

# VIC VETS

## NEWS AND RESULTS



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Well known Vic Vets, Jan and Ben Morrey, were featured in the Herald Sun on 1 July 1996



# Vic Vets

NEWS AND RESULTS

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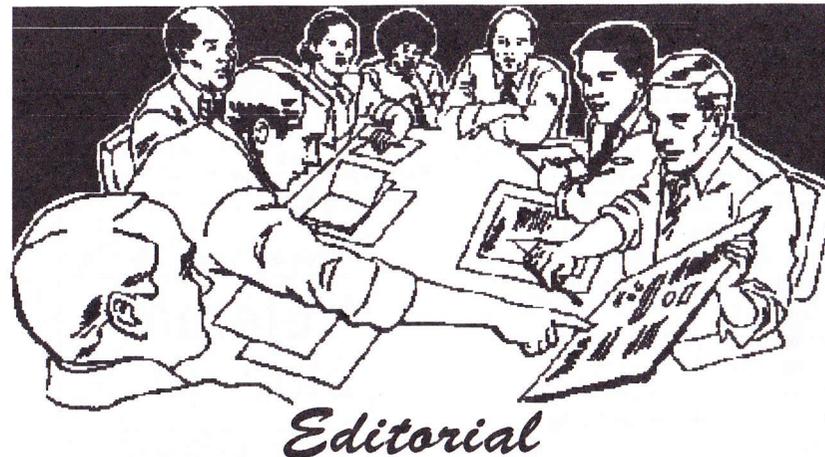
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Five Victorians attended the AAVAC AGM and Council meeting in Sydney on 17 and 18 August 1996, viz. Dot Browne, Colin Browne, Tom Worrell, Ted McCoy and Tony Bradford. It was a pleasant weekend, 26 degrees on Coogee Beach while Melbourne had 8. AAVAC is making a determined effort to lift its profile in the eyes of the Australian members. Tom Worrell, newly appointed Director of Development and Promotions gave us a clear view of AAVAC's shortcomings in his presentation. He said that it was little known at the grassroots level, had no national form of communication, had little or no revenue raising base, missed out on all sorts of potential endorsements and sponsorships and needed an executive officer to fast-track business. The veterans had a negative image among 30 to 39 year-olds, and the name "Veterans" was no help. It was hard to disagree with his views.

AAVAC has made a good start by refining and adopting its development plan for the next five years. Further steps were taken at the Sydney weekend. There were two meetings, the AGM, which deals with reports and elections and is open to all members, and the Council, at which all may speak, but only two delegates per state plus the president, treasurer and secretary of AAVAC have a vote. Decision making is done in the Council, so the views of small states and large states have equal weight. Decisions made that affect VVACI include:

- "That it be recommended to WAVA that M50 - 59 should throw the 700gm javelin." Carried
- "That it be clarified that the entries clerk for AAVAC is to accredit only financial members of a Veterans Club affiliated with AAVAC for entry to WAVA World Games." Carried
- "That AAVAC change its status from a limited company to an incorporated association." Carried
- "That the draft constitution prepared by Bob Solomon (NSW) be considered as the basis of incorporation." Carried
- AAVAC has introduced Certificates of Merit for services to veterans athletics, which can be awarded to members who are recommended for them by their state veterans clubs.
- As from 1997, \$5 of the entry fee for National Championships will go to AAVAC.
- As from 1997, the capitation fee for AAVAC will be \$5. A motion that it be paid monthly by the states was carried.
- Recommendations regarding the National Championships submitted by Director of Championships and Competitions, Ray Callaghan, were voted upon with the following results:
  - "That all multi-events scoring shall be by the WAVA age factored scoring system." Carried
  - "That the shot put replace the discus in the pentathlon." Carried

"That the 1500m be replaced by the 800m for M60+ in the pentathlon." Lost  
 "That the hurdle height for W60+ be set at 65cm using I. Ath. hurdles." Carried  
 "That an athlete in W60+ hurdles may request a WAVA height for her own lane and still be accepted as competing on equal terms with others in the event who may be using the lower height." Carried

"That the weight throw be accepted as an optional Nationals T&F field event." Carried

"That the weight pentathlon be held with the National T&F titles." Carried

"That the ACT be confirmed as permanent organisers of the National Weight Throwers Titles." Carried.

Tom Worrell, as Director of Development and Promotions, put forward a plan which included a number of approaches to advance AAVAC's cause. He had obtained Ron Clarke as patron of AAVAC. Every effort was to be made to obtain funding from AA for an executive officer. The target was \$30,000 for a full timer, or \$20,000 for a part timer. He was successful in obtaining approval to spend \$4000 on the first issue of a new national veterans magazine, to be published in October and to be posted free to all members of AAVAC clubs. He showed samples of AAVAC uniforms suitable for World Games. It was agreed that AAVAC competitors must wear an approved uniform in competition at the WAVA World Games.

Frank Rogers (SA), Director of Travel, expressed worry that veterans were not contacting him to indicate their intentions to go to Durban for the 1997 World Games, as the deadline for firm bookings was very close.

A national database of all financial members was to be set up and maintained by Colin Browne as Director of Membership and Registrations. This was seen as essential for checking membership, obtaining insurance, supporting national and WAVA championship entries, validating records and mailing out information and newsletters.

All in all a very productive couple of days.

*Colin Browne*

## VETS IN PROFILE

See the photo from the Herald Sun on page 1. Well deserved Jan and Ben.

Herald Sun, Monday, July 1, 1996

### Veterans step up the pace

By FELICITY LEWIS

**THUNDERING** around a race track or powering through a pool, veteran triathletes Jan and Ben Morrey set a cracking pace.

The Beaumaris couple cycle up to 100km a week, swim for 3km, run for 30km — then compete at weekly Veterans' Athletics Club meetings.

Their passion for sweat and slog has seen them careering over finishing lines around Australia and in Samoa, New Zealand and Canada.

Jan, 56, holds a world steeplechase record.

Since following her into the sport 12 years ago, Ben, 67, reckons he has pounded his way through 23 marathons and more than 100 triathlons and duathlons.

"It's a great thing," he said. "It's social as well as sporting."

Jan said age didn't matter.

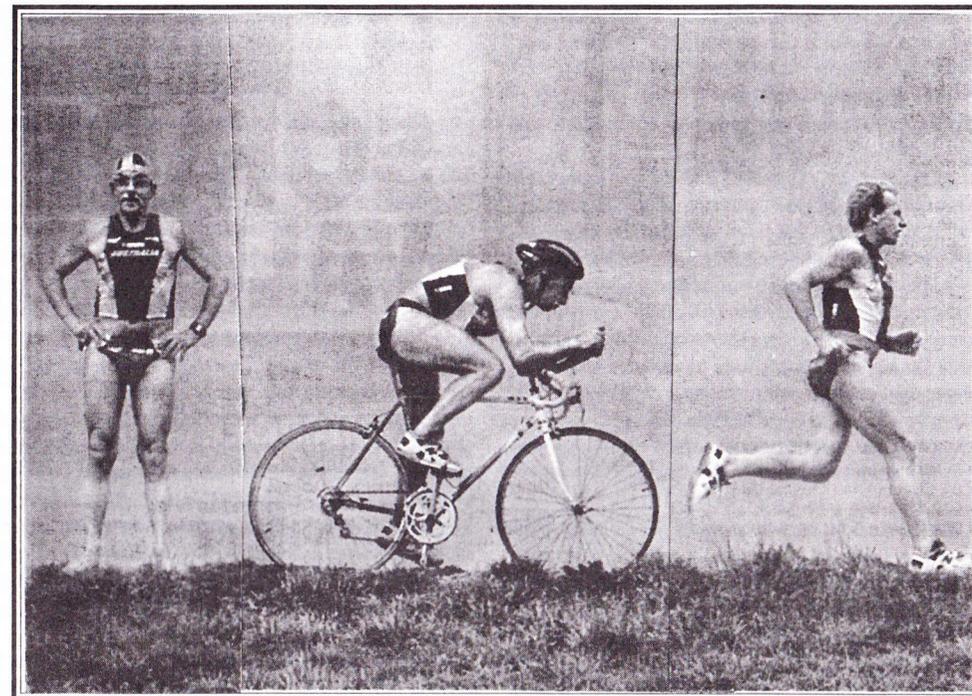
"It's just great to be part of it, and it's nice to hone your physical skills, even if it's just the best you can do," she said.



## VETS IN PROFILE

Herald Sun, August 24, 1996

### Oldest triathlete keeps up the pace



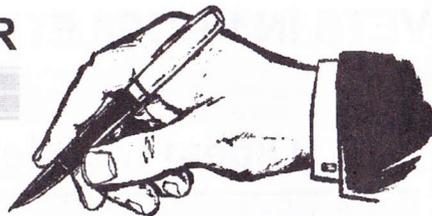
Old age would have trouble catching up with Victoria's oldest triathlete, Jack Gubbins. The 67-year-old Dandenong electrical engineer will this weekend run 10km, ride 40km and swim 1.5km in the 65-70 years age group of the world triathlon championships in the United States. But Gubbins doesn't expect to finish in the top three. "As you get older, you slow down quicker."

### IN MEMORIAM

It is sad to announce the death of one of the Vic Vets best athletes in Lindsay Kent of Stawell, who passed away following a heart attack on 18th July 1996, in his 68th year. It is ironic that he followed his great running rival, Collin Cooper, so closely. The two of them had many stirring battles over the years. Lindsay was very well known in pro ranks and held the record of the greatest number of Stawell Gift heat wins. Our warmest feelings go out to his wife, Mary

and his family. Not all that long ago we were saddened by the passing of Harry Logan. Now we must extend our sympathies once more to his son Peter, wife Joan and family, because Harry's wife Faye has moved on too, following a period of severe illness. Peter's friends will always remember his mum as a lovely, intelligent, friendly lady, living on that apple orchard at Red Hill.

# LETTERS TO THE EDITOR



Dear State Secretary & Magazine Editor,

I need your help to get reminders to all your members that the World Championships are on next year in Durban and anyone at all interested in going MUST get in touch with me. I've had about 110 people contact me so far and this is a very low number.

One reason possibly is that many people think they will wait and see what the final tour costs etc. are and then do something about it. The problem with this is that the only ones who will get quick advice as soon as these prices are established are those who are on my mailing list. Any others will either have to wait for advice through State newsletters which, depending on publication timings, may cause delays or make their own enquiries wherever they thing they can get some information. Any latecomers may miss out if accommodation is in short supply.

I don't care how anyone contacts me - a letter, phone or fax will do just as long as I receive an expression of interest please. This enquiry does not obligate you in any way.

With thanks,

Frank Rogers  
Travel Director (AAVAC)

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To all members and venue managers,

G'day Col,  
Could you please request that all venue managers ask their members to indicate their availability to assist at the Nationals at Easter next year.

Many thanks,  
Eccles.  
P.S.  
Thanks for putting me on the cover of the last News and Results. Can I have an extra copy please. My mother-in-law wants to use it as a darts board.

Dear Dot & Colin,

I would be grateful if you could inform your members that my book is now available, post free for \$20.00. Incidentally, I had another great review in the July issue of "The Australian Senior Citizen", a half-page, but it doesn't seem to increase sales. John Gilmore wrote recently, His book "All in My Stride" was written in 1988 - but he could not afford to publish it. Ron Burns took his manuscript last year at the A.I.S. (John was on a sponsored visit for Veterans Affairs) with a view to publishing it. John Gilmore is back training, but he keeps cracking ribs; his bones have gone very brittle, very painful. As always, John is optimistic and is using his back-yard circuit of 60 metres, and expects to compete in October after a 3 year battle to get fit. He says that his health problems began when he was tripped up in Japan and broke 3 ribs. I can assure you that the foregoing is direct quotes from his letter. He's relying on me to find out where his book is!

Also, Cliff Bould, our founder member from Perth, and his wife are both in separate nursing homes. Cliff is only 76 years but has terminal cancer.  
All the best,

Jack Pennington  
24 Alberga Street,  
Kaleen ACT 2617.

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Dear Dot,

Many thanks to the Committee and Members of the Vic Vets Athletic Club for your expressions of sympathy for my late husband Lindsay, who passed away on 18th July, 1996 at the age of 68 years. We deeply appreciate your thoughtfulness and thank you most sincerely.  
Mrs. Mary Kent and Family.

Dear Colin,

Regarding the great Pentathlon debate, both Jennifer and I are very disappointed about the proposed change of the discus to shot-put. We always believed that the aim of the Pentathlon, like the Decathlon, Heptathlon, was to unearth the most versatile and skilled athlete. The shot-put is certainly as challenging and 99% of throws fall within a few metres of each other which means a small difference in points scoring and a boring competition. However, the discus can often result in a wide range of distances and greater variance in point scoring which can see the competition change considerably. With some regular practice (1/2 hour per fortnight) Jennifer and I were both able to improve our throws from 22m to 28m and 30m to 36m respectively and more importantly, increase our points scored by some 120 points. Similar practice in shotput resulted in an average 7.06m improvement and around 40 extra points, hardly worth the effort.

As for causing time delays because discus and javelin cannot be held at the same time is nonsense. There is only one athlete (Peter Dohnt, SA) who can throw over 60m in javelin that may cause a safety risk if both events are on at either end of the throwing field. We would also suggest that javelin is equally if not more difficult to learn than discus and more hazardous.

The real solution to this dilemma needs to answer one simple question - What is the purpose of the Pentathlon event? Is it to determine the most talented and versatile athlete, or is it a case of providing a competition for athletes who are not particularly skilled in any one event but enjoy friendly competition for enjoyment and social reasons and participate in events they would not normally attempt in individual competition because they fee they would not be good enough? If it is the latter, we believe that the javelin should also be changed to a high-jump, and the 1500m and 800m be halved to make it a more social event that appeals to everyone.

Perhaps you are thinking that Jennifer and I take our Veteran competition too seriously. I have only every met one athlete who does not care where he places or how well he performs, Ronnie Battersby, who is a lovely person. And if it is not meant to be a serious competition, who do they keep awarding medals for

first, second and third?

Terry Baldwin ("Sox")  
President Athletics Waverley

P.S. Jennifer and myself both hold the Australian Records in Pentathlon in 30 - 34 years. Clyde believes this duo is a record, being husband and wife!

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Dear Dot,

On behalf of the VVACI Throwing Group, I would like to convey to the VVACI Central Committee our appreciation for their support with a cheque for \$200 towards the hiring costs of the hammer cage at Duncan McKinnon Park.

Yours faithfully,

Jan Davies  
Sec. VVACI Throwers' Group.

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Dear Dot,

**Re: Vet's Marathon - Singlet is the Issue!**

The announcement at the recent 10 Mile Championship advising it was compulsory for all Veteran members running in the forthcoming Melbourne Marathon to wear their Veteran Uniform, otherwise they were eligible for a medal is, in my opinion, a very poor decision made by your committee. It's not as if the VVACI are sponsoring the race!

There are many "Spartan" runners who want to wear the Spartan singlet. After all, it is a great achievement to have this and it is only through the Melbourne Marathon that one can gain it! Shirley Young is one example of being the only woman to have run in the complete 19 marathons and she is the proudest of all to wear the Spartan singlet.

It seems that because of this ridiculous rule made by the Vets. Committee, many of us will have to forego the VVACI Marathon. Why on earth the VVACI cannot run their own marathon is beyond me - after all, we are the largest and most financial running club

in Australia and smaller groups for example, the Sri Chinmoy, Ballarat Harriers, Traralgon etc. all organise their own marathons without any problems!

Are you aware of the fact that Athletics Victoria and Victorian Road Runners do not have any such rules for their members running in the Melbourne Marathon?

One question I would ask is - are all of our members aware of the Vets. Marathon being run in conjunction with the Melbourne Marathon? Unless one was at the 10 mile run where the announcement was made - how would one know?

I will be interested to read the feedback from Leigh Cassidy's letter in the July issue of News and Results, although at that time the rule of compulsory wearing of our singlet was not published - I guess it was just thrown in at the last committee meeting!

Cheers,

Judy Wines.

Ed. I moved your point of view at the committee meeting of 26 August but it was defeated narrowly by one vote.

Dear Colin,

It is with great pleasure that I am able to take this opportunity to thank you for your generosity to the 1996 Terry Fox Cancer Run by printing our request for support for the event in your magazine. I was thrilled that you chose to allocate the space, even though I would have rather have inserted advertising copy, but nevertheless, I have become infamous overnight amongst the Aberfeldie members who know me and read your magazine.

We are fortunate to have so many loyal supporters who so generously give of their time, gifts and services to ensure the success of our event.

Whilst our 1996 Run participants encountered a very wet course and a stiff northerly wind, all participants safely finished the course. Many participants have assured us that the Terry Fox Cancer Run is firmly established on the Victorian sporting calendar as a

family fun event for walkers and runners alike.

It will be many weeks before a final result is known, but we are confident that we will exceed last year's total. We are grateful for your ongoing help and hope that next year, I can approach you again for your support for this fundraising event for cancer research.

Please find enclosed our run Certificate which acknowledges your support,

With best wishes,  
Yours sincerely,

Lorraine Carlton  
Anti-Cancer Council of Victoria

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Victorian Veterans Athletic Club Inc

## MARATHON

Sunday 20th October 1996

This years Marathon will be held as part of the Melbourne Marathon. The official entry form distributed by Ausfit Events Pty Ltd., will incorporate a division for registered V.V.A.C.Inc. entrants. Tick this box to indicate your intention to enter the Marathon as a V.V.A.C.Inc. entrant.

Official Ausfit Events numbers are to be worn pinned to the V.V.A.C.Inc. race uniform, clearly displaying your Vet No and the red heart.

Note : As of 30th September 96 the competition uniform for men is Navy blue and white singlet with matching blue shorts

Presentations of Medals in each 5 year Veteran age division will be made at the V.V.A.C.Inc. Annual Dinner Dance on Friday 8th November 96 at Hawthorn Receptions, 555 Glenferrie Road.

Further enquiries (03) 9337 7179 John Dean  
Uniform enquiries (03) 9560 2971 Eric Greaves  
Dinner Dance enquiries 9874 2501 Dot Browne

Enter and participate in an excellent opportunity to promote our Club at a major sporting event

**Good Luck and Good Running**

## RACE REPORTS

ROAD WALKS 5 AND 10KM MIDDLE PARK

25th MAY 1996

by Peter McGrath

Saturday 25th May saw the Veterans 5 and 10 Kilometre Roadwalks held on a new track at MiddlePark. A coolish type of day and some problems with the track layout due to another function being held in close proximity. Results were

### 5Kilometre Womens and Men 60 Plus

Age Group	Name	Vet No	Time	Place
W75	Dot Jack	569	40.09	1st
	Grace Smith	579	46.43	2nd
W65	Jean Albury	118	32.04	1st
	Jean Knox	761	37.23	2nd
W60	Jean James	820	46.43	3rd
	Tina Leb	149	36.00	1st
W55	Penny Hall	203	30.51	1st
	Margaret Marion	755	34.50	2nd
W50	Brenda Riley	819	35.45	3rd
	Lee Pownall	437	30.46	1st
W45	Sylvia Machin	774	31.07	2nd
	Heidi Engel	814	42.10	Disq
W40	Kathy Cassidy	421	28.46	1st
	Celia Johnson	305	29.04	2nd
W35	Eileen Hay	733	34.27	3rd
	Janet Hatfield	817	34.58	4th
M85	Marlene Gourlay	559	29.28	1st
	Carmela Carrassi	708	31.52	2nd
M80	Marjorie Kuiper	812	34.45	3rd
	Franca Arcadi	782	29.31	1st
M75	George Knott	140	42.36	1st
	Ern Walker	696	39.01	1st
M70	Vic Harley	1098	33.56	1st
	Syd Elks	254	34.50	Disq
M65	Bob French	729	33.57	1st
	Jim Machin	974	39.33	2nd
M60	Bob Gardiner	1194	28.34	1st
	Geoff Major	384	28.57	2nd
M55	Kevin Marion	492	33.05	3rd
	Colin Silcock	407	34.23	4th
M50	Harry Summers	236	30.23	5th
	Fred Brooks	754	30.34	6th
M45	Ray Atkins	263	30.58	7th

### 10 Kilometre results

M55	Tony Johnson	1955	53.15	1st
M50	Darrell Polglase	829	74.38	2nd
	Brian Glover	642	62.26	1st
M45	Ross Sharpe	1092	53.47	1st
	Tony Barrett	2218	59.09	2nd
M40	Clyde Riddock	2007	52.43	1st
	Ian Cassell	2021	64.23	2nd
M35	Mark Donahoo	927	48.51	1st

It was good to see our regular Walkers there and also a special welcome to those who joined in for the first time. Our friends from the V.R.W.C are also thanked and everyone who assisted with the event, presentations and refreshments.

# RACE REPORTS

## ROAD WALKS 20 AND 10KM MIDDLE PARK 14th JULY 1996 by Peter McGrath

Sunday 14<sup>th</sup> July saw the Veterans 20 and 10 Kilometre road Walks take place at the Middle Park Venue. The events were conducted in conjunction with the Victorian Open 20 Kilometre Championship and also a All Schools programme. Weather was cool but fine and the track was a 2.5 Kilometre loop. Good walks by Penny Hall in the Womens 55 agegroup and by Geoff Major in the Mens 60 agegroup have seen Records claimed. Results of the walks were:

### 20 Kilometre Road Walk.

Age group	Name	Time	Placing
<b>Men 35</b>	Mark Donahoo	90.40	1 <sup>st</sup>
<b>Men 40</b>	Ian Castle	124.58	1 <sup>st</sup>
<b>Men 45</b>	Ross Sharpe	105.16	1 <sup>st</sup>
<b>Men 50</b>	Brian Glover	132.12	1 <sup>st</sup>
<b>Men 55</b>	Tony Johnson	109.25	1 <sup>st</sup>

### 10 Kilometre Road Walk.

Age Group	Name	Time	Placing
<b>Men 60</b>	Geoff Major	54.09	1 <sup>st</sup>
	Fred Brooks	59.43	2 <sup>nd</sup>
	Kevin Marion	62.50	3 <sup>rd</sup>
	John Beck	71.00	4 <sup>th</sup>
<b>Men 65</b>	Gordon Gourlay	62.46	1 <sup>st</sup>
	Kevin McGrath	73.51	2 <sup>nd</sup>
	Jim Machin	76.04	3 <sup>rd</sup>
<b>Men 70</b>	Vic Harley	67.23	1 <sup>st</sup>
<b>Men 80</b>	Ern Walker	73.51	1 <sup>st</sup>
<b>Women 35</b>	Franca Arcadi	58.13	1 <sup>st</sup>
<b>Women 40</b>	Carmela Carrassi	61.07	1 <sup>st</sup>
	Marjorie Kuiper	65.44	2 <sup>nd</sup>
<b>Women 45</b>	Kathy Cassidy	55.06	1 <sup>st</sup>
	Celia Johnson	58.10	2 <sup>nd</sup>
	Eileen Hay	66.20	3 <sup>rd</sup>
	Janet Hatfield	70.35	4 <sup>th</sup>
<b>Women 50</b>	Joy Herbert	61.48	1 <sup>st</sup>
<b>Women 55</b>	Penny Hall	58.55	1 <sup>st</sup>
	Sylvia Machin	60.02	2 <sup>nd</sup>
	Maurcen Seedsman	63.10	3 <sup>rd</sup>
	Brenda Riley	64.55	
	Margaret Marion	70.40	
	Margaret Beaumont	75.00	
<b>Women 65</b>	Jean Knox	72.34	1 <sup>st</sup>
<b>Women 75</b>	Dot Jack	77.58	1 <sup>st</sup>
	Grace Smith	90.21	2 <sup>nd</sup>

Again our thanks to the Walk Judges, timekeepers and recorders from Athletics Victoria and the Victorian Race Walkers Club. The BBQ lunch was also appreciated. The Veterans medals were presented by Leigh Cassidy, Manager of the Springvale/Noble Park venue. Also many thanks to all our members who competed and great to see everyone taking part (including our few members who did not get past the judges) The East Brunswick Athletic Club made an award in memory of the late Geoff Williams in the Men 65 age group. This award was presented to Gordon Gourlay by Mr Giuseppe Carrassi ....



# VVACI & VCCL 10 MILER

PRINCES PARK, 28th JULY 1996

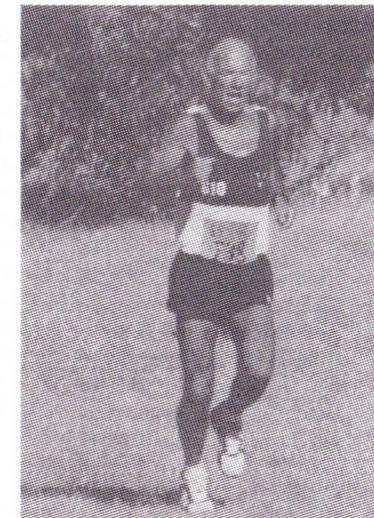
by Eric Greaves

Perfect weather conditions were the order of the day for our combined 10 mile event with the V.C.C.L. held at Princes Park, Carlton. With the Victorian Road Runners also conducting an event, their half marathon, the finish and start areas were very chaotic, to say the least. But thankfully, there were no obvious hassles caused by the increase in numbers and both events went as well as we hoped they would.

This race was an important one for the V.C.C.L. as it was the inaugural handicap event in honour of the late ultra distance runner, George Perdon. George was a prolific record setter in distance events and was an inspiration to many. So it was very pleasing to see the large field of over 100 competitors representing both clubs toe the start line.

First across the line overall was M40 Vet, Peter Gaffney. Peter, who is an ex-Otway Classic Runner, stormed home in a fast time of 51.38, finishing nearly a minute in front of the first V.C.C.L. runner, Martin Murray. W30, Bronwyn Hanns once again dominated the women's division, winning in a time of 1.02.30, despite having run a marathon the previous weekend. Bronwyn was pressured all the way by Charlene Rendina. Charlene finished with 1.03.45 to her credit. Another entrant to compete in a distance event the week prior was Shirley "Nana" Young. But in Nana's case, her event was the 50 mile run at Knox track. So our 10 miler would have seemed like a jaunt in the park for Nana after 50 miles.

Keith McDonald and Paul Bennett travelled down from Bendigo to take out silver in their respective age-groups, after both running very strong races. Another of our competitors with an illustrious background was M45 Gerry Sofianos. Gerry represented his native Greece in the Olympic Marathon in the year of the boycott. Gerry took out the M45 division in a great time of 55.28. Gabriel Carmona and Ken Senior, both M50, put in top efforts to take gold and silver medals respectively. Jim Ingham, M50 and Shaun Kemp, M30, put in a dazzling display of



John Waite, winner of the M55 division.

\*\*\*\*\*  
sprinting the last 50 metres to cross the line nearly together, with Jim just edging Shaun out by one second.

As is normal for a Vets. event, we were fortunate to have some very willing workers who ensured that things that most of us take for granted, happened. Things like making sure the hot water, tea and coffee etc. were available after the run, that an entry sheet was provided, finishing times were recorded and medals were ready for the presentations. So our special thanks to Lyn Crouch, David Sheehan, Les Clark, Margaret "Hoppy" Cassidy and Wendy Greaves. Many thanks also to Carmela Carrassi for allowing us to use the clubrooms of the East Brunswick Athletic Club. Two items of interest that surfaced after the run were that our President, Rob "Contact" Waters and the President of the V.C.C.L., Les "Loophole" Mollard both crossed the line together in a time of 1.08.14. The second was the look of surprise on Col Browne's face when he was awarded the bronze medal in the M60 group, his first ever in 17 years of veteran athletics. Col was convinced that a mistake had been made and it took a few seconds to sink in. As Col later stated, "If you stay alive long enough, you'll eventually win a medal".

Well done to all of our competitors and thank you for supporting our club.

Eric Greaves  
Club Captain.

## Results

### M30

1. Shaun Kemp 1.04.40

### M35:

1. Joe Campisi 1.00.53  
2. Laurie Collard 1.02.20

### M40:

1. Peter Gaffney 51.38  
2. Paul Bennett 55.26  
3. Andrew Cochrane 56.51  
4. Colin Heywood 1.01.02  
5. Neil Boyle 1.01.44  
6. Guido Smoghan 1.03.04  
7. Ian Cassell 1.05.17  
8. Glen Claiden 1.06.09  
9. Graeme Paul 1.07.17  
10. Greg Williams 1.07.35  
11. Lou Buccieri 1.14.01

### M45:

1. Gerard Sofianos 55.28  
2. Keith MacDonald 56.52  
3. Eric Greaves 1.01.17  
4. John Daniel 1.04.32  
5. M. Hutchison 1.05.43  
6. David Jones 1.07.05  
7. Ian Uren 1.07.33  
8. Howard Gibson 1.07.48  
9. Ron Ledingham 1.08.31  
10. Len Hallett 1.08.48  
11. John McBride 1.13.05

### M55

1. John Waite 1.04.14  
2. Mal Brown 1.06.42  
3. Jack McKellar 1.07.42  
4. Juan Perez 1.08.23  
5. Kyle Matheson 1.10.25  
6. Dave Herbert 1.12.34  
7. Laurie Crouch 1.14.18  
8. Frank Furlan 1.15.35  
9. Ron Wilson 1.17.50  
10. Peter McGrath 1.19.01  
11. Domenico Morina 1.20.33  
12. Roland Brown 1.27.32

### M70

1. Gerado Riviello 1.43.53

1. Gabriel Carmona 1.00.41  
2. Ken Senior 1.01.27  
3. Jim Ingham 1.01.39  
4. Westly Windsor 1.03.28  
5. John Bell 1.05.43  
6. Rob Waters 1.08.14  
7. Colin Wight 1.08.48  
8. Graham White 1.11.30  
9. Russell Knight 1.14.48  
10. Duncan Hamilton-Ritchie 1.15.51

### W30:

1. Bronwyn Hanns 1.02.30

### W35:

1. Annette Brunton 1.11.28

### W40:

1. Carmela Carassi 1.41.47

### W45:

1. Charlene Rendina 1.03.45  
2. Heather McBride 1.22.14

### W50:

1. Cynthia Herbert 1.20.31

### W55:

1. Dot Browne 1.14.17  
2. Judy Wines 1.25.09

### W60:

1. Barb Dagleigh 1.18.11

### W65:

1. Shirley Young 1.22.22

### M60

1. Chas McRae 1.11.20  
2. Rex Young 1.15.01  
3. Colin Browne 1.24.26  
4. Bryan Johnson 1.26.19

### M65

1. Ron Young 1.09.30  
2. Bob Lewis 1.16.16

## VVACI 10km RUN

### BRAESIDE, 25th August 1996

by Eric Greaves

In the weeks prior to our event at Braeside Park, the most frequent question I was asked, besides the one about was I going to sue my barber, was why our event clashed with the Half Marathon on the Park.

The simple answer to this question was that the organisers of the Half on the Park had clashed with our race. Our fixture was released before Christmas with all of our dates confirmed, while the date of the other event was published after Easter. And as to the suggestion by a few members that we should have changed our date, my reply was, why should we? I felt that if members of the Vets preferred to pay \$22 to compete in an event rather than run in a club event at no charge, then that was their choice.

So, with the political message aside, it was another successful day with 78 competitors toeing the line at Braeside under pleasant but very cool conditions.

The race was started by our very dapper ex-president, Doug Orr Esq. and right from Doug's command of "Go!", Brian Simmons and Russell Johnson (both M40) charged away racing together for the first 500 metres until Brian dropped into overdrive and took off, going on to cross the finish line first in a course record of 33.41. Russell hung on for second place, being chased home solidly by Lawrence Malone who was third overall.

First woman to finish was W45 Janis Wright, with Lavinia Petrie, W50 and Marlene Gourlay, W40, being second and third respectively. Corrie de Groot (68) and Harry Preston (85) were our oldest competitors with Corrie finishing in a great time of 56-11, showing she can still mix it with the younger generation. W40, Chris "I can't run 10km" McArdle ran a strong race to collect silver with Christine Simmons taking bronze in that age group also.

With this event being two laps of the course, you would reckon that if anyone was going to take a wrong turn, it would be on the first lap. To me this is a logical assumption to make, but not to M40, Greg "Wrongway" Wilson. Greg waited until he was on the second lap before he started charging off down the wrong track like a dog chasing a rabbit. To

the blokes running behind "Wrongway" it must have seemed as though they were at a sheepdog trial as they whistled and called Greg back on to the course proper. It is obvious from Wrongway's antics we will have to put out extra flags and bunting next year. It was good to see long time member, Peter Armistead, make a return to our events. Hope to see you again in future events, Pete.

To the members from Springvale Noble Park that assisted on the day, many thanks for your valuable help. Special mention to Lou Buccieri who rode his bike around with Harry Preston making sure Harry was OK during the run. Thanks also to Jean O'Neill and Bill Ryan for their help.

Eric Greaves  
Club Captain

## RESULTS

### W40

1. Marlene Gourlay 43-59  
2. Chris McArdle 47-10  
3. Christine Simmons 52-53

### W45

inv Janis Wright 43-15

### W50

1. Lavinia Petrie 43-22  
2. Cynthia Herbert 48-01

### W55

1. Dot Browne 45-57  
2. Judy Wines 50-03  
inv Dot Smart 60-47

### W65

1. Corrie de Groot 56-11

### M30

1. Shaun Kemp 37-06

### M35

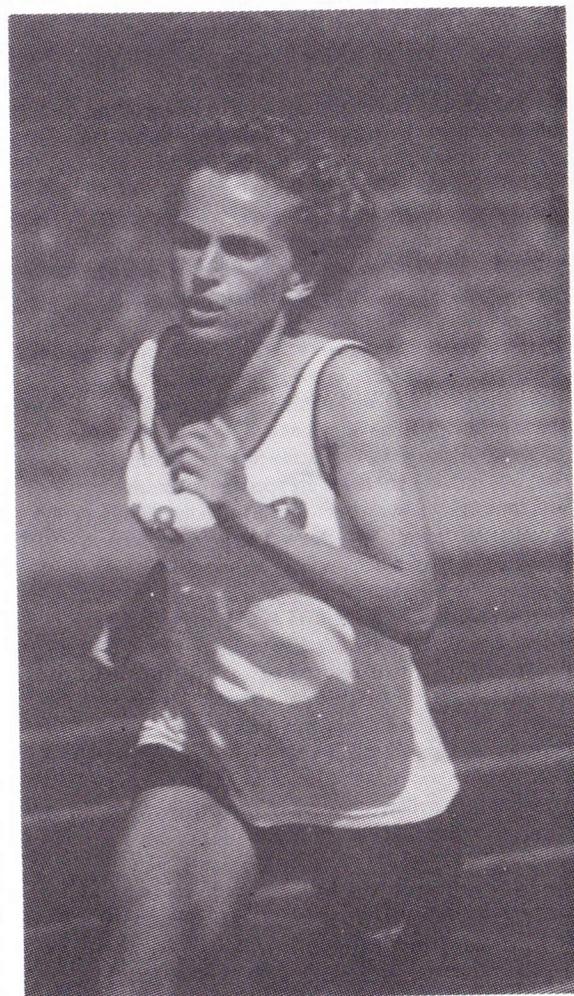
1. Joe Campisi 36-55  
2. Andrew Tunne 42-26  
3. David Appleby 43-59  
inv Lawrence Malone 35-24  
inv M. Aust 45-47

### M40

1. Brian Simmons 33-41 course record  
2. Russell Johnson 35-18  
3. Greg Wilson 35-32  
4. Ron Rabone 37-00  
5. Neil Boyle 37-35  
6. Ian Gilmour 38-21  
7. Chris Calamatta 38-53  
8. Graeme Paul 39-36

9	Glen Claiden	40-20
10	Gordon Loughnan	49-42
M45		
1	Paul Twining	35-53
2	Eric Greaves	36-09
3	Alan Bennie	38-17
4	Murray Hutchison	38-24
5	David Sheehan	40-10
6	Pat McHugh	40-39
7	Dennis Ardley	40-54
8	S. Gordan	41-19
9	Alan Radford	42-43
10	Leigh Cassidy	42-57
11	John McBride	43-21
12	Simon Stargot	44-18
13	Paul Lynch	46-31
14	Alan Kemp	48-38
M50		
1	Jim Ingham	37-04
2	John Kneen	38-44
3	Jim McLure	39-03
4	Peter Armistead	40-38
5	Keith Moody	40-53
6	Louis Waser	41-23
7	Ron Little	41-49
8	Graham White	44-05
9	Rob Petrie	45-32
10	Graeme Stevens	46-00
M55		
1	Ray O'Connor	37-04
2	Brian Mee	38-48
3	Jihn Waite	39-07
4	Ted McCoy	39-13
5	Juan Perez	40-57
6	Paul Mullins	41-04
7	Dave Herbert	42-03
8	Jim Smith	42-48
9	Laurie Crouch	43-11
10	Domenico Morina	45-19
11	Roland Brown	47-23
12	Peter McGrath	47-34
13	Greg Mauldon	49-22
14	Bernie Goggin 52-39	
M60		
1	Roy Stanway	41-32
2	Peter Le Get	42-14
3	Chas McRae	42-54
4	John Peacock	44-03
5	Rex Young	44-10
6	Kevin Onley	49-15

7	Michael Heffernan	49-32
8	Colin Browne	49-38
M65		
1	Bob Lewis	45-54
2	Ray Kemp	47-01
3	Gordon Gourlay	48-45
4	Les Jarry	51-36
M70		
1	Vern Gerlach	50-14
M85		
1	Harry Preston	1-37-42



Janis Wright, W45, first lady to finish in the event.

Victorian Veterans Athletic Club Inc  
Aberfeldie Venue

**WESTERN REGION GAMES**

**INVITATION**

**Wednesday 16 October 96**

Join us, on **Wednesday 16th October 1996** for the 8th Annual Veterans ATHLETICS event of the Western Region Games under lights at the Athletic Centre Track, Corio Street, Moonee Ponds.

Start **6:10 pm** - Hammer, Shot, Discus  
then **7:00 pm** - 100, 200, 3000 walk, 1500, 400 and 5000 metres. Incl., wheelchair all events

Certificates to ALL. Medals to first place getters in each 5 year Veteran age division. BBQ Supper for all entrants after 5000 metres at presentations  
Donation **\$4.00** first event, each extra event **\$1.00**

Enquiries and early entries  
(03) 9398 1884 Lorraine Woodman  
(03) 9379 4656 Rhonda Hircoe

Proudly assisted by  
**R J Gilbertson ~ Butchers** 9392 6222  
**Glenroy Bakery & Pastrycooks** 9306 8229  
and the  
**North Western Physiotherapy Group** 9379 1000  
Physiotherapy ~ A part of the Team

VICTORIAN VETERANS ATHLETIC CLUB - SEASON 1996/97

10KM TRACK TITLES - ENTRY DETAILS

SATURDAY - NOVEMBER 30TH - FROM 6.30PM

TO BE HELD AT THE KNOX TRACK (Melway 73,d7)

CONDUCTED IN ABILITY GRADED DIVISIONS, WITH AGEGROUP MEDALLIONS AWARDED ON BEST TIMES OVER ALL. NOT ON YOUR DIVISIONAL PLACE.

ENTER AT YOUR VENUE

(At least the week before closing date to allow your venue manager to send entries in on time.)

OR

Send or phone your entry to - Ray & Anne Callaghan, 6 Yvonne Ave, Sth Croydon 3136 (9725 5376)

Give us your Club Number, Callname and Surname, Age, and Date of Birth, and the Venue (if any) you compete with.

AND

YOU MUST NOMINATE YOUR DIVISION FOR THE 10 KMS

6.30pm - D division 45.30 minutes or slower  
7.35pm - C division 41.00 to 45.29  
8.30pm - B division 38.00 to 40.59  
9.20pm - A division faster than 38.00 minutes.

Consideration will be given to one-out agegroup bests to drop down a division, if they wish.

1. You must be a financial member of the club.
2. Club uniform must be worn.
3. Please supply your own lapscorer

ENTRY FEE\_\_ \$\$

CLOSING DATE - WEDNESDAY 27TH NOVEMBER



# Paging AAVAC

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

During 1995-1996 the organisation continued to function efficiently despite many variables. Three variables in particular made organisation difficult, as well as the constant problem of travel and communication in a continent which stretches three thousand kilometres from east to west and north to south.

The first of the three variables was the inclusion of new people onto the Board. With the sad loss of Collin Cooper in February, a rolling process started which eventually saw five new people in the roles of Secretary, Director of Technical Affairs, Director of Promotions and Development, Director of Membership and Registration and a new Vice-President.

The second variable was the development of other athletic events to cater for mature athletes. The Masters Games Program has made inroads into the financial viability of travelling athletes. This co-joined with a rash of Friendly Games in most states and territories has seen the emphasis change from veteran athletic competition to more local activities, with a masters competitive national event. These events are beginning to become more attractive than the state athletic programs and consequently there has been a reduction in numbers attending our National Championships and World Regional Events such as the Oceania Games.

The third variable was the election of a new Federal Government. Whilst the new government's stated aim is for the continuous development of sporting facilities, Australian Sports Commission funding has ceased to flow. The Confederation of Australian Sport, the national lobby group whilst pursuing positive action on this matter has been unable to predict the level of government finance that will be available for the next financial year.

In summary, AAVAC has:

- confirmed the thrust of its recently approved three year Development Plan
- held an extremely efficient, friendly, well-run National Championship in W.A. at which 400 people attended
- through the AAVAC Vice-President integrated veteran athletes into open competition with Athletics Australia
- received a commendation from the World Athletic Veteran Association on the efficiency of its program for record keeping
- seen 16 new World Records established by its members
- maintained its membership at 3600
- has raised the profile of AAVAC amongst its members
- put in process procedures for selecting an Executive Officer to further develop the organisation

The Association has been active in making recommendations which could assist the development of the World Athletic Veteran Association Championships. The Association is also currently recommending changes to assist in the development of Oceanic facilities and functions.

AAVAC is pleased that its past President is now an Oceanic representative on WAVA and that a New Zealand Oceanic member has the distinction of being the WAVA Stadia Chairman.

## OCEANIA NEWS TAHITI - 1996 CHAMPIONSHIPS

31 Australians travelled with JCT to Tahiti for the Oceania Games. They were held in Papeete from Saturday 6th July to Saturday 13th July. The five competition days saw 130 athletes (30 Australians, 60 New Zealanders, 30 Tahitians and 10 Pacific Islanders) competing for gold.

The weather most days was 30 - fine and humid. The two lay-by days saw most Australians travel as a group around the island (114km) on the Monday and a visit to Marooea Island on the Thursday. Both days were very enjoyable. Most Australians stayed at the Matavai Hotel in splendor - air conditioning - two pools - three bars - gym - golf - tennis etc.

The most expensive item was the food but the harbourside kiosks provided reasonably priced meals.

A Council Meeting and General Assembly was held. Kerry Thew (Councillor) and Len Childs (Vice-president) were both elected as Australian representatives to the Oceania Veterans' Athletic Council.

The next Oceania Games will be held in Hawks Bay, New Zealand in January 1998.

28 Australians gained medals, some as many as nine. All competitors spoke highly of the Tahitian officials who ran the competition.

With French being spoken the following aspects provided an exquisite introduction to tropical living:

- the Tahitian dancers
- weddings
- plays
- canoe races
- buses
- roosters
- shops
- sea views
- mountain views
- black sand

### J.C.T TRAVEL

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

Future issues of PAGING AAVAC

The October issue will outline the decisions from the AGM and Council Meeting, written by Brian Foley

The November/December issue will contain news and views written by Vice-president Peter Crombie.

Number of the Month  
J.C.T. has a Toll Free 1800  
number:  
1800-150122

INTERNET INFO.  
<http://www.ausport.gov.au>

# THROWERS COLUMN

## TRACK AND FIELD THE THROWS - FOR THE OLDER ATHLETE

### INTRODUCTION

The development of Veterans and Masters sport over the past 10 years has provided opportunities for thousands of people to involve themselves in sport at various levels of activity. Recreational, participatory and performance (elite) levels are available to the mature aged athlete in Australia across the full range of sports. Indeed the advent of organised mature aged sport has provided opportunities for participants to indulge themselves in a feast of sporting opportunities that would have been most unusual when they were younger or were forced to focus on particular sports because very few were offered. Today the mature aged athlete might go to the gym three days per week, play tennis twice per week, enter a triathlon or duathlon once per month, compete in the track and field season once per week, be a serious swimmer most lunch times and enter a weightlifting or powerlifting competition once or twice per season.

The basic factors providing these opportunities are time, facilities, attitude, health and organisation.

Mature aged sport is dominated in Australia by males in the age range 40-50 years. Formal entries for Australian Masters programs over the past eight years reveal that this cohort dominates entries to Masters Games with the overall ratio being 70% male to 30% female.

In any developmental program organisers must recognise that their marketing strategies need to be strategically focused to gain female participation.

Traditionally, sport that was part of the background for today's mature aged consisted of football and cricket for men and netball and hockey for women. These mainstream sports were supplemented by track and field, basketball, baseball/softball and swimming in season. Today the opportunities for the mature aged to enjoy sport are unlimited and many are trying new and radical sports opportunities **because** the programs didn't exist in their younger days and they had often dropped out of sport, not because they didn't like physical activity, but because the programs that were available were narrowly focused and didn't meet their needs.

With the mature aged now abseiling, parachuting, aqua diving, marathoning, triathloning as well as participating in more traditional sports it is obvious that these people are adventurous and risk takers, ready to get as much out of life as is possible.

This can be seen in traditional areas such as track and field where many mature aged men and women are attempting for the first time in their lives



events such as the throws or jumps, events with which they had little or no contact in earlier days. But interest of itself is not enough to provide the new thrower with the enjoyment that might be sought. Unless a satisfying level of competency is reached the athlete will look elsewhere for other experiences.

### COMPETENCY IN THE THROWS

The four basic attributes that all athletes require hold for the mature athlete. It is the mix of these attributes that is critical in understanding the difference between young and old, competitive and social, elite and participative. The four developmental attributes are:

- FLEXIBILITY
- POWER
- TECHNIQUE
- ATTITUDE

Of these it is likely that flexibility and technique are the most important for the mature aged athlete, particularly those that do not have a background in throwing. **The maintenance of flexibility is probably the most important feature of a mature aged athlete's training program.** This is just as important in the throws as it is for running or jumping, perhaps even more important because of the unusual positions the body must assume during the course of a throw which requires high levels of torque to optimise speed of delivery of the implement. Without the flexibility that allows the athlete to rotate, pull or drive the body or its parts through the full range of movement, the athlete will have difficulty in reaching satisfying levels of competency.

here

Of course there will be situations with mature aged athletes in particular when an individual's body will not be able to respond in the most appropriate manner as required by the event. Old injuries, general wear and tear, osteoarthritis, osteoporosis and related circumstances will have a negative effect on flexibility. However, for the athlete to achieve the best possible in the circumstances flexibility remains the most critical factor.

It is important that all body parts are included in a flexibility training schedule. While most athletes will actively promote flexibility in their arms and legs, few are as diligent about their backs. Yet it is the back that is the link between the explosive forces of the legs and the explosive forces of the arms. It is the area of transition in the throws and is under enormous pressure from forces built up through torque between the upper and lower body.

Without excellent flexibility in this region the thrower will cause serious injury which could lead to diminished enjoyment of other activities.

In the next article in this series I will focus on the sort of flexibility activities that could form part of the throwing athlete's repertoire.

Ray Green  
MSO Canberra

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I was at the Good Friday Services and the thought came to mind, what have I done for Lent? I saw the advertisement from Foster to Melbourne, 14th - 21st April. I took down the phone number.

On Wednesday evening I got the phone call to say there were cancellations so I got in. I got excited, I was going to Foster so I had to ask people to sponsor me and that was hard for me.

It was 30km everyday. I didn't know if I could do it, I was going to put these legs to good use.

On Saturday we left Melbourne for Foster by bus. There were about 100 walkers from all over Victoria. 120 people all together with drivers for buses, Luggage, First Aid, drink stall managers and two portable toilets.

We had a wonderful Priest who walked all the way with us, Father Eugene Aheare such a dedicated priest who said Mass for us on Saturday evening. We had a meal together then we were billeted out to people who live in the area. I was with Cath, Norma and Susanne who was a Franciscan nun who does a lot of bike riding.

The first night we stayed with Denise O'Keefe and her daughter in Bennison about 9km from Foster. They made us welcome and offered us a shower or bath, bed and breakfast.

At the beginning of the walk we had a blessing from the Uniting Church Minister. I was very eager to get going so was Sue as this was her first walk (Life Walk). We were told to stay behind the lead car with a big sign on top saying stay close to edge or use footpath where possible. In front we carried a flag and would change as we go along. We were singing, "I will never forget you", some had rosary beads out and were praying as we went along. The sun was shining but had a shower or two and got wet. Susanne and I shared a health bar, she had one for everyday. She said people gave them to her. She worked in Bendigo Hospital with mothers and babies. I wanted to buy her some and she said "no, I didn't buy them". We shared one everyday and it tasted good with honey and muesli.

Off we went again getting soaked, we were glad to stop for lunch. We had hot soup, sandwiches, slice of cake, an apple and an orange to take with us on the way. We had 9km to go to Meeniyah. It was up hill and down dale, lovely and green. We got near the end and there was a footpath so we took off our shoes to cool our feet and walked bare footed to the hall.

We stayed with Noreen and Colin Norton in Leongatha, I went with Susanne. We were made welcome and offered us a hot bath and we had a roast dinner waiting for us. We were very grateful. They were lovely people. We had an early night to bed as I could hardly walk. I had stiffened up and had blisters

on my feet and my back ached. We woke at 6 o'clock to have breakfast, cereal, lovely egg and bacon and toast and a cup of tea, ready for another day.

We started with Mass at 7 o'clock. We had about 30km every day and talked to different people on our way, some saying the rosary to help us.

There were a lot of young people as it was school holidays. I was surprised so many would like to do this, even older people, the oldest man 76 and his wife 72, a lovely couple. They were celebrating their 50th wedding anniversary in a couple of weeks time. There were also a couple of babies in prams, they were well snuggled up and liked attention and smiled at us, they had plenty of offers to push them.

Our third night was with Elizabeth and Brendan Morgan at Korumburra a lovely couple with three children. They had a few cows, and it was beautiful scenery, lovely and green. We got our own shoes dry by an open fire.

In the morning we had a lovely breakfast again, packed our bags and off to Mass where a local priest joined in with Father Eugene. It was a spiritual way to start off the day for strength for walking. It started off beautiful and sunny, we walked to Kilcunda in the afternoon. It rained hard and blew us on to the road. We had to stop for safety reasons.

We stayed in Wonthaggi

Len and Theresa were so kind, they welcomed us back anytime.

Next morning we had Mass together and were off walking from Kilcunda to Cowes. It was one of the worst days of all, rain and wind. When we got to the bridge, we could hardly hold ourselves down. I was praying that I would get there safely and I did, thank God. We had a lovely lunch at Newhaven. I had trouble with my knees, I had one strapped for support. We were off to Cowes.

It was a long hard day, I was sore all over and glad to sit down. 42 people were selected to go on the ferry, the rest were bused around to Mornington. We had a sing a long on the way. We formed the Tabernacle bus choir. I was billeted with Mary again and we stayed with Liz and Gerard Blampied in Mt Martha.

Next morning we started from Crib Point to Mornington. My knees ached again but once I got going I forgot about the pain. It was a busy road so we used the footpath. Coming into town we collected money from people willing to give. We were carrying signs against abortion, "no to euthanasia", we can help mother and baby. With big banners "Together for Life".

Mary and I stayed once again with Liz and Gerard for another beautiful night. I felt very old and ached all over. Next morning off to Mass at 7.30 with Gerard and Mary. It was a beautiful church in Mornington. We sang to our

hearts content.

We walked to Chelsea and stayed in the Mentone parish with a lovely couple, Anita and Michael De Silva in Keysborough.

The next day was a long hard day from Chelsea to Mitcham. We started about 9, it was nice and sunny stopping at drink stalls for a short break and snack. We saw a lot of people on the street at Springvale, hopefully getting through to people about the "right to life," some people said hello, some just looked. We stopped at a school in Glen Waverley for lunch, it was a most needed break. We had soup, sandwiches, cake, tea and coffee.

After lunch, we had to push the pace, we had to get to Mitcham by 5.30. I found my second wind, and was going a lot faster and was in front all the way, and I enjoyed it. Some were saying "how much further?". A lot of people got picket up in the mini bus to keep up the pace. We finally made it, 33km. It was good to sit down.

I was then billeted out with a young couple who lived in Ringwood and go to Mass at St John's, Maria & Les.

Maria drove me to Mitcham and said goodbye, must keep in touch. A lot more people joined in who we hadn't seen before, so getting to know them along the way to Box Hill wasn't easy. For our first drink stop Sue and I shared the last bar. I met some people from Milpea where Father

Eugene comes from. They knew him well as a very dedicated priest and very fit priest.

We stopped at Our Lady of Victory in Camberwell for lunch where more people joined in. Most people had their luggage picked up by relatives. Michael, my husband, hadn't arrived yet so I hoped someone would look after it until he got there. Father Eugene gave out certificates for those who completed from Foster to Melbourne.

We got ready to start with big banners being carried by many people, some with placards with police in front. We walked down the road to the junction and then all the way to Melbourne, stopping at intersections. It was harder to stand and wait and get going again. I was getting tired. Near the end we met up with protesting University Students, who got in our way, shouting awful things and would not go away. They held up placards saying "My Body My Right", "Women's Rights" and telling us to go home.

We started saying the rosary together and also singing "Hail Queen of Heaven". I felt scared through this, some children started crying as it was frightening. We were still there at 4.30 and we were supposed to be finished at Parliament House at 3.15. In the end Margaret Tigh and Father thanked all who participated and organisers and told us to walk quietly back to Richmond.

We took off our bibs we were wearing (Life Walk) and said a quick

goodbye to Sister Sue. We will remember each other sharing the health bars.

When I got there Mick was not there. I got a bit upset and Julie said, "well we did it". It was her first walk also 243km. We said goodbye as she had to catch a tram, then Mick turned up. He was told by an organiser that we were hassled by University Students at Fitzroy Gardens. He had looked around and couldn't find me and came back to where I was waiting on the steps. Finally we hugged and were glad to see each other. He had parked the car mile away as he couldn't get any closer because there was a flower show on in Melbourne. So he was pulling me along as I didn't have any energy left. Finally he let me sit down on a seat while he got the car from the park and picked me up.

When I got home all I wanted was a hot bath as I had stiffened up and a cup of tea in my hand and relax.

I am trying to raise as much money as I can for this most worthy cause. In the end I got \$355.00, I am pleased with this amount.

It was a great experience I enjoyed it, but it was hard but worth while. Hopefully will save someone's life.

Jan Watson

P.S. I would like to thank all those who prayed for me and sponsored me.

by Jan Watson

# 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, 29th Sept, 25km Road Championship (VV)** Footscray Rowing Club, Farnsworth Avenue Melway 28 D2 9.00am, Rob Waters 9318 3802

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

**Saturday, 5th October, VRR Tan Time Trial**, (8km & 4km) near Government House Drive, 7.30am (9807 7307 ah)

**Saturday, Sunday, Monday, 5,6,7th October, Australian Veterans Winter Throwing Championships**, Canberra, Ray Green (06 231 6712 h, 06 207 2310 w) Entry form this issue.

**Sunday, 13th October, Veterans Throwing Group (VV)** Weight pentathlon, Caulfield venue, Murrumbeena Rd, 12.45pm, Morrie James 9570 6958 or Astrid Rose 9836 2350.

**:University of Ballarat Fun Run** (10km) Uni grounds, 9.30am (053 339 697 w)

**Wednesday, 16th October, Western Region Games**, Track & field events, 6.10pm field, 7pm track. Lorraine Woodman 9398 1884. Details in this issue.

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

**Sunday, 20th October, Melbourne Marathon and Half Marathon, including VVACI Vets Marathon Championship**, enquiries John Dean 9337 7179. Entry form in this issue.

**:Maribyrnong Valley Run**, (10km & 5km) Farnsworth Avenue, Footscray, 9.30am (9688 4462 w)

**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.

**Saturday, 2nd November VRR Tan Time Trial**, (8km & 4km) near Government House Drive, 7.30am (9802 7925 ah)

**Sunday, 3rd November, Portland Three Bays Marathon**, (42.2km) Basketball Stadium, Portland, 8am, (055 217 378)

**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. Entry form in this issue.

**:Healesville - Mt St Leonard Run. Victorian Mountain Running Championships** (13km) Maroondah Reservoir, 9am Robin Rishworth 057 747 576 Entry form this issue.

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

**:VRR Jells Park** (15km, 10km & 5km) Ferntree Gully Road entrance, 9am (9802 7925 ah)

**:Greater Latrobe Valley Fun Rub/Walk**, (8km & 4km), Morwell Town Hall, 10am (051 342 322 h)

**Thursday, 14th November, Parlour Relays (VV)** East Burwood venue. Sprinters parlour and 10km parlour, 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.

**Wednesday, 20th November, VRR Twilite Tan Time Trial**, (8km & 4km) near Government House Drive, 6.30pm (9802 7925ah)

**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. Entry details in this issue.

**Sunday 1st December, Coburg Lake to Lake**, (10km) H Stevens Athletic Track, Coburg, 9am, (9386 9251 h)

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

Mentone venue.

**Saturday, 7th December, VRR Tan Handicap & Breakfast**, (8km & 4km) opp. Swan Street Bridge, 7.30am (9802 7925 ah)

**Sunday, 8th December, Veterans Throwing Group (VV)** Weight pentathlon, Caulfield venue, Murrumbeena 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.

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

**Tuesday, 31st December, VRR New Years Eve Fun Run** (8km & 4km) Alexandra Avenue, opp Swan Street Bridge, 7.30am (9802 7925 ah) 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

**Saturday, 22nd March, VVACI Pentathlon (VV)** 12.30pm Duncan McKinnon Park, Murrumbeena, Melway 68 K9 Astrid Rose 9836 2350

**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, 19th April, VVACI Road Walks (VV)** (5km & 10km) Albert Park, Melway 57 H5. Peter McGrath 9807 5656

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

**Sunday, 25th May, VVACI 10km Cross Country** Yarra Bend Park, 10am, Eric Greaves 9560 2971.

**:VVACI Road Walks** (10km & 20km) Albert Park, Melway 57 H5. Peter McGrath 9807 5656

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

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

**Sunday, 6th July, VVACI Winter Weight Pentathlon** 12.00pm Duncan McKinnon Park,

Murrumbeena, Melway 68 K9

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

**Sunday, 31st August, VVACI 10 mile Road Race (VV)** Princes Park, Carlton, Eric Greaves 9560 2971.

**Sunday, 28th September, VVACI 25km Road Race (VV)**, Footscray Rowing Club, Farnsworth Avenue, Footscray, Eric Greaves 9560 2971.

**Sunday, 19th October, VVACI Marathon in Melbourne Marathon (VV)** to be confirmed.

**Saturday, 29th November, VVACI 10km Track Runs (VV)** (in divisions) 6.30pm, Knox track.

1998

**Oceania Games**, Hawks Bay, New Zealand.

1999

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

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## INTER CLUB

This year the Veterans will be entering teams at the Glenhuntly and Knox venues. At Glenhuntly we will have teams in "D" and "E" grades. At Knox we will have teams in "C", "D" and "E" grades.

To all those who have competed before we would like to see you all back for another season.

Anyone else who would be interested come along and join us for an enjoyable Saturday of athletics. There is no pressure on anyone to attend every week. The idea is the more members we have, the smaller the work load. If you would like to compete every week then that is not a problem, there is always room for you to do the event that you wish.

Also at Knox we have a women's team in the women's competition. We are looking for women who would like to compete in this team. Sprinters, throwers, jumpers etc. are all welcome. Come along, join in and meet fellow members from other veterans' venues.

If you are at all interested and would like more information, please contact

**David Sheehan (Knox)**  
9215 6424(w) 9720 7969(h) or  
**Graeme Noden (Glenhuntly)**  
9555 3495

Yours in running  
David Sheehan

## VVACI THROWERS GROUP

Sunday Competition and Training Dates 1997

Duncan Mackinnon Park (or school)

12.45 start (unless stated otherwise)

DATE	PROGRAMME	COMMENTS
5 Jan	Javelin & Discus training/coaching	D. M. P.
19 Jan	Weight Pentathlon training/coaching	School
2 Feb	Hammer & Heavy weight training/coaching	School
16 Feb	Weight Pentathlon	D. M. P.
2 March	WEIGHT PENTATHLON & HEAVY WEIGHT VIC. CHAMPIONSHIPS	10am start for first group.
15 & 16 March	Vic. Track & Field championships	Aberfeldie. 12 start
28-31 March	NATIONAL VET. CHAMPIONSHIPS	Duncan Mackinnon
13 April	Shotarama	D. M. P.
27 April	Weight pentathlon training/coaching	School
4 May	Javelin & Heavy weight training/coaching	D. M. P.
25 May	Weight Pentathlon	D. M. P.
8 June	Weight pentathlon training/coaching	School
22 June	WINTER CHALLENGE EVENTS	venue ?
6 July	WEIGHT PENTATHLON & HEAVY WEIGHT WINTER CHAMPIONSHIPS	12 NOON START
20 July	Discarama	D. M. P.
10 August	Weight pentathlon training/coaching	School
24 August	Javelin & shot put training	D. M. P.
14 September	Weight Pentathlon	D. M. P.
28 September	Discus & Javelin training	D. M. P.
4-6 October	NATIONAL WINTER WEIGHT PENTATHLON	CANBERRA
12 October	Hammerfest	D. M. P.
26 October	Weight Pentathlon	D. M. P.
9 November	Heavy Weightathon	D. M. P.
23 November	Weight pentathlon training/coaching	School
14 December	Shot & Hammer training	School

## THOUGHTS & EXPERIENCES OF MY 50TH BIRTHDAY

by Louis Waser

On Thursday, 23rd May, Linda and I left to go overseas, after a break of twenty years. At least for me it was 20 years. I wanted to celebrate my 50th birthday in my hometown, where I spent 22 years of my life before coming to Australia.

On arriving in Switzerland, we spent a few days in Zuerich to brush up on my swiss-german, to get used to the traffic on the wrong side, and to fit myself into a very, very small country. I soon found that the power of the Australian Dollar was no match to the Swiss Franc. One Australian Dollar = 1 Swiss Franc. One cup of coffee or tea cost around 3.50, ten eggs from 4 to 7 francs, petrol 1.40 per litre. But I am pleased to say, the swiss chocolate was cheap, and I indulged myself to the detriment of my training schedule!

We soon found ourselves pampered by my relatives, who live ca. 18 km from Lucerne, surrounded by snowcapped mountains, where we staid for 3½ weeks of our visit. We made lots of excursions on the bicycle to get experience (traffic-sound), as we had a car available as well. Riding a bike and running in Switzerland is wonderful, there are lots of small and/or narrow paths through meadows and villages, all beautifully kept and with very little traffic.

A very big hit at the moment is mountainbike riding and rollerblading. (The latter) they are everywhere, whole families on Rollerblades!

One of my schoolfriends organised a class re-union and seventeen of us showed up to reminisce and ask and tell about the past, present and future.

On my birthday, my relatives presented me with a ticket to fly with a "Para-Glider" as passenger. Well, that was some experience!!! We, the pilot and myself took a cable car to the top of Stanser Horn (1900 M). We walked cirka 20 minutes along the top to the launching cliff, where he carefully unfolded the chute. I looked at all those hundreds of strings (the thickness of a knitting needle), yellow, green and red etc., and hoped they all would find their place, once we left Gods earth. Some preliminary instructions, and we (he) launched ourselves down a very steep, grassy knoll (ca. 10 M), to the edge, the point of no return. "Oh, what a feeling!!!" Soaring like a bird, we were able through the updraft to stay in the air for 28 minutes before we landed 50 M from the house, where we staid.

A cousin of mine took me mountainiering, where we walked for four hours uphill to the top of the "Wallenstoecke" ca. 2400 M. Sitting at the top, well above the treeline, in crystal clear air, surrounded by snowcapped mountains, made me gaze in awe. There was a logbook in a stainless steel case to leave your thoughts and worries of the world behind. Flicking through the book, a lot of poets and deep thinkers must have contemplated about life and put their feelings and impressions about nature, God and the general world to paper.





AUSTRALIAN VETERANS  
WINTER THROWING CHAMPIONSHIPS

ENTRY FORM

**DATE:** 5, 6, 7 OCTOBER 1996  
**VENUE:** BRUCE ATHLETIC FIELD, CANBERRA, ACT.  
**PROGRAM:** SATURDAY 5 OCTOBER - HAMMER, DISCUS.  
 SUNDAY 6 OCTOBER - WEIGHT PENTATHLON.  
 MONDAY 7 OCTOBER - JAVELIN, SHOT, WEIGHT.  
**AGE DIVISIONS:** ALL AGES, 30+ IN 5 YEAR INTERVALS;  
 ie, 30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59,  
 60 - 64, 65 - 69, 70 - 74, 75 - 79, 80 - 85, etc.  
**COST:** MALE AND FEMALE.  
 INDIVIDUAL EVENTS: \$5 EACH  
 WEIGHT PENTATHLON: \$10  
 DINNER, SUNDAY PM: \$25 PER HEAD - LIMIT 50  
 T SHIRT: \$20

NAME: (Please print) \_\_\_\_\_  
 AGE: (At date of competition) \_\_\_\_\_  
 SEX: \_\_\_\_\_  
 ASSOCIATION: \_\_\_\_\_  
 EVENT: (Please circle) HAMMER, DISCUS, WEIGHT PENTATHLON,  
JAVELIN, SHOT, WEIGHT.  
**ENTRY FEE: (Please enclose)**

HAMMER	\$5
DISCUS	\$5
WEIGHT PENTATHLON	\$10
JAVELIN	\$5
SHOT	\$5
WEIGHT	\$5
DINNER	\$25 each
T SHIRT (GOOD QUALITY)	\$20

SIGNED: \_\_\_\_\_

ENTRIES CLOSE: MONDAY 16 SEPTEMBER 1996

SEND ENTRIES TO: RAY GREEN  
 34 URAMBI VILLAGE  
 CROZIER CIRCUIT  
 KAMBAH ACT 2902  
 PHONE: (06) 2316712 (H), (06) 2072310 (W)

5th ANNUAL  
HEALESVILLE  
MT. ST. LEONARD  
RUN

Sunday 10th November 1996. 9:00 am

The Victorian Mountain Running Championships  
 A Spectacular mountain race that is part of the Healesville  
 Gateway Festival.

Starting at Maroondah Reservoir, 3km North of Healesville, runners pass  
 through Donnellys Weir, into the Yarra Ranges National Park. The reward for  
 finishing is a spectacular view from the twin towered summit. (map on Reverse  
 Side)

**Start:** Maroondah Reservoir Park Main Car Park

**Finish:** Mt. St. Leonard 1027m.  
 Presentations at 12 noon at Maroondah Reservoir Park.  
 Reservoir Park Main Car Park

**Past Winners:**

	FEMALE		MALE
1992	Lavinia Petric	1992	Maurice Pendergast
1993	Jenny Scott	1993	Grant Waren
1994	Lavinia Petric	1994	Robin Rishworth
1995	Alison Couper	1995	Greg Mandile

**Race Records:** Lavinia Petric 82 mins. 5 secs. Robin Rishworth 59 mins. 44 secs.

Proudly Sponsored by Melbourne Parks and Waterways

**Entry Form:**

Name: .....

Address: .....

Age: ..... Sex: .....

Printed on recycled paper

If Registered, Athletic No. & Club: .....



**How to Get There:** Maroondah Reservoir Park is just off the Maroondah Highway 3km east of Healesville (Melways Ref. Map 270 C12.)

**The Race:** 13 km.  
 1000m vertical climb

**Cost:** \$10 (Participants needing transport from the finish must enter by 2/11/96)

**Entry:** Preferable: Post entry form below to Maroondah Reservoir Park, P.O. Box 605, Healesville, Vic. 3777.  
 or: enter on the Day

**Further Information:**  
 Maroondah Reservoir Park  
 (059) 626228 B/H  
 Robin Rishworth  
 (057) 747576 A/H.

FOR BOOKINGS & ENQUIRIES CALL THE  
 CUSTOMER INFORMATION LINE 13 1963



# HANDLEBAR HARRIERS



## PROGRAM: SEPTEMBER - DECEMBER 1996

ALL RIDES START AT 9:30 AM UNLESS OTHERWISE STATED - BYO LUNCH.

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

- |     |  |   |
|-----|--|---|
| Sep | Friday 6 #                                 | Eltham Lower Park, Diamond Creek, Hurstbridge, Yarrambat Park, Diamond Creek, Eltham Lower Park<br>Melway 21 H11 (approx. 50km)                                   |
|     | Friday 13                                  | Car Park Forster Road, Soullbank and return.<br>Melway 70 F4 (approx. 45km)   |
|     | <u>Sunday 15</u><br><u>8.30 a.m. Start</u> | Westerfolds Park, Boondara Park and return.<br>Melway 33 F1 (approx. 75km)  |
|     | Friday 20                                  | <u>Mystery Ride</u>   |
|     | Friday 27                                  | Koomba Park, H.E. Parker Reserve, Ringwood, North Croydon, Croydon, Bayswater, Koomba Park.<br>Melway 63 C8 (approx. 38km)  |
| Oct | Friday 4                                   | Yarra Valley Park, Rushall, Coburg Lake and return.<br>Melway 32 CG (approx. 45km)  |
|     | Friday 11                                  | Terrara Park, Jells Park, Dandenong and return.<br>Melway 62 J7 (approx. 60km)  |
|     | Friday 18                                  | <u>Mystery Ride</u>   |
|     | <u>Sunday 20</u><br><u>8.30 a.m. Start</u> | Knox City, Bayswater, Croydon, Montrose, Kalorama, Olinda, Belgrave, Scoresby, Knox City.<br>Melway 64 A11 (approx. 70km)   |
|     | Friday 25                                  | Springfield Park, Alphington, Bundoora Park and return.<br>Melway 47 F7 (approx. 65km)  |
| Nov | Friday 1                                   | Yarra Valley Park, Rushall, Royal Park and return.<br>Melway 32 CG (approx. 35km)   |
|     | Friday 8                                   | Bayswater Park, The Basin, Olinda, Olinda Falls, Mt. Dandenong Observatory, Montrose, Bayswater Park.<br>Melway 64 F3 (approx. 50km)                              |
|     | Friday 15                                  | <u>Mystery Ride</u>   |
| Nov | <u>Sunday 17</u><br><u>8.30 a.m. Start</u> | Lilydale Lake, Mt. Evelyn, Wandin, Gruyere, Coldstream, Chirnside Park, Wonga Park, Lilydale, Lilydale Lake (Winery Vineyard Tour)<br>Melway 38 GG (approx. 60km) |
|     | Friday 22                                  | Sassafras, Monbulk, Emerald, Clematis, Menzies Creek, Kalista, Sassafras.<br>Melway 66 F9 (approx. 50km)  |
|     | Friday 29                                  | Croydon Town Park, Boronia, Knox City, Koomba Park, Bayswater, Croydon Town Park.<br>Melway 50 K5 (approx. 40km)  |
| Dec | Friday 6                                   | Dandenong, Carrum, Frankston, Carrum Downs, Patterson Lakes, Dandenong.<br>Melway 90 F10 (approx. 65km)   |
|     | Friday 13                                  | Bayswater Park, The Basin, Sassafras, Ferry Creek, Upper Fernfree Gully, Knox City, Bayswater Park.<br>Melway 64 F3 (approx. 42km)                                |
|     | <u>Sunday 15</u><br><u>8.30 a.m. Start</u> | Terrara Park, Jells Park, East Malvern, St. Kevins, Yarra Bend, Willsmere Park, East Malvern, Jells Park, Terrara Park.<br>Melway 62 J7 (approx. 85km)            |
|     | Friday 20                                  | <u>Mystery Christmas Ride</u>   |

Mon & Tues  
(Early Dec.)

DATE TO BE NOTIFIED: Two days, approximately 230km, overnight camping/hotel/motel. Route: Lilydale Railway Station, Yarra Junction, Noojee, Drouin, Dandenong, Lilydale.

**\$30 per head**  
**BYO drinks**  
**3 course meal**  
**7 - 12 PM**

VICTORIAN VETERANS'  
ATHLETIC CLUB  
**ANNUAL**

**TICKETS**  
**DOT BROWNE**  
**9874 2501**

# DINNER DANCE

**FRIDAY 8 TH NOVEMBER 1996**  
**HAWTHORN RECEPTIONS**

**555 GLENFERRIE ROAD**  
**HAWTHORN**

