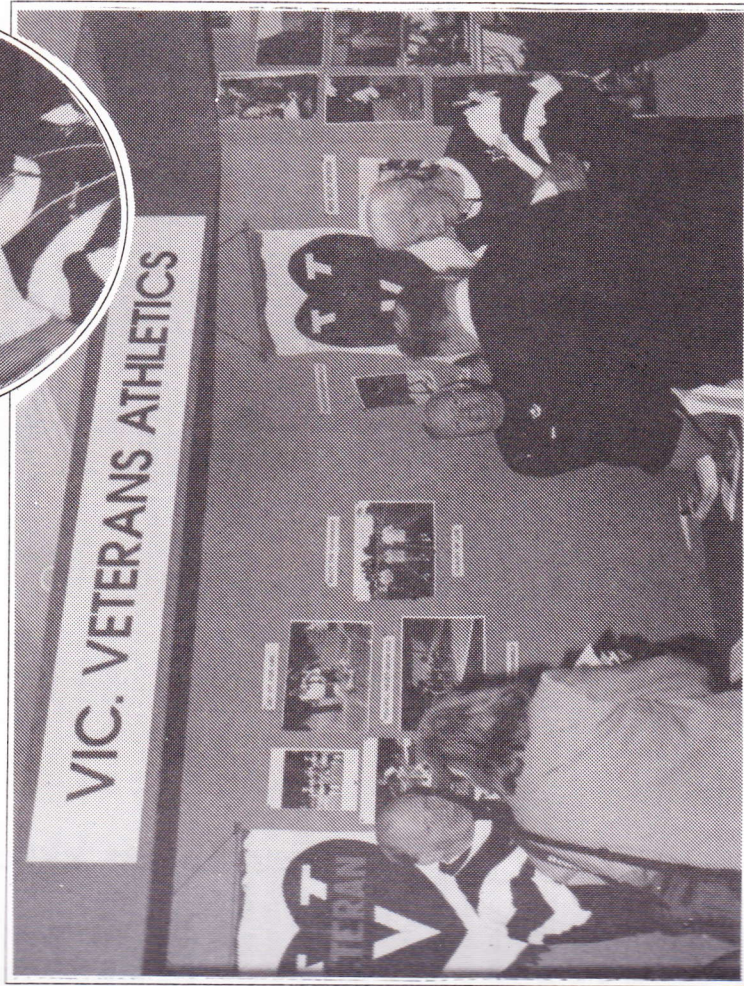


Vic Vets

NEWS AND RESULTS

Published by: The Victorian Veterans' Athletic Club Inc.
Dot Browne (Hon Sec) 4 Victory St. Mitcham Vic 3132
(03) 874 2501 phone (03) 873 3223 fax

DECEMBER 1995



Spreading the good word about the vets. A lot of great PR was done at the United Nations Day for the Elderly at Caulfield Racecourse, at a booth set up by our president, Doug Orr. Here we see Kevin Marion, Kevin McGrath and Andy Smith giving out the good word to some potential members. A similar scene was enacted every day at Olympic Park during the VicHealth 5th Australian Masters Games. (Inset, Rhondda Dundas, Geoff Williams and Dot Browne at the information counter.)



Vic Vets

NEWS AND RESULTS

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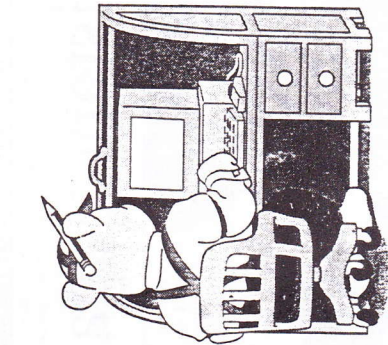
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Editorial

The publicity we get in the media always seems to portray vets as elderly freaks who are still doing amazing things when they should be wrapped up in a blanket in their wheelchair. No wonder fit young 30 year olds don't want to be classed as vets. But the perception would change if they could see the way 40 year olds hurtle down to the line in a sprint event. It is astounding, exciting sport which deserves proper coverage.

The young athlete at the end of his or her interclub career should not be looking at hanging up the spikes, but at a seamless lifestyle in athletics moving smoothly from junior to open to vets as a natural progression. They do not have to resign from their athletics club to join the vets. Many people keep both going. The Masters Games did change the attitude of many 30 plus year olds who entered, but the media still remains our problem.

The end of one year means the start of a new one, and that means ... your fees are due! There is a payment slip in this magazine. Please send it to our general treasurer, Jeff Briggs, along with our very moderate fee, \$16 for individuals and \$28 for a couple at the same address. Eighty-year olds and over are now honorary members, a nice gesture from the committee this year which has pleased a lot of our senior members.

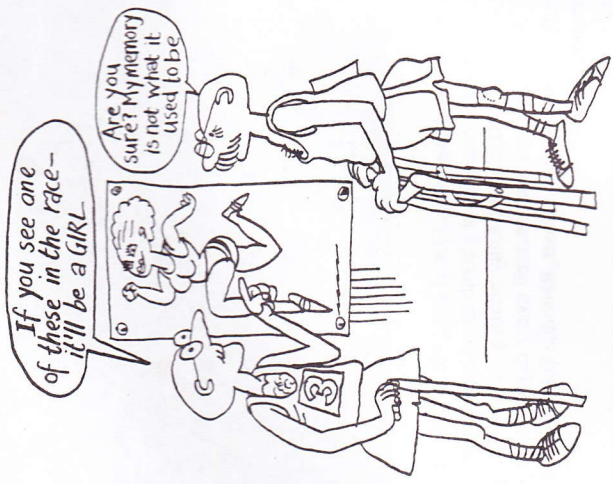
Vic Vets has a lot to offer its members in addition to athletics. We have recently had some most enjoyable social events which span a number of venues. And you meet vets in other parts of your life. I was recently on the Great Victorian Bike Ride, nine days of riding and camping from Horeham to Melbourne. I enjoyed the company of Peter Feldman, Eric Davidson, George Marney, Graeme and Heather Murrett, Ken Milstead, Rod Mason, Gerry Hart, Bettina Woodburn amongst others. No doubt there were other vets on the ride whom I did not recognise. The ride was a great endurance test and lots of fun. Try it next year.

All the best for 1996.
Colin Browne

Well here we are at the end of 1995, feeling as if we have just run a marathon. What a big year it has been for the Vic Vets. The VicHealth 5th Australian Masters Games brought out of us a tremendous effort. To those who merely competed it was probably a one-month wonder, but for those behind the scenes it went on and on. We finally packed it up this month with a huge post-out of result booklets and certificates. (Sorry, it is not over yet: we have yet to finish the balance sheet.) Dot and I were invited to attend the AGM of our major sponsor VicHealth to be congratulated on the Games. It was a most salubrious affair held on the lawns of Parliament House, in beautiful gardens with a lovely catered outdoor breakfast. We rubbed shoulders with parliamentarians, ex-premiers, doctors, scientists and many of the beautiful people of Melbourne. Very complimentary things were said about the Games. Looking to the future, there is obviously a readiness on the part of funding bodies to take up projects which will enhance the health of mature-aged people.

We have had quite a lot of new members coming in after the Games, which is what we want to see. You can do your bit by suggesting to anyone who talks to you about the Games that they might like to come along to one of our venues. Put them on to Dot and me and we will post them a package of information about the vets.

In particular there is one group whose resistance we need to break down. They are the 30 to 40 year olds who are still active, probably in interclub athletics. They feel they are not old enough to be vets.



Veteran goes the distance again

By STEPHANIE BUNBURY,
New York, Monday

Age, it seems, cannot wither the determination of a long-distance runner. At 73, Ken Matchett has just completed the New York City Marathon. It was his 77th marathon and he has plenty of plans for the future.

Matchett, a former high school teacher from Montrose, was the oldest Australian competing in the race. There is no qualifying time to enter and many of the 27,000 runners who converged on Central Park had never run 42 kilometres before; others restrict themselves to a single marathon a year. Not Matchett. He has run seven this year alone.

He was disappointed with his time — four hours 16 minutes. "I lost a lot of time at the start," he said at the finishing line. It was bitterly cold and, past the whooping crowds and cheering sounds of salsa bands along the route, it was easy to feel dejected. "You had to wait about three hours at the start just to get organised and there's so many thousands in the race that you can't run the speed you want; you have to wait until there's a gap. I finished the blessed thing I suppose, that's the main thing."

It's just post-race talk. Matchett looks forward to running at least a hundred races before he hangs up his runners. And why not? The oldest competitors in the New York City Marathon, Mavis Lindgren and Sam Gaddess, are both going strong at 88.

"A marathon gets you in," Matchett says. "It's an atmosphere you can't describe unless you compete, even in the days leading up to the race. There are expos and you meet people from other countries, get to swap singlets and talk about your training."

But singlet-swapping is just the icing on the cake. Underneath there's sheer madness, and he loves it.

The bug struck late, when he was 57 and working at La Trobe University and began some friendly training with younger colleagues at lunchtime. He had taught science and maths in his years as a

teacher and was more interested in swimming and cricket than running.

"Running wasn't popular in the '50s," he says. "Nobody thought much about the marathon. It was something run on the other side of the world."

With retirement, Matchett plunged into a training schedule that involved running 70 kilometres a week and daily workouts at the gym. He looks wiry and his talk crackles with energy. He has run in Rome, Honolulu and Boston; his best marathon time is three hours 15 minutes 10 years ago, and until recently he held the world records for 50 kilo-

metres and 30 miles in the 70-74 age group. He looks forward to turning 75; he is keen to have another shot at setting a few records.

Matchett is a bit embarrassed by his own commitment. "There is a dedication," he says reluctantly, "but that's no fanatic. He still eats Mars Bars. Before he took up the marathon, he kept himself fit, but "no more than anyone else".

"Any marathon's a challenge when you're nearly 75," he says. "God has to be on your side. Seriously, it's a thrill."

TOM ROBERTS

Injuries are no setback for veteran champion

BEWARE athletes who talk gloomily about injuries — they generally forget about their aches and pains when the starter's gun goes off.

Dr Tom Roberts, one of the world's top veteran middle-distance runners, isn't complaining about the injuries he has sustained during an athletics career which stretches more than 50 years; he simply says injuries are part of life when you run fast and frequently.

Chronic knee problems have plagued him for the past 10 years, as well as back problems and recurring hamstring injuries. Earlier this year he slowed to a walk while running on a country road in England. The road surface was covered in black ice; he slipped and ended up with eight double rib fractures.

Happily, he is injury-free as he looks forward to the 800m, 1500m and 5000m track events in his age group (over-60s) at the Melbourne Masters Games.

Dr Roberts is a busy obstetrician and gynaecologist who practises at Ballarat in rural Victoria but finds enough time to keep himself in the kind of shape that unsettles his rivals.

"You accomplish something. Most people like myself, we don't accomplish anything great during our lives. But the marathon is a race that the average person can accomplish. Most people are capable of it."

"It's something you can say to yourself: I've done my training and I'm going to be rewarded by finishing it."

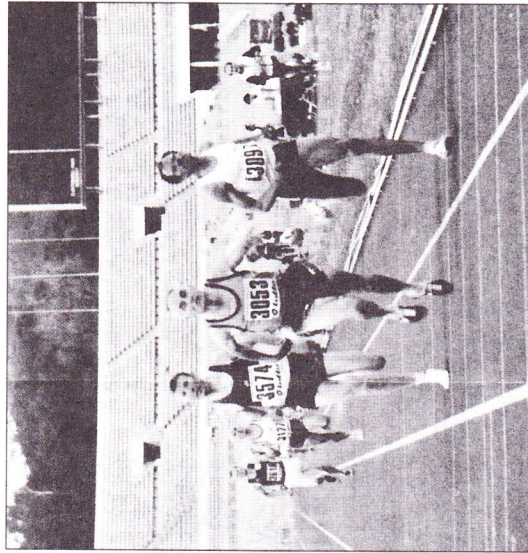
With every race, Matchett has matured. "In the first year I trained and ran the Melbourne Marathon, but I made some shocking mistakes. I wasn't trained, not really," he says. "Anyone can run a half-marathon if they run regularly

every day, but a marathon is about four times as hard as a half-marathon."

Part of training, he says, is to learn to run with discomfort. "I won't say pain, although there is pain, particularly at the end of a marathon. It's not the best for the body."

He relishes that senselessness. Twice he has run for 24 hours around a track, covering about 158 kilometres. "You'd have to be a bit mental to do that," he says wryly.

Would he do that again? He grins and ponders the question. No answer. At 73, you never know what lies ahead.



Dr Tom Roberts (centre) setting a world record at the 1985 World Veterans Games in Rome.

Early morning training sessions have become the norm for him. He rises just after 5.30am and does stretching and mobility exercises before heading to the local oval for repetition 200m, 300m and 400m workouts and 500m and 1000m repetition runs around the local lake.

Dr Roberts feels he has a good chance in the 800m and 1500m events at the games. The particular buzz he will get from being part of this Melbourne sporting event will come from the special occasion itself, keen competition and crowd reaction.

He has a formidable track CV that includes world records in the veteran club for the over-50 800m, 1500m and mile, and the over-55 800m.

Dr Roberts has long dominated Victorian and Australian veteran distance running. He won his first race, a mile handicap, as a 10 year old.

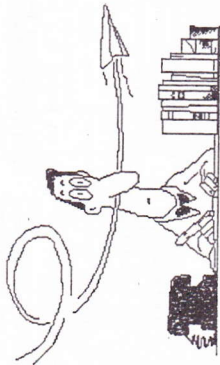
Excellent family support as well as genuine interest from patients are pivotal to the success Dr Roberts has achieved at the top of the veterans' athletic tree. A longstanding member of the Ballarat Harriers athletic club, he says he has often found it difficult fitting in athletics with medicine, particularly obstetrics.

Australian Doctor

13 October 1995

Ken Matchett in Central Park, New York, after completing his seventh marathon this year.

LETTERS TO THE EDITOR



Dear Dot,
A little bit of news that may be of interest. On Sunday last 26/11/95, the Australian Ekedon Marathon Relay was held here in Ballarat and included for the first time a race walkers' division. There were six teams and competitors came from Bendigo, Geelong, Melbourne and Ballarat. The newly-formed Ballarat Walking Club team of Geoff Major (Vet), Merv Lockyer (Vet), Sharon Schnyder, Daryl Biggin, Raelene Hill, Andrew and Bernard Blood won it with a time of 3 hours 50 mins. Thought it may be of interest as two Vets were involved.

Yours,
Merv Lockyer.

Dear Dot,
My thanks and appreciation to yourself, Colin, Doug and all members of the committee for the granting of honorary membership of the club to those of us having completed 80 years of undetected crime.

As so aptly expressed in that well-known classic, "The Works and Words of William Shakespeare" - 1995 revised edition -

"No longer need we fume and fuss
Now that we are eighty plus"

In furtherance of the much appreciated consideration for the not-so-young, may I respectfully suggest the following: When an active member attains the age of 100 years, he (or she) be paid appearance money

(appearance in the sense of being there, not how they look). The following conditions may well apply -

- (a) Minimum of two feet in the high jump (one on each leg),
- (b) Member must complete marathon in same age-group as he (or she) starts.

To digress for a moment, may I recount a very recent experience (actually yesterday's Dream Run). With about 1K to go, I was passed by a fellow propelling a pusher containing a very young infant. After thinking there must be a message here, I finally came to the conclusion that it could have been worse. After all, what if the infant had been propelling the pusher as they passed!

Andy Smith.

Dear Dot,
Thank you for your letter of 25th October informing me that the Vets Athletic Club has agreed to grant me free membership of the Vic. Vets.

You may not know that 18 months ago, my left knee was cut out and a titanium knee inserted. As a result, my running is completely finished. Perhaps I can be of some assistance as a finishing judge. I judged swimming for many years and then athletics with the V.A.A.A.

If I can get to the AGM, I wish to speak for a few minutes on the finish judging at Lansing, so that younger members may remember in case sometime in the future a similar plan is mooted in Victoria.

Kind regards

John Brown

Ed's note:

We have also had letters or phone calls of appreciation of the honorary membership for over-80's from Nancy Jeffreys, George Knott, Ralph Field, Eddie Gamble, Harry Preston and Alan Burgoyne.

Dear Dot,

Thank you for the news and congratulations, about the Honorary Membership for us octogenarians. It has moved me to compile a verse:

If you need an alternative life style,
well, take notes from an ancient sage,
about joining with the Vets,
at thirty years of age.

Where you can take part in events,
from marathons to sprints,
and you will find that us old folk
can give you lots of hints,
on how to improve your technique,
or general exercise,
and soon you'll feel so young and fit
by listening to the old and wise.

Your waistline will reduce
and your blood pressure fall
and when you rise each morn,
you'll have no aches at all

You can even try the field games -
like the discus or the shot,
they will also pull your weight down -
and of course reduce your pot.

And you will thank those octogenarians,
an outstanding group you'll agree,
that includes the like of Andy Smith,
Ralph Field, Harry Preston,
Nance Jeffreys -
and Freda and me!

Frank McGuire

PS. Our Vic. Vet. Racewalk Coaching Clinic at Mentone is going great guns with a swag of medals being won by our athletes at the recent Masters Championships, including a world record by Jean Albury held previously by the great Swedish athlete Britta Tibling. Unfortunately Jean and Tom are moving to Tassie and will be missed here in Victoria..

VIC. VET.
ATHLETIC WALKING

F. R. McG

Dear Dot, Colin,

During the recent Masters Games, several of the old issues surfaced again during discussion with athletes from Victoria and other states and it is now my intention to bring them to your notice for consideration and implementation. These are:

- a. Introduction of 800 m instead of the 1500m for men over 60 in the pentathlon.
- b. Changing the Discus with a Shot put for all Pentathlon competition.
- c. Standardising a point scoring system throughout Australia for Multi Events.

Some of these have come up some years ago but no action has ever been taken to rectify the problems which concerns the multi event athletes. I have written into the vets magazine several times before outlining the pros and cons for alterations which were suggested by other people.

Let us start with a) The change from 1500m to an 800 metre for the over 60 age group. I am fully aware that we have two different groups of athletes and these are the ones who only compete locally and the ones who go international (like I).

Decathletes (Pentathletes) who wish to win a world title are self conscious enough to train for the longer 1500 metre as stipulated by the world body. Others would find it much easier to run the shorter 800m as the final event and I know several good throwers who would compete in the Pentathlon if they did not have to run the 1500 metres.

By insisting with a 1500 metre, we narrow down the field in the higher age brackets and thus make it a poor competition as far as numbers is concerned. For instance at the masters most of the participants in my own age group just jogged around and had a very hard time in completing this event.

My personal pull out was only due to a hamstring strain received earlier in the evening (Long jump) which tightened up after the second lap. Perhaps I could have finished but I did not want to risk being out for half a season due to a foolish pride.

There are no top class 1500 metre runners in the older age class Pentathlon in Australia therefore there would not be any significant change in scoring points for this event. (I am still the fastest in the 65 and with my throwing ability, one needed to run a world record to come up to the standard set by my first 4 events)

I strongly recommend that your committee considers such an alteration for the benefit of the older age competitors. (The women only run an 800 m!)

The second problem which may effect us all at times is the composition of the Pentathlon as it stands at the moment namely being the Long jump, Javelin, 200m, Discus and the 1500metres for Men and Women.

It had been recommended some time ago that we change this combination, take out the discus and include the shot put.

I do favour that move for technical reasons alone as I, as the Track and field Manager in Geelong have had many difficulties in composing a timetable where the Javelin throwers do not interfere with the discus event.

As you may be aware, AV, has issued warnings about conducting two long throws on the same oval. When we have the Open men's javelin, there is no discus at progress at the other end because a 65 metre Javelin would land smack in the middle of the discus area.

Conducting a pentathlon on one afternoon will not allow a proper programming as long as the discus and javelin are in the schedule. I remember that I had one World Record performance disallowed on a technicality because I had to throw from the high jump area which made it impossible to quote the prescribed the proper run up for that event.

As most of the tracks have different lay outs a simultaneous contest of the Discus and Javelin is near impossible. Either they are side by side (like Olympic Park) or they are on opposite ends which once again limits the throws for safety reasons.

As the Pentathlon is no longer an international event, we are free to chose our own to satisfy the needs of all Australians.

Once again, I move that the Executive Committee considers that move before the next Victorian Pentathlon Championship.

On a note; most of us pentathletes can throw a shot as good as the discus and would therefore not suffer any loss of points because of an alteration.

This brings me to the third point of my letter and that is the scoring system used in Victoria and Australia.

For many years (nearly 20) we have used the World Veterans Score sheets but since 1989, there is an Age Factor table available and used in all international competition. Turning up at the Masters, I took along the W.A.V.A. table of old to find that my score did not match that of the official scorer. (Ray)

Since it was not a Veterans event, Ray used the international Age factor tables in conjunction with the Decathlon score table. Now will you people get your heads together and finally (after 7 years) determine which point scoring system you are going to use in future. Is it going to be the old table with base of so many points or the table used by the World Vets since 1989. (Aye F-4-7-8-9)

If you decide on one or the other, then please advertise it so that we the athletes involved know it too. (state it on the entry form). I realise that some of the present records need to be altered (mine included) but that should not cause any problems because with the individual performances listed, one could convert them in no time at all. I even offer to do this if I was given all the details of any record pentathlon performance from the past.

Hoping that my recommendations are considered by your committee for the benefit of all multi event athletes.

R. HOCHREITER
55 Meadowvale Dr.;
Grovedale 3216

Yours
Rudi Hochreiter

Dear Dot

I thought I would collect a few thoughts of mine into one letter, rather than send you separate letters.

CLUB RECORDS

Can you please request that all organizers of Vic Vets events (with existing Club Records) send me results as soon as possible after completion of the event. Such events include the Track & Field Champs in March, both sets of Road Walks, 10k Champs, Veterans Marathon, Weight Pentathlons and Heavy Hammer events.

Often very many months have elapsed by the time new records have been searched for in results and then included in News and Results. Publishing new records a long time after they occurred somewhat diminishes their interest to members.

MOUNTAIN RUNNING CHAMPIONSHIPS

Recently I competed in the Victorian Mountain Running Championships, which started in Healesville and finished at the top of Mt St Leonards. This event was an Athletics Victoria Championship and medals were awarded to the male and female winners. Apart from marathons I have run, this was as tough a race as I have ever finished. It took me over 89 minutes. But what a challenge! And due to the magnificent view over all of Melbourne, getting to the top was all the sweeter.

I noticed that of the 38 finishers about half were Veterans. Medals were awarded to both the first and the oldest Vets, namely Ross Reid and Randall Hughes. The organizer of the championship, Robin

Rishworth, is very keen on the idea of including an official Veterans competition. Can the Committee please consider including this event in our schedule of official championship events.

STANDARDS OF EXCELLENCE

I was interested to see in the October News and Results an advertisement for Sub 3 Hours Marathon badges and other similar badges. Since seeing the U.S. Standards of Excellence in the U.S. National Masters News, I have been very keen that the Vic Vets should do something similar.

I'm sure there are numerous Vic Vets who are both talented and very hard working at their training, but they never win medals. This is particularly the case in popular, high standard events such as the 10K. I think our Club should provide firstly an incentive to people to achieve high standards, and then secondly, recognize those achievements by means of badges, cloth patches or certificates, or in the very least by listing them in News and Results.

I suggest our Standards should be obtainable by most people if they work hard. They definitely shouldn't be as high a standard as the U.S. Standards of Excellence. They should be seen as an incentive to train hard and reach a target, not just another elitist award. Such Standards may even help attract more Vets to our Track & Field Championships, where there is stronger competition and a greater range of events available than at our mid-week meetings.

I have a copy of the U.S. Age Graded Tables, and I've calculated that the U.S. Standards range from about 70% to 90% of world veterans records. I propose ours should be at least 10% lower, particularly in events where Australia is generally much lower in standard than the U.S., such as pole vault. Whatever method is used to select our Standards, it needs to be done very carefully to avoid unfair comparisons between different event Standards. If the Committee is interested in us having Standards, I can work out our own set, and submit them for the Committee's consideration.

Can the Committee please consider the introduction of our own Standards of Excellence. For those on the Committee who haven't seen the National Masters News, I have enclosed a copy of the U.S. Standards of Excellence.

THE PENTATHLON

I received a letter from Rudi Hochreiter last month regarding changes to our pentathlon events. My quick reaction to both Rudi's letter and Ray Callaghan's proposed changes, is why change if the majority of people are happy with the present set-up? I did a phone survey amongst Victorian pentathletes back in March this year, and most people were content to stay with the current pentathlon events and the current scoring system.

The following discussion is lengthy, but necessary, because the pentathlon has a loyal (albeit small) group of supporters. However, I must first disclose a conflict of interest. The pentathlon is my most competitive event: I've won several Australian Championships and my best score ranks me highly. My highest scoring event in the pentathlon is the 1500, and I have overtaken other competitors to

win pentathlons due to the 1500. On the other hand, I suffer from an unpleasant asthma-type condition every time I run 1500's (or 800's), so I dislike them intensely.

Shot Put

From a pentathletes point of view, replacing discus with shot put just because you can't conduct discus and javelin at the same time, is a lousy reason. In fact you can conduct the two events at the same time on most grounds around Australia. Due to tough safety rules Olympic Park is one notable exception. It is very rare to find pentathletes endangering discus officials with javelin throws over 50 metres. The only example I can think of is current Australian M30 record holder (at 66.74m) Peter Dohnt from South Australia. Last year in Sydney we still managed to conduct both events simultaneously when Peter was throwing javelin.

That discus is extremely difficult and takes about ten times longer to learn than shot put is a far better reason for changing. On the other hand you might argue that a high level of skill achieved is an integral part in determining the best pentathlete. However, in reality pentathletes tend to be best at sprinting and it's obvious to me as a discus coach that they rarely practice discus throwing.

1500/800

There is no doubt that the final event, the 1500 for men and the 800 for women, becomes more and more inappropriate as athletes become older. Certainly by Rudi's age group, whilst athletes may train for and compete seriously in the first four events, in the 1500 they just jog around, or just start and then pull up. (Note: to obtain a final score, only a start in each event is required.) With extremely few exceptions, pentathletes, old and young hate running 1500's or 800's. It's a major reason that so few veterans compete in pentathlons.

Apart from Olympic Games tradition, there is no good reason why we do either the 1500 or 800. They are the odd events out, because the other four events are speed/power orientated. Similarly, nine out of ten decathlon events, and six out of seven heptathlon events are speed/power orientated. If you really want a true all round multi-event, then you need to include something like a 5000. However, the fact is that most athletes interested in multi-events are speed/power orientated, i.e. they are sprinters, jumpers and throwers. This is only natural, because they are physiologically better suited to speed/power events than distance athletes.

Alternative Events

Since the introduction of the Weight Pentathlon, which consists of five enjoyable throwing events, I have often asked myself - Why compete in the Pentathlon? Long Jump, javelin, 200 and discus are fun, but the 1500 is extremely unpleasant. Why not have a "multi" that everyone can enjoy? If we must break tradition by changing pentathlon events, then why not start from scratch and select popular, easy events requiring a minimum of equipment and programming complications.

To find a true all-rounder, balance is needed between the three event groups: sprinting, jumping and throwing. Hurdling is excluded due to obvious equipment reasons, and also because current

specifications make correct hurdling technique impossible to all but the elite. Perhaps only a three event multi is needed to find the best all-rounder, i.e. 1 sprint, 1 jump and 1 throw. Alternatively, if we follow WAVA's lead by introducing the decathlon and heptathlon in 1989, we could increase from five to six events: 2 sprints, 2 jumps and 2 throws. We could exclude less popular, more difficult events, or those that require equipment, namely 800, 1500, pole vault, high jump, discus, hammer and hurdles.

I recommend we use 100, 400, long jump, triple jump, shot put and javelin. Including the 400 introduces an element of speed endurance not present in the 100 or the 200. Shot put is certainly the easiest throw to learn and also the easiest to conduct. Javelin tends to be easy for most multi-eventers. Similarly, long jump is the easiest jump, whilst triple jump is suitable for multi-eventers due to the strength element required.

Scoring

The current WAVA 1986 pentathlon scoring system is extremely simple and easy to use. If the formulae are known, scores can be calculated with pen and paper. Why change to something complicated requiring age graded scoring tables and a calculator (or a computer) if the current system works. I've been told that the current system disadvantages older women in the javelin. As a javelin coach I've noticed that most women pentathletes have no idea how to throw the javelin. Lack of skill is the problem not a faulty scoring system.

Obviously if we change events as discussed above, we will need the age graded tables.

Conclusion

Basically I'm not convinced we have a serious need to change any aspect of the pentathlon. However, if a majority of pentathletes want to change, then we should take a fresh look at what events to use. The pentathlon should determine the best all-rounder, but it should also be fun.

I'm happy to discuss the pentathlon, or any of the other subjects contained in this letter, with members of the Committee, or with Veterans from other States.

Yours sincerely

Clyde Riddoch

Clyde Riddoch



NEW RULE BECOMING EFFECTIVE IN April 1996 :

"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 (not bent at the knee) from the moment of first contact with the ground until in a vertical upright position."

In 1989 the International Athletic Federation commissioned a scientific study of race walking with one of the objectives being to see if judges could accurately and consistently detect infringements of the rules. In their conclusion the scientists recommended a change to the rule regarding the straightening of the knee on each stride. In addition the examiners found that Kinematic analysis of a 35km International event showed that none of the athletes had avoided lifting. It also found that there were wide varieties in judging knee straightening, compared to the scientific study, which also applied to lifting, when using the human eye alone.

So it seems that faults in judging contact, will still be allowed to occur and the knee rule has been changed so that the competitor must straighten the leading knee on contact with the ground.

There is no doubt about the fact that race walking has always been a controversial discipline with the onus being on the athletes themselves to a great degree to stay within the rules of fair walking. This means that the athlete must develop a style of walking that is walking and looks like walking as we all know it - and that is the lesson we teach at Mentone

A FAIR RACE WALKING TECHNIQUE IS ILLUSTRATED BELOW

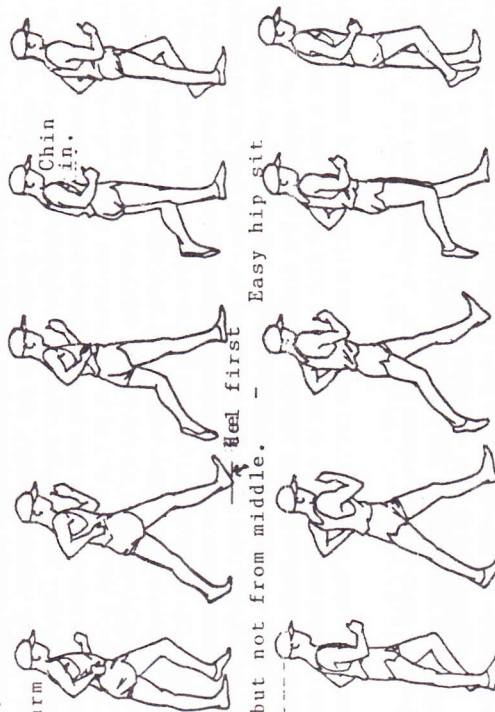
Lead with hip and knee - balanced head, neck not craned forward!
Not more than 5 degrees lean - Land with straight knee to satisfy new rule.

Relaxed arm action.

Hip extension minimizes breaking period.

Chin in.

NO BENDING AT WAIST.



heel first

5 degrees lean, but not from middle.

Easy hip sit

RACE WALKING TECHNIQUE

Note posture, arm action and double-support phase.

At the last ANNUAL GENERAL MEETING followed by the BOARD MEETING held in Melbourne in early September three long serving executive members of the Association decided not to contest re-election. They were Stan Perkins, President; Dot Browne Secretary and Royce Foley, Technical Director.

ROYCE started in athletics way back in 1934 with the Glen Huntley Amateur Athletic Club. He has always been a "Field Event" man but most present day members would know him as a competitor-official, a role he readily accepted way back in 1973 when along with "Wally Shepherd", founder of AAVAC, he competed in the first International Competition against a representative American team. He competed in the first National Championships in Gothenburg the same year and every world championship since. Throughout the years he has represented the Australian Association of Veteran Athletes on the WAVA Technical Committee. In 1980 he was appointed to the WAVA Stadia Committee and on this committee, instituted many changes. Royce was the person responsible for introducing the Weight Pentathlon to the WAVA Championships.

Royce has been a great friend to all Australian and International athletes. It is only because of failing eyesight that he has decided to hand over his role to a younger member. Every one who has met Royce has appreciated his warm and humane personality and it may well be that when the hammer files his shadow will still flit across the ground. Good luck in your retirement Royce.

DOT BROWNE (Order of Australia) entered athletics in 1979. Since then she has organised well over one hundred Athletic Events. These events included Road Races, Biathlons, Track Ultra Races, Public Fun Runs and so on. She has been the associate editor or editor of numerous magazines such as the National Magazine "Fun Runner", "The Veteran Athlete", and the "Ultra Magazine". Dot has been Secretary, Vice President and President of so many Athletic Organisations, that it is a wonder she ever found time to compete but she has! Between 1981 and 1988 she ran in Open Australian Marathon teams in San Francisco, London, Djakarta and Singapore. Her Silver and Gold Medals are for distances from 5K upwards. Dot has been AAVAC Secretary for the last four years. She not only effectively ran the organisation but she was the driving force in developing it into a homogeneous group. Dot's role in ratifying individual entries for WAVA championships was prodigious; but not only that, she was still an official of the Ultra Runners and was also Secretary of the Victorian Veterans Athletic Association AND as such with her husband Colin organised the Australian Master Athletic in Melbourne this year. She deserves a rest after all that, but its most likely she will be back. In the meantime, thank you for such a magnificent contribution to Veterans Athletics Dot.

Stan Perkins, our Past President has been continuously involved in sports administration since 1975. He was first with Little Athletics and then in 1986 he joined Veterans Athletics becoming secretary in 1988 of the National Organisation. In that role he finalised a new constitution for the Association in 1990 a mammoth undertaking in itself. but he was also representing AAVAC on the Confederation of Sport in which organisation he was appointed Chairman of the Masters Committee. By 1992 he was elected as President of AAVAC and in 1993

he was appointed as AAVAC representative to the Australian Athletics Council. In between times he was the Australian team manager to the Eugene WAVA Games, a delegate to the WAVA Assembly. In 1992 he was elected as President of the Oceania Region whilst at the Norfolk Island Games. Being re-elected in 1994 he stood for the position of Oceania Regional delegate to WAVA and and was elected. This led him to stand down as both AAVAC President and also Oceania President. Stans knowledge of sport is encyclopaedic, it was further enriched when he became Manager of Sport for the World Masters Games held in Brisbane in 1994. Stan is not only a good source of knowledge but is wise and worldly in Sports Administration, an efficient president with a good sense of humour, especially in difficult times.

The Association will miss his expertise, but fortunately he retains the position of Past President.

On behalf of all Australian Veteran Athletes I wish to express appreciation to them for the considerable effort and tenacity, they have so unselfishly given to help develop Australian Veteran Sport.

This article was written by Len Childs, AAVAC President.

The AUSTRALIAN ASSOCIATION VETERANS ATHLETICS CLUBS is your elected body to represent you on the

AUSTRALIAN SPORTS COMMISSION
AUSTRALIAN CONFEDERATION OF SPORT
ATHLETICS AUSTRALIA
OCEANIA REGIONAL COUNCIL
AND THE WORLD ASSOCIATION OF VETERANS ATHLETICS

AAVAC Representatives and members travel at special rates with J.C.T.
AAVAC Working Party members stay at The Astoria Hotel, Kings Cross
at special rates which are also available to members

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.

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.

Please send me VicHealth 5th Australian Masters Games T-shirt(s) size L @ \$10ea. or 3 for \$25

..... VicHealth 5th Australian Masters Games T-shirt(s) size XL @ \$10 ea. or 3 for \$25

Name

Address

AUSTRALIAN ASSOCIATION OF VETERANS ATHLETIC CLUBS TRACK AND FIELD CHAMPIONSHIPS PERTH APRIL 5, 6, 7, 8, 1996 ENTRY FORM

SEND FORM TO:

Bob Fergie
12 McKirdy Way
Marrmion WA 6020

Make Cheques etc. payable to
WA Veterans Athletic Club
All fees must be included with this form

Surname..... Given Names.....
Address.....
Post Code.....

Telephone (Home)..... (Business).....
State or Country of Registration..... Emergency Contact Name and Number (if available).....
Male Female Age Group..... Date of Birth.....

EVENT	Tick appropriate box	EVENT CODE
80m Hurdles (W40+, M70+)		SH
100m Hurdles (W30-39, M50-59)		SH
110m Hurdles (M30-39)		SH
300m Hurdles (W50+, M60+)		LH
400m Hurdles (W30-49, M30-59)		LH
100m Run		1
200m Run		2
400m Run		4
800m Run		8
1500m Run		15
5000m Run		5
10000m Run		10
2000m Steeple Chase (All Women, Men 60+ optional)		ST
3000m Steeple Chase (M30-59)		ST
5000m Track Walk		5W
10000m Cross Country Run		CC
10000m Road Walk (All Women, Men 60+ optional)		1W
20000m Road Walk (MEn 30-59, Men60+ optional)		RW
10K and 20K Walks will be concurrent		
Weight Pentathlon		WP
Pentathlon		PE
Shot Put		SP
Discus Throw		DT
Javelin Throw		JT
Hammer Throw		HT
Long Jump		LJ
Triple Jump		TJ
High Jump		HJ
Pole Vault		PV

FEES

Total Fees for any number of events (\$25) \$.....
Social/Dinner Dance (\$35) \$.....
WAVAC Special membership (\$10) \$.....
T-Shirt (\$16) \$.....
(Please indicate size)
S M L XL

TOTAL

\$.....

NOTE: Australian entrants must be a member of an affiliated Veterans Athletic Club to be eligible for awards. Special membership of the WAVAC can be arranged by sending an additional \$10 registration fee with this form.

**CLOSING DATE FOR ENTRIES IS
FRIDAY MARCH 1st, 1996**

PROGRAMME

FRIDAY 5th APRIL 1996 COMMENCE 9.00am

10,000m All Age Groups
Weight Pentathlon
Short Hurdles
400m Heats and Finals
All Age Groups

SATURDAY 6th APRIL 1996 COMMENCE 9.00am
5000m Walk
100m Heats and Finals
1500m
2000m Steeple Chase
3000m Steeple Chase
Hammer
Discus
Pole Vault
Long Jump
All Age Groups

SUNDAY 7th APRIL 1996 COMMENCE 9.00am
Long Hurdles
800m
200m Heat and Finals
Shot
Javelin
High Jump
Triple Jump
All Age Groups

MONDAY 8th APRIL 1996

20,000m Road Walk
10,000m Road Walk
10,000m Cross Country
Pentathlon
All Age Groups
Commence 8.00am
M60+ (optional), All Women
Commence 8.30am
All Age Groups
Commence 8.30am
All Age Groups
Commence 9.00am

REGULATIONS

The championships will be conducted on behalf of the Australian Association of Veteran Athletic Clubs by the West Australian Veterans Athletic Club.
The competition will be conducted under I. A. A. F. rules except where specific provision has been made for veterans' events.

AGE GROUPS (as at day of competition)

WOMEN: W30, W35, W40, W45, W55, W60, W65, W70, W75, W80, W85, W90, W95
MEN: M30, M35, M40, M45, M55, M60, M65, M70, M75, M80, M85, M90, M95

SPIKES

Track 7mm
Javelin and Jumps 9mm

BLOCKS

Association or Private 7mm - 9mm

GENERAL

Competitors must wear the supplied registration numbers for these Championships, attached to the front and back of their uniform single. Australian competitors are required to wear their uniform State uniform. Athletes providing their own throwing implements must have them certified by the Technical Officer - such implements must be available for general use during that competition event. Athletes will be required to check in at least 15 minutes before their event.

The Australian Association of Veteran Athletic Clubs Track and Field Championships Perry Lakes Perth April 5-8, 1996

VENUES

Track & Field - Perry Lakes Stadium
Pentathlons - Perry Lakes Stadium
Cross Country - Perry Lakes
Road Walks - Perry Lakes
Social - Barrack St Jerry, Perth

AWARDS

Only athletes registered with AAVAC are eligible for Australian awards. The first three Australians will each receive a distinctive medal featuring the logo of the championships.
Veterans from other countries may compete and should they fill placings they will receive an appropriate medalion.
Australian athletes not registered with an affiliated Veterans Club can become fully eligible by taking out special membership of the WAVAC at an additional cost of \$10

ENTRY DETAILS

Entry forms and all fees must be lodged by the closing date, FRIDAY 1st MARCH 1996. LATE ENTRIES WILL NOT BE ACCEPTED.

ENTRIES TO:

BOB FERGIE, 12 McKirdy Way, Marrmion WA 6020

FEES

Registration and Entry fees, total \$25 for unlimited events
Special membership of WAVAC, if required, \$10.

ENTRY CONFIRMATION

All competitors requiring confirmation of entry should enclose a stamped address returned envelope with their entry form.

VETERANS AUSTRALIAN GAMES - 04 to 09 APRIL, 1996.
EX MELBOURNE DEPARTURE



AIR FARES

* Thursday 04 April, 1996.	AN 007	Depart Melbourne	0910
* Ansett Australia		Arrive Perth	1110
* Tuesday 09 April, 1996	AN 162	Depart Perth	0740
* Ansett Australia		Arrive Melbourne	1255

# Thursday 04 April, 1996.	AN 035	Depart Melbourne	1830
# Ansett Australia		Arrive Perth	2030
# Tuesday 09 April, 1996.	AN 166	Depart Perth	1730
# Ansett Australia		Arrive Melbourne	2045

# Thursday 04 April, 1996.	AN 019	Depart Melbourne	1115
# Ansett Australia		Arrive Perth	1315
# Tuesday 09 April, 1996.	AN 042	Depart Perth	1100
# Ansett Australia		Arrive Melbourne	1615

# Thursday 04 April, 1996.	AN 163	Depart Melbourne	1405
# Ansett Australia		Arrive Perth	1605
# Tuesday 09 April, 1996.	AN 100	Depart Perth	1400
# Ansett Australia		Arrive Melbourne	1915

* Cost \$779.00 p.p. return 25 seats held
Cost: \$750.00 p.p. return 25 seats on each group held

This group fare represents approximately 30% to 35% discount off the normal Ansett economy fare, with only a \$100.00 cancellation fee, and payment due by 09 February, 1996.

There are other discount fares available for up to around 55% discount off the economy fare. However availability of these seats is very limited, full payment must be made within 3 days of making the booking and the fare is non transferrable and non-refundable. Strict conditions apply to any alteration for dates of travel.

ACCOMMODATION

Princess Hotel - Perth: In the heart of the city and 15 minutes from Perry Lakes Stadium. Hotel style accommodation only, \$ 95.00 per room per night twin/double
Total \$ 475.00 for 5 nights

Mecure Hotel - Perth: Also in the heart of the city and 15 minutes from Perry Lakes Stadium. Hotel style accommodation only, \$ 130.00 per room per night twin/double Total \$ 650.00 for 5 nights
All Seasons Freeway Hotel - South Perth: Over looking the Swan River this hotel is 5 minutes away from Perth City and 15 minutes from Perry Lakes Stadium. Unit style accommodation (refrigerator, tea/coffee facilities), \$ 75.00 per room per night twin/double
Total \$ 375.00 for 5 nights

All Seasons Observation Rise - Scarborough Beach: Situated at Scarborough Beach, 20 minutes from Perth City and 10 minutes from Perry Lakes Stadium. 2 bedroom self contained apartments, \$ 140.00 per night, total \$ 700.00 for 5 nights; or 3 bedroom unit \$ 185.00 per night, total \$ 925.00 for 5 nights.

All Seasons West Beach Lagoon - Scarborough Beach: Also at Scarborough Beach, these 2 bedroom self contained units are \$ 85.00 per night, total \$ 425.00 for 5 nights.

CAR HIRE

Hertz are offering a Group B car (Lazer or similar) for \$58.00 per day based on a 5 to 6 day hire. Cost includes car hire and unlimited kilometers. Other car groups and extensions are available on request.

BOOKING TERMS AND CONDITIONS

Deposits:

A non-refundable deposit of \$ 100.00 per person is required along with the completed booking form by the 22nd December, 1995. A confirmation letter will then be posted upon receipt of the deposit.

Final Payments:

Final payment is due no later than the 9th February, 1996. Due to ticketing requirements with both the airline and accommodation properties, any booking with final payment not received by that date will be automatically cancelled. No follow ups to chase final payments will be made.

Cancellations and Refunds:

Of the deposit \$75.00 is non-refundable. Once final payment has been made the cancellation fee will depend on the terms and conditions set by the accommodation property. The Group Air Fare will impose a \$100.00 per person cancellation fee.

Amendments:

An amendment fee of \$30.00 per booking will apply to each amendment made after the initial booking.

Price Variations:

Costs are subject to increase without notice.



**AUSTRALIAN VETERANS ATHLETIC GAMES
JCT TRAVEL BOOKING FORM**

To be completed and returned with deposit by 22nd December, 1995 to Karen Hearn, JCT Travel, 3rd Floor, 45 Grenfell St, ADELAIDE 5000 Phone 08 2315399 fax 08 2124468

NAME:	Title	Christian Name	Surname
1.			
2.			
3.			
4.			
5.			
6.			

ADDRESS:

PHONE NUMBER: Home
Business
24 hours prior to departure

FAX NUMBER:

EMERGENCY CONTACT NAME:
PHONE NUMBER:

FREQUENT FLYER NO:

SPECIAL MEAL REQUIREMENTS:

EXIT CITY AND FLIGHT CHOICE IF APPLICABLE:

ACCOMMODATION:

RETURN DATE FOR EXTENSION TO AIRFARE/ACCOMMODATION IF REQUIRED:

READY PLAN TRAVEL INSURANCE:

Travel Insurance is optional, but recommended. Brochures detailing the domestic travel policy will be sent with your confirmation.

On behalf of all the persons named on this booking form, I have read and understood and agree to abide by the JCT Travel booking conditions as outlined.

SIGNED: DATE:

SOCIAL

The dinner dance will be held aboard the M.V. JAMES STIRLING which will cruise the Swan River on a tour of the lights of Perth and Fremantle. The buffet dinner, soft drinks, tea and coffee are included in the price. Alcoholic drinks are extra. The vessel will leave Barrack Street Jetty at 7.00pm and return at 10.30pm. Tickets are \$35 per head and as there is a limit to the number, please book as early as possible to avoid missing out.

T-SHIRTS

A good quality T-Shirt with a 2 colour logo will be available at \$16. These can be ordered, or alternatively bought at Perry Lakes during the meeting.

INTRODUCTION ENVELOPES

These will be available at Perry Lakes Stadium on Thursday April 4th from 2pm until 5pm and from 8.00am on Friday 5th and then throughout the meeting.

FURTHER INFORMATION AND QUERIES

This can be obtained from:
DAVE WYATT
7 Harlock Close
Murdoch WA 6150



PARLOUF RELAY NIGHT AT EAST BURWOOD

by John Gosbell

10km in 24.04!

Ten records smashed!

Yes it actually happened on 16 November at the Bill Stewart Athletics Track, East Burwood, when a crowd of over 150 people (1st record) representing seven Vets. Venues (2nd record) gathered for the running of the 1995, and eighth annual, Parlouf Relays. It was good to have Collingwood and Aberfeldie join the fray for the first time. Springvale absolutely blitzed the field in both Parlouf relays and in both sections of the 10km relay but they had some tough competition. It seems that Springvale perpetually claim the perpetual 10k trophy as this was their fifth consecutive year.

Conditions were a real contrast to some of the miserable weather we'd endured on Thursday nights during the year. With a mild temperature and a light breeze, conditions were excellent for runners, officials, spectators and pancake eaters alike.

The evening started with a 2km Nominate Own Time walk contested by walkers from four Venues (3rd record) which was won by Clyde Riddoch who was 2 seconds off his nominated time. Second place went to Lynette Hill with a difference of 17 seconds. George Simons was third with 26 seconds off his nominated time.

Four venues (possibly 4th record) competed in the 1600m Parlouf Relay. A team of flash looking sprinters from Springvale (Marc Larose, John Freame, Rob Clutterbuck and Ross Kent) took it out in 3.39 (that's 54.75 seconds per lap) with East Burwood teams in second and third

place 3.54 and 4.02. Unfortunately our records are not complete, but as Col Hetherington pointed out, whilst making the 1600m presentations, it's interesting to note that the first and second times were identical to those recorded against first and second in 1987 (the year before the Parlouf was opened to all venues). I'm not sure what this means, but there you are for what it's worth!

The 10km Parlouf was absolutely sensational with Southern Peninsula "Too Young" team equalling the record (24.29) set in 1994 (5th record), and two teams convincingly slashing the record. Unfortunately "Too Young" were too young to qualify but they must have savoured the moral victory of coming in third overall. By the time they reach the mature age of the members in the winning team, Greaves, Bennie, Hall and company, they could be looking at 23 minutes for the 10k.

In all, 15 teams of five runners lined up for the 10k (6th record). Full credit to "Springvale 1" (Alan Bennie, Mike Hall, Ron Muir, Eric Greaves and Bill Haines) - they really turned it on - averaging better than 58 seconds per lap to win in 24.04 and smash the record by 25 seconds (7th record for the night). They were pushed hard by a tremendous effort from "Croydon 1" (David Sheehan, Gray Ryan, Brian Simmons, Ashley Ryan and Bob Curtis) who, despite gruelling training leading up to the race, failed to hold out Springvale by 13 seconds. Croydon's time of 24.17 broke the record by 12 seconds (8th record). Aberfeldie's "Fearsome Fivesome" came fourth in a time of 24.34 giving us four teams to run under 25 minutes. This great effort produced the 9th record for the night!

Bob Henderson may have lost his bet with Eric Greaves that the 10k race would start on time, as it actually started three minutes late, but it was a pretty good effort in view of the preceding chaos of finding runners to replace the "drop outs", teams deciding on who was running when and what distances, and lapscorers trying to find all their team members etc. Nevertheless we won't claim this as a record because we have ten without it, and that seems to be a good round figure for one night.

During the race there were the usual fumbles with runners not being ready at the right spot to take over from the previous runner, and the East Burwood "Trotters" took so long to get themselves organised that they started about 50 metres behind the main bunch (not a record). You'd think the host Venue could get themselves better organised! Nevertheless everyone entered into the spirit of the evening and any glitches were taken as "par for the course" in a spirit of camaraderie and good fun.

The efforts on the track were only exceeded by the rate at which the pancakes (now a Parlouf Night tradition) were consumed at supper. In fact we had to mix up an extra batch (10th record) when the usual amount began to run short. Thanks to the ever helpful fix-it man Les Clark, who rushed up to the local Coles Supermarket for additional milk and eggs,

we finally reached the stage when supply exceeded demand. Obviously we'll have to organise a second hot plate next year to meet the peak demand.

Now here's some interesting pancake trivia (well, perhaps to some readers!): If everyone ate three pancakes (no-one was counting - and the Club Captain is known to over indulge at times), then there were about 450 consumed. Assuming this happened over 40 minutes, the consumption rate was 11.25 per minute, or 675 pancakes per hour. If each pancake took two minutes to cook, the total cooking time was 15 hours. Looking at it from an energy replacement point of view, there were 1.04 pancakes eaten per person lap of the track, or 2.59 pancakes per km (including officials and spectators). There's lots more data available - the Parlouf is a veritable statistician's dream but I think that's enough for the average Vet. Ath. to digest.

Thanks must go to the race director, Bob Henderson, ably assisted by Col Hetherington in the 1600m department, Les Clark for co-ordinating the lapscorers (and a host of other things), all the pancake makers, and finally, to everyone who came along, in whatever capacity, to make the night a memorable occasion.

Let's all do it again next year - bigger and better? Will we see a sub 24 minute 10k and/or 3:35 for the 1600m and/or 12 pancakes per minute?

VETERANS' AQUATHON 1996 conducted by the East Burwood Vets.

Sunday 4th February, 1996 at 8.30am sharp Lysterfield Lake Park (Melway Ref. Map 108 D3 - Swimming beach) on the day from 8.00am onwards. Be early!
\$4.00 entry, plus \$2.00 park fee. (\$6.00 all up)
5km RUN followed by a 400m. SWIM
Trophies to all age-group winners; certificates to all finishers

WHEN
WHERE
ENTRIES
COST
DISTANCE
AWARDS

Further enquiries Dave Herbert Ph. (758 0743)

Electric BBQs available at the park so stay on and socialize with your mates.

NEW VICTORIAN RECORDS

Performance

Age Event	Name	Performance
W55 100m	Jill Cooper	14.45
W75 100m	Dorothy Jack	22.7
M80 800m	Andy Smith	3:45.2
M60 1500m	Tom Roberts	4:40.06
W55 2k Steeplechase	Jan Morrey	9:13.5 World Record
W60 2k Steeplechase	Pam Mews	11:46.21 Aust Record
M50 400 Hurdles	Richard Trembath	65.68
M55 400 Hurdles	Mike Hall	66.56 Aust Record
M45 5k Walk	Jean Albury	27.57 World Record
M45 10k Road Walk	Ross Rufford-Sharpe	51.54
M80 High Jump	Andy Smith	1.00 m
M50 Discus	Graeme Rose	44.80 m
M80 Discus	John Fraser	25.70 m Aust Record
M80 Hammer	John Fraser	34.72 m Aust Record
M50 Javelin	Graeme Rose	51.46 m
M65 Heavy Hammer	Harry Wynhoven	13.90 m Aust Record
W70 Heavy Hammer	Gwen Davidson	9.76 m Aust Record
M50 Weight Pent	Graeme Rose	4,307 & 4,356 pts *
W30 Weight Pent	Sharon Clayton	2,193 pts *
W70 Weight Pent	Gwen Davidson	3,543 pts *
M40 Decathlon	Clyde Riddoch	4,599 pts Aust Record

* Possibly Australian Records, because Australian Records have not yet been compiled and established for the Weight Pentathlon by our National Statistician, Colin Browne.

I'm pleased that a few more old performances have been submitted (with documentary proof) as records: Neil McDonald set an M45 800m record of 1:59.11 in the 1989 Eugene World Championships, and Graham Wise set an M40 1500m record of 3:58.0 in the 1975 Australian Championships held in Adelaide.

Similarly, in the marathon Tony Berry set an M50 Best On Record of 2:41.46 in the 1987 Melbourne Marathon, and Vin O'Brien set M60 Best On Record of 3:01.45 in the 1989 Melbourne Marathon, and then 3:00.35 in the 1989 South Melbourne Marathon.

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

I regret to report that Murray Dickinson was unlucky not to be accredited with an M55 Australian Best (and near World Best) of 48.23 in the 10k Road Walk last June, because the course had not been measured and certified. Similarly, Graeme Rose missed out on a Victorian M50 Javelin record of 52.56m, because the throwing field at Michigan University was not accepted by the USA officials.

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

Clyde Riddoch
Victorian Records Officer

Ray Callaghan 97255376.

VICTORIAN RECORDS (cont)

More next issue.

80 METRE HURDLES (.762m)

W40	Chris Battersby	14.4
W45	Gloria Seymon	15.1
W55		
W60	Bettina Woodburn	19.4
W65	Gwen Davidson	20.09

90 METRE HURDLES (.84m)

M55	Al McLean	14.5
M60	David Mather	15.6

80 METRE HURDLES (.762m)

M65	John Reid	15.4
M70	Charles Scarff	15.7
M75	George Simpson	19.0
M80	George Simpson	33.2

400 METRE HURDLES (.914m)

M30	Terry Baldwin	58.3
M35	Stan Watkins	57.7
M40	Noel Clough	54.3
M45	Mike Hall	63.1
M50	Hans Meiselbach	66.6
M55	Mike Hall	66.92

300 METRE HURDLES (.84m)

M50	Mike Hall	44.3
M55	David Mather	46.7
M60	David Mather	47.7
M65	Charles Scarff	52.5
M70	Charles Scarff	53.8

3,000 METRES WALK

M30	Willi Sawall	11:28.2
M35	Willi Sawall	11:38.4
M40	George White	12:58.2
M45	Murray Dickinson	13:34.0
M50	Murray Dickinson	13:51.9
M55	Tom Daintrey	15:05.0
M60	Tom Daintrey	14:57.0
M65	Tom Daintrey	15:51.0
M70	Tom Daintrey	17:07.0
M75	Tom Daintrey	18:44.0
M80	Gus Theobald	19:31.0
M85	Gus Theobald	21:21.0
M90	Gus Theobald	

5,000 METRES WALK

M30	Kevin Cassidy	26:46.0
M35	Mark Donahoo	21:21.0
M40	Willi Sawall	19:45.65
M45	Murray Dickinson	23:15.5
M50	Murray Dickinson	22:26.0
M55	Murray Dickinson	23:30.98
M60	Theo Orr	24:54.6
M65	Tom Daintrey	25:44.0
M70	Tom Daintrey	26:49.3
M75	Tom Daintrey	28:02.26
M80	Gus Theobald	30:42.0
M85	Gus Theobald	33:14.2
M90	Gus Theobald	35:09.5

5,000 METRES WALK

W30	Alison Thompson	26:58.0
W35	Heather McDonald	24:56.0
W40	Heather McDonald	24:39.8
W45	Heather McDonald	25:04.5
W50	Joan Hooper	26:35.39
W55	Jean Albury	26:46.92
W60	Jean Albury	27:39.0
W65	Betty Newman	31:06.0
W70	Dorothy Jack	35:03.0
W75	Nance Jeffreys	37:04.0
W80	Nance Jeffreys	39:04.0
W85	Nance Jeffreys	47:13.0
W90		

*13/1st
85m*

*12/1st
7m*

*19
84.*

*50/1st
35*

VICTORIAN VETERANS ATHLETIC CLUB INC.

PROPOSED FIXTURE 1996

DATE	EVENT	VENUUE	TIME	CONTACT
3 March	Pentathlon Championship	Duncan McKinnon Park Murrumbidgee		Clyde Riddoch 754 8241
16 March	10km Track Championships	Knox Park Track Scoresby	6.00pm	Eric Greaves 9560 2971
17 March	Weight Pentathlon	Duncan McKinnon Park Murrumbidgee		Maurie James 9570 6958
23/24 Mch	Vic Track & Field Championships	Duncan McKinnon Park Murrumbidgee	12 noon	Eric Greaves 9560 2971
5 May	Half Marathon Championship	Bungaree Football Ground Ballarat, combined with Ballarat Harriers event.	10.00am	Eric Greaves 9560 2971
25 May	Road Walk Championships Mens 10km & Womens 5km	Albert Park, Registrations at Middle Park Bowls Club		Peter McGrath 9807 5656
19 26 May	10km Cross Country Championship	Yarra Bend National Park Collingwood, register at George Knott Athletic Track combined with VCCL	10.00am	Eric Greaves 9560 2971
23 June	Winter Track & Field Championships	Coburg Athletic Track Outlook Road, Coburg	1.00pm	Eric Greaves 9560 2971
14 July	Road Walk Championships Mens 20km Womens 10km	Albert Park Registrations at Middle Park Bowls Club		Peter McGrath 9807 5656
28 July	10 Mile Road Championship	Princes Park, Carlton combined with VCCL	10.00am	Eric Greaves 9560 2971
18 August	Winter Weight Pentathlon Championships	Duncan McKinnon Park Murrumbidgee		Maurie James 9570 6958
25 August	10km Road Championship	Bracside Park, Bracside	9.00am	Eric Greaves 9560 2971
29 Sept	25km Road Championship	Aberfeldie Park Corio Street, Moonee Ponds	9.00am	Rob Waters 9318 3802
	Marathon Championship	Venue & date to be confirmed		

TRAVEL PACKAGE TO THE NATIONALS AT PERTH AT EASTER

Please note that the closing date for acceptance of the package offered by JCT is January 15th. Deposit of \$100 must be paid by then.

10k ROAD WALK (BEST ON RECORD)

W30	Kerrie Taylor	66.32.0
W35	Heather McDonald	50.51.0
W40	Heather McDonald	49.37.0
W45	Heather McDonald	52.39.0
W50	Joan Hooper	54.51.0
W55	Marj Colthup	60.00.6
W60	Jean Albury	63.06.0
W65	Betty Newman	62.24.0
W70	Dorothy Jack	71.08.0
W75	Nance Jeffreys	74.48.0
W80	Nance Jeffreys	77.32.0
W85	Nance Jeffreys	98.37.0

20k ROAD WALK (BEST ON RECORD)

W30		
W35		
W40	Heather McDonald	1.42.22.2
W45	Kathy Woodward	1.48.01
W50		
W55		
W60		

10k ROAD WALK (BEST ON RECORD)

M30		
M35	Clyde Riddoch	51.40
M40	Dave Cash	50.10
M45	Ross Rufford-Sharpe	53.26
M50	Tony Johnson	50.20
M55	Murray Dickinson	48.54
M60	Ken Walters	56.18
M65	R.H.Jones	55.23.4
M70	Tom Dainty	54.17
M75	Ralph Field	71.12
M80	Tom Dainty	64.23

20k ROAD WALK (BEST ON RECORD)

M30		
M35	Willi Sawall	1.24.04.3
M40	Willi Sawall	1.21.36.0
M45	Willi Sawall	1.33.05.9
M50	Murray Dickinson	1.37.57.0
M55	Murray Dickinson	1.39.43.0
M60	Theo Orr	1.44.15.0
M65	Tom Dainty	1.51.18.0
M70	Tom Dainty	2.00.16.0
M75	Tom Dainty	1.59.20.0
M80	Gus Theobald	2.11.54.4
M85	Gus Theobald	2.26.07.0
M90	Gus Theobald	2.34.01.0

HIGH JUMP

M30	Terry Baldwin	1.90
M35	Gary Richards	1.85
M40	Wayne Garth	1.85
M45	Graeme Morrish	1.95
M50	Julien Cosmos	1.70
M55	Tom Hancock	1.61
M60	Tom Hancock	1.60
M65	Gordon Gourlay	1.51
M70	Harry Logan	1.45
M75	Harry Logan	1.33
M80	Andy Smith	1.10
	Harry Logan	1.10
	George Knott	0.90

LONG JUMP

M30	Terry Baldwin	6.48
M35	Russell Sarah	6.82
M40	Russell Sarah	6.51
M45	Graeme Noden	5.97
M50	Graeme Noden	5.73
M55	Graeme Noden	5.61
M60	Rudi Hochreiter	4.91
M65	Mike Johnston	4.92
M70	Mike Johnston	4.75
M75	Harry Gathercole	3.49
M80	Harry Gathercole	2.96

POLE VAULT

M30	Terry Baldwin	3.65
M35	Wayne Garth	4.05
M40	Ken Priestley	3.86
M45	Ken Priestley	3.92
M50	Ken Priestley	3.58
M55	Rob Barclay	3.51
M60	Harry Wynhoven	2.51
M65	Werner Widera	2.46
M70	Werner Widera	2.33

HIGH JUMP

W30	Glenis Johnson	1.47
W35	Salli Ann Lee	1.55
W40	Rosemary Wilson	1.45
W45	Chris Battersby	1.42
W50	Chris Battersby	1.35
W55	Barbara Brooks	1.05
W60	Bettina Woodburn	1.19
W65	Gwen Davidson	1.22
W70	Gwen Davidson	1.16

LONG JUMP

W30	Glenis Johnson	5.55
W35	Glenis Johnson	5.43
W40	Sue Haylock	4.76
W45	Chris Battersby	4.76
W50	Chris Battersby	4.25
W55	Barbara Brooks	3.96
W60	Bettina Woodburn	4.03
W65	Gwen Davidson	3.62
W70	Gwen Davidson	3.51

POLE VAULT

W30	Glenis Johnson	2.70
W35	Glenis Johnson	2.60
W40		
W45		
W50		

FLY ON THE WALL



3.0 CORRESPONDENCE:

3.1 Comment was made on #2. from Rudi Hochreiter, suggesting changes in the pentathlon events. Further opinions would be sought from pentathletes, through publication of the letter in "News and Results". Copies to be sent to Ray Callaghan for AAVAC and to Peter McGrath. Comment on #4. from Athletics Victoria, re-scheduling championship events. Eric Greaves pointed out a problem arising, involving our track and field championships and the participation of AV officials.

Comment on #6. Alf Lakin had produced the car, at expense to himself, and was now proposing more events. The reception for this idea was unenthusiastic. It was decided to reply that the program was too full.

Comment on the letters from Leo Charles and B M Taylor, about the debt for rent at Duncan McKinnon Park. There was a need for three parties to meet and work out differences. A meeting between representatives of the runners group, the throwers group and the council would be arranged in the near future.

4.0 CORRESPONDENCE -

Outgoing correspondence: (2 items listed by Secretary, and a 3rd to Jennifer Lilburn, manager of Albert Park, requesting the use of a building for VVACI as a headquarters at Albert Park.) With regard to the latter, it was suggested that Helen Armitage of VicHealth 5th Australian Masters Games may have good contacts to help us. It was also suggested that the Walkers Club may like to come in with us if we obtain such a tenancy.

10.1 PUBLICITY REPORT: Ken Wu

10.1 Ken reported that he had contacted quite a large number of papers regarding the VicHealth 5th Australian Masters Games. Ken had searched the papers and tabled a collection of cuttings related to the Games. He analysed the coverage and found that The Age gave the best result. Colin Browne praised Ken's press release and said that he had been in contact with the sports editor of Progress Press as a result, and that we may get some Sports Star awards from the Games.

11.0 AAVAC REPORT: Dot Browne

Dot was resigning from the position of national secretary due to pressure of work. Brian Foley of WA may take the job. Royce Foley had resigned as Director of Technical Affairs and a replacement was being sought. There was a vacancy also for Director of Promotion and Development because Len Childs had replaced Stan Perkins as President of AAVAC. Doug Orr and Colin Browne were working on a research and development sub-committee. The intention was to develop the club at a national level and have AAVAC as a body which could negotiate with funding bodies and sponsoring companies.

12.0 GENERAL BUSINESS:

12.1 Track suits and sponsored logos. An extensive discussion took place about whether VVACI should or could place limits on purchasers of VVACI track suits applying advertising logos to them. While no motion was passed, the following expressions of opinion were made: That the committee should be in a position to restrict the placement of sponsor's logos on apparel designed and endorsed by the committee. That a sub-committee draw up guidelines for sponsors who may wish to use VVACI apparel for the placement of their logo. That these guidelines should cover size, position and placement of such logos. That any request for approval of a sponsor's logo on such apparel should be forwarded to the sub-committee for decision. That the sub-committee comprise Rob Waters, convenor, John Benson, Annette Brunton and Doug Orr. That the guidelines be drawn up by the first meeting of 1996.

12.2 VicHealth 5th Australian Masters Games. John Benson circulated copies of the report collated from

members of our working group evaluating the games for the AMG committee and for reference by future AMG organisers. Aspects discussed included T-shirts, of which we still have large stocks. John Benson would approach the merchandiser to try to obtain some support in the repayment of the debt.

All VVACI members who helped significantly at the games would be offered a T-shirt. Ted McCoy was asked to provide a check list from his list of support people. The remainder of the T-shirts were to be offered at \$10 each including postage in the results booklet which would go to each entrant.

Tony Bradford expressed disappointment that many of the volunteers had failed to turn up to officiate on the track and field days, despite having signed up to help. On the weight pentathlon day only three turned up. A few carried the program by working very long hours. It was agreed that once a person commits themselves they have an obligation to do the job. It would be an important lesson for members to learn in view of our responsibility to organise the National Track and Field Championships in 1997.

12.6 Travel to Perth. John Dean reported on progress with travel packages to the 1996 National Championships in Perth. Negotiations with JCT Perth and JCT Adelaide were covering travel and accommodation. Brochures would be soon available for distribution through the venues. "News and Results" for December will carry the information.

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 South Blackburn 3130

CALENDAR

**Important note

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

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.

Saturday, 6th January, VRR Tan Time Trial, 8km & 4km, near Government House Drive, 7.30am, 9802 7925 ah.

Sunday, 7th January, The Rooftop Run, Bogong to Hotham Trail Run, 60km approx, with the possibility of entering one of two stages. 6.15am at Mountain Creek Picnic Ground. Strict conditions apply. Contact Geoff Hook, 9808 9739 h, 9826 8022 w. Competitors and helpers are sought.

Wednesday, 10th January, VRR Twilite Tan Time Trial, 8km & 4km, near Government House Drive, 6.30pm, 9802 7925 ah.

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, 14th January CHC Bluestone Fun Run Series 8km & 4km, H Stevens Ath Track, Coburg, 10am, 9386 9251 h.

Monday, 15th January. Closing date for ICT travel package to Perth Nationals. See entry form in this issue.

Tuesday, 23rd January, Lindsay Thomas Memorial Run 10km run & 5km run/walk, Braeside Metropolitan Park, Melway 88 D7, organised by Springvale-Noble Park venue. Contact Ken Hough, 9268 1500 w, 9798 1231 h.

Friday, Saturday, Sunday, 26, 27, 28 January, AV Victorian Country Championships, Bendigo. See AV Handbook for details.

Friday, 26th January, Tattersals Australia Day Fun Run, 7.3km, Bourke St Mall, 8.30am, 9328 4391.

:Great Australia Day Run & Walk, 8km & 4km, Lilydale Lake Swansea Road, 9am, 9802 0664 h
Sunday, 28th January, Portsea SLSC Fun Run, 7.5km, Portsea Back Beach car park, 9am, 9288 5324 w.

Saturday, 3rd February, VRR Tan Time Trial 8km & 4km, near Government House Drive, 7.30am, 9802 7925 ah.

Sunday, 4th February, Veterans' Aquathlon, conducted by East Burwood Vets. At Lysterfield Lake Park, Melway 108 D3, at 8.30 am sharp. Entries on the day from 8 am. Cost \$4.00 entry and \$2.00 park fee, total \$6.00. A 5km run followed by a 400metre swim. Contact Dave Herbert, 9758 0743. Electric BBQ's at the park.

Wednesday, 7th February, Super Sunset Series, Run 3, 10km & 4km, Tan Track, Kings Domain, 7.00pm, 9639 4611 w.

Saturday, 10th February, Healesville Apex Fun Run, 10km, Healesville Showground, 9am, 0359 625 068 h.

Sunday, 11th February, Big Bay Challenge, 10.5km, Sandridge L.S.C., Port Melbourne, 8.30am, 9646 5355 w.

:Sunbury Fun Run, 8km & 4km, Salesian College, Rupertswood, 9am, 9744 6222 w.

:Sunbury Community Fun Run, 10km & 6km, Aquatic Centre, 8.30am, 9744 7141 h.

:Trafalgar Lions Fun Run, 8.4km, Recreation Reserve, 10am, 0356 331 155 h.

Wednesday, 14th February, VRR Twilite Tan Time Trial, 8km & 4km, near Government House Drive, 6.30pm, 9802 7925 ah.

Saturday, 17th February, Croydon Festival Fun Run, 8km & 4km, Town Park, Croydon, 8.00am, 9739 7268 ah.

Sunday, 18th February, Cubitt Classic, 16.2km, Kevin Bartlett Reserve, Yarra Bvd, Burnley, 8am, 9817 3503 w.

:Forest Hill Zebras Fun Run, 10km & 5km, venue TBA, 9.30am, 9729 3753 h.
:Jells Park Fun Run, 10km & 6km, Jells Park, Ferntree Gully Road entrance, 9am, 018 312 849.

Sunday, 25th February, Sri Chinmoy River Run, 10km & 5km, Anderson Street bridge, 8am, 9428

6665 w/h.

Thursday, 29th February, NEC Track & Field Classic, Olympic Park.

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

Sunday, 10th March, King Island 20 Mile Run. For more info regarding this event contact Eric Greaves on 9560 2971 or 015 517 643.

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

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

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

Saturday, 23rd March to Saturday 30th March, Riverland Masters Games, South Australia in the Renmark area. Contact Sport SA, 08 43 8775 ph, 08 43 8731 fax.

Monday, 1st April to Monday, 8th April, Russian Indoor Veterans' Athletics Championships. Invitation from the RAVA president, Vadim Marshhev, 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. Entry forms and travel details in this issue. Closing date for travel package is January 15.

Thursday, 25th to Sunday 28th April, Echuca-Moama Regional Masters Games, contact 03 969 60095.

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

Sunday, 19th 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

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

Sunday, 7 July to Saturday 13 July, Oceania Games, Tahiti.

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

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

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

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

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

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

Saturday, 19th October to Sunday, 27th October, Honda Masters Games, Alice Springs.

Saturday, 26th October to 3rd November, Malanda Milk Queensland Masters Games, Gold Coast. For information and entry forms write to PO Box 5941, Gold Coast Mail Centre, Bundall QLD 4217.

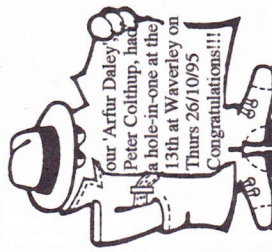
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WAVA World Veterans' Games, Durban South Africa.

March, AAVAC National Veterans' Track and Field Championships, Melbourne.

1998 Oceania Games, Hastings, New Zealand.

1999 WAVA World Veterans' Games, Gateshead, England.



THE MASTERS ATHLETE

A total fitness guide to optimise training and performance for the older athlete

Interval Training for Older Athletes

© by Dr. Peter Reaburn

I'm getting older but refuse to believe I have to get slower. However, having just hit the big 4-0, I have to face the facts - the 10km run time ain't what it used to be and the 400m swim times are slowing. Sure, as a sports scientist I'm aware my ability to pump blood and oxygen is reduced and I'm losing strength - both of which will contribute to reduced endurance speed. However, as a sports scientist I also am aware there is something I can do to try and hold my speed - interval training.

The few studies that have examined training habits of older athletes have shown that the older we become, the more we do mileage and the less we focus on intensity or how hard we train. Maybe this is due to us losing a little motivation, not being interested in hurting anymore, or we're just training for enjoyment and health. Unfortunately, training slower means we race slower. To race fast we must train fast.

Muscles are made up of small fibres. These muscle fibres are basically of three types - slow twitch, fast twitch a, and fast twitch b. The slow twitch are endurance fibres - they contract relatively slowly but are fatigue resistant. The fast twitch a fibres are speed fibres and are also fatigue resistant. The fast twitch b fibres are also for speed but fatigue very quickly. Genetics determines the percentage of these fibres we are born with so blame mum and dad if you're not fast or don't have endurance.

So why are we discussing muscle structure? Well the important point (as shown in figure 1) is that when we train slow we only train the slow twitch fibres and therefore will have good fatigue resistance. This is obviously important for iron man/woman triathletes, road cyclists and marathoners, but what about the shorter events. As figure 1 suggests, the faster we train, the more fast twitch fibres we

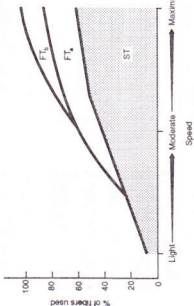


Figure 1 - Increasing speed increases the number of fibres we use

The important point is that if we train hard enough to use the fast twitch b fibres that fatigue easily, we can convert them into fast twitch a fibres that give us speed but are resistant to fatigue - just what we need for speed endurance. However, if we do speed training too hard or too long using the fast twitch b fibres, we will produce lactic acid which Dr. David Jenkins in another article has suggested leads to fatigue. The answer is therefore to train a particular way that uses those fast twitch b fibres but does not produce high levels of lactic acid - interval training.

While interval training can be used in a wide variety of ways, interval training to improve speed for endurance events should consist of relatively short (e.g. 30-90 second intervals with short rest - half or less of the interval time). Examples of intervals in a variety of sports might be:

	Swim	Bike
Set	10 x 100m free	15 x 1min efforts
Time	90 secs	1 min
Rest	25 secs	30 secs
Intensity	85%-90%	85%-90%
Set	8 x 400m	10 x 1min pieces
Time	90 secs	1 min
Rest	40 secs	30secs
Intensity	85%-90%	85%-90%

The key to such training is that the quality of the last interval is as good (or even better) than the first. If we go too hard in the first in-

Welcome to the first issue of *The Masters Athlete*, a unique publication written by masters athletes for masters athletes. Our aim is to provide you, the older athlete, with news and facts information that will optimise your training and performance. As this is a new publication, we welcome any feedback or topic suggestions you may have. Thanks for supporting the publication and we hope to hear in the near future of improvements in your performance as a result of reading *The Masters Athlete*.

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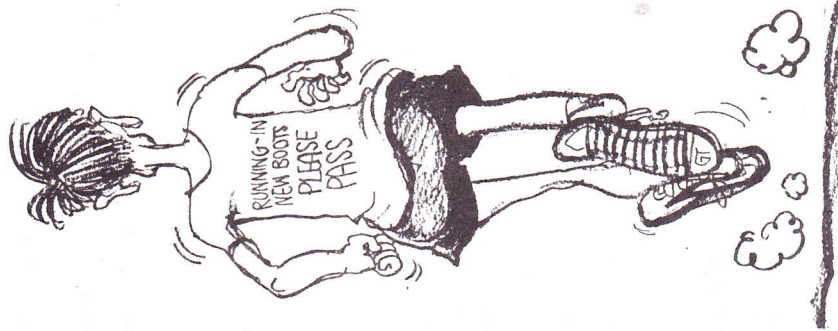
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LINDSAY THOMAS MEMORIAL 10 KLM RUN

TUESDAY 23 JANUARY 1996 - 7.00 PM SHARP
BRAESIDE METROPOLITAN PARK - MELWAYS REF - 88 D7
(ENTRANCE - LOWER DANDENONG ROAD)

ENTRY FEE \$2.00 PAYABLE ON THE NIGHT
OPEN TO VETERAN ATHLETES ONLY - VVACI MEMBERS
(OR BY INVITATION)

EVENTS

- 10 KLM RUN (TWO LAPS OF PARK)
- 5 KLM RUN (ONE LAP OF PARK)
- 5 KLM WALK (ONE LAP OF PARK)

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- FIRST / SECOND / THIRD FEMALE 10 KLM RUN (TROPHY)
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- FIRST MALE 5 KLM WALK (TROPHY) / FIRST FEMALE 5 KLM WALK (TROPHY)

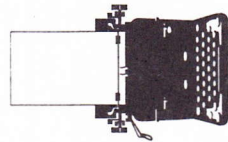
- NUMEROUS SPOT PRIZES -

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1994 MALE -	TERRY HARRISON (MENTONE)	36.43
1995 MALE -	RUSSELL JOHNSON (ABERFELDIE)	34.57
1993 FEMALE -	THERESIA BAIRD (SPRINGVALE-NOBLE PARK)	40.50
1994 FEMALE -	THERESIA BAIRD (SPRINGVALE-NOBLE PARK)	44.16
1995 FEMALE -	PETRINA TROWBRIDGE (COLLINGWOOD)	40.08

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

ENQUIRIES - KEN HOUGH - TEL : 3268 1500 (W) 9798 1231 (H)



Please send all material for inclusion in this magazine to:

Dot Browne (Hon Sec) VVACI
4 Victory Street Mitcham 3132
or by fax (03) 873 3223

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13 Bales Street Mt Waverley 3149
9807 5656

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6 Mowbray Street Albert Park 3206
and Rob Peirce (059) 671 915

VENUES

Locations and Managers

ABERFELDIE	Aberfeldie Park, Corio Street, Moonee Ponds Rob Waters 9699 5311(B) 9318 3802	Weds	28 D 6
ALTONA	Grant Reserve, Sugar Gum Drive (off Civic Pde) Altona Ray Wilson 9398 2285	Sun - Winter Tuesday - Daylight Saving	54 G 9
BALLAARAT	Llanberris Field, Ballaarat		
EAST BURWOOD	Burwood East Reserve, Burwood Highway John Gosbell 9808 4641	Thurs	62 C 7
CAULFIELD	Duncan McKinnon Park, North Road, Murrumbeena Leo Charles 9579 1830 (Royce Foley 9570 4898	Tues - Track Sunday - Field Games)	68 K 9
COBURG	Harold Stevens Ath. Field, Outlook Rd. Coburg Gordon Burrows 9366 0326 Vonda Saunders 9460 1267	Thurs	18 A 9
COLLINGWOOD	George Knott Reserve, Heidelberg Rd., Clifton Hill Bill Ryan 9434 3783 Keith Moody and Ron Young	Tues	30 F 12
CROYDON	Town Park, off Norton Road, Croydon Lavinia Peirce (059) 671 915 David Sheehan 9720 7969	Tues	50 K 5
FRANKSTON	Ballam Park, Banance Terrace, Frankston Bruce Moulton 9580 7914	Thurs	103 B 4
GEEELONG	Landy Field, off Barwon Terrace, Geelong Bryan Cole (052) 484 747	Weds	228 C 7
KNOX	Knox Park Athletic Track, off Rushdale Road, Scoresby Charles McRae 9729 1439	Weds	73 D 7
MENTONE	Dolmore Oval, Cnr. First and Queen Streets, Mentone Louis Waser (059) 412 945	Weds	87 B 6
SPRINGVALE/ NOBLE PARK	Ross Reserve, Memorial Drive, Springvale Leigh Cassidy 9772 2508	Weds	80 E 12
TOOTGAROOK	Tootgarook Sports Reserve, Truemans Road, Tootgarook Alan Radford / Ken Taylor (059) 855 989	Weds - Winter Sunday - Daylight Saving	169 E 6

Venue Day and Melway Ref

Australian Association of Veterans Athletic Clubs Secretary - Dorothy Browne OAM, (03) 9874 2501