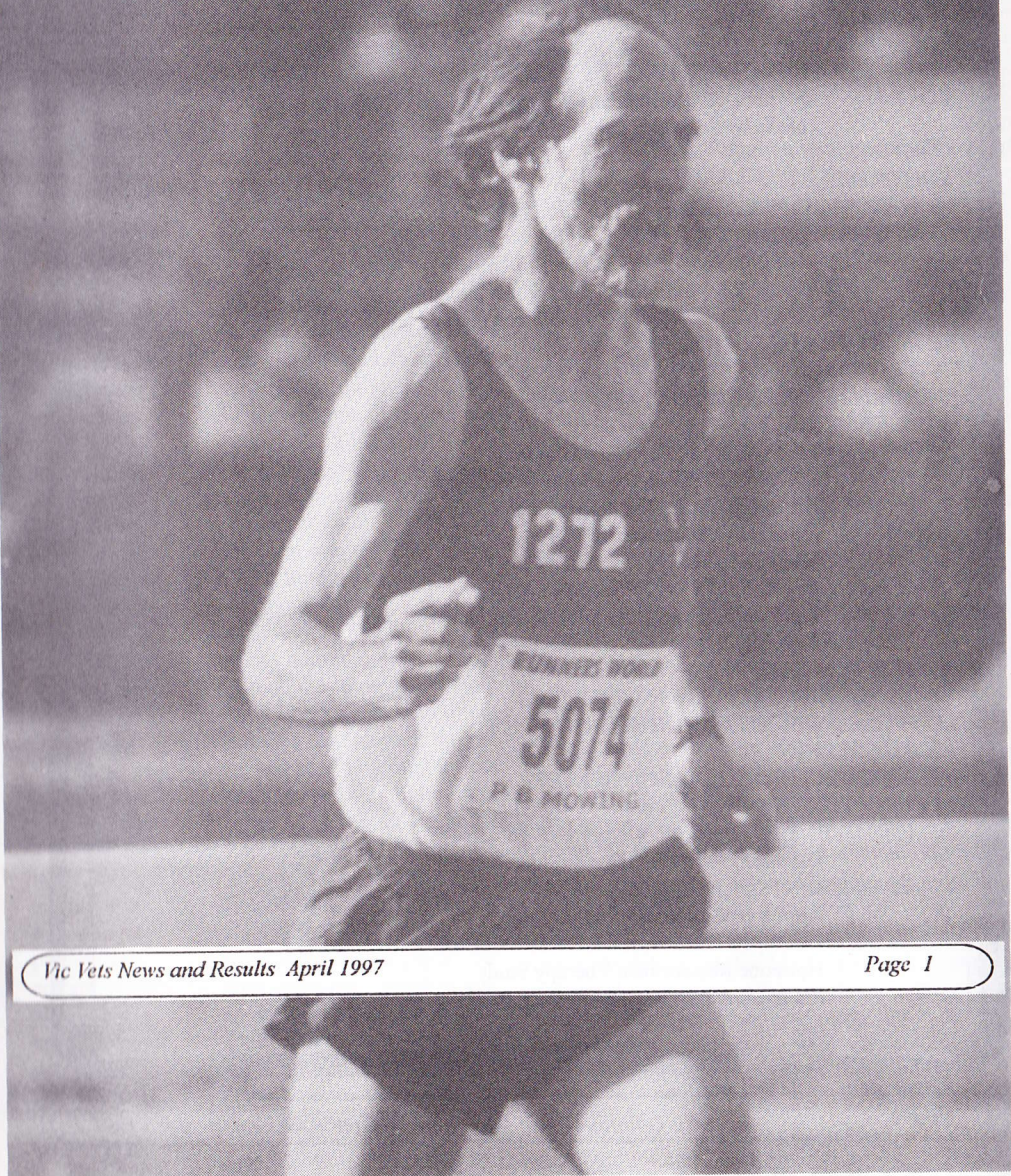


VIC VETS

NEWS AND RESULTS

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Vic Vets News and Results April 1997



Vic Vets

NEWS AND RESULTS

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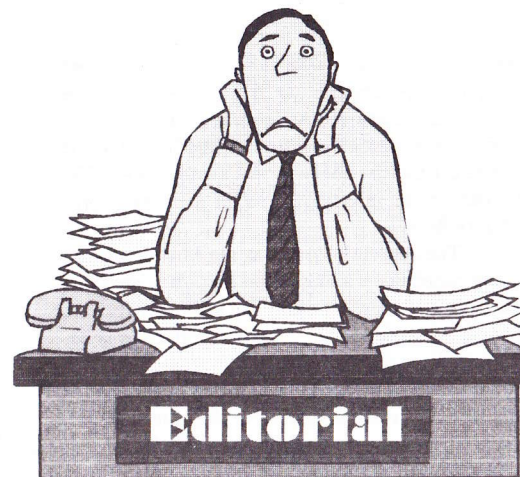
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So the Nationals are over. Heartfelt apologies for not having a "News and Results" out for so long, but we were stretched pretty thin getting the Nationals on, and something had to suffer. In fact we did a good job on the Nationals, despite the odds against us. Maybe there were areas that we had to sacrifice, and we are sorry to have to admit it. There was no major social function. We don't have a social secretary on committee and the rest of us had our work cut out. There was limited exposure in the media, although we must acknowledge Richard Trembearth's efforts in getting us on the radio on the Sports Channel. That was really good. What we did have instead of a social event was excellent provision of food and drink after Monday's events, and a chance for those who were there to socialise.

We had our heartbreaks. Three days before the event, Rob Waters was informed by our major sponsor, Mercantile Mutual, that their sponsorship had not been approved by head office. Not only would we get nothing from them for the Nationals but the \$2000 per year that we had been promised for the last two State Titles would not be paid. Rob was so worried that he tried to keep it to himself and bottle it up. Greavesie was marvellous when he heard. He made Rob feel that everyone had to share the pain, not just Rob. And that goes for AAVAC too. We were running this carnival on AAVAC's behalf, as a partnership. They were requiring us to pay \$5 per entrant, to subsidise their operation, which is running at a loss and needs an injection of funds. Fair enough. I am AAVAC too. It's a family. But if one gets hit, the family gets hit. So if AAVAC wants its

\$5 per entrant they may have to help us find our way out of our difficulties.

But the carnival went really well. Events ran on time. John Gosbell and his team accepting and processing results were marvellous. He had Phyllis, Rita Kerr, Brian Mee, Margaret Bristowe, Anne Callaghan and others helping him. Start lists, communications, paper work went really well. But there was another disaster. The architect of all of this, Ray Callaghan, was as sick as a dog. He has neck and back problems which keep him in almost continual pain. This, combined with the expectations we load on him to run the show, wears him out. He was rescued by wife Anne and John's team, and it all came out very well.

On the track, Peter McGrath, Eccles, Wendy, Tony Bradford, Ted McCoy and their team ran the program to perfection. Ron Young was in everything. So was Les Clark. He organised the lapscoreing and was general dogsbody at other times. Harold Stevens and Fred Lester were the senior partners. Gordon Burrowes manned the shot put all weekend, while Robbie Waters and the Western Suburbs teams were out in the Boondocks in Yarra Park. Jim Shand did a marvellous job on the announcing all weekend, and Margaret Cassidy kept the medal presentation coming hour after hour. We had good co-operation and communication with the Olympic Park staff, Bradley, Geoff and Jason, so we were never locked out of anywhere (for long). Out in the throwing fields Graeme Rose was a tower of strength. He too had great support from his team, not least from wife Astrid. The throwing competition was heavier in demands of time than the track. On Sunday the track area was locked up and deserted when the last throwers appeared from over the road at Yarra Park.

Combined events went well. Hot on Easter Thursday for the weight pentathlon, and limited number of officials. The throwers ran it themselves, virtually. Sorry Jean O'Neill, you were marvellous. Jean organised the volunteer Athletics Victoria officials throughout the carnival and did a wonderful job. Those officials were indispensable. They are so committed to the sport. By Monday afternoon when they were staggering in, some on walking sticks, after five days in the field we realised just how much we owe to them. And thanks a million to Marge Colthup for feeding them and keeping them happy.

Monday's pentathlon went very well. Andy Smith remarked that it was the best yet, with the print-

outs of sequential results keeping the participants informed of their standings after each event.

I loved the cross country. Collingwood vets had done a marvellous job of setting out the track, organising the event and providing packaged lunches. Weather conditions were perfect. It's a great course. The company was excellent. A lovely morning. No doubt the road walks were just as good.

Back in the information room, I had great support from Dot, Janis Wright, Doug Orr, Eric and Wendy, Val Paton, Colin Page, David Sheehan, Peter Colthup, and many others. The big vote of thanks goes to the members at Croydon who packed the envelopes with all sorts of goodies on Tuesday evening. Workin' on the chain gang. We had quite a system going there. Apologies to people I haven't named. Alseimers.

Thoughts after the event. It is a big ask to run a five day event. Maybe we should not ever ask it again. There are other ways, and they could go in the direction that AAVAC is thinking. Since the combined events went so well, and since quite a lot of athletes showed that they could compete in both, it would be possible to split the pentathlons as a pair away from the track and field, and put them on another weekend, even in another state. This would leave the track and field as a three day event. Now that would open up the flexibility of programming it on any long weekend. For some reasons (football, Stawell) Easter is not ideal for our Nationals in terms of getting sponsorship and attendances.

AAVAC is suffering an identity problem with the grass roots members. "Who's AAVAC?", they say. It needs to gain more exposure. It can do that, I think, by presenting itself very often on the year's calendar. There could be the AAVAC multi-event championship, the AAVAC road walks championships, the AAVAC marathon, the AAVAC half marathon, the AAVAC cross country championships, etc as well as the AAVAC track and field championships. And they could be spread around the states each year in whatever pattern that suits best. There is a move to have the championships not be allocated to the states by rotation, but have them bid for. The state or group which makes the best bid gets the job. The idea is to make them a package that will attract sponsorship. A new approach, joining the current mode of sport promotion that we see in other sports. Perhaps we are a bit behind the times.

Certainly, unless we become the major party

called upon to disburse funds from the government to mature age athletics, we will get nothing. The current major disburser, Athletics Australia, does not consider us as part of its responsibility. That must be changed, either by changing AA's perception of its mandate, or by inserting ourselves as a major provider, or both.

The Athlete's Forum at the Melbourne Nationals raised many issues of this sort. It is clear that mature-age athletics is languishing in the race for both funding and sponsorship. Some say that this is because we have the wrong name. They say "Masters" would fix all of our problems. I don't think so. It may help, but there is more to it than that. Money comes three ways, through membership fees, funding and sponsorship. If we are to attract funding, we must demonstrate that we have control of the whole area of provision of athletics opportunities for the population of Australia above the age of 30 years. That is a big ask, isn't it. We can't currently claim that for all the suburbs of Melbourne, much less the country. And the other states have even less claim to be catering for their populations. The only way we could make the claim is by saying that no other body does more. So do we submit an ambit claim, and then try to expand to make it a reality?

So much for getting money by government funding. The other sources of money are membership fees and sponsorship. Membership fees run the show at the moment. There must be an upper limit on what you can charge members before they start to say "no" and drop off. Then it has to become more expensive for the remainder, so more drop off. A vicious circle.

That leaves sponsorship. A sponsor will ask "What's in it for me?" What can we offer? If the answer is "advertising" or "exposure", then we are in the hands of the media. Unless we can get the media to publish our doings, we can not honour our offer of publicity to our sponsor. And athletics is not a glamour sport. In fact veteran athletics is battling a negative image in the media, which is fixated on 90 year old geriatrics who can stagger around one lap of the oval. The true essence of veteran athletics is something much more robust than that. Look at our records. Watch the nationals. If races can be thrilling, many of these were thrilling. But the media doesn't want to know, so sponsors don't want to know.

Colin Browne

NEW VICTORIAN RECORDS

Age	Event	Name	Performance
M60	4x200 Relay	David Mather, Leo Charles, Kevin Marion & Max Brook	1.57.0
M55	4x200 Relay	Barry Pomeroy, Mike Hall, Ross Kent & Graeme Noden	1.44.7
M70	4x200 Relay	John Reid, Ron Aust, Mike Johnson & Jim Thompson	2.03.5
M65	Hammer	Wim Van Weenen	50.38 Aust Record
M65	Heavy Hammer	Wim Van Weenen	17.53, 17.77 & 18.57 Aust Records
M65	Weight Pentathlon	Wim Van Weenen	4,640 Aust Record
W60	Weight Pentathlon	Val Worrell	3,394 & 3,459
W60	Heavy Hammer	Val Worrell	11.78
W55	Weight Pentathlon	Jan Davies	3,940
W55	Heavy Hammer	Jan Davies	13.08 & 13.14
W40	Pole Vault	Dawn Hartigan	3.15 & 3.20 Aust & World Rec
W30	100	Lisa Ford	12.6
W55	100	Anne Stobaus	14.2
W55	200	Anne Stobaus	28.8 Aust Record
W55	800	Anne Stobaus	2.37 Aust Record
W65	800	Shirley Young	3.18.3
M75	200	Mike Johnston	29.8
M75	400	Mike Johnston	69.9 Aust Record
M30	800	Paul Schnyder	1.55.8 Aust Record
M80	800	Jack Stevens	3.26.8 & 3.26.3 Aust Rec
M85	1500	Harry Preston	12.33.3
M85	5k	Harry Preston	48.53 Aust Record
M55	300 Hurdles	Richard Trembath	45.3 Aust Record
M70	2k Steeplechase	John Reid	11.26
M60	2k Steeplechase	Bob Gardiner	7.51
M60	3k Walk	Bob Gardiner	14.22 Aust Record
M60	5k Walk	Bob Gardiner	24.46 Aust Record
W70	1500 Walk	Jean Knox	9.57.3
W30	1500 Walk	Annette Major	7.18.6
W30	5k Walk	Annette Major	26.30
M30	3k Walk	David Long	19.59
M30	Shot Put	Angelo Pagano	12.04
M70	Javelin	Rudi Hochreiter	36.72 Aust Record
M50	Triple Jump	Russell Sarah	12.35 Aust Record
M55	Triple Jump	Jim Poulter	10.74
W45	Heavy Hammer	Chris Schultz	13.57 Aust Record

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.

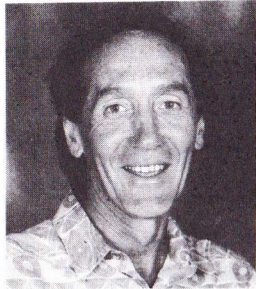
Victorian Record Certificates have been issued for all records set since 1993, but if requested in writing, Certificates will be supplied for any older or superseded Victorian Record. And please contact me if you haven't received your certificate.

Clyde Riddoch
Victorian Records Officer
1425 Burwood Highway, Upwey Vic 3158
Telephone 9204 7085(B), 9754 8241(H) & Fax 9204 7283

VETS IN THE NEWS

Max Balchin
Ron & Shirley Young
Rhonda Dundas & Gwen Davidson

DIAMOND VALLEY'S VOLUNTEER OF THE YEAR



Congratulations to Max Balchin of the Diamond Valley AC who has been named the Athletics Australia Club Volunteer for 1997. Max was selected from more than 60 nominations received by Athletics Australia from around the country.

Max is an administrator, club president, coach and competitor with Diamond Valley AC. He also collates results and produces the club's weekly newsletter, writes the weekly athletics report for the Diamond Valley newspaper and co-hosts the athletics segment on Plenty Valley FM Radio.

As a qualified teacher and level one coach in middle and long distance, Max relates well to the many young people he attracts to the club. He develops their interest through his enthusiasm, skills and love for the sport; a commitment that has seen the membership of the Diamond Valley AC grow significantly over the past few years. Congratulations Max - We value your significant contribution to our sport.

By Sarah Marinos

SHIRLEY and Ron Young are living proof that it is never too late to start a new hobby and make new friends. Shirley Young starts each day with a run through the streets near her Blackburn home. On Fridays she goes mountain bike riding instead. Shirley has competed in national and international sporting events, won medals and trophies and, at 67, has no intention of slowing down. Her husband Ron, 65, is also a keen athlete.

"I always played football and cricket at school. I suppose you could say that I've spent a lot of my life running around like a hairy goat!" he says.

"I started running in 1946 and just kept going and I've never seen my age as a valid reason to stop. It's irrelevant to me. Our children became athletes at an early age and about 20 years ago Shirley realised that if she couldn't beat us she would have to run with us. Our children have now given up but Shirley and I see no reason to give it away."

The Youngs met at a printing factory in Melbourne in 1947 and married in 1952. They had three children — Greg, 41, Lorraine, 36 and Christine, 34. All of them inherited their father's flair for running early on but Mrs Young admits she took a little longer to recognise the benefits and fun of the sport.

"I never enjoyed sports at school and I wasn't very good at anything either," she says.

"I wasn't really interested in sport until I reached 47. As a family we used to go on holiday to Wilson's Promontory every year and the children and Roy would always do a mile run along the beach. It was a ritual.

"One year they made me join in with them. I felt like a snail, walked most of the way, was exhausted afterwards and at times I thought they wanted to kill me but I was determined to show the buggers that I could do it!

"Once we arrived home the kids told me to keep it up. Some of my friends ran and I joined a veterans club with them but I never expected to keep going for so long. The first time I trained at the club I could only jog around the track once.

"It was so embarrassing because the other runners would start me off two minutes before the rest and I still came in last. Gradually I managed to do four laps and was sure I'd never do more than that. Now I run 100-kilometre races."

Mr and Mrs Young are members of St Stephen's Hawthorn Athlet-

ics' Club, formerly St Stephen's Harriers, one of the oldest athletics clubs in Victoria.

"Now I understand the excitement running brings and it keeps me healthy, too," says Mrs Young. "Running has also brought me a lot of other benefits. I've made a lot of friends and I used to be a very shy person. I never found it easy to talk to strangers and was lacking in confidence. People find that hard to believe now."

It is the sheer enjoyment and the challenge that keeps Mr Young interested. "When I was working I found running a great stress reliever. After coming home and feeling beat I'd go and train and let all the tension out," he says.

"The physical benefits are obvious too. Aerobic exercise keeps my body working hard. It's strengthened my heart muscles and I've never had any serious illness. The most I pick up is a bout of flu. Shirley's the same. She often suffered respiratory problems before she started running but they've disappeared since then."

Mrs Young says it took 12 months for her to run well. About 18 months after she started running, in 1978, she competed in the first Melbourne Marathon — and crossed the finishing line.

"I was happy but exhausted at the end of the day," she says. "Before I started I told myself I wanted to finish in less than four hours and I did it in three hours and 51 minutes, so I was thrilled. I've competed in every Melbourne Marathon since. My dream is to run in the marathon when I'm 100."

Mrs Young has won medals at national and international veteran competitions. She has also run 100-kilometre and 50-mile races, which take more than 10 hours to complete, and has beaten men and women a fraction of her age.

"If I run a race I like to run the whole way," she says. "I don't like to stop and have a rest. Some people have been a bit upset about being beaten by someone of my age, especially the young fellas. They hate it. A few of them have given it away because I've crossed the finishing line before them."

Shirley and Ron Young do not feel that they have achieved anything exceptional and believe many other older men and women could enjoy sport. "A lot of people believe you should stop doing certain things when you reach a certain age," says Mr Young.

"I don't agree with that. Having an interest that keeps you healthy makes you feel great no matter what age you are. I couldn't think of anything worse than spending the rest of my life sitting in an armchair watching the world pass me by."

THE SUNDAY AGE • 16 MARCH 1997



FROM SWAN HILL

Move to start local veterans athletics

AT 71 years of age Gwen Davidson, grandmother of seven, sprints 100 metres in 15.5 seconds.

She claims she is not uniquely talented, that she is just one of hundreds of elderly athletes who take part in sporting competitions each week.

She took up athletics at 65.

Not everyone needs to be as competitive as Davidson, a pentathlete who is just one of the 1600 members of the Veterans Athletics Club where anyone over 30 years of age is eligible to join.

"Older people who exercise suffer less from depression and anxiety and there is some evidence that it also improves their cognitive functioning so their reaction times are better," said Jenny Schwarz, a senior lecturer in geriatric medicine.

Exercise helps counter high blood pressure, high cholesterol levels and has been shown to increase longevity.

Davidson, from the East Burwood Veterans Athletics Club, and Rhondda Dundas, of the Croydon Veterans, met with local veterans athlete May Ward in Swan Hill recently to discuss the possibility of starting such a club in Swan Hill.

Mrs Ward said the response from the community had been good and a committee would be formed to take on the task of establishing a Swan Hill Veterans Athletics Club to be affiliated with the Victorian Veteran Athletics Club.

Davidson and Dundas have offered their assistance to return to Swan Hill with a number of their own club members, to help with the establishment of the Swan Hill club and to demonstrate the types of events which will be introduced to new members, mainly track and field, taking in running, jumping and throwing.



Veteran athletes compete in their five year age groups, with nationals and internationals held in host countries each year.

This year the internationals are to be held in Durban, South Africa.

Anyone seeking information can contact May Ward on 50376685 or 015 346304.

RHONDDA Dundas of the Croydon Veterans Athletics Club, demonstrates the shot put, during a recent visit to Swan Hill promoting athletics as a continued interest for the aged.

LETTERS TO THE EDITOR

THE DAY I WON MY FIRST RACE EVER by Bruce Cook

I have run in many races and fun runs since my first serious venture into running, aged 41, which was the 1979 17.5km Sun Superun, which I completed in 67 minutes and started me looking around for more competition.

I have competed in hundreds of runs, distances from 8kms to marathons and ultramarathons, my

longest being a 150km track race in 20 hours. But during this span of 17 years, I have never won a race ever. Sure, I've won my age-group on a small number of occasions, but I've never been first across the line. A running friend of mine whom I had not seen for a number of years, happened to cross my path one day recently, and during the conversation, he told me that he had become heavily involved in veterans athletics, particularly the Essendon Vets. at Aberfeldie Park. I told him I had had two operations on my right knee, and

LETTERS TO THE EDITOR

although I still run every day, I could never be as competitive as I used to be. He said, "Speed is not a concern with the Vets. Comradeship and friendly rivalry is all that matters and you run your own race. They have runs ranging up to 6km track races to 7.5km road runs, with tea and cake and chat after." This sounded ideal for a plodder like me, so I fronted up on the Wednesday night.

I have attended three nights now and I find it very friendly and relaxing. I've only competed in the longer road runs and have managed to hold my own, finishing in the top half of the group. However, last Wednesday night I arrived to find there were fewer runners in attendance than normal. (I was told that the top runners were competing elsewhere). So I felt compelled to compete in a shorter race to make up the numbers. I ran in the 500 metres track race and finished second last, and then ran in the 6km - a 15 lap race which had a field of 10. The race started at a comfortable pace and I was able to keep up. After the second lap, one runner took off and before I knew it he was 200 metres in front. As we continued, I found myself in second place behind a fellow in a white tee-shirt. I followed ten metres or so behind him but by lap 10, I noticed that the further we went, the gap between us got shorter until I was right behind him. Eventually, he moved into lane 2 and let me pass and I continued on trying to keep the same pace, and all the time expecting the rabbit who took off earlier to eventually lap me. (I found out later that he pulled out at the finishing line during lap 3).

During the run I lapped a couple of runners twice. (I'm only telling you this so you get some idea of the standard of the field, not to embarrass my fellow runners). I managed to maintain the same pace for the remaining five laps and crossed the finishing line in 25:45. I looked back down the track and there was nobody on the 100 metre straight, so I had won by a considerable margin.

There was no fanfare, rocky music, medals or crowds lining the finishing straight, just a fellow jotting down the times as each runner finished, but it was a feeling I never thought I would experience.

I was so elated I didn't stay back for a cuppa or a chat, but drove straight home to tell the missus. On revealing my good news to her, she said, "That's nice dear, are you ready for your tea?" So much for hero status.

Next week when all the elite runners return, I'll come crashing back to earth and be at the tail-end of the field, but in the meantime, I'm going to enjoy this feeling of being a winner. Thankyou Essendon Vets. You've helped me achieve something I never thought possible in my life-time!

Marcus Hill
Dot & Colin

A thousand thanks, and masses of congratulations, for a wonderful meeting. So smooth; so efficient; so hassle-free ... and so happy. Everything seemed to be "perfection-plus". Great!!

It was only a few weeks earlier that I was at the N.Z.Masters, at Wanganui. GRRR!! - Not one name on the programme ... just: "M70 DISCUS - 3PM"! Wrong weights of hammers, given to hammer throwers. ("Don't argue - if you don't like it, you don't have to throw it"). Only three throws in the shot, javelin, discus and hammer ... a dreadful feeling when, like ME, you specialise in putting the first throw at least 25° out of sector!!

Anyway - I hope the N.Z.(Masters) people were here, at Easter, to see how HASSLE-FREE a major event can be run!. Congratulations, again.

(Actually - there was a bit of a "HASSLE" ... but it was down here, at Marcus Hill. Jean came home with two "Golds"; and one Vic and one Australian record. Arthritic husband could manage but one "Gold", one "Silver" and NIL records. In brief:- the "second fiddle" for the past two years has now become the "virtuoso" ... and I'll give you ONE guess who had to do the "washing-up" - PLUS the "drying-up", tonight!!!)

Oh well, lots of fun. THANKS!
Ken Knox



LETTERS TO THE EDITOR

Dear Sir / Madam

During the 1958 EMPIRE GAMES held in Cardiff, Wales, an old friend of mine by name BARRY DONATH represented Australia in the shot put. ♣

Unfortunately I lost contact with him on his return home.

I would be pleased if you could give me any information re his whereabouts at present.

I have checked the Melbourne phone book without success.

Yours faithfully

Barry Pilgrim

30 Joslin Street

Kotara NSW 2289

Editor News and Results

Col,

If I had realised that the State Championships at Aberfeldie was a fashion parade, I might have entered some of the events. Mistakenly, I had thought it was an athletic competition, but that notice saying that medals would only be awarded to competitors dressed appropriately soon changed my views.

I understand that that at least one competitor lost his medal because he was not dressed correctly in the eyes of the (fashion) judges.

Perhaps we need to go back to the Ancient Olympics and the Greeks where they all competed in the nude. Maybe then some of these pot hunting Vets would not be so keen to have six or seven medals pinned to them!

Gordon

Dear Colin

In response to Ken Walters' letter which appeared in the December issue of Vic Vets. I believe his comments are quite justified. These low numbers carry a lot of history with them and it would be a pity to re-issue these later on.

I hope this does not happen. I too have a sense of pride when I wear my singlet with the number 97 on it.

Yours sincerely

Rowena Barker

Dear Colin

My thanks and congratulations to each and everyone concerned with the organisation, preparation and conduct of the 25th Australian Veterans' Track and Field Championships held in Melbourne this Easter - they were great!

The thrill and excitement of seeing for the first time in the world a ninety year old man run 400 metres in less than two minutes - I refer to Alex Pittendrich.

On the personal side I will never forget the 800 metres. With about 20 metres to go I sensed some character coming up on my right. Producing all I had left - which wasn't much - I held him off to cross the line to the excited cries of the commentator "World record! World record!"

He referred of course to Alex, who was right on my hammer and broke the M 90 800 metres record by some seven seconds.

I would especially like to commend all concerned with the conduct of the pentathlon championship on the Monday. These were the best of their kind by far. The speed with which the different groups were kept on the move from one event to the next was excellent, and the issue in the field of typed results of each event, with results and progressive scores, was really first class.

Then, to finish on a great note, all competitors and officials were invited to the reception room in the stand to partake of an excellent lunch - on the house!

One further comment of a personal nature, if I may Colin. I'm pleased and thankful to have competed in every one of the 25 championships, I believe the only one lucky to have done so. Reason for the above assumption. Some five or six years ago, when I had the results of every championship from 1973 on, I compared the names on the 1973 results. With succeeding years in turn, eventually there were only three left. My old pal, George Simpson, whom we lost a few years ago, Des Frawley, the great field games man from Queensland, and myself. Des ceased competing a few years back.

All the best Colin to you and Dot

Sincerely

Andy Smith



INTERCLUB COMPETITION CAN BE FUN

Recently at the Knox athletic track, a female racewalker (who shall remain anonymous) had a memorable Saturday of competition.

In her first event, the 3000m walk, she felt 'bouncy' for a few laps, put down to what she felt was a loose sock creased under her foot, but, being the true competitive athlete most of us are, persevered to finish the race and pick up points for the team.

Back to our group, she needed to change her shoes to be able to compete in the other events she had decided to try, to hopefully pick up more points for the team. Taking off her shoes explained her racewalking problems - a bird in the bottom of her shoe!

Well, heaving the shot put may require a bit more work, but happily she was able to qualify in the discus.

Having got through these events legally, she was on a roll coming to the javelin. After a little coaching on technique, she was ready for her first throw.

Although not expecting a massive throw - landing a metre in front of her foot was a little disappointing, and, hearing the titters of laughter from the competitors and spectators watching, thought they were a little insensitive to her plight. - until the reason for this was explained - she had thrown the javelin with the point facing to the rear!

After all this action a warm-down run/walk was in order for a number of us. Twenty minutes later we arrived back at our group just as 'Big Al' came back from doing the steeplechase and started cursing because someone had knocked off his Vic Vets T-shirt. "Who would want to steal an extra-large T-shirt?" says she, then looked down to see herself swimming in the said T-shirt. "Uh-oh, mine was the same colours," says she. Luckily we veterans have a sense of humour (or is that a sense of the ridiculous?!)

Anonymous (LC)

VICTORIAN TITLES GOSSIP

It was a very successful two day track and field meet at Aberfeldie on 15th & 16th March. The success, without a doubt, was due to the hard work

put in by the dedicated venue members and committee personnel, who gave up their time over the weekend. Many thanks to all involved!

Our Club Captain, Eccles, certainly stirred the possum up as he advised the blokes still wearing the old uniform that they were not eligible for a medal. As a way of overcoming this problem, the smart ones simply swapped with someone wearing a new singlet and not competing in the same event, pinned their competition number on and away they went! Murray "The Gnome" Dickinson swapped with our auditor Keith "Sleepy" Routley to participate in his walk event. Keith lamented after Murray had finished that that was the fastest his singlet had moved for many a year.

Lack of communication and not being notified seemed to be the main response from those still clad in the old singlet. When told that notification has been in the News & Results mag, a few replied that they never bother reading it! Eccles swooped on one bloke wearing a ladies' club singlet, commenting that that was a novel way of overcoming the problem of not having a new singlet. This particular gent put Eccles right back in his box when he replied, "What do you mean? This is the singlet you bloody well sent me!" On asking the member his name, our Captain finally saw the light. When the member in question, Sandy Morrison, had sent in his application form with singlet details, our erstwhile Captain had assumed the request was from a female member. Sandy is now the owner of a new men's singlet. What's that they say about reading the fine print??

Also, there were a few members who competed and won medals, all the while knowing full well that they were not financial. This is a slack attitude, considering the subs. were due in January. They can expect a nasty letter from the Treasurer.

On a lighter note though, there were plenty of good performances from both young and old on the track and field.

"The Shoe"



KING ISLAND RUN

9th March, 1997
by Eccles Greaves

Have you ever observed our politicians in action prior to an election? Huffing and puffing all over the place one day, then after they have conned us of our vote, nothing but calm, with just a slight bluster now and then, just to remind us that they are there in the wings waiting to pounce.

Well King Island matched this description perfectly on the weekend of the 20 mile coast to coast run. The day before the race was very windy, causing quite a bit of concern amongst the entrants as to how one would face the following day if the windy conditions persisted. But thankfully, race day was near perfect, with cool overcast conditions and just a very slight head-wind in the latter stages of the run.

This year saw 46 competitors gather outside Baudins Restaurant at Naracoopa, waiting for the starter to send them off to face their own form of purgatory during the run. The field was packed with many well-known faces, with Yiannis Kouros and Tasmania's Viv Woodward being the favourites to battle for the fastest over 40. Viv, who is an ex-Otway Classic and top pro. runner, showed that he still has the touch, taking the prize in a top time of 116.01. Our own master-blaster, Randall Hughes once again astounded everyone with his exhibition of powerful running. Randall, like two other blokes, has become a bit of a legend on the island. Although Randall's ability as a 70 year old plus runner contributes to his legend status, not like the other two individuals mentioned, their legend-building is done through their antics after the race is well and truly over. (These two will remain anonymous to protect the innocent).

Of the 46 entrants, (2 DNF), 14 were members of the Vic Vets, with 4 finishing in the first 10. Our highest place finisher was Jim Clarke with second across the line. This placing was a great improvement over last year's event, which saw Jim come across the line giving a fine impersonation of a man whose legs were left at the half-way drink station. Jim attributes his performance this year to the special training he undertook on the Friday before the event. Jim accepted

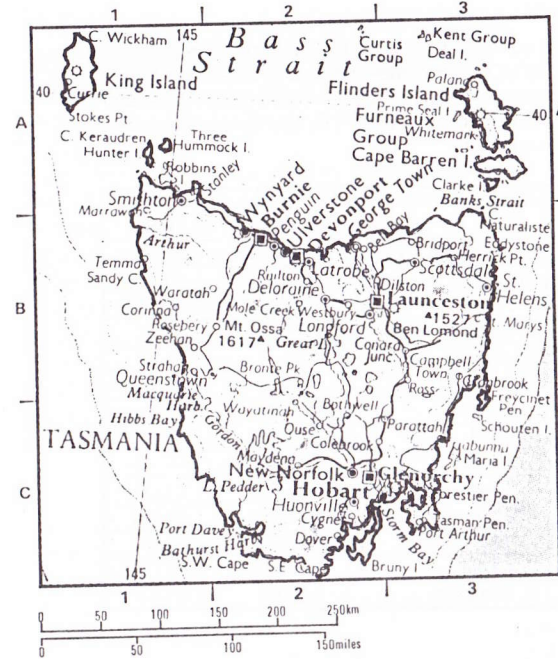
an offer from local fisherman, Vin Holthouse, to venture out for a few hours fishing on the ocean. Being a true land-lubber, Jim soon found himself a victim of the rolling waves, and spent the majority of the outing hanging over the stern of the fishing boat, feeding the fish. Vin has contacted him, booking him up for next year, due to the fishing being the best for many a season.

Whilst race day dawned nice and quiet for 99% of people on King Island, for the 1% staying at Max Bell's unit, it was anything but peaceful. At precisely 5am, Kevin "Grumpy" Onley's alarm rang out, waking John "Plod" Newsome and yours truly from a deep restful sleep. After enduring enough noise to wake "She Who Must Be Obeyed", back in Victoria, Plod and myself stumbled out of our beds to have a go at "Grumpy". Upon being well chastised for his noisy alarm clock, the Grump replied, "Well I work on the theory that if I'm awake, then everyone else should be also" Modesty and concern for the sensitivity of you, dear reader, prevents me from detailing the response from Plod and myself to this audacious statement.

To the residents of King Island, the race itself is a very big event and great interest is shown not only on race day, but also at the Calcutta the night before (where one tries to work out the possible race winner and bid accordingly for him or her in the hope of making a few dollars). And of course I would be remiss if the Gala Presentation Night after the race was not mentioned, with plenty of good food. It's the ideal way to let your hair down (something I have not been able to do for many years) and talk about what might have been.

Also, there wouldn't be many events that have a local grazier fly in over the bay in his helicopter and land it across the road from the start. One other interesting fact about the island not mentioned by this tourist before, is that it is the only place where, after a few quiet beers at Presentation Night, you can kiss the Mayor of King Island and not be arrested. I must speak to my psycho-analyst about this particular problem!

Well done to all the entrants, and many thanks to the race organisers and people of King Island.



This is where it is, and the list on the right shows the vets by dots. Quite a team!

Order	Over Line	Name	Time
1	15	Vin McCarthy	107.46
2	19	Tim Sloan	112.02
3	24	Andrew Stolz	113.05
4	29	Viv Woodward	116.01
5	22	Andrew Moore	121.18
6	14	Bruce Chetwynd	121.52
7	20	Jeff Smith	124.04
8	21	Yiannis Kouros	124.13
9	33	David Edward	127.36
10	28	David Ross	127.50
11	30	Eric Greaves	128.33
12	34	Geoffrey Clark	128.53
13	11	Pat McHugh	130.29
14	3	Alec Thompson	130.51
15	25	John Newson	130.56
16	10	Barry Ling	131.09
17	37	Ian Clare	132.00
18	8	Jim Hopkins	134.20
19	26	Randall Hughes	144.02
20	35	Angela Bonser	144.38
21	4	Graham Prosser	146.06
22	40	Jeremy Day	146.29
23	18	Bob Power	151.32
24	17	Tom Davison	154.32
25	1	John Schindlar	155.08
26	41	Barry Fitzpatrick	155.42
27	36	Bill Fitz	157.53
28	31	Graham Lee	158.13
29	7	Kevin Browne	159.19
30	5	Stephen Barker	159.51
31	2	Jim Clarke	159.57
32	13	Ken Williams	164.10
33	38	John Dean	168.07
34	23	Kim Miller	168.22
35	39	Ivor Carins	168.22
36	6	Nicky Wilson	168.22
37	42	Sam Burghio	169.20
38	27	Kevin Onley	173.51
39	9	Catherine Lorenz	175.25
40	16	Richard Bayliss	177.07
41	12	David Jones	182.31
42	44	Lin Zucconi	185.12
43	32	Barb Holthouse	189.29
44	43	Wayne Smith	229.22

Bold types denotes locals. Bruce Longmore and Penny Elward did not finish.
Scratched: Franck Beaurain and Shaun Satori.

1997 CITY TO SURF, SYDNEY
Sunday 10 August 10am

Altona Venue are organizing a bus for this weekend.
Seats available - minimum of 20 required.
 Contact Gordon Burrows 9 366 0326
Cost \$145 includes:
 Luxury coach to & from Sydney
 Motel accommodation Saturday night
 Continental breakfast Sunday morning
 Delivery to start line of run in Sydney's CBD
 Pick up from finish line at Bondi for return trip to Melbourne [time for a dip at Bondi]
 Leave Melbourne 7am Sat 9 August
 Return midnight Sunday 10 August.
Organize your own City to Surf entry. Entires available beginning of June. Phone Sydney 02 9282 2160



VICTORIAN VETERANS 400 METRES HANDICAP

On February 16, 1997 a group of Veterans competed in the VILIS PIES and CAKES 400 Metres handicap. The event was part of the VCCL track meeting held at the Melbourne High School Oval. Proceeds from the meeting went to the Sudden Infant Death (Research) Foundation (SIDS). The weather was fine with a slight breeze. The first six placegetters in each heat continued into the final.

Heat 1	H/cap (Mtrs)	Clock Time	Heat 2	H/Cap (Mtrs)	Clock Time
F. Allen	70.00	58.32	L. Woodman (F)	100.00	56.57
R. O'Connor	50.00	58.95	M. Orelli	70.00	56.96
J. Moore	35.00	59.29	I. Bergman	85.00	57.68
A. Sinclair	6.00	59.75	J. Geades	8.00	58.57
K. Orelli (F)	50.00	59.97	S. Young	Scr	59.08
K. Marion	45.00	60.16	G. Yeomans	45.00	59.27
H. Steadman (F)	70.00	60.30	A. Harris	60.00	59.44
E. Stack	60.00	61.03	N. Keith	70.00	59.83
R. Kent	Scr	62.78	G. Fennessy(F)	40.00	60.12
D. Adeney	12.00	64.26	J. Thompson	55.00	61.00
			I. McLeod	8.00	61.64
			G. Stockdale	10.00	61.87
			J. Neale	8.00	63.09
			A. Bradford	10.00	63.66

FINAL

Name	H/Cap	Clock
F. Allan	70	55.36
L. Woodman (F)	100	55.81
I. Bergman	85	56.29
J. Moore	35	57.50
R. O'Connor	50	57.82
S. Young	Scr	58.32
J. Geades	8	59.40
G. Yeomans	45	59.76
M. Orelli	70	60.00
K. Orelli (F)	50	60.18
A. Sinclair	6	61.22
K. Marion	45	62.66

First placegetter received a sash, kindly donated by Les Mollard (President, VCCL) and the three placegetters each received a trophy donated by SIDS. The handicapping was done by Leo Charles, Manager Caulfield Venue.

Many thanks to the place judges, timekeepers, starter and other helpers from the VCCL for their assistance with the event. We intend next year to revert to a time handicap so that each participant will run the full distance.

Peter McGrath

AUSTRALIAN VETERAN'S ATHLETIC CHAMPIONSHIPS

Olympic Park, Easter Weekend A Press Release by Richard Trembath

The oldest man in the competition, Queensland's Alex Pittendrich, stole the show at the Australian Veterans' Athletic Championships at Melbourne's Olympic Park over the Easter weekend. Pittendrich, 90, set world records in his age group in both the 400 metres and the 800 metres. On the opening day of competition, he thrilled the crowd by becoming the first man to break the two minute mark for 400m. Running in a combined age group, Pittendrich beat Victoria's George Knott, 86, stopping the electronic timer at 1:57.78 to cut three seconds off the world record, set in the US in 1986.

Two days later, the sprightly, silver-haired Pittendrich, looking more like a fit 60 year old, also claimed the world record for 800 metres, when he clocked 4:28.20 - 11 seconds inside the previous mark.

While Pittendrich claimed the limelight, the National Championships were far from being a one man show, with more than 700 athletes competing in five-year age-groups starting from the age 30.

Competitors came from every state, plus ACT, while several New Zealanders competed by invitation. Despite the strong interstate representation, the hosts acquitted themselves admirably.

Among the multiple medallists were husband and wife team Terry Baldwin (M30) and his wife Jenny (W30), the versatile Mike Johnston (M75), who is a reigning world champion in his age group, ever-green competitor Rudi Hochreiter, who had several stirring duels with Charles Scarff in the M70 division, distance runner Randall Hughes (M70) and classy female sprinters Barbara Blurton (W45), June Reeves (W50) and Anne Stobaus (W55)

All these were stars at the recent Victorian Championships held at Aberfeldie, and most of them will represent Australia at the World Veterans' Championships to be held in Durban, South Africa, in July.

The championships proved once again that veterans' athletics is flourishing. In Victoria alone, there are 16 venues catering regularly for athletes of all standards in a wide variety of events. Many people who have never competed previously, or have not done so since their youth, run at meetings which are on a regular basis, usually every Tuesday, Wednesday and Thursday nights, with daytime competition held at some venues on Sundays.



Charles Scarff showing his classy hurdling style in the M70s at the Nationals.

NATIONALS TRAUMA

Dear Dot & Colin,

I was very excited, having turned thirty, to have a reason to return to athletics this season. News that the Vets' Nationals would be in Melbourne provided additional motivation.

Unfortunately, on the day of the Aust. Champs, I injured my knee badly, throwing javelin in the Weight Pentathlon. Despite being devastated by this accident, I feel so encouraged and grateful for the support and interest shown me by fellow Vets.

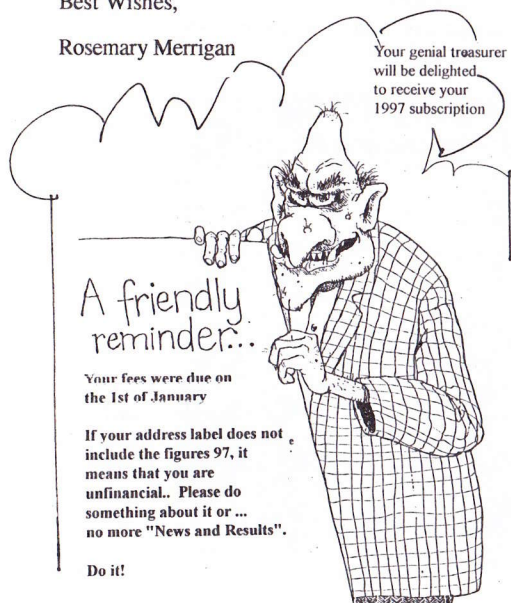
I really wanted to take the opportunity to use the Vic Vets Mag to say thankyou to everyone who was so helpful and interested over the Easter period. The Greaves drove my car home, interstaters used their mobile phone, people waited with me, and countless athletes and officials enquired and offered encouragement trackside when our family returned to watch events on other days.

Sincere thanks to everyone. Your interest has been a big psychological help. (My anterior cruciate IS completely ruptured. I see a surgeon to arrange a knee reconstruction next week)

I hope to see you all on track (and perhaps field?) in a couple of seasons/

Best Wishes,

Rosemary Merrigan



ANDY SALTER RELAYS 1997

The fourteenth running of the Andy Salter Relays (4 X 3.1km road relay) was held at Springvale-Noble Park venue on Wednesday 5th February 1997, in extremely hot (30°+) conditions.

The inter-venue challenge was won by Springvale-Noble Park venue in a total time of 41m 50s with the team comprising:

1. Charles Lehne
Ross Martin
Ann Holcombe (fastest female - 11m 21s)
Eric Greaves, who came from behind to win, and record the second fastest time of 9m 52s. Eric said later when accepting the perpetual trophy that this year was particularly satisfying, as Andy Salter sadly passed away within the last twelve months.
2. East Burwood venue 43m 17s
Rob Catherall
Bob Henderson
Annette Pelgrim
Ewen Wilson
3. Springvale-Noble Park No 2 43m 33s
Theresia Baird
Shaun Kemp
Alan Bennie
John Newson

The fastest male was Brian Simmons in a time of 9m 51s.

The fun run section was also won by Springvale-Noble Park in 43m 45s.

Paul Winterton
Peter Field
Rob Clutterbuck
Neil Pilling

I would like to thank all the venues who, as usual, fully supported our annual event. Under very trying conditions we had a total of 164 entrants, made up of 12 challenge teams and 29 fun run teams. Congratulations to all.

Leigh Cassidy
Venue manager, Springvale-Noble Park venue.

HISTORY OF THE VETS

Dear Dot and Colin,

Thank you once again to the Vic. Vets. I am pleased to see Keith Routley's "History" Today's Vets have no idea how difficult it was in the 1970s to try and cater for all Victorians over 40, whatever their backgrounds, as did the Americans. The history of our Association is recorded in my book :A Life on the Run" 1995. So some of Keith's dates were misplaced. The following was the order:

1931 London Athletic Club held an Annual Championships for their members over 40

1936 Weinrad Nagelle & Dr. Van Aaken of Germany established an "Association of Long Distance Runners for veteran men over 40 - sponsored by the World Health Assoc. I became a correspondent to their magazine "Condition" with a page in English, giving them results of Australian veterans in inter-club.

1968 Frank McCaffery competed in the "World Best" veterans marathon.

1967 David Pain of San Diego, established the US Masters' Track & Field Championships

1968 Cliff Bould of Perth competed in the above, winning the 3 miles, 6 miles and marathon for over 50s.

1969 Cliff was joined by Wal Sheppard, John Gilmour and Col Junner - all had wins.

1969 Dave Power won the "World Best" 15km on the road.

1971 Logan Irwin, secretary, manager of the Randwick Botany Club, conducted the first Track & Field for over 40 men - Logan, Wal Sheppard, Jack Pennington, Frank McCaffrey, Al Digance and Cliff Bould met and decided to encourage the formation of clubs and to that end, produced a newsletter. Each decided to distribute "The Veteran Athlete", to be produced in Canberra by myself. The original funding of \$200 came from Max Van Appeldern of Canberra.

Al Digance left that meeting and within a few weeks had formed a club in Adelaide. Logan Irwin followed with "The Wirinun" club. I produced a bi-monthly "News" from 1971 to 1979 when it was handed over to the Association (who produced nothing)]The first "World Best" Veteran Champs was conducted in Cologne, AFTER the Munich Olympics in 10 year

age-groups. Prior to this, the Australian team, kitted out in official Australian blazers and track suits (the latter thanks to Ron Clarke of Adidas) competed in San Diego and London on the way to the Munich Olympics (1972)

The age-groups for the championships in Cologne were based on year of birth (not the date) i.e. O/40 - born prior to the 31st December 1932, O/50 prior to 31st December 1922 etc. Incidentally, the Japanese contingent were a year old at birth so had a one year advantage.

I think I have named the foundation members. It is sad to say that Wal and Al are gone - Frank McCaffrey is still running, John Gilmour is struggling with injury, Logan Irwin, the youngest, is retired to Queensland, Cliff Bould has Parkinson's Disease, but still writes to me.

Professionals were officially allowed to compete at Hanover 1979, and were observed by Adrien Pavulins, President of the IAAF, who then reported favourably to the IAAF. But in 1975 in Toronto and 1981 in Christchurch we had political trouble due to the South Africans competing. In Christchurch, they came as "Rhodesians" (sic). Anti-apartheid groups picketed and one actually ran onto the track and tripped a competitor in the steeplechase - causing him to lose a gold medal. The demonstrator was knocked down and kicked by a couple of Australians and some minutes later, was arrested by police. All those named had problems in the cause of Veteran Athletics. Wal and I were actually sued for references to Australian pros competing for US Masters at Gothenburg 1977 (Wal paid up, but I didn't)

It still amazes me that stalwarts like Peter Colthup and Keith Routley still maintain their enthusiasm. Like the Victorian Vets, the ACT has a marvellous and dedicated leadership. I only hope they are rewarded with permanent good health. Meanwhile, participation is the name of the game, and fanatics should be an elite minority.

All the best for 1997

Jack Pennington

P.S. Ron Clarke was responsible for the introduction of "masters' miles" at international athletics in Melbourne, for men over 40. I competed in 1968 and 1969, possibly 1967. There used to be about 15 competitors, usually won by Wal Sheppard.



At the Nationals. (clockwise from top left) Graeme Noden in the M55 triple jump. John Waite after the 5km. Bert Pelgrim, winner of the M40 5km. John Dean in the M50 5km. Terry Baldwin winding up to power home in the M30 200m.

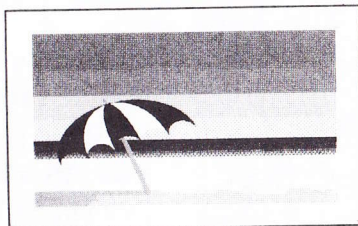
MORE HISTORY

Dear Colin
I was saddened to read in the letter from John Duck of Jim Willis's passing.
Several of us from the 70's would remember the lovable gentleman who at that time was deriving so much joy through his love of overseas travel linked to running. During the 1977 WAVA Championships (Gothenburg) he would enthral some of us with his tales of travel, one being to Moscow via Trans-Siberian with a medico mate. In "classless" Russia of the times they became parted by compulsion, the good doctor to first class, Jim back with the peasants. He then returned home via Afghanistan, Pakistan and India, en route fulfilling a dream to run as far as possible through the Khyber Pass. He would leave on the run an hour or so before the bus which would eventually pick him up further down the Pass.
The Pathan tribesmen, deadly riflemen of yore, were not yet into running and the sight of Jim's bare, sexy legs pounding along caused a few raised beards and eyebrows. One, leading a donkey with wife atop, took fright at the sight and left the road, not to return until Jim had well and truly passed and his good lady had recovered from the shock.
At Gothenburg (1977) his drive to indulge himself in the joys of a sauna, uninhibited Swedish style, and there to meet the blonde and beautiful lady of his dreams, was potentially realisable.
However, staying at the university campus was a large negro lady; believe me, she was HUGE, and so, you've guessed it. As Jim told it - "I was sitting alone in the sauna, waiting for a beautiful blonde Swede when in came that big fat negress and sat down alongside of me with her great big tits" - all told, may I be excused for adding, with his endearing speech inflection.
For bachelor Jim, a terrible disappointment. I had not sighted him since the first Melbourne marathon of 1978, and others from those times, like Anne and David Lynch, have often spoken of him and also would be very sorry to hear of his passing
Regards
Keith Routley

THE BEACH AT SORRENTO

by Lynette Hill
(written in response to a weekend with the Croydon girls)

Arriving at the beach
Night time
Turning into the street
Not knowing where we were going
Trees on both sides
Road very narrow
Looks like the country
Thinking,
I thought it was the beach
Arrived
Unpacked our bags
To the shop to buy tea
Decided on a walk
Up the dirt road
Dot the leader,
Whispers "Quiet! "
As we pass through someone's property
Over the wire fence
Through the trees
Up to the house
Trees blowing
Then over to Liz's house
We all meet together
And climb up the hills
Down the path through the tea tree
Stepping over small rocks on the sand
Clasping our hands as we walk along
Climbing down the steps
Then on to the beach
Running on the sand
Up to the rocks near the sea
Trying not to get our feet wet.



Victorian Veterans Athletic Club Inc. Annual General Meeting Monday 28th April, 1997

Notice is hereby given that the 24th Annual General Meeting of the Victorian Veterans Athletic Club Inc., will be held at the Duncan McKinnon Park Pavilion, Cnr North Road and Murrumbena Roads, Murrumbena on **Monday 28th April, 1997** commencing at 8:00 pm.

Commencing at 8:00 pm.

1. Confirm Minutes of last preceding AGM (and of any general meeting held since that meeting) ~6/(4)a
2. Presentation and receipt of the Annual report and audited financial statement ~6/(4)b
Business, between 8:45 - 9:15 pm.
3. Ballot for the election of the (named) Executive positions and members of the General Committee ~6/(4)c
4. To and receive and consider the statement submitted (by the Association (Club)) in accordance with Section 30(3) of the act ~6/(4)d
5. Election of Auditor(s) ~6/(4)e
6. Declaration of result of election ballot of (named) Executive positions of the Committee.
7. Declaration of result of election ballot of members of the General Committee.
8. Declaration of result of election of other Executive positions of the Committee.
9. Election of Life Members. ~3/(4)
10. Presentation of special award trophies. (or similar, etc.)
11. Other general business of which notice has been duly given. ~6/(5)

NOTE: ~6/(5) etc., as listed indicate the relevant Constitution Clause N^o

Cut here and return to Hon. Secretary

Victorian Veterans Athletic Club Inc. Committee Nomination Form - 1997

Nominations close 8:00 pm 21st April, 1997

Nomination for (Insert position as listed below) **

Name of Nominee.....

Signatures (3 N^o) Proposer

Date..... Seconder

** Insert one of the following : Nominee

President (1) Hon. Secretary (1) Hon Assist Secretary (1) Hon. Treasurer (1) Vice President (2) Club Captain (1) Vice Captain (1) General Committee (7 positions) Honorary Auditor (2 max)

POST OFFICE DASH 22 December 1996

by Heather McDonald

Was spending Saturday evening slicing and dicing an assortment of fruit an ideal preparation for participation in the Southern Peninsula Vets Annual Post Office Dash? The answer, a resounding YES!! Yes, the fruit salad, as well as muesli, tea and coffee, [that was provided along with the entry], proved to be a real winner, with competitors vying for the enjoyment and pleasure of running from the Sorrento Post Office to the Rye Post Office. Following along this picturesque, scenic waterfront course and then discovering upon completion of this charming and agreeable Sunday morning activity, a delightful breakfast, to be savoured, at leisure, on the delightful sands of Rye beach.

Early morning did not look too promising. We were 'greeted' by a strong Northerly wind at the finish line, and wondered what the rest of the course was like. Alan Radford and Ken Taylor had been at work setting up the course, making sure there was ample water at the drink stations, synchronising mobile phones to ensure a uniform start from both Sorrento and Blairgowrie.

Travelling courtesy of the Rye Primary School Bus, Jeff Jessup transported both runners and walkers to their respective start lines. The starter, John Simpson counted down and the competitors were away. Fortunately, the blustery conditions had eased slightly, and with protection from the ti-tree, the walk progressed smoothly. However, it was a different story for the runners. The race proved an interesting one, the first half consisting of road undulations and unmitigating heat, with little respite from sea breezes. As the race progressed, so did the breeze; then, from Blairgowrie to Rye, the flat road surface, and a more moderate breeze, alleviated conditions for competitors. Despite these changing conditions, excellent times were recorded in all divisions.

Four course records were set, all being in the Womens sections. On the 9.2km course, June Petrie, set a time of 34.05, in the Womens Open; whilst Lavinia Petrie in the Womens 50+ recorded a fast 36.07. Lavinia was also the first female Veteran to finish. Jean Leggett registered 60.42 in Womens 60+ also creating a new course record. In the 4.6km course, from Blairgowrie to Rye, Heather McDonald walked over the line recording 22.12; another course record.

Winner of the Womens Open was June Petrie, with Raleigh Speedie finishing second in this group, followed by Sue Simpson, Glenys Pilling, Nada Travica, Lucy Murray, Lucy White, Julie Redmond, Meredith Radford and Annette Jackson.

The Womens 40+ Marilyn Kelly registered a time of 43.47 to be first over the line in this age group. Marilyn was followed in by Connie Franson, Susan Kemp, Julie VanLieshout and Lorraine Ardley.

Womens 50+ winner was Lavinia Petrie. Second over the line was Maggie Evans, then Pat Cooper, Jackie Taylor and Mary Wade. Jean Leggett was the first to finish in the Womens 60+.

In the shorter, 4.6 km. walk event, Heather McDonald crossed over the line, followed by Wilga Kottek, Julie Littlechild, Janine Paterson, Margaret Daniel, Lesley Beard and Barbara Moxon.

The Mens Open 9.2 km was a fast, exciting run. Damien Lewis was the first to cross through the ribbon, in a time of 29.31 with Tony Westcott hot on his heels, recording 29.40. Stephen Gilbert ran a gallant third, in 29.59; Mark Haworth ran exceptionally well, as did Graham Angliss and Tony Fogarty.

Eugene Kennedy, David Appleby, Rob Griffiths, Andrew Guest, Andrew Pederick, Michael Ellis, Dean Gust, Brett Marshall, Bruce Ohlenrott, Andrew Clements, Hugh Kelso and John Campbell performed credibly.

The Mens 40+ plus fielded 29 starters. Bert Pilgrim excelled in a time of 31.11, with Russell Johnson following in second place, in 31.56. Max Gibbs, Robert Bell, Dennis Smith and Nicholas VanWething completed the 9.2km in well under 35 minutes. Allan Alderson finished seventh over the line, followed by David Styles, Dennis Ardley, Angus Ferguson, Ray Owens, Peter Reid and Garry Anderson all under 37 minutes. Brian Nelson and John Hall were within the .38 minute time, and Gary Stirton the only runner with 38 minutes to his credit. Kevin Kenshole clocked 39 minutes precisely, with Howard Stokes crossing in the 40 minute range. Stephen Bambery, Frank Whitton, Leon Cox, Rob Herrmann, David Skelton, Alan Radford, David Henry, Kim Harris, Colin Kemp, Mark Batt, Bryan Kelly were the final 11 starters to cross the line.

Mens 50+ saw 14 starters, with Ray O'Connor triumphant over the distance, in 33.41; a particularly competitive time, with Ian Muir, Barry Fry, Reuben Pope, David Painter and Ken Whyte well under 40 minutes. Gareth Evans [a politician of note] and John Sutton ran similar times and were followed in by Rob Varney, Chris Ekinsmyth, Robin Tuckerman, Maxim Wood, Warren Muller and John Coates.

Men 60+ had four starters, with Vincent O'Brien making it a hat trick, in a time of 38.41, and only 30 seconds off his record set in 1994. Ron Leggett, George Simons and John Reid produced admirable efforts.

Mens 70+ saw Vern Gerlach the winner, followed in by the marvellous Ray Oughton, who at 75 was the oldest but by no means the slowest in the throng that wound its way along Point Nepean Road.

Of course, no event would be possible without the wonderful support and assistance of all the helpers: John Simpson, Jeff and Melinda Jessup, Wayne Ardley, Kennedia McDonald and Victoria Radford. As well, this fantastic run would not have been possible, nor run so smoothly without the planning abilities of Ken Taylor [incredible trophy maker] and Alan Radford [amazing organizer]. The amount of energy both these athletes give to our club shows munificence in abundance. Of course, the picture would not be complete unless the efforts of both Jackie Taylor and Meredith Radford were recognized. Both these families are wonderful assets to the Toolgarook venue and are very much appreciated by all members.

This is an annual event, and we look forward to meeting you at Rye in 1997. Information is available from Alan Radford 03 5985 5989.

Note. I have named finishers who are of Vet and Pre Vet age only. The list of finishers in this popular event would be far too numerous to identify individually and would possibly be irrelevant in this publication.

MIKE O'NEILL MEMORIAL INTERVENUE CHALLENGE
WED. DEC.4,1996. DOLOMORE OVAL, MENTONE.

The 7th. annual Mike O'Neill Challenge attracted 101 members representing 9 venues. In fine conditions competition was highly competitive with many outstanding individual performances. Mentone just prevailed over Caulfield to win the Mike O'Neill Memorial Challenge Shield by a single point. For the first time separate trophies, generously donated by Russell Johnson, were awarded to both the Mens' (Mentone) and Womens' (Caulfield) Division winners. Another great night was had by all.

RESULTS : W30+ 5k Track ; M30+ 5k Road .

AGE	PLACE	NAME	VEN.	TIME	PTS.					
W30	1	Bronwyn Hanns	ME	19-00	10	M40	1	Brian Simmons	CR	16-01 10
W35	1	Jenny Stephens	CA	20-54	10		2	Russell Johnson	AB	16-23 8
W40	1	Sonya McLennan	ME	22-24	10		3	Rob Clutterbuck	SP	17-23 7
	2	Jane Sturzaker	CA	26-20	8		4	Neil Boyle	ME	17-52 6
W45	1	Marlene Gourlay	ME	21-33	10		5	Greg Willian	ME	18-02 -
	2	Rhonda Hircoe	AB	22-01	8		6	Anthony Doran	SP	18-22 -
	3	Celia Johnson	SP	23-40	7		7	Peter Weeks	ME	19-09 -
	4	Rhonda Trengrove	CA	24-25	6		8	Roger Stephens	CA	19-51 5
	5	Marlene Cameron	CR	24-59	5		9	Stephen Young	CA	21-35 -
	6	Marion Perazzo	ME	25-03	-	M45	1	Eric Greaves	SP	17-12 10
	7	Jan Garrard	ME	25-50	-		2	Alan Bennie	SP	17-35 -
	8	Betty Mark	ME	27-34	-		3	Trevor Hawksworth	AB	17-59 8
W50	1	Lavinia Petrie	CR	20-06	10		4	Bill Irvine	SP	18-04 -
	2	Margaret Cassidy	AB	23-26	8		5	Sam Defanis	EB	18-44 7
	3	Marlene Petroff	EB	24-43	7		6	Stan Jordan	SP	19-25 -
	4	Gwen Steed	ME	29-03	6		7	Alan Sinclair	CA	19-36 6
	5	Glad Wishart	CA	31-51	5		8	David Sheehan	CR	19-45 5
W55	1	Judy Wines	CA	24-26	10		9	John Moore	ME	20-23 4
	2	Maureen Seedsman	ME	32-06	8		10	Jeff Marks	CA	20-29 -
W60	1	Judy Davison	SP	25-15	10		11	Steve Vosti	AB	20-44 -
	2	Pam Mews	ME	25-33	8		12	Chris Barrett	CA	21-18 -
	3	Joan Clarke	CA	37-40	7		13	Rob Finlay	ME	21-37 -
W70	1	Marj Colthup	CA	37-40	10	M50	1	Terry Harrison	ME	16-50 10
W75	1	Dot Jack	ME	38-08	10		2	John Kneen	ME	18-00 -
	2	Grace Smith	CA	44-38	8		3	Peter Shone	AB	18-03 8
M30	1	Shane Waterman	CA	21-37	10		4	Ian Muir	FR	18-05 7
M35	1	Charles Copland	AB	16-50	10		5	Louis Waser	ME	18-19 -
	2	Laurie Collard	ME	18-20	8		6	Neil Griffin	CR	18-36 6
							7	Jim McLure	CA	18-57 5
							8	Peter Smart	ME	19-07 -
							9	Doug Petroff	EB	19-30 4

2

M50	10	Ken White	FR	19-42	-	M60	1	Mike McAvoy	GE	18-27 10
(con)	11	Graeme Stockdale	ME	20-24	-		2	Bill Hughes	SP	19-54 8
	12	Rob Waters	AB	20-27	-		3	Max Brook	ME	20-37 7
	13	Norm Cameron	CR	20-39	-		4	Don McLean	ME	20-46 -
	14	Ron Little	SP	20-44	3		5	Kevin Browne	CA	21-08 6
	15	Simon Shargot	SP	21-27	-		6	John Howes	AB	21-12 5
	16	John Sutton	EB	21-31	-		7	Tom Davison	SP	22-06 -
	17	Bernard Pownall	SP	21-40	-		8	Case Huysmans	CA	22-06 -
	18	Bob Power	CA	21-49	-		9	Kevin Onley	SP	23-19 -
	19	Ken Hough	SP	21-59	-	M65	1	Ray Kemp	ME	22-33 10
	20	John Dean	AB	22-58	-		2	Ben Morrey	CA	25-42 8
M55	1	Ray O'Connor	FR	18-15	10		3	Kees Zwynenborg	FR	31-27 7
	2	Brian Mee	KN	18-18	8	M70	1	Jack Kilfoyle	FR	27-02 10
	3	Ian Upton	AB	19-12	7		2	Vic Harley	CA	27-13 8
	4	Ted McCOY	ME	19-25	6		3	Jim Sinclair	SP	35-18 7
	5	Paul Mullins	SP	19-26	5	M75	1	Mike Johnston	ME	26-13 10
	6	John Waite	ME	20-06	-		2	Peter Colthup	CA	45-37 8
	7	Doug Wallace	CA	21-04	4	M80	1	Eddie Gamble	ME	32-24 10
	8	Greg Mouldon	ME	21-06	-		2	Andy Smith	CA	35-18 8
	9	Bob Petrie	CR	21-14	3					
	10	Rod Ford	CA	22-24	-					
	11	Trevor Jupp	EB	22-39	2					
	12	Peter McGrath	CA	22-58	-					
	13	John Gosbell	EB	23-10	-					

VENUE RESULTS

PLACE	VENUE	WOMEN	MEN	TOTAL
1	ME MENTONE	62	71	133
2	CA CAULFIELD	64	68	132
3	AB ABERFELDIE	16	46	62
4	SP SPRINGVALE/NP	15	44	55
5	CR CROYDON	15	24	39
6	FR FRANKSTON	-	34	34
7	EB EAST BURWOOD	7	13	20
8	GE GEELONG	-	10	10
9	KN KNOX	-	8	8

DIVISION WINNERS: WOMEN Caulfield
MEN Mentone

THE ROY FOLEY WEIGHT PENTATHLON TROPHY

The Victorian Weight Pentathlon Championships for 1997 were recently most successfully conducted at the Duncan MacKinnon track on Sunday, 2nd March. What was unique about this year's event, and in no small way added to the success of the day, was that for the first time the *ROY FOLEY WEIGHT PENTATHLON TROPHY* was awarded. The smile worn by the winner, Graeme Rose (M50), as he proudly stepped forward to receive the trophy, which he will hold for one year, spoke of a story that needs telling and the details of that story are as follows.

The Trophy, a large magnificent gold plated cup, was kindly donated by those dedicated stalwarts of Victorian throwing, Roy and Leslie FOLEY. Their wishes as regards its presentation were that it could only be won by a fully-paid up member of the Victorian Throwers Club and that every competitor had a chance of winning. Whereas the first part of their wishes is easy to comply with the second part is more difficult since it invariably seems to incorporate some form of handicapping. As most of you will appreciate handicapping is a minefield. Not only is it an administrators nightmare since to be done well it requires the most accurate recording, analysis and instantaneous retrieval of past results, but also it tends to produce a whole group of dissatisfied and disgruntled non-winning entrants who believe they were unfairly handicapped.

So how **DO** you give every competitor, regardless of their actual standard, an even chance of winning? And, add to that, **DO SO** in a system that can be quickly implemented by the administrators on the day's results?

Well this year as a pilot trial the Throwers Club Committee decided to implement a scheme proposed by yours truly that in some way answers these difficult questions.

The adopted scheme works on the principle that a worthy recipient of the trophy would be *the best consistent weight pentathlete of the day*. *Consistency* in this sense refers to the pentathlete's ability to obtain *equal scores in all five disciplines*. So the pentathlete whose scores vary from 850 down to 350 is nowhere near so consistent as someone with scores ranging from 600 down to 450. Also the pentathlete whose scores are *consistent at around 600 points per event is a better performer than one whose scores are around 500*. So it is necessary to look at both *the individual points scored and and the total points scored to identify the best consistent weight pentathlete*.

To find such a performer, every competitor's '*total points scored*' is divided by the '*difference between their highest individual point score and their lowest individual point score*'. *The highest result identifies the best consistent weight pentathlete*. For example an entrant scores the following points for the five individual events:- 600, 650, 700, 612, 638 with an overall total of 3200. The difference between their highest and lowest individual scores (700 & 600) is 100 and therefore their **CONSISTENCY SCORE** is $3200/100 = 32$. Actually this in reality would be an extremely high score and in practice most people would score below 20. I invite all throwers to work out their own consistency score and see just how you rate. **Everyone does have a chance of winning!** Even if your total score is just 1500 then providing you got these by being consistent around the 300 points per event you are very much in the hunt!


The benefits of this system are that it is easy to implement and applies fairly to all age groups. It is not affected by an athlete moving from one age group to another which would cause countless problems in a more conventional handicapping system. However, I believe that by far the greatest benefit is that it could spur some of us to start concentrating more upon improving our weaker events. By raising our lowest score we will not only improve our consistency but also we increase our overall points total and become better weight pentathletes.

Needless to say I am very 'pro' this system but it was used this year on a trial basis only. Each and everyone of you throwers are invited to propose any alternative system of awarding this new trophy that you believe better suits all the circumstances. Would you please submit your **PROPOSAL IN WRITING** to the Throwers' Committee for consideration as a possibility for use in future years.

Finally it only remains for me to once again thank the FOLEYS for their generosity, recongratulate Graeme for his splendid win and wish you all better consistent throwing in the future.

JOE BALL M60
VVACI

Healthpact



A DATE FOR YOUR DIARY

Will you be 30 years of age or more on October 24, 1997
If your answer is YES this is advance notice that the

Healthpact 1997 Sixth Australian Masters Games

Will be held in Canberra from October 24 - November 1, 1997

Plan ahead to make this **FESTIVAL OF SPORT** a **MUST** on your competition calendar. It is certain to be the biggest mass participation sporting event anywhere in the nation in 1997

ATHLETICS

One of the 31 sports included in a gigantic Festival of Sport, will be organised by the ACT Veterans Athletic Club. The program includes a full Track-and-Field competition, including the Pentathlon. The five Throwing disciplines with the addition of the Weight Pentathlon.

A Masters Street Mile tentatively arranged to be run in Anzac Parade about two kilometres from the city centre.

A Cross-Country event of 8km with the likely venue in the grounds of the Governor-General's residence at Yarralumla.

Competitive events for Race Walkers.

A Fun Run for all competitors and officials. A prestigious Half-Marathon which is expected to attract several of Australia's past Olympians. This event will be run on the recreation paths around the scenic shores of Lake Burley Griffin.

AWARDS

Will be made to the first three placegetters in every event in five-year age groups to both men and women over the age of 30.

Canberra in Springtime is a blaze of colour, plan ahead and enjoy Canberra's FLORIADE.

All the Track-and-Field will be held at the AIS Athletic Field, on a suburb Rekotan surface.

Expressions of interest to get the mailing list for newsletters and entry forms should be made in the first instance to:

The Healthpact 1997 Sixth Australian Masters Games, GPO Box 2697, Canberra, ACT 2601
or contact the convener on behalf of the ACT Veterans Athletics Club on (06) 2885891

AAVAC CALLING

Len Childs

NOT ONE CENT FOR VETERANS ATHLETICS

Veterans athletics was developed as an opportunity to keep fit, mix socially and enjoy a sport. Until relatively recently it received no funding at all and it's in quite a different financial position from its cousins, Athletics Australia and Masters Games. Sometimes that has advantages (and sometimes not).

'Money makes the world go round', wrote Len Johnson in a January edition of the *Monday Sport Forum* in *The Age*, commenting on the troubles at Athletics Australia. AA now has 24% less money to go round with and this has apparently led to the resignation of its Chief Executive - Neil King. King's departure follows closely on the heels of the resignations of AAs Marketing Media Manager and Development Officer.

Despite AAs current problems with funding, and its internal professional relationships, it does have a strategic development plan for 1994 - 1998. As long as management has the appropriate skills and adequate finance is available - AAs progress should be assured.

This also seems to be the situation with Masters Athletics, one of the Masters Games sports. Its long term development is assured and the organisation is viewed by many as the 'commercial arm' of the sport of athletics.

Masters sport in its present form was developed to work in with existing sporting activities as well as ensuring that social and physical needs of the competitors are met. However, the underlying motive for the establishment of masters sports is not an altruistic one, but is centered on the need to produce a financial return for corporations directors and owners. It has to be stated that, highly proficient sports entrepreneurs and professionally qualified individuals have been engaged to ensure the success of the ventures. That these ventures also use the services of local officials, who are given some financial recompense, is recognised.

While Athletics Australia events and Masters Competitions can be viewed as great value and provide some social benefit, do they assist athletic organisations in Australia to develop adequate facilities?

The Australian Association of Veterans Athletics (AAVAC) started in 1973 as a small national coordination body for national and international championships. Since 1990 it has developed into a highly organised and centrally controlled organisation, striving to implement athletic policies at the state, national and international level.

At the same time, AAVAC has been attempting to implement government policies and directions. Life for veteran athletes is directed by the social standards of the day, with an avoidance of comparisons between athletes, and an absence of qualitative judgements. Veterans athletics is for everyone over 30 years of age. There are no tests to pass, no performance criteria to achieve. It is there to assist people to enjoy life.

Therein lies the challenge for the individual and the organisation. How do you ensure that participants in all states and territories have the facilities to keep them fit, when little financial resources are available? How do you ensure that the really fit athletes, who want to compete nationally and internationally, have sufficient facilities to challenge them at their level of fitness?

Long before the Australian Sports Commission came into existence, sporting facilities were developed by some local and state organisations. From the earliest part of this century, most towns and villages had a cricket oval and once a year white lines were put around it for running tracks. Competition - was jolly good fun. But the media paid little attention to such activity.

AAVAC CALLING

Len Childs

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In the 1950's athletic facilities were updated but there were still very few high jump stands, hammer cages or throwing circles, let alone pole vault stands. In the '90s nothing has changed. Apart from grass running tracks and long jump pits, few facilities are provided. Even in Sydney, pre-Homebush, most veteran athletes could only use a tartan track for four hours a week. Compare that with the facilities for swimming, basketball, tennis and so on.

Outside the main cities, veterans athletics clubs have been slow to develop. Major population centres such as Townsville, Albany, Newcastle, Bordertown, or Darwin do not even have veterans clubs. The question is - Why not?

The answer is really a lack of human and financial resources. Yet, funnily enough if a 'Masters Games' was to descend on any of these places the novelty of such an event would attract numerous athletes.

Such athletes would reminisce about track athletes, such as Landy or De La Hunty, but few would be able to discuss high jumpers, shot putters or pole vaulters. It is doubtful whether the names of Schultz (discus), Gilmour (track), Brasher (track) or Foley (hammer), all Australian World Record holders would be known. Such vets have brought home international gold medals and all are citizens of Australia who like many others have paid Australian rates and taxes for many years.

In this age of political correctness maybe such persons are being discriminated against!

Athletics Australia and Master Athletics maintain competition at an elite level. They also ensure that the physical and geographical areas chosen for competition are in a pleasant setting either within Australia or overseas.

While AAVAC has a strategic development plan and has upgraded its management structure it does not have adequate financial resources to develop specific facilities for athletes. AAVAC relies on member contributions to fund all of its activities including the training of judges and officials.

It is true that AAVAC is funded by the Australian Sports Commission through Athletics Australia but the extent of this funding is misleading. During the last ten years Athletics Australia has received approximately \$30 million dollars in funding from the ASC.

Of that, AAVAC has received \$11,000 which is less than 1% or 'Not a Cent'.

Len Childs is President of the Australian Association of Veterans Athletics Clubs (AAVAC). He has lived in Canberra for 30 years and for the last few years has travelled widely in Australia and overseas. Len took up the Decathlon in his 60th year and has competed in that event in every Veterans World Championships since 1987.

Born in England he served in the Royal Navy before attending London and Loughborough Universities. He attended the British School of Athletics full time for a year. Throughout his professional career Len was a teacher, Education Administrator and Industrial Politician.

RELAXATION FOR VETERAN ATHLETES

Frank McGuire

Nothing ruins a first class performance more than tension. It causes 'Tie up', spoils easy movement and leads to fatigue.

Modern sports psychologists believe there are three main types of tension:

1. The tension that affects the athlete all the year round worrying about having to compete. This is a 'fundamental problem'.
2. The tension that spoils form, just as the big moment arrives. For instance, a sprinter may be feeling confident during the warm up then tie up when in the starters hands. This is affective tension'.
3. The third tension may be caused by the athlete determined to compete harder or better. This is coordination tension.

Before an athlete becomes relaxed he or she must first learn to recognise tension. A runner's arms and neck may tighten up. To overcome this the athlete should practise deliberately tensing up. He should take a deep breath, hold it, tense the muscles not tightly, but just enough to feel the tension, hold it for a few moments, then exhale and let everything 'go', This will give the athlete the 'feel' of tension and the 'feel' of relaxation. the particular event should be practised with the athlete thinking 'this is relaxation' or 'this is tension'. The sport should then be practised with the athlete trying for a feeling of ease and relaxation, enjoying the feeling of 'poetry in motion' feeling the pleasure of running well, walking well, throwing or jumping well, rather than the end result. The pleasure of success will come for sure if the correct relaxation is achieved.

Music is a great help in timing and it is significant that music is helpful also in learning to relax. So the sportsperson may improve performances considerably by having a pleasant tune running through his or her mind. The late Dr. Ainslie Meares in his best selling book 'Relief Without Drugs' mentions that sporting ability can be improved by learning to relax and

several people told how their golf had improved after relaxation therapy, thus obtained fringe benefits from their treatment. He also associated tension with the fast swing of a golfer and the fast turn of a skier.

The Australian Council for Health, Physical Education and Recreation (N.S.W.), through its 'The Fitness Reader' October '86, suggests that 'focusing' may have an unconscious effect on the psychological processes with the idea of taking the concentration of a runner or walker from the physical being similar to the purpose of having a word or phrase repeated continuously as in meditation when the body is relaxed. Concentration for instance could be on stride length, heel strike, flexion of the knee and breathing rate.. Other 'mantra' forms suggested include: Focusing on movement, by concentrating on the contraction on muscles in the back of the leg of a competitor in front. Focus on a specific muscle group and visualise that muscle stripped of its skin surroundings while continuing to contract in a rhythmic fashion.

Concentrate on the power of the muscle and the force of contraction compelling the movement. Meanwhile try to run stride for stride with the runner in focus to accentuate the hypnotic effect.

Several other 'mantra' aids are listed including counting steps to keep attention away from the physical process, and thinking colours. Colours such as purple, red, yellow and orange have feelings of warmth associated with them and are thought to have a more positive effect than 'cold colours'. For Reference 'Sports College News, Toronto, 1957; Running High, (G. Egger) Melbourne Sun Books; The Centred Athlete, (Hendricks and Carlson) 1982 New Jersey; The Fitness Reader, Vol. 4, No. 10, 1986.

Yours in Vets Athletics,
Frank McGuire
Frank McGuire,

CYCLING FOR FUN



HANDLEBAR HARRIERS

By John Gosbell

About two years ago a few Vets. got together to do a bit of social bike riding on Fridays. It has now developed into a more diverse group which has virtually taken on its own identity; hence the name "Handlebar Harriers" - decided upon after an exhaustive democratic process.

From six regulars back in 1995, we recently reached 18 riders. While not everyone can make it every Friday, we would probably average about 12. Apart from VVACI members we have attracted people from the Maroondah Bush Walking Club and the Knox Bicycle Touring Club.

I suppose every group has some distinguishing ritual: in the case of HH it's a late morning Cappuccino (or Tea). Some cynics suggest that all we really do is go out each Friday to a different place to sample cappuccinos.

As the size of the group has increased, our riding time seems to have increased correspondingly, so we now take a cut lunch on all rides. I think the time run-out is due to an increase in the number of punctures, crash repairs, bent mudguards, broken derailleurs, time spent socialising, having to round-up the odd rider who's taken a wrong turn and the extraordinary pressure placed on some hopelessly inadequate cappuccino machines.

The rides vary in distance generally from 35 to 70 km and take in mainly suburban and outer fringe areas such as Launching Place, Hurstbridge, Healesville. Bike paths are used as much as possible. A programme is published four months in advance giving a brief description of each ride and its Melway reference. Every month someone is nominated to lead a mystery ride. The leader tells us the starting point and from there the mystery is un-ravelled. It is not unknown for the leader and the whole group to get lost (temporarily) on such occasions!

Of course we have our share of spills and thrills, like the time Brian Pryor was watching

his cluster gears instead of the right turn everyone else was making. It's not easy sorting out a tangle of bodies and bikes, particularly when some of the bodies are groaning in a less than coherent state. Fortunately for me (not for Brian) I landed on top of him and walked away with only a minor scrape. He suffered bruised ribs for the next week which required a course of anti-inflammatory.

The most dramatic incident occurred in the Warandyte State Park where the track was so rough we had to get off and walk. Ria Pasmans somehow lost her footing, got caught up in her bike and broke her right leg in two places. At the time we had no idea where the nearest house was, and how to get there, to call an ambulance. When an ambulance eventually arrived, the officers were not too impressed with the prospect of a twenty minute walk through the bush, so after several minutes it came as no surprise when they decided an air lift was the go! Apparently the Air Ambulance was otherwise occupied so the Police Helicopter came to the rescue. We thought we'd be conspicuous in our fancy coloured lycra bike gear but it took the helicopter crew quite some time to pick us out in the dense bush beside the Yarra. All went well from that time on; the skill of the police rescue team, in the way they performed the drop and pick-up, was nothing short of amazing. Nevertheless we all agreed that it was an experience we could have done without. At the time of writing Ria is lying in hospital, swathed in plaster and pondering her future. Otherwise she's in good spirits and enjoying lots of visitors ("more than I get at home") - mainly HH.

The unique feature of HH is that anyone can come along, there is no formal membership, no charge, no fuss, you only have to find your way to the programmed starting point of each ride. So give it a go, contact Les Clark (9754 2793) or Phyllis & John Gosbell (9808 4641) for a programme and turn up with a bike.



WANTED



POST-MENOPAUSAL MASTERS ATHLETES TO BE INVOLVED IN A HORMONE REPLACEMENT THERAPY STUDY TO LOOK AT THE EFFECTS ON PERFORMANCE AND THE PREVENTION OF CARDIOVASCULAR DISEASE AND OSTEOPOROSIS

To qualify for the study you should;

- Be post-menopausal and between 45 and 60 years of age with 1 to 5 years since your last period,
- **Not** currently be on any form of Hormone Replacement Therapy,
- Have not had a hysterectomy,
- Be an elite athlete and have been training for a minimum of 8 to 10 years for ongoing competition,

WHEN: NOW

WHO DO I CONTACT:

DR LILIAN STOJANOVSKA 9688-4292

MR DAVID PAGLIARO 9688-4716

DEPARTMENT OF BIOMEDICAL SCIENCE, VICTORIA UNIVERSITY, FOOTSCRAY
CAMPUS

CALENDAR

Important note:

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

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

:Ballarat Masters Games, 19 to 27 April. contact Tracey Hull, 03 5320 5620. (forms from Colin Browne)

Sunday, 20th April, VRR Winelands Half Marathon, (21.1 & 6km), De Bortoli Winery, Dixons Creek via Yarra Glen, 9am (98092 7925 ah)

:CHC Coburg Special Fun Run (12km & 4km) H Stevens Athletic Track Coburg, 9am (9386 9251 h)

Sunday, 27th April, Great Train Race, (13.6km) Puffing Billy Office, Belgrave, 9.30am (9754 6800 w)

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

Sunday, 4th May, VVACI & Ballarat Harriers Half Marathon, and Half marathon Relay. Teams of 4 to 8 Bungaree Oval Can enter on the day. 10am start. Bert Smith 03 53 392 311 h. Eric Greaves 9560 2971.

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

Sunday, 11th May, Run?Walk to the G. (8km run, 7km walk) Brunton Avenue. 9.00am, Lisa Hasker 9819 9225

Sunday, 18th May, Jells Lake Fun Run (5km & 10km) 9.30am Rob Varney 9273 2444, Terry Nugent 9282 5645 w, 9560 1474 h.

:Camberwell Grammar School Around the Avenues (10km & 5km), Chatfield Avenue, Balwyn, 9.00am (9882 1064 h)

:CHC Coburg Special Fun Run (12km & 4km) H. Stevens Athletic Track Coburg, 9.00am (9386 9251 h)

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

:Sri Chinmoy Running & Fitness Fest, (42.2, 21.1 & 10km) Newport Park Rec Centre, Newport,

8.00am (9428 6665 w)

:Run For Freedom Fun Run (10km & 5km) Catani Gardens, St Kilda, 9.00am (9827 7900 w)

Sunday, 22nd June VVACI Winter Challenge Track and Field, at East Burwood track, Eric Greaves 9560 2971

Sunday, 6th July, VVACI Winter Weight Pen-tathlon 12.00pm Duncan McKinnon Park, Murrumbena, Melway 68 K9 Astrid Rose 9836 2350

Saturday, 12th July Warm-up Meet for Durban entrants, (Track & Field) Coker Park, Wharf St. Cannington Perth, 8.00am, David Carr 09 339 8289.

Sunday, 13th July, Warm-up Meet for Durban entrants (Walk/Road run) McCallum Park, Perth, David Carr 09 339 8289.

Sunday, 13th July, Gold Coast Marathon, Half Marathon, 10km run/walk. Southport, QLD, (07 5527 1363)

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

:Sun City To Surf, Sydney (14km) Hyde Park to Bondi, 10.00am (02 282 2160)

Sunday, 17th August, VRR Princes Park Half Marathon, (21.1km, 10km & 5km) Royal Parade, Parkville, 8.30am (9807 7307 ah)

Sunday, 24th August, VVACI 10 mile Road Race (VV) Princes Park, Carlton, Eric Greaves 9560 2971.

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

Sunday, 5th October, VVACI Marathon in Melbourne Marathon to be confirmed.

Sunday, 19th October, Western Region Valley Run contact Marcus Pitt, 9873 3223

Friday 24th October to Saturday, 1st November, Healthpact 6th Australian Masters Games, Canberra, athletics organised by ACT Vets. (.6 207 9097 w)

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

1998

17th to 25th January, Oceania Games, Hawkes Bay, New Zealand. Jim Tobin NZ +64 6 844 5072

9th to 22nd August, World Masters Games, Portland, Oregon USA, Ambassador Holidays, 07 3229 6555

1999

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

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Contact Pat Lowry 9598 1855 ah

RSVP by 2 May 1997

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