

VIC VETS

NEWS AND RESULTS

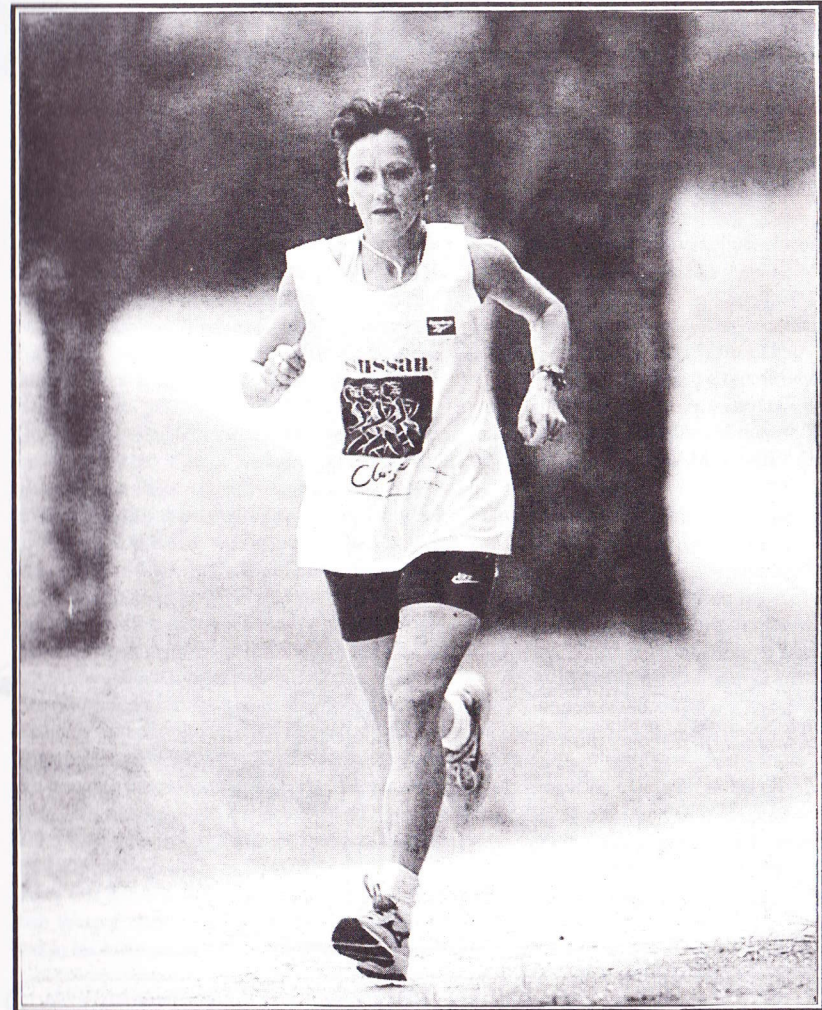


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Dot Browne (Hon Sec) Colin Browne (Editor)
4 Victory St. Mitcham Vic 3132

(03) 9874 2501 phone (03) 9873 3223 fax

May 1996



Charlene Rendina our top distance runner in the W45's who has moved from sprints and middle distance since her Olympic days.



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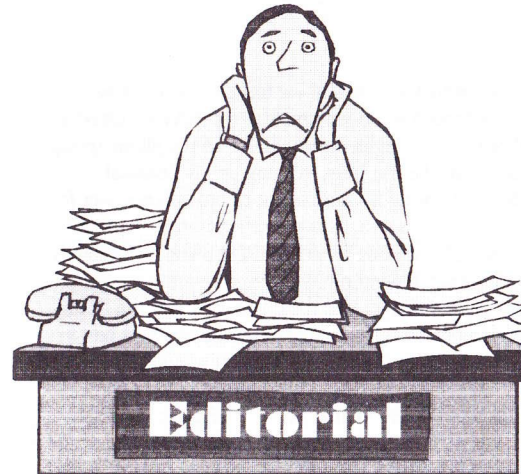
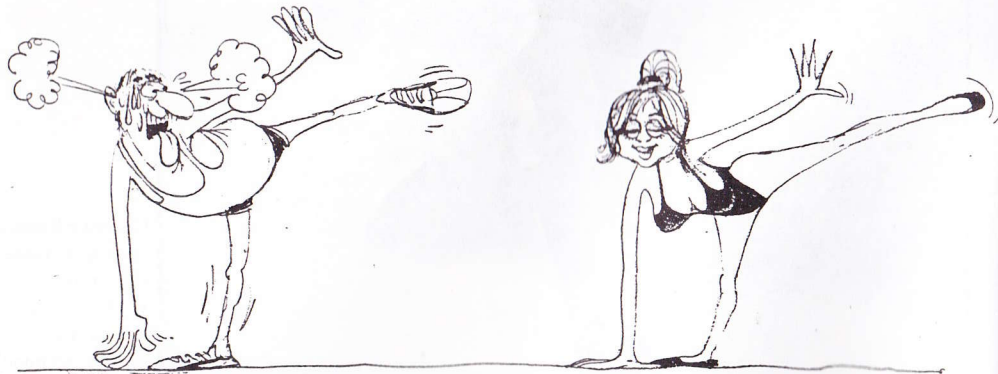
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WARM UP



Looking over the list of venue managers for the new year, I notice one change, at Mentone. Louis Waser has retired to be replaced by David and Vivienne Cash, whom we wish the best of luck in the demanding new job. Louis Waser is an original, a funny man with a sense of humour and a creative mind. I can picture him in those fun runs riding (wearing) that incredible emu. He also made the lovely trophy for Peter Colthup's 5 Miler, and has a business in Pakenham restoring antique furniture. Thank you Louis for doing a great job at Mentone over the years.

The AGM is over for another year and we have a new committee. That is we have the old committee with one new face, one retirement and a bit of musical chairs as far as positions are concerned. Welcome to Astrid Rose, well known to the throwers and interstate travellers. We are fortunate to have her on committee, and feel that perhaps we now represent the women and the weight throwers better than before. Ken Wu has left the committee, left the state to work with his family in Darwin. Ken was a long-serving member who worked hard and conscientiously on publicity, placing material in community newspapers, obtaining discount facilities for members and keeping the committee aware of its legal obligations. Thanks for your valuable services, Ken. We will miss him in the triple jump, the long jump and the sprints.

Doug Orr stood down as president, to be replaced by Rob Waters. Doug was a very productive president and in his term pushed through some very significant

innovations. He put us into distinctive track suits which are by now a trade mark of the Vic Vets, particularly when we are interstate or at other championships. They have drawn lots of comment wherever we go. He has put matching caps on our heads. He has engineered the production of our coloured brochure which so attractively advertises the vets to potential members. Doug has been our front man at a number of important events for the mature-aged, not the least of these being the VicHealth 5th Australian Masters Games. A term of office to be proud of, Doug. So it is over to you Rob, see what you can do. In the musical chairs game, Tony Bradford becomes a vice president, and Doug Orr the immediate past president.

At the AGM quite a number of members were honoured for their services to the club. Wendy Greaves, well known for her not so quiet work behind the scenes with race organisation, uniforms, membership, committee work and general rubbishing of people for their own good, was awarded life membership. Congratulations Wendy. Plaques were presented to Jeff Briggs for his work as treasurer, to Ted McCoy and Ken Wu as committee members. They have done a great job. To Lavinia Petrie and David Sheehan, venue managers at Croydon, Gordon Burrows and Vonda Saunders, venue managers at Coburg, Charles McRae, Knox venue manager, and Alan Radford and Ken Taylor, venue managers at Tootgarook. Vets going to those venues appreciate the consistent job they do winter and summer, all weathers, keeping the venues going. Plaques for special services were awarded to Margaret Bristowe, Sandra Kerr, Les Clark, Don Hughes, John C. Smith and Kevin Campbell, those unobtrusive workers generally back in the engine room, taking entries, recording results, remembering to bring the essentials needed to run the show, lap scoring, filling the gap while the rest of us are out there on the track. We couldn't do without them. Thank you. And there was a plaque for our man of many parts, Clyde Riddoch, state statistician, technical guru, ex-committee person, sometime venue manager at Box Hill, coach, compulsive event enterer and enthusiast. We depend on Clyde for so much.

Well it was good to remember such a large batch of very deserving people, and the one who did most of the remembering and organising the plaques was our great life member and OAM, Peter Colthup. Well done, Peter.

Colin Browne

COLLIN COOPER R.I.P.

Collin Cooper, who passed away recently, was very well known to Vic Vets and we feel his loss most severely. Those who went overseas to WAVA World Games had much to do with him, as the AAVAC director of travel. He was always unfailingly attentive to personal requests, spending many hours on the phone trying to get the details right for one vet or another. He had a liking for the Vic Vets, keeping up his financial membership here although he lived in South Australia. He would bring his contingent of croweaters over for our Vic Champs and loved to compete.

John May, our ex-president and ex-president of AAVAC met Collin on one international trip and immediately struck a chord. They had some things in common, both being vets, having run with the pros and able to compare notes on their younger days in running. John tells me that Collin was the best junior miler in South Australia as an under 19. Back in the 1950s a smart Victorian performer named Harold Stevens beat him in the state titles. In senior ranks he continued to have great battles with Harold who was quite a star in those days.

Collin had a grievance with the amateurs just before the Commonwealth Games (1950?). He ran second in the Australian titles but they took away first and second. His wife-to-be, Ann Shanley represented Australia in Christchurch in the Commonwealth Games. Very disappointed, Collin ran professional after that. He did very well on the pro circuits, particularly in Tasmania around Burnie, Latrobe and Devonport, winning major events. He also did well at Wangaratta and Maryborough. He was a pretty handy athlete. John remembers that Collin had some great runs against Lindsay Kent, establishing a friendly rivalry and becoming great mates.

He had the gift of showing a real interest in you, and giving you his full attention. I well remember the trip to Adelaide that Dot and I made, and the enthusiasm and warmth that poured out of Collin. His ability as a coach and motivator was remarkable. It was devastating to learn of his illness.

Extracts from Eulogy given by Peter Dunham on 27th March, 1996

Collin Cooper had three great loves in his life, his family, his athletics and his gardening. It was through athletics that I came to know him best.

Collin loved the whole scene. When he arrived at the track you would see his eyes light up. He loved the atmosphere, the challenge and most of all he loved sharing with other athletes the thrill of achievement.

Collin was a champion athlete himself from the time of his youth. But it was only in the last seven years that I came to know him well and it was at this time that he moved more heavily into coaching. He coached world champions including his much loved wife Ann and Marge Allison from Sydney. But the measure of Collin was that he had just as much time for the "also rans" such as me. He gathered around him a group affectionately known as Collin's Crew consisting of a number of athletes who loved their running and achieved higher goals because Collin advised and wrote programs for them, supervising these programs with such obvious pleasure positive encouragement. He advised a number of athletes from all over the world including some he had met during his many trips to overseas meets.

His interest in others was reflected at every meet I attended with him. Collin could not move five metres without being stopped by someone wanting to talk to him. They sensed his genuine interest in them and warmed to him accordingly.

It was this concern for others that persuaded him to form Veteran's Travel through which he set out to get a better deal for travelling athletes. He personally put together the Group Tours to World games in Miyazaki, Japan and Buffalo, New York in addition to various other smaller tours. The athletes trusted him and they gained accordingly.

Despite the determination and will to win he could always laugh at himself and this also endeared Collin to all.

His last great race was at the Victorian Veterans Championships in Melbourne in 1995 when despite being aware of his illness he raced his long time rival Lindsay Kent in the 400 meters. He won that race in the best of spirits and loved it.

Collin's Crew will continue running and competing and Collin will always be there with us.

For Veterans Running generally Collin will be sadly missed by many. His passing is a huge loss to running and his shoes impossible to fill.

LETTERS TO THE EDITOR



Dear Colin,

Thank you for the excellent new racewalk records by Anne Manning and Jean Albury. I am especially pleased to see that Jean Albury is well and turning in more amazing performances.

Based on the data I have, Anne now has the W35 world best performances at 3000m (12:43.2), 5000m (21:45.8), and 10,000m (44:28.0). Victoria Herazo has a slightly faster 20km (1:35:39.0) Jean Albury has the WBP for W65 at 5000m (27:57.0) in addition to her W55 5000m (26:46.92)

Other Australians with WBP's are Sawall M40 3000m (11:28.21), M40 20km (1:21:36.0), M45 20km (1:25:03.0), M45 50km(3:59:48.0); Daintry M65 5000m (25:44.0), M70 5000m (26:29.38), M70 10km (54:17.0), M65 20km (1:51:18.0); Theobald M85 5000m (33:15.0), M90 5000m (35:18.54), M85 20km (2:26:07.0), M90 20km (2:34:01.0); Jones M65 10km (55:24.0); Jeffreys W80 3000m (24:00.0), W85 3000 (27:36.0); McDonald W40 20km (1:42:22.0)

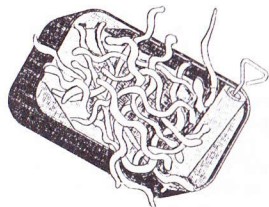
Pete Mundle's "Masters Age Records" book lists US and World bests by single age. The next edition (usually available in June) contains marks through October 1995. Anne's latest marks (age 36) wont appear but Jean's W66 5000 may be included. I wrote him right away. I dont know if he is still accepting 1995 marks. Otherwise it will be in next year's edition.

Thank you for being so conscientious about Australian race walk records

Sincerely
Beverley La Veck

(Ed: Bev compiles the racewalking world best performances for WAVA and publishes them in National Masters News, about May each year. Nice to be recognised. Good going Aussie racewalkers.)

LETTERS TO THE EDITOR



The Editor,

In response to Russell Johnson's perennial whinge regarding our combined events with the V.C.C.L. (Feb News and Results). How much longer are you going to keep flogging this issue Russell? In case you have forgotten, both the V.V.A.C.I. and the V.C.C.L. Inc. committees made the decision at the first combined event stating that competitors holding dual membership shall compete for one club only. This decision was ratified again in 1995 by both committees after continued harping by yourself claiming the ruling was unfair. It would appear that you are the only member of both clubs not being able to accept the umpires ruling. To remind you Russell, it was decided to adopt this practise when running combined events to stop greedy individuals holding dual membership (and I'm afraid that you come under this category, Russell) from double dipping into the medals and money. To myself and every other entrant the decision as to which club we run for is obviously an easy one to make. It is disappointing that a talented runner such as yourself should have such a narrow outlook on life, where it appears that glory, money and medals are uppermost in your thinking. So please Russell, for once and for all accept the decision by both committees and stop the resurrection of an issue that's as stale as last weeks bread, and just do what you do best, RUN!

Eric Greaves
Club Captain
Vet 103
V.C.C.L. 103

Memo to Col Silcock,
Sorry Col but after watching you in action at various after race functions, Seagull is still the most appropriate nick name for you.

Eccles

Dear Editor,

As a non-pentathlon competitor, I read with interest letters from Clyde Riddoch and Rudi Hochreiter regarding possible changes (Vic Vets, Dec'95).

It seems to me that, possible technical difficulties aside, it comes down to philosophy of the event. Is it to be as much an all-round event as possible or is it a showcase for the strong and fast with little recognition of skill and even less of stamina?

If it is to be the former, then the 1500m should be retained (as Clyde said, there is even a case to go to 3,000m / 5000m) - perhaps this could be added - a Sextathlon? I feel that most reasonably fit (veteran) sprinters could run at least a passable 800m which would then further disadvantage less powerful (and perhaps more dedicated?) athletes. Again, as Clyde said, the other 4 events favour the strong and fast.

With regard to replacing the Discus with Shotput, I feel that retaining the Discus would provide more recognition for the skill factor, whereas the Shotput favours the strong (again).

After all, of the 18 standard track and field events (excluding walks) fully 13 favour the fast and powerful.

A balanced Pentathlon at least partly redresses the imbalance.

Alex Harris
(Vic.Vet 2304)

Dear Dot,

28th March, 1996

We wish to express our appreciation for the co-operation and understanding by your officials and competitors in a difficult situation last weekend. We appreciate the significance of your event. Similarly Championship Day is a major occasion for some 300 or 400 little athletes, creating an enormous task in organisation and presentation of medals.

The support of Peter McGrath and other officials was therefore greatly appreciated and the interest taken in the kids by many if your athletes was well received.

For future years, we will ensure that no clash occurs.

Yours sincerely,

E.W.Biggs (Secretary)
Duncan McKinnon Park Committee of Management.

Dear Dot,

Could you put this letter in the Vet. News to say hello to all my friends in the Vets., especially at Springvale and Frankston venues. I disappeared fairly quickly last September to Macquarie Island (55S, 159E) where I am spending 1996 as weather observer with Australian National Antarctic Research Expeditions (ANARE). With my years of service with ANARE being at Casey and Mawson, I wanted to experience the unique wilderness and wildlife that this subantarctic island offers. I know this will bring back fond memories to Peter McGrath who wintered here in 1963.

I unexpectedly went on an early voyage in September instead of the routine changeover in December, and that meant I just "disappeared overnight". I am trying to keep fit by walking as much as I can round the rugged hills and mountains of this 32 x 5km island when I can. I am due to return in December and will get back into running then. I will use this year to build the upper body in the gym.

For the wildlife enthusiast, Macquarie Island's animal life has nearly returned to pre-extirmination status of the sealing days in the 1800s (except for the fur seal) Royal penguins at Nugget's and Hurd Point number over 1.5 million. King penguins at Lusitania Bay and a smaller colony at Sandy Bay number nearly a million. Elephant seals seem to be declining slightly and number around 25,000. The fur seals (mainly subantarctic and New Zealand) are returning very slowly with a total population of about 1000 with 120 pups born this summer. Wandering Albatross only number 20 breeding pairs at Macquarie but Blackbrow, Greyhead and Lightmantled sooty albatross are in the thousands.

The introduced (by the sealers) rabbits and cats are still a wretched pest but the spread of myxo and active trapping and shooting is keeping this to a stable level. The NZ wekka was eliminated in the 1970s.

The weather is wet and windy for the most part (not too much unlike the southwest of Tasmania on a bad day) but occasionally a beautiful sunny day pops out of the heavens and we are reminded that we are very fortunate to be on this marvellous nature reserve affectionately known as 'paradise on earth'. David Parer made a brilliant documentary film called "Mysteries of the Ocean Wanderers" (ABC bookshops) and although filmed on the Crozet Islands, is very similar to Macquarie Island and would give you a good idea what I am talking about.

If anyone has access to e-mail, my address is David Pot@antdiv.gov.au.

Look forward to seeing you all in December,

Many regards,

David Pottage.

Dear Dot,

Having just received the latest magazine, I realised that it is 12 months since you published those articles about Ben and myself and that I have been remiss in not conveying my thanks to you before. The last 12 months have been very difficult and stressful for me.

Firstly, the cruise I went on, being the Achievement Award, was one of the worst experiences in my life. In hindsight, I can now look at it as a comedy, but not then. Two days out of Sydney, I badly hurt my Achilles tendon running on deck. There was no treatment available from the Russian doctor, (It was a Russian ship) so I spent the next 11 days limping and in pain. A couple of days later came the head and chest cold. So most of the time, I stayed in my cabin reading and having a few beers, only emerging for meals, which in itself was unpleasant because of the two "gentlemen" we were stuck with at our table. A pompous old "know-it-all" mixed with celebrities etc and a middle-aged drunk. But the worst of it all was that the majority of people smoked, consequently everywhere there was entertainment, bars, casino, there was always one big cloud of smoke. Limping up to the highest deck to get away, I could not believe it when someone stood next to me and lit a cigarette. In the end, I was quite rude to people and told them to get away from me and take their stinking cigarettes with them.

We don't always get wiser with age - it was not young people that smoked, there were only about 10 of them. The rest of the 260 odd passengers were between 70 - 90 years of age. Anyhow, when I arrived home, I luckily found here in Oakleigh a pain clinic which used laser and magnetic pad treatment. After 3 months of treatment, I was able to jog gently and ride my exercise bike, which I ride a minimum of 30K per day. Only since Christmas have I been able to really run. I may just enter the 400m in the Championships, circumstances allowing. I still have weekly laser treatment.

But the worst thing to happen was that my Dad was diagnosed with lung cancer, and after an unsuccessful operation, has been having monthly chemotherapy, which for him is physical and mental hell. Naturally, this has been very hard on all our family, especially Mum. For me it is hell watching him in such agony, because it is all for nothing. His condition is terminal and I feel so helpless.

If I may make a suggestion, using reading glasses, I have difficulties reading some of the articles in the magazine (e.g. Peter Colthup's golf). Please could such small print not be used as I'm sure that lots of others may

have difficulties also.

Best regards,

Ilse Schneider
Vet. No. 12

P.S. It took me 6 months to lose the 2kg of weight I gained in 14 days of "Ship's Delight".

Ed's. note: What a horror year you have had Ilse. We can understand how upsetting it must be to see your father so ill. You have our sympathies and support.

Leigh Cassidy, venue manager at Springvale has sent us these classic shots of some "competitors" in the "Dolly Parton 1200m Walk" held at their Christmas night. Due to possible "legal action", he didn't include the identities of these veterans although we are sure they'll be recognised by some of our members. As a matter of interest, the winner of the race was the competitor in the lovely tartan skirt and the award winner was the Madonna look-alike, the one wearing the sunglasses.



Young waterskier takes out sports star award

THERE were plenty of reasons for big smiles from local athletes at the Leader Newspapers Southern Division Sports Star of the Year awards. The Junior Sports Star of the Year Award for the Mornington Peninsula Leader is divided into two sections — the Southern District and the Mornington District. The Southern District award is sponsored by Port Phillip Plaza and the Mornington District by Mornington Mazda.

Each of the junior winners collected \$500 awards. The winners were Dean Pigott (Mornington District) and Brett New (Peninsula District).

Barefoot waterskier Brett New won the Australian title and is ranked third in the world in his sport. Twelve year-old motocross star Dean Pigott won the Australian Motocross championship in Queensland.

The Senior Sports Star of the Year Award for the Mornington Peninsula Leader is also divided into two sections. The Southern Peninsula District award is sponsored by Retravision and the Mornington District award by Motor Court Mornington. Each winner receives a \$1000 prize.

Athlete Heather McDonald won the Southern Peninsula District award and cricketer Paddy McIvor the Mornington District section.

Heather captured two gold medals and a silver at the world veteran athletics championships. Her successes were in the 5km and 10km walk.

Paddy is a respected long-serving cricketer on the Mornington scene.

Australian pentathlon champion Kitty Chiller took out the major honor at last week's Leader Newspapers Sports Star of the Year awards.

Kitty won a magnificent Jetabout Holiday from Qantas and Qantas Jetabout Holidays for being voted Senior Sports Star of the Year.



Veteran star: Athlete Heather McDonald receives her award from Retravision's David Barke.

Rendina puts her best foot forward

LORETTA HALL reports on Charlene Rendina's Classic training progress

STUNNED at being overtaken by much of the field in her first Sussan Classic, former Olympic sprinter Charlene Rendina says she has trained much more thoroughly this year.

Rendina's preparation for the 10km run for women through Melbourne in 1988 was limited to 6km sessions a few weeks before the event.

Rendina was returning to racing after operations on both Achilles tendons, the reason for her withdrawal from the 1980 Moscow Olympics.

In her heyday in the mid-70s, Rendina, 47, became the first Australian woman to break two minutes for the 800m, in a time that still stands as the national record (1min 59sec in 1976).

Her duels with sprint queen Raelene Boyle were legendary, reminiscent of the friendly rivalry between Cathy Freeman and Melinda Gainsford.

Rendina competed in the Olympic Games in Munich (1972) and Montreal (1976) and took gold in the 1974 Edinburgh Commonwealth Games, all for short-distance events.

Confident she could easily manage her first 10km run, Rendina recalls joining the elite runners at the head of the Sussan Classic starting line.

She quickly stretched out ahead of the pack, "But then I got caught in the pace and the crowd atmosphere and I went too fast."

"It was OK for a couple of kilometres, but then the rot set in," she says.

"I said then I would never go in a race that I was not prepared for."

VETS IN THE NEWS

VVACI 10KM CHAMPIONSHIPS AT KNOX TRACK, 16 MARCH 1996

by Colin Browne

We stepped out into ankle-deep puddles in the potted gravel carpark. What a complete reversal of weather from last year. Rainstorms and wind, track covered in water at one end. Last year it was 104 degrees in the waterbag. The slowest division had the worst of it with a stiff wind down the back straight. It didn't worry John Annear (M60) who lapped most of us a couple of times. Sean Kerr was in good form, as were Peter McGrath and Ken Matchett. Of the ladies Helen Myall ran very well to give the men a stir. There were some good individual battles among the oldies and most of us came away feeling that we had run a good honest race. The division system system brings out a good performance in many of us that don't normally star.

In C Division Vin Martin won the race in a time he hadn't done for a year or two, possibly the product of the evenness of the competition or the encouragement of the crowd. Lindsay Beaton was observed tippy toeing around the track. Amongst the women in this division Roma Burhop ran really well to defeat Janis Wright (good to see her running without injury again) and Annette Brunton, who was happy with her time, as a warm-up for the Boston marathon.

As the evening wore on the weather moderated to pleasant and cool. The constant was Les Clark's voice as he called the times. He also organised the lapscorers, provided the lapscore sheets, the clock, the microphone, the toilet paper, probably swept the track and locked the gates after us at the end. What would we do without Les?

B Division came on and the prancers and dancers were noticeably quicker and lighter. Where 40 minutes had seemed a bloody good run in C Division, only one runner achieving it, now you had to do that to even be competitive. Ecce was there starting the races, and handing out water on the bend when not organising witches hats. He was ably assisted by Keith Styles, Knox's equipment person. Ray Callaghan came out from his computer to call times and give Les a breather, while Sandy Kerr was back in the engine room handing out numbers and making sure the event ran smoothly. Marge Colthup did a great job organising tea and coffee in the kitchen.

The lapscorers had been forced to back up the steps of the grandstand when the showers came to keep their sheets dry, then down on to the track to see when it got too dark, which was more encouraging for the runners.

In this division Russell Severino was too quick for them at 35-37, Neil Boyle was second with 36-34 and Peter Field third in 37-17. Patrina Trowbridge was cruising along well, but Lyn Davis with her bobbing mop of blonde curls was faster. She ran a big PB of 38-06 to break the track record and defeat Charlene Rendina with Patrina third. Clyde Riddoch grunted his way round in an unaccustomed race for the good time for him of 40-16. Mike McAvoys was very competitive for 60, whilst Randal Hughes at age 72 was hidden in the pack, running 40-25. Such is division racing.

When Ecce had a run in A Division, no-one was left to fire the gun. Jack Fredrickson gladly jumped into the breach. Lew Harvey led the fast boys out. He set up a big lead after two laps. With some steady running the pack gradually got back up on to Lew. It was a tight field, all lapping in better than six minute mile pace. Peter Shone was thumping the track hard, Gabriel Carmona throwing the old right elbow, Eric Greaves with his characteristic shouldery bound, Tommy Kerr playing the banjo with his right hand, Lew Harvey all beard and flying hair, Jim Ingham with his bullocking fells runner style, and lots of elegant light-footed stylists, including Keith Macdonald, Martin Leggett, Robin Broberg, Peter May, Peter Tonkin and Peter Risk. The red gloves identified Norm Gates who in earlier divisions had given great encouragement to the lads to keep up their efforts. John Dean, out of it with a broken collarbone, was another who was very supportive from the sidelines. It was good to see Geoff Warren walking better with his hip replacement. He was keen to discover that Peter Risk, who won the event, had set a new course record time of 33-50.

RESULTS

M 30	1	Shaun Kemp	36-26
M 35	1	Peter Risk	33-51
	2	Peter Tonkin	34-28
	3	Martin Leggett	34-50

Age/Name	Long Jump	Distance	Pts	Javelin Dist.	Pts	200m Time	Pts	Discus Dist.	Pts	1500m Time	Pts	Score	Place
MEN:													
M30 Terry Baldwin	6.32		816	42.66	587.9	23.2	972	36.32	631.7	4.45.0	800	3,808	1st
Wayne Kraska	5.36		528	28.50	333	26.2	702	24.28	342.7	4.53.8	756	2,662	2nd
M35 Brendan Leane	6.08		744	43.78	608	24.2	882	38.12	674.9	5.11.8	666	3,575	1st
Mark Cauchi	5.02		426	37.42	493.6	28.6	486	20.96	263	5.39.1	529.5	2,198	2nd
Noel Fairburn	3.74		42	35.00	450	32.1	171	20.90	261.6	5.40.3	523.5	1,448	3rd
Peter Field	3.86		78	14.72	85	32.5	135	14.14	99.4	4.52.5	762.5	1,160	4th
M40 Alfred Lendvai	5.60		600	35.16	452.9	26.2	702	26.90	405.6	4.52.9	760.5	2,921	1st
Clyde Riddoch	4.99		417	38.40	511.2	27.8	558	30.84	500.2	4.46.8	791	2,777	2nd
Mike Clapper	5.75		645	28.36	330.5	25.8	738	22.12	290.9	5.16.9	640.5	2,645	3rd
John Neale	4.86		378	36.28	473	26.6	666	27.24	413.7	5.27.2	604	2,535	4th
Colin Hetherton	4.94		402	25.78	284	26.7	657	28.78	450.7	5.51.5	467.5	2,261	5th
Tan Kraska	4.58		294	27.84	321.1	28.1	531	22.06	289.4	5.26.6	592	2,028	6th
Tony Nematic	4.86		378	25.24	274.3	29.3	423	18.86	212.6	5.26.8	591	1,879	7th
Phil Curtain	4.25		195	30.98	377.6	28.5	495	26.28	390.7	6.18.4	333	1,791	8th
Geoff Charles	4.69		327	31.80	392.4	29.1	441	24.36	344.6	7.13.8	56	1,561	9th
Mario Nuscat	4.21		183	25.72	282.9	30.7	297	15.94	142.5	6.08.3	383.5	1,289	10th
M45 Tom Gerard	4.58		389.4	37.92	614.2	26.4	774	22.40	334.8	5.40.9	570.5	2,683	1st
Russell Hande	4.96		514.8	26.70	367.4	29.3	513	16.34	171.2	6.06.3	443.5	2,010	2nd

M 40	1	Rob Clutterbuck	35-08	M 70	1	Randall Hughes	40-45
	2	Colin Heywood	35-12		2	Ken Matchett	48-40
	3	Russell Severino	35-38		3	Jim Sinclair	55-35
M 45	1	Keith Macdonald	33-57	W 30	1	Glenys Pilling	48-57
	2	Robin Broberg	34-32				
	3	Lew Harvey	35-05	W 35	1	Annette Brunton	42-46
					2	Anne McPherson	44-24
M 50	1	Tom Kerr	36-42		3	Jenny Field	49-54
	2	Graham Hewitt	36-58	W 40	1	Lyn Davis	38-06
	3	Jim Ingham	37-13				
M 55	1	Brian Mee	38-46	W 45	1	Charlene Rendina	38-40
	2	Bob Gardiner	39-20		2	Petrina Trowbridge	39-15
	3	John Waite	39-24		3	Janis Wright	42-38
M 60	1	Mike McAvoy	38-56	W 50	1	Roma Burhop	42-23
	2	Ron Young	41-23		2	Helen Myall	48-41
	3	John Howes	41-54	W 55	1	Judy Wines	52-14
M 65	1	Bill Page	43-18		2	anne Callaghan	53-35
	2	John Kerr	48-21	W 65	1	Shirley Young	49-05
	3	Ben Morrey	49-52				

Who was the bloke on the Vets committee that after starting the first 3 races in our recent 10km track runs at Knox, loaded the starting pistol and placed it in a box of club singlets for safe keeping whilst he went out to warm up for his race, the last of the night. It wasn't until this same bloke was lined up ready to contest his event that Les Clarke yelled out, "Where's the starting pistol?" With embarrassment glowing all over him, our man remembered where the pistol was and asked Jack Fredrikson to go and get it. But alas Jack found that Wendy Greaves had locked the box away in her car not being aware of the pistols presence. So after a few more moments of panic, the pistol was retrieved and Jack was able to start the toey "A" division runners on their way. All I can say is, "Nice one Captain Eccles"

"Feet Notes"

Many thanks to all our members who donated their time and energy to officiate and help out at the 10km track runs March 16th. Your valued assistance ensured a most successful night.

Eric Greaves
Club Captain

Age/Name	Long Jump Distance	Pts	Javelin Dist.	Pts	200m Time	Pts	Discus Dist.	Pts	1500m /800m Time	Pts	Score Pts	Place
WOMEN (Cont'd) :												
M35 Jenny Fields	2.84	54	10.26	54.2	39.0	120	12.32	9	3.22.5	420	657	1st
M45 Kathy Heagney	3.72	392.2	8.98	29.4	30.3	749	14.26	72.3	3.11.5	620	1,863	1st
M50 Rhonda Dundas	3.49	373.5	16.54	256.2	33.9	568	24.76	433.8	3.45.7	410.4	2,042	1st
Astrid Rose	3.65	445.5	21.60	408	37.8	256	23.46	389.6	3.46.0	408	1,907	2nd
Jane Kinsey	3.01	157.5	16.98	269.4	38.5	200	14.78	94.5	3.28.4	548.8	1,270	3rd
W70 Gwen Davidson	2.90	360	14.22	311	39.2	704	17.88	346.7	4.56.9	64.8	1,787	1st

On a perfect Sunday afternoon 38 veterans turned up for the first of 1996's Victorian championships, the Pentathlon, back at Gaulfield on the new track. Terry Baldwin smashed his own Victorian and Australian M30 records by 154 points, and his Waverley clubmate Brendan Leane missed the Victorian M35 record by 60 points. It was very encouraging to see about a dozen new faces at the Pentathlon.

I would very much like to thank our officials, particularly the key officials: Manager - Peter McGrath, Scorer - Nola Bradford, Starter - Brendan Ferrari, Timekeepers - Jeff & Joyce Soames, and Field Officials - Peggy & Graham Noden, for another great effort. It was also nice to see Brendan's dad, ex-Melbourne Olympian and Australian Decathlon record holder Pat Leane (snr) after about 16 years. After working as a javelin official, Pat was spotted testing his arm with some of the new Obo1 Javelins.

There is plenty of room for more Pentathletes, especially women. I hope to see more new faces next year.

Clyde Riddoch
Pentathlon Co-Ordinator

RESULTS OF VICTORIAN PENTATHLON CHAMPIONSHIPS 3 MARCH 1996

Age/Name	Long Jump Distance	Pts	Javelin Dist.	Pts	200m Time	Pts	Discus Dist.	Pts	1500m /800m Time	Pts	Score Pts	Place
MEN (Cont'd) :												
M50 Graeme Rose	4.75	558	47.58	939.5	30.4	504	40.10	752.5	6.40.8	321	3,075	1st
Neville Gardner	4.28	388.8	22.46	311.5	28.8	648	27.44	436	5.15.3	748.5	2,533	2nd
Guy Augustin	4.13	334.8	32.36	559	29.7	567	25.52	388	6.30.4	373	2,222	3rd
Michael Orelli	3.21	3.6	9.48	-	30.6	486	12.80	70	5.30.1	674.5	1,234	4th
M55 Tony Bradford	3.85	340	21.30	316.4	27.8	828	23.66	382.4	5.18.5	807.5	2,674	1st
Terry Dunn	3.99	396	30.36	570.1	30.1	621	22.74	356.7	6.10.8	546	2,490	2nd
M60 Pat Naye	3.95	517.5	20.14	283.9	31.5	585	28.08	506.2	5.35.4	798	2,691	1st
Nino Stankovic	3.69	400.5	25.42	431.8	33.3	423	29.80	554.4	6.21.8	566	2,376	2nd
M65 Norm Keith	3.77	585	20.44	334.1	31.7	747	22.34	382.5	7.39.6	377	2,376	1st
M70 Stan Stankovic	3.99	874.5	26.08	578.9	33.5	765	28.42	644.7	8.31.1	219.5	3,083	1st
Doug Orr	3.05	357.5	14.75	171	34.9	639	16.08	212.8	7.18.6	582	1,962	2nd
M80 Andy Smith	2.10	65	10.18	9	41.8	558	12.58	129	9.02.0	365	1,126	1st
WOMEN :												
W30 Jenny Baldwin	4.56	570	23.68	376.3	27.8	792	26.98	419.4	2.36.1	735.2	2,893	1st
Gathy Orelli	3.31	195	12.74	113.8	31.4	576	18.92	193.8	2.55.9	576.8	1,655	2nd

VVACI TRACK AND FIELD CHAMPIONSHIPS AT MURRUMBEENA, 23RD & 24TH MARCH 1996

by Colin Browne

It was a big, bright, sunny weekend for the Vic Vets State Championships at Duncan McKinnon Park, Murrumbena this year. Subjective comments from some who were there stated that it did not have the atmosphere of Aberfeldie last year. We need to remedy that for the nationals in 1997. Being so hot, the crowd tended to retreat to the shade of the trees, which affects the amount of crowd support the competitors get. Shelter, under canvas or whatever, will be a consideration at the nationals. Murrumbena does not have a lot of shelter built in. If you want to run a "friendly games" you cannot under-estimate the impact of close crowd support for the competitors as they wring their guts out in their chosen event. For the athlete it sticks in the mind long after the time, distance or medal is forgotten. So my thoughts are "Get the crowd up close and encourage them to yell, scream, barrack, and also to do a bit of research from their program so they can NAME the person they are supporting." I happen to live with an expert supporter, and her technique is exactly that.

Saturday had its frustrations, with the Little Athletics unexpectedly occupying the ground and delaying our start. With a consistent effort from officials and entrants, ably harrassed by Ken Walters on the microphone, we caught up with the timetable as the afternoon progressed. Ken showed plenty of expertise and familiarity with the running of a program and gave Peter McGrath a really good backup. Margaret Cassidy on presentations was doing a great job, and up in the clubrooms, Ray and Anne Callaghan, John and Phyllis Gosbell and others including Brian Mee, were keeping the paper flow going.

Meanwhile, out on the field, lots of athletes were being disgustingly impressive. Barbara Blurton, as finely trained as a 3 year old racehorse, in the sprints, Rob Hendy, comfortably in front of the 1500 field, Wim Van Weenan, the molly duke, hurtling that hammer, Joe Ball, expert in getting weights far away from his body, Ted Barnard, elegant over the sticks, Charles Scarff, twinkle toed and springy at 73, Chris Schultz, hurling the discus into the far distance, Sharon Clayton, energetic and vigorous in her throws. Clyde Riddoch got out a really good discus

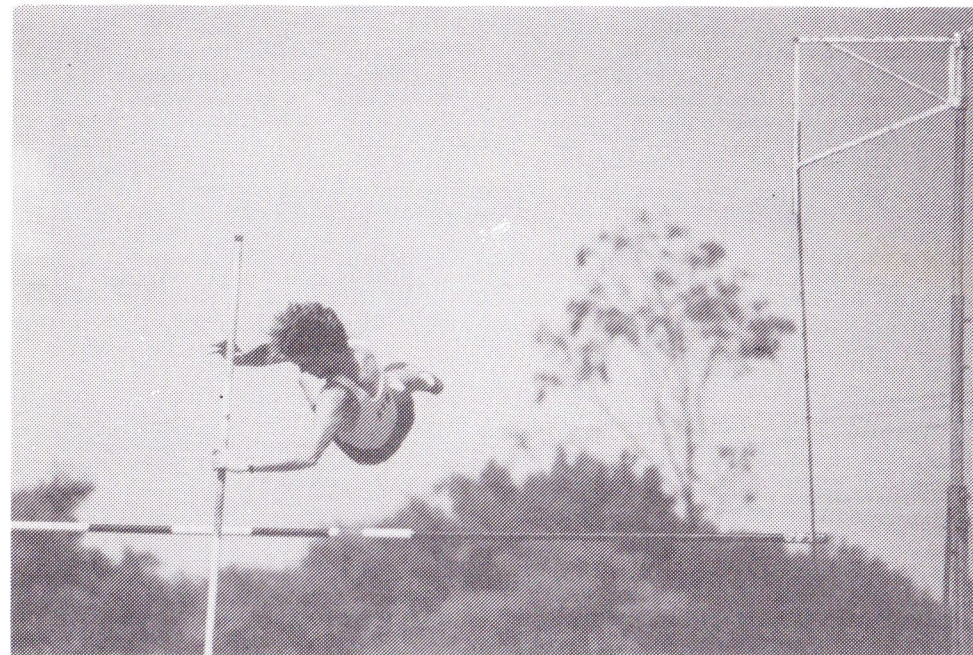
to the acclaim of the throwing confraternity. Roma Burhop and Lyn Davis continued their good form from the 10k's to the 1500m. It was great to see Dot Browne back on the track again, running well at W55 in a 1500m that Julie Braakhuis, W35, won in handsome style. Celia, newly married to Tony Johnson, walked really well, to come in behind Heather McDonald and Kathy Cassidy. Jean Knox, doing well in the 5k walk was encouraged by her tall bearded husband, Ken. Bob Gardiner celebrated his 60th birthday with a good win in the M60 section of the walk. Ken LaRoche and Fred Brooks had a great battle behind Bob. The overall winner, Andrew Jamieson, M45, had a great battle with Ross Reid, the M40 gold medallist. Terry "long socks" Baldwin and wife Jenny both did very well, Jenny doing hurdles beside the men, and winning lots of other events, and Terry breaking records right left and centre. Col Heatherton was pleased to take gold in the high jump and the hurdles. Eccles Greaves started conservatively in the 1500m at the back of the field, but cranked up and came second behind Gray Ryan. Chris Stewart won the Mike O'Neill memorial trophy with his 4:15.8 in the M40 1500m. Mike Hall did a great 400m in 59.8. Rudi Hochreiter showed his well-learned skills in hammer throw and high jump. Technique tells. Ken Readwin, M55, was in explosive form for a record in the hammer. John Fraser, once again, broke the M80 world record in the hammer throw.

At the end of the day we had the steeple. Janis Wright and Theresa Lynch did really well. Mike McAvoy, without beard and Rimma (on holiday in Moscow) had a disaster at the water jump, losing his glasses in the pond. He had to put his head under to find them. So ended Saturday.

Sunday was equally sunny. In the 3km walk, we saw the young walkers, Andrew Jamieson and Ross Reid, circling the track in very close formation, followed by Tony Johnson and Clyde Riddoch in unison. We saw Glenis Johnson, the lone female pole vaulter, closely attended by Jim Poulter, Rob Barclay and Ken Priestley, break a world record for her age. Julie Braakhuis was impressive in the 800m. We saw lots of other great performances on this sunny, warm day,

but failed to write them down. Running the 5ks in the heat probably baked our brains a little. I know I grabbed a welcome drink every two laps. After 6pm about 20 of us went to a Chinese cafe in Moorabbin and finished off the weekend with a very pleasant drop of socialising. It had been a great weekend

Peter Colthup has sent the results booklet from the Victorian Championships to all entrants. If you missed out or would like a copy, please send a self-addressed, stamped envelope to me, Colin Browne, 4 Victory Street, Mitcham 3132.



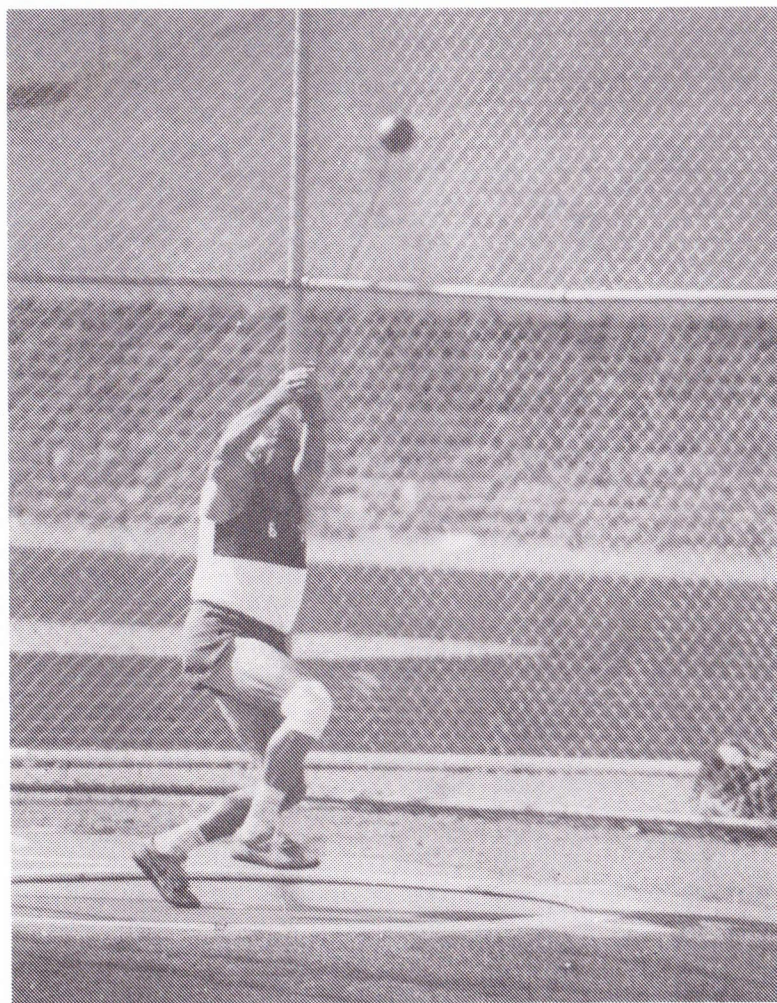
Are Vic Vets suffering sudden deafness syndrome I asked myself after hearing our trackside announcer, Ken Walters, repeatedly call for assistance to help conduct a couple of events. It would appear to be so, I thought, as I glanced at the rock steady crowd in the grandstand and on the hill near the steeple jump. It was disappointing to hear Ken say that the pole vault would have to be cancelled if assistance was not forth coming. Members should bear in mind that events such as our Track & Field Championships cannot be conducted without help from the members themselves. We are very fortunate as a club to have a number of members who are willing to donate their valuable time and energy in assisting at events such as the Track & Field. But one day these members might also decide that it's time for them to sit with every one else. If this was to occur, it would be obvious that the track would be empty and the grandstand full as a drunk's boot. With 1997 being the year Victoria hosts the Australian Nationals at Caulfield, I truly hope that when the request for assistance is made at our various venues prior to the big event, the respective venue managers are flooded with offers of help. Many thanks once again to all our members that gave assistance before, during and after the Track & Field Championships.

Eric Greaves
Club Captain

AUSTRALIAN AND WORLD RECORDS

BROKEN AT THE VICTORIAN STATE TITLES, 1996

110m hurdles	M 30	Terry Baldwin	15.0s	Discus throw	W 45	Chris Schultz	43.26m
80m hurdles	M 70	Charles Scarff	15.3s	Discus throw	W 70	Lydia Widera	22.10m
200m sprint	M 30	Terry Baldwin	22.4s	Hammer throw	M 55	Ken Readwin	48.46m
Pole vault	W 35	Glenis Johnson	2.86m	Hammer throw	M 80	John Fraser	37.18m
		(Aust & World record)				(Aust & World record)	
Shot put	M 80	John Fraser	9.16m	Hammer throw	W 70	Lydia Widera	28.36m
Shot put	W 45	Chris Schultz	12.66m	Weight throw	M 55	Ken Readwin	14.50m
Shot put	W 70	Lydia Widera	7.60m	Weight throw	W 45	Chris Schultz	11.83m
Discus throw	M 30	Roger Groppe	39.08m	Javelin throw	W 70	Lydia Widera	18.38m



Rudi Hochreiter showing one of his multi skills in the hammer throw at the Vic Champs.

On page 19, clockwise from the top left are senior gurus, Ken Knox and Roy Foley, Terry "longsox" Baldwin, Kathy Heagney modelling the new crop top uniform and Lyn Davis who did so well in the W40 10km, 5km and 1500m this year.



NATIONAL VETERANS' TRACK & FIELD CHAMPIONSHIPS AT PERTH, APRIL 1996

by Colin Browne

About seventy-odd Vics visited Perth for the nationals, out of nearly four hundred total. We had excellent weather, striking it lucky for a cool stretch on Friday and Saturday in between the normal 31 degree heat that the sandgropers experience at this time of year. We were struck by the beauty and cleanliness of Perth, a remarkable achievement when you look at the scrubby dry sandy environment in parts where it is undeveloped. Amazing what a bit of watering will do. Perry Lakes was set in lovely parkland which enabled the walks and the cross country to be held in the same park as the track and field. A nice stadium, going back to the 1962 Commonwealth Games. Showing its age now a bit, but still very acceptable.

Friday was 10ks, hurdles, 400s and weight pentathlon. The old stagers led off and it was good to see Ray Callaghan, Col Silcock, Kev Onley, Jim Sinclair, Judy Wines, Anne Callaghan, Shirley Young and yours truly having a go. Ron Young was the best of us with a run of a tick over 40 minutes. In the younger division, Eric Greaves was very pleased with his form, running an excellent 35 minutes. You will remember Bob Schickert, first manager of East Burwood. He is still running a hard honest race, putting everything into it. He and Lyn are well settled in the West, with two daughters married, and Lyn highly successful as an expert secretary.

In the hurdles Clyde Riddoch held his style together right through to win his race. John Neale was close behind. Terry Baldwin made a strong effort to break his record, but the strong headwind stood him up removing his chance. The 400 metres saw David Sheehan run a better time than at Murrumbidgee, so he was happy. Kevin Marion ran on well for second in his race, while Col Silcock plugged around at the same pace he did the 10k. June Reeves tried hard but Anne Stobaus was too fast. Jenny Baldwin was rapt to break 60 seconds for the first time. In the W45's Kathy Heagney held her style well, but Barbara Blurton blitzed them, as did Terry Baldwin in the M30's. In the M70's Doug Orr hung on well until the line, whilst Mike Johnston proved his superiority in that group once again.

Saturday and Sunday had the full track and field program. June Reeves and Jill Cooper were both very happy to win their sprints. On the field Ken Readwin had a match with Graeme Rose and the competition brought out a new Australian record for Ken in the hammer throw. In the 5km walk Clyde Riddoch was the early leader but George White of South Australia passed him to be the overall winner. The fortunes of the Vics continued in the same pattern as on previous days, over different distances. You could write 5k instead of 10k, and 800m instead of 400m and say the same things as I have above. Jim Sinclair lasted longer in the 5k however, although it cost him three chucks to finish. Shaun Kemp had a strong run in the M30 5k. Our throwers, Chris Schultz, Chris Battersby, Morrie James, Astrid Rose, Christine Dickie, Val Worrell, Werner and Lydia Widera amongst others kept the Vic flag flying. We had given the West Australians a lot of help to get the weight pentathlon organised, even taking a set of heavy short hammers across in the plane for them. Dave Sheehan and I were lucky not to be charged excess luggage weight on them. The throwing events were well patronised and very successful.

On the Monday we went three ways, to the pentathlon, the road walks or the cross country. Andy Smith of course was not satisfied with those alternatives. He did the 10k road walk first then saddled up for the pentathlon after it. Clyde won his pentathlon, and we had a number of silvers and bronzes in the cross country, including Russell Johnson who was second overall, Eric Greaves, Ron Young, Janis Wright, Dot Browne and Judy Wines. Pam Mews and Shirley Young were winners, but lacked competition. However, at distance racing, we had to lower our colours to the West, who are very strong in large numbers at that. All that training in sand I suppose. They had an excellent closing breakfast and presentation in a very attractive setting in the park. Plenty of cut fruit, muffins, fruit scones, tea, coffee and fruit drinks. Those of us thinking about the 1997 nationals in Melbourne were taking lots of mental notes. Their merchandising was popular, including sev-on patches and T-shirts specific to the event and the chance to buy the WA club uniform for a souvenir. Their social celebration was a river cruise from Perth to Fremantle, including a lovely meal, drinks and a lively dance, a really memorable event. The West can feel justly proud that they had organised a friendly and efficient games. We thank them wholeheartedly for their warm hospitality.

The 3rd King Island 20 Mile road race once again took place on the Labor Day weekend (Sunday March 10th). The course for this years run saw a change with the start being at the very pleasant hamlet of Naracoopa, instead of Grassy as per previous events. With 49 entrants, 34 Victorians, 12 Tasmanians and 3 King Islanders, the hard work put in by the race committee, ably led by Rob "Coops" Cooper, justified the long hours of behind the scenes work. In terms of value for money, the \$25 entry fee was full of pluses with a t-shirt, a selection of King Island gourmet cheeses and transport to the start by bus. It was whilst travelling on the bus that I made a statement that was to come back and haunt me. When asked if I was going to write an article on this years event, I replied yes, and I'm just waiting for someone to stuff up, so watch out. So no prizes for guessing it was me that stuffed up. I missed the bloody start!. Being a handicap race and my start time 40 minutes after the gun, I thought I've heaps of time to go to the dunny a dozen times, and do something I rarely do, go for a warm up run. So I headed up the road with Gerry Surridge (my arch rival) sussing him out as we ran as to how fit he was, with him doing the same to me. It was on the way back from our short sojourn that Yiannis Kouros flew past us causing Gerry to comment, I thought you and Kouros were off on the same mark! So it was to many a derisive cry from the officials that I started my run, albeit a couple of minutes late. So with no hope of catching up to the fast disappearing Golden Greek, I settled into a style which I hoped would cause the locals to think that I was an "elite" athlete and tried not to think of the long road ahead. I had just stumbled past the 8km drink station when a startled cry from a runner back behind me bought my mind back to reality, when he shouted out "snake." Being an old Oakleigh Tech graduate, I immediately looked down to make sure my fly was done up, when the runner in question, John Duck strode past me saying, didn't you see the bloody great black snake laying on the road back there. Rest assured, I spent the next few km's looking down at the road to make sure I didn't stand on a joe blake. As the km's passed slowly by, I knew that this run was going to be a disaster for me despite the training etc. I had put in. In fact it got so bad, that with 5km to go, I was hoping that a local would come out of their driveway a bit to fast and bowl me over to give me an adequate excuse to be able to stop. But eventually I was able to do the dance of the dying duck across the finish line and fall in a heap in the medical tent. I won't bore you with the details of the next five hours after the race, except to say that they were spent getting the much needed fluids back into my person. I was ably assisted in this exercise by Kevin Onley, who was also obviously suffering from dehydration. After our fuel gauges were showing pretty well full we headed off to the King Island club for the presentation awards. It was upon entering the hall at the rear of the club, that Kevin and myself were greeted by a standing ovation from the large crowd. After ricocheting to our seats, Kev said that was a great honour to be bestowed on us, yes I replied, but I'm not sure if it was a standing ovation for our athletic deeds or an ovation to the fact that we were still standing! The next morning after the fog had dissipated from around our heads, Kev and myself

headed back to the King Island club to have our photo's taken, along with a few of the other entrants, for next years calendar. Anyone wanting details of this photo shoot should speak to East Burwood's Cherie Baldwin, who happened to walk in just as the balloon Kevin was holding moved slightly to reveal part of Kev's personality we hadn't seen before. So if you want to see your club captain and his offside in circumstances never photographed before, make sure you order a King Island calendar later this year. Fastest time for the race was 1.45.03 by Michael McIntyre, Michael was also flying to Japan on the following Thursday to compete in a marathon there. Our evergreen Randall Hughes, age 72, impressed one and all with his top effort in finishing 19th position off a handicap of 21 min 30 sec in a time of 2.24.17. Of the locals, cattle magnate, James Hill finished in 5th position which was a top effort after having mustered beef cattle all during the day before the race. It is well worth while making the effort to go to King Island for this event, as the local people more than repay your effort with their friendship and hospitality.

ERIC GREAVES
CLUB CAPTAIN

THE EAST BURWOOD GRAND PRIX

By John Gosbell



It was during winter 1995 as I was contemplating the dilapidated state of the paling fences bounding our 1/6 acre suburban estate thinking how well the timber had held up over the last 34 years - but it's time had come, and what a waste it would be to simply throw it away. Somehow it occurred to me that we could make some good looking trophies out of the remaining sound pieces of debris. And so the EB Grand Prix idea was conceived!! At this embryonic stage, I consulted some of the gurus (and future gurus), of the various disciplines of athletics, regarding a suitable format for the summer period, and soon general enthusiasm began to roll.

Now the only thing in common with Mr Kennett's GP was a track circuit. However we had no problems with the felling of trees, protesters, noise, cracked walls in adjoining properties, traffic, crowd control, pollution, sponsorship (zero), special security arrangements, spectator (virtually nil) behaviour etc.

The EB-GP, launched on 30 November 1995, was actually an overlay to the normal Venue Program, during the spring/summer season, with points awarded for participation. It also sought to include, and encourage, participation in Field events - something never attempted at E. B before. There were three discrete Sections: Sprint, Walk, Run and the opportunity to pick up bonus points in any Section by participation in Field events. As the locals were somewhat inexperienced at Field events, we stuck to the not so difficult things like Shot Put, Discus Throw, Javelin Throw and Long Jump (running or standing), with a different event programmed each Thursday evening. The problem, however, was how to run an additional event with the already crowded program? The answer - *Ilmar Mancs!* - the strong looking gent who trains a few Vets. in throwing on Thursday evenings and then suddenly disappears soon after the track program starts. Ilmar took on the task with willingness and passion!

Suddenly his supervision, encouragement, coaching, flexibility in interpreting the rules and unique wit drew enormous crowds to the Field event area.

The points system was very simple (well to me anyway!). One nominated sprint, walk and run, each night, carried one point each for participation plus one bonus point for participation in the programmed Field event. Two points applied for special events such as Medley (sprint, walk, run) Relays and for monthly trophy events (handicaps and N.O.Ts). Over the GP period it was possible to gain a maximum score of 38 points in any of the three Sections. Progressive scores remained sealed until the GP concluded on 28 March.

The following GP winners were awarded the individually engraved (34 year old) trophies:

<u>Sprint Section:</u>	<u>Points</u>
Gwen Davidson	13
Norm Keith	38
<u>Walk Section:</u>	
Tina Leb	26
Frank Tutchenor	10

Run Section:

Coral Monk	17
Doug Petroff	31

Norm Keith was the only one to achieve a perfect score - he obviously cancelled all holidays and vetoed family dinners etc on Thursday evenings. At one stage I asked him if he knew his progressive score - he told me he wasn't counting his points (he must've been so confident he didn't need to!!).

As Don McMahon was committed to taking Holidays in February, he tried to hedge his bets by competing in both the Sprint and Run Sections. In fact he scored an aggregate of 52 points (the highest), but all he won was applause as the rules made no provision for this kind of indulgence.

The real success of the GP concept was in the way it provided opportunities and encouragement for participation in virtually all disciplines of athletics whilst maintaining group adhesiveness - it's definitely worth another go this year - even if it's just to see Ilmar in "full flight".

The photo of Rob "Contact" Waters (News & Results Feb. 96) staggering around after finishing the Melbourne marathon a couple of years ago, bought back memories for me. I was assisting on the finish line of that particular run and noticed Robbo doing a fine impersonation of a Saturday night drunk whose body wishes to go East whilst his legs are determined to go West. Concerned for Robbo's welfare I raced over to him to make sure he was o.k. and that he wasn't going to fall in a heap in the gutter. I was halfway through my oratory regarding his wellbeing when Robbo suddenly bowed his head and promptly discharged that morning's breakfast over my shoes. But to add insult to injury, no sooner had Robbo muttered (slobbered) jeez that feels better Eccles, the bloke with the chunder bucket charged over and promptly covered my shoes with a vast quantity of sawdust. Of course as I walked away from the monument to R. Waters Esq, I heard quite a few comments inferring that it was obvious that with all that sawdust on my shoes, my brain had sprung a leak. So dear reader, be warned, if you see Robbo at the finish of any event whatever, give him a bloody wide berth, that way your shoes will stay dry.

Captain Eccles

50 YEARS OF MUD, SWEAT AND BEERS

by Alan Irwin

Mud, sweat and beers are three regular hazards of winter running. There should be plenty of each during the 50th running of the Arthur Beames challenge for the AA Theobald Shield to be held in Adelaide on 22 June. The race is held annually between Western Districts (SA) and Glenhantly (Vic). Its origins go back to 1943 when HMAS Ping Wo was in Melbourne for four months being converted from coal to oil. Able Seaman Wally Beames, keen for a run was directed to Caulfield Racecourse, the headquarters of Glenhantly Athletic Club. Those who knew the late Gus Theobald are aware of his interest in helping other people and would not be surprised to know that Wally was invited to Gus' home a number of times during his Melbourne visit. On one of these occasions they conceived the idea of an annual challenge between the two clubs when the war was over to be held alternately in SA and Victoria. The contest is named after Wally's father Arthur who was a life member of Western Districts and the perpetual trophy was donated by Gus.

The host club selects the event which has variously been a dedicated dual contest such as this year or incorporated into a larger event such a state championship or a major fun run. The result is determined by the placings of the first four runners from each team. This year as in 1947 it will be held over three miles in the Western Parklands adjacent to Western Districts clubrooms.

Naturally the event represents a significant slice of two generations of Australia's distance running history. Three Olympians have been individual winners; Trevor Vincent, Tony Cook and Robert DeCastella. The 1989 winner, Glenhantly's Julian Paynter has bettered the qualifying standard for the 5,000 and 10,000 for Atlanta and has been selected to join their ranks this year. Trevor who represented Australia in the steeplechase at the 1964 Olympics has been the event's outstanding individual competitor having been a member of 21 Glenhantly teams for seven individual wins. But the race is not only for the elite. The history of the event now being compiled has turned up some pretty ordinary teams such

as the one Glenhantly sent to defend the shield in Adelaide in 1994. Their average age was 45 and no match for Western Districts who blew them away.

It is remarkable that the event has survived virtually unchanged for 50 years. Its history covers the period from chook raffles to corporate sponsorship, from hand sewn uniforms to designer sunglasses. Whether it survives another 50 years will depend on its relevance to succeeding generations in each club for whom Arthur Beames, Gus Theobald and the Second World War belong to a distant era.

VETS ON RADIO

Did you know that our microphone man, Ken Walters, has a segment on the radio about Veterans sport? Listen in.

Tune your radio to FM and find 97.1 It is 3MDR Mountain District Radio Ken has a Sports Report on Mondays at 4.30pm Listen in, and if you want to have announcements put over, or can offer him any grist for the mill, please contact him. His phone number at home is 9752 5977

The station has a phone / fax which is 9754 3390



VETS BATTLE WIND & RAIN AT COBURG 24HR

It was great running weather on Friday 12 April & again on Monday 15 April but in between there was the Vets 24HR Relay Challenge at COBURG..

The weather story on Saturday & Sunday was quite different. The sequence went like this:

- ◆ strong, wild, Northerly wind gusts,
- ◆ intermittent showers with a persistent N wind but still relatively warm,
- ◆ wind drops & stars appear,
- ◆ clouds block out stars & heavy, cold rain pours down continuously for hours after midnight,
- ◆ rain clears but cold showers persist during daylight hours.

Despite all these adverse conditions, relay runners & Ultra runners persisted & endured. In particular, Veteran runners showed persistence & fortitude to be marvelled at. Just a glance at those records listed in the box shows that runners of Veteran ages were well to the fore. At least one, Carmella Carrassi, is a registered VET. Carmella, Yiannis & Helen maintained a record schedule despite a flooded track that had them running (walking) 3 lanes wide in ankle deep water.

Four relay teams entered the VETS Challenge Relay. (Mentone Vets a last minute withdrawal) Despite the wind & rain all the Vets teams put in some great efforts throughout the day & night. Many said, "We'll be back again next year"

COBURG 24HR CARNIVAL 1996
Noon Sat 13 to Noon Sun 14 April

YIANNIS KOUROS (40)

World records

24 hours track 294.5046K

24 hours all time best (road or track) 294.5046K

Australian records

12 hours 158.00K

150K 11hrs19mins01secs

100 Miles 12hrs12mins51secs

200K 15hrs28mins30secs

150 Miles 19hrs12mins10secs

250K 20hrs09mins14secs

YAN YEAN ROAD RUNNERS

World record

24 hour track relay 384.4K (961 laps)

CARMELLA CARRASSI (43)

World walk records (female)

24 hour track 162.541K

24 hour all time best (road or track) 162.541K

Australian walk records (female)

50K track 6hrs47mins04secs

50 Mile track 11hrs16mins32secs

HELEN STANGER (45)

Australian record (female)

150K 15hrs23mins13secs

Traralgon Vets won again this year with 352.4K (881 laps). We'll have to do some recruiting in that area - there is a strong group of Vets & no registered venue. Next was Coburg Vets with 330.4K (826 laps). The Vets Combine was made up of Vets from Altona, Knox, Croydon & Coburg venues. As a scratch team they gave a very good account of themselves finishing 7/10 overall with a distance of 303.2K (758 laps). It is no detriment to them to point out that it took them 15 hours to catch Yiannis Kouras. There were quite a few teams who doubted their ability to match it with Yiannis. Aberfeldie Vets, despite missing some of their crack runners this year, finished 5/10 overall with 312.8K (782 laps).

NEW VICTORIAN RECORDS

Age	Event	Name	Performance
M65	100m	Charles Scarff	13.7 (=)
M30	200m	Terry Baldwin	22.4 Aust Record
M55	200m	Barry Pomeroy	25.2 (=)
W45	200m	Barbara Blurton	26.0
W50	200m	Anne Stobaus	27.7
M30	400m	Mark McDowell	50.33
M35	400m	Paul Robertson	50.6
W45	800m	Barbara Blurton	2.16.0 World Record
W45	800m	Barbara Blurton	2.14.7 World Record
W50	800m	Anne Stobaus	2.29.9
W65	10k	Shirley Young	49.06
M30	110m Hurdles	Terry Baldwin	15.0 Aust Record
M45	100m Hurdles	Josian Philippe	15.9 (=)
M30	400m Hurdles	Terry Baldwin	57.6 Aust Record
M50	400m Hurdles	Richard Trembath	62.6
M30	3k Steeplechase	Glenn Tarran	10.10.7
W45	2k Steeplechase	Janis Wright	8.45.3
M40	1500m Walk	Clyde Riddoch	6.25.2
M65	1500m Walk	Gordon Gourlay	8.44
W45	1500m Walk	Heather McDonald	6.49
W55	1500m Walk	Penny Hall	8.14
M30	3k Walk	David Long	20.59
M85	Long Jump	George Knott	1.99
M55	Triple Jump	Rex Harris	10.65 (=)
M55	Triple Jump	Julian Jacotine	10.67
M35	High Jump	Brendan Leane	1.90
W35	Pole Vault	Glenis Johnson	2.86 World Record
M55	Hammer	Ken Readwin	45.64, 48.46 & 49.34 Aust Records
M80	Hammer	John Fraser	35.04 & 37.18 World Record
W30	Hammer	Sharon Clayton	35.36
W50	Hammer	Jan Davies	47.84 & 48.66 World Record
W70	Hammer	Lydia Widera	27.08 & 28.36 Aust Record
M85	Shot Put	George Knott	4.62
W45	Shot Put	Chris Schultz	12.66 & 13.16 Aust Record
W70	Shot Put	Lydia Widera	7.60 Aust Record
M30	Discus	Roger Groppi	39.08 Aust Record
W45	Discus	Chris Schultz	42.78 & 43.26 Aust Record
W70	Discus	Lydia Widera	21.94 & 22.10 Aust Record
M50	Javelin	Grame Rose	52.58
W45	Javelin	Chris Schultz	30.80 & 32.12
W50	Javelin	Chris Battersby	28.90
W70	Javelin	Lydia Widera	18.38 & 19.08 Aust Record
M55	Heavy Hammer	Ken Readwin	14.50 & 16.26 Aust Record
W45	Heavy Hammer	Chris Schultz	11.83 & 12.40 Aust Record
W50	Heavy Hammer	Jan Davies	14.77
M55	Weight Pentathlon	Ken Readwin	3,700 pts Aust Record
M80	Weight Pentathlon	John Fraser	3,866 pts Aust Record
W30	Weight Pentathlon	Sharon Clayton	2,452 pts
W45	Weight Pentathlon	Chris Schultz	4,134 & 4,464 Aust Record
W50	Weight Pentathlon	Jan Davies	3,709 pts
W70	Weight Pentathlon	Lydia Widera	4,110 pts Aust Record
M30	Pentathlon	Terry Baldwin	3,808 pts Aust Record
W30	Pentathlon	Jenny Baldwin	3,260 pts Aust Record
M50	4x400 Relay	Ian McLeod, Ross Kent Keith Moody & Neil MacDonald	3.52.8

I had a terrific response to the new Half Marathon and Walk records printed in the last News & Results, so here they are again amended to include reader's contributions:

HALF MARATHON (BEST ON RECORD)

M30	Shaun Kemp	84.53
M35	Lew Harvey	71.12
M40	Lew Harvey	70.39
M45	Neil Ryan	71.06
M50	Neil Ryan	74.44
M55	Barry Brooks	74.42
M60	Theo Orr	84.22
M65	Randall Hughes	88.33
M70	Randall Hughes	90.26

HALF MARATHON (BEST ON RECORD)

W30	Liz Coppleman	111.28
W35	Petrina Trowbridge	80.40
W40	Petrina Trowbridge	79.15
W45	Betty Collier	89.41
W50	Barbara Dalgleish	98.58
W55	Barbara Dalgleish	100.32
W60	Shirley Young	105.29

1,500 METRES WALK

M30		
M35	Clyde Riddoch	6.29
M40	Clyde Riddoch	6.25.2
M45	Murray Dickinson	6.36
M50	Murray Dickinson	6.33
M55	Murray Dickinson	6.44.1
M60	Ken La Roche	8.16.6
M65	Gordon Gourlay	8.44
M70	Jack Kilfoyle	9.06
M75		
M80	Eddie Gamble	10.49.2
M85	George Knott	12.04.6

3,000 METRES WALK

W30	Alison Thompson	16 25
W35	Patricia Baker	17.49
W40	Joan Russell	15.30
W45	Heather McDonald	14.53.68
W50	Winifred May	16.47.58
W55	Marjorie Colthup	18.14.97
W60	Tina Leb	19.04
W65	Stella Murnane	19.43
W70	Arley Nicholls	21.31
W75	Dorothy Jack	22.29
W80	Nance Jeffreys	24.00
W85	Nance Jeffreys	27.36

Please note that performances from any meeting (eg Saturday A.V. Interclub) can be claimed as a record. Before I can investigate past performances sent to me as possible records, documentary evidence is required, such as photocopies of results in old Veteran Athlete papers, marathon completion certificates, or News & Results articles.

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

Clyde Riddoch
Victorian Records Officer
1425 Burwood Highway, Upwey Vic 3158
Telephone 9204 7085(B), 9754 8241, Fax 9204 7818

ATTENTION ALL EX MEMBERS OF BOTH GLENHUNTLY MENS & WOMENS ATHLETIC CLUBS

Glenhuntly Athletic Club will hold their 75th anniversary celebration dinner at the INTERNATIONAL OF BRIGHTON, 81 BAY St. BRIGHTON, on FRIDAY 13th. SEPTEMBER 1996. To help facilitate drawing up a complete invitation list to this event, we would like to hear from ex members to give us their current address.

PLEASE CONTACT: TREVOR JUPP Ph. 9802 3355
DAISEY DREW Ph. 9379 5868
Mobile 015 834 036

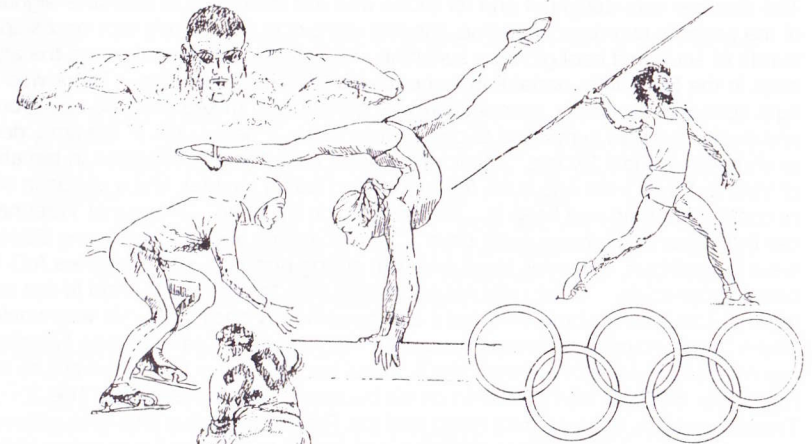


"A BICYCLE BUILT FOR TWO"

Many years ago, a yarn was written about a bloke from Eaglehawk, a bloke by the name of Mulga Bill it was and the yarn detailed his many adventures on his new bike. Well it would seem that history repeated itself recently at the Knox Venue's run ride run event. This event was held just to give Knox members a break from the track, and with the Springvale track being closed for the night, quite a few Springy vets decided to visit Knox and join in the fun of this novelty event. Amongst the visiting throng were two ertswile gentlemen by the names of Mick "Messiah" Davin and Tony "Mother Superior" Doran. These two devious characters thought up what they reckoned was a surefire scheme to win the event. They reasoned that by using a tandem bike they would blitz their opposition and ride off into the night with the trophy. But as with all the best laid plans there was a big problem. The problem in this case was Tony Doran himself. With Messiah Mick firmly seated on the front section of what appeared to be a bonding of two obsolete Australian Post bikes rescued from Sims scrap metal yard, and Mother perched on the back seat as steady as the nation's economy, they were sent on their way by Shaun Kemp, whom along with Alan "Jack" Bennie maintained that they did not know these two escapees from a Marx Bros film, and that they definitely did not come from Springvale. As with Mulga Bill, it was on the first down hill section that the Messiah had an inkling that not all was well with the person on the back. As they approached the first underpass, Mother looked up and saw what he thought was an abyss and with his life flashing before his now firmly clenched eyes, let forth an obscenity that would have had him thrown out of the convent, and very promptly removed his feet from the pedals to enable him to bring his legs up to where he could bury his head between them. Unfortunately for Messiah, Mother was still in this foetal position when they hit the uphill section and of course Mick found himself doing the pedaling with Mother Tony all the while wailing like a banshee and pleading with Mick to stop this infernal machine before they both come to grief and meet their respective makers. But of course Mick, with the gleam of that trophy in his shifty eyes, berated Mother for being a shelia and informed him to start pedaling like blazes as he could see that old bloke from Knox, Chas McCrae, up ahead. After a concerted effort, they were able to catch and pass Chas and move into 2nd last position. Although it is strongly rumored that Chas thought that Mother Doran's wailing was in fact an emergency vehicle coming along the bike path and promptly slowed down and moved over to allow it to pass. After about 10 minutes of furious pedaling, Mick asked Tony to open his eyes and look around to see if Chas was behind them. No he's not said Tony, to which Mick replied, that's bad, because I think we are lost. So after a few moments of deliberation, they decided to head back in the direction they had come from, all the while still holding their hopes that they could make up time and be victorious. So one can imagine the holy ones shock and dismay when Chas McCrae suddenly materialized out of the blue, passing them as fast as Colin Silcock can eat a plate of someone else's sandwiches at a picnic lunch. Accepting defeat, our intrepid duo made their way to the finish line only to be greeted by shouts of, "If you hurry

up, Sims scrap yard might still be open!" But not to be deterred, Mick was already planning for next years race and that elusive trophy. So Knox veterans be warned, and check out any contraption Davin and Doran front up with next year.

"FEET NOTES"



TO CONSIDER WITH THE
1996 ATLANTA
OLYMPIC GAMES
AN EXHIBITION OF SPORTING
FIGURES BY SCULPTURE

ALWYN M HARBOTT (FVAS)
WILL BE HELD AT THE CATO GALLERY,
VICTORIAN ARTISTS SOCIETY,
430 ALBERT ST,
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FROM 18TH JULY - 25TH JULY
GALLERY HOURS -

WEEKDAYS 10:00AM - 4:30PM
WEEKENDS 1:30PM - 4:30PM



PAGING AAVAC

by Len Childs, President of AAVAC

TASMANIAN EXPERIENCE

During the Christmas Vacation I spent ten pleasant weeks in Tasmania.

The weather was delightful and for those who are interested in statistics-eighteen of the seventy two days were fine, the rest were cool and cloudy with occasional bursts of scud and cool glorious sunshine. On three occasions I visited the athletic track in the Domain to partake in some form of Veterans Athletics. There was no tight schedule of events, competition was generally in mixed sex and age groups and every one was supported to give of their best. I, being unfit at the time, decided to compete in Field Events. Well below par, I nevertheless delighted in the ability of Vets to travel from one state to another and within minutes find a venue in which to continue to train and keep fit. Fitness was on my mind. Staying at Taroona I ran the Channel Highway most days. The blossoms and blooms during December were magnificent, colourful, large and with strong perfume, something we A.C.T. people appreciate. What I did not appreciate was the hill which I had to run on my return. This was my bete-noir, but it also became my challenge. No way would I return to the mainland without conquering that 500 metre gargantuan. Needless to say on my fifth week of training I did it. What had taken me seven minutes to walk, I ran in four minutes, and from then on life became a little more rosy. The Trugunnini track became less steep and the Freycinet climb a little less arduous. I travelled around the eastern coastline and hoped to visit the Launceston Vets group. But it was not to be, the rains came. Then floods on the Esk and the Huon, as well as some spots in Hobart. However after an aerial flight over Federation Peak, a boat trip on Bathurst Harbour, and a return along the D'Entrecasteau Channel my spirits lifted and I began to wish that I could have stayed longer on the isle. My thanks go to the friendly group who organised the Christmas function and to Ron Challis, Peter Lyden and Bob Richards who spend many long hours organising the Hobart Vets and who I know are interested in achieving more government funding for all Australian Veteran Athletes.

SPONSORSHIP

In the last "Paging AAVAC", the arrangements between J.C.T. and us were outlined. Needless to say some of our members who are either travelling to Perth for our National Championships on the 5th to 7th of April, or to the Oceania Games between the 6th and 13th July have rung me to say that they have managed to achieve a better price through some other Flight Organisation. In one or two instances this could be true, but what is not possible is for a large contingent to achieve that result. There are only a few special price tickets on each flight (as far as I am aware) and the conditions may not be suitable for all travellers. This matter has been discussed with J.C.T. management and they advise that they will always match the conditions which you have managed to achieve as an individual as long as they are given the appropriate information.

J.C.T. can continually provide better facilities and costings for us because they take the risk of booking flight and accommodation facilities for up to two years in advance.

J.C.T. has been working on AAVAC's behalf since 1994 for the Veterans Durban World Games in July 1997.

It will always be best for you to check your prices with J.C.T. after you have found "a better deal".

NEWS --- OUR GUIDE TO THE FUTURE

At the Annual General Meeting held in Melbourne on the 29th August 1992 the following motion was moved and carried:-

That AAVAC Ltd approve the creation of the position of Executive Director.

In 1993 the AAVAC Board established a "Search Conference" to plan for the future. This has now been finalized

Item 10 of the plan is the "Critical Component" which states:-

A review of the objectives and strategies of this strategic plan highlights the emphasis that AAVac has put on improving the effectiveness of its administration and making it relevant to all members:-

The appointment of an executive officer and establishment of a national headquarters are seen as the critical components in the professional management of the association and in charting a course for its future growth and direction."

A decision has now been made and all that is required is the finance.

AUSTRALIAN SPORTS COMMISSION

The Commission is the Federal Government's agency responsible for the development of sport in Australia. It operates under the authority of the Australian Sports Commission Act 1988, which specifies its powers and functions.

It has two principal objectives

- * increased participation in sport and sport activities by Australians
- * excellence in sports performance by Australians.

The Commission operates programs and provides services to National Sporting Organisations to achieve these objectives.

COMMENT:- The Commission makes grants to The Veterans Athletics Movement through its Mature Age assistance program. Since 1988, two grants have been received one for \$7000, and another for \$4000.

AAVAC IS YOUR NATIONAL LOBBYING ASSOCIATION AND REPRESENTS YOU ON THE WORLD ASSOCIATION OF ATHLETIC CLUBS, THE CONFEDERATION OF SPORT AND THE AUSTRALIAN SPORTS COMMISSION

AAVAC Representatives and members travel at special rates with J.C.T.

AAVAC Members may obtain discount prices at the ASTORIA HOTEL, KINGS CROSS, when staying in Sydney.

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.

Saturday, May 4th, VRR Tan Time Trial, near Government House Drive, 7.30am (9802 7925 ah)

Sunday, 5th May Half Marathon Championship, (VV) 21st Ballarat Half Marathon. & 10km & 5km fun runs. Bungaree Football Ground 10km Melbourne side of Ballarat, combined with Ballarat Harriers event., 10.00am, Eric Greaves 9560 2971. Course distance measured by AA course measurer. Phone enquiries Bert Smith 053 392 311 Entries on the day prior to 9.45am. Adults \$8, family \$15 (any evening) Spot prizes, certificates, hot & cold food. Major spot prize worth \$100.

:Victorian Heavy Weight Throw Championships,(VV) Caulfield venue, Murrumbeena Road, 12.30. \$4 donation, BBQ after. BYO. Morrie James, 9570 6958.

:Great Train Race,(13.6km) Puffing Billy Office Belgrave, 9.30am (9754 6800 w)

:Priceline River Run (10km) Alexandra Gardens to Kooyong, 9am, (9822 1111 w)

:Juvenile Diabetes Fun Run (10km run, 5km walk) Albert Park Lake, 9 & 10am (9571 6322 w)

:Manchester Primary School (10km & 3km) Monomeith Street, Mooroolbark, 10am (9726 5241 h)

Saturday, 18th May, Mount Beauty Marathon, 42.2km, 21.1km, 5km) Mt Beauty High School 10am, (057 572 468 w)

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

:Veterans Throwing Group (VV) Shot Put training, Caulfield venue, Murrumbeena Rd, 12.45pm, Morrie James 9570 6958.

:Garry Rogers Nissan Jells Lake Fun Run (10km & 5km), Jells Park Ferntree Gully Rd entrance, 9.30am (9282 5645 w)

:CHC Coburg Queen/King of the North (12km) H. Stevens Ath Track Coburg, 9am (9386 9251)

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 Sri Chinmoy Running & Fitness Festival, marathon, half marathon, teams marathon, 10km, 5km fun run/walk., Williamstown, 8am marathon, 9am other events, 10year age categories. Entry forms from Colin Browne, editor this mag., 9874-2501. Entries for marathon close 17 May, others on the day.

:Omron Health Care Classic (10km & 3km)

Braeside Park, Dingley, 9am (9551 1727 w)

:CHC Coburg Special Fun Run (12km) H. Stevens Ath Track, Coburg, 9am (9386 9251h)

Saturday, 1st June VRR Tan Handicap & Breakfast (8km & 4km), opposite Swan Street Bridge, 7.30am (9802 7925 ah)

Sunday, 16th June, Barney Oak Memorial Fun Run, (6.4km), Princes Park, 9am (9388 2313 h)

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

:VRR Westerfolds Park (10km & 5km), Porter Street entrance, 9am, (9802 7925 ah)

:Olympic Day Run & Walk (10km, 5km, 3km), Albert Park Lake, TBC, 9.30am (9428 8049 w)

:King of the Mountain Fun Run (10.5km), Brownhill Lookout, Wandana Hts, 9am, (052 435 374 h)

Sunday, 30th June, Sri Chinmoy Fun Run, (10km & 4km), Princes Park, Royal Parade, Carlton, 9am (9428 6665)

Sunday, 7th July to Saturday 13th July, Oceania Games, Tahiti. Ring Colin Browne 9874 2501 for entry forms and travel details.

Sunday, 7th July Veterans Throwing Group (VV) Hammer training, Caulfield venue, Murrumbeena Rd, 12.45pm, Morrie James 9570 6958.

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

Sunday, 21st July, Veterans Throwing Group (VV) Weight pentathlon, Caulfield venue, 12.45pm, Morrie James 9570 6958.

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 & Heavy weight Winter Championships (VV) Duncan McKinnon Park, Murrumbeena, 12.30pm Morrie James 9570 6958

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

Tuesday, 27th August, Betty Leigh Night, (VV) Croydon venue. Includes a walking event and supper. Inter-venue event.

Sunday, 8th September, Veterans Throwing Group (VV) Weight pentathlon, Caulfield venue, Murrumbeena Rd, 12.45pm, Morrie James 9570 6958.

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

Sunday, 13th October, Veterans Throwing Group (VV) Weight pentathlon, Caulfield venue, Murrumbeena Rd, 12.45pm, Morrie James 9570 6958.

Saturday, 19th October to Sunday, 27th October, Honda Masters Games, Alice Springs. Contact W. Mauer 089 822 341.

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, or contact Stan Perkins, 07 5581 6051. Entry forms from Colin Browne, editor this mag., 9874-2501.

Wednesday, 6th November, Rob Jennings Memorial 800 metres Handicap.(VV) An inter venue event hosted by Mentone venue.

Sunday, 10th November, Bush Ranges Classic, (VV) inter venue event, hosted by Croydon venue. :Veterans Throwing Group (VV) Discus training, Caulfield venue, Murrumbeena Rd, 12.45pm, Morrie James 9570 6958.

Thursday, 14th November, Parlouf Relays, (VV) East Burwood venue. Sprinters parlouf and 10km parlouf, great supper. An inter venue event.

Sunday, 17th November, Mount Lilydale College Fun Run & Walk (10km, 5km, 3km) Start at College, Anderson St. Lilydale, 8am registration, 8.30am start. Medal & certificate to all finishers, variety of prizes. Sue Martin, 9735 4022 w, Paul Martin 9726 9324 ah.

Sunday, 24th November, Victorian Rasenkraft Championships, Mentone venue, 10 - 11am weigh in/ warm up, 11.15am competition, Morrie James 9570 6958.

Wednesday, 4th December (VV)Mike O'Neill Memorial 5km Challenge,(VV) An inter venue event at Mentone venue.

Sunday, 8th December, Veterans Throwing Group (VV) Weight pentathlon, Caulfield venue, Murrumbeena Rd, 12.45pm, Morrie James 9570 6958.

Wednesday, 11th December, Handicap Half Marathon,(VV) Knox venue. An inter venue event.

1997

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

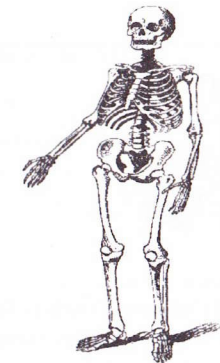
July 17 to 27, WAVA World Veterans' Games, Durban South Africa. Reprint of NMN article describing Durban preparations available from Colin Browne, 9874 2501.

1998

Oceania Games, Hastings, New Zealand.

1999

WAVA World Veterans' Games, Gateshead, England. Dates not yet known.



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The Incomplete Book of Australian Distance Running (1970-1995)

by Brian Lenton

This limited edition (1000 copies - all numbered) contains contributions by Steve Moneghetti, Rob de Castella and Ron Clarke.

Contents: The Steve Moneghetti Interview; The Rob de Castella Interview; The Running Writing Life of Brian; Thredbo National Running Week (1981-1995); Canberra Marathon (1976-1995); Sydney City to Surf (1971-1995). Altogether, 100 printed pages with photographs.

Cost: \$20 (includes postage in a padded bag anywhere in Australia)

From: Brian Lenton
P.O. Box 5 Duffy ACT 2611

Also available from John Gosbell in person for \$16. John's phone number is 9808 4641.



Sri Chinmoy Marathon Team
280 Bridge Road, Richmond, Vic 3121
PO Box 148 Richmond, Vic 3121
Phone: (03) 9428 3225
Fax: (03) 9428 3225

The Sri Chinmoy Marathon Team is once again staging the **Sri Chinmoy Running & Fitness Festival** in the picturesque Melbourne suburb of Williamstown on the 26th May 1996.

The events in the Running and Fitness Festival include:

- Marathon
- Teams Marathon (4 Members per Team)
- Sprint Teams Marathon (8 Members per Team)
- Half-Marathon
- 10 km Fun Run / Walk
- 5 km Fun Run / Walk

We shall be awarding prizes in the 8 age group categories from 15 years to over 70 years old competitors.

COMMITTEE MEMBERS 1996 - 7

Victorian Veterans Athletic Club Inc.

President

Robert Waters
5 Bellevue Court, Maribymong 3032
9318 3802

Honorary Secretary

Dorothy Browne OAM, I.M. (Life Member)
4 Victory Street, Mitcham 3132
9874 2501 fax 9873 3223

Honorary Assistant Secretary

Colin Browne
4 Victory Street, Mitcham 3132
9874 2501 fax 9873 3223

Honorary Treasurer

Jeff Briggs
60 Bursaria Avenue, Ferntree Gully 3156
9758 6328

Vice Presidents

Ted McCoy
24 Blackwood Avenue, Mentone 3194
9583 3280

Anthony Bradford
6 Merrett Avenue, Werribee 3030
9749 2248

Club Captain

Eric Greaves LM
7 Netherby Avenue, Mulgrave 3170
9560 2971

Club Vice Captain

Peter McGrath LM.
13 Bales Street, Mount Waverley 3149
9807 5656

Honorary Auditor

Keith Routley
6 Mowbray Street, Albert Park 3206
9699 6384

Immediate Past President

Doug Orr
27 Shawlands Avenue, Blackburn South 3130
9878 4875

General Committee Members

John Benson
198 Prospect Hill Road, Canterbury 3126
9830 4546

Annette Brunton
7 Purches Street, Mitcham 3132
9873 2529

Les Clark
53 Koorngal Road, Upwey 3148
9754 2793

Peter Colthup OAM, I.M.
14 Bakers Road, North Dandenong 3175
9795 1169 phone/fax

John Dean
3 Pearl Street, Essendon West 3040
9337 7179

Morrie James
34 Pasadena Crescent, Bentleigh East 3165
9570 6958

Astrid Rose
71 Union Road, Surrey Hills 3127
9836 2350

Honorary Auditor

Robert Petrie
PO Box 136, Wandin North 3139
059 671 915

VENUES	Locations and Managers	Venue day and	Melway reference
ABERFELDIE	Aberfeldie Park, Corio Street, Moonee Ponds Rob Waters 9699 5311 (B) 9318 3802 (H)	Weds	28 D 6
ALTONA	Grant Reserve, Sugar Gum Drive, Altona Ray Wilson 9398 2285	Sun - Winter Tu - daylight saving	54 G 9 62 C 7
EAST BURWOOD	Burwood East Reserve, Burwood Highway John Gosbell 9808 4641 Graeme Ilorskins 9802 7925	Thurs	62 C 7
CAULFIELD	Duncan McKinnon Park, North Road, Murrumbena Leo Charles 9579 1830 Roy Foley 9570 4898	Tues - track Sun - field games	68 K 9 18 A 9
COBURG	Harold Stevens Athletic Field, Outlook Road, Coburg Gordon BurrowEs 9366 0326 Vonda Saunders 9460 1267	Thurs	30 F 12
COLLINGWOOD	George Knott Reserve, Heidelberg Road, Clifton Hill Bill Ryan 9434 3783 Keith Moody and Ron Young	Tues	50 K 5
CROYDON	Town Park, off Norton Road, Croydon Lavinia Petrie (059) 671 915 David Sheehan 9720 7969	Tues	103 B 4
FRANKSTON	Ballam Park, Bananee Terrace, Frankston Peter Duggan 9786 9169	Thurs	228 C 7
GEELONG	Landy Field, off Barwon Terrace, Geelong Bryan Cole (052) 484 747	Weds	73 D 7
KNOX	Knox Park Athletic Park, off Rushdale Road, Scoresby Charles McRae 9729 1439	Weds	87 B 6
MENTONE	Dolomere Oval, cnr First/Queen Streets, Mentone David & Vivienne Cash 9598 4132	Weds	80 E 12
SPRINGVALE/ NOBLE PARK	Ross Reserve, Memorial Drive, Springvale Leigh Cassidy 9772 2508	Weds	169 E 6
TOOTGAROOK	Tootgarook Sports Reserve, Truemans Road, Tootgarook Alan Radford / Ken Taylor (059)855 989	Weds - winter Sun - daylight saving	

Australian Association of Veterans Athletic Clubs

Secretary - Brian Foley (09) 339 2716