidson	32.7
M70	Charles Scarff	28.1	W70	Gwen Davidson	34.60
M75	Harry Gathercole	31.11	W75	Grace Smith	63.86
M80	Harry Gathercole	32.14	W80		
M85	Harry Gathercole	37.22			
400 METRES			400 METRES		
M30	Terry Baldwin	50.91	W30	Rhonwen Binney	58.3
M35	Paul Lieschins	51.5	W35	Chris McArdle	58.09
M40	Noel Clough	49.5	W40	Judy Pollock	57.0
M45	Max Warlow	53.5	W45	Judy Pollock	58.4
M50	Reg McRae	55.0	W50	Anne Stobaus	64.1
M55	Reg McRae	57.6	W55	Lorraine Woodman	72.04
M60	Reg McRae	60.0	W60	Joyce Green	75.2
M65	Mike Johnston	62.0	W65	Maisie Stevens	112.8
M70	Mike Johnston	66.1	W70		
M75	Vic Turner	73.65	W75	Arley Nicholls	123.2
M80	Harry Gathercole	79.1	W80		
800 METRES			800 METRES		
M30	Tim Crosbie	1.56.0	W30	Rosemary Lucas	2.14.4
M35	Noel Clough	1.56.2	W35	Ann Holcombe	2.12.9
M40	Noel Clough	1.54.8	W40	Judy Pollock	2.12.1
M45	Tom Roberts	2.00.0	W45	Judy Pollock	2.16.8
M50	Tom Roberts	2.00.1	W50	Clare McKerr	2.39.1
M55	Tom Roberts	2.05.07	W55	Lorraine Woodman	2.46.4
M60	Jack Ryan	2.18.0	W60	Joyce Green	2.59.0
	Tom Roberts	2.18.01	W65	Lydia Widera	3.33.0
M65	Jack Stevens	2.20.5	W70	Arley Nicholls	3.55.0
M70	Gordon McKeown	2.36.57	W75	Arley Nicholls	4.35.7
M75	Jack Stevens	2.59.0	W80		
M80	Stan Nicholls	3.46.2			
1500 METRES			1500 METRES		
M30	Tim Crosbie	3.58.7	W30	Georgann Peterson	4.46.6
M35	Michael Beech	4.01.0	W35	Dot Browne	4.40.1
M40	Colin O'Brien	4.03.7	W40	Dot Browne	4.31.8
M45	Colin O'Brien	4.06.6	W45	Judy Pollock	4.40.4
M50	Tom Roberts	4.05.2	W50	Theresa Baird	5.16.0
M55	Jack Ryan	4.17.6	W55	Jean Albury	5.15.7
M60	Mike McAvoy	4.42.1	W60	Jean Albury	5.36.0

WAVA WORLD GAMES AT BUFFALO, JULY 1995

1500 METRES (Cont)

M65	Jack Ryan	4.41.82
M70	Gordon McKeown	5.23.99
M75	Alan Burgoyne	6.07.0
M80	Reg Barlow	7.26.0

5,000 METRES

M30	Tim Crosbie	15.36.0
M35	Colin O'Brien	14.42.3
M40	Trevor Vincent	14.55.3
M45	Peter Hunt	15.36.0
M50	Jack Ryan	15.54.0
M55	Jack Ryan	15.52.8
M60	Jack Ryan	17.59.0
M65	Stan Nicholls	18.10.0
M70	Stan Nicholls	19.58.0
M75	Alan Burgoyne	22.02.0
M80	John Brown	29.03.0

10,000 METRES

M30	Jeff Sharan	33.52.0
M35	Graeme Kipp	30.41.2
M40	Steve Austin	30.23.2
M45	Rob Morgan-Morris	32.34.0
M50	Theo Orr	33.37.0
M55	Jack Ryan	33.36.0
M60	Bob Turnbull	37.34.0
M65	Stan Nicholls	37.52.2
M70	Alan Burgoyne	40.40.0
M75	Reg Barlow	46.00.3
M80	Reg Barlow	59.37.0

MARATHON (BEST ON RECORD)

M30		
M35	Carl Stevenson	2.28.50
M40	Ted Paulin	2.27.43
M45	H.Van Wijngaarden	2.42.43
M50	Mike McAvoy	2.44.20
M55	George Perdon	2.47.54
M60	Mike McAvoy	3.07.45
M65	Stan Nicholls	3.09.46
M70	Stan Nicholls	3.13.17
M75	J. Poelsma	4.35.53

3,000 STEEPLECHASE

M30	Raymond Rossi	10.27.84
M35	Jeff Broderick	8.53.57
M40	Jeff Broderick	9.11.9
M45	Jim Seymon	10.21.0
M50	Theo Orr	10.22.4
M55	Bill Hughes	11.12.99

2,000 STEEPLECHASE

M60	Peter Couattie	7.57.7
M65	Max McKay	8.32.4
M70	George Knott	14.03.0
M75	Stan Nicholls	10.32.2
M80	George Knott	15.42.63

110 METRE HURDLES (.991m)

M30	Terry Baldwin	15.5 & 15.78e
M35	David Douglas	15.1
M40	Albert Latu	16.3
M45	Ken Priestley	17.0

1500 METRES (Cont)

W65		
W70	Arley Nicholls	7.45.3
W75	Arley Nicholls	9.02.0
W80		

5,000 METRES

W30	Georgann Peterson	17.50.3
W35	Dot Browne	17.43.9
W40	Dot Browne	17.09.1
W45	Dot Browne	17.33.3
W50	Theresa Baird	18.33.1
W55	Jean Albury	18.49.0
W60	Jean Albury	20.04.0
W65	Corrie De Groot	26.42.0
W70	Arley Nicholls	28.03.0
W75	Arley Nicholls	32.37.0
W80		

10,000 METRES

W30	Georgann Peterson	36.52.8
W35	Petrina Trowbridge	35.49.0
W40	Dot Browne	35.30.5
W45	Theresa Baird	36.59.2
W50	Theresa Baird	38.00.3
W55	Jean Albury	38.38.6
W60	Jean Albury	42.16.0
W65	Corrie De Groot	57.40.0
W70		
W75		
W80		

MARATHON (BEST ON RECORD)

W30		
W35	Petrina Trowbridge	2.46.50
W40	Dot Browne	2.41.24
W45	Lavinia Petrie	2.58.25
W50	Lavinia Petrie	3.03.36
W55	Shirley Young	3.18.31
W60	Shirley Young	3.27.44
W65		
W70		
W75		

2,000 STEEPLECHASE

W30	Kerryn Mahks	9.56.7
W35	Kris Bowles	10.36.1
W40	Janis Wright	8.21.25
W45	Heather Ducat	10.43.1
W50	Jan Morrey	8.58.0
W55	Pamela Mews	10.29.0
W60	Clare McKerr	12.01.0

100 METRE HURDLES (.84m)

W30	Linda Ireland	17.0
W35	Debra Tomsett	16.0

After many hours of planning and saving it was suddenly July the 4th and a large group of Vic Vets were boarding the plane at Melbourne Airport to begin the first stage of our shuffle off to Buffalo U.S.A. Two plane flights and a bus trip later just on 30 hours of travel time, we arrived at our first stop, Lansing in the State of Michigan. As you can imagine, after all the arduous travelling most of us the next day felt like a 40 acre paddock thats just been ploughed, very vacant! But the jet lag soon lifted as we settled in at the University of Michigan and started to get ready for competition in the U.S. National Masters Championships. This competition was to allow everyone to sharpen up for the big one at Buffalo. I was suprised at the low numbers of local athletes competing in Lansing as I expected to be tripping over Yanks left right and centre.

Our accommodation at Lansing was good, with plenty of tucker to be had in the cafeteria at meal times. One bloke who was in his element was Col "Seagull" Silcock. Col must have felt like the kid whose been given the key to the sweet shop when he first walked into the cafeteria. It was poetry in motion watching Col dipping and diving between people as he gathered his supplies. Caulfield Venue's Kevin McGrath was to see a bit more of life in Lansing than most of us. Kevin was so hyped up as he got ready to run his 200mt race that he started to feel faint and on the verge of going down for the count. He was rushed off to Lansing Hospital where he underwent a myriad of medical tests on admission. After the doctors had determined that Kev was suffering from a severe case of over excitement and he wasn't in a bad way they hit him with the biggest test of all. He was given a mandatory Aids test. Kevin was delighted upon getting the all clear verdict, and on his return to the Uni spent a lot of time telling all the single ladies about the results of the test and offering to show them the hospital stamp on his behind to prove that he was all clear.

At the end of competition we were loaded onto buses for our trip to Buffalo. What should have been a 4 hour trip developed into a marathon 9 hour journey. We ended up doing a cooks tour into Canada with a very welcome stop at Niagara Falls. For the first time visitors to the falls, the size and power of them were awe inspiring. We were told by a local that in winter the falls just about freeze over. The biggest drawback for the blokes watching the vast volumes of water cascading down the falls, was that after a while you had the sudden urge to rush off to find the dunny.

Our arrival at Buffalo University was a bit of a shock. Instead of the leafy green environment of Michigan Uni we were greeted with what seemed to me to be a huge dry paddock with buildings here and there. On enquiring about the location of the athletic tracks, were informed that track no 1 was about 15min in one direction and track no 2 was 20min in the other direction.

One night in the cafeteria we spotted Clyde Riddoch with his meal tray piled that high with food, he had to look around the pile to see where he was going. Clyde was asked how come he was dining with us when he was supposed to be camping out in the scrub with Murray "The Gnome" Dickinson. Fair go said Clyde,

ED. More Victorian records next issue. We have an embarrassment of content this issue.

two nights was ample for me. For a start Murray snores, sings in his sleep, wants to kiss you goodnight, but worst of all there wasn't enough to eat.

On one of the rest days, a group of us ventured back to Niagara Falls to do all the tourist things. On our arrival we all boarded one of the boats on the American side that takes you right into the base of the falls. On boarding the boat (Maid of the Mist) you are given a plastic poncho to wear so you don't get wet. This was the highlight of the trip for me, to be so close to the falls was both exhilarating and frightening at the same time. It was interesting to look down on the boats from the bridge between the U.S.A. and Canada, with everybody on the boat encased in their blue ponchos, they looked for all the world like a boatload of condoms on legs.

As we were walking across the bridge towards Canada, Janet McLure suddenly yelled out, "geeze, what are you doing, you lard head!" As we all turned around thinking someone was going bungee jumping without the rubber band, we noticed she who must be obeyed with her left foot firmly on a green plastic case. It turned out that Jimmy McLure had dropped his passport and just as the wind was urging it towards a 200ft drop down to the river, Wendy had moved as fast as she does on payday when she grabs my wallet and stomped on the passport, thereby saving Macca a long time of being stuck on the bridge walking between two countries.

After we had got Jim safely through Canadian Customs, it was decided to check out the tourist shops just near the falls area. After we had made the mandatory purchases we moved outside to discuss where to go next. It was then that we noticed that Beryl Sinclair was not amongst us, "I'll go and get her out of the shop before she melts my visa card", declared Jim "Chuckles" Sinclair. A few minutes later along came Chuckles with a big smile on his face followed by a sheepish looking Beryl. It turned out that as Beryl followed the main group out of the shop, she had got trapped in the revolving door and with a steady stream of people entering the shop she was never quick enough to get out at the exit. I was starting to get quite dizzy in that door said Beryl while Chuckles was overheard to state, "that's what I love about Beryl, doesn't cost much at all to entertain her".

Another trip we did as a group was to venture to downtown Buffalo with the intention of watching Americas favourite sport, baseball. Unfortunately most of us were disappointed with the games lack of action, to me it was like watching paint dry on a winters day. There was more interesting things to observe in the stands watching the antics of the locals and the blokes selling peanuts, popcorn and beer. It was with a cold beer in mind that we sojourned to a pub near the stadium named Cheers to try a local brew. This pub was a take off of the T.V. show of the same name and it was very pleasant to breast the bar pretending to be big Norm and looking around for Carla.

But it was watching little Chuckles Sinclair attempting to climb the stairs to the street after a few pots of Elephant brew that caused quite a bit of excitement. It was a case of one step up and then a couple down for Chuckles until a couple of us got either side of him and helped him on his way. Outside Chuckles said, "now I know what runners mean when they say, I was climbing stairs in the last 100mts of that race". Not quite the same reasons though Jimmy.

Another aspect of travel life we were introduced to in Buffalo was the art of queueing overseas style. It didn't matter as to whether it was a queue for the bus or in the cafeteria for your tucker, it transpired that there was a certain approach that we Australians lacked. Despite forming an orderly queue in the cafeteria or at the bus spot, we soon learned that the overseas way is to just push or shove your way to the front. You soon adapt to the situation after being shoved aside by these rude and ignorant people the first few times by raising your voice and lifting your elbows shoulder high to ward off any intending queue jumpers. After watching Beryl Sinclair in action with her elbows at a shuttle bus pick up point one day warding off a mob of Colombian athletes, I know who I'll be taking to the next Myer stocktaking sale. It was buses, or more appropriately their drivers, that seemed to cause the most headaches during the games. The organizers decided to use those yellow school buses we have all seen in the movies and on T.V. for transportation to the various venues, but alas, the majority of the drivers were not briefed as to the location of these venues. Consequently a journey to the cross country or road walks venues that on paper was listed to take 30 to 50 mins, could take up to twice as long as the unfortunate drivers got completely lost and only found the way by stopping and asking for directions. One of the buses returning from the marathon finish, which was close to Niagara Falls, took 2 hours instead of the approx. 50 mins normally taken to do the same trip. The driver actually stopped oncoming traffic to ask for assistance while marathon competitors were sitting on seats designed for children, trying to cope with aching bodies and legs that were screaming out because of the excess lactic acid coursing through them. Apart from these and other small problems, the games were very enjoyable with lots of new friendships made by all.

Before finishing this article, I would be very remiss if I did not mention the following, firstly it became standard practice by members of the Russian team to each day set up a small market adjacent to no 1 stadium trying to flog off various items. I could not help but think that if our own Peter "Arfur Daley" Colthup was there he could have not only made a fortune selling t-shirts etc, but he could also have shown the Russians a thing or two when it comes to selling goods. Secondly I have to report on the small problem encountered by our Honeymooners, Leigh and Kathy Cassidy during their stay in New Orleans. On entering their room in the elaborate Montelleon Hotel they quickly noticed the absence of a visible T.V. set, normally this would not bother a couple on their honeymoon but Leigh and Kathy became quite anxious in case their favourite show, "Bananas in Pajamas" was showing and they were missing it. It wasn't till the morning of their last day whilst packing that Leigh decided to open a cabinet standing unobtrusively to one side of the room. Guess what dear readers was located in this cabinet, you are right, the bloody T.V. set. That old saying about true love being blind is quite correct.

On a sadder note we offer our sincere sympathy to Ian and Dorothy Orr on the death of their son David whilst in Buffalo. For all those who knew David, his determination to have a go despite his disabilities was inspirational to all. Vale David.

Eric Greaves
Club Captain

(Ed. Thanks Eccles. Now here is Peter Le Get's version of the trip.)

Going to Lansing we travelled on two flights, from Melbourne via Auckland or from Sydney direct to L.A. and on to Chicago where we met up for the bus trip to Lansing. When we drew up at our university quarters it was 1am and we had been 32 hours in the air and on the road. Some of us then faced the daunting prospect of a 5000 metre event within 8 hours but responded to the challenge by coming out and winning medals, no less.....

Seven days later we again boarded buses at MSU and in hot weather travelled 6 hours to Buffalo. Our amiable driver, among other droll remarks, drew attention to the restroom at the rear of the coach but advised that if using the facilities after eating it was preferable to have digested our food! We entered Canada at Sarnia, thorough passport check, no jokes with Canadian officials, not easy for some of us. Travelled along Ontario peninsula, veered away from Toronto through orchard and vineyard country and on to Niagara where we came face to face with the Falls and took a brief stop to gaze in awe.

Another passport check and back into the States, then a short trip to Buffalo in ever-decreasing circles round State University to try to locate our residences. Here we were joined by those who had come direct from Australia and suddenly there were yellow shirts everywhere.

Michigan State University and State University of New York at Buffalo are both enormous campuses. MSU, with a history of some 140 years, is quite mellow with large trees, playing-fields, ivy-clad buildings and is the reason for the suburb of East Lansing. Here we had to march round on foot but at least our action all took place in the same area and we could easily get a bus downtown or to the shopping malls.

University at Buffalo - this is the North Campus which had expanded from the original South Campus some years ago and comprises a huge area, with modern buildings strung out and is still developing with vast open spaces and a three-day route march to go anywhere. Shuttle buses, if located, stopped at all residences and motels on the way to the Alumni building, where registration and all the action was. The buses were those used for school-driving and were not well-sprung nor suitable for athletes with long legs or a bit stiff after competing.

Meals in Lansing were eaten in one huge dining hall, where most people could be located. Food was excellent and trays, together with crockery and cutlery, were "bussed" down a chute after use. In Buffalo we split into several areas to eat and the food was still good but the organization and availability were not quite what we had experienced at Lansing. But with three good meals a day, good company and a comfortable bed, who was complaining.

At Buffalo were Stadiums 1 & 2, no.2 being the original track, cum football field, beautiful springy surface, ran two races there. Stadium 1, built specifically for T & F, also had an excellent surface. Both tracks though were without covered stands, some tents were supplied but in the blistering heat shade was difficult to find. Also when it rained on the last day the only shelter was the concourse under the stand where water poured through the cracks anyway.

Cross-Country at the World's was held at Akron Falls about 25 miles by un-sprung bus traversing fierce bumps on back roads, making up lost time. The shuttle buses found it hard to get their act together for mass troop movements. The course was interesting with some shade, not as much as claimed, some rough going with shaded tree-roots to trip the unwary and plenty of uphill work in the hot sun and humidity. Water was plentiful but there was no other sustenance if you had not brought your own victuals.

The Marathon commenced in downtown Buffalo, running up to the Peace Bridge which crosses into Canada, with about three-quarters of the race in Canada leading up to Niagara Falls for the finish. Road Walks were also held in the Niagara area but on the American side.

Warm and humid, hot and humid, or just humid. Some days were fierce. Both cities are close to the Great Lakes, hence the moisture in the air. Buffalo is also reputedly the windiest city in the US. The Cross Country day was a ball-tearer. Fierce heat, strong wind, high humidity. Participants went down like flies and most performances were down on the day. M45 and 40 races, scheduled for mid-afternoon, were postponed to a morning several days later.

A couple of days of this weather led up to the great Chicago heatwave at the other end of the Great Lakes, which was well reported. We only had to run 5 or 10km, Pole Vault or throw the Discus or Javelin on this day.

Niagara was undoubtedly the highlight for most of us. What a sight, from both Canadian and American sides. As well as the view from the top there was the walk under the falls and the "Maid of the Mist", where everyone donned blue ponchos to ride on the ferry beneath the Horseshoe Falls. The Canadian side was perhaps more spectacular but travelling from Buffalo you first saw the lake, then the river, then the rapids, the island, then the massive spill and the spray.

Many of us were lucky enough to get to Detroit, Toronto, Rochester and other places. Vast areas of water were apparent wherever we went and we got a feel for the Lakes area with its mostly flat terrain, fertility and humidity. Each American city had the same distinguishing feature, such a contrast between the opulent residential suburbs and the seedy downtown with so many demolition sites and ghettos. At the end of the Games 200 Australians dispersed in nearly as many directions. Several of us headed for New Orleans, where the fierce heat and humidity were interspersed with thundery rain, and we took in the French Quarter, jazz, cajun food, alligator-infested swamps and also the Superdome where 97,000 can watch the football in seated comfort under the dome. Imagine a roof over the MCG and you get the picture.

There were some complaints about organization here and there. It did seem a bit ambitious to spread the events over such a wide area. University at Buffalo, with its two stadiums, was about as far out as say Box Hill, the Marathon was downtown and beyond, the Road Walks were away near Niagara and the Cross Country was out at about the equivalent of Healesville. Also the

Dinner at the Pier Restaurant was enjoyable, either out in the breeze with the music or inside, but was a long and uncomfortable ride to reach. In general the officials did a good job when you think that some were on duty all day every hot day for eight days at Lansing and twelve at Buffalo. Water was certainly plentiful at both venues, but shade could have been better at the tracks. For those at Eugene, Oregon in 1989 Buffalo did not quite measure up, but Eugene is specifically a Track & Field town.

Nothing beats the atmosphere of 6000 athletes and partners all in the same friendly but competitive environment, all there to do their best and enjoy themselves at the same time. Many animated discussions in both verbal and body language in the cafeteria, on the track, or at the social functions. So many good friends made, both Aussies and other nationalities. Some you hadn't seen or even thought of for six years or so - there they are again and you pick up where you left off last time. Americans, both athletes and otherwise, are so friendly, helpful and anxious to know about you.

A kilted New Zealander brought his bagpipes along and was heard from great distances around the campuses and at least once in the dining-room. Some ethnic groups specialised in music and folk-dancing in the open air which enlivened some evenings and occasionally postponed sleep.

Others no doubt swapped souvenirs. After the 10km a little Estonian runner came up to present me with a medal from his bag, which I think came from a fun run. My nephew who was with me thought quickly and produced an Australian \$5 note which pleased him so much he produced an Estonian 5 kroner as well.

No description would be complete without reference to the ubiquitous Colin Silcock, travelling as usual on the smell of an oil rag, doubling as an official to help pay his way, on good terms with everyone, entering every event and making pointed observations on every happening. First person sighted as the bus drew up at the campus, "this is definitely my last Games", last seen at Buffalo airport heading for Chicago with his reservations in a tangle. No Vets. event around the world would ever be the same without Colin.

Oh, I almost forgot the Track & Field program, that's probably why we were there. We did our best to participate and watched where we could but as mentioned it was not possible to see and take it all in. Some highlights for me were:

The domination of their age group in the distance events of Alan Bradford (M55) and Ron Robertson, NZ (M50). It was a joy to watch these two champions in action. Alan's only stumble was in the Cross Country on an unforgiving day when he still finished about 7th. In my age group, (M60) it was great to see Tom Roberts and Mike McAvoy battling out the 1500 metres for 1st and 2nd in a fast time. Another highlight was watching the Australians finish 1/2/3 in the M70 400 metres, with Frank Evans leading home Mike Johnston and Tom Hishon in about 62 secs. Try that for size when you reach age 70!

Australians ran brilliantly in the relays on a wet track on the last day, particularly the younger women and older

men. Some of the women did particularly well in the weight events, including Val Worrell and Christine Schultz. Great viewing to see the Americans and Europeans sizzling round the track in the 40 & 45 age groups. One event which captured the attention of all present was the M40 High Jump, with former Olympian Dwight Stones of USA being beaten at 6ft.11 by his fellow-countryman James Barrineau. Some would remember that this was the winning height at the Melbourne Olympics and here were 40 year olds jumping it.

Successful or not, you could safely say that all Australians had a go, in fact most busted a gut to do their best on the day and were recognizable in all events by their weight of numbers and endeavour. It was good too to hear the support for our people from spectators, whether Australian or not. From an average participant's point of view, most successful, and I'd love to have the chance do it again, body (and/or mind) permitting.

Peter Le Get
Vet no. 346

T - SHIRTS

At the VicHealth 5th Australian Masters Games, we were offered the opportunity to sell special T-shirts with the coloured Masters Games logo across the chest and the word Athletics printed vertically on the right hand front of the shirt. They are white shirts, in a very good quality, rather heavy cotton. They are an excellent memento of an historic event in the story of the Vic Vets, when we took on the biggest job in the biggest sporting event in Melbourne's history, and performed it with distinction. No more will be printed. If you were part of the Games and did not get one, here is your chance. They cost us \$17 each, but we are selling them for \$15 each or 3 for \$40. They would make ideal Christmas presents.

We have two sizes left, L, which is 46 in. or 117 cm. around the chest, and XL, which is 50 in. or 130 cm. around the chest. They are cut rather larger than you would expect from the sizing. Please fill in this order form and post it with a cheque payable to V.V.A.C.I. to Colin Browne, 4 Victory Street, Mitcham 3132, and I will fill your order.

T - SHIRT ORDER

Please send meVicHealth 5th Australian Masters Games T _ shirt(s) size L @ \$15 ea. or 3 for \$40

.....VicHealth 5th Australian Masters Games T _ shirt(s) size XL @ \$15 ea. or 3 for \$40

Name

Address

Phone Please find enclosed cheque for

AUSTRALIAN ASSOCIATION OF VETERANS' ATHLETIC CLUBS LTD.

TO ALL STATE SECRETARIES AND DIRECTORS
26th September, 1995

At our recent Annual General Meeting of the A.A.V.A.C. Ltd, election of office bearers took place.

As a result of these elections, three positions on the Board of Directors were not filled and are now declared to be vacant. Consequently, I am calling for any nominations for the following positions on the Board. Any person who is a financial member of a state veterans' athletic club is eligible to nominate. Would you be good enough to advertise these vacancies amongst your members and make the nomination forms available to any interested persons. Thank you!

The Board meets once every six months in either Melbourne or Sydney and fares and accommodation are always covered by AAVAC. Ltd. They discuss the affairs of the Association and make recommendations to the Council, (which is made up of two delegates from each state) for consideration at the Annual General Meeting, usually held late August or early September.

Positions declared vacant are as follows:

HONORARY SECRETARY

(position previously held by Dot Browne, secretary of Vic. Vets.A.C., who has resigned through being too busy)

The position involves receiving and attending to correspondence, passing on relevant information to state secretaries, preparation of the Annual Report and attending the Board Meeting twice a year in either Melbourne or Sydney over a weekend.

DIRECTOR OF DEVELOPMENT AND PROMOTIONS

(position previously held by Len Childs (NSW) who has now taken over as President)

The position involves following up suggestions for the Development and Promotion of Veteran Athletics which were suggested at a Search Conference held in August 1994, plus using initiative to develop any other ideas.

Also, the position involves the refining of a New Member's Kit which has been initially produced by Len Childs, but needs some adjustments. The successful candidate would work with a small sub-committee on both projects.

DIRECTOR OF TECHNICAL AFFAIRS

(position previously held for many years by Royce Foley (Vic) who has resigned because of failing eyesight)

Position involves being familiar with the WAVA technical rules governing weights and sizes of field games equipment, dimensions of javelins and throwing rings etc., heights associated with high-jump, hurdles and pole-vault equipment and track markings, which of course will be different for the various age-categories.

Nominations are to be in writing and signed by the nominated person and the nominating member or club secretary. Nominations should be accompanied by a brief outline of the nominated person's qualifications and/or experience relevant to the position. Any financial member of a state veterans' athletic club may propose or second a candidate for one of the vacant positions. (Forms on the following page, which may be photocopied)

Nominations close on 30th November, 1995 and are to be sent to Dot Browne, 4 Victory Street, Mitcham 3132 Vic.

Regards 

DOT BROWNE (Hon. Sec)

I nominate who is a member of the Australian Association of Veterans' Athletic Clubs Ltd, for the position of. HONORARY SECRETARY of this Association.

Name of Proposer..... Signature.....Date:

Name of SeconderSignatureDate

Nominee's acceptance signatureDate

I nominate who is a member of the Australian Association of Veterans' Athletic Clubs Ltd, for the position of. DIRECTOR OF DEVELOPMENT & PROMOTIONS of this Association.

Name of Proposer..... Signature.....Date:

Name of SeconderSignatureDate

Nominee's acceptance signatureDate

I nominate who is a member of the Australian Association of Veterans' Athletic Clubs Ltd, for the position of.DIRECTOR OF TECHNICAL AFFAIRS of this Association.

Name of Proposer..... Signature.....Date:

Name of SeconderSignatureDate

Nominee's acceptance signatureDate

VVACI 10MILE RUN, PRINCES PARK, CARLTON. SUNDAY 30 JULY 1995

by Colin Browne

It was a bitterly cold day at Princes Park, which is as cheerful as the graveyard over the road when the north wind blows through the leafless elms on a winter's day. Cold water from a roseless shower in the red brick bunker after the run is about as warm as you get. However sixty odd vets and about half that many VCCL runners turned up to run ten miles around the gravel track, which was a good solid surface after all the rain we have had. We copped a pretty strong headwind on the cemetery side. The runners stuck to their task and were rewarded at the end with some excellent catering by the VCCL people. Hot dogs and beer really hit the spot. East Burwood vets had done a great job of organizing the event and the western venues had played a big part in the show too. Peter McGrath stood in for Eccles who was still jet-lagged after his big trip to the U S of A. Our pres Doug Orr presented the medals and flogged his track suits after the run. Despite hugging our knuckles under our armpits while the wind blew up our kilt, we all had a pretty good time. Among the redshirts the winner and fastest time overall was Martin Murray in 52-06. The handicap winner and second overall was Tony Moran. Vic Vets best was Russell Johnson in 56-06. Quite a few Vic Vets bobbed up for handicap prizes in the VCCL. It was a happy mingling of the clans.

VIC VETS RESULTS

W 55	1	Judy Wines	88-33
W 50	1	Margaret Cassidy	82-11
	2	Helen Myall	82-33
W 45	1	Charlene Rendina	63-58
	2	Petrina Trowbridge	66-41
	3	Nancy Chorley	79-01
W 40	1	Carmela Carrassi	99-16
W 30	1	Bronwyn Hanns	64-34
M 70	1	Ken Matchett	77-35
	2	Vern Gerlach	80-59
M 65	1	Vin O'Brien	70-36
	2	Bob Lewis	75-04
	3	Ben Morrey	81-39

M 60	1	Roy Stanway	68-08
	2	Ron Young	68-36
	3	Bill Page	70-42
M 55	1	Peter Hannaford	61-08
	2	Ray O'Connor	62-19
	3	Brian Mee	64-43
M 50	1	Bob Curtis	60-33
	2	Colin Wight	66-36
	3	Bob Power	71-34
M 45	1	Philip Curtis	59-17
	2	Jim Ingham	61-40
	3	Bill Irvine	62-03
M 40	1	Russell Johnson	56-06
	2	Gray Ryan	58-26
	3	Andrew Cochrane	58-44
M 35	1	Joe Campisi	60-11
	2	Laurie Collard	62-17
	3	Bill Long	67-12
M 30	1	Lawrence Malone	65-36

OVERALL

1	Russell Johnson	56-06
2	Gray Ryan	58-26
3	Andrew Cochrane	58-44
4	Phillip Curtis	59-17
5	Rob Drew	59-36
6	Neil Boyle	60-06
7	Joe Campisi	60-11
8	Rob Clutterbuck	60-16
9	Bob Curtis	60-33
10	Peter Hannaford	61-08
F1	Charlene Rendina	63-58
F2	Bronwyn Hanns	64-34
F3	Petrina Trowbridge	66-41



VVACI 10KM, BRAESIDE PARK, SUNDAY 27 AUGUST 1995

A very good turn out of 80 entrants for this, our first club run at Braeside Park. Originally this event has been conducted down at the Devil Bend Reservoir course, but due to an increase in vehicular traffic and concerns for the safety of runners and officials alike, the decision was made to relocate the event to Braeside Park. This of course meant breaking with tradition and leaving a venue, where our club had been conducting a race for as long as Arfur Daley Colthup has been flogging gear to any hapless soul who stopped to say giddyay.

So needless to say, we were feeling a bit concerned about how the new venue would work out and whether it would be acceptable to our members, but with plenty of willing helpers and good weather, thanks to the big veteran upstairs, the event was a success with plenty of favourable comments for the course by the competitors, due to the popularity of Braeside Park, it was necessary to start our race at 9.00am to avoid any inconvenience to other users of the park. The early start proved a wise move, as by the time we had cleaned up, the park was starting to get as full as the family pot under mum and dad's bed.

Once again right from the gun M40 Russell Johnson led the way and was not challenged to go on and win outright in a top time of 34-18. Next across the line was M30 competitor, Lawrence Malone in 34-37. First of our ladies home was W45, Charlene Rendina in 38-53, Charlene continues to prove she is a top distance runner and should shake up a few of the records when she moves up to the W50 division in a couple of years. The flying blonde, W45 Petrina Trowbridge, was next across the line with our ultra lady, W50 Lavinia Petrie finishing in 3rd place overall. Margaret "Hoppy" Cassidy just made it to the start with seconds to spare after arriving at the park late. Thank goodness there are plenty of trees, Hoppy was heard to mutter, I didn't even have time to go to the dunny. A couple of competitors who are renowned for their ability to get lost, Lois Sellar and John Gilliland, managed to complete the course without going bush as they are apt to do. It was great also to see the many new faces and I welcome those new members to our club and hope they enjoy themselves whilst with our club. With this being our first race at Braeside, all winning times in each age group are course records. Next year there will be awards for entrants who are able to break the appropriate age group record. Many thanks to everybody that assisted in making the event a success.

Eric Greaves
Club Captain

Running Shorts -

Quote of the day at Braeside goes to our M80, Harry Preston. When asked if he would be ok to start before the main group, Harry replied, "it would be nice to have someone jog around with me, because if I go by myself I'll get lose, and if I go with the main group, I'll be so far behind, I'll still get lost. Thanks to Mick Coglean for acting as Harry's escort."

BRAESIDE 10KM RESULTS

WOMEN

W 35	1	Nada Travica	49-13
	2	Christina Kontos	54-30
W 40	1	Marlene Gourlay	43-49
	2	Pam Hornibrook	50-51
	3	Sue Kemp	55-02
	4	Carmela Carassi	61-16
W 45	1	Charlene Rendina	38-53
	2	Petrina Trowbridge	39-56
	3	Vicki Thompson	56-34
	4	Dorothy Smart	57-45
W 50	1	Lavinia Petrie	41-03
	2	Margaret Cassidy	48-03
	3	Joy Herbert	49-57
	4	Maggie Evans (inv)	51-28
W 55	1	Judy Wines	51-39
	2	Judy Davison	54-21
W 60	1	Lois Sellar	54-45
W 65	1	Shirley Young	48-31
	2	Corrie de Groot	58-59

MEN

M 30	1	Lawrence Malone	34-37
	2	Noel Fairburn	46-59
M 35	1	Joe Campisi	36-06
	2	Jeff Boot	38-00
	3	Shaun Exton	38-27
	4	Bill Long	39-46
	5	Andrew Tunne	40-34
	6	John Horseling	42-51
	7	Alan Killeen	46-29
M 40	1	Russell Johnson	34-18
	2	Neil Boyle	36-17
	3	Ian Cassell	39-46
	4	Tony Doran	40-37
	5	Graeme Paul	40-52
	6	Glen Claiden	41-20
	7	Conrad Hamann (inv)	46-01
	8	Gordon Loughnan	50-07
M 45	1	Eric Greaves	35-09
	2	Gerald Sofianos	36-06
	3	Jim Ingham	36-53
	4	Bill Irvine	38-10
	5	Murray Hutchison	38-33
	6	Peter Bence	39-34
	7	John Abel	39-38
	8	R. McKenna (inv)	40-11
	9	Dennis Ardley	40-47
	10	Louis Waser	41-23
	11	Bill Carr	42-05

	12	Ian Tregear	42-06
	13	Ian Orr	42-29
	14	Richard Todd	43-08
	15	Simon Shtargot	44-16
	16	Lindsay Beaton	45-15
	17	Rob Jamieson	46-57
	18	Paul Lynch	47-13
M50	1	Barry Fry	36-20
	2	Bob Curtis	36-24
	3	Gabriel Carmona	37-09
	4	Ron Little	41-47
	5	Jim Smith	42-41
	6	Bob Petrie	43-40
	7	Gareth Evans (inv)	43-51
	8	Peter Battrick	45-15
	9	Roland Brown	45-27
M 55	1	Juan Perez	41-26
	2	Peter McGrath	47-18
M 60	1	John Visser	40-25
	2	Roy Stanway	40-39
	3	Ron Young	41-40
	4	Tom Davison	44-20
	5	Chas McRae	45-32
	6	Michael Heffernan	45-58
	7	Kevin Onley	48-19
	8	Leo Charles	49-40
	9	George Simons	54-13
	10	John Gilliland	54-55
M 65	1	Vin O'Brien	44-47
	2	Ben Morrey	50-41
M 70	1	Vern Gerlach	49-28
M 80	1	Harry Preston	95-02



VVACI 10KM AND 5KM ROAD WALKS, KNOX, 10 SEPT, 1995

The 10K and 5K Veteran's Road Walk Championships were held at the Knox Industrial Course on Sunday 10th September. Cool conditions with a slight breeze saw 37 of our members compete. Results are as follows:-

MENS 10 KILOMETRE

AGE GROUP	NAME	2K	4K	6K	8K	10K	PLACE
M55	Tony Johnson	10.45	21.18	31.52	42.25	52.44	1st
Mu	Ray Dickenson	10.45	21.18	31.52	42.25	52.44	1st
	Bob Gardiner	10.45	21.21	32.11	43.05	54.12	2nd
	Kevin Marion	12.17	25.06	37.52	50.49	63.53	3rd
	John Bede	12.54	26.37	40.26	54.36	68.48	4th
	Ian Beaumont	14.36	29.58	45.26	60.45	75.44	5th
	Dominic Morina	12.17	25.08	39.20	Disq		
M50	George Paton	11.10	22.55	34.30	45.50	56.32	1st
	Ron Bilston	13.36	27.16	40.58	54.18	67.40	2nd
M45	Ross Sharpe	10.14	20.34	31.03	41.28	51.54	1st
	Graham Russell	11.36	23.17	34.59	46.39	58.12	2nd
M40	Clyde Riddoch	10.24	21.10	32.17	43.48	55.14	1st
	Mario Anzi	13.18	27.48	42.08	55.32	69.01	2nd
5KM				1K	3K	5K	
W75	Dot Jack			7.40	23.21	39.19	1st
	Grace Smith			8.45	26.29	44.00	2nd
W65	Jean Albury			5.56	17.46	29.34	1st
W60	Tina Leb			6.14	19.20	32.31	1st
W55	Penny Hall			5.45	17.13	28.57	1st
	Margaret Beaumont			7.28	22.05	37.09	2nd
W50	Joy Herbert			5.46	17.18	29.08	1st
	Win May			5.48	18.04	30.24	2nd
	Gwen Steed			6.25	19.22	33.04	3rd
W45	Heather McDonald			5.01	15.25	26.16	1st
	Celia Kelly			5.15	16.01	26.51	2nd
	Kathy Cassidy			5.15	16.00	27.18	3rd
	Glennis McPherson			5.24	16.34	27.47	4th
W40	Carmela Carrassi			5.41	17.42	30.07	1st
	Jan Jones			6.53	21.09	35.06	2nd
W35	Franca Acardi			5.15	16.12	27.36	1st
W30	Kerry Taylor			6.24	19.24	32.24	1st
M80	Ralph Field			7.40	23.21	39.19	1st
	Andy Smith			8.18	25.08	42.14	2nd
M65	Gordon Gourlay			5.56	18.04	30.18	1st
	Vic Harley			6.10	19.12	32.08	2nd

M60	Fred Brook	5.49	17.25	28.54	1st
	Kevin McGrath	8.06	23.58	39.21	2nd

Some personal bests were reported from Ross Sharpe, Franca Acardi and Celia Kelly. Also congratulations to those who competed with us for the first time. This was an official event in conjunction with the Victorian Road Walkers Club and many thanks to them for their assistance and also to the Walk Judges, the timekeepers and Bob Gardiner for providing and transporting the equipment. The medals were presented by Louis Waser and Leigh Cassidy, the Managers of Mentone and Springvale/NoblePark venues. The more astute and observant reader would have noticed Tony Johnson and Murray Dickenson were step by step for the whole distance. A struggle where both competitors refused to give in and they pushed themselves to their absolute limit. (I think that is the story they intend to tell the stewards anyway) ... Peter McGrath

VVACI 25KM RUN, MARIBYRNONG RIVER VALLEY, FOOTSCRAY, 24 SEPTEMBER 1995

On a very cold day, where it would have been a lot easier to just snuggle down into the warmth of my bed, I along with a very small number of vets journeyed out to Footscray for our last event for this year. In fact 33 competitors finished the run, with this number being only marginally above the entrants last year when the event was held at the You Yangs. It was thought that by bring the run to a venue closer to Melbourne would attract a lot larger field. But this was not to be. One could not fault the course, run on the path beside the Maribyrnong River in a very scenic setting with plenty of willing helpers from Altona venue on hand to assist. The facilities at the Footscray Rowing Club with hot showers and a spacious lounge area for presentations and a meal were Al. There was even a bar, where much to our esteemed President's delight, you could partake of a liquid amber or two. (Trying to get the Pres away from the bar to carry out medal presentations was like trying to prise a limpet mine off the hull of a battleship.) So is it the distance of the run that's at fault? Maybe running 25km does not present a challenge anymore, although I know all our entrants would hotly dispute this point in view of the very strong headwind that had to be endured during the run. The only positive aspect of running into this bloody wind was that it kept my hair out of my eyes!

The event was won by M40 Russell Johnson in a time of 1.32.29. This win gave Russell a clean sweep of victories in all of our winter events this year. This is an achievement I'm sure has not happened before in our club. The victory on this day did not come easy to Russell, with new member, M30 Charles Copeland, taking the lead from the gun and not relinquishing the no 1 spot until approx. the 1/2 way mark after some very tenacious running by Russell. Charles hung on to finish 2nd after being chased hard the last few k.s by one of our other new members, M45 Phil Curtis. Only two of our ladies competed in this event with W55, Barb Dalgleish, looking a dead cert to take overall honour from W40, Cherie Baldwin. Barb held off her younger challenger for nearly two thirds of the race, but with Cherie working away with as much determination as the taxman looking for undeclared earnings, was eventually able to run past Barb

and cross the line first. Well done girls. Our super seniors in the M70 division ran a fantastic race, with Ken Matchett taking the gold in a top time of 2.06.48. To Gordon Burrowes and the members from Altona, many thanks for your valued assistance and giving up your time on a cold day there by enabling us masochist to fulfil our desires. Thanks also to the competitors for supporting your club. Special thanks to Margaret "Hoppy" Cassidy for looking after the medals and helping present them at our events.

Eric Greaves
Club Captain

Meandering Along the Maribyrnong

We stuffed it up! You remember that movie title "A Bridge Too Far"? Well this was a case of "Two Bridges Too Soon". There were 18 bridges over the bike path along the Maribyrnong River for the 25K journey the VETS undertook for their Championship on Sunday 24 September. A jet-lagged Altona VET, who has taken all this time to find his way home from Buffalo, turned the runners around at the wrong bridge.

Some runners were complaining that the course was short as they came past the Start/Finish line for the second time of 4 times - but runners are always complaining that the course is too long or too short, who listens (remember that boy who cried "Wolf!")? It was not until runner, Rob Waters, was able to bring specific information that the runners were being turned at the Dynon Rd bridge instead of the Footscray Rd bridge that we accepted that something was wrong.

Then the Altona venue swung into action. Communications were difficult along the bike track & the roads were clogged with Show traffic, but by car, bike, foot & carrier pigeon the turn around for the final Southern loop was corrected, marshals placed to advise runners of the change & the distance missed on the short loop measured out as an addition past the finish line.

So the news is not that the Altona venues stuffed it up but that they quickly & efficiently rectified a mistake under difficult circumstances. Thankyou to Graeme, Rob & Peter for overcoming the communications problems. To Michael, Lorraine, Heather & others who took on extra marshalling duties on a cold & windy day. To Graeme & Heather, Pat & Jock whose accurate pre-race measurements & maps made the determination of the distance required to rectify the mistake so readily available & to the runners who accepted with good grace the need to run another 1200M loop after they reached the Finish line.

Gordon R BurrowEs

WOMEN 40

1. Cherie BALDWIN	43	2.08.37
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WOMEN 55

1. Barb DALGLEISH	59	2.13.03
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MEN 30

1. Charles COPLAND	34	1.35.01
2. Lawrence MALONE	34	1.36.24

MEN 35

1. Alan KILLEEN	36	2.01.28
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MEN 40

1. Russell JOHNSON	43	1.32.29
2. Colin PAGE	41	1.38.25
3. Glen CLAUDEN	41	1.52.32
4. Graeme PAUL	41	1.54.15

MEN 45

1. Phil CURTIS	48	1.35.10
2. Eric GREAVES	47	1.37.26
3. John MONK	48	1.41.06
4. Graeme HEWITT	49	1.42.39
5. Peter BENCE	46	1.48.42
6. Howard GIBSON	47	1.53.27
7. Robert WATERS	49	1.54.08

MEN 70

1. Ken MATCHETT	73	2.06.48
2. Vern GERLACH	70	2.13.49
3. Jim SINCLAIR	71	2.45.07

MEN 65

1. Bob LEWIS	65	2.08.20
2. Jack GUBBINS	66	2.12.44
3. Ben MORREY	66	2.26.55

MEN 60

1. Kevin ONLEY	61	2.16.08
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MEN 55

1. Juan PEREZ	56	1.50.02
2. John ANNEAR	59	2.00.00
3. Bill KYTE	55	2.04.19
4. Peter McGRATH	55	2.11.21

MEN 50

1. John KNEEN	52	1.48.48
2. Karl FAUVRELLE	54	1.54.27
3. Ron LITTLE	52	1.58.12
4. Stephen BARKER	52	2.13.43
5. Peter BATTRICK	52	2.36.00

THE THROWERS' COLUMN

HAMMERING THE WEIGHTS

by Jan Davies

I took up throwing the hammer for the 1987 World Games. Until then, I had been a most reluctant back-stop for a little group of keep-fit joggers - mine being more of a weeping plod! For the first 4 years, I threw everything that was put in my hands. I threw heavy hammers on long wires, heavier ones on short chains and heavy shots. I threw them over my head, over my arm, under my arm and even backwards. Then one day while the heavens were opening, I found a weight machine in a little room at Caulfield and I guess that's when it started. I happily pumped iron until a stranger, in one single flash, threw a spanner in the works, turned my plod to a sprint and sent me fleeing to a bigger and safer gym.

Over the next 4 years, I have continued with my throwing, adding to the hammer, the discus, shot and Weight Pentathlon. I do weight 3 times a week, throw 3 times a week, play golf and work, so my life is reasonably sedate. Keeping a detailed account of my progress is far too dedicated for me, but my dog-

eared notebook tells me that my fitness is improving and that any increase in effort at the gym, shortly after, gives me an increase in distance with the hammer, as long as I temper the weights with speed work. The gym has proved a great success for me. I watch from a safe distance the big boys as they heave and groan to lift massive weights, but they also spend time encouraging me to lift bigger and better, with sometimes just a teeny weeny groan.

I will never become a gym junkie. I just don't look good in a power-lifting suit. I haven't perfected the walk and the chalk makes me sneeze. My only problem over the years has been trying to get a weight program designed for a hammer thrower who just happens to be a woman. We are smaller and have less muscle per body weight, but, I might add, more stamina!

Just for fun I've entered the Bench Press in the Masters' Games, am practising a great groan and that "flasher" of 4 years ago, would not be let off so lightly now.

(Ed. Thanks Jan for a fascinating account of your progress! It was obviously all worth the effort when you won the W50 Hammer at Buffalo plus the Hammer event at the USA Nationals!)

" HEAVY WEIGHTATHON COMPETITION " CAULFIELD SUNDAY 16/07/95

NAME	AGE	121b	161b	201b	251b	351b
JOHN FRASER	81	13.28mt	12.76mt	10.72mt	---	---
STAN STANKOVIC	72	14.17mt	11.83mt	9.79mt	8.00mt	6.59mt
KEN KNOX	71	12.26mt	10.94mt	8.80mt	---	---
HARRY WYNHOVEN	65	16.36mt	13.78mt	13.77mt	10.55mt	7.09mt
WIM VAN WEENAN	63	19.94mt	18.78mt	17.44***	13.87mt	10.05mt
PETER BARBER	62	16.54mt	15.00mt	13.87mt	11.69mt	8.43mt
NINO STANKOVIC	62	12.10mt	10.63mt	9.27mt	8.36mt	6.38mt
JOE BALL	60	18.00mt	16.23mt	13.62mt	11.20mt	8.99mt
GEORGE KNIGHT	59	16.50mt	14.08mt	11.40mt	---	---
MORRIE JAMES	54	17.27mt	15.46mt	13.20mt	11.01mt	9.03mt
CHRIS LEWES	33	21.43mt	16.60mt	16.10mt	12.48mt	NT'S

*** WELL DONE WIM, BEATS AUSTRALIAN BEST THROW.

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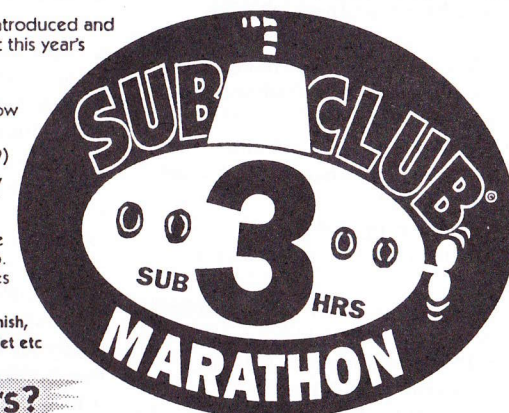
The green and gold badge was introduced and presented to sub-3hrs finishers at this year's Perth Marathon.

If you have ever run sub-3 in a recognised marathon, you can now purchase your own badge.

Phone or fax Athlete WA on (09) 245 3169, or write PO Box 356, Jolimont WA 6014. Cost is \$3, plus 50c P&P, per order.

If you have run sub-3, you're already in a very exclusive club. The Sub Club badge recognises your achievement.

Show full-size iron-on, flock finish, suitable for track suit, tee-shirt, singlet etc

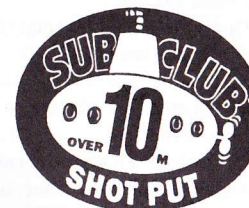


Sub 3 1/2 Hours?

Many athletes have asked for a Sub 3 1/2 Hours badge. We're now taking orders for these, and will produce a Sub 3 1/2 badge if enough runners require them. Call or write, and let us have your view.

Other badges too!

Sub Club badges will cover ALL athletics events, in a range of times and distances. Sub Club is for everybody - from veterans trying to break the 10K/ 40mins barrier; to Little Aths going for another PB on track and field. Some examples of badges are pictured here.



Improving personal performance is the target, and the badge says you've done it!

Sub Club is a registered trade mark. Unauthorised use of the name or design is prohibited.



We can't all take gold medals, but everyone can win a Sub Club badge



Badges will be available in all events, at a range of times and distances

CALENDAR

Saturday, 4th November, VRR Tan Time Trial, near Government House Drive, 7.30am, 802 7925ah.

:Bright Alpine Climb 4 peaks, (various distances), Bright/ Harrierville, 057 551 507h.

Sunday, 5th November, Rye Family Fun Run, Elizabeth Avenue, West Rosebud, 9.30am, 059 856 617h.

:Portland Three Bays Marathon, (42.2km), Basketball Stadium, Portland, 8am, 055 217 378.

Tuesday, 7th November, Cup Day family Fun Run, (10km & 3km), Knox Park Rushdale Road, Scoresby, 9am, 9763 1647h.

Wednesday, 8th November, Super Sunset Series, Run 1 Tan track/ Domain(10km & 4km), Kings Domain, 7pm 9639 4611w.

Sunday, 12 November: (VV) Weight

Pentathlon, Caulfield Melway 68 K9. Morrie James 570 6958.

:VRR Jells Park (10km & 5km), Ferntree Gully Road entrance, 9am, 9802 7925ah.

:Mont Albert PS Community Run & Walk, (10km & 3km) Koonung Creek Reserve, Greythorn, 9am, 9890 4037h.

:Eltham Fun Run (8.5km & 5km), Eltham Leisure Centre, 9.30am, 9439 2266w.

:Western Suburbs Tri Fun Run (8km & 4km), Cherry Lake, Millers Road, Altona, 9am, 9742 1871h.

:Healesville to Mt St Leonard Fun Run (13.5km), Healesville, 9am, 057 720 264w.

:Greater Latrobe Valley Fun Run & Walk (8km & 4km), Maryvale Reserve, Morwell, 9am, 051 342 322h.

Wednesday, 15th November, VRR Twilite Tan Time Trial, (8km & 4km), near Government House Drive., 6.30pm, 902 7925ah.

Thursday, 16th November, (VV) Parlouf Relay, Intervene Challenge at East Burwood, 7.00pm, John Gosbell, 9808 4641 h.

Sunday, 19th November, Olympic DREAM Run & Walk, (10km & 6km), Olympic Park, 9am, 9689 9822w.

Sunday, 26 November: (VV) Vic Summer Rasenkraft Championships, Dolomore Oval Mentone, Melway 87 C7. 10-11am weigh in & warm-up. 11.15am competition. 1.55pm field

games sprint 50 metres. Morrie James 570 6958.
:Australian Ekiden Relay (marathon distance by seven runners doing a lap of Lake Wendouree), Ballarat, contact Tony Milligan (Vic Vet 2253) 9743 1553 for information.

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

:South Melbourne Marathon & Fun Run (42.2km & 10km), Albert Park, 6.30am & 9am, 592 9992h.

:Marlborough Primary Fun Run (10km & 3km), Hardy Crescent, Heathmont, 9.30am, 9870 3468w.

Saturday, 2nd December, VRR Tan Handicap & Breakfast, (8km & 4km), opposite Swan Street Bridge, 7.30am 9802 7925ah.

Sunday, 3rd December, CHC Coburg Lake to Lake, (10km), Harold Stevens Athletic Track, Coburg, 9am, 9386 9251h.

:Slater & Gordon Interchange Western Fun Run, (8km & 4km), Footscray Park, 8.30am, 9315 1822w.

:The MacFarlane Burnett Centre Fun Run & Walk, (10km & 5km), Fairfield Hospital, 9am, 9280 2499w.

:Quayside Classic, (10km & 5km), Frankston Pier, 8.30am & 9am, 9783 7033w.

:Chase Carnival Marathon & Fun Run (42.2km & 6km), Lake Wendouree, Ballarat, 7am & 9am, 053 315 723h.

Wednesday, 6th December, Super Sunset Series Run 2 (10km & 5km), venue to be advised, 6.30pm, 9802 7925ah.

Sunday, 10 December: (VV) Veteran Weight Pentathlon, Caulfield Melway 68 K9, Morrie James 570 6958.

Wednesday, 13th December, VRR Tan Time Trial (8km & 4km), near Government House Drive, 6.30pm, 9802 7925ah.

Saturday, 16 December: (VV) Special Hammer Event, Mentone, Morrie James 570 6958.

Sunday, 24th December, Post Office Dash, (9.2km & 4.6km), Sorrento PO & Blairgowrie PO, both 8am, 059 855 989h.

Sunday, 31st December, VRR New Year's Eve Run, (8km & 4km), Alexandra Avenue, opposite Swan Street bridge, 7.30am, 9802 7925ah.

:Charity Dawn Buster Fun Run, (5.5km), Market Square Geelong, 7am, 052 435 374h.

1996

Monday, 1st January to Sunday, 7th January, Alpine Running Camp at Howmans Gap, Falls Creek. Chalet style accommodation, several runs, view Hookie's Rooftop Run. Contact Colin Browne 9874 2501 for entry forms.

Friday, 12th January to Monday, 22nd January, National Running Week, Thredbo Alpine Village. Lots of Vic Vets are going. Family fun week with many different sports and entertainments. John Gosbell, 9808 4641.

Sunday, 3 March, Pentathlon Championship (VV) Duncan McKinnon Park Murrumbidgee, Clyde Riddoch, 754 8241

Saturday, 16 March, 10km Track Championships (VV) Knox Park Track Scoresby 6.00pm, Eric Greaves 9560 2971

Sunday, 17 March, Weight Pentathlon (VV), Duncan McKinnon Park Murrumbidgee, Maurie James 9570 6958

Saturday, 23rd, Sunday, 24th March, (VV) Vic Track & Field Championships, Duncan McKinnon Park Murrumbidgee, 12 noon, Eric Greaves 9560 2971

Monday, 1st April to Monday, 8th April, Russian Indoor Veterans' Athletics Championships.

Invitation from the RAVA president, Vadim Marshev, who was here for the Masters Games. Contact Colin Browne 9874 2501 for details.

Friday 5th, Saturday 6th, Sunday 7th, Monday 8th April 1986 (AAVAC) Australian Veterans' Track and Field Championships, Perry Lakes Stadium, Perth. Contact WAVAC, PO Box 1377,

Subiaco, WA 6008.

Sunday, 5 May Half Marathon Championship, (VV) Bungaree Football Ground Ballarat, combined with Ballarat Harriers event., 10.00am, Eric Greaves 9560 2971

Saturday, 25 May, Road Walk Championships, (VV) Mens 10km & Womens 5km Albert Park, Registrations at Middle Park Bowls Club, Peter McGrath 9807 5656

Sunday, 26 May, 10km Cross Country Championship (VV), Yarra Bend National Park, Collingwood, register at George Knott Athletic Track, combined with VCCL, 10.00am, Eric Greaves 9560 2971

Sunday, 23 June, Winter Track & Field Challenge Events (VV) Coburg Athletic Track, Outlook Road, Coburg, 1.00pm, Eric Greaves 9560 2971

Sunday, 14 July, Road Walk Championships, (VV) Mens 20km Womens 10km, Albert Park, Registrations at Middle Park Bowls Club, Peter McGrath 9807 5656

Sunday, 28 July, 10 Mile Road Championship, (VV) combined with VCCL, Princes Park, Carlton, 10.00am, Eric Greaves 9560 2971

Sunday, 18 August, Winter Weight Pentathlon Championships (VV) Duncan McKinnon Park, Murrumbidgee, Maurie James 9570 6958

Sunday, 25 August, 10km Road Championship (VV) Braeside Park, Braeside 9.00am, Eric Greaves 9560 2971

Sunday, 29 Sept, 25km Road Championship (VV) Aberfeldie Park, Corio Street, Moonee Ponds 9.00am, Rob Waters 9318 3802

PARLOUF RELAY

Intervene Challenge

East Burwood

Thursday 16th November 1995

A great night is promised for everyone: sprinters, walkers, runners, spectators and pancake connoisseurs. The program will include a 2km nominate own time walk, a 1600m parlouf relay and a 10km parlouf relay followed by a fantastic pancake supper. If you've never tasted East Burwood's pancakes don't miss out again this year!

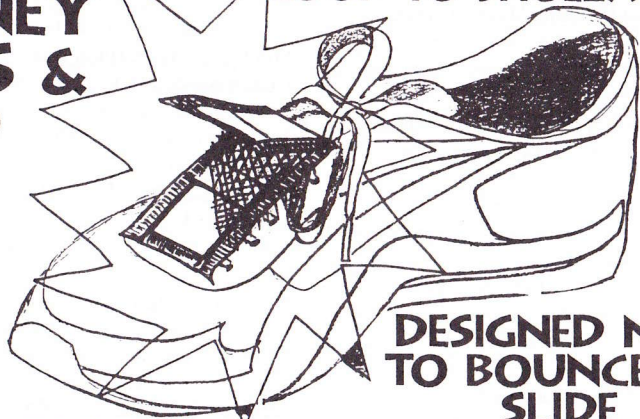
Prizes will be awarded for all events, plus a perpetual trophy for the 10km parlouf. A detailed program and race rules will be available at your venue by the first week in October. This is an opportunity to get together with your fellow club mates to enjoy friendly competition and have lots of fun. So mark the date in your diary and start training now.



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TRACK SUITS

At the VicHealth 5th Australian Masters Games the new Vic Vets track suits attracted plenty of positive comment. We had many people coming up asking where they could buy them. We wore them all the time. After two weeks you could stand them up in the corner. It was great in the march up Bourke Street to feel that we were identifiable. All around Olympic Park and at the outside venues you could see these navy suits with the radiating V's and say to yourself "Who's that, I know them?", and when they turned around, you did. It gave a sort of unity to the club which was very nice to be a part of. So maybe you should have one too.

The design is 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. The jacket and the pants may be purchased separately. The purchase arrangements are that Doug Orr collects fifteen orders and submits them to the makers, and delivery is five weeks later. The price is \$90 plain, with \$3 extra for your name embroidered on the top left of the chest. We found that the name was helpful for people to identify you if they had heard of you but not met you, or had not seen you for some time and needed an unobtrusive reminder of your name so they could pretend they had not forgotten it.

Doug Orr has done a great job putting these suits before the members, and is willing to continue to take the orders and arrange delivery.

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

Total Amount \$

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:

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South Blackburn 3130