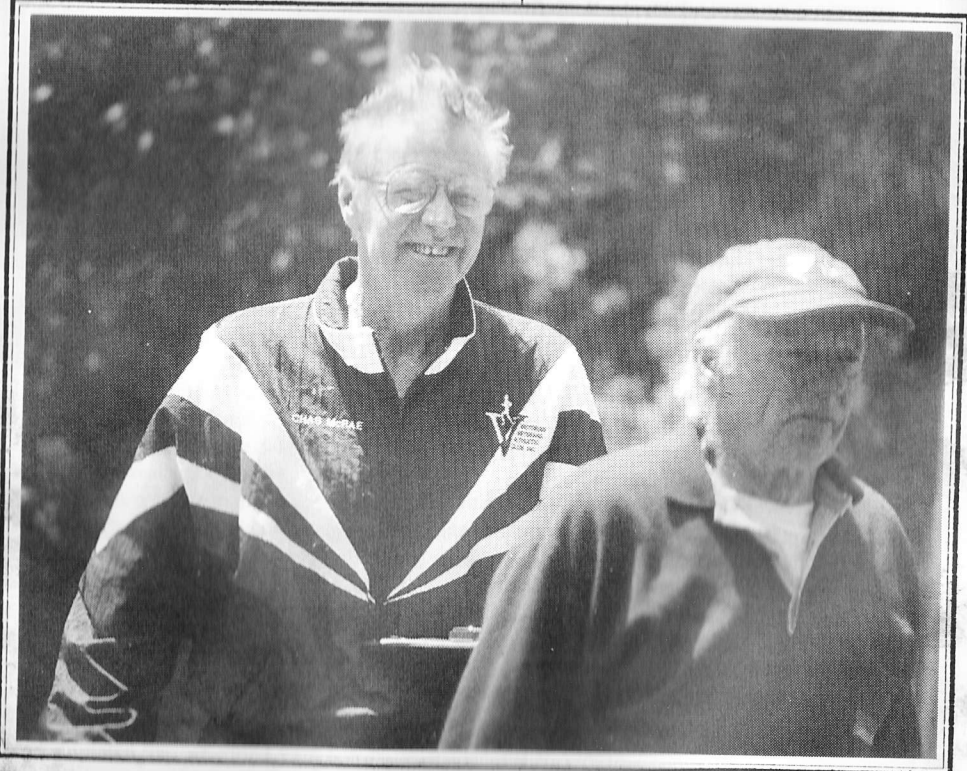


Vic Vets



Published by: **The Victorian Veterans' Athletic Club Inc.**
 Dot Browne (Hon Sec) Colin Browne (Editor)
 4 Victory St. Mitcham Vic 3132
 (03) 9874 2501 phone (03) 9873 3223 fax



Two villains, Chas McRae, venue manager of Knox, and George Simons, star of musical theatre.



Vic Vets

NEWS AND RESULTS

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Editorial

Coming out of winter things have started to warm up again with veteran athletics. Interclub started in November, and if you want to be involved with Saturday track and field, contact David Sheehan on 9720-7969. We had the Melbourne Marathon, and thanks to some very conscientious work by John Dean, it included a section for VVACI members, giving the club the opportunity to award medals for its marathon championship of 1996, without organising its own independent race. In fact about 150 members ran in the Melbourne Marathon, which proves conclusively that there is a place for a marathon on our calendar. Whether we continue to insert it into the Melbourne Marathon, or partner another club such as the Sri Chinmoy, or go it alone, remains a decision to be made from year to year, but there is no doubt that enough of our members want to do a full marathon to convince us to do the work. And it was a lot of work for John. Thanks for your persistent efforts JD. Further information on the marathon inside the magazine.

Another event that had been in danger of lapsing was the dinner dance. We made the effort and revived it. Dot Browne did the work, and 208 came. I was a really good night. Combining it with the presentations of the marathon medals attracted some who may not have otherwise come. We know that once you get people there, they will have a good time. Every band that has played for a Vets dinner dance has been amazed at the vigour and vitality of the dancing. This year was no exception. Clearly there is a place for a dinner dance, and thanks Dot for doing the hard yakka. I won't tell you about her near nervous breakdown when she realised six days before the event that she didn't have a band.

Another bit of news is that our newest venue opened at Doncaster track, with Jim Shand as

its venue manager. The track is in George Street, Doncaster, Melway 33 J11, and they meet on Wednesday nights. Jim had a good turn-up of about 30 on the first night, and once again we can promise you a good night if you come. Support your club by just being there. The rest will happen.

Another event that has become a feature of our calendar, and also an endangered species, was the Bush Ranges Classic. Police requirements and problems with councils had given Ken Walters enough reason to cancel it, but he got it going again this year and it was great. Everybody in it ended up with a tale to tell, although sadly several major venues did not enter a team.

We are getting geared up for a big responsibility at Easter next year, the AAVAC National Track and Field Championships. Unfortunately for our peace of mind, the City Link project had put us in two minds about the venue. Thinking that Olympic Park would be unavailable we went ahead with plans to use Duncan McKinnon Park at Murrumbidgee. This took more than a little work, as it has shortcomings in the throwing facilities when you plan for such a big event as the nationals. Red tape from the council left us still in doubt as to the feasibility of DMP. At the same time, Olympic Park then promised to be ready before Easter, so the committee decided to use Olympic Park. But that had its own problems, with no No.2 Ground, and the large numbers expected for the field events. Getting firm assurances from the various authorities proved difficult. The committee has its headaches.

Entry forms for the National Titles will be included in the AAVAC magazine "Courier" to be sent out in mid-January. All members should receive that. However entry forms are available on request from your state secretary, as are entry booklets for Durban, and World and Australian Record Booklets. See the form on page 35 of this magazine for postage costs.

Entries for the State Summer Titles are catered for in this issue. There is a lift-out section in the middle. It is also time to pay next year's subscription. We were operating at a loss this year, so we have had to put up the fees to \$25 for individuals and to \$40 for a couple living at the same address. Please fill in the subscription form in this magazine and cough up. Have a great summer with lots of PV's. Cheers.

Colin Browne

HISTORY OF THE VETS

Dear Col.

As the Club's 25th Anniversary will eventuate in November, it could be of some interest to our present day 1300 members to learn something of that far-away time when our 30 year old pre-Vets were just starting school.

Australia was not a pioneer with Veteran Athletics. The Brits had such a club as far back as 1932.

In Victoria, special events for "Over 40s" along the lines of the U.S. Masters' Mile had been initiated by clubs such as Glenhuntly, Sandringham, Essendon, Ivanhoe Harriers and some of the country clubs from late in 1968 for such occasions such as twilight meetings and the opening of new athletic tracks. Again, these were usually Masters' Miles. The Victorian Marathon Club also had begun to include their own for their Zatopek meetings and by 1970, the VAAA included some over 40s events in their non-championship cross-country programs.

In 1971, Richmond Harriers athlete, Wal Sheppard with Cliff Bould and Col Junner competed with some success at the U.S. Masters' Championships at San Diego, and returned full of zeal for the establishment of such competition in Australia. Wal formed a good working relationship with San Diego's David Paine, which culminated in the visit to Australia late in 1973 of a large team of U.S. Masters who competed in our first Australian Championships.

At that time, Open (Amateur/Pro) competition was a long way down the track, and in Australia, adherence to the strict IAAF/AAU code was mandatory, consequently our Club's membership could only be drawn from registered amateur ranks.

The Women's Association of the time frowned upon ladies (not females or women as now) competing at the same venues as men, and so yet another barrier to rapid development of our Club arose.

The jogging boom was still a short way off and although the "Do you think yer John Landy?" had faded, "Do you reckon yer Ron Clarke? roadside encouragement still prevailed. Likewise, when

training under threatening winter clouds, "Bloody idiot! Hope you get a wet arse!" was common. City lunch-time runs were only for the very brave.

Any form of participation in any sport conducted for financial reward was, of course, deplored. Don Bradman wouldn't have qualified. And so it is amazing that we ever got off the ground.

To form the Club, Wal Sheppard called a meeting of over 40, registered VAAA club members in November 1971. A steering committee was appointed from the not-too-optimistic assembly. Mike Porter volunteered to be President, Jim Conway to be Treasurer, and yours truly was dubbed as Secretary, and from there, our first official Committee was formed a short time later. Wal played the role of elder statesman, general consultant and ambassador at large. Others who played various roles would have been Ray Smith, Joe Tennant, George Bartlett, Tom Kelly, Bill Coyne, Lindsay Hooper, Mike O'Neill, Ron Young, Noel Le Rossignol, George Simpson, Jim Davey, Graham Scott, Eddie Gamble, Royce Foley, Vic Pye and Rudi Hochreiter.

As 1971 passed into 1972 and then to 1973, others such as Theo Orr, Noel Anderson, Peter Colthup, Andy Smith and George Wilson offered their valuable talents. Logan Irwin from the earlier-formed NSW (Wirinum) Club gave valuable assistance and he was a great driving force behind the establishment of the annual Australian Championships. For his efforts, our Club granted him honorary membership. I wonder if he is still an honorary member.

We became a registered VAAA "specialist" Club along the same lines as the Vic Marathon Club and the Walkers Club after approval was obtained for our uniform and our constitution. Our "heart" emblem was chosen on Tom Kelly's suggestion that his old Irish Club, Ballingscurry Harriers' heart feature would be highly suitable. And so it has continued to be. Tom, incidentally, won the 1961 Korea International Marathon, ahead of anything that Japan, U.S. or Britain could produce. Tom was also one of a group that offered suggestions to Ray Smith for the design for the Australian "kanga and stars" emblem. In the original design, part of the Southern Cross was placed indelicately under the kangaroo's rectum and so had to be moved to a less sensitive area in the galactic firmament.

Initially, our membership was a humble 60 but increased through the success of the Australian team in the World Masters/Veterans International meeting at Cologne prior to the 1972 Munich Olympics. It should be mentioned here that W.A.V.A. (World Assoc. of Veteran Athletes) was not formed until 1975 at Toronto.

It was once published in a periodical that our club was formed late in the 1970s by a group of older jogging freaks. At the Box Hill Aths. track, nothing was further from the truth, for by the end of 1973, from a competing membership of about 100, 10 had represented Australia in their younger days at international level and at least a similar number at interstate level. Empire Games Gold Medalists, Trevor Vincent and Noel Clough are included in those worthy numbers, plus well performed Olympians, Les Perry and Ray Smith.

It could be argued that athletics was first into Australian Veterans Sports ahead of swimming, hockey, cycling etc. and so, the likes of Wal Sheppard and Logan Irwin were the visionaries.

In those times, veteran team members on overseas travel were encouraged to wear the green blazer with the gold emblem and I recall the farewell cocktail party hosted by Kevin Gosper and Minister for Sport, Brian Dixon, prior to the departure of the team for Toronto in 1975. In their speeches they gave due praise to our encouragement of active sport into older years and the fact that our work was being given some coverage in the press and on television. Along with all other sporting bodies, our Club on behalf of AAVAC was invited to attend the inaugural meeting of that august body, the Confederation of Australian Sport, and Wal and I were the representatives.

I would have been very remiss if I had failed to mention Rudi Hochreiter's wonderful work at Geelong and his enthusiastic input to the general competition aspect of the club. In Ballarat, Tom Roberts, with limited time availability, also helped there in what ever way he could.

Another matter that by today's attitudes would appear quaint was the nightmare of gaining approval to conduct our first Australian Championships and for a celebratory post-competition "do" on a Sunday

Before even programming etc. could get off the ground, correspondence had to take place between the club and about a dozen different bodies, such as Box Hill AAC, Box Hill Council, AAU, VAAA, Liquor Control Commission, Minister of Youth, Sport and Recreation, the Amateur Athletic Union of the United States and since the BBQ was held at a convent, I guess that the Catholic Church also got into the act. All of that, apart from the normal matters such as interstate club correspondence, St. Johns Ambulance and sponsors, but it all worked wonderfully well and the Aussies and the Americans had a great time.

The Veterans Athletics movement has come a long way since those 1968 Masters' Miles days to the highly sophisticated carnivals of today. Several of the enthusiasts of former days have now passed on - Wal, Theo, the 2 Georges, Mike O'Neill, Vic Pye and Gus Theobald, together with Al Regenal from Adelaide and Cliff Bould in WA. All were wonderful guys who gave a lot for the sheer love of the sport and its people, and with time and money being of no consideration whatsoever. They all helped to lay the foundations of our present day 1300 membership \$100,000 Club.

A self-centred thought: as I was the first to be called into line at the start of the very first over 40 event to be held in Australia (Glenhuntly twilight meet in late 1968) does this make me the country's very first Veteran Athlete? I came only fifth but every man is entitled to his moment of glory so please excuse me.

The next Victorian Championships will be our 26th, and the 1997 Nationals in Melbourne will be the 25th. Other pertinent dates would be: AAVAC established in Melbourne in 1973. WAVA established in Toronto in 1975.

Dear Readers,
Please excuse any errors or omissions - the period from late 1971 to say 1975 was a long time ago. Also, it is not possible to give everyone a mention, as this thumbnail sketch covers approximately the first four years only.

Keith Routley

Ed: Thank you Keith, we need this sense of history.

Harry, 89, still in good running order

WHEN Harry Gathercole was in his athletic prime, families gathered about the radio on Saturday nights.

By CHRISTOPHER TAYLOR

Surfers Paradise consisted of a couple of shacks nestled among the dunes and Adolf Hitler was about a decade away from taking the world to war.

But Mr Gathercole — who turned 89 earlier this year — reckons he probably is in better shape now than he has been for many years.

"I retired from professional sport in 1932 and I got fat and I got lazy over the years," Mr Gathercole said, as he went into training for next month's Masters Games.

"I've recently been quite sick and I know where I'd rather be... being laid up in a bed in a hospital drives me silly."

The Robina grandfather of six is in training for no fewer than six events in the October games, including the 100m, 200m and 400m sprints, shotput, discus and javelin.

Although it might seem a large program for a man of his age, Mr Gathercole is disappointed that he will not be able to compete in the over-85 long jump and pentathlon.

His specialists have given him clearance to train — after a back operation in February — on the condition he drop a few events.

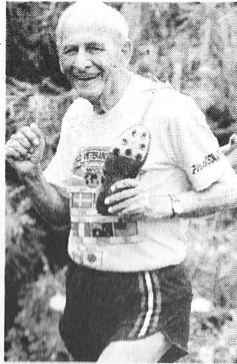
Born in 1907, Mr Gathercole took up athletics as a teenager in Melbourne, running twice in the Stawell Gift before turning professional in 1932.

Since his comeback in 1983, Mr Gathercole has taken 19 world championships, 194 national titles and, at the 1991 Australian Masters, won six gold medals.

He is hoping to repeat his success but says: "I don't even know who I'm running against any more because all of them keep dying on me."

His wife of 61 years, Phyllis, 86, will not be on the sidelines. She has been a nursing home resident since taking a fall early this year.

"She won't come out again and that's terrible because she had another good 86 years in her before her accident and it's awful to watch her suffer," Mr Gathercole said. "I love my sport and I try to concentrate on it but it comes second to her."



ON THE HOP: Harry Gathercole last week

should be allowed, where no position is available in a venue team, or no venue team is available, or a venue team has to "poach" a member - and these teams should then represent no venue. eg. Andy Salter Relay Fun Run section, but not Challenge section.

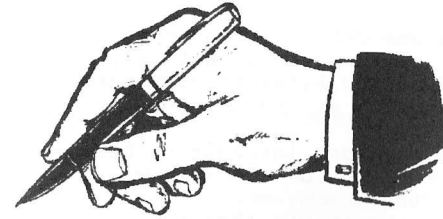
This would, in my opinion, stop some of the bitching that sometimes appears when an athlete represents, for example, Croydon in the Andy Salter relay, and Knox at the Parlour Relay, a few weeks apart.

I hope all members will consider this suggestion in the manner that it is meant, and if it warrants further action, perhaps the committee will refine and run with the idea
Yours sincerely
Dave Herbert.

** Further note
Walkers -

The 1997 Aquathon will incorporate a walk section for the first time.
2.5km walk and 400m swim.
Open to all types of walkers, not just pure race walkers.

So get into training in the water.
Remember February 1997.



LETTERS TO THE EDITOR

Dear Colin and Dot

Could the following be published in the "Vic Vets" please:

Many Vic Vets will remember **JIM WILLIS** of Yarragon and Trafalgar, and will be saddened to hear of his passing on October 7th, after a long illness (lymphoma cancer), at the age of 64.

Jim ran many marathons, over approximately three decades, and travelled overseas on a number of occasions for the World Vets Games, such as Gothenberg and Rome.

Jim, who was blessed with an encyclopaedic memory for athletic feats and records through history, spent his entire working life with the SEC in the Latrobe Valley, and found his major source of enjoyment in life in his running, principally through the rolling green hills of the Strzeleckis, where Jim's heart lay. Sadly, his ability to run diminished markedly in recent years, after retirement about ten years ago.

At the peak of his fitness, Jim regularly covered 50 miles plus in training runs, and ran marathons in the low 2:50's.

Jim's funeral was held in Warragul on October 10th, and was attended by a number of Jim's ex Yallourn-Newborough A A C and Latrobe Valley marathon running colleagues.

Jim is survived by a brother and two sisters, and his beloved dog, Sam.

John Duck

Vic Vets News and Results December 1996

Dear Colin,

The June issue had results of the half marathon and I noticed that a 35 year old had number 186 and a 50 year old also a low number. This observation leads me to comment on the issuing of low registration numbers to newer members. I wonder if other Veterans feel the same as I do about this. I expect some people to believe I am egotistic in my thoughts that the lower numbers let all other Veterans expect the wearer of same to be a long time member of our club. I feel a sense of pride in the fact that I have been a member for 20 years now (No 195) and I believe former wearers of these low numbers (deceased or otherwise) should be shown a mark of respect by way of their low number never being re-issued.

We also need to remember our **founding members**, such as **Wal Shepherd, Theo Orr, Peter Colthup, Keith Routley**, just to name a few, and to this end I would like to see published the names and numbers of perhaps the first 100 members as a tribute to their foresight and tenacity in making this Vic Veterans' Athletic Club concept work. I also suggest, as a constant reminder to long time members and new alike, of the pioneers of this great club, the names of the actual few founding members, be included at the top of the Club's **letterhead**. Would you please put my thoughts to the Committee for their comments.
Yours sincerely
Ken Walters

Dear Colin and Dot,

On behalf of the Aberfeldie venue of VVACI we sincerely thank all concerned for their contribution to a most successful Eighth Track and Field evening at Aberfeldie Athletic Track, Moonee Ponds on Wednesday 16 October 1996 as part of the Western Region Games.

The event was threatened with rain, but remained fine, and the favourable comments from the 90 competitors, some of whom travelled from country and outer suburbs, suggested they will be back again for the 1997 Western Region Games.

Thank you again to all involved, as these events only succeed with such support.

Yours faithfully
Lorraine Woodman
Sports Co-ordinator

Rob Waters
Venue Manager

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LETTERS TO THE EDITOR

Dear Col,

As promised, I am sending you my thoughts on our venue system, which, like you, I feel is the root of the very great success of our club. I offer the following suggestion to promote discussion, which may enhance the venue system through greater, positive inter-venue competition, even further.

Every year, we, as members have to fill out a renewal of membership form (or a membership application form, for new members), and it would be a simple matter to include a question - "nominate a venue for competition purposes". This, once nominated, would bind the member to compete in intervenue competitions only for that nominated venue for the ensuing 12 months. At the next financial year, the member may change his/her mind and nominate a different venue - no problem - no clearances or any other red tape - just nominate a different venue.

In appropriate events, composite teams

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Vic Vets News and Results December 1996

Colin BROWNE Ed.
Vic. Vets. News and Results.

I would like first of all to congratulate Colin and Dot on their efforts in putting the "News and Results" magazines together. The reports of our races by Eric Greaves and Peter McGrath make good reading and give those of us unable to attend these events an insight as to what takes place.

The letters to the editor, to me, are the most interesting because they let the committee know what the feelings of the members are regarding the things that are run for them.

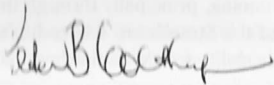
I wholeheartedly agree with Eric about the events that are run in opposition to ours. Apart from the large entry fees that I sometimes wonder about, the spirit of these runs cannot compete with the comradeship that attends Veteran Club events. Why more members who could do so, do not support us is beyond me. We have a great time at our midweek meetings but do not get the same support in our Championships and other meetings. Would you attend if our main events were called "Fun Runs" instead of Championships? The reason we have Championships in five year age groups is to give the better runners a reason to keep competing and to allow us, the majority plodders, an opportunity to see how good our training has made us. We do not give cash prizes to the elite only medals to first, second and third and we don't make you pay for "T" shirts and medals for all in your entry fee. Support your Club and the benefits come back to you.

If you have feelings one way or the other write to the Editor and explain them.

Judy Wines letter was most interesting and I support her completely. With support from more members we can run our own marathon but to be successful our members have to make the run a high priority for them and we might have to open it to non-members as other groups do. This could help the Club financially. Wearing of specific singlets and dual entry in important events needs to have much more discussion and much more feedback of their feelings from the members. Once again, write a note to the Editor or the Club secretary.

The V.V.A.C.I. is the best Club that I have ever belonged to and that includes the R.S.L., Golf Clubs, Snooker and Table Tennis Clubs. So many men and women from different walks of life with a desire to improve their lives.

JOIN UP A NEW MEMBER TODAY.

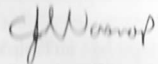


Peter B. COLTHUP O.A.M.

Dear Mrs Browne,

I would like to thank your Club for placing a notice about my research in your newsletter. I have had an excellent response and we are obtaining some very interesting data.

Thanks very much,



Christopher Worsnop

Department of Respiratory Medicine,
Repatriation Campus,
Austin and Repatriation Medical Centre.

Dear Colin,

Re: Vets Marathon - Singlet Issue.

I agree 100% with the items in the Judy Wines letter published in the September news and results.

As Judy's point of view was defeated by just one vote, I'll bet not one of those committee members voting against are Spartans - they have probably never run a marathon.

I have run all the Melbourne Marathons - run two injured, and one dosed up with anti-biotics as I had the flu. Yes, I earned my gold singlet! It only comes out once a year, and is one of my most treasured possessions. Heck, I'll probably be buried in it!

No way would I run the Melbourne Marathon in any other singlet, and I'm sure all other Vets who are Spartans agree.

Vern Gerlach
Gold Spartan
No. 33

Dear Dot,

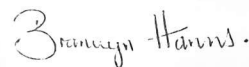
I am writing to you because I am a little confused about the issue on wearing *Vets Uniform*, whilst competing in *Championships*. I inquired three times before the Melbourne Marathon, if I have to wear Veterans Uniform and I was told every time, if you do not wear uniform, you do not receive a medal. I was just wondering if this is the case, why did Colleen Stevens receive a medal. I was under the understanding that I was the first Victorian Vet to finish the Melbourne Marathon and now I have been told that Colleen Stevens was the first Vet. (*who wasn't wearing uniform*). Well if this is the case, I would like a refund on my uniform that I purchased from the Victorian Vets because the uniform is absolutely useless.

The situation how I see it is, we don't really need a uniform because the committee can just change their minds at any time to suit themselves and make **special arrange for special people**.

Dot, I would of thought Veterans would be proud to wear their uniforms, when I was running in the Melbourne Marathon, I had people saying, come on Vet, which made me feel proud, its a pity everyone doesn't feel the same way.

I think the committee should re think their decision and inform all Vets on what the situation is going to be, because I am confused. I thought rules were rules, but this is not the case.

Yours sincerely,



Bronwyn Hanns

Dear Dot,

I would like to draw to your attention that it was sometimes around this time in 1971 or very early in 1972 that the Victorian Veterans Club was formed which will make it 25 years of club history.

I am sure that you would be able to trace the exact date through some of the old minutes if they are still available. All I remember that I signed up with the club either in December 71 or January 72 therefore the club would have been formed around that time.

It would be nice for our members to read about its foundation in our magazine whenever the time is ripe to do so.

Patricia and I are off to the Queensland Masters to compete in my new age class, the 70s and look forward to have a good time.

Yours,



Rudi Kochreiter

Dear Dot,

Lyn and I recently had the interesting experience of competing in the 100th Bechovice 10K the second oldest continuing race in the world, which has been held in Prague, Czech Republic since 1897. We knew we had to register at the YMCA and managed to find it but when we got there, with crowds of other runners, no one could speak English, French or even broken German. We eventually filled out what looked like entry forms, hopefully in the right places and were issued with race number, race T shirt, medallion and race instructions in Czech all for the huge sum equivalent to A\$6!! I produced our trusty map of Prague to try to find where to go for the start only to find it was off the map! We were pointed out a railway station on the Underground and given the number 141 which we gathered was the number of a bus to catch. The race day dawned and with some trepidation we set off early on the train and emerged from a rather grey, gloomy station and found a bus stop with a long queue of athletic looking types which was some relief. There was then a long slow winding ride out into the outer suburbs which seemed to be uphill most of the way so we thought that it would be a very pleasant down hill run back! We finally arrived in the little village of Bechovice swarming with around 3000 runners, a big starting line banner and just like home, a serious lack of "Toi Toi"s! Only two in fact so the trees and bushes in the park near the start got a very good watering. We now worked out that the race was run in age divisions, male and female separately and as Lyn would have had to wait another hour and a half and it was pretty chilly she decided to join the Mens 40-49. She ran a creditable 47.22 for her. I followed on in the Mens 50+ half an hour later which I was later told, had 700 entrants. The Czech Republic is not a wealthy country and there were not too many pairs of Bolles or fancy running shoes and few even had track suits but the Czechs certainly knew how to run and enjoy it so at 42.29 I was well back in the field. As for the downhill run bit - wrongggg!! The road course, which was lined with enthusiastic onlookers virtually all the way, went a different way to which we had come, 90% uphill!! At the finish we got very elaborate certificates and enjoyed watching the presentations of very grand looking trophies to place getters in all age divisions. The next thing was to get back to our hotel which was a little tricky as we had no idea where we were, however a German runner we met was able to speak English and guide us to the appropriate tram. The outstanding feature of the event was the fellowship and goodwill we felt with the other athletes and officials even though we couldn't understand each other's language. Athletics I guess is a language itself and if you ever get the chance to travel in Europe, do look for the opportunity to run.

Yours sincerely,



Andrew and Lyn Jamieson

Dear Colin,

I have just read a letter in your September Newsletter, and I would like to comment on this matter.

Terry Baldwin states that the aim of the Pentathlon is to unearth the most versatile and skilled athlete. This cannot be so if you include the Javelin and Discus events.

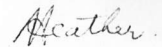
For the younger men, the discus (2kg) and Javelin (800grms), and the younger women, discus (1kg) and Javelin (600grms), are lighter weights and need speed to throw, as well as being long distance throws.

The shot for younger men (7.26kg) and younger women (4kg) puts in a strength component, and I cannot see why it should matter that you get less points for shot than for discus. I have never yet found any event in athletics to be boring.

Also evidently Terry has never been an official standing in the middle of the field with a discus and Javelin coming at him from front and back. Both of these implements can skid a long way when landing flat, and after many years as an official, I know the dangers.

The idea of the Pentathlon should be to show all-round skill. This is represented by a sprint, middle distance, jump, speed throw and strength throw.

Regards,



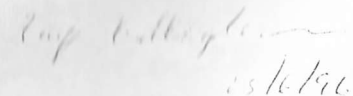
Heather Doherty, QVAC.

Dot,

Re your note on Clyde Riddochs suggested change in the Walks schedule for State Titles.

Providing the walkers themselves have been consulted, and knowing Clyde, I am sure that they have, I see no reason why the events could not be rearranged, with all competitors doing both the 1500m and the 3km walks on the T&F weekend and an additional event being scheduled as Clyde suggests.

Just a thought, an option that could be considered is to hold the 5kms Walks at a central Venue such as Collingwood, on a night that they hold their pack runs. (This could effect country folk.)



Dear Dot

Firstly, thank you for sending me a copy of the list of track and field coaches. From this list I called Norman Osborne and he was marvellous!

I am an employment counsellor for the Industry Mentor Scheme - we endeavour to link people with a psychiatric condition to a mentor. Mentors give advice, support and encouragement (for free!) that enables our clients to pursue their vocational interest with increased knowledge and confidence - in this case track and field coaching.

Norman's willingness to help coupled with his expertise and approach made a golden opportunity for my client.

If you could bring this letter of appreciation to the attention of other committee members I would be most grateful.

Sincerely,



David Anderson

Our New Venue DONCASTER

Jim Shand, manager, cuts the ribbon
on the first night



VVACI MARATHON CHAMPIONSHIP

held as part of the Melbourne Marathon, 20 October 1996

notes by John Dean

| | | | | |
|------|---|-------------------|---------|---|
| M 30 | 1 | Shaun Kemp | 2-59-10 | |
| M 35 | 1 | Laurie Collard | 2-52-54 | 10th finisher overall. A good effort. |
| | 2 | Kevin Appleby | 3-38-18 | |
| | 3 | Damien Ahearne | 3-41-32 | |
| M 40 | 1 | Colin Heywood | 2-42-53 | 4th finisher overall |
| | 2 | Colin Page | 2-48-14 | |
| | 3 | David Black | 2-48-37 | |
| M 45 | 1 | Gerry Surridge | 2-34-31 | 1st finisher overall |
| | 2 | Robin Broberg | 2-37-06 | 2nd finisher overall |
| | 3 | Lew Harvey | 2-44-09 | |
| M 50 | 1 | Graeme Hewitt | 2-57-52 | |
| | 2 | Robert Henderson | | 2-59-33 |
| | 3 | Ken Senior | 3-00-52 | |
| M 55 | 1 | Barry Brooks | 2-39-57 | 3rd finisher overall |
| | 2 | Clive Davies | 2-49-32 | |
| | 2 | Barrie Guppy | 3-02-44 | |
| M 60 | 1 | Tony Berry | 2-58-55 | A well-earned medal |
| | 2 | Chas McRae | 3-25-27 | |
| | 3 | Mike McAvoy | 3-41-39 | |
| M 65 | 1 | Bill Page | 3-12-38 | A good competitor, good runner and someone who helps out at venue level |
| | 2 | Tony Martin | 4-09-07 | |
| | 3 | Bob Lewis | 4-18-53 | |
| M 70 | 1 | Ken Matchett | 3-43-34 | Whilst Ken has probably run 5 marathons this year, he is very loyal to the Melbourne Marathon. |
| | 2 | Charles Utting | 3-45-18 | |
| | 3 | Vern Gerlach | 4-04-02 | |
| W 30 | 1 | Bronwyn Hanns | 2-54-50 | Second home |
| | 2 | Sharon Grundy | 3-26-34 | |
| | 3 | Kathryn Schlegel | 3-47-43 | |
| W 35 | 1 | Theresa Lynch | 3-41-22 | |
| W 40 | 1 | Cherie Baldwin | 3-40-45 | |
| W 45 | 1 | Colleen Stephens | 2-53-24 | First home |
| | 2 | Elizabeth Feldman | 3-44-31 | Whilst husband Peter didn't run this year, it's good to see one family member still running. |
| W 50 | 1 | Cynthia Herbert | 3-54-37 | |
| W 55 | 1 | Judy Wines | 4-13-01 | A Spartan who is still competitive |
| W 60 | 1 | Barbara Dagleish | 3-38-01 | |
| | 2 | Mary Batten | 5-57-42 | |
| W 65 | 1 | Shirley Young | 4-46-04 | Had an accident 2 weeks before the marathon, but like a true marathoner saw the distance out. Husband, Ron, had a nasty fall at the start, but got up and finished. |

On Sunday 3rd November 1996, Caulfield Veterans Venue conducted a Veterans Relay Record Day. After torrential rain, the Caulfield track would have been rated as "heavy", however this did not deter a group of our Veterans making attempts on some of the existing Victorian (and Australian?) Veteran Relay records.

Although the "Relay Record Day" had been advertised to all Venues, only three were represented. It was an enjoyable and interesting few hours.

Five events were conducted and in each case, the existing records were broken - ,maybe "smashed" is more accurate. The new records claimed (see below) have made a good challenge for future events.

The meeting was conducted in accordance with I.A.A.F. rules and all the records have been submitted for verification. Many thanks to the Officials on the day held in awful wet conditions, without whose help and co-operation, the program would not have proceeded, to Margaret Dunbar for assisting with equipment, to the spectators who supported the athletes - and to Janet McLure and her helpers who oversighted refreshments. Finally, congratulations to every athlete - each one gave 100 percent effort and made every event exciting to watch. You all deserve your success....Peter McGrath

100 METRES RELAY - M50

| | NAME | AGE | VENUE | TIME |
|---|--------------|-----|------------|-------|
| 1 | GRAEME NODEN | M55 | MENTONE | |
| 2 | ROSS KENT | M50 | MENTONE | 13.00 |
| 3 | BOB WISHART | M50 | MENTONE | 26.00 |
| 4 | MIKE HALL | M55 | SPRINGVALE | 38.00 |
| | | | TOTAL | 50.55 |

100 METRES RELAY - M60

| | NAME | AGE | VENUE | TIME |
|---|----------------|-----|-----------|-------|
| 1 | DAVID MATHER | M60 | CAULFIELD | |
| 2 | LEO CHARLES | M60 | CAULFIELD | 15.00 |
| 3 | GORDON GOURLAY | M65 | MENTONE | 28.58 |
| 4 | NORM KEITH | M65 | MENTONE | 42.30 |
| | | | TOTAL | 57.17 |

200 METRES RELAY - M50

| | NAME | AGE | VENUE | TIME |
|---|--------------|-----|------------|---------|
| 1 | MIKE HALL | M55 | SPRINGVALE | |
| 2 | BOB WISHART | M50 | MENTONE | 27.5 |
| 3 | ROSS KENT | M50 | MENTONE | 53.54 |
| 4 | GRAEME NODEN | M55 | MENTONE | 1.19.20 |
| | | | TOTAL | 1.46.02 |

200 MTRS RELAY - M60

| | NAME | AGE | VENUE | TIME |
|---|----------------|-----|-----------|---------|
| 1 | DAVID MATHER | M60 | CAULFIELD | |
| 2 | LEO CHARLES | M60 | CAULFIELD | 28.58 |
| 3 | GORDON GOURLAY | M65 | MENTONE | 1.01.0 |
| 4 | NORM KEITH | M65 | MENTONE | 1.31.0 |
| | | | TOTAL | 2.04.26 |

400 METRES RELAY - M50

| | NAME | AGE | VENUE | TIME |
|---|------------------|-----|-----------|--------|
| 1 | ROSS KENT | M50 | MENTONE | |
| 2 | DICK JEFFERY | M50 | MENTONE | 58.5 |
| 3 | DOUG ADENEY | M50 | CAULFIELD | 2.00.5 |
| 4 | GRAHAM STOCKDALE | M50 | MENTONE | 3.02.0 |
| | | | TOTAL | 4.03.2 |



I TICKED THE BOX AND WON A MEDAL



I TICKED THE BOX AND DIDN'T WIN A MEDAL

MELBOURNE MARATHON 1996 *by bol*



I TICKED THE BOX AND SHOULD HAVE WON A MEDAL BUT THEY DIDN'T SEE MY TICK



I TICKED THE BOX BUT I WASN'T A MEMBER OF THE VETS.



I TICKED THE BOX AND DIDN'T RUN IN MY VETS SINGLET



I DIDN'T TICK THE BOX AND RAN IN MY SPARTANS SINGLET



I DIDN'T TICK THE BOX I THOUGHT I'D BE TOO SLOW FOR A MEDAL, BUT I WASN'T



I TICKED THE BOX AND RAN IN MY KANGAROO SUIT



WHAT BOX?

**BUSH RANGES CLASSIC,
10 November 1996**

by Colin Browne

We arrived at the Knox ground in a torrential downpour. "Not again" we thought, remembering the big blow of 1994. "There's a tree down across the track," said Ken Walters in his opening remarks. "How many more?" we wondered, remembering again. There was a good turn-up of eager faces. Coburg was conspicuous with two teams in bright new track suits.

Eight teams took off in the fun run section. Half an hour later the six faster teams stood in heavy rain at the start, got nice and cold and then chased them. From time to time during the morning it bucketed down, cold, nearly hail, with a strong south wind. Tough hills, long stretches, backing up after having done two or three killer runs already, it's a big ask.

The teams spread far and wide as the day progressed. It became lonely running, and worrying too, if you weren't sure you were on the right road. It is so easy to miss a red arrow and end up in Beaconsfield, or Macclesfield, or some other bloody field. The weather improved at times, showered at times, as the runners sweated up hills like McNicol, Paternoster, Bayley and Colby. Rain, hail and sun in the same leg were quite common.

Best finish of the day was when Aberfeldie's Alan Bashford led East Burwood's Graham Philpott into the oval by about 20 metres. The crowd urged and urged as Graham edged closer on the back straight, picked him up in the straight and won by a nose.

Plenty of people had tales to tell of cars running out of petrol (Rob Henderson), runners going the wrong way, even on the bike track (Marg Bristowe), car teams not being there for runners, etc. Jim McGregor got lost, went into the Salvation Army to use the phone, rang home to find out the mobile phone number of his own car and rang his team up to come and get him. 43 minutes for

a 20 minute run. Deans Road was so pot-holed that the runners ran faster than their support car could travel. The all-important team clipboard was left lying on the road by one car, only to be rescued by their reliable runner (Marg Cassidy). Plenty of jackets and T-shirts fell off the tops of cars as they hustled off in chase of their next runner, only to be returned by other teams to their embarrassed owners.

With all but three teams to come in the tantalising smell of BBQ'd steak and sausages was tickling the nostrils deep under the grandstand at Knox track. "There were sounds of revelry by night" as the deserving runners began to treat themselves to a comforting drink and warm clothes. As the last teams came in the stories of getting lost, going the wrong way multiplied. It was suggested that next year we have the Bush Ranges Classic on the track - with the gates locked!

Last runner Jan Watson ran in through a guard of honour. The sun shone. It had been quite a day.

RESULTS

Only four people have done every one of the eleven Bush Ranges Classics. They are Richard Todd, Rob Waters, Claire Bowker and Chas McRae.

VETERANS BUSH-RANGES CLASSIC - 100 KM RELAY (10/11/96)

THE CHAIN GANG (195-244)

| | | Hidden H/cap |
|------------------------|---------|---------------------|
| 1 CR1 CROYDON CRUISERS | 6:30.58 | (6.22.50) 3rd 8m08s |
| 2 KN2 CHARLIES HEROES | 7:49.22 | (7.39.50) |
| 3 AB1 ABERFELDIE ACES | 7:54.35 | (7.14.32) |
| 4 CR4 RON'S REBELS | 9:30.28 | (10.06.06) |

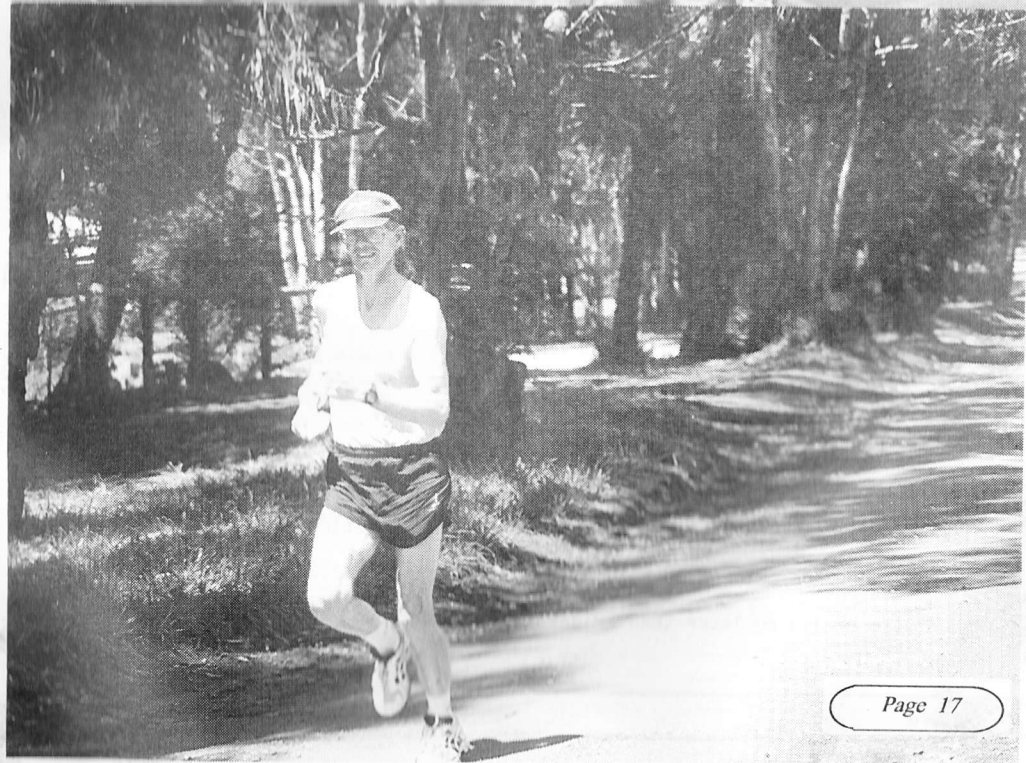
THE BUSHRANGERS (244+)

| | | |
|--------------------------|---------|---------------------|
| 1 CR2 THE MONKEE | 7:33.59 | (7.17.51) |
| 2 KR2 KNOX ROADRUNNERS 2 | 7:36.13 | (6.00.00) |
| 3 EB1 BURWOOD BATTLERS | 7:53.31 | (7.09.02) |
| 4 AB2 ABERFELDIE ARROWS | 7:53.32 | (7.27.47) |
| 5 CO1 P'TRIDGE PENSIONER | 8:10.59 | (7.28.51) |
| 6 CR3 CAMERONS CLOWNS | 9: 2.11 | (9.05.39) 1st 3m28s |
| 7 KN1 ANGELS UNPLUGGED | 9: 9.26 | (8.45.48) |

THE PURSUERS (194-)

| | | |
|---------------------------|---------|---------------------|
| 1 CO2 PENTRIDGE PUPPIES | 8:30.10 | (8.26.04) 2nd 4m06s |
| 99 KR1 KNOX ROAD RUNNERS1 | 7:11.01 | (0.00.00) |
| 99 MEN MEN ONLY | 7:35.03 | (6.58.02) |

Individual splits for each leg were published in November's "Around The Grounds"



VICTORIAN VETERANS ATHLETIC CLUB INC

1997 SUMMER ENTRY FORM

CLUB NUMBER (The one ironed onto your club vest) _____
 SURNAME _____ CALL NAME _____
 ADDRESS _____
 POST CODE _____ SEX _____ DATE OF BIRTH _____ TEL. _____
 VENUE _____

To select an event, please mark it with your recent best (or hoped for) time or distance. This will enable us to properly grade or seed everyone in heats and divisions. A trial run of 4X100m and possibly 4x400m relays will be conducted. Top 4 in each agegroup final to be eligible. Probably on the Sunday.

| | |
|-----------------------------------|--------------------------------|
| Saturday 15th March | Sunday 16th March |
| SH _____ Sprint Hurdles | LH _____ 3/400m Hurdles |
| 1 _____ 100m Sprints | 3W _____ 3km Walk - All Men |
| 15 _____ 1500m Runs | 8 _____ 800m Runs |
| 5W _____ 5km Walk | SW _____ 1500m Walk All Women |
| 4 _____ 400m Sprints | 2 _____ 200m Sprints |
| ST _____ 2/3km Steeple | 5 _____ 5km Runs |
| LJ _____ Long Jump | TJ _____ Triple Jump |
| HJ _____ High Jump | PV _____ Pole Vault |
| SP _____ Shot Putt (Women & M50+) | SP _____ Shot Putt (M30-49) |
| DT _____ Discus (M30-49) | DT _____ Discus (Women & M50+) |
| HT _____ Hammer | JT _____ Javelin |

Sunday 2nd March
 WT _____ Weight Throw
 WP _____ Weight Pentathlon

Saturday 22nd March
 PE _____ Pentathlon

ENTRY FEES - TO BE ENCLOSED WITH THIS ENTRY.
 Track & Field @ \$3.00 per event _____
 Weight Throw @ \$3.00 _____
 Wt. Pentathlon @ \$5.00 _____
 Pentathlon @ \$5.00 _____
 TOTAL ENCLOSED _____

(Please make cheques payable to Victorian Veterans Athletic Club Inc.)

Send to Ray & Anne Callaghan, 6 Yvonne Ave. Sth Croydon, 3136

(To arrive no later than Friday 28th February.)

VICTORIAN VETERANS ATHLETIC CLUB INC

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| SP _____ Shot Putt (Women & M50+) | SP _____ Shot Putt (M30-49) |
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 Track & Field @ \$3.00 per event _____
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 TOTAL ENCLOSED _____

(Please make cheques payable to Victorian Veterans Athletic Club Inc.)

Send to Ray & Anne Callaghan, 6 Yvonne Ave. Sth Croydon, 3136

(To arrive no later than Friday 28th February.)

1997 SUMMER EVENTS

| DATE | EVENT | START TIME | VENUE | MELWAY MAP REF. | CLOSING DATE |
|---------------|----------------|------------|-------------|-----------------|--------------|
| Sun 2nd Mar | Heavy Wt Throw | 10.25am | Murrumbeena | (69,a9) | Fri 28th Feb |
| Sun 2nd Mar | Wt.Pentathlon | 12.55pm | Murrumbeena | (69,a9) | " " " |
| S&S 15/16 Mar | Track & Field | 11.00am | Aberfeldie | (28,d6) | " " " |
| Sat 22nd Mar | Pentathlon | 12.30pm | Murrumbeena | (69,a9) | " " " |

Provisional Timetable for Track & Field :-

| Saturday 15th March | Sunday 16th March |
|-----------------------------------|-------------------------------|
| 12.00 Sprint Hurdles | 12.00 3/400m Hurdles- |
| 12.30 100m Sprints | 12.30 3km Walk - All Men. |
| 1.30 1500m Runs | 1.00 800m Runs |
| 2.15 100m finals (if req.) | 1.45 1500m Walk - All Women |
| 2.15 5km Walk' - Men under 75 | 2.00 200m Sprints |
| 2.45 400m Sprints | 2.45 5km Runs (4 Divisions ?) |
| 4.00 5km Walk - Women and M75+ | 3.45 200m Finals (if req) |
| 4.30 2km Steeple - Women and M60+ | |
| 4.45 3km Steeple - Men under 60 | |

| Saturday | Sunday |
|------------------------|-------------------------|
| 12.00 All Ages | None |
| None | 12.00 All Ages |
| 1.00 All Ages | None |
| None | 1.00 All Ages |
| 1.00 All except M30-49 | M30-49 (after 1.00) |
| 11.00 M30-49 | 11.00 All except M30-49 |
| 12.00 All Ages | None |
| None | 11.00 All Ages |

CONDITIONS OF ENTRY

1. You must be a financial member of the club.
2. Club uniform must be worn.
3. Please supply your own lapscorer for events 3km and longer.
4. Timetables are only a guide. Events can start 15mins earlier than indicated.
5. Be available to start your event at least 30 min before official start time.
6. Please give your most recent best performance or estimate for each event. These will be used to arrange fairer seeding and gradings, and, in the case of the throwing events, will assist in safety factors.

IMPLEMENTS

| AGE | Shot Putt | Discus | Hammer | Javelin | Weight |
|-------|-----------|--------|--------|---------|---------------|
| Women | | | | | |
| 30-49 | 4.00k | 1.00k | 4.00k | 600gms | 9.08k(20lbs) |
| 50-59 | 3.00k | 1.00k | 3.00k | 400gms | 7.26k(16lbs) |
| 60+ | 3.00k | 1.00k | 3.00k | 400gms | 5.45k(12lbs) |
| Men | | | | | |
| 30-49 | 7.26k | 2.00k | 7.26k | 800gms | 15.88k(35lbs) |
| 50-59 | 6.00k | 1.50k | 6.00k | 800gms | 11.34k(25lbs) |
| 60-69 | 5.00k | 1.00k | 5.00k | 600gms | 9.08k(20lbs) |
| 70-79 | 4.00k | 1.00k | 4.00k | 600gms | 7.26k(16lbs) |
| 80+ | 4.00k | 1.00k | 4.00k | 600gms | 5.45k(12lbs) |

STEEPLECHASE - 3000m for M30-59 2000m for M60+ and Women
(The 2km Steeple to use .762m steeple, if available)

PENTATHLON EVENTS - MEN - LJ, JAV, 200m, SHOT, 1500m
WOMEN - LJ, JAV, 200m, SHOT, 800m
(Please note - Shot has replaced Discus)

WEIGHT PERT. EVENTS - ALL - HAMMER, SHOT, DISCUS, JAV, WEIGHT
(AGE FACTORED SCORING FOR MULTI EVENTS)

The Parlouf Relay - Everything that's good about Vets!

I looked up the report of the 1995 Parlouf Relay before I started this and John Gosbell writes,

"Let's do it again next year - bigger and better? Will we see a sub 24 minute 10km and/or 3.35 for the 1600m and/or 12 pancakes per minute?"

Well the answers to these questions are YES, NO and I don't know (but we probably did because some got burnt). Now that you know the answers, let's get to the jam and cream.

On one of those cool, 'it threatened to rain but didn't' nights in November, over 100 dedicated Vets turned up for running of the 9th Annual Parlouf Relay, organised by East Burwood, and this year held at Knox for reasons I won't go into. I'm sure that the bribe of delicious pancakes brought Frankston along this year. It was great to see them and we all hope that they will continue to join in. Don't be lulled into a sense of smugness about their performances... they are already training for the next event! This year was just to get a sense of what happens, and to taste the pancakes.

As is tradition with Vets, there is something for everyone. The evening started with a NOT (nominate own time) 2 km walk. This has nothing to do with who was first over the line, but who is the most clever at predicting their time. Everyone had to take off watches, and the timing clock was turned around after the first lap. Congratulations to Celia Johnson who came within 2 seconds of her nominated time.

Four teams contested the 1600m Parlouf. With the teams on the starting line, Doug Petroff was still running around looking for a 4th runner. Sorry Doug, you missed the start, and if you take longer than 4 minutes to get organised you also miss the race! The East Burwood Crocs winning in 3.55.47, East Burwood Geriatrics second in 4.02.07, Collingwood coming third in 4.37.36 and Frankston 4th in 4.38.17.

The smell of pancakes began to incite the crowd. "If we run faster, we'll get pancakes earlier!". Bob Henderson called the crowd together to read out the rules of the race, lap scorers valiantly revving up their teams (or looking for their teams), relay batons handed out (someone even believed that if he carried the black and white baton he would run faster... you've got to be kidding!) and the sky grew blacker.

I might pause in this dialogue to make an observation about the team names. First prize goes to the MS Fits, not only for originality but to make up for the dreadful mispronunciation by the presenter at the end of the evening. So the gals got in to the spirit... but you boys... oh dear how unoriginal. There was the Springvale flyers, the East Burwood flyers and the Frankston flyers What makes you think you were flying, after 20 X 100m repetitions with less than 55 second recovery you were all probably crawling. Next year get into

the spirit, and maybe we'll also have prizes for best team names, and team uniforms.

And so the Parlouf began. Five teams entered the challenge race, and 5 teams for the fun-run category (I wonder who thought of the title FUN-RUN!) with the latter being a NOT (nominate own time) race. Shortly after the starting whistle the Famous Five (Croydon) and the Springvale Flyers set a cracking pace, with all of us watching, wisely nodding at the stupidity of running so fast, so early! Springvale gamely held on for the first 5 km but Croydon never let up and pounded on, lap after lap. Pretty soon we realised the record was in sight, and smash the record they did. An outstanding time of 23.57 minutes (7 seconds under the record!). As was noted during the presentations, these guys ran a faster pace per lap than the runners in the 1600m race.

But no shame to any of the other teams. In the challenge race, the Springvale Flyers were second, just 43 seconds behind in 24.40 min, East Burwood Flyers 25.56 min, the Southern Guns in 29.05 and the Frankston Flyers in 42.18 min.

In the fun run category, remember, it's not the final time, but the time difference between the actual time and the predicted time. Frank's Friends from East Burwood won this category in a time of 40.46, just 5.14 under their predicted time. Second was Travill's trotters (Croydon) in 6.11 under (in a time of 30.09), third was Collingwood in 7.44 under (time of 32.16) and fourth was the MS Fits (Croydon) in 10.44 under and a time of 36.16. Southern Sons from Springvale did a spectacular time of 26.36 but did not qualify for a prize because they were somebody's sons and thus too young!

So, while the MS Fits did a lap of honour, the rest of us retired to heap the cream onto the pancakes (pick the athlete from the social runner) and allowed the winners to bask in their glory.

Congratulations to the Famous Five from Croydon, (Colin Page, Ashleigh Ryan, Gray Ryan, Bert Pelgrim and David Sheehan), you do all Vets proud. Congratulations to everyone who had a go, that's what Vets are all about. Congratulations to Bob Henderson, another great Parlouf, and thank you to everyone who helped, without you we could not run the event.

Here's my hint for next year... to calculate your N.O.T. Add the best times for 10 km for each runner together and divide by 5. If you are dead serious, subtract 11 minutes, if you want to have a real go, subtract 8 minutes, and if you have been conned into have a go, and want to enjoy yourself, then only subtract 5 minutes.

Whatever time you do, you are all champions, and that's what's so good about Vets! See you all next year. (P.S. Relay baton practice for East Burwood starts in August.)
Jenny Fawkes.



VVACI 10km TRACK RACES

KNOX TRACK, SATURDAY, 30 NOVEMBER 1996
by Colin Browne

Once again the 10km track races were held in four divisions, based on the expected times provided by the entrants. Again it resulted in excellent competition within each event, as no-one felt completely out-classed, and most found themselves running near someone of about their own ability.

The first division set off in coolish breezy weather, ideal for running, a benefit of the decision to program the event in late November rather than March. Noel Fairburn was the leader. Ken Hough and Jin Clarke were having a good battle. Bob Lewis and Kevin Onley were about the same pace. Cindy Fish was the best of the women and kept it together very well. Barbara Dalglish, Helen Myall and Judy Wines lapped steadily. There was a good tussle between Ray Callaghan and Peter Battrick. Gerry Blanchfield kept up his style very well while George Simons seemed to be doing it hard. But George is a bit of an actor so you never know. Harry Preston had set himself for the M 85 Australian record, and there were three watches on him as his steady effort overlapped into the next division. Congratulations Harry, you did it!

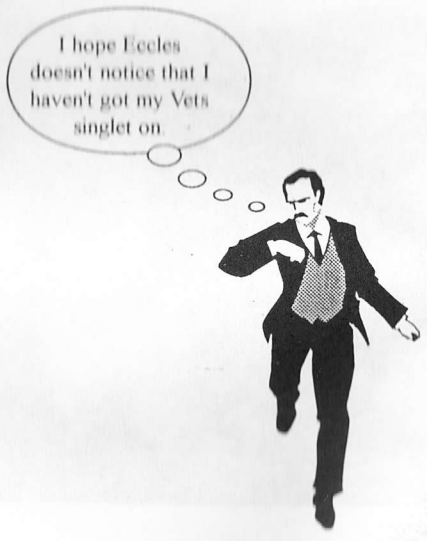
The second division was a bit faster with Tony Johnson forsaking the race-walking style to come in at a tick over 40 minutes. Good performers noticed in this one were Paul Mullins, Dave Herbert, John Waite and Andrew Tunne. Lavinia Petrie ran very strongly to lead the women home, whilst Judy Weavers from Shepparton was also right up there with the leading men. Karen Travell, Janis Wright and Roma Burhop ran very well. As usual Bill Page and Vin O'Brien had their private battle. Also well to the fore were Peter Le Get, Bob Petrie, Nev Gardner and Bob Power.

The third division was quite fast. Bronwyn Hanns took it up to the men right from the start. She had Greg Williams and Mike McAvo to deal with early, but after about five laps shook them off to lead all the way from then on. She captured the Australian W 30 record, which was vacant, in the excellent time of 37m 50.8s. Charlene Rendina and Patriona Trowbridge ran excellent races. Those three women are incredibly fit. Brian Mee worked very hard to come in second. We had Louis Waser looking like a

pirate in coloured head scarf, Bob Gardiner showing he can run as well as he can race-walk, Ted McCoy putting in hard as usual, and Randall Hughes continuing to amaze people with his ability at 73.

The fourth division contained all the fast boys. It was a very good field with such good performers in it as Terry Harrison, Eccles, Brian Simmons, Phil Bowes, John Kneen, Ray O'Connor and Keith Macdonald. We know their ability from past championships. When the race settled down Brian Simmons and Phil Bowes were well out in front. That battle continued for some laps until Brian surged on and set up a good lead. His thrilling bounding style kept us excited as he strove to break 33 minutes. Not quite. A great performance, in fact an all-comers track record at Knox. Phil had run well, as had Terry and Keith. Russell Weavers from Shepparton and David Innes from Bright achieved their targets of breaking 35 minutes, finishing within a second of each other. It was a class event, proving that veteran athletics has such excitement and ability at this level that it need make no apology to open athletics. If only we could get that image across to the media, and to the 30+ year old interclub athletes. All in all, a very satisfying night.

Thank you very much to Ray Callaghan, the Gosbells and others who took entries and processed results, and to Les Clark, with his lapscoreing furniture, for a very efficient job of organising the lapscorers.



1996/7 SEASON - VIC VETS 10KM TITLES AND INTERVENUE CHALLENGE -30/11/96
RESULTS IN OVERALL ORDER SHOWING AGE DIVISIONS AND PLACING

| Over All Place | Entrant | Points Scored | Time | Grp Pl. | Div. | Age |
|----------------|-------------------|---------------|-------|---------|------|-----|
| 1 | BRIAN SIMMONS | 4 | 33.05 | M40 | A | M40 |
| 2 | PHILLIP BOWES | 0 | 33.28 | M40 | A | M40 |
| 3 | KEITH MACDONALD | 0 | 33.57 | M45 | A | M45 |
| 4 | ROBIN BROBERG | 0 | 33.59 | M45 | A | M45 |
| 5 | TERRY HARRISON | 4 | 34.34 | M50 | A | M50 |
| 6 | RUSSELL WEAVERS | 0 | 34.43 | M40 | A | M40 |
| 7 | DAVID INNES | 0 | 34.45 | M40 | A | M40 |
| 8 | JEFF WALKER | 1 | 34.48 | M45 | A | M45 |
| 9 | COLIN HEYWOOD | 1 | 35.34 | M40 | A | M40 |
| 10 | BOB BARR | 0 | 35.35 | M35 | A | M35 |
| 11 | ERIC GREAVES | 1 | 35.35 | M45 | A | M45 |
| 12 | GRAEME LETHICQ | 1 | 35.59 | M40 | A | M40 |
| 13 | PAUL TWINING | 1 | 36.32 | M45 | A | M45 |
| 14 | MICK HORAN | 0 | 37.01 | M35 | A | M35 |
| 15 | JOHN KNEEN | 3 | 37.15 | M50 | A | M50 |
| 16 | DAVID JONES | 2 | 37.20 | M45 | A | M45 |
| 17 | LAURIE COLLARD | 2 | 37.25 | M35 | A | M35 |
| 18 | RAY O'CONNOR | 4 | 37.41 | M45 | A | M45 |
| 19 | NORM GATES | 4 | 37.41 | M45 | A | M45 |
| 20 | BRIAN MEE | 4 | 37.50 | M30 | B | M30 |
| 21 | TEODOR HANKSWORTH | 3 | 37.59 | M55 | A | M55 |
| 22 | GREG WILLIAN | 1 | 38.14 | M40 | B | M40 |
| 23 | MIKE MCAYOY | 4 | 38.27 | M60 | B | M60 |
| 24 | CHARLENE RENDINA | 0 | 38.34 | M45 | B | M45 |
| 25 | JOHN KNEEN | 0 | 38.48 | M60 | B | M60 |
| 26 | RAY O'CONNOR | 2 | 38.50 | M40 | B | M40 |
| 27 | PAUL TWINING | 3 | 38.58 | M45 | B | M45 |
| 28 | JOHN KNEEN | 1 | 39.09 | M40 | B | M40 |
| 29 | JOHN KNEEN | 2 | 39.13 | M40 | B | M40 |
| 30 | JOHN KNEEN | 1 | 39.14 | M50 | A | M50 |
| 31 | JOHN KNEEN | 1 | 39.26 | M40 | B | M40 |
| 32 | JOHN KNEEN | 1 | 39.28 | M40 | B | M40 |
| 33 | JOHN KNEEN | 1 | 39.51 | M40 | B | M40 |
| 34 | JOHN KNEEN | 1 | 40.00 | M50 | B | M50 |
| 35 | JOHN KNEEN | 1 | 40.10 | M55 | A | M55 |
| 36 | JOHN KNEEN | 1 | 40.14 | M45 | B | M45 |
| 37 | JOHN KNEEN | 1 | 40.27 | M40 | B | M40 |
| 38 | JOHN KNEEN | 1 | 40.36 | M55 | B | M55 |
| 39 | JOHN KNEEN | 4 | 40.41 | M50 | C | M50 |
| 40 | JOHN KNEEN | 1 | 40.57 | M55 | C | M55 |
| 41 | JOHN KNEEN | 1 | 40.59 | M35 | A | M35 |
| 42 | JOHN KNEEN | 1 | 41.05 | M50 | C | M50 |
| 43 | JOHN KNEEN | 1 | 41.11 | M55 | C | M55 |
| 44 | JOHN KNEEN | 4 | 41.50 | M70 | B | M70 |
| 45 | JOHN KNEEN | 1 | 41.50 | M70 | B | M70 |
| 46 | JOHN KNEEN | 0 | 42.05 | M40 | C | M40 |
| 47 | JOHN KNEEN | 1 | 42.09 | M40 | C | M40 |
| 48 | JOHN KNEEN | 1 | 42.39 | M55 | C | M55 |
| 49 | JOHN KNEEN | 3 | 42.55 | M40 | C | M40 |
| 50 | JOHN KNEEN | 1 | 42.59 | M40 | C | M40 |

| Points Scored | Entrant | Time | Grp Pl. | Div. | Age |
|---------------|---------|-------|---------|------|-----|
| 2 | CRO | 43.11 | M40 | C | M40 |
| 2 | KNO | 43.11 | M60 | C | M60 |
| 1 | KNO | 43.19 | M45 | C | M45 |
| 2 | FRA | 43.29 | M45 | C | M45 |
| 1 | KNO | 43.31 | M35 | D | M35 |
| 4 | EB | 43.41 | M65 | C | M65 |
| 1 | KNO | 43.42 | M50 | C | M50 |
| 3 | ABE | 43.46 | M55 | C | M55 |
| 1 | CRO | 44.03 | M65 | C | M65 |
| 1 | CRO | 44.14 | M60 | C | M60 |
| 1 | CRO | 44.21 | M50 | C | M50 |
| 1 | COL | 44.26 | M55 | C | M55 |
| 1 | KNO | 44.39 | M60 | C | M60 |
| 1 | CRO | 44.59 | M45 | C | M45 |
| 1 | EB | 44.42 | M55 | C | M55 |
| 3 | ABE | 44.43 | M50 | C | M50 |
| 1 | CAU | 45.00 | M50 | C | M50 |
| 1 | EB | 45.02 | M60 | C | M60 |
| 0 | INV | 45.10 | M | C | M |
| 1 | S/N | 45.33 | M50 | C | M50 |
| 4 | CRO | 45.35 | M35 | C | M35 |
| 1 | ABE | 45.36 | M50 | C | M50 |
| 1 | CRO | 45.54 | M55 | C | M55 |
| 1 | CAU | 46.07 | M55 | C | M55 |
| 2 | EB | 47.10 | M65 | C | M65 |
| 1 | KNO | 47.26 | M55 | C | M55 |
| 1 | CRO | 47.28 | M60 | C | M60 |
| 1 | CAU | 47.33 | M50 | C | M50 |
| 1 | S/N | 47.38 | M60 | C | M60 |
| 4 | COB | 47.52 | M60 | C | M60 |
| 1 | EB | 48.21 | M65 | C | M65 |
| 1 | S/N | 48.31 | M45 | C | M45 |
| 2 | S/N | 48.38 | M50 | C | M50 |
| 1 | CAU | 49.49 | M35 | C | M35 |
| 1 | CAU | 50.00 | M50 | C | M50 |
| 0 | INV | 50.05 | M | C | M |
| 4 | CAU | 50.06 | M65 | C | M65 |
| 0 | INV | 50.10 | M | C | M |
| 1 | S/N | 50.17 | M65 | C | M65 |
| 1 | S/N | 50.57 | M65 | C | M65 |
| 1 | WNT | 52.07 | M65 | C | M65 |
| 1 | CAU | 52.12 | M40 | C | M40 |
| 1 | KNO | 52.42 | M50 | C | M50 |
| 1 | CAU | 52.51 | M65 | C | M65 |
| 1 | CRO | 52.53 | M45 | C | M45 |
| 4 | ALT | 98.35 | M85 | C | M85 |

| Points Scored | Entrant | Time | Grp Pl. | Div. | Age |
|---------------|---------|-------|---------|------|-----|
| 2 | CRO | 43.11 | M40 | C | M40 |
| 2 | KNO | 43.11 | M60 | C | M60 |
| 1 | KNO | 43.19 | M45 | C | M45 |
| 2 | FRA | 43.29 | M45 | C | M45 |
| 1 | KNO | 43.31 | M35 | D | M35 |
| 4 | EB | 43.41 | M65 | C | M65 |
| 1 | KNO | 43.42 | M50 | C | M50 |
| 3 | ABE | 43.46 | M55 | C | M55 |
| 1 | CRO | 44.03 | M65 | C | M65 |
| 1 | CRO | 44.14 | M60 | C | M60 |
| 1 | CRO | 44.21 | M50 | C | M50 |
| 1 | COL | 44.26 | M55 | C | M55 |
| 1 | KNO | 44.39 | M60 | C | M60 |
| 1 | CRO | 44.59 | M45 | C | M45 |
| 1 | EB | 44.42 | M55 | C | M55 |
| 3 | ABE | 44.43 | M50 | C | M50 |
| 1 | CAU | 45.00 | M50 | C | M50 |
| 1 | EB | 45.02 | M60 | C | M60 |
| 0 | INV | 45.10 | M | C | M |
| 1 | S/N | 45.33 | M50 | C | M50 |
| 4 | CRO | 45.35 | M35 | C | M35 |
| 1 | ABE | 45.36 | M50 | C | M50 |
| 1 | CRO | 45.54 | M55 | C | M55 |
| 1 | CAU | 46.07 | M55 | C | M55 |
| 2 | EB | 47.10 | M65 | C | M65 |
| 1 | KNO | 47.26 | M55 | C | M55 |
| 1 | CRO | 47.28 | M60 | C | M60 |
| 1 | CAU | 47.33 | M50 | C | M50 |
| 1 | S/N | 47.38 | M60 | C | M60 |
| 4 | COB | 47.52 | M60 | C | M60 |
| 1 | EB | 48.21 | M65 | C | M65 |
| 1 | S/N | 48.31 | M45 | C | M45 |
| 2 | S/N | 48.38 | M50 | C | M50 |
| 1 | CAU | 49.49 | M35 | C | M35 |
| 1 | CAU | 50.00 | M50 | C | M50 |
| 0 | INV | 50.05 | M | C | M |
| 4 | CAU | 50.06 | M65 | C | M65 |
| 0 | INV | 50.10 | M | C | M |
| 1 | S/N | 50.17 | M65 | C | M65 |
| 1 | S/N | 50.57 | M65 | C | M65 |
| 1 | WNT | 52.07 | M65 | C | M65 |
| 1 | CAU | 52.12 | M40 | C | M40 |
| 1 | KNO | 52.42 | M50 | C | M50 |
| 1 | CAU | 52.51 | M65 | C | M65 |
| 1 | CRO | 52.53 | M45 | C | M45 |
| 4 | ALT | 98.35 | M85 | C | M85 |

| Points Scored | Entrant | Time | Grp Pl. | Div. | Age |
|---------------|---------|-------|---------|------|-----|
| 4 | IND | 33.05 | M40 | A | M40 |
| 0 | IND | 33.28 | M40 | A | M40 |
| 0 | IND | 33.57 | M45 | A | M45 |
| 0 | IND | 33.59 | M45 | A | M45 |
| 4 | IND | 34.34 | M50 | A | M50 |
| 0 | IND | 34.43 | M40 | A | M40 |
| 0 | IND | 34.45 | M40 | A | M40 |
| 1 | IND | 34.48 | M45 | A | M45 |
| 1 | IND | 35.34 | M40 | A | M40 |
| 0 | IND | 35.35 | M35 | A | M35 |
| 1 | IND | 35.35 | M45 | A | M45 |
| 1 | IND | 35.59 | M40 | A | M40 |
| 1 | IND | 36.32 | M45 | A | M45 |
| 0 | IND | 37.01 | M35 | A | M35 |
| 3 | IND | 37.15 | M50 | A | M50 |
| 2 | IND | 37.20 | M45 | A | M45 |
| 2 | IND | 37.25 | M35 | A | M35 |
| 4 | IND | 37.41 | M45 | A | M45 |
| 4 | IND | 37.41 | M45 | A | M45 |
| 4 | IND | 37.50 | M30 | B | M30 |
| 3 | IND | 37.59 | M55 | A | M55 |
| 1 | IND | 38.14 | M40 | B | M40 |
| 4 | IND | 38.27 | M60 | B | M60 |
| 0 | IND | 38.34 | M45 | B | M45 |
| 0 | IND | 38.48 | M60 | B | M60 |
| 2 | IND | 38.50 | M40 | B | M40 |
| 3 | IND | 38.58 | M45 | B | M45 |
| 1 | IND | 39.09 | M40 | B | M40 |
| 2 | IND | 39.13 | M40 | B | M40 |
| 1 | IND | 39.14 | M50 | A | M50 |
| 1 | IND | 39.26 | M40 | B | M40 |
| 1 | IND | 39.28 | M40 | B | M40 |
| 1 | IND | 39.51 | M40 | B | M40 |
| 1 | IND | 40.00 | M50 | B | M50 |
| 1 | IND | 40.10 | M55 | A | M55 |
| 1 | IND | 40.14 | M45 | B | M45 |
| 1 | IND | 40.27 | M40 | B | M40 |
| 1 | IND | 40.36 | M55 | B | M55 |
| 4 | IND | 40.41 | M50 | C | M50 |
| 1 | IND | 40.57 | M55 | C | M55 |
| 1 | IND | 40.59 | M35 | A | M35 |
| 1 | IND | 41.05 | M50 | C | M50 |
| 4 | IND | 41.11 | M55 | C | M55 |
| 4 | IND | 41.50 | M70 | B | M70 |
| 1 | IND | 42.05 | M40 | C | M40 |
| 0 | IND | 42.09 | M40 | C | M40 |
| 1 | IND | 42.39 | M55 | C | M55 |
| 3 | IND | 42.55 | M40 | C | M40 |
| 1 | IND | 42.59 | M40 | C | M40 |

| Points Scored | Entrant | Time | Grp Pl. | Div. | Age |
|---------------|---------|-------|---------|------|-------|
| 2 | CRO | 43.11 | M40 | C | M40 |
| 2 | KNO | 43.11 | M60 | C | M60 |
| 1 | KNO | 43.19 | M45 | C | M45 |
| 2 | FRA | 43.29 | M45 | C | M45 |
| 1 | KNO | 43.31 | M35 | D | M35 |
| 4 | EB | 43.41 | M65 | C | M65 |
| 1 | KNO | 43.42 | M50 | C | M50 |
| 3 | ABE | 43.46 | M55 | C | M55 |
| 1 | CRO | 44.03 | M65 | C | M65 |
| 1 | CRO | 44.14 | M60 | C | M60 |
| 1 | CRO | 44.21 | M50 | C | M50 |
| 1 | COL | 44.26 | M55 | C | M55 |
| 1 | KNO | 44.39 | M60 | C | M60 |
| 1 | CRO | 44.59 | M45 | C | M45 |
| 1 | EB | 44.42 | M55 | C | M55 |
| 3 | ABE | 44.43 | M50 | C | M50 |
| 1 | CAU | 45.00 | M50 | C | M50 |
| 1 | EB | 45.02 | M60 | C | M60 |
| 0 | INV | 45.10 | M | C | M |
| 1 | S/N | 45.33 | M50 | C | M50 |
| 4 | CRO | 45.35 | M35 | C | M35 |
| 1 | ABE | 45.36 | M50 | C | M50 |
| 1 | CRO | 45.54 | M55 | C | M55 |
| 1 | CAU | 46.07 | M55 | C | M55 |
| 2 | EB | 47.10 | M65 | C | M65 |
| 1 | KNO | 47.26 | M55 | C | M55</ |

NEW VICTORIAN RECORDS

| Age Event | Name | Performance |
|-----------------|-----------------|-------------------|
| M70 100m | Rudi Hochreiter | 13.6 |
| M70 Discus | Rudi Hochreiter | 38.52 Aust Record |
| M50 4x100 Relay | see below | 50.6 |
| M60 4x100 Relay | " " | 57.2 |
| M50 4x200 Relay | " " | 1.46.0 |
| M60 4x200 Relay | " " | 2.04.3 |

Watch out for more from Rudi. He's just turned 70!

Congratulations to Graeme Noden, Ross Kent, Bob Wishart, Mike Hall, David Mather, Leo Charles, Gordon Gourlay and Norm Keith for collectively shattering four Victorian relay records. Despite atrocious weather at the Caulfield Venue on the 3rd of November 1996, they chopped up to 20 seconds off previous records.

For your information all existing relay records are listed below. As you will see there are plenty of records yet to be claimed. How about some venue and inter-venue relay days?

VICTORIAN VETERANS RELAY RECORDS - as at 18 November 1996

MEN

4 x 100

| | | |
|-----|---|------|
| M40 | Mike Hall, Laurie Telfer, Daryl McAlpine & David Mather | 48.8 |
| M45 | Gerry Robinson, Terry Dunn, Don McMahon & B.Wyatt | 51.5 |
| M50 | Graeme Noden, Ross Kent, Bob Wishart & Mike Hall | 50.6 |
| M55 | Max Brook, Leo Charles, David Mather & Graeme Noden | 53.4 |
| M60 | David Mather, Leo Charles, Gordon Gourlay & Norm Keith | 57.2 |

4 x 200

| | | |
|-----|--|--------|
| M50 | Mike Hall, Bob Wishart, Ross Kent & Graeme Noden | 1.46.0 |
| M55 | Max Brook, Gordon Gourlay, David Mather & Graeme Noden | 1.56.5 |
| M60 | David Mather, Leo Charles, Gordon Gourlay & Norm Keith | 2.04.3 |

4 x 400

| | | |
|-----|---|--------|
| M40 | Bruce Humphreys, Ernie Kemplay, O.McGlone & Colin Waring | 3.48.5 |
| M50 | Keith Moody, Ian McLeod, Ross Kent & Neil MacDonald | 3.52.8 |
| M55 | Bob Loader, Bob Bateman, Bob Lewis & Frank Tutchener | 4.56.1 |
| M60 | Jim Strickland, Kees Zwynenburg, Roy Gieseemann & B.Moulton | 6.02.2 |

4 x 800

| | | |
|-----|---|---------|
| M50 | Ray Kelly, Norm Johnston, Paul McCullum & Peter Duggan | 9.59.0 |
| M65 | Keith Bird, Bob Turnbull, Dick Kirkman & Peter Colthup | 11.41.1 |
| M70 | Alan Burgoyne, Andy Smith, Eddie Gamble & Cliff Barling | 11.44.1 |

4 x 1500

| | | |
|-----|--|---------|
| M50 | Ted McCoy, Ray O'Connor, John Waite & John Kneen | 20.02.3 |
|-----|--|---------|

WOMEN

4 x 100

W45 Pat Carroll, Lorraine Woodman, Gloria Wilson & Lois Jones 69.9

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

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

Clyde Riddoch

Victorian Records Officer

1425 Burwood Highway, Upwey Vic 3158
Telephone 9204 7085(B), 9754 8241, Fax 9204 7818

A WILD WOMEN'S WEEKEND

21 - 22 SEPTEMBER 1996.

by Dot Browne

"Gundiwindi" Lewis Road, Wandin is normally a country holiday camp for school kids, but this particular weekend, the manager allowed 25 wild women from Croydon Vets. venue to take over the place. Well 2/3rds of them were from Croydon and the rest were strays from the odd local church group. They were very well behaved. The strays tended to be a rather sedentary lot who hugged the fire and talked while the Croydon women ran themselves ragged all weekend. "Life is for living!" was the policy.

The action started almost as soon as we arrived at the rambling old place set in the bush on top of a hill in the Dandenongs and we left the cosy open fire to follow the manager, John Wilson on a night bush walk to check out the nocturnal animals. The steep red earth tracks were greasy and slippery from the recent rains and we needed our torches to avoid the deep sink-holes where the yabbies had undermined the tracks. The nocturnal animals had made themselves scarce. Not surprising really when one considers the shrieks that went on when some of us slipped and slid on our backsides or tripped over the fallen logs and branches strewn across the tracks.

When we arrived back, breathless and muddy, there was a great cake presented for supper with "Welcome to Gundiwindi" stencilled in icing sugar on the top. A nice touch. Robyn Todd, Carol Buckingham and a few other party animals kicked on until all hours but most of us hit the sack before midnight. The bunk beds were comfortable and the only real distraction was Pauline Brown's snoring and some other bird who insisted on going to the toilet fifteen times. Annie Callaghan was a worry though. She went on and on about needing batteries before she went to bed. She reckoned it was for her radio but we all knew it was for her vibrator.

The Croydon mob were up early for a run or an energetic walk while the strays slept on. It was a ripper of a course, all steep hills that knocked the stuffing out of the unfit ones and forced the conversations to wane. My legs are still recovering two weeks later. It was magnificent country though - rich red earth housing neat rows of strawberries, some in long semi-circular tunnels of plastic, brilliant daffodil and tulip farms, apple orchards, lemon orchards, wineries and bush, with scenic views of Donna Buang and Mt. Toolebewong as purple mountain ranges in the background.

After a hearty second breakfast we took off to the quaint town of Monbulk to check out the shops. Some went berserk in "Jenny's Boutique" and bought some new gear. Morning tea back at camp consisted of fantastic freshly baked cheese scones and muffins, so we forced a few of those down.

We wandered down to the ropes' course and practised being monkeys for an hour or two. Some of us found out how weak we were in upper body strength when we tried the 12 different activities which involved hanging, balancing, upside-down crawls, climbing, swinging from one swing to another, crawling through suspended tyres etc. etc. It was a well-planned course and great fun.

After a tasty lunch of chicken schnitzel and coleslaw in rolls, we took off in cars to visit Mont de Lancey, a historic homestead, gardens, chapel and museum about five km. away. However, there was a wedding party taking over half the place so viewing was restricted. Nevertheless, they were still charging the normal entrance fee of \$7 per visitor, which we all reckoned was a rip-off. Marlene Cameron told them so in no uncertain terms and asked for a discount seeing there were so many of us and half the place was closed. The manager was rude and obnoxious and told us we could take it or leave it. No discount. We walked out with the manager calling Marlene a "smartarse" as she left. Well, that was like a red rag to a bull. She wheeled on him, "Did you call me a smartarse?" she shrieked, shirtfronting him verbally with plenty of aggression. She was magnificent, a sight to behold. It was on for young and old then. He'd picked the wrong target this time. She gave him the rounds of the kitchen and told him she was going to report his abusive behaviour, which she did before she drove out. Within the hour, one of the owners of Mont de Lancey had driven to Gundiwindi to apologise and offer free tickets. And lo and behold, the obnoxious one himself turned up sheepishly next morning to eat humble pie and apologise. I guess the bosses had put the screws on him. We all had a good laugh at his expense.

Before dinner we paired up to try our hand at the orienteering course, a series of 12 checkpoints well hidden in various parts of the large property, some nailed on barn walls, some on trees, some down in the bush on fence posts, all of them hard to find. It was great fun and kept us out of mischief until dinner time. Some pairs found every checkpoint and others were sheltered workshop material.

The evening meal was great, roast beef and chocolate pudding. After dinner, somebody quoted a newspaper article which stated that chocolate and red wine were two elements of a daily healthy diet, so we did our best to keep healthy while we partied. Some of the footy fans took over the lounge room to watch the semi between Sydney Swans and the Bombers under lights. It was a real cliff-hanger and some of them spat the dummy when the Bombers got done by a point.

Next morning we emerged a little later, not yet feeling the benefits of the healthy diet, but still ready for more punishment. We took off in the opposite direction to yesterday's run, and ran more enormous hills with world views which led us to the Silvan Dam catchment area. We chose a beautiful loop track through the bush in sight of the dam wall. It was a fantastic run and Marl. Cameron reckoned it was the best she'd run for ages. We returned after an hour or so, full of running and exhilarated by the magnificent countryside.

Another late second breakfast just before morning tea and we were ready for some trampolining and a scratch game of volleyball. Lavinia Petrie was the tramps expert and dazzled us all with her impressive seat drops and twists in mid-air to face the other direction. Some of us decided we needed a bit more practice before trying out for the Olympic team.

The Flying Fox was on the agenda for the morning, so we tramped down the hill through the bush to check it out. It was a great construction, about 100 metres long and taking off from a high wooden tower up in the tree tops. It slowed down over a large muddy puddle surrounding a big tractor tyre. Most of us had at least one ride and it was good to see a few who had hangups about heights overcoming their fears.

Lunch was shepherd's pie and then it was clean-up time before we all packed our bags and returned to our families who'd been left holding the baby for a couple of days. It had been a great weekend enjoying our mates' company, being big kids again, and getting to know a few other delightful women. Thanks Lavinia Petrie for organising it. It was just great. All I need to do now is go home and sleep for a while and try to get over my stiffness.

LINDSAY THOMAS MEMORIAL - 10 KLM RUN

TUESDAY 21 JANUARY 1997 - 7.00 PM SHARP

BRAESIDE METROPOLITAN PARK - MELWAYS REF:- 88 D7
(ENTRANCE - LOWER DANDENONG ROAD)

ENTRY FEE \$3.00 PAYABLE ON THE NIGHT

OPEN TO VETERAN ATHLETES ONLY - VVACI MEMBERS (OR BY INVITATION)

EVENTS

10 KLM RUN (TWO LAPS OF PARK)

5 KLM RUN (ONE LAP OF PARK)

5 KLM WALK (ONE LAP OF PARK)

PRIZES

LINDSAY THOMAS PERPETUAL TROPHY (FOR 10 KLM RUN)
(TROPHY HELD BY THE THOMAS FAMILY)

FIRST / SECOND / THIRD MALE 10 KLM RUN (TROPHY)

FIRST / SECOND / THIRD FEMALE 10 KLM RUN (TROPHY)

FIRST MALE 5 KLM RUN (TROPHY) / FIRST FEMALE 5 KLM RUN (TROPHY)

FIRST MALE 5 KLM WALK (TROPHY) / FIRST FEMALE 5 KLM WALK (TROPHY)

- NUMEROUS SPOT PRIZES -

PREVIOUS 10 KLM WINNERS (VETERAN)

| | | |
|---------------|--|-------|
| 1993 MALE - | BARRY FRY (TOOTGAROOK) | 37.57 |
| 1994 MALE - | TERRY HARRISON (MENTONE) | 36.43 |
| 1995 MALE - | RUSSELL JOHNSON (ABERFELDIE) | 34.57 |
| 1996 MALE - | RUSSELL JOHNSON (ABERFELDIE) | 36.20 |
| 1993 FEMALE - | THERESIA BAIRD (SPRINGVALE-NOBLE PARK) | 40.50 |
| 1994 FEMALE - | THERESIA BAIRD (SPRINGVALE-NOBLE PARK) | 44.16 |
| 1995 FEMALE - | PETRINA TROWBRIDGE (COLLINGWOOD) | 40.08 |
| 1996 FEMALE - | BRONWYN HANNS (MENTONE) | 41.40 |

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

ENQUIRIES - KEN HOUGH - TEL :- 9268 1500 (W) 9798 1231 (H)

PLEASE NOTE: The distance of each event has not been "wheel measured" and is in fact a little bit longer than the advertised distance.

PAGING AAVAC

Australian Association of Veterans Athletic Clubs, Ltd. October 1996

In this issue (Paging AAVAC Issue No 8): Report 1996 AGM

AAVAC 1996 Annual General Meeting.

The AGM and Council Meeting for the Australian Association was held in Sydney on the Weekend of August 17/18. The AGM is open to all member athletes, while the Council is the place for policy discussion and decision from the State delegates.

The AGM elected office bearers and board members for the coming twelve months. The president is Len Childs (ACT), vice president - Peter Crombie (NSW), treasurer - Peter Dunham (SA), secretary - Brian Foley (WA).

The board members are: Ray Callaghan (Vic), Frank Rogers (SA), Wilma Perkins (Qld), Jean Thew (NSW), Colin Browne (Vic), Tom Worrell (Vic).

Ron Clarke was appointed as Patron after Pat Clohessy held that appointment for several years. Tom Hishon also retired after many hard working, and well appreciated years as treasurer.

There were three notices of motion accepted at the meeting.

- AAVAC recommends to the World Association that Men 50,55 throw the 700 gram javelin.
- Entry qualifications for World Championships were clarified to limit entry to club members.
- The AAVAC moves its legal status from a company structure to an incorporated association.

Those who were present would appreciate the complex and cumbersome procedures required by a limited company. By changing to an incorporated association the process should be more efficient and cost significantly less.

The Council meeting dealt with administration of the association and setting direction for our future. Matters discussed included

A development plan has been in the formation stage for the past two years. This was initiated at the Search Conference held at the 1994 AGM in Melbourne. The plan was circulated to clubs earlier this year, and was adopted by the Council. The plan outlines activities to improve the management and set our direction in the period leading up to the Olympics.

One of the recommendations of the plan is the appointment of an administrative officer, when finances allow for it. Consequently we will be approaching Athletics Australia for financial assistance in this area.

- A budget had been prepared and this showed that, while we have a healthy balance in assets at present, forecast additional expenditure on administration, insurance and

a magazine for communication to members, would require an increase in capitation fees. This had been accepted at the 1995 AGM, with an increase of \$2.00 to \$5.00, after the presentation of the budget at this year's meeting.

- There were several competition changes for the National Championships.
 - Multi event scoring will be from the WAVA age factor system.
 - Shot putt will replace discus in pentathlon.
 - W60 hurdle height is 65 cm.
 - The weight throw is an optional event for Nationals
 - The weight pentathlon will be a National title.
 - A national Winter Weight Throwers Titles will be conducted by ACT.
- A new uniform for Australian representation will be designed by a sub committee.
- Durban travel - JCT are progressing with air travel and accommodation for the 1997 World Championships in Durban, but are having difficulty with confirming accommodation details. When they are available, they will contact State Secretaries. As travel may not be via Perth, there will not be a pre championship competition arranged in WA

Brian Foley
Secretary, AAVAC.

JCT TRAVEL

Our National Travel organisation has branches in each state, with Veteran Athletics travel arranged through SA

45 Grenfell St
Adelaide, SA 5000
Tel. (08) 231 5399
Fax (08) 212 4468
Toll free 1800 150 122

NEXT ISSUE: Athletic News and Views, by Vice President, Peter Crombie.

THE LUNCHTIME RUN



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.

(If you are going to the World Games in Durban, it is about time you entered. Entry forms, from and to Colin Browne, 9874-2501.)

Sunday, 22nd December, Post Office Dash, (9.2km & 4.6km) Sorrento PO & Blairgowrie PO, both 8.00am (059 855 989 h)

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

:Charity Dawn Buster Fun Run (5.5km) Market Square Geelong, 7.00am (052 435 374 h) 1997

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

Sunday, 5th January, Waratah Beach Fun Run, (8km) Waratah Beach Kiosk, 9.30am, (9720 4088 w)
:Warrnambool Surf to Surf (10km), Pertobe Park, 10.00 am (055 624 103)

:Port Fairy Moyneyana Fun Run (8km) Gardens Oval, 5.30pm (055 682 368 h)

Friday, 10th January, Mountain to Surf, Lorne (8km), Recreation Reserve, Lorne, 6.00pm (9596-3530)

Saturday, 11th January, Skinny Legs Fun Run & Walk (6km) Airey's Inlet, 9.00am (018 542 770)

Sunday, 12th January, CHC Coburg Special Fun Run & Walk (12km & 4km) Harold Stevens Track, Coburg, 9.00am (9386-9251 h)

:GGG Cape Run (8.4km) Watt Street, Wonthaggi, 9.00am, (056 721 222 w)

:Rip to River Surf Coast Run (11.5km), Point Lonsdale Lighthouse to Barwon Mouth, 8.30am (03 52 561 152 or 0412 008813)

Wednesday, 15th January, Warrnambool Little Aths Fun Run (7.5km & 5km), Lake Pertobe Ath Centre, 5.00pm (055 612 405 h)

Sunday, 19th January, John Batman Fun Run (7km & 5km), St Leonards Yacht Club, 10.00am (052 592 764 w)

YYACI Tuesday, 21st January, Lindsay Thomas Memorial, (10km/5km run, 5km walk) Braeside

Park, 7.00pm Melway 88 D7 #3.00 Ken Hough 9268 1500 w, 9798 1231h.

Sunday, 26th January, Tattersalls Australia Day Fun Run, (7.3km), Bourke Street Mall, 8.30am, (052 242 466 w)

:Great Australia Day Fun Run & Walk (8km & 4km) Lilydale Lake, Swansea Road, 9.00am (9802-0664 h)

:Spring Creek House Aust day fun Run & Walk (10km & 5km), Torquay, 9.00am (052 612 583 w)

:Percy Cerutti Memorial Fun Run (7.5km), Portsea Back Beach Car Park, 9.30am (9645-8551 h)

Saturday, 1st February, VRR Tan Time Trial (8km & 4km), near Government House Drive, 7.30am (9802-7925 ah)

Wednesday, 5th February, VVACI Andy Salter Relays, Springvale Noble Park Venue, inter-venue challenge teams and fun run teams. Contact Leigh Cassidy, 9772-2508. Special night for all vets.

:Super Sunset Series, Tan track (10km & 4km) Domain Oval, Domain Road, 7.00pm Contact 9639-4611

Sunday, 16th February, Forest Hill Zebra's Fun Run (10km & 5km) H.E.Parker Reserve, Heathmont, 9.30am (9729-3753 h)

Wednesday, 19th February, VRR Twilite Tan Time Trial, (8km & 4km), near Government House Drive, 6.30pm, (9802-7925 ah)

Saturday, 1st March, VRR tan Time Trial & Breakfast (8km & 4km), opp Swan Street Bridge, 7.30am (9802 7925 ah)

Sunday, 2nd March, VVACI Summer Weight Pentathlon, Caulfield venue, Astrid Rose 98362350.

Wednesday, 5th March, Super Sunset Series, Royal Park, Zoo, (10km & 5km) Brens Drive, 7.15pm Contact 9639-4611

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

Wednesday, 12th March, VRR Twilite Tan Time Trial, (8km & 4km), near Government House Drive, 6.30pm (9802-7925 ah)

Saturday, 15th March, Sri Chinmoy Torch Relay Run, Princes Park, Carlton, 8.00pm - 8.00am (9428-6665 w)

Sunday, 16th March, VRR Yarra Bend (12km & 6km), Yarra Bend Park, 8.00am, (9802-7925 ah)

:Walk Against Want, Community Aid Abroad, Australia wide event. Contact 9289-9444

Saturday, 22nd March, VVACI Pentathlon 12.30pm Duncan McKinnon Park,

Murrumbeena, Melway 68 K9 Astrid Rose 9836 2350

Sunday, 23rd March, VRR Angela Taylor (10km & 5km), Police Academy View Mount Road, Glen Waverley, 8.30am (9802-7925 ah)

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

Saturday, 12th April to Sunday 13th April, noon to noon, VVACI Coburg 24 Hour Relay, Harold Stevens Athletics track, Melway 18 A9, teams and individual event. Enquiries Gordon Burrowes, 9366-0326

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

Saturday, 4th May, VVACI & Ballarat Harriers Half Marathon, 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, 29th 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 Astrid Rose 9836 2350.

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

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

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

Sunday, 19th October, VVACI Marathon in Melbourne Marathon to be confirmed.

Saturday, 29th November, VVACI 10km Track Runs (in divisions) 6.30pm, Knox track. 1998

Oceania Games, Hastings, New Zealand. 1999

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

ANDY SALTER MEMORIAL RELAY

The Springvale/Noble Park venue is once again proud to host the running of the "ANDY SALTER MEMORIAL ROAD RELAY", a 4 X 3.1 km intervenue challenge relay.

This will be run at the Springvale/Noble Park Athletic Track, Memorial Drive, Noble Park, on Wednesday 5th February, 1997 at 7.30pm.

Again, as in the past, two divisions will be programmed. Division One is for challenge teams, and Division Two is the Fun Run section.

DIVISION ONE teams must consist of four runners, made up of three men and one woman. The total age of the combined team must not be less than 175 years. Each venue may field two challenge teams, and each team member must be a registered financial club member.

"THE ANDY SALTER PERPETUAL TROPHY" will be presented to the winning team, to hold until the running of the next relay, and prizes will be awarded to the first three teams to finish.

DIVISION TWO teams must consist of four runners of Veteran age, no other age restrictions apply. It is hoped that at least one woman will be included, but this is not mandatory.

Entry fee for each division is \$4.00 per team, payable on the night.

PLEASE NOTE: ALL TEAMS MUST BE REGISTERED BY 7.15PM. PLEASE BE EARLY.

The registration table will be open from 6.45pm on.

A normal program of events is also scheduled, in which we hope many will take part. This program will consist of:

| | |
|------------------------------|---------------------------|
| 120 metre sprint | 7.15pm |
| "Andy Salter Memorial Relay" | 7.30pm (on road) |
| 1200 metre walk | 7.30pm (on track) |
| 3km track run | after completion of relay |
| Supper and presentations. | |

Enquiries

Ron Little 9798 5128



COBURG 24 HOUR RELAY 1997

Noon Sat 12 April to Noon Sun 13 April

Open & Vets sections
Athletics' clubs,
corporate teams,
schools,
community groups
- all welcome.
Camping & catering
facilities available.

Be part of your Venue team,
or a VETS COMBINE team
or a Reserve.
Team Organizer(s) required.

Harold Stevens' Athletics' Track
Outlook Road Coburg (Vic)
Melways 18 A9/10

Enquiries Gordon BurrowEs
37 Douglas Avenue
St Albans Vic 3021
Tel (03) 9 366 0326

COBURG 24HR CARNIVAL 1997
ENTRY FORM
RELAY TEAMS

Team name _____

Name/address/tel number of team contact person. _____

Want to participate?
Can't get a team together?
Register your name as a reserve?
We'll get you a run with a team.
Write RESERVE in Team name box.

Non-refundable \$10 deposit to accompany all team & reserve entries. Pre-event news & results mailed to all entrants.
Remainder of team entry due on day of race.

President

Robert Waters
5 Bellevue Court, Maribymong 3032
9318 3802

Honorary Secretary

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

Honorary Assistant Secretary

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

Honorary Treasurer

Jeff Briggs
60 Bursaria Avenue, Ferntree Gully 3156
9758 6328 , fax 9854 2500

Vice Presidents

Ted McCoy
24 Blackwood Avenue, Mentone 3194
9583 3280
Anthony Bradford
6 Merrett Avenue, Werribee 3030
9749 2248

Club Captain

Eric Greaves LM
7 Netherby Avenue, Mulgrave 3170
9560 2971

Club Vice Captain

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

Honorary Auditor

Keith Routley
6 Moubray Street, Albert Park 3206
9699 6384

Immediate Past President

Doug Orr
27 Shawlands Avenue, Blackburn South 3130
9878 4875

General Committee Members

John Benson
198 Prospect Hill Road, Canterbury 3126
9830 4546, fax 9809 1862

Annette Brunton
7 Purches Street, Mitcham 3132
9873 2529

Les Clark
53 Koorngal Road, Upwey 3148
9754 2793

Peter Colthup OAM, LM
14 Bakers Road, North Dandenong 3175
9795 1169 phone/fax
John Dean
3 Pearl Street, Essendon West 3040
9337 7179

Morrie James
34 Pasadena Crescent, Bentleigh East 3165
9570 6958

Astrid Rose
71 Union Road, Surrey Hills 3127
9836 2350

Honorary Auditor

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

items available by post

The secretary has a number of items that she is willing to send to you if you will defray the cost of postage. Please indicate your wishes on this form and return it to:

Dot Browne, Hon Sec VVACI
4 Victory Street
Mitcham 3132

I would like you to send me

- Entry form(s) for the AAVAC Australian Veterans Track and Field Championships in Melbourne at Easter, 1997 **postage** 45 cents
- Entry booklet(s) for the WAVA World Veterans Track and Field Championships in Durban in July 1997 90 cents
- Booklet(s) of World and Australian Veterans Track and Field Records in 5 year age groups \$3

I enclose in postage stamps / by cheque. Please send the items to:

Veterans 1997

AQUATHON

- * **WHEN:** SUNDAY 9TH FEBRUARY, 1997 AT 8:30A.M. SHARP
- * **WHERE:** Lysterfield Lake Park (Mel Map 108 D3 (Swimming Beach))
- * **ENTRIES:** ON THE DAY FROM 8:AM (Be Early)
- * **COST:** \$4:00 ENTRY, PLUS \$2,00 PARK FEE - (\$6.00 ALL UP)
- * **DISTANCE:** 5KM RUN FOLLOWED BY A 400M SWIM
2.5KM WALK FOLLOWED BY A 400M SWIM
- * **AWARDS:** TROPHIES TO ALL AGE GROUPS WINNERS,
CERTIFICATES TO ALL FINISHERS.

Further particulars to : Dave Herbert - 9758 0743

(Electric BBQ's available at the park)

Conducted by the EAST BURWOOD VETS.