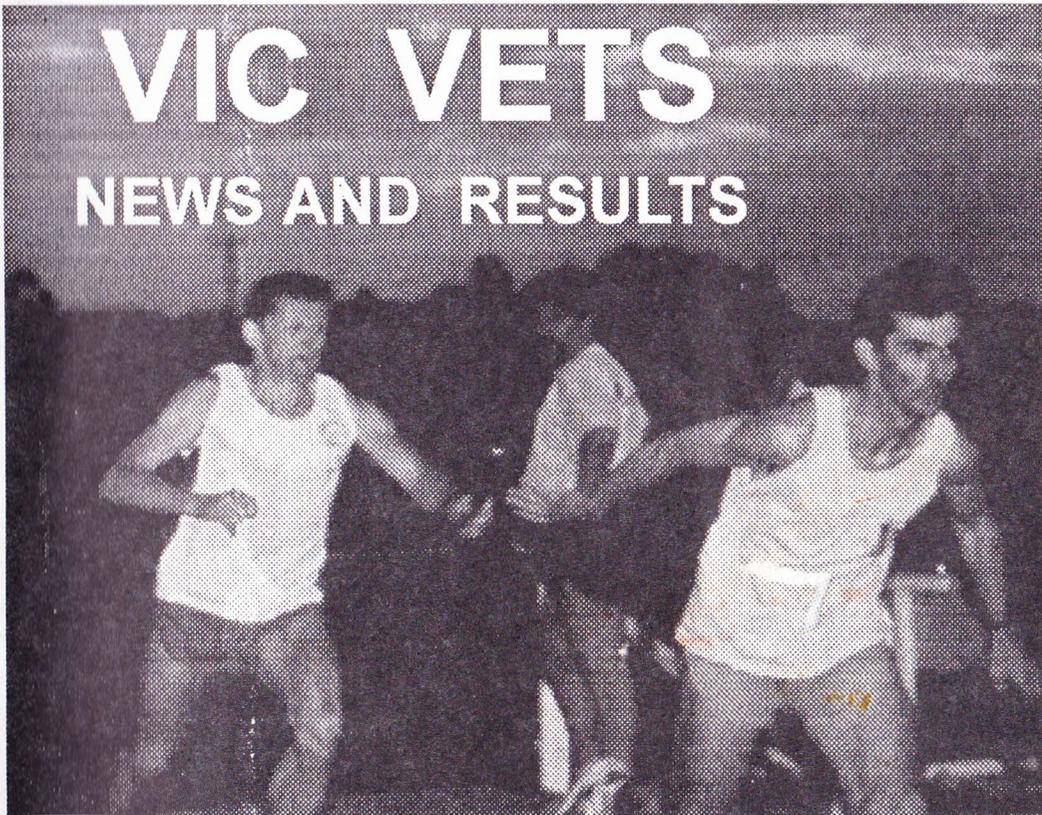


# VIC VETS

## NEWS AND RESULTS



Published by:

**The Victorian Veterans' Athletic Club Inc.**

Dot Browne (Hon Sec)      Colin Browne (Editor)

4 Victory Street Mitcham Vic 3132

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July  
1995

*inside:*

*more on the nationals at Easter  
the half marathon at Bungaree  
the cross country at Yarra Bend  
our mates off to Durban World Games*



*Vic Vets*  
NEWS AND RESULTS

Print Post Approved  
PP 338511 / 0014

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Vic Veterans' Athletic Club Inc.  
c/o Dot Browne (Hon Sec)  
4 Victory Street  
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## Editorial

You will recall that I wrote in a rather emotional fashion about our loss of a major sponsor for the Nationals. In the light of further correspondence, it is now clear that I was unfair to Mercantile Mutual. When both sides recounted their versions of a series of events going back over three years, it showed up that at a crucial stage earlier this year, vital correspondence did not reach its destination. As a result the two parties proceeded towards the date of the Nationals under a completely false impression of the other's intentions. And as the emergency of time accelerated, and other more pressing concerns had to be attended to, the area of sponsorship was thought to be taken care of when it wasn't.

Some months before the Nationals a group of VVACI committee people had visited Mr Bill Mirams of Mercantile Mutual, seeking sponsorship. He indicated then that it was unlikely that his company would be making any further payments to VVACI. However there was enough goodwill there for the committee to believe that if we made a full proposal with a closely detailed budget, the door was still open for MM to reconsider. This proposal and budget were done, and done well. But the letter was never received by Mr Mirams, due to a typing error on the address. From then on, we thought we had done enough and did not want to hassle him unduly, whilst he thought that we had decided not to take it any further. The date of the Nationals came on quickly and the misunderstanding continued.

VVACI regrets any implication that MM was in any way unfair in its dealings with us in this matter, and is very grateful for the donation of \$2000 which MM has made to defray some of our costs of our championships.

Life goes on. We had our AGM and elected a new committee. Unfortunately three of the vacancies for general committee members were unfilled at the time of the meeting. This is very dis-spiriting for those of us that do a lot of work for the vets. If the work is left to a few willing horses, two sorts of disaster happen to a club. One, the willing horses get worn out and give it away. Two, the work gets concentrated in the hands of too few people, and they become so indispensable that the club can not continue without them. Very unhealthy. We need to be blooding new committee members, sharing the load, preparing for the fact that no-one lasts forever. So if you reckon you have a few ideas about the way our club should be run, and can hack a meeting every six weeks, please volunteer. There are still vacancies on the committee.

We have reached an agreement with John Mallinder of AusFit that the VVACI Marathon for 1997 will be incorporated in the Melbourne Marathon, on Sunday, October 5th. To avoid the confusion we had last year over who was eligible for a medal and who wasn't, we will require members of VVACI to not only enter by filling in AusFit's form, but to also enter with us by filling in our form which will be circulated in the next VIC VETS NEWS AND RESULTS. There will be no box to tick on the AusFit entry form. Uniforms must be worn if members wish to be eligible for medals. The current ones, men, not the old all navy blue ones. We plan to exert a stronger presence at the finish line, checking in our members rather than relying on the Melbourne Marathon results sheet completely. It was evident from the large number of Vic Vets who ran in the Melbourne Marathon last year that our members want a marathon championship. There are huge problems in running our own independently, so this looks like the way to go. Let's see if we can make this one a winner.

Durban entrants will be off pretty soon. They had a very successful meet at Doncaster on Sunday June 15. A picturesque setting, ideal weather for athletics and some good form shown. Penny Hall in the 3km walk and Col O'Brien in the 5km run each broke Australian records. Let's hope that all Aussies do PB's in their events in South Africa. If they do they will bring home a swag of medals, because our standards hold up very well against the rest of the world of veteran athletics. We have a contingent of about 150 going, managed by our popular Mentone venue manager, Ted McCoy. All the best Vets. Go for it.

*Colin Browne*

## LETTERS TO THE EDITOR

Dear Col,

Congratulations on the Editorial you wrote in the last issue of News & Results. It was the most comprehensive report I have had the pleasure to read for a long time.

To reply to Rowena Barker's query regarding the club numbers, especially the re-issuing of numbers before 100, there has only been one number re-issued that falls within this category, No.25, and this was re-issued after a request from a member to be able to wear his late father's number.

At the last committee meeting, I moved that the VVACI phase out the use of club numbers such as they are now, and instead, use some form of competition number during club events. My reason for this, mainly the time involved ironing numbers onto singlets, and by eliminating the numbers, the cost of singlets can be kept very low to members. Also, it has been noticed that the numbers tend to fall apart after frequent washing of the singlet.

And in answer to Gordon, "He of no surname", no, our Vic. Titles were not, nor ever were intended to be a fashion parade. Just a simple request to comply with the decision of the club that correct uniforms be worn. I cannot imagine or visualize the two AFL teams playing in the Grand Final fronting up in whatever they happened to find hanging on the hook on the floor. The atmosphere of the Grand Final would not be the same, and this applies to our club events as well.

Eric "Eccles" Greaves.  
Club Captain

\*\*\*\*\*  
Editor, VIC VETS

Dear Sir,

Your excellent issue just received made good reading re athletes at the Easter Vets Championships, but why no results of race walkers? Are you prejudiced about them? Every other sports got a mention with the exception of the race walk results. The greatest upset must have been the result of the W45 where the most decorated world champion (World Games in Buffalo

1995) was beaten by a virtual newcomer from South Australia. Sandra Kramer beat the "unbeatable" Heather McDonaldin all their encounters and I believe could have broken the standing records of that age group, yet no mention of her great exploits were noted. I would imagine her (Sandra) being from interstate (Adelaide) could have perhaps been the reason why no mention of her achievements was made. I believe walking events are not being given the credit they deserve. Could you rectify this error in your next VIC VETS NEWS AND RESULTS.

Yours in sport  
Merv Lockyer  
Centurion No 30

[Sorry Merv,

I am a bit thin on the ground when it comes to covering everything that is going on. My report will not bear inspection from many quarters - walking, throwing, jumping. I spent most of the Nationals in the envelope department. However, anyone who was there is welcome, most welcome, to write up any section they saw and I will publish it.

Your main point though is to congratulate Sandra and commiserate with Heather, both great athletes. I agree totally.

As national statistician I had great pleasure in sending Sandra the illuminated certificate that Australian record breakers get for her 5km track walk record of 24m 46.0s at Olympic Park. Her 51m 12s for the 10km road walk does not quite beat Heather's Australian record of 50m 35s, although she beat Heather at Albert Park by 14 seconds over the 10km journey. I had equal pleasure recently in sending off to USA Heather's new claim for a world record from a race at Geelong.

Sandra is no newcomer to the racewalking scene. She won the 5km/10km double last year in the Australian Championships in Perth. Heather wasn't in Perth, so there was some anticipation before the Nationals this year as to the outcome. Keen rivalry between great athletes brings out great performances. Congratulations to both athletes.] Ed

\*\*\*\*\*

[While I am apologising, let me refer to a letter to the editor from Anonymous (LC), called INTERCLUB COMPETITION CAN BE FUN, in the last magazine. I printed that the competitor had found a bird in her shoe! I admit, as editor, that when I looked at the

handwritten letter, I could not make much sense of that. But I typed it nevertheless. The writing was all in capitals. I was later told that what she had in her shoe was not a bird, but a biro. In capitals, not BIRD but BIRO. Sorry, my eyesight is not what it used to be. ED]

\*\*\*\*\*

Dear Dot

As we have three vacancies on the committee, I thought I might as well fill one of them when I am available, if you'd care to nominate me.

### ODE TO "I'M ON A COMMITTEE"

**Oh, give me your pity,  
I'm on a committee,  
Which means that from morning to night,  
We attend, and amend, and contend, and defend,  
Without a conclusion in sight.**

\*\*\*\*\*

Dear Col,

I would like to comment on two of the letters you published in our latest journal. The suggestions in the submission by Dave Herbert has led me to write as his idea, while it may seem at first glance to have merit, would present problems that should be taken into consideration.

I have been for quite a long while full-time carer for my wife, Maisie, whom a lot know is suffering from Alzheimer's, etc. Any running I can do is almost strictly limited to a treadmill. On the odd occasions that I have been able to get to any venue for a tryout, perhaps prior to championships, over my 400 or 800 metre distances has depended on at which venue the chosen runs are on and, as a club member, I have been able to turn up at that venue. I don't have to go into more detail to make it clear that being limited to one venue would not allow for my circumstances.

The other letter I would like to comment on is Keith Foutley's outstandingly interesting and informative letter re our club's beginnings. Having been at the formation meeting at Wall's Richmond ground clubrooms I can also express appreciation of those who worked so hard, including Keith himself, to get the club moving.

The only thing stopping me from being on committee was my permanent night shift. I was certainly keen enough and very close to Wal. I was one of the first he spoke to about his dreams. Wal was running with me at the athletics events held by The Salvation Army around the end of World War 2. (Wal's brother, Charles, is a retired Colonel in The Salvation Army). Wal was about 20 to 24 years then and I was about 28 to 30 years. I came back to running when things got going in 1970-71 and I quickly aimed to be in the Australian group for the 1972 trip.

**We confer and concur,  
We defer and demur,  
And reiterate all of our thoughts,  
We revise the agenda with frequent addenda,  
And consider a load of reports.  
We compose and propose, we suppose and oppose,  
And the points of procedure are fun,  
But through various notions all brought up as motions,  
There's terribly little gets done.**

Let's carry on, carrying on  
Regards  
Peter Colthup

[Delightful, Peter. It's so true. Some of the time. By the way, doesn't Peter's offer, after all he has given to the vets, make anyone feel just a bit guilty? A great organisation of 1300 members and we can not fill our quota of committee members. One meeting every six weeks. I'm sure you have a lot to offer. Think about it. Ed]

\*\*\*\*\*

Keith mentioned how Wal Sheppard, Col Junner and Cliff Bould had competed overseas in 1971. Cliff Bould had actually been overseas competing in the Vets prior to 1971 and it was he who inspired Wal to do the same and then, as Keith says, Wal became our organiser as David Pain had in 1967 for the U.S.A. Keith, unfortunately, included Cliff Bould in the list of those who had passed on. Cliff is still very much alive and keeping reasonably well, although his wife, Phyl., has had to be admitted into a nursing home suffering from dementia. Since her admission, she also has suffered a bad stroke.

To add a few more facts on the 1972 tour, we competed first of all at San Diego in their championships, then we had more competition in England.

We were very fortunate to be invited to a magnificent garden party at the home of Col. Sir Stuart Mallinson whom, if I remember rightly was at that time the British representative on the Olympics committee.

There we met up with Roger Bannister who was to be knighted later. This was while on our way to witness the Munich Olympic Games. It was actually after the Olympics that we moved on to Cologne for what we called the first real international Vets' meeting. This meeting listed 302 Vets competitors, in 18-year age groups, from nine countries: Australia (48), Austria (2), Canada (14), France (4), Germany (110), Great Britain (15), The Netherlands (3), Sweden (10) and the United States (96). After the Cologne efforts we went on to Hong Kong, where we had a great time on our few days stop-over.

Regards to Dot and yourself.

*Jack Stevens*

(Jack Stevens).

Dear Dot,

You must be very pleased with the outcome of the Championships held at the weekend. A lot of 'thank-you's' to the many people who worked so hard to make these games such a success, were passed on at the Cross Country, but I would like to add my little bit.

I was working on the computer in John Gosbell's team and wanted to say how much I enjoyed working with them. John is a great team leader (aided by Phyllis) and everything ran so smoothly with the minimum of fuss, do to their efforts. With only one computer and many results to process, they deserve a great deal of praise, because their tasks would probably have started at daybreak and ended at midnight for the five days. I believe the workload does not end there, but continues on with checking and re-checking before final result book is printed.

Thank you John, Phyl, Brian Mee, Pauline, Anne and Ray and Alan Bennie.

*Judy Wines*

Judy Wines

Dear Col

I would like to reply to Heather Doherty's letter in the December Newsletter regarding Terry Baldwin's letter on the Pentathlon. And comment on 5k Walks at our Victorian Championships.

I've got news for Heather. The men's 2kg discus throw is not considered by any male pentathlete to be a speed event. On the contrary, most male pentathletes struggle to even throw 30 metres. The 2kg discus DOES include a strength element in pentathlons: Heather needs reminding that the average pentathlete is a sprinter/jumper, and definitely not a shot putter.

Heather is the Australian W60 record holder in shot put and discus. In fact her shot put record isn't far from the world record. Heather is an elite level thrower, and I suggest she is biased in favour of the shot put. I wonder if Heather talked to any of the pentathletes before she started her campaign to replace the discus with shot put in pentathlons? I accept that a 1kg discus may be considered a speed throw for some women, but do the majority of female pentathletes prefer to throw shot instead of discus?

As for danger to officials in mid field from discus and javelin during pentathlons. Absolute rubbish! Heather should realize that her knowledge is highly respected in athletic circles (including committees), and every word she utters is taken as gospel truth by people who don't know anything about throwing and pentathlons.

It is irresponsible to exaggerate and promulgate danger to officials. The only pentathlete ever likely to get a javelin within a bull's roar of discus officials is Peter Dohnt, current Australian M30 javelin record holder. And it didn't happen in Sydney during our 1994 Australian Championships. I know because I was there watching Peter from the M40 Pentathlon discus.

I think instead of criticizing the opinions of pentathletes such as Terry Baldwin, Heather needs to seriously consider their views. Very few of the silent majority (our athletes!) take the trouble to write and express their opinions. Too often decisions are made for them by our administrators, based on their honest (and caring) belief, rather than certain knowledge, that they are doing what's best for the athletes.

Back in 1995 I wrote at length to our Committee about the pentathlon. Col, I wasn't comfortable that you published it in News and Results. However, I still stand by the letter's conclusion, that there wasn't a need to change any aspect of the pentathlon. I did add though, that rather than fiddle around with the event, we should take a fresh look at what events are included. And I suggested 2 sprints, 2 throws and 2 jumps, e.g. 100, 400, long jump, triple jump, shot put and javelin. The reactions I got from pentathletes varied, but most people preferred no change.

Although WAVA is still maintaining records for the pentathlon, this event has been replaced at the Veterans World Championships by the decathlon and heptathlon. And I seem to recall a decision at a AAVAC meeting that only WAVA events can be used at our Australian Championships. Hence no 300 Hurdles for M50 men, or 80 Hurdles for M65 men. Somehow the pentathlon survived the AAVAC decision, or was it just forgotten about.

If we don't follow WAVA by replacing pentathlon with decathlon and heptathlon, then I would like VVACI to take the lead and come up with the most popular combination of events possible, rather than just replacing discus with shot. Perhaps it's time for the regular pentathlon competitors to send a note to News & Results and nominate their preferred events. Within reason that is, because some events such as pole vault are obviously unsuitable.

I wish to repeat that in my 1995 letter I was sympathetic to Rudi Hochreiter's plea for the 1500 to change to an 800. However, I would like the opinion of one of our medical practitioners (Rod Guy?) of the sense in making our older pentathletes run either the 1500 or the 800. Both are stressful events for older non-distance-running athletes. Do we need someone to drop dead on the running track before we consider a change to a more appropriate event?

While on the subject of stress, I'd like to comment on Ray Callaghan's note regarding my suggested change in the Walks schedule for State Titles. Ray, I didn't speak to EVERY walker, only to some who were distressed by walking 5k in the hottest time of the day. Personally I'm fine, I can cope with 25 minutes in the sun, but some walkers take more than 40 minutes to walk 5k. Again, do we wait until someone drops dead before moving the 5k Walks to a cooler time of day, such as 8am or 8pm, or a cooler time of the year?.

Yours sincerely concerned

*Clyde Riddoch*

Clyde Riddoch

Dear Dot

With reference to the coming 1998 Australian Championship which you would be aware that Queensland are hosting the Games.

I was hoping that maybe you could include the notice attached in your Newsletter. If you would be able to pass it onto your News Editor.

We would really appreciate this as the more advising for this important event the better for the Vets movement.

Thanking you in anticipation and hope to catch up with you in beautiful Brisbane.

Yours in Athletics  
Q.V.A.C.

*Judy Cooper*  
Judy Cooper  
Secretary



# Brisbane

BEAUTIFUL ONE DAY PERFECT THE NEXT  
QUEENSLAND VETERANS ATHLETIC CLUB Inc.  
HOSTING THE  
**1998**

AUSTRALIAN ASSOCIATION OF VETERANS ATHLETIC CLUBS  
TRACK & FIELD CHAMPIONSHIPS  
VENUE: STATE ATHLETIC CENTRE --- QEII STADIUM NATHAN  
DATE: APRIL 1998  
**SEE YOU IN QUEENSLAND**

Dot BPOWNE O.A.M. Hon. Sec.,  
V.V.A.C.I.

On 25th Sept. '95 (Item 11/10), I submitted a motion that the Club fees be increased because we were running it at a loss. My estimated cost per member, itemized at that time, was \$23.00 per head.

By the time the committee had looked into this it was too late for an increase in 1996 but we went ahead and allowed free entry into Club Championships for one year, channelling back to the members the profit we made from the Masters Games that we ran.

I would like to see in the next "News and Results" magazine a costing in detail showing why the fees had to be raised starting with the \$5.00 we pay to A.A.V.A.C.I. Perhaps the members would then better understand why the increase had to take place. Most of the other States have been charging \$25.00 for years, we have always been the cheapest.

Secondly, I was very perturbed to read the Annual Report from the Tootgarook (Southern Group).

If we had not founded this Group, those poor people who now decide that \$25.00 (50¢ a week) is too much for the benefit of belonging to our Club, would not have had a place to compete and should look elsewhere for their entertainment. By not paying, and using the group, they are "sponging" on all the paying members of the V.V.A.C.I., and should be asked to become financial or disappear. We have to take this attitude or it will spread to other groups and the Victorian Veterans Athletic Club Inc. will be the one to disappear.

Let them see how much it costs to join an Athletic Club. Most are around \$100.00 per year.

We have the best Club in Victoria with all the moneys received being used for the members. LET'S KEEP IT SO.

Regards,

*Peter B. Colthup*  
Peter B. COLTHUP O.A.M.

## ON A SADDER NOTE

Kathy Stankovic, wife of Stan and very well known in veteran circles, died aged 71 years at Brighton Private Hospital. In an active membership of the vets she won about 90 medals in field games in various competitions. Our sympathies go out to Stan and Nino.

\*\*\*\*\*

Tina Leb, well known walker at Croydon and 3km Australian record holder, tragically lost her husband recently. To Tina and her daughter, Anna-Lisa, who is also a member of the vets, we reach out in friendship at this sad time.

\*\*\*\*\*

From the wife of Geoff Wilson of Traralgon, we received this very brave and tragic letter.

Dear Colin and Dot

Just a belated note to let you know that my husband Geoff Wilson took his life on 31/1/97 after a long battle with depressive illness.

I am enclosing a general letter to explain the circumstances which you can share with anyone you wish. I know Geoff made a lot of new friends whilst competing at the Glenhuntly centre this last season, but I do not know all their names. He really enjoyed his trips to Melbourne and the competition and fellowship that the meetings provided. Regards  
Anne Wilson.

Dear Friends,

I am writing to you in the hope that I may be of some assistance to those of you who are having difficulty in understanding and accepting Geoff's death.

Geoff suffered from depressive illness and I am enclosing some factual information about this disorder. In retrospect, I believe that he had suffered from prolonged mild depression for most of his adult life with some more serious episodes of relatively short duration.

In 1995, Geoff suffered a major episode which built up over several months and resulted in him resigning from his job and finally being hospitalized. Whilst in hospital, he made a serious attempt on his life. He received drug therapy and electro convulsive therapy [E.C.T.] and with the active support of Gippsland Psychiatric Services, he made good progress once he returned home.

In the latter part of 1996, Geoff had very definite plans for the future. He applied for two TAFE courses, was accepted into both and had chosen which one he wished to pursue. He was training hard at his beloved running, competing in Melbourne regularly and was looking forward to the Country Championships in January and the Veterans' Championships in March.

Then straight after Christmas severe depression set in again very suddenly. As a result we had to return early from our annual holidays. Geoff was adamant that he would not go to hospital again, so he, his case manager, his doctor and I worked hard on a plan to manage his condition at home. This involved a new quick acting anti depressant drug and, initially, twice daily visits by the Gippsland Psychiatric Services team.

I know that there are many people who are in a state of shock because they had seen Geoff recently and he had seemed so cheerful and positive. Unfortunately, many seriously depressed people mask their inner pain with an unfailingly friendly and cheerful countenance. I think Geoff has done this for most of his life.

One feature of depression is that sufferers feel very isolated and alone. Geoff spent a lot of his life reaching out to people and trying to make them feel good and you all responded, but because of his illness, he could not absorb the full measure of your reciprocal warmth. As a result he felt inadequate, unworthy and often guilty. His main concern in his last days was that he was ruining my life and being a burden. "I'm holding you back." As the anti depressant drugs began to work, his ability to make decisions improved dramatically but his mood did not improve simultaneously. It was still a very black world for him. I believe that he took his life with the expressed intention of setting me free. It was, therefore, not a selfish act but a precious though misguided gift.

Geoff died of a single gunshot wound to the head and people are saying, "How could he put you through the trauma of finding him?" The answer to that is, I believe, that he thought that he would be found by his carers earlier in the day. However, I am glad that it was me who found him. Otherwise, I would have had a vision of physical mutilation when the reality was that his face, though badly bruised, was perfectly intact. His expression was not one of the anguish and indecision that had haunted him of late, but one of calmness. He was lying on his back with arms neatly by his side and was at peace.

As I look back I am thankful for the light, laughter, fellowship and wisdom that I know Geoff brought into so many lives. I ache because of the physical pain and mental anguish that he suffered and I am amazed that through all that suffering, the focus of his final concern was my happiness and well-being. He was a truly remarkable man.

Love to you all

Anne

## NEW VICTORIAN RECORDS

Age	Event	Name	Performance
M75	100	Mike Johnston	14.3 Aust Record
M60	High Jump	Tom Hancock	1.51 & 1.52 Aust Record
W30	100	Lisa Ford	12.75
M65	200	David Mather	27.77
M35	400	Paul Davidson	50.42
M75	400	Mike Johnston	69.00 Aust Record
M85	400	George Knott	2.20.68
M30	800	Paul Schnyder	1.55.40
M75	800	Mike Johnston	2.51.71 Aust Record
M70	5k	Randall Hughes	19.38
M60	2k Steeplechase	Bob Gardiner	7.38 Aust Record
M80	2k Steeplechase	Eddie Gamble	12.25 Aust Record
M65	100 Hurdles	David Mather	18.24 Aust Record
M55	400 Hurdles	Richard Trembath	65.56
W70	5k Walk	Jean Knox	34.48 Aust Record
M85	10k Walk	George Knott	88.29 Aust Record
W30	10k Walk	Annette Major	54.08
M30	Triple Jump	Roger Groppi	13.10 Aust Record
M30	Shot Put	Angelo Pagano	12.24
M85	Shot Put	George Knott	4.84
M60	Javelin	Tom Hancock	43.46
M85	Javelin	George Knott	9.76
W50	Javelin	Chris Battersby	28.94
W70	Javelin	Lydia Widera	19.36 Aust Record
W60	Weight Pentathlon	Valerie Worrell	3,474
M45	1500	Steve Austin	4.03.7

New Event - Pentathlon (with Shot Put instead of Discus):

M30	Pentathlon	Terry Baldwin	2,829 Aust Record
M35	"	Russell West	2,095
M40	"	Mike Clapper	2,651 Aust Record
M45	"	Tom Gerrard	2,812 Aust Record
M50	"	Peter Young	2,506
M55	"	Tony Bradford	2,491
M60	"	Max Brook	2,237
M65	"	Alex Harris	2,991 Aust Record
M70	"	Stan Stankovic	3,080 Aust Record
M80	"	Andy Smith	1,322
W30	"	Jenny Baldwin	2,683 Aust Record
W35	"	Cathy Orelli	1,969 Aust Record
W45	"	Kathy Heagney	2,591
W50	"	Chris Battersby	3,021 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



## VVACI SUMMER WEIGHT PENTATHLON Duncan McKinnon Park 2 March 1997



Competitor	Age Group	Hammer thro distanc score	Shot Put distanc score	Discus throw distanc score	Javelin throw distanc score	Weight throw distanc score	TOTAL
	30-34	####	####	####	####	####	#NUM!
	30-34	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!
RUSSELL ALPHEY	35-39	39.12 532	9.47 490	26.92 433	34.26 397	11.44 549	2401
BARRY McGREADY	35-39	32.18 413	9.08 465	27.12 437	29.34 322	10.74 508	2145
CLYDE RIDDOCH	40-44	27.56 359	8.71 440	32.38 511	38.30 519	8.84 440	2269
PETER FLANAGAN	40-44	23.82 293	9.45 486	27.54 416	40.44 556	8.64 427	2178
MALCOLM WAUGH	40-44	28.20 371	10.29 540	27.38 413	26.42 317	8.76 435	2076
MEN		Hammer thro	Shot Put	Discus throw	Javelin throw	Weight throw	
ROGER GLASS	45-49	36.06 584	9.03 525	27.28 462	25.12 337	10.36 588	2496
BOB CONNELL	45-49	22.64 316	9.12 532	26.24 439	30.40 435	8.56 465	2187
JOHN NEALE	45-49	26.68 396	8.08 458	27.98 477	30.86 444	7.02 362	2137
GRAEME ROSE	50-54	44.68 767	12.92 817	40.36 736	46.60 837	15.79 869	4026
PETER YOUNG	50-54	28.14 430	12.56 791	37.68 678	37.16 634	10.70 548	3081
JOHN REYNOLDS	50-54	36.96 609	10.24 622	34.98 618	27.92 440	13.35 714	3003
KEN READWIN	55-59	44.56 866	10.24 706	32.02 634	22.72 380	14.83 883	3469
KEN PRIESTLEY	55-59	33.96 624	8.99 605	23.56 432	30.82 565	12.56 728	2954
BILL BINKS	55-59	30.30 541	9.90 679	31.24 615	23.86 405	10.92 616	2856
MORRIE JAMES	55-59	28.74 506	8.10 533	24.42 452	19.08 298	10.28 573	2362
		Hammer thro	Shot Put	Discus throw	Javelin throw	Weight throw	
TOM HANCOCK	60-64	35.00 658	11.72 844	43.54 842	42.62 855	14.33 816	4015
VICTOR NAISMITH	60-64	41.60 811	9.58 666	29.58 525	34.28 655	15.59 900	3557
JOE BALL	60-64	35.20 663	11.00 784	33.42 611	31.66 593	13.28 747	3393
GEORGE KNIGHT	60-64	31.24 571	10.22 719	25.38 432	21.10 349	12.49 695	2766
NINO STANKOVIC	60-64	26.50 463	8.53 580	26.72 461	20.84 343	10.16 542	2389
ALWYN HARBOTT	60-64	30.48 554	8.28 559	24.22 407	18.49 290	10.68 576	2386
WIM VAN WEENEN	65-69	46.94 1057	10.95 885	36.64 780	31.78 670	16.68 1063	4455
HARRY WYNHOVEN	65-69	32.72 688	8.30 639	31.30 644	19.86 366	11.51 691	3028
HARRY STAECHEER	65-69	31.12 647	8.08 619	28.50 574	30.28 631	8.83 502	2973
MILTON BALLANTYNE	65-69	24.88 489	9.20 722	26.32 519	22.32 427	8.08 450	2607
IAN ADDERLEY	65-69	16.56 281	9.63 761	25.54 500	19.20 349	7.79 430	2321
AIVARS PAVULINS	70-74	33.28 696	10.83 870	28.86 666	30.90 727	11.97 695	3654
KEN KNOX	70-74	25.98 512	10.12 804	31.54 742	20.56 434	11.05 632	3124
STAN STANKOVIC	70-74	29.22 593	8.97 698	24.76 551	21.92 472	10.97 627	2941
	75-79	####	####	####	####	####	#NUM!
	75-79	####	####	####	####	####	#NUM!
ROY FOLEY	80-84	20.84 504	7.72 754	25.56 748	12.06 270	12.44 737	3013
	85-89	####	####	####	####	####	#NUM!

WOMEN Competitor	Age Group	Hammer thro distanc score	Shot Put distanc score	Discus throw distanc score	Javelin throw distanc score	Weight throw distanc score	TOTAL
ROSEMARY MERRIGAN	30-34	22.40 330	9.20 477	24.86 366	30.52 506	8.17 436	2115
SANDRA HOWORTH	30-34	18.54 249	7.23 350	20.34 284	16.38 232	6.62 331	1446
	30-34	####	####	####	####	####	#NUM!
SHARON CLAYTON	35-39	32.68 557	8.14 408	31.52 491	20.82 368	11.65 803	2627
CHRISTINE TEW	35-39	19.12 265	7.45 364	25.92 386	15.54 254	7.25 449	1718
	40-44	####	####	####	####	####	#NUM!
	40-44	####	####	####	####	####	#NUM!
WOMEN		Hammer thro	Shot Put	Discus throw	Javelin throw	Weight throw	
SHARON REYNOLDS	45-49	####	####	####	####	####	#NUM!
CHRIS SCHULTZ	45-49	28.44 602	12.28 864	37.96 761	24.02 593	10.86 879	3699
ASTRID ROSE	50-54	36.16 767	9.21 609	23.66 500	24.30 578	10.67 721	3175
RHONDA DUNDAS	50-54	32.08 662	8.28 535	23.12 487	20.92 485	9.75 647	2816
JAN DAVIES	55-59	41.82 1030	9.45 740	23.50 575	2.33 0	13.09 999	3344
CHRISTINE DICKIE	55-59	22.44 475	7.29 541	17.00 387	12.2 292	7.38 504	2199
WOMEN		Hammer thro	Shot Put	Discus throw	Javelin throw	Weight throw	
VAL WORRELL	60-64	29.90 776	7.57 671	24.36 695	18.54 568	11.78 751	3461
	60-64	####	####	####	####	####	#NUM!
	65-69	####	####	####	####	####	#NUM!
LYDIA WIDERA	70-74	25.98 834	7.33 890	20.64 762	18.52 762	8.68 622	3870
GWEN DAVIDSON	70-74	23.60 741	6.34 751	17.50 627	15.20 607	9.99 736	3462

VICTORIAN HEAVY WEIGHT CHAMPIONSHIP					
MARCH 2ND 1997 HELD DUNCAN MCKINNON OVAL					
RESULTS					
MEN	AGE	DISTANCE	WOMEN	AGE	DISTANCE
ROY FOLEY	80 - 84	12.47	GWEN DAVIDSON	70-74	9.99
			LYDIA WIDERA		9.45
AIVARS PAVULINS	70-74	11.97	VAL WORRELL	60-64	11.78
KEN KNOX		11.30	JAN DAVIES	55-59	13.14
STAN STANKOVIC		11.04	CHRISTINE DICKIE		7.38
WIM VAN WEENEN	65-69	16.68	ASTRID ROSE	50-54	10.67
HARRY WYNHOVEN		13.12	RHONDA DUNDAS		9.75
MILTON BALLANTYNE		9.05	CHRIS SHULTZ	45-49	10.86
VICTOR NAISMITH	60-64	15.59	SHARON CLAYTON	35-39	11.65
TOM HANCOCK		14.42	CHRISTINE TEW		7.25
JOE BALL		13.28	ROSEMARY MERRIGAN	30-35	8.78
GEIRGE KNIGHT		12.49	SANDRA HOWORTH		6.88
ALWYN HARBOTT		10.68			
NINO STANKOVIC		10.16			
KEN READWIN	55-59	14.96			
KEN PRIESTLEY		12.56			
BILL BINKS		10.92			
MORRIE JAMES		10.3			
GRAEME ROSE	50-54	16.42			
JOHN REYNOLDS		13.35			
PETER YOUNG		11.12			
ROGER GLASS	45-49	11.00			
BOB CONNELL		6.63			
JOHN NEALE		6.58			
MALCOLM WAUGH	40-44	9.02			
CLYDE RIDDOCH		8.84			
PETER FLANNIGAN		8.73			
RUSSELL ALPHEY	35-39	12.12			
BARRY MCGREADY		11.51			

## NATIONAL VETERANS' TRACK AND FIELD CHAMPIONSHIPS

by Colin Browne

At Easter this year, Melbourne was host to the Australian Association of Veterans' Athletic Clubs Track and Field Championships. Our visitors included 38 from ACT, 110 from NSW, 9 from NZ, 38 from QLD, 18 from SA, 28 from TAS, and 10 from WA. 398 entered from Victoria.

The stars of the weekend were not necessarily the record breakers. Terry Baldwin was larger than life as he stormed home in the M30 200 metres. Peter Crombie, NSW, is a class act in any of the M50 sprints. The strength of Reg Austin, NSW, has amazed us for 20 years in world class veteran athletics. This year he is an M60 and still world class. Barbara Blurton, as lithe as finely trained greyhound, dominated her middle distance races. Steve Austin, famous open age distance runner of the recent past, now 45, is setting records as a vet in 5 and 10k races. Alan Bradford, QLD, killed them as he always does in the M55 10k track and the 3k steeple. Dawn Hartigan was pushing that W40 pole vault world record higher every time she competed this season. It was great to see Theresia Baird, our great W55 10k runner, return to winning form again after a very rough time in her life.

The record breakers were numerous. Mike Johnston VIC and Shirley Brasher TAS, moved into new five year age groups and rewrote the record books for that age. Mike, as M75, took over the Australian records for 100m (14.73s), 200m (30.14s), 400m (69.00s) and 800m (2m 51.71s), whilst Shirley set W70 Australian records for 800m (3m 23.89s), 1500m (6m 55.68s), 5000m (24m 40.0s) and 10000m (51m 09.0s).

Alex Pittendrich our 90 year old, from Pomona QLD, ran two performances which will be claimed as world age group records, 400m in 1m 57.78s, and 800m in 4m 28.2s. Really remarkable for 90 years of age. Bob Gardiner, better known as a walker, showed that he can run and jump with an Australian record of 7m 38.0s in the M60 2k steeplechase. Fred Turner of NSW broke a tough record in the M55 400m with 55.25s.

In field games Wim Van Weenen celebrated moving into a new age group by taking the Australian record in both the M65 hammer throw and the M65 weight pentathlon, adding them to the M60 records he holds in both. John Hunt of ACT set a new high

jump mark for M55 of 1.68m to knock off Tom Hancock's old one, but Tom replied by stepping up in age to M60 and setting a new Australian record in that category. Amongst the younger brigade Roger Groppi set a new mark of 13.10m in the M30 triple jump, whilst Allan Flynn of NSW threw 40.92m in the M30 discus.

The women shone brightly too. Anne Stobaas is in great form this year as a W55, adding the 800m record (2m 39.58s) to her 400m of 64.2s which has been claimed as a world age group record. The women walkers did very well this year. In the 5k track walk Sandra Kramer of SA knocked off Heather McDonald and her W45 record with 24m 46.0s, whilst Jean Knox, a relative newcomer to the sport at 70 years of age, broke the Australian record with 34m 48.0s.

In jumping, Margaret Taylor of ACT broke the W45 high jump record with 1.45m. The throwers were well represented by Chris Schultz, who added the W45 Australian record to the ones she holds as W35 and W40, for both the heavyweight throw and the weight pentathlon. Chris is still competitive in open age events, as are quite a few of our veteran athletes.

This summary may be rather unfair to the 40 to 55 age groups, where records are very hard to break, due to a history of excellent competition over several years. Nevertheless in these age groups we saw thrilling competition between top class athletes who have lost very little over the years. If athletics can be thrilling, the finals of an age 40 sprint loses nothing to the best that open age athletics can offer.

The carnival went really well. The partnership between Vic Vet volunteers and AV officials produced a very efficient carnival at Olympic Park. Events ran on time. Due to the large number of entrants (650) we had to use Yarra Park, over the road in Swan Street, for some throwing events. Our cross country was at Yarra Bend and our road walks were at Albert Park.

Combined events went well. The officials were indispensable. 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.

Monday's pentathlon went very well. Printouts 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 at Albert Park were just as good.

## After the cross country at Yarra Bend on the Monday of the Nationals



VVACI THROWERS GROUP

PETER COLTHUP 5 MILES (8.045k) ROAD HANDICAP.

APRIL 16, 1997.

STANDING SHOTARAMA

13 April 1997

NAME	AGE	2kg	3kg	4kg	5kg	6kg	7.26kg	8kg	10kg	Total	Factor	Plus Factor
Malcolm Waugh	M40	-	-	12.03	11.24	10.26	8.95	-	7.60	50.08	1.0600	53.08
Cedric Malgas	M45	-	-	10.56	9.42	8.68	8.24	-	7.18	44.08	1.1811	52.06
Graeme Rose	M50	-	-	14.09	12.48	11.24	10.26	-	8.49	56.56	1.1963	67.66
Billy Binks	M55	-	-	11.60	10.31	9.24	8.41	-	7.09	46.65	1.3330	62.18
Ken Priestley	M55	-	-	10.04	9.28	8.26	7.33	-	6.10	41.01	1.3330	54.67
George Knight	M60	-	-	10.58	9.35	8.71	7.78	7.53	-	43.95	1.3558	59.59
Milton Ballantyne	M65	-	-	10.17	9.10	8.27	7.42	7.17	-	42.13	1.5106	63.64
Norm Keith	M70	-	-	7.90	7.04	6.51	5.66	5.47	-	32.58	1.6774	54.65

\* Factor for M70 = 1.5054 - which is less than for M65 ∴ used factor for M75. In future comps M70+ should start with 3 kg.

PLACE	NAME	TIME USED FOR H/C 5k 10k	5 MILES ESTIMATE	GO TIME	FINISH TIME	ACTUAL TIME	
1.	Sonja McLennan	47-00	37-10	12-50	47-50	35-00	
2.	Norm Cameron	48-00	38-00	12-00	48-09	36-09	
3.	Judy Wines	52-00	41-00	9-00	48-36	39-36	
4.	Neil Thornley	42-00	33-10	16-50	48-53	32-03	
5.	Case Huysmans	47-04	37-10	12-50	48-57	36-07	
6.	Chas McRae	45-12	35-45	14-15	49-02	34-47	
7.	Don Hughes	46-31	36-40	13-20	49-14	35-54	
8.	Lindsay Beaton		36-19	14-00	49-23	35-23	
9.	Jeff Mark	20-44	34-25	15-35	49-25	33-50	
10.	Jim McLure	39-30	31-10	18-50	49-28	30-38	
11.	Doug Petroff		33-52	16-30	49-34	33-04	
12.	Peter Weeks	39-45	31-20	18-40	49-45	31-05	
13.	Ray Kemp	46-24	36-40	13-20	49-49	36-29	
14.	Kevin Browne	44-14	34-55	15-05	49-51	34-46	
15.	Ken Hough	21-59	36-30	13-30	49-55	36-25	
16.	Russell Johnson	33-59	27-25	22-35	49-58	27-23	
17.	Ben Morrey	52-00	41-00	9-00	50-02	41-02	
18.	Rod Ford	45-16	35-45	14-15	50-03	35-48	
19.	John Mahony	24-00	39-25	10-35	50-04	39-29	
20.	Rick Atkins	37-30	29-35	20-25	50-05	39-40	
21.	Mick Carr	39-15	31-00	19-00	50-06	31-06	
22.	Vin O'Brien	43-40	34-25	15-35	50-12	34-37	
23.	Mike McAvoy	39-15	31-00	19-00	50-14	31-14	
24.	Stephen Young	43-00	33-55	16-05	50-17	34-12	
25.	Peter Smart	39-45	31-20	18-40	50-18	31-38	
26.	Denis Thornton	40-00	31-30	18-30	50-27	31-57	
27.	Laurie Collard	38-00	30-00	20-00	50-28	30-28	
28.	Peter McGrath	48-00	38-00	12-00	50-29	38-29	
29.	John Waite	19-03	31-30	18-30	50-31	32-01	
30.	Lavinia Petrie	19-02	31-35	18-25	50-33	32-08	
31.	Gordon Loughnan		50-00	38-35	10-25	50-36	40-11
32.	Peter Le Get	42-20	33-30	16-30	50-46	34-16	
33.	David Jones	49-50	39-25	10-35	50-48	40-13	
34.	Jane Sturzaker	52-00	41-00	9-00	50-50	41-50	
35.	Bronwyn Hanns	18-45	31-00	19-00	50-53	31-53	
36.	Cherie Baldwin	26-00	40-30	9-30	51-03	41-33	
37.	Graham Stockdale	20-34	34-10	15-50	51-04	35-14	
38.	Ron Young	42-50	33-50	16-10	51-05	34-55	
39.	Bob Petrie	43-10	34-00	16-00	51-07	35-07	
40.	Rhonda Trengrove	49-30	39-00	11-00	51-08	40-08	
41.	Joy Herbert	49-50	39-25	10-35	51-19	40-44	
42.	Betty Mark	56-00	44-10	5-50	51-38	45-48	
43.	Louis Waser	39-14	31-00	19-00	51-43	32-43	
44.	Shirley Young	48-27	37-20	12-40	51-44	39-04	
45.	Col Waring	17-15	28-30	21-30	51-49	30-19	
46.	John Moore	19-20	32-10	17-50	52-01	34-11	
47.	Les Clarke		56-00	44-10	5-50	52-09	46-19
48.	Trevor Jupp		46-15	36-30	13-30	52-21	38-51
49.	Paul Meredith	22-30	37-20	12-40	53-04	40-24	
50.	Marlene Gourlay		44-10	34-55	15-05	53-04	37-59

(1 lap +)

Fastest times W35+ Lavinia Petrie 32-08  
M40+ Russell Johnson 27-23

Peter Colthup 5 miles Road Handicap

April 16, 1997

The 3rd Annual Peter Colthup 5 miles road handicap was held on the Mentone venue road circuit with the weather gods smiling- a clear sky and a cool, crisp autumnal evening was perfect for distance running. 50 competitors representing 10 venues faced the starter with the outmarkers Betty Mark and Les Clarke on a Go time of 5-50 having already completed 3 laps (834m/lap) before the backmarker Russell Johnson was underway off 22-35. In an attempt to keep track of runner's positions each person had their number written on their leg- triathlon style. However this turned out to be a spectacular failure as the street lamp light was insufficient for the numbers to be seen - back to the drawing board on that one. No one was sure who was leading until the diminutive figure of Sonja McLennan appeared storming down the hill, out of the dark, to breast the tape to the applause of the assembled throng. Sonja, a former Kiwi, has been a participant at the Mentone venue for many years and has only recently returned from living and working in Malaysia. In 2nd place, 19 sec in arrears, was Norm Cameron (Croydon) who in turn was 27 sec clear of Judy Wines (Caulfield) - so it was a good night for the girls. Fastest times, W35+ and M40+, for the 3rd year in a row were run by Lavinia Petrie in 32-08 and Russell Johnson in 27-23. Mentone venue 5 miles road records were also set - W50 Lavinia Petrie 32-08, W55 Judy Wines 39-36, W65 Shirley Young 39-04 and M65 Vin O'Brien 34-37. Peter Colthup presented the medals and the magnificent Louis Waser crafted perpetual trophy. While hard luck stories abounded everyone enjoyed the generous supper provided by the Mentone venue vets and so concluded another memorable inter-venue event.

# Silver among gold

● **SOME** of the Victorians in the Australian veterans' athletics team. From left, Wal Sheppard, 49; Hal Dalheim, 50; Theo Orr, 48; George Wilson, 60; Tom Kelly, 41; Ron Young, 41; Mick O'Neill, 45; Norm Duff, 41; Bill Ford, 46; Jack Stevens, 55, before a training run at the Domain.



By JUDY JOY DAVIES

**THE 10 veterans lined up and were ready to run on the tan track around the Domain.**

They were preparing for the first world veterans' track and field championships, to be held in Cologne, Germany, in September.

About 40 men will represent Australia in the championships, which will be held several days after the Munich Olympic Games.

**Australia's team of about 40 athletes, officials, and some of the competitors' wives, will leave Australia on August 16 to fly to Los Angeles, London and then Munich.**

They will see all of the Olympic athletic events before moving on to Cologne for the veterans' championships on September 13-14.

"You've got to be 40 years or over to qualify for the veterans'

championships," said Mr Wal Sheppard who is organising the Victorian veterans.

"We expect about 16 or 17 Victorians will be in the Australian team.

"They have all bettered the qualifying standards and are now working towards raising the \$1300 it will cost each of us to get to Cologne."

Three of the "youngsters"—at 41—are Tom Kelly, Ron Young and Norm Duff.

Perhaps the most excited is Theo Orr, 48, a train driver.

His daughter, Jenny, 19, is the 1500-metre champion and recordholder. She will be competing in the Munich Olympics.

"That's my main reason for wanting to get in the veterans' team for Cologne," Mr Orr said.

## HISTORY OF THE VETS

This clipping from "The Sun News Pictorial" of Thursday 4th May, 1972, was provided by Ron Young, the young boy of 41, sixth from the left. Many of our founding fathers are in this photo, some of them unfortunately departed. They look young and fit don't they.

## NEW MEN'S SINGLETS

A request to all men still wearing the old club singlet (dark blue) in club events, PLEASE change over to the new style singlet (blue and white worn with dark blue shorts) A.S.A.P. This will save me badgering you and stop unnecessary loss of any more of my hair! The new singlets and the blue shorts are available from Wendy or myself by contacting us on 9560 2971

Eric Greaves  
Club Captain

**Veterans 5k & 10k Walks 26 April 1997.**

The Veterans 5Kilometre and 10Kilometre Road Walk Club Championships were held at Albert Park on 26 April. Weather was warm and fine and 30 members took part. Results were:-

**5 Kilometre Road Walk.**

Age group	Name	Vet No	Time	Place
W75	Dot Jack	569	38.10	1st
	Grace Smith	579	45.20	2nd
W70	Jean Knox	761	45.12	1st
	Mary Elks	844	40.32	1st
W55	Elaine Rutherford	839	D.N.F	
	Marlene Stanway	32	31.59	1st
W50	Margaret Marion		34.20	2nd
	Gwen Steed	787	29.32	1st
W45	Heather McDonald	420	26.05	1st
	Kathy Cassidy	421	27.19	2nd
W30	Celia Johnson	305	27.23	eq 3rd
	Marlene Gourlay	559	27.23	eq 3rd
M65	Annette Major	845	26.24	1st
	Sandra Howarth	830	32.16	2nd
M60	Kevin McGrath	583	36.55	1st
	Harry Summers	1	27.42	1st
	Kevin Marion	492	32.54	2nd

**10 Kilometre Road Walk.**

M55	Murray Dickinson	501	49.05	1st
	Tony Johnson	1955	53.41	2nd
M50	Graham Russell	1482	59.19	1st
	Peter Buller	1494	61.25	2nd
M45	John Hallo	2101	62.50	3rd
	Tony Barrett	2218	48.51	1st
M40	Graeme Davis	1375	59.30	2nd
	Clyde Riddoch	2007	51.32	1st
	Ross Reid	899	57.00	2nd
	Ian Castle	2021	59.05	3rd

Syd Elks (M70) and John Beck (M60) competed in the 10K event and their times were 74.16 and 72.43. Brian Glover (M50) Disq. Thanks to all competitors for their involvement and to the Officials who controlled the event.

Peter McGrath

**Veterans 10k & 20K Walks 25 May 1997**

These events were held at the Albert Park track on 25 May with cool weather and good conditions. Results:-

**20 Kilometre Road Walk Championship.**

Age Group	Name	Vet No	Time	Place
M55	Murray Dickinson	501	101.01	1st
M45	Tony Barrett	2218	106.19	1st
M40	Clyde Riddoch	2007	107.28	1st
	Ian Castle	2021	119.41	2nd

**10 Kilometre Road Walk Championship.**

Age Group	Name	Vet No	Time	Place
M85	George Knott	140	88.05	1st
M60	Bob Gardiner	1194	50.35	1st
	Geoff Major	384	59.28	2nd
W75	Kevin Marion	492	65.04	3rd
	John Beck	514	73.05	4th
W70	Dot Jack	569	77.52	1st
	Grace Smith	579	91.02	2nd
W55	Jean Knox	761	72.21	1st
	Maureen Seedsman	500	64.00	1st
W50	Margaret Marion	755	77.17	2nd
	Gwen Steed	787	60.32	1st
W45	Heather McDonald	420	52.22	1st
	Kathy Cassidy	421	55.45	2nd
W40	Celia Johnson	305	56.26	3rd
	Camilla Carrassi	708	59.41	1st
W35	Franca Arcadi	782	63.22	1st
	Annette Major	845	55.13	1st



Again thanks to everyone involved with the Officiating and in the background the helpers who provided lunch and drinks to everyone. Medals were presented by Mr Kevin McGrath who also assisted with the conduct of the events.

Peter McGrath

**1500 METRES RECORD ATTEMPT - 20TH MAY, 1997.**

Members at Caulfield Venue were treated to an attempt on the M45 1500 metres Australian record by Steve Austin recently. This attempt took place on Tuesday night the 20th May after a request to stage the run was kindly granted by Caulfield Manager. Steve was attempting to run under four minutes, 3m 59s or better, which would have broken the existing record. A very small field of 6 competitors lined up in what would have to be considered perfect conditions, cool and no wind, ideal for the attempt. From the gun, the pace was well and truly on, with the rabbit, David Lightfoot, setting a very fast pace, trying to drag Steve out. After about one and a half laps, David dropped out, leaving Greg Lyons the duty of maintaining the very fast pace. Greg kept the pace going and went on to finish in a top time of 4 minutes, with Steve coming home in a fast time of 4.03, not fast enough to break the Australian record, but quick enough to shatter the Victorian record by 3 seconds. Ironically, the competitor who finished third in a time of 4.20, Col O'Brien M50, was the Victorian record holder prior to the event. The atmosphere during the run was fantastic, with a large group of venue members gathered around the finish area giving heaps of encouragement to each of the entrants. This encouragement was greatly appreciated by the runners, as it definitely gets the adrenalin pumping and keeps you trying that little bit harder. Many thanks to the Caulfield venue.

Results:	Greg Lyons	4.00
	Steve Austin	4.03
	Colin O'Brien	4.20
	Eric Greaves	4.40
	Peter Field	4.49

"The Shoe"

## V.V.A.C.I. HALF MARATHON

4th May, 1997

A very depleted field of entrants for our Half-Marathon event at Bungaree, only 49 men and 8 women, signed up to run under very arduous conditions, having to battle against an extremely strong head-wind on the outward leg of the run. Any thoughts of running a p.b. were quickly dispelled and it was simply a matter of then hoping to get through the event. I know that as I battled into the wind, the thought that kept me going was that once I reached the turn-around point, I was going to fly home with the wind roaring up my clacker. But this was not to be so. I found that I had used up so much energy fighting the wind, my pace only picked up marginally. However, one bloke who didn't let the conditions bother him too much was M40 Stephen Callanan. Stephen flew home in a fast time of 1.14.28 to be the first veteran and fourth overall. As a new member of our club, Stephen made his debut at the Nationals in the 10km Cross-country, finishing second to overall winner, Phillip Bowes. Our first lady home was the flying florist from Croydon venue, W50 Nancy Chorley, in a great time of 1.42.53. This year, the perpetual Stan Nicholls Oldest Competitor's Award went to Shirley "Nana" Young and Ken "Marathon" Matchett. Numbers overall were down for the event, due partly to the number of Fun Runs closer to Melbourne. Also, the 5km and 10km Fun Run sections not being conducted obviously deterred many people from attending. Contrary to a rumour circulating around a few venues, the decision to scrap the 5 and 10km runs was made by the Ballarat Harriers and not by me. Whilst I can accept the blame for not notifying each male member about the new singlet on an individual basis, and also for not relenquishing the microphone at the Vic. Titles on the demand of Mentone's grand lady, I am innocent in regard to the aforementioned matter. By all accounts, it looks like the 10km run will be re-instated at next year's event. Special thanks to Beryl Sinclair, Lyn Crouch, Wendy Greaves and Kevin McGrath for their valued assistance in time-keeping and collating the results. Well done and thanks also to all our members for supporting this event.

Eric Greaves  
Club Captain

### RESULTS :

W40:	1. Sonya McLennan	1.43.46
	2. Sheila Meyer	1.47.17
W45:	1. Denise Hardman	1.50.43
W50:	1. Nancy Chorley	1.42.53
	2. Helen Myall	1.57.54
	3. Melva Black	2.13.11
W55:	1. Judy Wines	1.55.54
W65:	1. Shirley Young	1.48.42
M35:	1. Shaun Kemp	1.28.06
	2. Neil Thornley	1.33.17
	3. Andrew Tunne	1.36.03
M40:	1. Stephen Callahan	1.14.28
	2. Rob Drew	1.24.28
	3. Laurie Collard	1.24.52
	4. Guido Smoglian	1.29.07
	5. Glen Claiden	1.32.37
	6. Graham Prosser	1.33.19
M45:	1. Eccles Greaves	1.23.06
	2. John Daniel	1.29.36
	3. Murray Hutchison	1.33.21
	4. Jeremy Short	1.38.42
	5. Alan Radford	1.39.11
	6. Sam Burgio	1.41.25
	7. Wasyl Drosdowsky	1.45.16
M50:	1. Michael Fenelon	1.25.11
	2. Philip Curtis	1.25.32
	3. Jim McLure	1.28.08
	4. Graeme Hewitt	1.28.27
	5. Rob Waters	1.36.37
	6. Dennis Ardley	1.38.23
	7. Graham White	1.40.02
	8. Stephen Barker	1.41.53
	9. John Dean	1.41.56
	10. Alan Douglas	1.50.56
M55:	1. John Waite	1.30.38
	2. Laurie Crouch	1.38.53
	3. Juan Perez	1.41.28
	4. Peter McGrath	1.46.59
	5. Al Willey	1.49.30
	6. Bill Ryan	1.50.29
M60:	1. Roy Stanway	1.36.23
	2. John Annear	1.37.22
	3. Tom Davison	1.38.32
	4. Kevin Browne	1.39.17
	5. Kevin Onley	1.50.28
M65:	1. Bill Page	1.37.27
	2. Bob Lewis	1.45.49
	3. Bob Bateman	1.47.04
	4. Tony Martin	1.55.56

M70:	1. Randall Hughes	1.36.11
	2. Gordon McKeown	1.51.55
	3. Jim Sinclair	2.15.05
M75:	1. Ken Matchett	1.51.53

\*\*\*\*\*

## V.V.A.C.I. CROSS COUNTRY 10KM

25TH MAY, 1997

In keeping with the cross-country run at the Australian Nationals at Easter, Collingwood venue once again provided perfect conditions and a precisely marked out course for our combined event with the V.C.C.L.I. A very small field of only 64 veterans, 54 men and 10 ladies, lined up with approximately 40 Cross-Country League members to tackle this relatively tough course. Once again, the number of competitors was well down, due I'm sure to the various other fun runs on offer throughout Melbourne.

The team at Collingwood have made the laying out of this course into an art form. The course itself is broken up into sections, with groups of 2 - 4 members responsible for laying out and packing up their section. All this activity is watched over by the Grand Poobah Ex, himself, Mr. Ray Harbert, and woe betide any person who does not adhere to the written list of instructions given out prior. One helper, Heather Johnstone, checked her list that frequently that by the time the course was set up, her list was reduced to the state of being fit only for use as lining in a guinea-pig's cage. Such is the power that Ray exudes, that when the call went out that he was making his final inspection, people disappeared in every direction. But as in all teams, there is always someone who is not cut out for leadership, and in this case, it was Bruce "Disco" Gibbs. Gibbo was put in charge of erecting the recorders' tent at the end of the finish chute, and set to work with great gusto, ordering his team to put this part here and that part there etc, and all the while, waving his arms about like a bloke ordering last drinks at pub closing time. Of course, the tent went up quicker

than a bride's nightie, and everyone was feeling very satisfied with their efforts until Grand Poobah Minor, Bill Ryan, pointed out that the opening was facing the opposite direction to the finish line. Gibbo was sent to count the drink cups whilst the tent was placed in the correct position.

V.C.C.L. runner, Tony Moran, led the field practically from the gun, going on to win in just over 33 minutes, with M40 Phillip Bowes repeating his winning performance at Easter, by being first across the line for the Vets in 35.22. Phillip was followed home by Paul Bennett and Andrew Cochrane, both M40 also. First lady to finish for us was W40, Wendy Grace-Williams in 44.17. Our Hon. Secretary, Dot Browne W55 finished strongly in 49.51 with Nana Shirley Young W65 taking honours with 51.22. Nana reckoned she could have gone quicker if the grass had been shorter, because being a lady of diminutive proportions, she kept getting lost in the tussocks. One man who never fails to amaze is M70 Randall Hughes. Prior to the run, it was Randall's job to erect the start banner, and to observe this 73 year old gentleman swinging a hammer and scaling trees to attach the banner like a 17 year old, was bloody inspiring to say the least. Randall went on to run a scintillating time of 44.04, which would have given him third place in the M35 division. A top effort Randall. A special welcome to all of our new members that competed in this event and the recently held half marathon.

Now to the 'Fact is stranger than Fiction' department. One member, who made a decision to have a bet each way was M40 Russell Johnson. Russell started the event in a Vets singlet and finished it wearing a V.C.C.L. singlet. Russell was observed completing the first lap of the course as one of us, then to the amazement of the timekeepers from both clubs, charged across the line as one of them. Many theories were discussed as to Russell's motives for this action. But I feel sure that it was his way of objecting to the decision by both clubs that dual members can only run for one club. Although Russell achieved nothing by his actions, he certainly created some very interesting post-race discussions. Many thanks once again to all who helped on the day and thanks to all the members for supporting this event.

Eric Greaves  
Club Captain

**RESULTS:**

M35	1. Mark King	37.20
	2. Kevin Cassidy	43.20
	3. Andrew Tunne	45.10
M40	1. Phillip Bowes	35.22
	2. Paul Bennett	35.33
	3. Andrew Cochran	35.50
M45	1. Eric Greaves	35.58
	2. Keith McDonald	36.41
	3. Gerard Sofianos	37.08
M50	1. Terry Harrison	36.49
	2. Alan Bennie	34.12
	3. Max Balchin	39.36
M55	1. Ted McCoy	41.03
	2. Tony Johnson	42.55
	3. Juan Perez	43.44
M60	1. Chas McRae	45.48
	2. Ron Wilson	47.27
	3. John Peacock	48.42
M65	1. Ron Young	45.52
	2. Frank Tutchener	48.06
	3. Rob Lewis	49.40
M70	1. Randall Hughes	44.04
	2. Jim Sinclair	59.49
M85	1. Harry Preston	1.49.32

W40	1. Wendy Grace-Williams	44.17
	2. Annette Pelgrim	45.01
	3. Sheila Meyer	49.38
W45	1. Jan Burrows	51.47
	2. Denise Hardman	53.56
W50	1. Helen Myall	51.52
	2. Marg Cassidy	57.37
W55	1. Dot Browne	49.51
W60	1. Margaret Duguid	56.33
W65	1. Shirley Young	51.22

\*\*\*\*\*

**DESTINATION DURBAN RESULTS****Held at Doncaster on 15 June 1997**

About 50 Competitors. 13 events. Weather fine, about 13 degrees with several sunny breaks during the afternoon. *Two new records set.*

**3000 METRE WALK**

1	Celia JOHNSON	49	16.59
2	Tony DORAN	45	17.06
3	Lee POWNALL	54	17.09

4	Penny HALL **	56	17.16
5	Margaret MARION	57	22.16
6	Christine GRIFFITHS	48	22.57
7	Grace SMITH	78	27.40

**\*\* Victorian Record****300 METRE HURDLES**

1	Richard TREMBATH	55	45.94
2	Jenny FAWKES	39	66.84

**100 METRE SPRINT****Heat 1:**

1	Gary NICHOLS	41	12.50
2	Keith HOWDEN	51	12.57
3	Richard TREMBATH	55	13.73
4	Kevin MARION	61	14.12
5	Kathy HEAGNEY	46	14.26
6	Jimmy THOMSON	70	14.80
7	Nicole HOLT	Inv.	14.98

**Heat 2:**

1	Jack BUCKINGHAM	47	13.90
2	June REEVES	52	14.48
3	Norm KEITH	70	15.65
4	Jill COOPER	58	15.68
5	Nyala MILLAR	55	15.87
6	Astrid ROSE	53	16.23
7	Denise HARDMAN	47	16.74
8	Kevin McGRATH	66	17.04

**200 METRE SPRINT****Heat 1:**

1	Gary NICHOLS	41	25.26
2	Keith HOWDEN	51	25.41
3	Ross KENT	55	26.93
4	Simon TENNANT	30	27.18
5	Richard TREMBATH	55	28.69
6	Jimmy THOMSON	70	30.45

**Heat 2:**

1	Kathy HEAGNEY	46	29.83
2	June REEVES	52	30.36
3	Tom LEONG	55	30.78
4	Jenny FAWKES	39	33.53
5	Jill COOPER	58	34.23

**200 METRE SPRINT****Heat 3:**

1	Nyala MILLAR	55	32.93
2	Denise HARDMAN	47	34.12
3	Kevin McGRATH	66	35.89
4	Sandra KIPP	46	42.31
5	Nada REINPRECHT	44	42.53

**400 METRE SPRINT****Heat 1:**

1	Richard TREMBATH	55	60.39
2	Simon TENNANT	30	60.73
3	Mike HALL	58	61.92
4	Kevin MARION	61	67.73

**DESTINATION DURBAN RESULTS (Continued)****Heat 2:**

1	Kathy HEAGNEY	46	68.84
2	Jenny FAWKES	39	75.16
3	Norm KEITH	70	77.06
4	Doug ORR	74	85.41

**800 METRE RUN**

1	David SHEEHAN	50	2.23
2	Rob WATERS	51	2.37
3	John WAITE	56	2.44
4	John PEACOCK	60	3.05
5	Doug ORR	74	3.27
6	Christine GRIFFITHS	48	4.34

**1500 METRE RUN**

1	George RENNIE	55	4.53
2	Howard GIBSON	49	5.22
3	Rob WATERS	51	5.33
4	Janis WRIGHT	46	5.38
5	Christine GRIFFITHS	48	9.15

**5KM METRE RUN**

1	Colin O'BRIEN ##	50	15.49
2	Eric GREAVES	49	17.22
3	Graeme PAUL	43	19.26
4	John WAITE	56	19.31
5	Howard GIBSON	49	19.42
6	Rob WATERS	51	20.07
7	John PEACOCK	60	21.37
8	John MAHONY	57	22.02
9	Denise HARDMAN	47	24.25
10	Jim SINCLAIR	72	26.53
Tony DORAN (3KM)	45	12.59	
Christine GRIFFITHS (3KM)	48	18.55	

**## Australian Record****SHOT PUT****Women:**

Astrid ROSE	53	8.86
Rhonda DUNDAS	52	8.03
Sheila MEYER	41	5.20
Celia JOHNSON	49	4.53

**Men:**

Milton BALLANTYNE	68	9.72
Norm KEITH	70	8.82

**JAVELIN****Women:**

Astrid ROSE	53	22.58
Rhonda DUNDAS	52	20.12
Jenny FAWKES	39	15.46
Celia JOHNSON	49	10.98
Sheila MEYER	41	10.68
Lee POWNALL	54	10.32

**Men:**

Milton BALLANTYNE	68	24.68
Paul COLCHEEDAS	40	22.13
Norm KEITH	70	20.70

**LONG JUMP****Women**

Kathy HEAGNEY	46	4.04
Nyala MILLAR	55	3.75
Astrid ROSE	53	3.58
Christine GRIFFITHS	48	2.98

**LONG JUMP****Men:**

Norm KEITH	70	3.65
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**TRIPLE JUMP**

Jenny FAWKES	39	8.15
Nyala MILLAR	55	7.44
Kathy HEAGNEY	46	7.31
Denise HARDMAN	47	6.93

**4 X 200 RELAY****Team 1:**

Kevin MARION	61
Jimmy THOMSON	70
Kathy HEAGNEY	46
Alan ELLIOTT	54
Time:	2.00.2

**Team 2:**

Kevin McGRATH	66
Ross KENT	55
Nyala MILLAR	55
Tom LEONG	55
Time:	2.07.1

**Team 3: (Collingwood)**

George RENNIE	55
John PEACOCK	60
Denise HARDMAN	47
Gary NICHOLS	41
Time:	2.07.8



## CROYVALE ALTITUDE CAMP

by Tony Johnson (D.M.)

Twenty-two thrill-seeking vets enjoyed a terrific weekend away at Mt Buller. The whole story would fill a book; here are a few edited highlights:

\* Organiser David Sheehan lets his hair down (try to picture it!) and dances the night away. Copped heaps when jiving with Carol Buckingham whenever he got it wrong - lucky he wasn't wearing his spikes.

\* Carol B's nocturnal wrong-turn when tip-toeing around in the wee hours and briefly got into the wrong bed — however

\* John Kerr, always the gentleman, claimed absolutely no recollection on rising the next morning, his interest clearly fixed on setting new records for toast-eating.

\* Wife Rita (currently understudying for "Red Hot and Rhonda") wouldn't stop dancing as long as there was music - can you imagine Riverdance in mocassins?

\* Olympic Hopeful, Annie Holcombe wears perpetual smile coping with her two B's (Brisie and Motor Mouth)

\* Commonwealth Hopeful, Rhondda Dundas (injured) enlists support of shy, diminutive Marlene Cameron (free from hubby Norm's dominance for the weekend) and together were somehow laughingly obsessed with the giant round beanbags. Something to do with Rhondda and Alan Elliott training on them apparently.

\* Springvale Hopeful, Billy Carr, focussing on quality altitude training for 800m handicap final, shows unrivalled faith in technology by searching for a radio to listen to Springvale venue's publicity channel - 97.7 transmitted from Nar Nar Goon and with a range of at least many hundreds of metres. But there was Bill - confident that the signal, with news of his favouritism, would make it to Buller!

\* Previously secret bushcraft skills of the sorbent-less Pauline Brown - known now as Twiggy - on the Mt Sterling walk. Thankfully only discussed, not demonstrated.

\* Beryl Sinclair's sterling effort wins G+D award on that walk, in spite of damaging rocks with her head, while hubby and world table-tennis contender Jim (later to thrash the young Brian (sweet and lovable) Holcombe) did the best parachute-roll-tumble with pike you're ever likely to see. Neither broke any bones though..

\* Unlike the irrepressible Kevin Onley, whose broken finger will see him out of Jean's kitchen duties for several weeks if he plays his cards well.

\* Graham Reid's misspent youth saw him undisputed king of the giant pool table, his main skill being to snaffle the only half-decent cue - the others being somewhat challenged in the tip department.

\* Professional champ Bob Petrie makes relaxation into an art form while Lavinia earned, got, and coped with lots of abuse and physically difficult suggestions by knocking on the doors of the soundly sleeping at some uncivilized hour, trying to raise some enthusiasm for early morning runs.

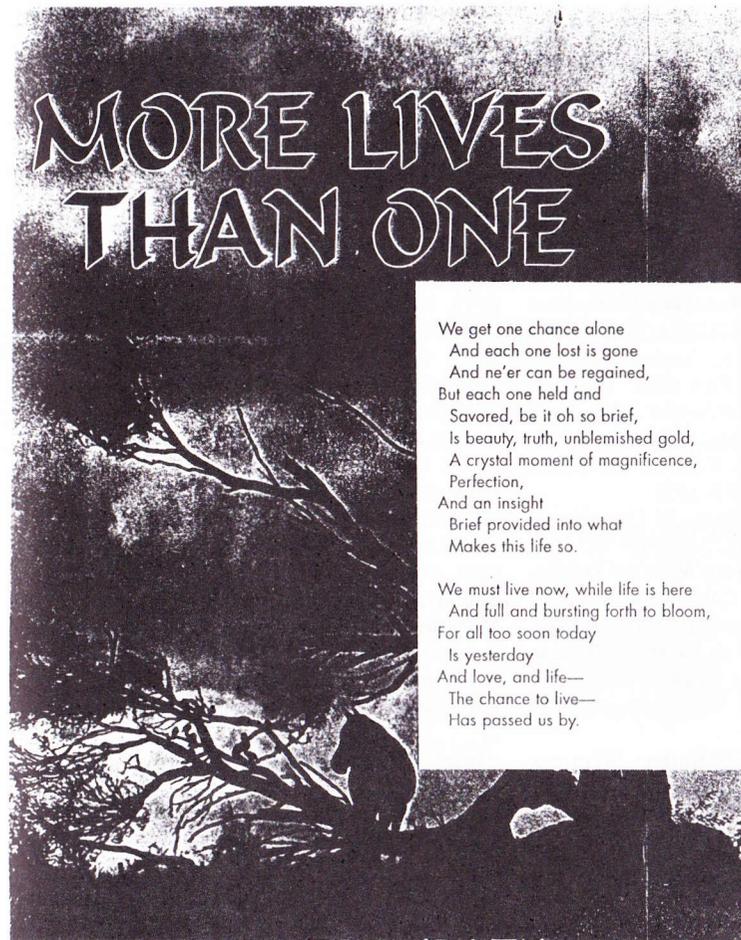
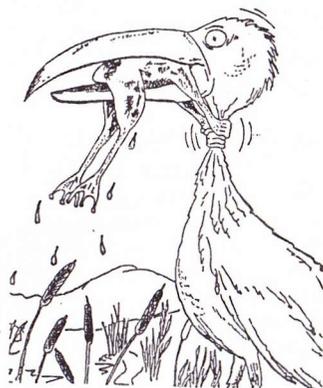
\* Celia Johnson demonstrated stunning conversation-opening skills when we encountered two leathery stockmen astride their heaving steeds on Mt Sterling. "So you came up here on horseback did you?"

\* The six and a half hour walk was a PB for Peter McGuire, and while Kevin McGrath's knees weren't up to the hills, his cake baking was impressive, and his musical confession to being a wandering minstrel surprised everyone and led to such sustained demands for an encore that Kevin modestly obliged, thus avoiding a nasty scene.

\* Oh yes, there was a bit of running and eating and drinking etc too, the lodge was ideal, we all had a great time. Thanks David and we all look forward to the next one.

P.S The Holcombe stable still couldn't produce a winner. Anne's protege had to scratch and Brian's coaching led to Billy Carr, firm (and self-confessed) favourite for the 800m final, peaking a few hours too late and finishing a gasping second!

### Never Ever Give Up



We get one chance alone  
And each one lost is gone  
And ne'er can be regained,  
But each one held and  
Savored, be it oh so brief,  
Is beauty, truth, unblemished gold,  
A crystal moment of magnificence,  
Perfection,  
And an insight  
Brief provided into what  
Makes this life so.

We must live now, while life is here  
And full and bursting forth to bloom,  
For all too soon today  
Is yesterday  
And love, and life—  
The chance to live—  
Has passed us by.

### RICHARD TREMBATH'S BOOK

Our well known hurdler and sprinter has revealed talents not widely known to his vet mates. And his poetry is excellent too. This book would make a delightful present for yourself or a close friend. It is beautifully presented and is available from the author at  
PO BOX 294  
Greensborough VIC 3088  
for \$20

### Richard Trembath MORE LIVES THAN ONE

The title 'MORE LIVES THAN ONE' can be interpreted in more ways than one but, regardless of how you choose to do so, the author Richard Trembath's life certainly has had many facets.

Born in Melbourne in 1942, Trembath lived his early life in the tiny township of Walwa, in the Upper Murray Valley, and later at the seaside resort of Lorne, completing his secondary education at Geelong College.

Orphaned at 16, he had a variety of jobs - working in a bank, a shipping company, the railways, as a shoe salesman, a farmhand and a builder's labourer - before starting a career in journalism at Horsham, Victoria, in 1962.

Trembath worked as a horse racing journalist and photographer in Melbourne from 1964, also training and driving his own harness horses with considerable success.

Returning to one of his boyhood loves, athletics, after a break of 30 years, he fulfilled one of his ambitions in life in completing a marathon in 1989 before showing his versatility in winning the Australian Veterans' 400 metres hurdles championship in record time in 1995.

A winner of numerous journalistic awards, Trembath has had four of his songs recorded commercially and has had a number of his poems published, almost all anonymously, over the years.

'More Lives Than One' reveals a very different side of Richard Trembath to what previously has been his public image. It is his first book.

### JONATHAN HOLMES' COMPANY

Jonathan and Janet Holmes of East Malvern are headed towards Durban, Jon to run middle distance races and Jan to do the walks. His company sells sports cosmetics to keep you performing at your peak. Contact him for a coloured brochure on 9568 3822 or below:

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## CALENDAR

### Important note:

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

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

**Saturday, 5th July, VRR Tan Time Trial**, (8km & 4km), near Government House Drive, 7.30am (9802 7925 ah)

**:Eaglehawk to Bendigo Fun Run** (6.5km), Eaglehawk Town Hall, 2pm (0354 411 394 h)

**Sunday, 6th July, VVACI Winter Weight Pentathlon** 12.00pm Duncan McKinnon Park, Murrumbidgee, Melway 68 K9 Astrid Rose 9836 2350

**:CHC Coburg Half Marathon**, (21.1km) Harold Stevens Athletic Track Coburg, 9am (9386 9251 h)

**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. Sixty New Zealand athletes will be there.

**:Gold Coast Marathon, Half Marathon, 10km run/walk**. Southport, QLD, (07 5527 1363)

**:Barney Oak Memorial Fun Run** (6.4km) Princes Park Carlton, 10am (9388 2313 h)

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

**Saturday, 19th July, CHC Coburg Bluestone Classic** (15km) Harold Stevens Athletic Track Coburg, 2pm (9386 9251 h)

**Sunday, 20th July, Sri Chinmoy Yarra River Peace Run** (9km & 4.5km) Como Landing, South Yarra, 9am, (9428 6665 w)

**:N.B. Lap of the Lake** (10km & 5km) Palm Garden, Albert Park Lake, 9am (9819 9225 w)

**Sunday, 27th July, CHC Coburg Special Fun Run**, (12km & 4km) Harold Stevens Athletic Track Coburg, 9am (9386 9251 h)

**:Hard Rock Cafe Run & Walk** (8km) cnr Spring & Bourke Streets, Melbourne, 9am, (9819 6888 w)

**:PRR Devil Bend** (21km & 10km) Graydons Road Moorooduc, 10am (0359 758 754 h)

**Saturday, 2nd August, VRR Tan Time Trial** (8km & 4km) near Government House Drive, 7.30am (9807 7307 ah)

**Sunday, 3rd August, Sri Chinmoy Park Run**, (10km & 5km) Optus Oval, Carlton, 9am (9428 6665 w)

**:Malvern Mini Marathon** (12km) Kooyong Park, 8.30am (9571 9100)

**Saturday, 9th August, CHC King/Queen of Mountain** (8km), Whittlesea, Humevale Go Cart Track, 2pm (9386 9251)

**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)

**:Victorian Half on the Park** (21.1km) Albert Park, 8am (9819 6888)

**:Koroit to warrnambool Half Marathon** (21.1km) Koroit, 10am (0355 612 221 w)

**:Adelaide Marathon, half marathon & 12km**. SARRC 08 8410 1317 ph, 08 8410 5303 fax, sarre@box.net.au (E-mail) Entry form Colin Browne 9874 2501.

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

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

**:Queen of the Lake** (10km & 5km) Albert Park Lake, 9am (9819 9225 w)

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

**:Ricketts Point to Point** (10km & 3km) Beaumaris Yacht Club Car Park, 8am (9583 1545 h)

**Sunday, 31st August, Burke Hall De Castella Fun Run** (15km & 7.5km) Studley Park Road Kew, 10am, (041 936 1550)

**Saturday, 6th September, VRR Tan Handicap & Breakfast** (8km & 4km) opposite Swan Street bridge, 7.30am, (9807 7307 ah)

**Sunday, 7th September, CHC Special Coburg Fun Run** (12km & 4km) Harold Stevens Athletic Track Coburg, 9am (9386 9251 h)

**:Bendigo Pottery Fun Run** (25km, 8km, 2.5km) Bendigo Pottery, 9.25am (0354 411 395 h)

**Sunday, 14th September, Terry Fox Run**, Lakes Entrance (8km & 4km) Footbridge, 10am (0351 552 395 h)

**:David Ward Half Marathon** (21.1km & 5km) Kevin

Bartlett Reserve, Richmond Boulevard, 8am, (9817 3503 w)

**:Spring into Shape Run Series** (10km & 5km) Alexandra Gardens, 9am (9819 9225 w)

**Sunday, 21st September, Traralgon Harriers King of the Mountain** (30km) Shakespeare Street 10am (0351 339 036 h)

**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 to Monday, 1 - 3 November, Wirreanda Festival, Marysville**, (9km fun run proposed. Ring David Cameron if you would support it. 0359 633 393 h, 018 576 597 w)

### Does anyone know this old digger?

He looks as if he had plenty of yarns to tell on Anzac Day when he met up with his old cronies. I wonder if he told them about the year he rode his bike from Melbourne to Brisbane to go in the National Vets track and Field Champs at QEII? How, when he got there, he went in ten events, then got on his bike and rode back home to Melbourne. I wonder if he told them that he is the only vet to have participated in every National T&F Championship since they were inaugurated. Or that last year in Perth at the Nationals, where they programmed the 10km road walk and the pentathlon at the same time because no-one in their right mind would enter both, he finished the road walk and then jogged back to do the pentathlon. At what age? Just 81.

No, he probably didn't tell them. Too many interesting things to talk about. Smith's his name. Andy. Nice guy.

Herald Sun, Saturday, April 26, 1997

**Thursday, 13th November, VVACI East Burwood Venue Parlour Relays**  
**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. Entry forms available from Colin Browne 9874 2501.

**Sunday, 8th February, VVACI Aquathon** hosted by East Burwood venue, Dave Herbert. 97580743  
**Easter, 1998 AAVAC National Veterans' Track & Field Championships** Brisbane, QEII stadium, Nathan. QVAC

**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.



## A EUROPEAN MARATHON EXPERIENCE

KEN MATCHETT      *Croydon Vets*

"Wonderful, wonderful Copenhagen", go the words of the song, so when the Copenhagen marathon was to be run on 18 May 1997 here was an opportunity to see this beautiful city in a way few tourists do.

The course itself is quite flat and passes through some very beautiful places of this city very close to the town hall square. All marathons have their unique characteristics, and one of Copenhagen's must be the number of right-angled turns throughout the course - about 65 in all. Approximately half the course covers the southern areas of the city and the second half the northern section, including Copenhagen's famous "Little Mermaid" statue by the shore-line. Reminders of Hans Christian Andersen, Denmark's most famous writer, are everywhere including the name of one of the city's longest thoroughfares.

Starting number, marathon program and T-shirt were collected at the Sports Exhibition held the previous day. One of the big tourist attractions of Copenhagen is the Tivoli, an extensive parkland containing numerous shops and fairground entertainment. Runners were allowed free access to the Tivoli after the race for the presentation ceremony. I was a little tired and, knowing that I had run a fairly slow time, did not bother to attend. Fortunately my daughter, who had accompanied me on the trip, noticed some result sheets in the window of *Politiken* - a major newspaper sponsor, announcing that I had won the "over 70" category. What a surprise! We made arrangements to pick up the prize later - a new pair of Reebok running shoes.

There were approximately 7000 runners in the race, which was well organised, each finisher receiving a fine medallion with a red and white ribbon, the colours of the Danish flag. With or without a marathon I would gladly recommend Copenhagen with its beautiful old buildings and large squares as a highlight of any European holiday.

From Copenhagen we took the train to Hamburg. Copenhagen is on an island, but one can hardly notice that one is on the ferry to mainland Germany since the train itself very silently is driven on to the ferry. Another very fast train took us to Vienna, where I had friends who very kindly gave us the use of their country home on the edge of the Vienna Woods.

The city of Vienna must be one of the finest cities in the world. The remarkable architecture of the many large buildings on or adjacent to "The Ring", (a wide thoroughfare encircling the centre of the city), must be seen to be believed. The Town Hall, Parliament, Hofburg Palace, museums, Spanish Riding School and the famous Opera House are all there, all within walking (or running) distance of each other.

My training for the race had to be light and devoid of steep gradients, of which there were plenty near our temporary home, for I did not know how my body would stand up to a second marathon within seven days. Last year I had run the Antwerp Marathon and then the London Marathon a week later, but I was a year older now, and age could be a factor.

As it turned out, I was quite pleased with the result. My aim was to complete the marathons and any thought of a p.b. was out of the question. After a 3.43 in last year's Melbourne Marathon I thought a sub-four hours might be possible, but Copenhagen had been harder on the system than I had thought, and I ended up with a slow 4 hours 24 minutes. (What the hell - I finished!)

Just before the race I had the pleasant experience of being interviewed on Radio Oesterreich. I recalled later how different were the circumstances when interviewed for

*The Age* in New York's Central Park immediately after the New York City Marathon in 1995, when the temperature was just above zero. All of which makes me realise that you don't have to be an elite runner to be interviewed - just live a little longer.

At the registration each runner received a computer chip which had to be affixed to one's running shoe and for which a hefty deposit was required. (This was refunded in cash after the race.) This method of time keeping seems to be becoming quite popular. It is also a very fair system, since it may require several minutes for runners to cross over the start line when competing in such large races. (I lost 18 minutes getting to the start line at Boston in 1994 which could not be deducted from the official finishing time.)

On the eve of the race a pasta party was held by invitation of the Mayor (Buergermeister) in the Festival Hall of the Town Hall. Here a traditional Viennese pasta called 'Kaiserschmarrn' was on the menu. This tasted to me very much like a sweet omelette covered with strawberry sauce. (Undeniably calorie-rich!)

Vienna City Marathon starts outside Schoenbrunn Palace, about 6 km from the Town Hall, follows the Wienfluss (one of the many canals of the city) and then back past the Palace and on to the Town Hall Square (Rathaus Platz). Runners then make their way past the Town Hall and out to the Riesenrad - a giant ferris wheel which featured prominently in the film *The Third Man*, finally reaching the finish at the Town Hall Square. Plenty of fruit and drinks were readily available, and a space blanket was provided for each runner. All finishers were awarded a medallion which bore the likeness of Franz Schubert. (The year 1997 marks the bicentenary of his birth.)

This was not only a trip which was most satisfying from the running point of view. Vienna was my 96th marathon, which fact might enable me, God willing, to complete my 100th at the Melbourne Marathon to be run on 5 October, before my 76th birthday. But the trip also captured for me many unforgettable experiences in two of Europe's most beautiful cities.



# VIC VETS PREMIERSHIP VENUE SEPTEMBER 1997

## "A User-Friendly Competition"

Choose any three events  
Compete at your own Venue

No Entry Fee

No Entry Form

All persons 30 years of age & over eligible

Compete in any three standard events at your own Venue during the month of September to score points for your Venue in the Premiership Venue competition.

At the end of September, your Venue Manager will send all results to the competition co-ordinator together with details of your age and sex.

The co-ordinator will compare each result against the WAVA standards for your age and sex and calculate your personal percentage performance for each event.

Your three percentage performances will be averaged and the result ranked along with hundreds of others from your own and other Venues.

The Venue with the most rankings in the top third of the list will be declared the Premiership Venue and be entitled to display the Premiership banner.

Presentation of  
Premiership Banner  
Annual Dinner Dance  
Hawthorn Receptions

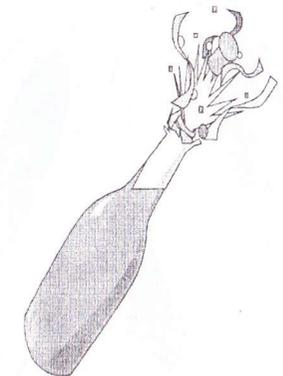
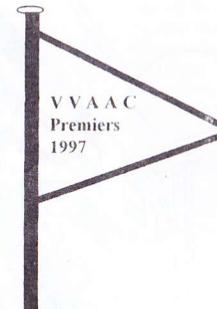
14 Nov 1997

7pm to 12pm

\$30/head

3 course meal

BYO drinks



[More information next issue. Gordon Burrowes has provided me with Rules of the Competition and Clarifications, but because of the backlog of letters, results and reports I have run out of space.

Apologies to other contributors who do not find their item in this issue. I'll try to get it in next time. Ed.]

Vic Vets News and Results July 1997

Page 33

Auto light switch  
Interruptor de luz automática  
自動照明開關

مفتاح الضوء الأوتوماتيكي

Simply tilt the watch towards your face and the EL backlight automatically illuminates the face of the watch for easy reading. No button operation is required.

Simplemente incline el reloj hacia su vista y la luz de fondo EL ilumina automáticamente el cuadrante del reloj para una fácil lectura. No se requiere la operación de ningún botón.

只需將錶面朝向您即可點亮EL照明無需操作任何按鈕。

قم بإمالة الساعة ببساطة تجاه وجهك وسوف يضيء ضوء الخلفية EL وجه الساعة لتسهيل القراءة على قراءة سهلة. لا تحتاج إلى تشغيل أي زر.

Lap Memory 50  
Memoria de vuelta 50  
階段記憶器50  
階段時間記錄器

You can store up to 50 different sets of training and race data in memory for later recall and analysis.

En la memoria se pueden almacenar hasta 50 ajustes diferentes de datos de entrenamiento y carrera para ser posteriormente recuperados y analizados.

您可以在記憶器中儲存至多50組不同的訓練或比賽資料以備日後查詢及分析。

يمكنك تخزين حتى 50 مجموعة مختلفة من بيانات التدريب والسباق في الذاكرة وذلك للفحص اللاحق، بعد ذلك والتحليل.



Lap number  
Número de vuelta  
階段時間  
رقم الدورة

Split time  
Tiempo de fracción  
中途時間  
وقت السباق

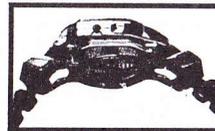
Anti-slip front button  
Botón delantero antideslizante  
防滑式正面鈕  
زر أمامي لا يتزلق

Perforated band  
Correa perforada  
多孔錶帶  
الحزام المثق مسبقاً

Lap time  
Tiempo de vuelta  
階段時間  
وقت الدورة

Total key protection  
Protección de tecla total  
所有按鈕保護  
الحماية الكلية للمفتاح

Back attachment  
Accesorio trasero  
後背器  
زخامة خلفي



**ACCELERATOR AGL-200C**

Packed with features and functions for the distance runner. A Marathon Simulator automatically estimates your full marathon time based on your 5- or 10-kilometer time.

**CASIO 50 LAP MEMORY,**

**AUTO NIGHT GLOW LIGHT, ALL OTHER RUNNERS WATCH FEATURES.**

**BOX HILL CLOCK SERVICE**

## WESTLY WINDSOR'S SPECIAL OFFER

Westly, our vet enthusiast from Mont Albert will give a special VVACI discount of 25% off the rec. retail price of \$189, making it \$142.

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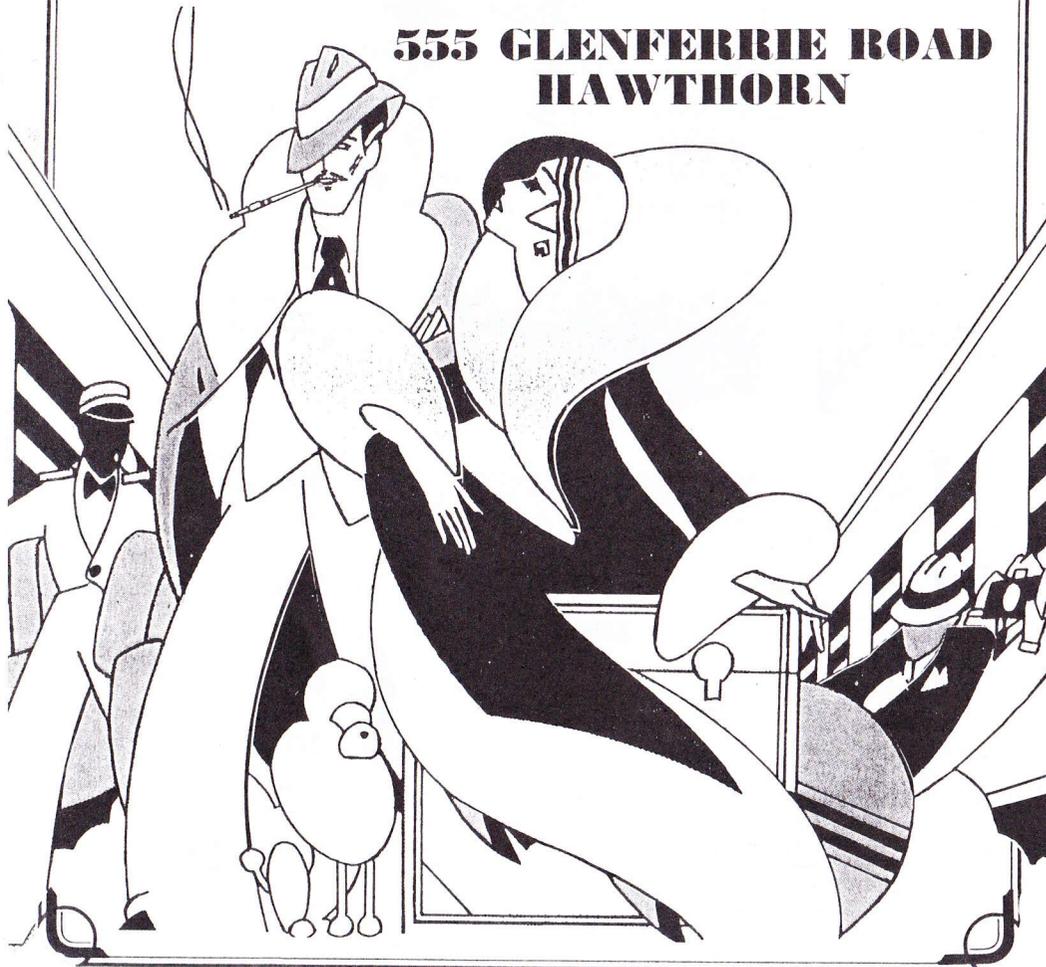
**\$30 per head  
BYO drinks  
3 course meal  
7 - 12 PM**

**VICTORIAN VETERANS'  
ATHLETIC CLUB  
ANNUAL**

# DINNER DANCE

**FRIDAY 14TH NOVEMBER, 1997  
HAWTHORN RECEPTIONS**

**555 GLENFERRIE ROAD  
HAWTHORN**



**TICKETS  
DOT BROWNE  
9874 2501**

## COMMITTEE MEMBERS 1997

**President**  
Robert Waters  
5 Bellevue Court Maribymong 3032  
9318 3802

**Honorary Secretary**  
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4 Victory Street Mitcham 3132  
9874 2501 fax 9873 3223

**Honorary Assistant Secretary**  
Colin Browne  
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9874 2501

**Honorary Treasurer**  
Jeffrey Briggs  
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9758 6328

**Vice Presidents**  
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24 Blackwood Avenue Mentone 3194  
9583 3280 and

Anthony Bradford  
6 Merrett Avenue Werribee 3030  
9749 2248

**Club Captain**  
Eric Greaves LM.  
7 Netherby Avenue Mulgrave 3170  
9560 2971

## Victorian Veterans Athletic Club Inc.

**Club Vice Captain**  
Peter McGrath LM.  
13 Bales Street Mt Waverley 3149  
9807 5656

**Immediate Past President**  
Doug Orr  
27 Shawlands Avenue Blackburn South 3130  
9878 4875

**General Committee Members**  
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26 Gale Street Aspendale 3195  
9587 2349

John Dean  
3 Pearl Street Essendon West 3040  
9337 7179

Alexander Harris  
8 Lignum Court Lower Templestowe 3107  
9848 2986

Astrid Rose  
71 Union Road Surrey Hills 3127  
9836 2350

**Committee positions N° 5, 6 and 7  
(Vacant)**

**Honorary Auditor/s**  
Keith Routley 9699 6384  
6 Mowbray Street Albert Park 3206  
and Rob Petric 0359 671 915

VENUES	Locations and Managers	Venue Day and Melway Ref
ABERFELDIE	Aberfeldie Park, Corio Street, Moonee Ponds Rob Waters 9699 5311 (B) 9318 3802 (H)	Weds 28 D 6
ALTONA	Grant Reserve, Sugar Gum Drive (off Civic Pde) Altona Alan Barling 9398 5667	Sun - Winter 54 G 9 Tuesday - Daylight Saving
EAST BURWOOD	Burwood East Reserve, Burwood Highway John Gosbell 9808 4641 Graeme Horskins 9802 7925	Thurs 62 C 7
CAULFIELD	Duncan McKinnon Park, North Road, Murrumbidgee Greg Mauldon 9583 5637 Leo Charles 9579 1830 Graeme Rose 9836 2350 Sunday - Field Games)	Tues - Track 68 K 9
COBURG	Harold Stevens Ath. Field, Outlook Rd, Coburg Gordon Burrows 9366 0326 Vonda Saunders 9460 1267	Thurs 18 A 9
COLLINGWOOD	George Knott Reserve, Heidelberg Rd., Clifton Hill Bill Ryan 9434 3783 Keith Moody 9434 7403 and Ron Young	Tues 30 F 12
CROYDON	Town Park, off Norton Road, Croydon Lavinia Petric 0359 671 915 David Sheehan 9720 7969	Tues 50 K 5
DONCASTER	Rieschieks Reserve, George Street, Doncaster Jim Shand 9459 5437	Weds 33 J 11
FRANKSTON	Ballam Park, Bananee Terrace, Frankston Peter Duggan 9786 9169	Thurs 103 B 4
GEELONG	Landy Field, off Barwon Terrace, Geelong Mike McAvoy 0352 758 211	Weds 228 C 7
KNOX	Knox Park Athletic Track, off Rushdale Road, Scoresby Charles McRae 9779 3670	Weds 73 D 7
MENTONE	Dolomore Oval, Cnr. First and Queen Streets, Mentone Ted McCoy 9583 3280	Weds 87 B 6
SPRINGVALE/ NOBLE PARK	Ross Reserve, Memorial Drive, Springvale Leigh Cassidy 9772 2508	Weds 80 E 12
TOOTGAROOK	Tootgarook Sports Reserve, Trueman's Road, Tootgarook Alan Radford / Ken Taylor 0359 855 989	Weds - Winter 169 E 6 Sunday - Daylight Saving
*****	EDITOR - "Around The Grounds" - Peter Colthup OAM. LM.	9795 1169 fax 9795 1169 14 Bakers Road Dandenong North 3175