

VIC VETS

NEWS AND RESULTS



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July 1996



Eric Greaves, our Club Captain, in the cross country at Perry Lakes Perth, during the 1996 National Championships.



Vic Vets

NEWS AND RESULTS

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(photo by Les Mapstone)

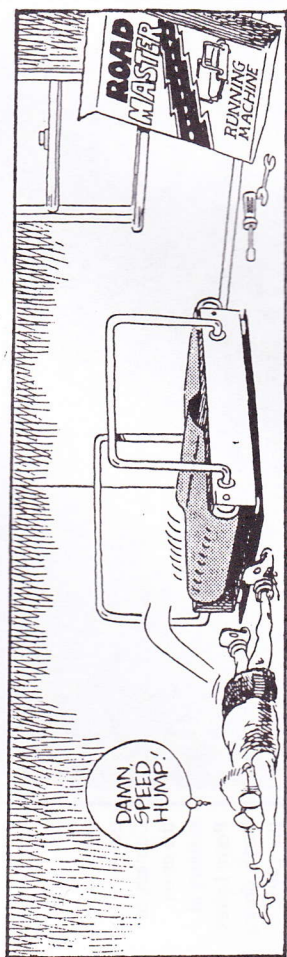
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Over the line



Winter in veteran athletics, as in most activities, is comparatively quiet. Fitness addicts and marathon runners keep up their training, but there is not a lot happening. It is a reminder that here in Victoria we have the venue system. Other states do not have it. And that's the difference. In the Vic Vets there is always something on, every week of the year. There will always be a venue manager there to open up, get the events going, put on supper, close up. There will always be some vets there to have a run no matter how wet, how cold, how dark it is in the middle of winter. In other states the vets depend on the static athletic body like our AV to put on events and to have older age group categories to cater for them. All very nice, but it certainly doesn't happen every week of the year. We have a venue system and they haven't. Appreciate it, use it. Without it you would not have the same degree of support for your personal efforts to get fit and stay fit.

However everything is not completely rosy. We don't cover all of Victoria with venues. The country misses out. Many suburbs miss out. To start a venue it requires a track and someone to put their hand up and say "I'll be manager for the first year and do the duty gritty. Open up, set a program, close up, etc." Any takers? Tell the committee, tell me, and we'll jump in behind you and give you all the support we can.

Interstate, I'd love to see them try the venue system. It struck me at the nationals this year that the farcical situation of events where there were only one or two in an age group could be remedied only by having a much bigger membership, in all states. The number of entries in championships is like the peak of a pyramid: if you don't have a broad base you can't expect to have a high number of entries. And the Vics have shown that the key to having a large

membership is the venue system.

Regarding national championships, Ray Callaghan has an important letter and questionnaire in this issue. He is asking questions that will affect weight pentathlons, pentathlons, hurdles, 100m, 400m, 800m, and what we should call ourselves. The nationals will be held in Melbourne next year and a working group is making decisions, making bookings and co-opting helpers to make it a great event. Rob Waters, Eric Greaves and Peter McGrath are the main points of contact. They will be grateful for any help you can offer them.

Eric is also trying to satisfy people over a few Victorian Championship events. He has decided to try the 10km track runs on the 30th November this year to avoid the heat. He is also planning to have us join in with Sri Chimmoy next year for a marathon championship on 25th May.

The committee has decided to revive the dinner dance after a lapse of a year. It will be on again on Friday 8th November, at Hawthorn Receptions, where we have held it often in previous years. It is an excellent event, enjoyed by all who attend, but it depends on maximum participation to be as good as it can be. So give it a go this year and give a bit of reinforcement to those who are ready to do the work of organising it.

Next year there will be a World Veterans' games at Durban, South Africa. In this issue we have some information about that. Those who intend to go must contact Frank Rogers in South Australia if they wish to travel with the AAVAC group. All Australian entrants must have their entries vetted by me because I am the entries clerk for AAVAC. I whack a great big stamp on it and send it off to South Africa. I also collate the information on the whole team and provide it to the managers so that they can do their usual great job of looking after the Aussie team.

Another job I do is to send the claims for World age group records to USA to WAVA. The results are only published once a year in the National Masters News for May. It was delightful to see that in the past twelve months, sixteen Australian performances were newly recognised as being world age group records. That is in addition to the many many records Aussies have held for years. I will publish World and Australian records by installments as I find space. If you have a particular interest, please give me a ring or write and I will send you a copy.

Edwin Browne

Sports couple celebrate 50 years

FORMER Sports Star of the Year, veteran walker Marjorie Colthup, of Dandenong North, and her husband Peter, a former Sports Star of the Week, have celebrated their golden wedding anniversary.

About 50 relatives and friends gathered at the Glen Waverley home of the couple's daughter Lorraine, including the entire original party from their wedding day.

Mrs Colthup, 71, the former Miss Wooller, of Bacchus Marsh, met her future husband at the Bandiana Army Camp in Albany.

Mr and Mrs Colthup lived in East Malvern, Murrumbidgee



PETER and Marjorie Colthup... a sports pair celebrate 50 years' marriage.

and East Bentleigh before retiring to Dandenong North more than 20 years ago.

Mr Colthup, 75, was an all-round sportsperson who played

300 games of football, cricket, and has been involved with Glenhantly Amateur Athletics Club since 1947. Three years ago he was awarded the OAM for his services to veterans' sports.

His wife, a 'veteran' walker, broke two age group world records and won gold medals at the world veterans' track and field championships. For the past 19 years she has played competitive tennis with the Dandenong Recreation Club.

Mr Colthup is coaching his wife in table tennis and she hopes to be selected in the over 70s ladies' Victorian team to compete in the Australian Table Tennis Championships.

GEELONG ADVERTISER, Wednesday, May 1, 1996 — 25

Linda ready for Moscow

By Greg Buckle

RUNNING 100 kilometres along a chilly Moscow River course would not be light on most people's lists of things to do on Saturday.

But the International Amateur Athletics Association-sanctioned International Association of Ultra Runners 100 Km World Challenge and Race (of sorts) beckons in Moscow.

And for Corio Athletics Club member Linda Meadows, 37, the fact that she is the only Australian competing at the championships makes the challenge even greater.

"It will be fairly lonely on your own against the rest of the world, I train alone so I'm used to it," Meadows said.

The gruelling event was originally scheduled for Athens, Greece, on March 31 and the late venue and training changes have forced nine of Australia's team of 10 to withdraw because of injuries, extra expenses or work commitments, Meadows said.

"Sponsorship fell through so they had to cancel that," Meadows said.

"About six weeks ago they had other offers and they took up the Russian offer. It's quite expensive to fly to Moscow compared to Greece."

"Usually there are about 30 competitors. This is my first world championship."

"I'm just glad that I'm able to go, but it makes it a lot harder."

Meadows is no stranger to isolation or hardship. The Melbourne-based sports enthusiast has participated in several marathons, triathlons and ultramarathons as young as those at a 100-year-old woman.

In 1979 she won the Australian women's road cycling championship.

Three years later she completed a 27,500 km bicycle ride around the "world" including Europe, the United Kingdom and the United States. Meadows in 1993 interrupted a 16,000 km around Australia bicycle trek while on the Nullarbor to run in the Melbourne Marathon in a time of 2 hours, 48 minutes.

A year later she set a world record for the women's 50-mile (about 80 km) track ultra marathon at the East Burwood Reserve, Melbourne, in a time of 6:17:58min.

Last November, Meadows won the women's Australasian 100 km ultra marathon championships in a new Australasian record time of 7:40:57.

The former recreation officer for the now defunct Shire of Corio has strong credentials for a big result in Moscow on Saturday, not the least of which will be her ability to overcome extraordinary physical challenges.

Australian Ultra Runners Association secretary Dot Browne said from Melbourne yesterday Meadows was "a brilliant athlete".

"She's really come into her own in the last three years in terms of coming into world class level," Browne said.

"She's won the Australasian 100 km championship twice now in the last two years. Her times are world class. I don't know if she'll win, but she'll certainly run a good placing."

Postscript

Linda Meadows runs at Frankston venue. She did go on to Moscow for the world 100km championships and came very close to winning it. She finished second. Congratulations Linda.

LETTERS TO THE EDITOR

Dear Colin,

In reference to Eric Greaves' report on "The King Island Imperial 20" (May 1996), I may just be a Phys Edder but I'm also a grammarian, so I definitely DID NOT SAY "didn't you see the bloody great snake LAYING on the road back there" - I said "LYING on the road!"

Besides, Eric, I think you should keep sex out of your report - even if you do seem obsessed by it, e.g. checking your fly, being involved in nude calendar photos etc.

Yours sincerely

John Duck.

Dear Dot and Colin

I would like to thank you very sincerely for your kind words and support during Collin's illness and at the event of his death.

I have received many letters and cards from Victoria and was very touched. Collin did enjoy coming to Melbourne to meet up with his many friends.

Once again thank you

Kindest regards

Ann Cooper

Dear Dot

As a result of the unresolved discussion on the Vic Vets Marathon, I decided to do a survey by way of a questionnaire (copy attached)

I handed out a number of these at Springvale, and should get the results back in the next few weeks. Perhaps this survey could be done through the magazine, and, as I said to Eric Greaves, the feedback from this could be used at a future committee meeting when discussing the future of the Marathon Championship

Yours sincerely

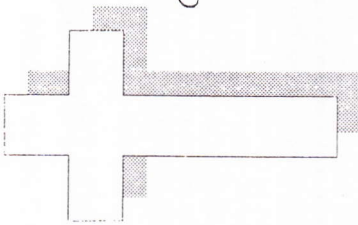
Leigh Cassidy Venue manager Springvale/ Noble Park

MARATHON SURVEY

For those who run marathons (or contemplate running one!)

- * How many marathons would you run in a year?
One Two Three or more
- * Have you run the Vic Veterans' Marathon? Yes/no
- * When we have organised this event, the cost has been under \$10
- * I you run our marathon, is the reason
 1. the cheap cost
 2. because it is a Vic Veterans' event
 3. time of year it is held
 4. the course

* Would you compete in our Marathon Championship if it was incorporated in a major marathon (e.g. Melbourne Marathon, cost \$40 approx.)
Note: The Australian veterans' Marathon Championship is incorporated in the Canberra Marathon and you can gain medals in both sections.



*The expressions of sympathy
and floral tributes
received by us were of great comfort
during our recent sad bereavement.*

Geoffrey Ernest Williams

Died 27th April, 1996

Aged 67 years

*We deeply appreciate your
thoughtfulness and thank you
most sincerely.*

FOREVER IN OUR HEARTS

*Lorna,
Neville, Lorna Jr. & Cheryl,
Rodney, Ros & Michael,
Julie, Jack, Clinton & Naibian,
Dianne, Craig & Kirstie,
Graeme & Jenny,
Alan & Sharon.*

*Produced by the Williams Family
May 1996*

Sincere Thanks

Dear Colin

I am writing in my capacity as race co-ordinator for the Anti-Cancer Council's Terry Fox Cancer Run. I am sure that you will have seen advertising material about our Run over the past few years, or indeed have heard Rob Waters or Tony Bradford speak of the Run at the Vets meetings.

My request is that you allocate some space in the next edition of the magazine to publicise our 1996 Run which will take place on Sunday 11th August commencing at the State Hockey Centre, Brens Drive, Royal Park. The run will commence at 9.30a.m. and many vets will be on hand to support the Run as they always have in the past. Participants can choose either a 5 or 10km option and walkers are encouraged to enter.


Aberfeldie, Altona and Coburg all help us out on the day and without their support we just wouldn't have a Run so great is their support and provision of equipment.

I do hope you will help cancer research by allocating space in the next edition of Vic Vets for some copy for us. At the very least if the run details could be inserted in the Calendar it would be very beneficial, but of course an advertisement would be great. Please help us if you can.

If you need more information or would like to discuss the details further please phone me on 9279 1114.

With best wishes

Yours sincerely


Lorraine Carlton (Mrs)
Appeals Office

Dear Mrs Browne,

I am writing to call on the generosity of the Victorian Veterans' Athletic Club to assist in a research project being conducted jointly by the Department of Respiratory Medicine at the Austin and Repatriation Medical Centre and by the School of Behavioural Science at The University of Melbourne. The chief investigators are Dr Rob. Pierce and Prof. John Trinder.

The study is designed to find out why men's breathing falls when they go to sleep. It has been approved by the Ethics Committees of both the Austin and Repatriation Medical Centre and The University of Melbourne. It is being funded by the Department of Veterans' Affairs and the National Health and Medical Research Council.

In the current phase of the study we are studying healthy middle-aged men. We wonder if any of your male members would be interested in volunteering for this study. This would involve spending two separate nights in our sleep laboratory to have their sleep and breathing monitored.

If you would like to discuss the matter with me or obtain more details, I can be contacted at the above address or on 9496 2988 (telephone) or 9496 2311 (fax).

Yours sincerely,



Christopher Worsnop MBBS, BSc, FRACP, FCCP

Consultant Physician

Dear Dorothy,

I have retired as Geelong Venue Manager as of 29/5/96. After 16 years with the Geelong Vets and 8 years as venue Manager. I have loved every minute of it but a crook hip has caught up with me and I leave the Venue in good hands.

Mike McAvoy is the new Venue Manager. His address is
25 Cox Rd Corio 3215 Phone 052 758211

Regards
Bryan Cole

Ed

Bryan, the Vic Vets, and particularly those who attend the Geelong venue, thank you most gratefully for that excellent record of service. Eight years as venue manager, that really is going beyond the call of duty. Thanks a million and look after that hip.

VVACI & BALLARAT HARRIERS HALF MARATHON

by Eric Greaves

Bungaree, 5th May 1996

A fine but very cool day was the order for the 21st running of the Bungaree 1/2 Marathon. If my records are correct, the 9th year of the Vic Vets combining forces with the Ballarat Harriers who continue to conduct a very professionally run event. With plenty of officials and spot prizes, the only things missing were competitors and fast times. Both the Harriers and the Vets were down on numbers on the day, due I am sure to the plethora of fun runs etc. on offer in Melbourne. A total of 49 vets completed the main event with M40, Russell Johnson, repeating last years success with 1st Vet and 4th place overall in a time of 78.03. Bronwyn Hanns, W30, was the first woman home both for the vets and also overall in a top time of 83.51. Bronwyn showed a clean pair of heels to 3/4 of the field, placing 17th position outright. Local bloke, Gerry Surridge M45, showed that he has at last found form again finishing 5th overall in 78.27. I for one was hoping that it would take Gerry until the end of 1997 to start running well again. (I would be in the M50 division by then, and being thrashed by a bloke whose legs flail about like a dunny door on a windy day wouldn't hurt as much!) Well done to Ballarat Harriers once again and top effort to all our competitors. Special thanks to Beryl "Mrs Chuckles" Sinclair, Lyn Crouch (wife of Hava Chat Laurie) and she who must be obeyed for their tremendous help.

WOMEN 30		MEN 50	
1. Bronwyn HANNS	32 83.51	1. Graeme HEWITT	50 83.33
WOMEN 45		2. Michael FENELON	52 85.06
1. Nancy CHORLEY	49 1.44.09	3. Ron CAMPBELL	53 85.45
2. Betty MARK	48 2.12.41	4. Jim McLURE	50 88.11
WOMEN 50		5. Ken SENIOR	50 88.44
1. Helen MYALL	53 1.53.26	6. Rob WATERS	50 93.15
WOMEN 55		7. Alan DOUGLAS	50 96.17
1. Judy WINES	58 1.56.59	8. Stephen BARKER	52 1.42.37
2. Judy DAVISON	59 2.01.48	9. Bob POWER	53 1.43.06
MEN 30		10. D. HAMILTON-RITCHIE	51 1.46.48
1. Shaun KEMP	34 84.49	MEN 55	
MEN 35		1. Malcom BROWN	55 92.19
1. Didier MARTIN	39 81.11	2. Juan PEREZ	56 92.29
2. Laurie COLLARD	39 83.44	3. Laurie CROUCH	56 97.54
3. Kevin CASSIDY	35 1.42.40	4. Frank FURLAN	57 1.43.48
MEN 40		5. Al WILLEY	57 1.50.27
1. Russell JOHNSON	43 78.03	6. George MARVOY	59 2.04.31
2. Guido SMORGLIAN	40 85.34	MEN 60	
3. Graeme PAUL	42 95.26	1. John ANNEAR	60 94.39
4. Ron MUIR	44 97.21	2. Tom DAVISON	63 97.19
5. Michael KENNEDY	42 98.04	3. Colin SILCOCK	63 1.56.43
MEN 45		4. Bryan JOHNSON	60 2.25.25
1. Gerry SURRIDGE	45 78.27	MEN 65	
2. Lew HARVEY	47 79.23	1. William PAGE	65 96.57
3. Philip CURTIS	49 81.14	2. Jack GUBBINS	67 1.57.20
4. Leigh CASSIDY	48 93.25	3. Ron WATSON	66 2.01.24
5. Stan JORDAN	49 96.45	MEN 70	
6. Bill TURNER	46 97.46	1. Randall HUGHES	72 92.37
7. Phil GLASCOTT	46 98.11	2. Vern GERLACH	71 1.57.44
8. Frank CUTHBERTSON	45 2.06.45	3. Gerardo RIVIELLO	72 2.25.16

Dear Mr Greaves,

I refer to your letter to Steve Abbott regarding the National Championships in Melbourne next year over Easter.

As discussed with Steve, I have listed below the cheapest current air fare applicable for travel next Easter. This fare is non-refundable, must be booked and paid at least 14 days prior to travel or paid within 72 hours of booking if booked outside the 14 day period. A minimum stay of a Saturday night is required.

Adelaide to Melbourne return	\$ 249.00 p.p.
Perth to Melbourne return	\$ 539.00 p.p.
Brisbane to Melbourne return	\$ 379.00 p.p.
Sydney to Melbourne return	\$ 219.00 p.p. + tax
Launceston to Melbourne return	\$ 219.00 p.p.
Hobart to Melbourne return	\$ 229.00 p.p.

There are special cheaper air fares on the market from time to time, but these are rarely applicable over Easter as this is the busiest time of the year for domestic travel. For those veterans over the age of 60 years, cheaper fares are available.

I trust the above is useful to you and if you have any further queries, please feel free to contact me on 1800 150122.

Yours sincerely,
JCT TRAVEL PTY LTD

Eric Greaves

Karen Hearn

JCT AUSTRALIA PTY. LTD. (DALPAK)

TO THE MEN

Beat the deadline and order your New singlet now if you don't already have one. The committee expect all the men to be wearing the new colours from the end of September this year. Also please, navy blue shorts are to be worn with our singlet, not any other colour.

Eric Greaves
Club Captain

AAVAC VETERANS' MARATHON CHAMPIONSHIP

Canberra, 14th April 1996

Age Group	Name	CLUB	Age	Time	Place
M30	*PETER	NSW	34	2.32.04	4
M30	MARK	ACT	33	3.03.34	68
M35	#ROB	ACT	36	2.51.35	24
M35	CHARLES	NSW	38	2.59.50	59
M35	FRANK	ACT	39	3.07.54	84
M35	*LAURIE	VIC	38	3.11.29	94
M40	MIKE	NSW	42	2.34.45	6
M40	*#TREVOR	ACT	44	2.35.26	7
M40	DAVID	TAS	41	2.43.07	11
M40	CHRISTOPHER	KEM	42	2.43.58	14
M45	JOE	SA	46	2.33.16	5
M45	JIM	ACT	45	2.43.31	13
M45	#EAMONN	ACT	46	2.44.29	16
M45	ANDREW	NSW	49	2.56.35	43
M50	GRAEME	VIC	50	2.53.41	31
M50	*#LIAM	ACT	51	2.57.21	46
M50	#BERNIE	ACT	54	2.59.58	61
M50	*DEREK	NSW	54	3.11.01	91
M55	JUAN	VIC	56	3.28.21	170
M55	LAWRENCE	VIC	56	3.28.58	177
M55	TONY	NSW	57	3.29.14	180
M55	DENNIS	NSW	57	3.44.35	229
M60	COLIN	QLD	60	2.55.16	36
M60	MARCO	ACT	61	3.33.21	195
M60	ERNEST	ACT	62	3.50.36	246
M60	RAY	ACT	60	4.24.32	317
M65	BILL	VIC	65	3.35.31	201
M65	JOHN	ACT	66	4.08.11	289
M70	RANDALL	VIC	72	3.19.05	123
W35	*DEBBIE	ACT	36	3.22.23	139
W40	JEANNETTE	SA	43	2.53.23	29
W40	CHRISTINE	QLD	43	3.05.49	77
W45	BEV	SA	49	2.52.24	25
W45	*SANDRA	QLD	47	3.31.12	190
W45	GWEN	ACT	49	3.39.16	213
W45	JUDI	ACT	48	3.46.26	233

VVACI & VCCL 10KM CROSS COUNTRY

Yarra Bend, Sunday, 19th May 1996 by Eric Greaves

This combined event with the V.C.C.L. Inc had it all, perfect weather conditions, a large number of entrants from both clubs, (Vets 84 and V.C.C.L. 61), and to top it all off, a perfectly marked out cross country course. Listening to the favourable comments from members of both clubs after the run would have to have this event as the best laid out yet. With the Australian Veterans Titles in Meblourne next Easter and the cross country runs being held at Yarra Bend Park, Collingwood venue will be able to show how a course should be laid out. The venue team, ably led by ex Grand Poobah, Ray Harbert, are to be congratulated on a top effort. But be warned, even though Ray does not rule the roost at Collingwood of a Tuesday night, woe betide anyone who takes the setting up of the X-C course lightly. I was a little bit late in arriving with the club trailer, and for my slackness received a stern rebuttal from Ray. Your rank of club captain means nothing at this event, I'm in charge and you are nothing but a 2nd class private Eccles, Ray whispered in my ear through clenched teeth. As I watched Ray stride off through the grass in his gumboots (or should that be jackboots?) in search of any more people with an attitude problem, I remarked to Ron Young, I think I have upset the boss, Don't worry about Ray said Youngy, he is going through a bad patch, his little mate Rocket Williams isn't here and Ray is missing him. With both clubs lined up, the race was started by Collingwood Harriers icon Mr Kevin Wiggs Esq. By the 1st km mark, a trio consisting of Keith McDonald M45, Phillip Bowes and Andrew Cochrane, both M40, had control of the race and it was obvious that it would be a tough 10km race. Phillip Bowes went on to take out the event with Keith not far behind. Keith McDonald is as a tenacious runner as his older brother Neil. A big difference between them though is that Keith runs with his teeth in while Neil doesn't. If any one has seen Neil charging around in his favourite event, the 800 mts, minus his choppers, the sight is so frightening it makes receiving a kiss off your mother-in-law something to look forward to. Julie Braakhuis, W35, was the first women home in 44.31, to finish 28th overall. Julie is coached by Robbie Morgan-Morris, ex Glenhantly Athletic Club legend, and should prove to be a very tough competitor at next years nationals. To all our officials, helpers, supporters and competitors many thanks for supporting your club. A special thanks to Collingwood Harriers and Coburg Harriers for their generous loan of equipment once again well done Collingwood Venue.

Eric Greaves
Club Captain

To all our marathoners, at this stage our marathon will be conducted with the Sri Chinmoy group on Sunday May 25th 1997. Full details as they become available. Also don't forget that we are hosting the Australian Veterans Championships next Easter. We will need your help.

V.V.A.C.Inc. 10 km Cross Country Championships ~ Merri Creek - Yarra Bend Course

Sunday 19 May 1996 - Two x 5 km laps - Overcast but fine, grass surfaces moist

O/all	Vet N°	Time	Div	Place
1	221 Phillip	36:06	M40	1
2	2198 Keith	36:42	M45	1
3	2297 Andrew	37:45	M40	2
4	2298 Gerald	38:04	M45	2
5	649 Neil	38:44	M40	3
6	842 Didier	38:55	M35	1
7	122 Joe	39:10	M35	2
8	657 Paul	40:05	M45	3
9	445 Trevor	40:20	M45	4
10	103 Eric	41:09	M45	5
11	446 Brian	41:11	M55	1
12	267 Westley	41:55	M50	1
13	1913 Mike	42:07	M55	2
14	387 Ted	42:20	M55	3
15	303 Alan	42:40	M50	2
16	118 Rob	42:51	M50	3
17	610 John	43:20	M55	4
18	1950 Graeme	43:28	M40	4
19	1845 Denis	43:34	M45	6
20	2342 Juan	43:37	M55	5
21	1451 Mal	43:45	M55	6
22	1972 Keith	43:52	M50	4
23	2314 Glen	44:02	M40	5
24	2007 Clive	44:07	M40	6
25	1443 Randall	44:07	M70	1
26	Inv Michael	44:17	Inv	x
27	Inv Denis	44:17	Inv	x
28	W452 Julie**	44:31	W35	x
29	1678 Mike	44:38	M50	5
30	288 Graham	44:48	M40	7
31	510 Andrew	45:00	M35	3
32	164 Ron	45:04	M65	1
33	1553 Ian	45:10	M50	6
34	1938 John	45:13	M55	7
35	1272 Rob	45:29	M50	7
36	1544 John	45:54	M60	1
37	1215 Chas	46:17	M60	2
38	2028 Len	46:26	M45	7
39	2369 Alan	46:30	M40	8
40	1310 Michael	47:00	M50	8
41	2260 Bill	47:06	M65	2
42	1614 Graham	47:10	M50	9
43	W606 Annette	47:19	W35	1
44	W559 Marlene	47:45	W40	1
45	2239 Duncan Hamilton-Ritchie	47:46	M50	10
46	1978 Brian	47:48	M55	8
47	346 Peter	48:04	M60	3
48	742 Noel	48:30	M35	4

49	2203 Stephen	Barker	48:57	M50	11
50	1056 Richard	Todd	49:00	M45	8
51	Inv Mike	Dawkins	49:10	M30	x
52	632 Ron	Wilson	49:12	M55	9
53	812 John	Peacock	49:22	M55	10
54	108 Russell	Knight	49:45	M50	12
55	189 Kevin	Onley	49:50	M60	4
56	W749 Cathy	O'Relli	49:53	W30	1
57	W48 Dot	Browne	49:56	W55	1
58	917 Wasyl	Drosdowsky	50:28	M45	9
59	531 Rex	Young	50:31	M60	5
60	W471 Barbara	Dalglish	51:10	W60	1
61	909 Rob	Petrie	51:14	M50	13
62	544 Peter	McGrath	51:42	M55	11
63	W681 Cherie	Baldwin	51:46	W40	2
64	2421 Kevin	Cassidy	52:06	M35	5
65	682 Gordon	Gourlay	52:14	M65	3
66	W369 Margaret	Cassidy	52:16	W50	1
67	939 John	Kerr	52:38	M65	4
68	203 Ray	Callaghan	52:41	M60	6
69	358 Colin	Browne	52:59	M60	7
70	W594 Helen	Myall	53:04	W50	2
71	W33 Judy	Wines	53:17	W55	2
72	W Inv Heather	McBride	53:29	W45	x
73	W296 Lynley	Marsh	55:11	W40	3
74	W808 Denise	Hardman	55:23	W45	1
75	W21 Shirley	Young	56:47	W65	1
76	956 George	Simons	57:05	M60	8
77	1234 Ben	Morrey	57:24	M65	5
78	W563 Margaret	Diguig	57:33	W55	3
79	1840 Ray	Oughton	59:36	M75	1
80	1182 Mike	Cummins	60:04	M50	14
81	W7 Anne	Callaghan	61:54	W55	4
82	W74 Heather	Johnston	62:07	W50	3
83	W447 Jane	Kinsey	65:03	W55	5
84	W481 Glenys	Brain	66:21	W50	4
85	W436 Melva	Black	67:59	W45	2
86	1207 Gerardo	Riviello	70:10	M70	2
87	W288 Christine	Griffiths	73:19	W45	3
88	835 Les	Cations	88:35	M35	6
89	516 Harry	Preston	108:20	M85	1

89 Finishers (includes 5 invitees and/or no Club singlet - x)

At Springvale venue, we have the Eastern region's answer to Colin "Seagull" Silcock. We are positive that Juan Perez Jnr (15) could show Colin a lot of new moves in the art of snavelling tucker off a table. When the supper hits the table at Sprringy, Juan's sprints around, over and under the table loading up with food as he goes would have Colin's tail feathers dropping out in envy. Maybe we should have an intervenue eat off to see just who is the quickest at the tucker table.

Eric Greaves
Club Captain.

LONDON MARATHON

The Antwerp and London Marathons

Antwerp, one of Belgium's cultural centres with its fine art galleries and cathedral is also the host city for the Lipton Tea sponsored Antwerp marathon.

This was on the 14th April and was a challenging run up to London marathon run one week later. The Antwerp course is mostly run through the city streets. It is very flat but the cobble stones and rough road surfaces made the going tough at times. I was fortunate in being the oldest competitor to complete the course and was awarded an expensive Nike track outfit for my trouble. Both Kevin Browne (who also made the trip) and myself found the Belgium particularly friendly.

After the run, we both journeyed south to Paris for a few days and then took the Eurostar train under the Channel to London. One finds it difficult to describe the atmosphere created by the London marathon - one of the world's greatest races. This famous race run on the 21st April starts at Blackheath which lies south of the Thames to the east of London. With 27,000 runners the start had to be organised so that there were three actual starting positions the runners converging 5km or so into the race. Overseas runners are fortunate in being allocated the Blue Start together with the race's elite runners.

Most of the 27,000 runners are allocated the Red Start which means that many runners do not reach the actual start line until an appreciable time after the cannon shot rings out to herald the start. Running west towards the city we pass Greenwich and the famous 'Cutty Sark' docked in the Thames. We run over the gigantic Tower bridge and turn into the docklands area. Just after the half way mark we again pass Tower bridge this time passing beneath it.

Then the race continues along the Thames Embankment and Parliament House finally turning into the Mall in front of Buckingham Palace. It is here that the great race ends. Race organisation left nothing to be desired and the Race Exposition was on a massive scale. Crowd participation was great, several bands also giving encouragement to the runners along the route.

This year the temperature was into the 20's which, with London's humidity made the race a challenge. The course itself is very flat but the narrow roads and the surging crowd of runners rules out any thought of a marathon PB except perhaps for the elite runners. Altogether it was a thrilling experience for both of us and one to be remembered always.

Ken Maclellan

THROWERS' COLUMN

THROWERS COACHING CLINICS

Veteran throwers would be pleased to know that they now have the opportunity to improve their throwing skills in all throwing disciplines and have a great social time through coaching clinics.

Two recently held coaching clinics have established that there is interest among veteran throwers for quality coaching.

The driving force for the establishment of a coaching clinic came from Ray Green (M50) from Canberra who put together a coaching clinic on the weekend of Nov 24 and 25 last year in Canberra. This clinic involved coaching in all four throws. Athletes attended from Victoria, NSW and ACT. Athletes met for a get together/video evening on Friday followed by coaching on Saturday and Sunday morning and afternoons in the four throws. Saturday night involved a dinner for all athletes and coaches. To reduce costs athletes from interstate were billeted in Canberra.

The success of this venture proved the concept was workable but a follow-up was necessary to ensure that continued interest existed.

A coaching clinic was held in Melbourne at the Doncaster track on Saturday and Sunday 23 and 24 February this year. This clinic involved coaching in hammer and javelin only, followed by a competition on the Sunday afternoon in the two throws coached. On Saturday evening a dinner was held at the Roses. Athletes attended from Canberra and Victoria. Once again this was an extremely successful venture with \$25 per person covering the cost of lunches, dinner, donations to coaches, plus ground costs and incidentals.

Athletes attending were in agreement that they were eagerly anticipating future clinics. Ray Green undertook to investigate a possible clinic in Sydney via Keith James a keen M50 competitor, while the Throwers Group in Victoria would look to making a coaching clinic a feature of their yearly program.

The hope is that future clinics will occur both locally and interstate and will go a long way towards strengthening the recognition of throwing as an important part of veterans athletics as well as giving further recognition to one of our major events, the Weight Pentathlon.

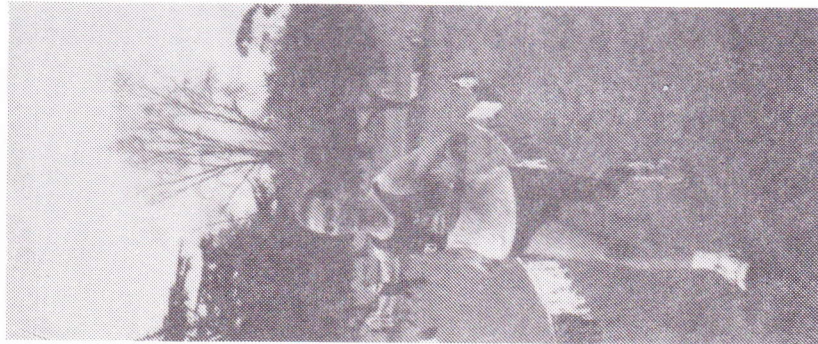
Anyone requiring further information about throwing coaching clinics or throwing in general should contact Graeme Rose on 9836-2350.

want to improve your throwing?

The VVACI Throwers Group meets each month at the Murrumbidgee (Caulfield) track for training or competition. Yearly membership of the Throwers Group is \$10 with \$2 for each training or competition day (covers a cuppa, ground hire, equipment etc.). Non-members pay \$5 for training or competition days.

Further information contact: **Jan Davies** (Secretary), Ph.9885-1002
Astrid Rose (Treasurer), Ph 9836-2350.

The Throwers Group also have available very smart uniforms and T-shirts. For further information contact Astrid Rose.



10km Cross Country

Phillip Bowes, M40, won the race outright and also the gold medal for the M40's in the time of 36m 06s

Paging AAVAC

Collin Cooper

(1929-1996)

It is with great sadness that this issue contains the news of the death of a well respected veteran athlete member, who was a magnificent athlete, and the AAVAC Director of Travel 1991-1996.

Collin lost his battle with cancer on Friday, March 22nd 1996. Collin faced his illness as he confronted everything in his life, with a positive attitude, courage and above all dignity.

His successful veteran athlete years, as a competitor also included a rewarding period coaching, when he assisted athletes such as his wife to World Records.

A delightful man, a great friend and a great loss to the Veteran Athletes movement. At the AAVAC Board meeting in Perth his contribution to Athletics was recorded and sincere sympathy was extended to his wife Anne, and her family, in their loss.

**Australian Association Veteran
Athletics Championships**
Perry Lakes, Perth April 1996

A total of 381 athletes, 204 from interstate,

J.C.T TRAVEL

Our National Travel organisation
45 Grenfell St.
Adelaide
SA 5000
Tel. (08) 231 5399
Fax. (08) 212 4468

contested the Championships at Perry Lake Track.

The meeting which was well organized and efficiently run,

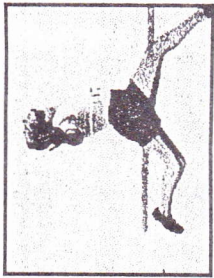
soon became known as the *Friendly Games*. As far as it is known no disputes ensued, and the weather was tremendous, and the officials, both on and off the track were helpful and courteous.

While the track events were hotly contested in the younger ranks, there was a noticeable thinning of the older ranks. This did not appear to be so in the Race Walking or Cross Country.

The venue for the Cross Country was reminiscent of some of the pleasant scenes in "Chariots of Fire". The four day program which contained some on and off track innovations (Athletes Forum, Dinner Dance on the boat) still has to be evaluated, but not so the social events.

Overall a great way to spend Easter.

On behalf of all veteran athletes I wish to express appreciation to the executive of the W.A... Association, to its President Brian Foley, to Joan Brown Chairman of the Organizing Committee and to all athletic and social event officials for their enthusiasm and drive in preparing a most successful, well organized and well received series of Championship events.



ISSUE 5 CONTAINS :

Tribute to Collin Cooper 1991-1996 S.A.
Notes on W. Australian Championships April 1996 W.A. Australia
Notes on AAVAC Board Decisions April 1996
Oceania Championships July 1996 Tahiti
WAVA Championships July 1997 Durban
Appointment. Secretary. Directors April 1996 Australia

AAVAC BOARD MEETING PERTH 5th APRIL 1996

The meeting was a business meeting and a full days meeting was crowded into Good Friday evening between 7 & 10pm.

Business of the meeting - Three main items:

- 1) Tribute to Collin Cooper.
- 2) Congratulations & welcome to new directors.
- 3) Reports and financial matters.

The following members were congratulated on their election as new Board Members.

Brain Foley

Took over as Secretary of AAVAC.

8 Habgood Street

Fremantle W. A.

Ph.. (09) 339-2716 (H)

Wilma Perkins

Director of Technical Affairs

106 Silkwood Street

Algester

QLD. 4115

Ph.. (07) 273-5792 (H)

Tom Worrell

Director Development & Promotion

7 Yarrabee Court

Mt Waverley

VIC. 3149

Ph. (03) 980-71747 (H)

Frank Rogers

Director Travel & Sponsorships

120 Swaine Avenue

Toorak Gardens

SA. 5065

Ph. (08) 332-8815 (H)

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

Reports

All directors gave verbal reports.

Guest Alan Williams outlined the passage of the Development Plan, indicated the essential requirements for development, as being a centralized organisation and office being run by an executive officer; with all Board Members being involved in the three year Development Plan.

The Board endorsed the program. Financial Matters, were discussed and the Board decided to recommend to State Associations that the Capitation Fee to the National Organisation be raised from \$3 to \$5, as from next financial year.

For all other matters please ask your State Secretary for a perusal of the AAVAC Board minutes of the meeting. Peter Crombie Vice President was in attendance.

International (Championships) News

Oceania Championships

Tahiti July 6-13 1996

At the time of writing (May)20 Australians as well as 60 New Zealanders appear to be traveling to this Island Paradise. They are assured of good accommodation, weather and competition.

The next Oceanic Championships in all probability will be at in New Zealand in 1998.

The Oceania Council will meet to determine the future development of the Veteran Athletics in the Pacific during the Championships.

Please note that competitors at all Oceania Games must wear approved National Running Costumes.

W.A.V.A . Championships

Durban July 7-17th 1997

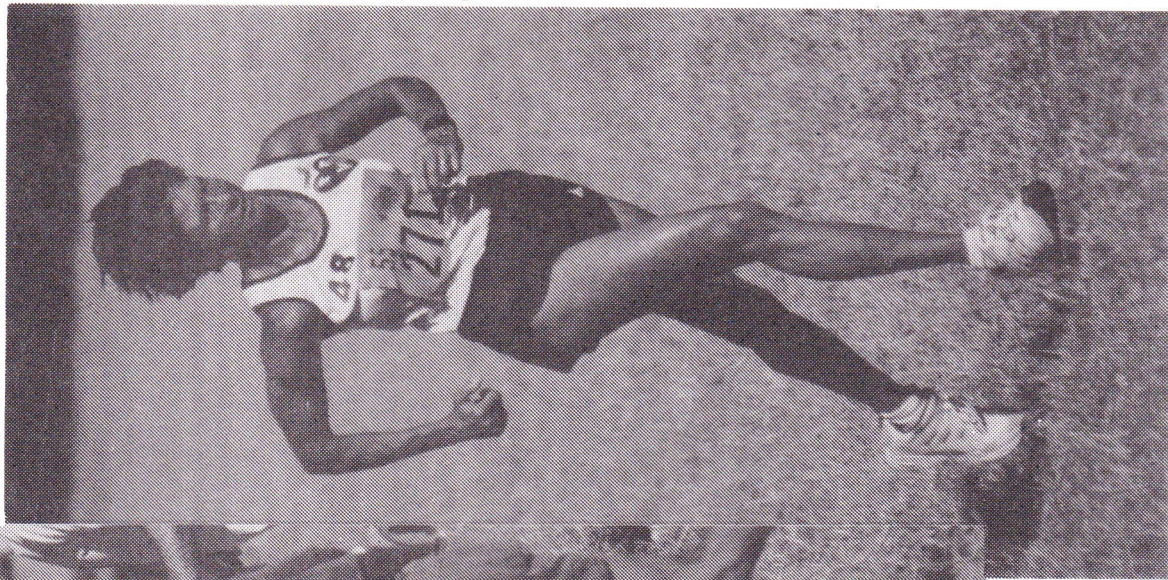
The WAVA Executive met in Durban during Easter 1996. Our Oceanic representative - Stan Perkins was there and on his return he met with AAVAC President - for three hours in Brisbane- to discuss preliminary travel arrangements.

From all accounts staying in South Africa will be inexpensive. First Class hotel accommodation is available for as little as \$30 per person (twin share) with a reduction to \$15 for a six member hotel room. Meals of high standards are available for half Australian prices.

More information will be available from Frank Rogers and JCT in the next issue.

PHOTOSPREAD

PHOTOS BY [unreadable]



(Top left) Ron Young leads AAVAC secretary Brian Foley in the cross country at the Perth Nationals. (Middle) Colin Browne takes a drink while the well remembered Vic Vet, now NSW Vet, Jim Seymon, hands them out. (Bottom right) Dot Browne makes a welcome return to competition at Perth. ((Bottom left) Lew Harvey ran second in the M45's in the Bungaree half marathon.

AAVAC NATIONALS NEWSLETTER - MAY '96

Report From The Director Of Competition & Championships (Ray Callaghan)

My job is, generally, to address the needs and possible problems associated with the National Competition, and, to make recommendations on them to the National Council. To do this, I prepared a paper documenting my assessment of what was needed, and then asked each state to nominate spokespersons who would act as advisers, to both the Clubs and I, on all matters raised. Your States Nominees is/are:-

Eric and Wendy Greaves, Peter McGrath

and should be contacted if you wish to make your views known.

A number of matters have been open for discussion for some time now, and the purpose of this letter is to ensure that all those who may be affected by the recommendations that I intend to present to the 1996 National Conference later this year, are aware of them.

Please Note - a number of you have contacted me on various concerns. Because of my very limited time, I cannot attempt individual written responses, and I am hoping that this letter will assure you that I am not ignoring your concerns.

DECISIONS ALREADY MADE

Voting On Changes To Rules

To ensure that an established competition rule cannot easily be overturned, I have had accepted the rule that - At least 66% of the votes are required at the National Conference to change an established competition rule.

Confirmed Future Nationals Organisers

1997 - Victoria 1998 - Queensland 1999 - A.C.T. 2000 - Tasmania

Proposed Future Nationals Organisers

2001 - S.A. 2002 - N.S.W. 2003 - VIC. 2004 - W.A.

The setting of the 'proposed' dates is adjustable to suit any future problems caused by such events as the National Masters Games scheduling. The schedule is also adapted to ensure that high travel cost states such as W.A., Qld and Tas. are not holding the titles during a World Titles year.

PROPOSED COMPETITION CHANGES

MULTI-EVENTS

I intend to make the following recommendations, to change various aspects of Nationals Competition, at the 1996 Annual Conference. To be confirmed, these recommendations must receive the support of at least 66% of the votes at the National Conference.

1. That all Multi-Events scoring shall be by the WAVA Age Factored Scoring system.

(This system relates directly to the IAAF score tables on an age factored basis, and is the international system for the Veterans Weight Pentathlon. The scoring system for the Pentathlon has been criticised many times for its shortcomings, and it is only logical that a single system for Multi-Events scoring is used. (If developing Computer scoring, check note at end)

2. That the Shot Putt replace the Discus in the Pentathlon.

This was first raised many years ago, by the heptathletes, when we dropped the Hurdles and High Jump, in favour of the 200m and Discus for the women

pentathlon, who felt that it was unfair that the five pentathlon events did not match the heptathlon events, causing them to train for the additional event, namely the discus. Both Shot and Discus are a part of the Decathlon. This was not considered a strong enough argument in view of the fact that the Discus was a part of the WAVA Pentathlon, and we needed to keep the mens and womens events the same.

Since then, WAVA have dropped the Pentathlon as a world games event in favour of the Dec/Hept events. Also, the Pentathlons popularity is now causing real programming problems for the organisers of the Nationals in the larger states. This is because the facilities for the Discus and Javelin are needed at the same time (if you have more than one group), and, when the discus is held on the infield, only one of those events can be conducted.

3. That the 1500m be replaced by the 800m for Men 60+ in the Pentathlon.

This argument also has been around for a long time, and the arguments for the 1500m have been - that it is a WAVA pentathlon event. (No longer valid) and that it is unfair to the strong middle distance runners who take part. Against it has been the argument that, just as the field throws have the weights adjusted to suit the ageing athlete, so also should the distance run to match the female version. After watching many older male athletes, and the women athletes generally, I strongly believe that the 800m is a more than adequate test of stamina for the 60+ men.

FOR THE FOLLOWING ITEMS, A DIRECT IMPUT BY THOSE EFFECTED, WILL HELP ME IN DETERMINING MY FINAL RECOMMENDATIONS ON THESE MATTERS. PLEASE FILL IN THE QUESTIONNAIRE AT THE END OF THIS ARTICLE.

HURDLES

Changing the specifications.

I have received a lot of communications on this matter, and, with the exception of the W60+, the approach is varied. I am requesting the clubs to seriously consider the use of little athletics hurdles for the W60+ to allow them to continue in their favourite event. I believe we have a duty to them in this, and I hope that club administrators will agree to this. I will definitely recommend that the hurdle height for Women 60+ be dropped to a more suitable level, either by the use of little athletics hurdles, or, alternatively, the lowest possible setting on the standard hurdles.

At this stage, it is my intention to confirm all other hurdles specifications as the international species, unless I receive a strong indication from the hurdlers themselves, that they wish the trial species we used several years ago, to be reconsidered. With regard to confirming the specifications, the one factor that sticks out, is the very unsatisfactory situation for those hurdlers whose state runs one specification, and who then have to completely adjust their training to switch for the Nationals specification. It is important for them, that all states use the same rules.

RESPONSES TO QUESTIONS AT THE NATIONALS AND, ATHLETES FORUM

Q.. Can the weight throw be a National Title event.

A.. This could be achieved by accepting the result of the Wt. Pentathlon event as an interim measure. (3 throws only) I would need to be assured that all states could provide a shot putt ring with removable stop-board, before I could recommend it as a full Nationals event.

Q..Can the 800m and the 3/400m hurdles events be spaced further apart?
A..This could be done by scheduling the 800m early, and the hurdles as the last event on the Sunday. This is an administrative problem, but, if there is general agreement, I will consider recommending it for the '97 Nationals

Q..Can the 400m (Friday) be switched with the 100m (Saturday)?

A..This would need a great majority of 400m runners to express agreement. This is a clash between the needs of 100/400 and the 400/1500 runners. I see the present option as being of more value to the latter, than the suggested alteration would be to the 100/400 competitors.
This can be an agenda item for the Athletes Forum in Melbourne.

Q..What is the best time to hold the Wt. Pentathlon?

A..if held at Easter, the options are :- extend the Nationals to include either the Thursday or Tuesday for the event, or, hold the event on the Monday in a direct clash with the Pentathlon, and at a separate ground. (This option would also require doubling the relevant throwing equipment as well as facilities, which would be a major administrative concern.)
The Friday is a good option for the smaller drawing power of W. A. and Tas.

The other option is to hold it as a separate event at a central position.
such as the A.C.T. (Who have indicated a willingness to hold it annually in early October.) This doubles the costs for the distant states athletes.

I NEED YOUR DIRECT ADVICE ON THESE MATTERS - PLEASE FILL IN THE QUESTIONNAIRE

MASTERS v VETERANS

A question from the Athletes Forum in Perth

G..Why not change the name from Veterans to Masters.

A..This is an annual question, and I will offer this comment and suggestion to try and avoid an eventual confrontation between the supporters of each side.

Two reasons are usually advanced to support the 'Masters' title.

1. That recruiting of new members, particularly the younger ones, is made difficult by the perceived image of the 'Veterans' name
2. It is claimed that the use of the term 'Masters' will increase the saleability of veteran athletics. This will obviously become an increasingly larger talking point as the National body moves to a more professional approach.

The term 'Veterans' is strongly supported by a large number, (of which I am one.) who are very happy with the 'Veteran' image, and cannot stand the image that the term 'Masters' denotes

A solution that I would like to suggest is, that we cater to both sides and change the name of the Australian Association of Veteran Athletics Clubs to the Australian Association of Masters & Veterans Athletic Clubs. This would allow both sides to retain their self image, as the newer members, and those present members who prefer it would consider themselves as 'Masters', and the older members such as myself would always see ourselves as the real 'Veterans' of the movement. This would then allow the promoters to use their much sort after term, as the 'Masters & Veterans Competitions'. This may be simplistic, but I believe that it could work, and with no residual ill feelings. If this receives a favourable response, then, the '96 National Council could recommend that it be considered for introduction in late 1997

NOTES ON THE NATIONALS 97 - MELBOURNE

Please note that the venue will NOT be Olympic Pk. The Durcan McKinnon track in Murrumbidgee will be used. This is a suburban type track. (City link construction has effected the O.P. site)

For those booking accommodation, I would suggest you ensure that, if you need public transport, make sure your accommodation is handy to the transport lines that service this area. C/Country will be at Collingwood, and the Road Walks almost certainly at Albert Park, Sth Melbourne. If we conduct the Wt Pentathlon, that site venue will be determined when we know which is the best day.

Computerising The Multi Events

A number of people have indicated that they have, or wish to, write programs for the new system of scoring, and are offering their services, (must be for free.) To all of you, your efforts will be welcome as it is obvious that that a number of different options will be required by those with various computer skills and equipment. I will endeavour to have some one or group prepared to examine each offering and assess its accuracy. I envisage all offerings will eventually receive AAVAC approval, once they have reached the criteria that will be required. (That is, they must all produce the same result.) Please keep in mind that I am looking at ALL multi event scoring for this type of software. I will follow this up after the National Conference.

NATIONALS TRACK AND FIELD QUESTIONNAIRE

Please only answer the questions that relate to your events.

HURDLERS

Do you want the international specifications retained? (Yes or No)

WT PENTATHLETES - WHEN DO YOU WANT THE EVENT HELD ?

Number, in your preferred order, the following options

- Not at Easter, but a Central Venue such as the A.C.T.
- On the Thursday before Easter
- On the Tuesday after Easter
- On the Easter Monday with direct clash with Pentathlon

3/400m HURDLERS / 800m RUNNERS DOUBLE

Should the 3/400m Hurdles be held last on the Sunday? (Yes or No)

WT THROWERS

Would the results from the Wt Pentathlon be acceptable for the individual awards of this event. (3throws only) (Yes/No)

NAME AGE..... STATE.....

Send to 'QUESTIONNAIRE' 6 Yvonne Ave. Sth Croydon, Vic. 3136

DURBAN 97

Newsletter No. 1
May 1996

Some information has now been received on the 1997 World Veterans Championships which will be held in Durban, South Africa.

Many details are still lacking but hopefully this Newsletter will get you started on your planning, and will help you make a commitment to be there.

Information we have at this stage is:

1. Dates of Competition
Thursday 17th July - Sunday 27th July, 1997
A proposed event schedule is attached.
2. Durban Information
Durban is situated on the east coast, and described as the "Gold Coast" of South Africa. Contrary to some parts of that country, Durban is considered a "safe city" and with the usual precautions we should have no trouble. The weather in July is similar to Perth or Sydney, and about 16 - 22 degrees.
3. Venues
Two stadiums will be used which are only about 300 metres apart, and 4 kms from the main city area.
4. Accommodation
Very few details are available at this stage, but we understand that a number of hotels are available close to the city and beach areas, and with very reasonable rates.

Prices quoted by the Seaboard Protea Hotel and Holiday Apartments are:

Twin share: Approx. A\$66.00 per room

Prices at the Impala Holiday Flats are:

Twin share: Approx. A\$43.00 per room for cheapest "non-sea view" rooms, and up to approx. A\$48.00 for larger flats with a view.

The Impala also have bachelor flats at a cheaper rate again, which may suit single athletes.

These details are very uncertain and brief, but if you can give some feedback on what your preferences are, we will use this information to bargain with the hotels, and later on give you the opportunity to fine tune when agreed prices, locations, etc. are known.

University accommodation will also be available but we understand it is about 15 kms away. No prices are known yet, however we feel that apartment accommodation may be a similar price to the university.

The Durban officials advise that bus transport will be provided between the athletic venues and accommodation sites as usual.

Meal costs are believed to be very reasonable with A\$8.00 quoted for a main course - but don't hold me to that!!!

5. Airfares etc.

It is still too early to give any indication on fares. The Durban organisers have awarded a contract to South African Airlines to be the main carrier, but we will look at alternatives to see which is the best option for us. These details will be advised as soon as possible.

6. Pre-meeting

Many Aussie Vets would be keen to go to a Pre-meet prior to the games at Durban but nothing has been received from South Africa to indicate that they will oblige. If they do not wish to arrange a meeting other options will be checked.

One of the most urgent tasks to be done at present is to get some idea on the size of the Australian contingent, and to do this your urgent replies are sought. If you are interested please send the attached form.

Future newsletters will only be mailed direct to those wishing to make this early commitment, but to assist in doing this a non-refundable Reservation Fee of \$10.00 per mailing address is required to be included in your replies. Please make cheques payable to "Veteran Travel".

It is expected that various travel packages (including tours within South Africa) will be arranged by JCT Travel, and you will be advised of these as soon as possible in later Newsletters. However, accommodation and airline seats may be at a premium so it is important not to wait but get your requests in early.

JCT Travel are once again the successful travel agent to handle the Durban games for 1997. Karen Hearn is your contact with JCT in Adelaide, and most of you would know Karen as she was your contact for the Buffalo games in 1995. For your convenience JCT have installed a free-call number - 1800 150 122. Once you have registered your interest you will be contacted by Karen with more information on Durban.

Frank Rogers Phone: (08) 332 8815

Travel Director AAVAC

120 Swaine Avenue

TOORAK GARDENS SA 5065

Phone: (08) 332 8815

Fax: (08) 267 2770

Day	Proposed General Schedule: WAVA World Championships		Jumps	Throws
	Non-Stadia	Stadium 2		
Day 1 Thursday	10 K XC	Stadium 1		
Day 2 Friday		Decathlon	Heptathlon	
Day 3 Saturday		Decathlon	Heptathlon	
Day 4 Sunday	W10 K&M65+	100 Prelim.	Long Hurdles Prelim. (if needed)	Hammer
Day 5 Monday	W10M20RW	M 10 K	100 Prelim.	Long H Prelim Long J
Day 6 Tuesday	(Regional Meetings, WAVA Committee Meetings, Women's Assembly Meeting)	800 Prelim.	100 Final	Long Hurl Final
Day 7 Wednesday	W 5K	200 Prelim.	800 Prelim.	Short H Prelim Pole V.
Day 8 Thursday (WAVA Gala)	M 5K	200 Prelim.	200 Final	800 Final
Day 9 Friday	1500 Prelim (even if needed)	Short Hurdle Final	200 Final	Triple J
Day 10 Saturday	W 5 K RW	400 Prelim.	400 Prelim. (evening)	Javelin
Day 11 Sunday	M 5 K RW	W Mt. Pent.	400 Final	
	Marathon	W Mt. Pent.	1500 Final	
		SleepleCHASE	4X100 Relay	
				High J
				12-Apr-96

World Veteran's Championships -- Durban 1997

All Australian vets are again reminded that the next World Veteran's Championships will be held in Durban, South Africa from 17th to 27th July 1997. It will be another month or two before I can give any details of prices for the travel packages which will be put together by JCT but in the meantime if you have not yet contacted me on your interest in going please do so without delay.

We have requested South African Airlines to hold a block booking to fly us from Perth on 15th July 1997 and this would be the latest acceptable departure date. However, we will be checking all other options for the best deal including flying via Singapore or Kuala Lumpur if that looks better. If we decide on Sth African Airlines leaving from Perth it may suit many athletes to go a few days earlier and have a "pre-meeting" in Perth during the weekend of 12/13th of July. In anticipation of this I have approached the Perth vets and asked if they would be prepared to put on a low key meeting for us.

For those interested in touring after the World Games, JCT Travel are putting together a package and details will be advised when available.

URGENT

As in the past, we will not necessarily get all the required rooms to suit everyone so it will have to be on a "first come first in" basis. Similarly the airlines cannot guarantee that they can carry everyone on a particular day so late comers may have to go a different way.

If you are considering going let me know **NOW** and get on the priority list. I will get all future Newsletters and update information mailed direct to you instead of having to ask your State Secretary to include in local Newsletters which may take longer to get to you.

We need to have a good idea of the total numbers going as soon as possible before we can start seeing what deals the airlines can offer.

Please use the section below and send to me. At present I only need to know that you are interested. As soon as, prices, accommodation, flights etc are known you will be asked for your preference. Please include a \$10 **non-refundable** payment (per mailing address) to help with on-going mailing costs etc.

Cheques to be made out to Veteran Travel.

Frank Rogers, Travel Director AAVAC

To: **Frank Rogers, 120 Swaine Ave, Toorak Gdns SA 5065 (08) 332 8815**

Please include me/us on your priority listing for Durban 97.

Name:

Address:

Phone No: \$10 "Expression of Interest" fee enclosed.

RUNNING ON HOLIDAYS IN RURAL VICTORIA by Vin Martin

Just as a painter catches an image of a field or mountain in light not obvious to the untrained eye, so too do runners experience holiday locations in ways withheld from the average holiday maker.

In the first waking hour of the day, a runner can cover between 8 and 13 kms of secluded bush track, circumnavigate an average size country town, or run for miles along deserted beaches with pacific gulls, terns and commorants for company.

Halls Gap (VICROADS Country Directory ref no 55 A3)

At the Halls Gap holiday flats, 2.5 km from the centre of Halls Gap, dawn greets me with the sight of the Mt Difficult Ranges from my bedroom window. A frogfilled pond with diligently busy ducks fill the foreground. I take the first doddery steps of my daily morning run.

This day there is an air of expectancy - a new route, a loop of 10 to 11 kms on paths and roads through the farmland outside Halls Gap. The run is simple, at an easy speed over predominantly flat terrain - but the scenery never bores, and my quads and hamstrings remain in good shape for bushwalking later that day.

Upon returning, I feel invigorated, there is more wildlife at the pond, and a child or two, mine, ride bikes on the path circling the flats and the pond.

A little later, the picnic packed and the bikes in storage, we drive to one of the many attractions for which the Grampians are renowned - McKenzie Falls, the Zumpsteins, Mt William and so on.

One week in the Grampians leaves you yearning to return.

Memories of Others

One run in the country brings back memories of others.

On the Mornington Peninsula three routes stand out: a jog into Bushangers Bay with its emerging view of the ocean, another from one end of Greens Bush to the other, and several runs from a Blairgowrie holiday house along the Cape Shanck track.

The timeless 19th century stone facades on corner buildings in Port Fairy or Robe (whoops - that's in South Australia) light up against a clear morning dawn.

Seventeen kms south of Colac, a linear run along the gently sloping Old Beechy Line begins near the Birnum Picnic Area at the end of Cashins Road. Home to the Garratt Locomotive G42 now used on the Belgrave Puffing Billy Railway, the Old Beechy Line rails were removed in 1967-68 - but a firm (in dry weather) 4km walking or running trail remains to remind us of the origins of single gauge railways.

HEAR YE! HEAR YE!

NEW VICTORIAN RECORDS

Age Event	Name	Performance
M80	Eddie Gamble	3:40.2 Aust Record
M65	Shirley Young	3:19.8
M65	Shirley Young	5:31.8
M80	Eddie Gamble	12:32.9 Aust Record
M80	Sharon Clayton	37:48 Aust Record
M30	Sharon Clayton	11:57
M30	Graeme Rose	18:00 Aust Record
M60	Bill Van Weenan	17:65 Aust Record
M30	Sharon Clayton	2:617 pts Aust Record

I would like to thank all the people who have sent me old results, whether or not they have changed our new Half Marathon and Walk records. Because I have very meagre Half Marathon results from which to draw records from, set out below are all of the progressive records, in the hope that you will fill in some of the gaps for me. When I'm confident that I have a full set of progressive records, I will issue certificates for both current and past performances. Please note that certificates will be awarded for any superseded Victorian records, if requested in writing.

Progressive Half Marathon Records

Name	Date	Time	Name	Date	Time	
M30	12.8.90	66.44	M30	14.5.89	111.29	
M35	17.5.87	69.03	M. Tomkins	5.5.90	94.46	
M40	1.9.91	67.40	B. Hann	5.5.96	83.51	
	14.5.87	73.15	M35	P. Trowbridge	80.40	
	16.8.87	72.54	M40	D. Browne	81.41	
	88	70.49	M45	P. Trowbridge	72.15	
	14.5.89	70.39	M45	M. Ellis-Smith	87.25	
	Oct '90	66.14	D. Browne	16.8.87	87.19	
M45	14.5.87	76.57	M50	L. Petrie	20.5.93	
	16.8.87	73.02	J. Harfield	'85	102.14	
	88	71.05	B. Dalgleish	16.8.87	99.28	
	15.8.87	79.44	B. Dalgleish	15.5.88	98.58	
	6.5.90	78.12	M. Ellis-Smith	6.5.90	90.37	
	8.5.94	74.52	L. Petrie	4.5.94	96.45	
	'93	74.44	M55	S. Young	'85	120.26
	14.5.87	83.42	M60	V. Palin	16.8.87	113.28
	86	80.38	S. Young	1.5.94	105.29	
	14.5.89	83.21	M65	S. Young	26.5.96	105.54
	6.5.90	82.38				
	2.5.93	78.48	M65	K. Mander	16.8.87	93.33
	4.6.95	74.42	R. Hughes	14.5.89	88.33	
	'85	93.21	R. Hughes	6.5.90	87.07	
	14.5.87	89.10	M70	A. Bargeyne	94.29	
	16.8.87	89.03	R. Hughes	1.5.94	90.26	
	15.5.88	84.22	M75	S. Stapleton	5.5.91	120.39

1,500 METRES WALK

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

3,000 METRES WALK

M30	Alison Thomson	16.25
M35	Patricia Baker	17.49
M40	Joan Russell	15.30
M45	Heather McDonald	14.53.68
M50	Lee Pownall	16.03
M55	Marjorie Colthup	18.14.97
M60	Tina Lieb	19.04
M65	Stella Murnane	19.43
M70	Arley Nicholls	21.31
M75	Dorothy Jack	22.29
M80	Nance Jeffreys	24.00
M85	Nance Jeffreys	27.36

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 Victorian 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 or superseded Victorian Record. And please contact me if you haven't received your certificate.

Clyde Riddoch
Victorian Records Officer
1425 Burnwood Highway, Ureby VIC 3188
Tel: phone 5204 7085 (h), 4754 8241, Fax 9204 7418

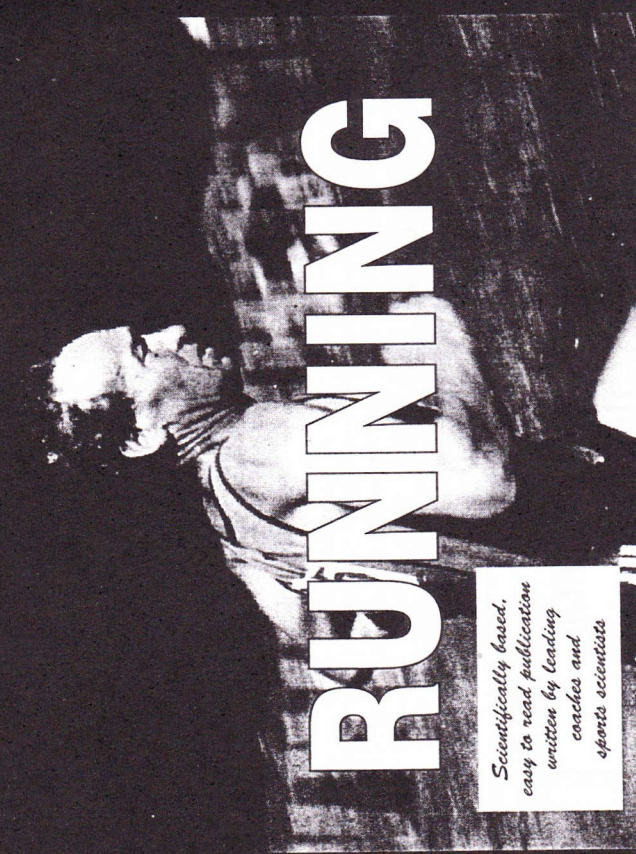
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TEN TIPS FOR HALF MARATHON SUCCESS

Reprinted from THE MASTERS ATHLETE

© by Dr Colin Solomon

The half-marathon covers a distance of 21.1km and is completed in times ranging from 60.01 min to over two hours. As with every specific running event, it is the distance and time-frame which makes the half-marathon unique with regard to the physiological demands placed on the runner.

Success in the half-marathon is reliant on what is done both: **a) in training and b) during the event.**

To both complete the distance, and to run the anticipated time you must:

- 1) *train* the specific physiological responses appropriate for the half-marathon. These responses include:
 - energy transfer within the active muscles
 - heat regulation
 - technique
 - transport of oxygen to the active muscles
 - *perform* during the event. Factors that effect physiological function during the event include:
 - pacing
 - hydration
 - relaxation

All these physiological functions must come together for the event to be completed successfully. During the event you can only control the physiological response within the limits dictated by your training.

The most important issue for both training and performance is SPECIFICITY. Therefore, the following "Tips" for success in the half-marathon are based on the specific physiological responses required for the event, although various factors other than physiological function (nutrition, psychology, individuality) can effect success.

TRAINING TIPS

1. *Building an Aerobic Base*
Due to the fact that the half-marathon requires 1-3 hours of continuous activity, the aerobic system is used almost exclusively. Therefore, it is imperative that you have an aerobic base from which to build your training. There are no short-cuts in this part of training and the kilometres and hours must be completed. For the half-marathon, these long-slow training sessions should be done 1-2 times per week and should range in duration from 75-120 min. The intensity of the session should be at your slowest established training pace. The rationale for these sessions is to train both the energy utilization mechanisms within the muscle and the oxygen transport to those muscles.
2. *Intervals*
The main purpose of interval training is to increase the pace at which a specific distance can be covered. From this basis the training must be specific to the pace to be run in the event. Utilizing your anticipated event pace, intervals should be run at slightly below, at and slightly above race pace. The number of intervals in a session decreasing as the set pace increases. Due to the almost exclusive use of aerobic energy during the half-marathon, intervals should range from 3-10 minutes in duration. The number of intervals will be governed by the duration, and should be approximately 5-10 per session.

3. *Hills*
Training on hills can be used for two purposes - to train for courses that contain hills, or to improve aerobic power for courses that do, or do not contain hills. Hill training should be designed to mimic both the slope, length and number of hills in the event. Training on hills will also prepare you technically for hill running. The changes from flat-terrain running will include changes in stride length and rate, arm swing, and torso angle. The increase in aerobic and anaerobic (without oxygen) capacities achieved from hill training can be utilized on flat-terrain course to make or respond to changes in pace during the event. The uphill section of a hill training session should be run at race pace and the recovery should range from half to full recovery.

4. *Racing*
Racing during training provides the necessary knowledge of pacing and training progression for a successful half-marathon. The most appropriate distances to race whilst training for a half-marathon would be 5 and 10 km events as these distances can be raced at full effort without inappropriate recovery times. I suggested a 10 km race 5-6 weeks before the half-marathon and a 5 km race 2 weeks before the half-marathon.

5. *Tapering*
This necessitates a decrease in total training volume, mostly through decreasing distance and maintenance of the training intensity and frequency. I suggest training volume be decreased during the three weeks prior to the event to allow full recovery. No long runs should be done in the final two weeks and only low-intensity training should be done in the final 3-4 days.

EVENT PERFORMANCE

6. *Warm-up*
This requires approximately 15 minutes of low-intensity running, followed by 4-10 intervals at race pace close to race start.
7. *Relaxation*
At the start-line and during the run, relaxing will stop the metabolic rate from increasing due to anticipation and nervousness. During the event, the running motion should be that which has been practiced during training, and to maintain this a conscious effort should be made to relax the arms and shoulders.

8. *Pacing*
The most important issue in half-marathon success is controlling the pace at which you run. If the pace is too fast or slow you will not have utilized your training to the maximum and your time will be slower than anticipated. The pace for the event should have been determined prior to the event and adhered to if possible. However, changes to a slower or faster pace should be made throughout the

event if you are confident that changes can be maintained.

Running in a group can allow you to "draft" which in windy sections of the course can gain some protection. Also, as the lead of the group is shared amongst the runners, the pace can be kept higher than some individuals could keep when running alone. Therefore, the group can be utilized to improve your time.

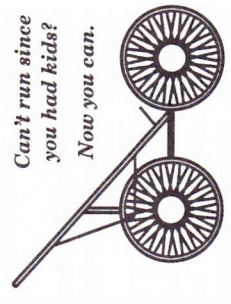
9. *Hydration*
Irrespective of the environmental conditions it is imperative that the bodies hydration status be maintained as close as possible to normal (resting) levels. This becomes a problem when the output of water is not balanced by the input. It can be both difficult and uncomfortable to drink during a running event. It is recommended that you consume approximately 150 ml of water every 15-20 mins. As water is what is required for hydration, carbohydrate supplements should be given lower priority in this respect.

10. *Recovery*
If recovery is inappropriate, both training and subsequent events can be hindered. Immediately following the event, a minimum of 15 minutes of low-intensity running will promote recovery. Two weeks should be allowed for the majority of the recovery from a half-marathon. During this time, low and medium-intensity training should be done, and no racing should be performed. Go for it!

Colin has his doctorate in exercise physiology and is currently working as a research scientist at the Harvard Medical School. He has 20 years running experience and a sub 70 minute half-marathon.

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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, 6th July, VRR Tan Time Trial, (8km & 4km), near Government House Drive, 7.30am (9807 7307 ah)

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

Traralgon Marathon and Half Marathon, Tennis clubrooms, Franklin/Davidson Streets, Traralgon, 8am, Bob Knight 051-924 556.

Coburg Harriers Half Marathon (21.1km) Harold Stevens Ath Track, Coburg, 9am (9386 9251 h)

Sunday, 14th July, Road Walk

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

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

Sunday, 21st July, Veterans Throwing Group (VV) Weight pentathlon, Caulfield venue, Murrumbena Rd, 12.45pm, Morrie James 9570 6958 or Astrid Rose 9836 2350.

:Sri Chinmoy Half Marathon and Fun Run (21.1km & 10km & 6km), K Bartlett Reserve, Boulevard, Burnley, 9am, (9428 6665)

CHC Coburg Bluestone Classic (15km) Harold Stevens Ath Track, Coburg, 2pm (9386 9251 h)

Sunday, 28th July, 10 Mile Road

Championships(VV) combined with VCCL, Princes Park, Carlton, 10.00am, Eric Greaves 9560 2971

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

:Queen of the Lake (10km & 5km) South Melb Cricket Ground that was, 9am (9819 9225 w)

:PRR Devil Bend (21km & 10km) Graydons Road, Mooraduc, 10am (9775 2494 h)

Saturday, 3rd August, VRR Tan Time Trial (8km & 4km) near Government House Drive, 7.30am (9807 7307 ah)

Sunday, 4th August, Sri Chinmoy Fun Run (8km & 4km), Como Park, South Yarra, 9am (9428 6665)

Saturday, 10th August, CHC King & Queen of the Mountain, Whittlesea (8km), Humevale Go Cart Track, 2.30pm, (9386 9251 h)

Sunday, 11th August, ACCV Terry Fox Run (10km & 5km), Brens Drive, Royal Park, 9am (9279 1111 w)

:Koroit to Warrnambool Half Marathon, (21.1km), Koroit, 10am, (055 611 333 w)

:Sun City to Surf, Sydney (14km), Hyde Park to Bondi, 10am, (02 282 6606 w)

Sunday, 18th August, Winter Weight Pentathlon Championships & Heavy weight Winter Championships (VV) Duncan McKinnon Park, Murrumbena, 12.00pm Morrie James 9570 6958 or Astrid Rose 9836 2350

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

:Rickets Point to Point (10km & 3km), Beaumaris Yacht Club Car Park, 8.30am, (9589 3904 h)

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

:Burke Hall De Castella Fun Run, (15km & 7.5km), Studley Park Rd. Kew, 10am (041 936 1550)

:Victorian Half On The Park (21.1km) Albert park, 8am (9819 6888 w)

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, Murrumbena Rd, 12.45pm, Morrie James 9570 6958 or Astrid Rose 9836 2350.

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, Murrumbena Rd, 12.45pm, Morrie James 9570 6958 or Astrid Rose 9836 2350.

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.

Friday, 8th November, VVACI Dinner Dance, (VV) Hawthorn Receptions, 555 Glenferrie Road, Hawthorn, 7 - 12pm, \$30 per head, BYO drinks, 3 course meal, tickets Dot Browne, 9874 2501.

Sunday, 10th November, Bush Ranges Classic, (VV) inter venue event, hosted by Croydon venue.

:Veterans Throwing Group (VV) Discus training, Caulfield venue, Murrumbena 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.

Saturday, 30th November, VVACI 10km Track Championships, (VV) Knox venue.

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, Murrumbena Rd, 12.45pm, Morrie James 9570 6958 or Astrid Rose 9836 2350.

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

1997

Sunday, 2nd March, VVACI Summer Weight Pentathlon, (VV), Caulfield venue, Morrie James 9570 6958

Saturday, Sunday, 15th & 16th March, VVACI State Track & Field Championships, (VV), Eric Greaves, 9560 2971

Easter, Friday 28th to Monday 31st March, AAVAC National Veterans' Track and Field Championships, Melbourne. Duncan McKinnon Park for track & field, Albert Park for road walks, Yarra Bend Park for cross country. Eric Greaves, 9560 2971.

Saturday, 4th May, VVACI & Ballarat Harriers Half Marathon, (VV) Bungaree. Eric Greaves 9560 2971.

Sunday, 25th May, VVACI & Sri Chinmoy Marathon, (VV) Eric Greaves 9560 2971.

Sunday, 22nd June VVACI Winter Challenge Track and Field, Eric Greaves 9560 2971.

Sunday, 29th June, VVACI 10km Road Race (VV), Braeside Park, Eric Greaves 9560 2971.

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

Sunday, 27th July, VVACI & VCCL 10km Cross Country, (VV) Yarra Bend Park, Eric Greaves 9560 2971.

Sunday, 17th August, VVACI 10 mile Road Race, (VV) Eric Greaves 9560 2971.

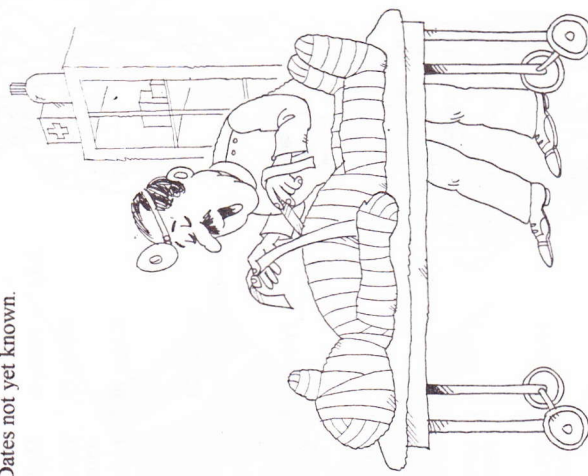
Sunday, 28th September, VVACI 25km Road Race, (VV), Eric Greaves 9560 2971.

1998

Oceania Games, Hastings, New Zealand.

1999

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



"I hope this bandage wont impede your movement."



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Further information/suggestions Phyllis & John 9808 4641
Les 9754 2793

Month	Date	Ride Description	Distance
June	Friday 7	Short ride: Forster Road, East Malvern, Nettleton Reserve Glen Iris, Burwood Railway Station, Bennettswood Bowling Club, Valley Reserve Mt Waverley, Forster Road Melway 70 F4 (approx. 30km)	30km
	Friday 14	Long ride: Bayswater Park, Knox City, Jells Park, Dandenong, return by same route Melway 64 F3 (approx. 52km)	52km
	Sunday 16 8:30 a.m. Start	Long ride: Knox City, Bayswater Park, Sasstras, Tremont, Kallista, Belgrave, Upper Ferntree Gully, Scoresby, Knox City Melway 64 A11 (approx. 60km)	60km
	Friday 21	Short ride: Koomba Park, Knox City, Knox Athletic Track, Upper Ferntree Gully, Bayswater, Koomba Park Melway 63 C8 (approx. 35km)	35km
July	Friday 28	Short ride: Terrara Park, Vermont, Heatherdale, Ringwood, North Croydon, Croydon, Bayswater, Terrara Park Melway 62 J7 (approx. 32km)	32km
	Friday 5	Mystery Ride:	
	Friday 12	Short ride: Launching Place Hotel car park, Warburton and return Melway 287 H6 (approx. 35km)	35km
	Friday 19	Long ride: Jells Park, Scoresby, Upper Ferntree Gully, Belgrave, Upper Ferntree Gully, Knox City, Jells Park Melway 72 A9 (approx. 46km)	46km
	Sunday 21 8:30 a.m. Start	Long ride: Car park near end of North Road, Bike Punt Port Melbourne, Maribyrnong River, Brimbank Park, Western Ring Road to Moonee Ponds Creek, Bike Punt, North Road Melway 67 C7 (approx. 100km)	100km
August	Friday 26	Short ride: Lilydale Lake, Mount Evelyn, Wandin, Coldstream, Lilydale, Lilydale Lake Melway 38 G6 (approx. 30km)	30km
	Friday 2	Long ride: Croydon Town Park, Kalorama, Tremont, Upper Ferntree Gully, Bayswater, Croydon Town Park Melway 50 K4 (approx. 42km)	42km
	Friday 9	Mystery Ride:	
	Friday 16	Long ride: Bennettswood Bowling Club, East Malvern, Jells Park, Terrara Park, Bennettswood Bowling Club Melway 61 C4 (approx. 40km)	40km
	Friday 23	Short ride: Bayswater Park, Knox City, Scoresby, Upper Ferntree Gully, Boronia, Batswater Melway 64 F3 (approx. 30km)	30km
Sunday 25 8:30 a.m. Start	Long ride: Lilydale Lake, Lilydale to Warburton bike trail and/or alternatives and return Melway 38 G6 (approx. 78km)	78km	
Friday 30	Long ride: Doncaster Municipal Gardens, Finns Reserve Banyule, Greensborough and return Melway 33 J10 (approx. 40km)	40km	



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**TICKETS
DOT BROWNE
9874 2501**

**VICTORIAN VETERANS'
ATHLETIC CLUB
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HAWTHORN**

