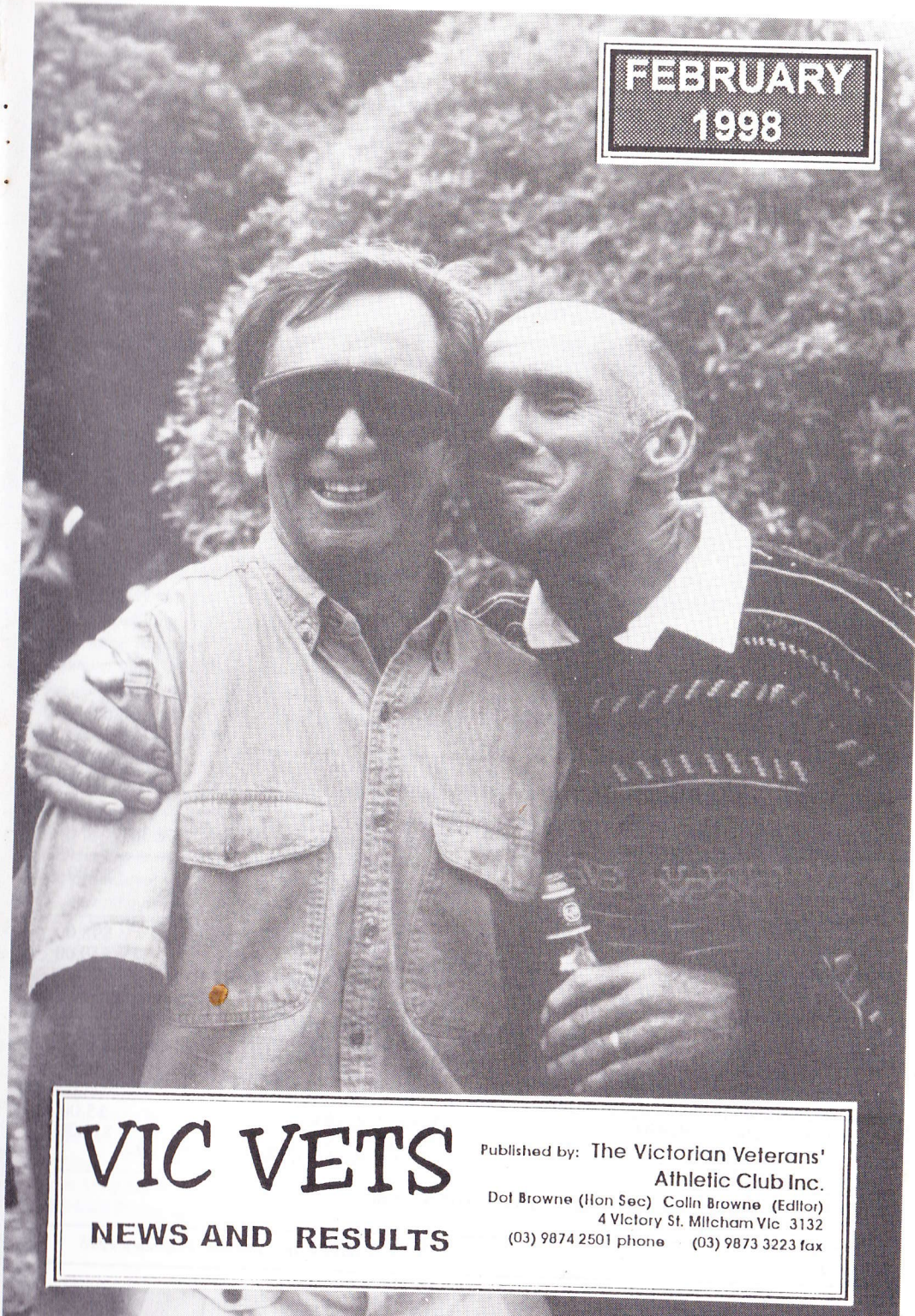


FEBRUARY
1998



VIC VETS
NEWS AND RESULTS

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



Vic Vets
NEWS AND RESULTS

Print Post Approved
PP 338511 / 0014

SURFACE
MAIL

POSTAGE
PAID
AUSTRALIA

If undeliverable return to:
Vic Veterans' Athletic Club Inc
c/o Dot Browne (Hon Sec)
4 Victory Street
Milcham Vic 3132



CONTENTS

COVER	Eric Greaves at George and Rosemary Moore's wedding.	1
CONTENTS & MERCHANDISE CONTACTS		2
EDITORIAL		3
VETS IN PROFILE		
	Tom Roberts (from Ballarat Courier, January 1st, 1998)	4
LETTERS TO THE EDITOR		5-9
ARTICLES		
	My Battle With Tommy Tumour by Eric Greaves	10-11
	Captain's Chatter by Eric Greaves	11
	Watch Your P.S.A. by Ken Walters	12-13
	Poem "Chariots of Ire" by Frank Warren	14
	Health and Fitness through Nutrition by Peter Couttie	14-15
	History of the Victorian Athletic League by Barry Curley	23
	On Racewalking and Relaxing by Frank McGuire	24-25
	The Athlete's Psychological Response to Injury from "Blister"	30
	Club Bones from W.A. "Vetrun"	34
EVENT REPORTS		
	Andy Salter Road Relay by Alan Bennie	15
	Vets Aquathon by Bob Power	16-17
	Oceania Veterans Games by John Waite	20-21
	Our Walkers at the Oceania Games by Tony Johnson	21
	Hobart Marathon by Ken Matchett	22
PHOTO SPREAD		18-19
COMING EVENTS		
	Calendar	32-33
	Geelong Half Marathon	34
	VVACI Throwers Group Fixture 1998	35

UNIFORMS & CLUB MERCHANDISE - Contact persons

Men's white club singlet	\$15.00	Women's lycra competition crop-tops	\$15.00
Ladies' white mesh singlet	\$15.00	Contact Margaret Cassidy 9478 3687	

Sizes: 10, 12, 14, 16, 18, 20, 22		V.V.A.C.I. Badges	\$3.00
(Please circle size required)		Contact John Dean 9337 7179	

Men's blue shorts	\$10.00	Club Track suits (navy & white) posted	\$98.00
Ladies' blue shorts	\$10.00	Peaked navy hat	\$10.00

Sizes: small medium large X/large		V.V.A.C.I. navy windcheaters	\$22.00
(Please circle size required)		T-shirts, white, short-sleeve	\$15.00
		T-shirts, white long-sleeve	\$15.00
		Contact Peter Colthup OAM 9795 1169	

For the above competition singlets & shorts,		V.V.A.C.I. Socks	\$5.00
contact Eric Greaves LM, 9560 2971		Venue Tee-shirts	\$12 - \$14.00
		Contact David Sheehan 9794 7464	

POSTAGE: Merchandise items posted direct, \$3.00 per item



Editorial

Dot and I get many letters to the editor and poems etc. affirming the value of our club. It certainly fills a gap in many people's lives at a point when our age seems to say that we are no longer young, despite the fact that we may feel no different from the way we used to feel. And the satisfactions of getting a performance out of a body that the sports pages would say should have retired long ago are highly motivating. Many a good tune is played on an old fiddle, as they say. However there are two sides to the coin, or to change the metaphor again, the vets club is not a new car showroom, it is more like a used car yard. And all cars wear out eventually.

We have been made very conscious of our own mortality in recent months by grim news concerning some of our best-loved members, as articles in this issue will show. (I felt like putting a picture of a stethoscope on the cover). First and worst, our old mate Jim Seymon, who found some happiness at last in a second marriage, lost his beloved Gloria to cancer soon after returning from Durban. Gloria was a very well-known and loved multi-event athlete, Australian record holder in pentathlon and heptathlon, a familiar face at Nationals and World Games. Then there was the shock of finding that our club captain Eccles Greaves has a brain tumour and is looking down the barrel. Ken Walters, top walker and announcer at our championships, faced the nasty fact of prostate cancer. Both of them have contributed their thoughts to this magazine, a privilege for which we are extremely grateful.

At the Andy Salter (there's another one) Relays, I talked to Richard Piesse, great runner of not many years ago,

and was distressed to see the state of his wrists with rheumatoid arthritis. Even more worrying, he told us he was battling prostate cancer. The ladies too live in the valley of the shadow of death with quite a few I know having to have operations after pap smears and breast examinations which gave very serious warnings. We don't last forever, and it is a corollary of being a vets club that we are made to face up to these facts from time to time. But our strength is that while we are here we give life a bloody good shake. You only get one chance. No practice throws, no warm-ups. This is not a rehearsal, this is your life. You're on. Go for it.

Enough of the serious stuff. One nice little bit of news is that Vic Vets has succeeded for the first time in getting an event on the program of the Grand Prix Athletics Meet in Melbourne, on Wednesday February 25th. Other states have had this privilege in the past, but not Victoria until now. Thanks to Peter Crombie and Mike Hall for keeping us up to the mark. The event is a 200 metres race for which we have gathered a very strong field. There is Terry Baldwin, Nationals winner last year over this distance, Marc LaRose, who holds the Australian M30 record for 100 metres, John Hilditch, successful with the pros over sprint distances, Paul Turner, Victorian Country Champion 1997 over 200 metres, Paul Creasey, 1995 and 1996 M30 Nationals sprint double, Martin Hodgson, gift finalist in several pro events, Stephen Zimaris, successful sprinter with the pros, and Gary Barker who gives the young ones a few years but will be up there with them. By the time you read this it will be over. I hope it goes well.

And now for a bit of gossip from around the traps. It is great to see relationships forming between our vet mates. The good news is that two of Collingwood venue's finest, who have been going it alone for some time have found that they can be best of mates to each other. Graeme Huntington, well known distance runner, jazz lover and masseur has teamed up with Diane Brimacombe of Diamond Creek Post Office fame and incidentally mother of Australia's top sprinter. Speaking of the venues, we have our yearly revision of managers at this time, with the result that a few have changed. To all venue managers who decided to seek a change this year, the Vic Vets acknowledge our great debt of gratitude for the sterling job you did in your period of office. Thanks a million.

Bolin Browne



Ballarat gynecologist Tom Roberts retired yesterday after 38 years and more than 7000 babies.

After 38 years and 7000 babies, retirement beckons Mr Roberts

By CLAIRE HUNTER

"You never get sick of babies, although, as parents, you sometimes tire of them." That's the theory according to Tom Roberts — and he ought to know.

A gynecologist for 38 years, Mr Roberts had delivered more than 7000 babies by the time he retired yesterday.

Originally from Ballarat, Mr Roberts studied medicine at the University of Melbourne and completed his general year before deciding to specialise as a gynecologist.

"It was practical and it was sort of a happy situation," he said. "Most people who are having babies are pretty happy."

Mr Roberts started in 1960 at

the Royal Women's Hospital in Melbourne and returned to Ballarat in January, 1966.

Since then, Mr Roberts has delivered so many babies he can't keep count.

"You don't keep tabs, but it's somewhere between 7000 and 8000 — it's a lot of babies," he said.

"You average about 200 babies a year. Some years it's more and some years it's less."

After delivering so many babies, Mr Roberts often finds he meets people in the street who he delivered.

"That is one of the things that happens," he said.

"Sometimes you meet a mother with her child and they say: 'Do you remember this man? He delivered you'."

Mr Roberts now finds he is

delivering the children of people he originally delivered.

"You get to that stage if you have been around long enough. It's no longer a rarity."

And after 38 years Mr Roberts still loves his job.

"To do a job for as long as that, you must love it," he said.

"It's obviously a very demanding job. You are on tap virtually all the time and can do very little social planning, but the job has its benefits."

Mr Roberts now plans to be just as busy in his retirement.

"I would like to do some computer studies, some language studies and see a lot more of my grandchildren and Australia," he said.



letters to the editor

Dear Col,

Upon reading December's "Courier" I became concerned by the content of the final paragraph of Len Childs' "Travel Rort" item.

As I have understood for some years the members of AAVAC are the state clubs. On that basis would "loss of membership" therefore mean the elimination of a state's membership from national and international competition and other activities?

Principles of human rights and freedom of association, (in the absence of personal contracts) could be also brought into contention. Back in the Wal Sheppard / M.B. Travel days it was a case of "If you want to do your own thing, good luck to you", despite the fact that M.B. was the officially approved agent. As to the benefits of J.C.T. - undoubtedly that body has had legal opinions and done their costings to the mutual benefit of all parties.

On another matter:

Do the AAVAC members, ie. state clubs, belong to:

as per "Courier" page 1 "The Australian Association of Veteran's (singular) Athletic Clubs Ltd."

or

as per page 2 "The Australian Association of Veterans (plural) Athletic Club (singular) Ltd."

or

as per my copy of the 1990 constitution "The Australian Association of Veterans' (possessive plural) Athletic Clubs Ltd."

The first two of the above appear as official headings and not just as part of any article. "Courier" staff need to lift their act. My point of view is that an organisation's name should reflect either its principal activity or else the nature of its associated membership, and so in that case should have been "The Australian Association of Veteran Athletics Clubs" or "The Australian Association of Veteran Athletes' Clubs", or yet again, and perhaps more precise, "The Association of Australian Veteran Athletics Clubs Ltd."

A piece of "My, how things have changed" trivia - In 1980 states capitation fees levied were at 20 cents per head and "did not require revision". In 1997 it had increased to \$5.00 per head.

Still, think of the AAVAC magazine we all get - whenever!

Enough said.

Regards

Keith Routley.

Dear Colin

Thanks again for yet another letter of mine in your magazine (Dec 97). I apologise for writing my submissions in long-hand (my "Imperial" is no match for the word processor which I do not have). So of course your readers may write in and point out the errors in transcription.

(1) I wrote as a founder member of the Australian Veterans' Association.

(2) John Farrington was Australian champion 1500 / 5k / 10k and cross country.

(3) The first World Veterans' Championship was 1975. However the "World Best Veterans' Championship" was conducted by the "Association of Veteran Long Distance Runners" whose secretary was Meinrad Nagelle employed by the World Health Organisation, so that in 1972 the A.A.U. had approved an Australian veteran team with Australian tracksuits and blazers to attend and compete in Cologne 1972. ie. 1972 was recognised as a "World Veterans' Championship".

1975 was the first conducted by W.A.V.A.

Sport is now big business. The Australian Sports Commission is now a government department. Its cost is \$80 million per year, and I think that it is significant that the NSW and WA Athletic associations have gone

bankrupt after 100 years of amateur administration. I enclose Robert de Castella's "Sport Is Good Value For Public Money" - from the Canberra Times (22 Dec 97). There is no turning back to the good old days, sadly.

I wish all your readers an enjoyable and healthy 1998. I am grateful that there are still people like Dot and Colin Browne. By the way, my book "A Life On The Run" was also written in long-hand and was transcribed by a professional at the cost of \$1000. Yet errors did creep in there too.

All the best

Jack Pennington

P.S. Thanks for your effort in publishing all those letters.

Dear Colin,

Reference the results published in the last Vic Vets News and Results, I thought Gordon Burrowes' age graded figures were most interesting as they reflect true ability in keeping with age.

Looking at the VVACI 10k (Nov 97) results, it shows that out of 109 runners Randall Hughes came first (a result that would surprise no-one), Theresia Baird second and Colin O'Brien third, followed by many other excellent performances.

If the age gradings are going to be applied in future publications perhaps the first three placings could also be shown.

Yours truly

Neville Wilson #2334

Dear Dot,

Read Lavinia's comments re numbers in the latest newsletter, and I feel the same way. I am proud of my No. 12 and like to compete wearing it. (As my lucky number is 13 I have had my eye on Lavinia's number for the last twenty years)!!

Due to a leg injury (sciatic nerve) I have not been able to run since August, so unfortunately I won't be able to enter the Vic Champs.

Regards

Ilse Schneider Vet No. 12

Dear Colin

I would like to take this opportunity to thank the

following people for the assistance given to me during my four years as Co-Venue Manager at Croydon:

Danny Pollock (starter / program co-ordinator), John and Phyllis Gosbell (recording, results, typing and handicapping), Ron Ledingham and Murray Hutchison (running of nightly raffles), Lorrie and Graeme Bishop (T-shirts and finances), Colin and Alison Thompson who took over from the Bishops when they retired because of business commitments. Bob Curtis (roster and Christmas function), Pam Richards, Joy Curtis and Rita Kerr (sausage sizzle, pasta, pancake and the old fashion pie nights), Ken and Judy Walters (Bushrangers Classic), Les Clark (Mr. Odd-Job, does it all) and to all members for the continued support over the four year period.

We have a very good team at Croydon and a very important part of that team is Lavinia Petrie, my Co-Venue Manager, who has been a terrific partner. Lavinia, thank you very much, it has been a pleasure working with you.

To Dot and Colin Browne, Eric Greaves and Ray Callaghan who at various times have been prepared to lend an ear when I wanted to discuss some of my thoughts and ideas. We all need someone to bounce our ideas off and I appreciate your time and assistance. I will always be involved in the Veteran Movement in some way. I am very grateful for the support given me by the Croydon people and I will always remain a Croydon person.

Thank you

David Sheehan #1628

[ED. The Vic Vets owe a debt of gratitude to the venue managers who retire at this point to be replaced by other nervous, apprehensive, tentative new venue managers who have agreed to take on the job. It is a hard job requiring commitment, attention to detail and consistency. It is no bed of roses, especially when a controversy arises, which is on the cards at any time in an organisation like ours. All we can say to those who retire is that you took it on when so many of us stood back, you proved that you could do it, and although we would like you to go on forever, and relieve us from our guilt feelings, it is your call. You have done a great job, a huge job. Thank you. Thank you.

At this moment the above remarks apply to David Sheehan and Lavinia Petrie (Croydon), Gordon Burrowes (Coburg), Leo Charles (Caulfield), Leigh Cassidy (Springvale / Noble Park), partly to Graeme Horskins (East Burwood), and if there are others retiring that I don't yet know about, to you too.]

Dear Colin,

I wish to convey my congratulations to all at the East Burwood Vets for their organization of the Aquathon at Lilydale Lake on Feb 1. My congratulations also extends to the helpers who did a great job too!

The after-race sausage sizzle and other refreshments were 1st class.

I was a bit apprehensive before the event regarding the water in the Lake, but that was no problem, nor was there any problem with the run area.

It was good to see my old mate and rival Ben Morrey in attendance. We had our usual battle finishing in a dead heat. Be warned Ben, I won't let you sneak up on me in the swim next year!

To those who didn't attend, remember this event for next year. One of the best organized I have ever competed in!

Thank you East Burwood for a top morning!

Sincerely,

Vern Gerlach

Dear Colin,

I wish to reply to "The Shoe's" comments published in the December, 1997 issue of the Vic Vets News and Results re the VCCL and VVAC combined runs. Normally I wouldn't waste my time replying to a person writing from behind a pseudonym, but as I have many friends in the VVAC, I feel moved to do so.

My remarks at the Annual General Meeting of the VCCL were not intended to be in any way derogatory to the VVAC or any of its members as such, but rather questioned the value to the VCCL of the combined runs. Whilst the VVAC requires older athletes to join to survive, in contrast the VCCL requires more youth in their ranks to ensure continuity of the club and I feel the VCCL efforts should be aimed at other organisations.

It would appear from the tenure of the "The Shoe's" remarks, that he/she has been ill informed or at the very least misinterpreted my remarks and I would hope any future articles he/she feels inclined to write, every reader would be given the courtesy of having a name to the comments.

With the involvement of myself and my wife over several years, I can assure you, Colin, of my utmost respect and admiration for veteran athletes.

Yours in sport,

TONY RENDINA

Dear Colin,

I have followed the correspondence from yourself and Keith Routley on amateur sport and feel that a bit more needs to be said as I seem to do more on the lobbying side than running over the last few years. I am the South Melbourne AC rep on the Albert Park users group and can say that of the \$100m added to state debt for the Grand Prix this is not improving the health of Victoria. The outcome, as Australian Bureau of Statistics show is that 30,000 less tourists came to Melbourne in March 1996 and 1997, while tourist numbers were up for the other months. Amateur sport in Albert Park has been decimated, the loss of seven football grounds and countless football and cricket teams is evidence of this. Grounds are unavailable for nearly half a cricket and football season and rents are up 500 to 1,000%. On a personal level I was in the park on a Saturday afternoon in late May 1996 and noticed that no football grounds were in use. I was approached by a prominent local Liberal Party member and I asked him if something could be done to improve the lot of the amateur clubs. He said "you're a bunch of losers" and then punched me in the face. I have included this story to show that we have basically lost the plot down here, and we are all losers if we cannot turn it around. Amateur sport is essential for community participation. The opposite is alienation, teenage violence, suicides and social breakdown. Joan and I will continue to lobby for sport and democracy.

Yours sincerely
Peter Logan

Dear Colin,

Congratulations on your latest edition of "News and Results" magazine. A well put together and informative issue. After reading it I wonder once again why it is necessary to have an Aust. Veterans magazine when a couple of pages in each States Newsletters would more than cover all the news required from the Australian Assoc. of Veteran Athletic Clubs Inc. Unfortunately Tom Worrell will find, as did the two editors of our previous Australian newsletters, that the States will not supply him with the support he needs and in the meantime a lot of veterans money will have been wasted. Neither Jack Pennington or Mike Hall were given enough assistance by the veteran athletes in Australia to cover their financial costs and I do not know how the present Australian body gained approval to spend club money in this direction. Also, I do not think we have enough veterans to warrant an executive officer paid full time. I realize we are all represented on the A.A.V.A.C.I. but shouldn't the members have had some say. Our payments to the Australian body are getting out of hand for the benefits they provide.

As Keith ROUTLEY, a founder member, our auditor and a friend and competitor of mine since I have been in the Club, cut your editorial to pieces so I must remind him that there are many veterans who are financial with the Athletics Victoria and as well we are a financial specialist club amongst others in the A.V. who recognise us in tis respect. We have this relationship with them because the Government will only recognise one body in each sport. Because of this A.V. is both our mother and father and is obliged to look after us. Also, a lot of people in Victoria still see the pit area at Albert Park as a monstrosity built on peoples park lands for a private purpose however as you say "All is not lost" and come up with a great piece of poetry.

Finally, I read in the Southern Peninsula Report in our Annual Report, "However, very few of the regulars have maintained their V.V.A.C.I. membership following the hefty increase in annual fees." This upset me because I thought others might follow suit so I wrote to the committee, hoping they would explain the increase and why it was necessary, to all the members. As I upset some people by my remarks, I apologise sincerely and hope that this will end an unpleasant era.

Finally, finally, to Vern Gerlach, I agree that you should be allowed to wear your spartans singlet and compete in our Club Championship but I am one of many and I'M sure that the present committee would welcome and younger members on the committee.

Best wishes for 1998 to all,
Yours most sincerely,
Peter B. COLTHUP O.A.M.

Dear Colin,

I am writing to thank those responsible for a gracious act at the Victorian 10km Championships at Knox recently.

Bill and Ruth Olsen from Detroit, USA were staying with us and, on hearing that I was entered in the event, Bill expressed a desire to run if it was permissible. Calls to John Gosbell and Eric Greaves soon confirmed that Bill could run by invitation and he lined up in Division 4, age 65-69, distinctive from the rest of us in his red vest.

As it turned out Bill finished 2nd in his age group and the spontaneous decision was then made by the executive to present him with an honorary silver medal, in addition to the official placegetters. Bill was delighted and from then until leaving for home repeated that he only wanted to run if it would not make any difficulty. Not only did he run but was going home with a totally unexpected silver memento as well.

The reason Bill was in Australia at this time was for the World Triathlons in Perth, in which he competed against his friend and also VicVet, Peter Couattie. Both did creditably in the vets' section. It emerged that Bill's specialty is actually cycling (he humped his packaged bicycle everywhere with him) and he just missed selection for the US road cycling team for the Melbourne Olympics. He thus came to Melbourne for the first time 41 years later than he had hoped.

Peter Couattie and I, together with Margaret and Mary, were invited home to Detroit by Ruth and Bill in 1995 when in Lansing prior to the World Vets Champs. It was therefore good to be able to return the compliment and to have the icing on the cake in the welcome provided by the Vic Vets.

Yours Sincerely,
Peter Le Get

MY BATTLE WITH TOMMY TUMOUR

by Eric Greaves

The date of the 11th December, 1997 is one that will be etched in my mind for a long time. This date was when my doctor told me, after a scan, that I had a tumour on the left side of my brain. As I sat in the doctor's room, listening to him detail the visit to the surgeon the next day, a possible stay in hospital of a week after an operation, and not being able to work for maybe nearly three months, my life literally flashed before my eyes. I thought back to mid October when my speech and writing started to go haywire. I was convinced that I was losing the plot completely. It was very embarrassing to say the least for someone like me who prides himself on being able to reply quickly to a comment etc, to now find it very difficult to put more than four words together. In fact, it was commented to me that I was speaking the same as if I had had a session in the King Island Club on the slops with Grumpy Onley. Then there were the telephone calls, should I say the calls to people I did not know, as due to my habit if now swapping numbers around without realizing it, I often found myself asking a perfect stranger "Is my Mum there?"

As the cold realization of what my doctor was telling me started to hit home, I suddenly challenged the doctor by claiming that the Cat Scan results were not mine. They were someone else's. Unfortunately, this was not to be. If anyone had ever told me that my life, and that of Wendy and our son's could change in 24 hours, I would have told them that they were spouting rubbish. But the next few days sped by in a blur as I met with the surgeon, had a M.R.I. Scan, then back home to notify the family, and then inform the customers that I would not be able to continue mowing their lawns. This part really hurt me, as I saw 8 years hard work going down the gurgler. I dropped my bundle really badly one morning at 3.30am when I broke down amidst a flood of tears, asking "Why Me? Why is my life the one to be stuffed up?" A walk around the park at 4.00am with Wendy certainly helped me to settle down and gradually to accept what was happening. I don't deny that many tears were shed over the following days, but I didn't want to hold anything back, so I just let it go.

On the day of the operation, I felt calm and ready to get it over and done with. I shaved my head as usual. I was asked by a doctor, "Are you trying to do us out

of a job, shaving your head yourself?" "No" I replied, "but I am expecting a discount off the bill". The 12 hours after the operation would have to have been the worse I've suffered for many years. Every half hour, my blood pressure and temperature were monitored, with the greatest indignity of all inflicted upon me around about 6am. What followed next made backing into a cold door knob whilst wearing one of those soul-destroying gowns that tie up at the back (when you've got no under chunders on) actually a pleasure. As I layed in the bed feeling as thick as two bricks, the nurse said to me that she had to remove something and to try to keep still. Then with a quick flick of the wrist, her hand grabbed near my nether region and yanked the bloody catheter away from Percy, all the while having a good laugh at my expense. I assure you that a few more tears flowed at that point. Two days after the operation, the surgeon arrived in my room to give me the results of the biopsy performed on a sample of the tumour and tell me how much he was able to safely remove.

Whilst absorbing the news that he could only remove three quarters of the tumour due to the difficult location, he followed up with the knock down punch by announcing that the biopsy had shown that the unwanted guest in my head was malignant, and could flare up even after continuing treatment. All I can say in all honesty is that I was glad that I was laying on the bed, as it meant that my bum didn't have as far to drop, compared with if I had been standing up. The next 24 hours were spent coming to grips with the fact that I had been given a possible death sentence of 12 months and my mind raced with thoughts of all the things that Wendy and myself had planned to do. The effect of the surgeon's words on my family was devastating to say the least, with Wendy and our son Craig copping it especially hard.

Being allowed to go home 3 days after the operation really helped us, as nothing beats being in one's own paddock. Nothing against Monash Hospital, the staff were tremendous and looked after me well, but the place was full of sick people and I was glad to leave. It was whilst having a shower the next morning that I well and truly spat the dummy, and took out my frustration and anger by hoicking the soap all around the shower cubicle, all the while cursing Tommy.

It was after this episode, that I became determined to prove the surgeon wrong by fighting what remained

of Tommy Tumour. As Wendy pointed out to me, just because a bloke has a bunch of letters tacked on behind his name, such as my surgeon has, doesn't mean his word is Gospel.

My fight starts with a six week course of Radiotherapy, followed by a few sessions of Chemotherapy (and no, I won't be concerned about losing my hair) and keeping positive that I will win this fight. One fact the doctors and nurses commented on frequently, was that my level of fitness helped me immensely to recover from the operation very quickly. As I thought back to all the times that I forced myself to go out for a run, even if it was the furthestmost thing from my mind, I'm glad I persevered with the training.

I wish to express my gratitude for the cards, telephone calls, words of encouragement and support offered to myself and Wendy. I am very privileged to be part of this great club of ours, and I am honoured to have been able to make the friendships I have made. Many thanks to all.

Eric "Eccles" Greaves
Club Captain

CAPTAIN'S CHATTER

by Eric Greaves

It would seem that Springy venue is blessed with its share of characters within our club. The following are a few that come to mind. Firstly, take Billy Carr, who, just before Christmas after wining and dining his lady friend of the day, enticed her back to his abode, or should I say lair, for coffee and port. During the following banter, the discussion got around to the subject of ballroom dancing. Billy, being a man who has been around a fair bit, offered to show the willing lady a few basic steps. So with the lights turned down low, and the appropriate music playing, Billy started showing his prowess on the dance floor. As the glasses of port took effect, Billy suggested that it would be easier for him to demonstrate the more intricate steps if they both disrobed. So with their clothes off and Billy singing to himself that old hit by Hermans Hermits, "I'm Onto Something Good" and planning his next move, the front door suddenly started to open, causing pandemonium for our Fred and Ginger. With

a flourish, Billy's partner gathered up her garments and sprinted down the hallway, leaving Billy to try and stop the unwanted visitor entering.

The unwanted visitor in this case was Billy's daughter returning to pick up an item she had forgotten. You will have to visualise the following scene, dear readers, as Billy, with great determination, tried to stop the door from opening, whilst his daughter was equally determined to gain access to the house. As realisation dawned on Billy that his impasse would have to end, he shouted to his daughter, "Close your eyes and don't laugh!" as he disappeared into the nearest hall closet, covering his personal appendage.

I'm sure that Billy will make sure that all doors are locked securely when he next gives private dancing lessons!

Then next, there is the tale of Brian Holcombe. It transpired that during an outing to the pictures recently, Brian kept complaining that his neck was as stiff as a bridegroom's what's it, and he was having great difficulty turning his head from side to side. When the film finally ended and the theatre lights came on, Brian was able to discover the cause of his discomfort. Apparently Brian decided to wear a brand new shirt that night and had forgotten to remove the cardboard packing from under the collar, thereby causing the stiffness. I have heard a rumour that Brian's wife Anne is going to get her 94 year old Aunt Glad, who lives with them, to dress Brian from now on.

Last but not least is Mick "Messiah" Davin. The Messiah is publicity officer for the venue, and has been successful in getting the results from Springy in the local papers and on local community radio. However, Mick's favourite penchant is to sashay around in sartorial splendour dressed in his wife's clothes. Whenever an important event occurs, Mick materialises as a singing telegram girl or some bloke's old girlfriend from 30 years ago. Mick's wife, Karen humours his odd ways. But she cracked up last year when she sprung Messiah trying on her wedding dress to see if it would be suitable to wear on the Christmas Dress-Up Run. If only Mick's old mates from Glenroy could see him now!

Captain "Eccles"

WATCH YOUR P.S.A.

by Ken Walters

May 1997 was the month that was to change my life. This was the month I was forced into learning about my body. For 50 years I'd been involved in sport in some way. Professional cyclist for 15 years, Australian Rules Umpire for 30 years, Veteran walker / runner for 22 years. I was fit. Sure, I was asthmatic, but that condition was under control with proper use of my medication.

I also prided myself, that in 50 years of being a member of the work-force, I had not been out of work for more than a couple of weeks at any one time. My present employer has had the pleasure of my expertise for 23 years. I have a wonderful family. My wife Judith and four sons have been a pride and pleasure of mine for 34 years.

September 1994, Judith and our eldest son opened a joint venture of a small cafe in Ferny Creek in which I became involved with helping out in the kitchen. Life was good; we were meeting lots of people, particularly the Ferny Creek runners who, after their Saturday or Sunday run would call in for their breakfast. I was busy juggling work commitments between my regular night shift employment and the cafe, and getting in the occasional run or bike ride. The only thing I was missing was the competition, which I had put on hold until retirement.

Then in May 1997, I suffered a fainting spell at work one night. It passed quickly. A week later, I suffered another as I got into my car to drive home. That was enough to get me off to my local G.P. She sent me for blood tests and mentioned that she would request a P.S.A. reading because of my age as well. During this time, I undertook just about every test known to the medical profession, on every organ of my body.

The results of these tests showed nothing wrong. The specialist's words were, "Physical exhaustion. Rest, give away some of your activities, otherwise you are heading for a nervous breakdown or a stroke". I was elated, nothing serious wrong and an easy enough decision to give away umpiring, running and cycling. Then came the telephone call from my G.P. requesting to see her in the surgery. On doing this, I was to hear the words, "Your P.S.A. reading of 14.7 is a bit high". This did not mean a thing to me. What is P.S.A. ?

PROSTATE SPECIFIC ANTIGEN was the reply.

Because of the high reading (anything above 5 is considered to be high), the G.P. recommended I see a specialist to determine the exact cause of my high level of 14.7. At the specialist's rooms at Box Hill, I underwent a physical examination which did not reveal any signs of cancer. I was asked if I rode a bicycle, as this is a serious problem amongst cyclists. As I had raced the bikes for 15 years and still rode on a fairly regular basis, and my passing of urine seemed to be fairly normal, I left those rooms on a fairly positive note.

One month later, my P.S.A. reading was exactly the same (14.7). The good news was that it had not got worse. However, an x-ray and biopsy were called for. My next visit to the specialist with my wife Judith invited into the room with me brought a premonition that all was not well. Then the words that caused shock, despair and frustration, "You have cancer of the prostate"

Two small specks described a "freckles" were visible but had not caused swelling or the hardness usually associated with prostate problems. I was then offered three alternatives: i) Wait and see for six months, ii) Have radio therapy treatment, which causes many side effects and could be successful for 10 - 12 years, after which it could flare up again and would not be treatable, or iii) Have an operation to remove the gland (Radical Prostatectomy), a major operation, but assuring me of twenty or more years of life under normal circumstances.

Wednesday 18th June 1997, the operation over, Judy beside my bed, no pain and the doctor's words ringing in my ears "Complete success and no sign of the cancer having spread" The wonderful nurses took over, every ten minutes checking blood pressure, pulse, temperature etc. Then there was the catheter bag. This was to prove later to be the most painful, embarrassing and funniest target of my recuperation process. For those not familiar with the catheter, it involves a tube directly from your bladder through your penis to a bag strapped to your inner leg. This stays in place for three weeks, allowing the attachment of the urethra to the bladder to heal.

On day 2 after the operation, a young nurse of Asian appearance was checking out the workings of the

catheter at the end attached to my private parts, which, believe me, are no longer private when you are in a hospital bed. I know there are a lot of men out there who would have their egos deflated, as I did on hearing, "Gee, you are very small" My protestations that this was not what I had been led to believe from my early days of playing the field as it were, actually brought a blush to the young nurse's face, as she hurriedly explained that she meant I was not as bruised and swollen as other patients she had seen after this operation.

At this point, I would like to thank the many friends from the Veterans' Club who visited or sent cards to the hospital, which proved to be a great boost to my recuperation. After five days, it was off home. Three weeks of healing with this damned catheter still attached was ahead of me. The pain when walking, awkwardness and embarrassment when showering, changing and cleaning bags etc. made the day of its removal one to look forward to. That was until three different people related their stories of the pain associated with the removal of these things. I asked the nurse if a pain killer was available. She assured me that this would not be necessary, and without any warning, pulled quickly and firmly. It was out, no pain, just a feeling of utter relief. However, I would not be permitted to go home until I could prove I had complete control in passing urine and no incontinence. This was expected to take a few hours, and I was booked into a bed for the night as a precaution.

Fifteen minutes after the catheter was removed, I was able to achieve my goal, and I had complete control over the situation. I called the nurse, who did not believe me. A patient in another bed told her I was cheating as he had filled the bottle for me. After I assured her it was all mine, the nurse left with her samples. Another hour went by, so I decided to look for a doctor to get the okay to go home. On the way down the passage, I met a group of four, one of whom was my specialist, and another, the operating surgeon. I explained to them the situation and the word "EXTRAORDINARY" came from them in unison. They asked me to cough as hard as I could, twice, then again, as their eyes went to my crotch area for the tell-tale signs of wetness. ALL DRY I was immediately given permission to go home. I had prearranged with Judy to catch a train from Box Hill to home. Whilst waiting for the train to arrive, I felt the urge to pass wind. On doing so, I completely lost control of my

bladder and the crotch area was saturated. Thank goodness I was wearing a long coat. I was so pleased the doctors had only asked me to cough, otherwise I would have spent another night in hospital.

Two weeks later, a small setback. It seems scar tissue had formed at the junction of the urethra and the bladder, which meant another visit to the hospital to be put to sleep, the problem fixed and another catheter, this time for just two days.

As I write this, the cancer is behind me and I am grateful I got off lightly. I have had another blood test and the P.S.A. reading was 0.1. I have been assured I can now look forward to a normal lifespan. My attitude to life has changed, particularly in regard to "Don't put off to tomorrow what you can do today".

Cancer is a harsh teacher. Disease and death are still out there unappeased by vitamin pills, mineral supplements, low fat diets or a stringent fitness regime. So my message to all fellow veterans is "Get to your doctor on a yearly basis for a P.S.A. test. If the results are similar to mine, do not be discouraged. The earlier you get onto it, the better chance of a full recovery. Do not rely on symptoms, nor physical examination, get a P.S.A. TEST."

Finally, my wife Judy and I are much closer now than for many years. Her encouragement, strength and love have assisted me in overcoming this trauma in my life, and I am certain that without her by my side all the way, I would not have coped the way I did. Ironically, we have four sons who are now conscious of the need for early and constant blood tests to combat this disease.

Ken Walters.



"YOUR WALLET WILL HAVE TO COME OUT."

CHARIOTS OF IRE

by Frank Warren

Vet #1676

10.5 for the hundred
-Wasn't that only the other day?
And 200 metres lickety-split,
Was a peice of cake by the way.

Inter-club at Olympic Park,
A Saturday hero each week,
Picking up the valuable points
- Certainly not for the meek.

But I've got to tell you a funny thing
That seems to have happened of late.
The speed seems to suddenly leave my legs
As soon as I walk through the gate.

The track appears to be longer now,
(How come I've run such a slow time?)
Are my legs growing shorter daily?
If they are, it's a shameful crime.

The lovely part of being a "vet"
Is to mix with the other "liars"
Skiting about their halcyon days
- They were only a bunch of triers.

Veterans' limited conversation
Is restricted to "How's the knee?"
Or, "What time did you do for the hundred?"
"You did? Well that's better than me."

Not the least of the weekly runs
Are the characters you meet at the track,
Belting their tortured bodies
But always coming back.

Thanks to all at V.V.A.C.I.
For the absolute pleasure and zest
We enjoy in the greatest of spirit
Of not necessarily being the best.



HEALTH AND FITNESS

THROUGH NUTRITION

by Peter Couttie

Dear Colin,
Compliments of the season to you! Thank you for your E-Mail reg. medals etc..for our local Triathlon club. At the moment Triathlon is taking up all my spare time but hope to be present at the State Athletic C/Shps.. I am trying to interest Veteran Athletes in nutrition because my own health improved enormously with a supplement, so I am enclosing a letter that I had published in the Grasslands Magazine

The Editor,

This letter has a connection to the RENEWING or replacement of our body cells without the pollutants of our environment I feel that most of us do not know of the relationship of our food supply to our cells and therefore to our health. We are what we eat. We need to RENEW our bodies without chemicals. Our soils and pastures are often mineral deficient. As a Veterinary Surgeon I have been treating farm animals with mineral deficiencies for 40 years. Examples include calcium, phosphorus, selenium, copper, cobalt, magnesium, boron, etc.. It is generally accepted for instance that land that has been farmed for more than 20 years is usually selenium deficient. We treat our animals but nobody treats humans!

The vast majority of Doctors are not interested, have had no training in Nutrition, and are guided by the drugs firms with their superficial 'quick fix' cures. Due to ill health I studied human Nutrition and found our food supply lacking in Vitamins and minerals and full of chemicals (now over 4000 in our food supply). This caused a tenfold increase over the last 30-40 years in chronic disease and cancer in parallel to the increase in chemicals. It is obvious from the research that we need a Vit. Min. supplement to cover every possibility and after much searching found a broad spectrum one that was not only scientifically balanced synergistically but was the only one of its kind registered by the Government on the Therapeutic index. It also actually worked and was used by several doctors.

Due to the Therapeutic Goods Act one cannot

claim its ability to cure any disease and print the name. For further details contact me on 03/5520 2250. E.Mail. couttie@iconnect.net.au
Yours sincerely,
Peter M. Couttie
M.R.C.V.S., B.Sc., A.M.A.C.Nut.Env.Medicine.

On consideration of my qualifications and nutritional research I have been admitted as an Associate Member of the Australasian College of Nutritional and Environmental Medicine.

After 2 1/2yrs of research with the help of Dr. Bill Maling and the Medical Library's access to world research I now have a filing cabinet full of nutritional treatments of all disease as well as many testimonials of recovery involving Reliv and other micronutritional supplements.

I am offering this store of information to everybody free, because the answer to health lies with micronutrition (Orthomolecular Medicine) not Pharmaceutical Drugs. If you have any query on any disease please contact me and I can give you the right treatment, information and testimonials. You can be assured you can offer the right advice for any disease and help anybody to better health no matter what their trouble. One example is Angina. Dr.L. Pauling (2 Nobel Prizes) announced in '94 that By Pass Surgery was now not necessary and that coronary artery blockage could reversed by nutritional therapy. This technology is now available at little cost. The Medical Establishment ignored Dr Pauling's research due to the millions of dollars involved in By Pass surgery.
Yours sincerely,
Peter M. Couttie

RACE RESULTS

4/2/98

ANDY SALTER Road Relay - 4 x 3.1 km
Another successful running of the Road Relay with 41 teams competing. The challenge team section saw Croydon too strong for the Springvale team, with Knox holding on for 3rd, just ahead of Springvale No 2. Many thanks to those who helped to take entries, marshal, provide the supper, clean up etc. Special thanks to the co-ordinator of the event, Ron Little.

Challenge Section

1st - Pages Prancers - Croydon

Colin PAGE	43	10.01	
Lavinia PETRIE	54	11.56	
Greg WILSON	45	10.11	
Bert PELGRIM	41	10.14	42.22

2nd Springvale No 1

Shaun KEMP	36	10.27	
Theresa BAIRD	57	11.40	
Neil GRAY	50	10.26	
Mark KING	37	10.26	42.59

3rd Knox

Paul TWINING	48	10.05	
Dave BLACK	42	10.35	
Lyn LEVERSHA	44	12.37	
Graeme LETICQ	43	10.32	43.49

4th Springvale No 2

Alan BENNIE	51	10.39	
Lorraine SLEE	34	12.14	
John NEWSOM	45	33.37	
Ross MARTIN	46	10.20	43.57

5th Caulfield A

Jeff BOOT	41	10.50	
Lesley GRIMES	37	11.28	
Graham PHILPOTT	54	11.29	
Les MOLLARD	44	10.17	44.04

5th East Burwood

Sam DE FANIS	49	10.56	
Elvira PETRACCA	37	11.54	
Peter LEIGH	60	11.32	
Ian MUMMERY	34	10.01	44.23

Fun Run Section

1st Springvale Special

Ken BOOCOCK	39	11.08	
Rob CLUTTERBUCK	44	10.51	
Peter FIELD	40	10.43	
Neil PILLING	38	10.35	43.17

2nd Knox Funnies

Dave LEVERSHA	45	11.00	
GlennCLAIDEN	43	11.36	
Phil TWINING	37	11.24	
Rick ATKINS	38	10.42	44.42

3rd Slow Hats - Springvale

Mark HAWORTH	40	10.13	
G O'DONNELL	43	13.17	
Milton GUNTHER	52	12.05	
Dale SMEDLEY	18	10.19	46.06

RESULTS OF VETS AQUATHON

The Vets Aquathon was held on Sunday 1st February 1998. The day was beautiful, the water was warm, and the new venue (Lilydale Lake) was perfect.

Everybody seemed to have a good time, and many people told us that they will be back next year. There was a free sausage sizzle, plus plenty of other food and drinks, at the completion of the event. This was very popular, and allowed people to mingle and socialise.

Fifty four people started, and everybody completed the course, which was either a 5K run plus a 300 metre swim, or a 2.5K walk plus the same swim. We originally thought that the swim was 400 metres long, but several experienced swimmers agreed that it was 300 metres.

The swim leg is mainly in chest deep water (for safety reasons) and will be retained in future years. However, from next year it will be advertised as 300 metres long.

All finishers received a Finishers Certificate, which contained both the run (or walk) time, plus the overall finishing time. From this they could work out their swim time, as shown below.

This event was organised by the East Burwood Vets. Many thanks to the 17 helpers from East Burwood Vets, which included six lifeguards.

I am holding some clothing which was left behind.

Bob Power (Home: 9560 6015)

<u>5K RUN & 300M SWIM</u>			AGE	RUN TIME	SWIM TIME	FINISH TIME
W 35-39	1	LESLIE GILLESPIE	37	28-39	7-51	36-30
W 40-44	1	ANNETTE PELGRIM	43	21-54	5-12	27-06
	2	LYNNE LEVERSHA	44	21-35	5-36	27-11
	3	JENNY FAWKES	40	23-06	5-24	28-30
	4	ANNE Mc PHERSON	41	23-28	7-38	31-06
W 45-49	1	CORAL MONK	49	23-18	6-28	29-46
	2	ROBYN SPEERING	48	23-10	6-56	30-06
W 50-54	1	CELIA JOHNSON	50	23-56	6-18	30-14
	2	BARBARA BEAUMONT	50	27-34	6-39	34-13
	3	MAXINE PATTERSON	50	27-50	8-32	36-22
W 55-59	1	JAN MORREY	58	24-52	10-38	35-30
W 60-64	1	JUDY WINES	60	25-22	9-09	34-31
W 70-74	1	CORREY DE GROOT	70	28-08	6-51	34-59
M 30-34	1	BRAD CURTIS	33	18-44	4-28	23-12
	INV	BURKE RENAUF	26	18-49	4-19	23-08
	INV	RICHARD BOURBON	27	24-45	9-22	34-07

<u>5K RUN & 300M SWIM</u>			AGE	RUN TIME	SWIM TIME	FINISH TIME
M 35-39	1	GRAEME ANGLISS	35	18-43	5-13	23-56
	2	RUSSELL WEST	38	18-55	7-14	26-09
	3	MARK RADCLIFFE	39	21-07	5-50	26-57
	4	STEPHEN GILLIES	36	24-38	8-01	32-39
M 40-44	1	JEFF BOOT	41	18-13	6-24	24-37
	2	GLENN CLAIGEN	43	19-51	6-40	26-31
	3	GRAHAM PROSSOR	43	19-54	6-55	26-49
M 45-49	1	DAVID LEVERSHA	45	18-21	4-42	23-03
	2	ERNIE STEWART	47	18-25	5-01	23-26
	3	GARRY ANDERSON	46	19-34	5-10	24-44
	4	MICK O'RYAN	48	19-47	6-12	25-59
	5	RON RABONE	45	22-15	4-50	27-05
	6	BILL KENNEDY	48	22-20	5-17	27-37
	7	JOHN MOORE	47	20-12	7-35	27-47
	8	IAN ORR	46	19-10	11-05	30-15
	9	IAN GILMOUR	46	20-53	10-02	30-55
10	DON PRITCHARD	48	25-28	8-32	34-00	
M 50-54	1	NEIL Mc KERN	51	19-21	6-15	25-36
	2	GRAHAM WHITE	52	21-29	6-29	27-58
M 55-59	1	BARRY FRY	55	19-36	5-47	25-23
	2	JUAN PEREZ	58	21-11	5-39	26-50
	3	DOUG PETROFF	56	20-45	6-20	27-05
	4	PETER Mc GRATH	58	24-45	7-15	32-00
	5	ROLAND BROWN	56	26-38	8-38	35-16
M 60-64	1	GREG MAULDON	60	23-57	8-44	32-41
M 65-69	1	CHAS Mc RAE	65	22-34	8-25	30-59
	2	BOB LEWIS	69	22-01	9-38	31-39
	3	BEN MORREY	69	25-51	6-53	32-44
	4	JACK GUBBINS	68	25-34	8-06	33-40
	5	TONY MARTIN	69	24-59	10-20	35-19
M 70-74	1	VERN GERLACH	72	25-27	7-19	32-46
<u>2.5K WALK & 300M SWIM</u>			AGE	WALK TIME	SWIM TIME	FINISH TIME
W 45-49	1	HEATHER Mc DONALD	48	12-39	6-22	19-01
	2	SANDRA MIDDLETON	49	15-30	10-21	25-51
M 40-44	1	ROSS REID	42	12-34	6-09	18-43
M 50-54	1	DES MIDDLETON	51	13-21	5-13	18-34
	2	STAN JORDAN	50	23-33	6-25	29-58
	3	RON BILSTON	54	23-33	8-52	32-25
M 55-59	1	DAVE HERBERT	57	18-05	5-08	23-13



(Top left) The square dance at Upwey Hall was a great night that drew four venues together.

(Top right) Astrid Rose, our new subscriptions officer, who is doing a great job.

(Bottom left & right) At the Christmas morning breakfast run that the Brownes hold every year. A gang of crazies in Santa Claus hats stop the traffic in Whitehorse Road at 7.00am.

Pages 18 -19



REPORT ON THE OCEANIA VETERANS GAMES : HASTINGS, NEW ZEALAND : JANUARY 1998

The Hastings, New Zealand Oceania Championships in January 1998 proved to be another memorable occasion for those who were able to attend. My personal impressions are possibly coloured (being an ex-pat) and knowing that the Kiwis (like Australians) aim to conduct their track and field meets at the highest level of organizational excellence.

For the most part, warm to hot weather conditions prevailed. Slip-slap-slop lotion-filled jars were mounted at various strategic points to be used by athletes to prevent sunburn although the half-marathoners in their early Saturday morning trek around the Hawkes Bay orchards were burnt up by the sun (rather than by their own speed).

Perhaps the most disappointing aspect for the organisers, who had obviously spent many hours preparing for the Games' success, was the clearly fewer-than-hoped-for Australian participants. From tiny New Caledonia came a 20 or so strong representation, whereas Australia had perhaps 50 representatives. The Aussies who turned up did their best and were clearly identifiable in their yellow and gold, contrasting with the hordes of All Blacks. To me, I am a trifle miffed at the focused enthusiasm for the grey skies of Gateshead 1999 when New Zealand seemed comparatively good value at closer proximity.

To the uninitiated, a fearsome Maori war dance in the Opening Ceremony was a nice contrast to the traditional Scottish Pipe Band. From the outset, the laid-back programme schedule gave visitors many opportunities to feel relaxed in the holiday atmosphere. So relaxing, it seemed, that some 'athletes' forgot their fighting spirit and enjoyed competing for the sake of competing. Cut-throat 'win at all costs' wasn't evident from some of the Australian mob. As a consequence, the Silver Fern dominated the winners' rostrum. In many events, however, the Australian performers were quite outstanding, as the results show.

If there is a constructive criticism, it may be directed at the kindly-disposed officials who stuck close to the letter of the rules of track and field. It was sad to learn that the more venerable ladies and gentlemen in the walking divisions were disqualified for incorrect walking techniques. Communication difficulties arose over local track rules disallowing any start other than by blocks or standing. It was not possible to crouch start without blocks. Sprinters were informed at the blocks.

There was also the insistence on the wearing of a national uniform - whatever that may be. Does Australia have an 'official' uniform? A Victorian Veterans uniform was not permitted, yet the Kiwi 'uniform' ranged from the 'official' black and white with fern to a singlet with a large 'NZ' on the front - possibly purchased from Woolies.

All praise must be given for organization. Events started on time. Race commentaries and public address notices were first-rate. Trackside refreshments ranged from hot potatoes to sandwiches. Events conducted

away from the main stadium were likewise well organized. The 8km cross country course was a flat, fast course, except for one hitch for Australians - six fences to hurdle!

Many friendships were made and renewed from previous Games. One social function, in the Duke of Gloucester Tavern, allowed the aerodynamic engineers every chance to display their paper dart skills between the heads of the diners. Some Vets traversed local tourist spots; for example, the world-renowned gannet sanctuary at Cape Kidnappers, where one particular bird (of a size between a gull and an albatross) deposited its body waste over the current Victorian President! On another occasion the President's wife set out on a walking trek and was found by friends heading, desperately thirsty, towards a local winery. (Her desire seemed to be more inclined towards visiting the local tourist spots than watching hubby win a gold!)

Australians did quite well in the medal hunt. Some excellent performances were recorded. All in all, it was a wonderful week, well worthwhile attending --- two years to Norfolk Island! What about it?

John Waite

February 1998

OUR WOMEN WALKERS VICTORIOUS AT OCEANIA

While there were lots of excellent performances at the recent friendly Oceania Games in New Zealand's beautiful Hawke's Bay region, and lots of medals in many different disciplines, three of our women walkers produced exciting results, smashing no less than 5 Oceania Records between them and winning all the gold medals going!

In the 5km track walk, Celia Johnson took 37 seconds off the W50 record and ex-Victorian Jean Albury took 2 min.15s off the W65 record, and along with Penny Hall, our 3 girls took 3 gold in pretty hot and windy conditions.

Even better though, was the 10km road walk, where Penny took 1 min.51s off the W55 record that had stood since 1984, and Celia and Jean both broke the records set in 1990 for W50 and W65 respectively. Just to add icing to the cake, the road walk also carried team medals in 2 divisions - under 45 and over 45 - and our over 45 Aussie ladies came in first (Celia), third (Penny) and sixth (Jean), thus blitzing the opposition and taking the team gold by a huge margin.

Well done girls. A terrific effort!



HOBART MARATHON

Ken Matchett (Croydon Vets.)

It has been said before that if you want to finish in the first 100 in a marathon, enter the Hobart marathon! There was a time when the race attracted over 100 entrants, but now it is lucky to have more than a few dozen. It is the same old story; apart from the world's big city marathons, races over such a distance are steadily losing numbers, undoubtedly due to the lack of time available for the long hours of preparation so necessary for such a race. Workplace demands are having such a telling effect.

The Hobart marathon, run on the second Sunday in January, is the first marathon of the New Year in Australia - a first class way of getting back into form after the excesses of Yuletide celebrations. Consistent with the major sponsor's well-known advertisement of a glass and a half of milk in Cadbury's chocolate, the race organizers offer both a full marathon and a half marathon.

The year 1986 was the fourth year that the Hobart "Glass and a Half" marathon had been run, and the first year in which the race became the official Athletics Tasmania State Championships marathon event. It was also, incidentally, my first of seven such marathons (Time: 3:27:55). The course in those days was fairly fast up to the half marathon mark. The race started at the Cadbury's factory at Claremont, north of the city, and ran down to that centre of tourism, Salamanca Place. After that, the course took two loops through the hilly central business district of Hobart, finishing by the wharf at Salamanca Place. At the time I felt that the course, particularly down the Tasman Highway, was a potentially dangerous one due to the volume of vehicular traffic. After a few years it was changed to eliminate this danger.

Today's Hobart marathon takes in two loops of the Cadbury Estate at Claremont and then follows the none-too-easy Ten Mile Hill to the north. After a loop, the race continues south past the factory to the spectacular Derwent Entertainment Centre. The route here is very picturesque and offers some lovely views of the Derwent River, generally serene and calm in the early morning light. The route is repeated for a second time. On the return to the factory for the finish one has to call on a little more effort to combat the very steep hill from Main Road to the factory. Not surprisingly, times are good but not spectacular, the course record being 2:23:59 for men and 3:10:00 for women.

Despite being a challenging race, the Hobart marathon seems to be a popular one amongst interstate runners. The 1998 race organization was good, with frequent drink stations and a most friendly atmosphere. Each finisher within the cut-off time of 4 1/2 hours received a very fine medallion embodying the coat of arms of the City of Glenorchy.

Tasmania has a great climate at this time of the year and there is so much to see in this "Holiday Isle". One couldn't do much better than to combine a marathon (or half-marathon) with such pleasures to get the New Year off to a great start.

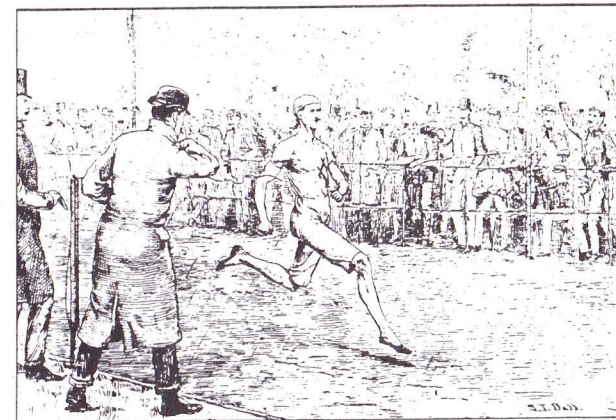


HISTORY OF THE VICTORIAN ATHLETIC LEAGUE

The Victorian Athletic League was formed on the 15th April 1895 at a meeting of clubs promoting professional footrunning in Victoria. The meeting had been instigated by the Stawell Athletic Club, which was anxious to ensure that a standard of ethics was applied to the sport by a controlling body.

In 1907 an office was established in Melbourne and the League began to promote professional footrunning. The League had previously devoted its attention to the formulation of rules and regulations for country towns conducting athletic meetings, and it also acted as arbitrator in any dispute at these centres. The League was primarily responsible for the development of many innovative practices in the sport in the ensuing years, and the sport has experienced many "boom" and "lean" periods as many factors had an influence on meetings throughout the years.

In the mid-twenties the League operated from an office in Brunswick and the mid-week meetings at centres around Melbourne were very popular. With the onset of the depression professional footrunning enabled many competitors to rely on the sport as a source of income. In 1952 the League office was in Essendon, but three years later re-located to Prahran where it remained until 1994. The most recent move was to the current premises in North Melbourne.



The League now administers around 25 to 30 carnivals annually, and caters for some 700 competitors. The carnivals include Bendigo, Maryborough, Wangaratta, Rye, Keilor, Ballarat and of course the prestigious Stawell Gift. These carnivals are a major event on the calendar of the country towns where they are conducted and many interstate athletes compete at the meetings.

The VAL celebrated its centenary in 1995 and with renewed interest in athletics with the approaching Sydney Olympics, looks forward to many more prosperous seasons.

Many of the meetings feature veteran (over 35) events already, and many more would be added if the entries warranted it. The VAL would be happy to welcome members of the Vic Vets to compete at VAL meetings. The handicap system, with open handicaps on events offering less than \$300 prizemoney (sprint events) and less than \$500 (distance events) gives all competitors a chance of winning, with handicaps being calculated on previous performances. Events generally are conducted over 70m, 100m, 120m, 200m, 400m, 550m, 800m, 1600m, and 3200m. Veterans are also eligible to enter in open events if they desire. An annual registration fee is payable along with entry fees to each event. Veteran event only registration is \$45 and Open registration is \$125

Some veteran athletes to have also enjoyed professional running are Terry McGarity, Ann Holcombe, Russell Johnson and Ray O'Connor.

Further information can be obtained from Barry Curley, VAL Chief Executive on 03 9328 1751

ON RACEWALKING AND RELAXING

from Frank McGuire

If we tend to tie up through life's hustles and bustles,
self hypnosis will help relax the muscles.
We'll soon loose those tension pains,
and become calm and relaxed again.

We begin by lying flat on our backs,
and allow all our muscles to relax.
We relax from the big muscles of our thighs,
right to the tiny ones around our eyes.

Our legs become heavier as we lie on the floor,
as we relax more and still more.
We let go our breath, we really let go,
right from our forehead down to our toes.

Anxiety will gradually disappear,
together with our built up fears.
When we are worried about work or paying our tax,
let's rest for awhile and learn to relax.

We'll lose the need to reach for the port,
and find our fears are less than we thought.
All those panic news items and threats of inflation,
will lose their sting, if we learn relaxation.

KNEE STRAIGHTENING RULE FOR AEROBICS WALKING COMPETITION:

The supporting leg must be straightened to the best ability of the athlete as in regular fast walking.

Aerobics walking is also called 'Pace Walking' or 'Health Walking', so with that in mind we conduct regular competition in pace judgement, in estimated time and estimated distance events, in conjunction with handicaps and age groups championships.

Aerobics Walking is for everyone with the main criteria of enjoying a 'Fun and Fitness' exercise on an excellent athletic track in a friendly atmosphere.

Aerobics Walking follows the style of Race Walking in order to turn regular walking into a 'healthy' activity, but avoids the controversial knee rule that eliminates some people from taking part in an excellent low impact exercise.

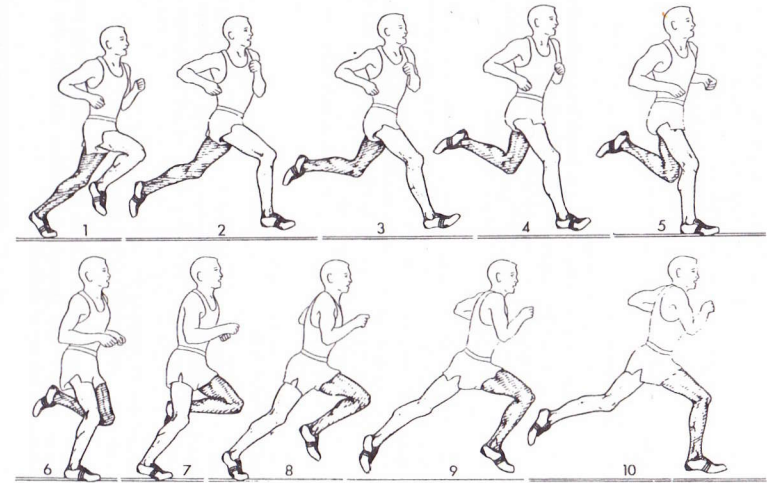
In ancient Greek legend, the gods and goddesses are said to have moved with a special tread, gliding swiftly and lithely.

Although its admitted that not all our walkers fill that description, some do walk erect and seemingly without much effort and are a pleasure to see in action - So why not take the first step!

Dolamore Oval,
Second Street,
Mentone 3196
Each Saturday at 2p.m.
772 2026.

Frank McGuire,
Convener,
Mentone Aerobics
Walking Centre.

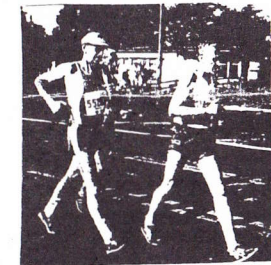
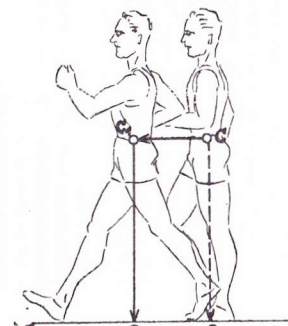
THE MECHANICS OF RUNNING This illustration originally accompanied an article on 'Biomechanics of Running' by by Dr. Donald B. Slocum and Dr. Stanley L. James in the American Medical Association Journal Vol 205, No.11 .



RUNNING GAIT IN THE MIDDLE DISTANCES.

A full cycle of action, with each stride showing the support and forward requirements. The foot strike at normal stride length will take place slightly ahead of the centre of gravity, except when the athlete is overstriding when the foot strike is bound to take place somewhat ahead of the body than normal, creating a restraining force.

Below An illustration from the Mechanics of Walking by Ruddi Toomsalu (Estonia) showing the centre of gravity at the double support phase in walking where the forward leg is acting as a restraining or braking force .



John McDougall and Tom Daintry showing perfect style

DISCUSSION PAPER ON THE AAVAC NATIONAL CHAMPIONSHIPS

Background

During the AAVAC Annual General meeting and following Board meeting, there was discussion on the national championships and other Association championships, including various special events. It was determined at the Board meeting that a sub-committee should be formed, under the chairmanship of myself, to discuss these matters. Following this meeting a discussion paper was to be prepared and circulated for comment.

Meeting

The meeting was convened on 18 October 1997 and held in Sydney. In attendance were myself as Manager, Championships, Wilma Perkins, Manager, Technical Affairs, Peter Crombie, AAVAC Vice President and Peia Bird, Merchandising Manager.

Matters Discussed

National Track and Field Championships

The major concerns that had been noted were as follows:

1. Present system of rotation of hosting rights (perceived to be outdated)
2. Length of championships (now spread to 5 days)
3. No consistency of program from year to year
4. Variations in the Rules of competition (WAVA/IAAF/Local)
5. Lack of input and direction by AAVAC
6. Inconsistencies in policies year to year (eg late entries)
7. Lack of direction on special events

- athletes forum
- championship function
- champion of champions
- relays

These matters were discussed at length. The discussion is summarised and the recommendations are noted under each heading.

Allocation of Championships

The present system has existed since the introduction of Championships, and this is for the right to host the championships to rotate from state to state. Some flexibility has existed in that States have been able to vary their hosting year by agreement with another State. The only other change to this system was introduced at the request of Western Australia, and that was to ensure that neither Tasmania nor WA hosted the nationals in the same year as a world championship. (This was done to protect them against severely reduced numbers resulting from athletes having to make a choice because of costs)

No consistency of program from year to year

This problem has been discussed many times, and whilst AAVAC took the decision some years ago to introduce a standard program, there has been little conformity to this requirement. As a result events have been added and deleted, the order of events has been altered to accommodate availability of officials and facilities and other changes made – all for reasons that we are sure were genuine and the decisions were made in good faith at the time. However the national Championships are the AAVAC's major and most elite event of the season and it is the one real opportunity for athletes to experience top-level competition (the other being the WAVA World Championships)

It is to be noted that the Track and Field Championships are an AAVAC event that is organised and conducted by a member State on behalf of AAVAC. Being an event sanctioned by AAVAC, and conducted under the rules and regulations set and accepted by that body (WAVA/IAAF), we believe therefore that AAVAC has the right to determine the program of the Championships. Therefore it is our recommendation that a program be determined and that it be accepted as Association policy that such program be used and complied with for all future Championships.

Variations in the Rules of Competition

Variations in the rules under which our national championships have been conducted have confused and annoyed competitors and spectators. It was the belief of the sub committee that the full rules of competition must apply at this championship, and that there was no acceptable reason known that should result in any variation to the rules. In making this recommendation, the sub committee noted that in preparing tender documents for the hosting of this championship, AAVAC would need to seek an undertaking from the tenderer that all the required equipment and facilities were available within the proposed host venue to conduct the championships in accordance with the WAVA and IAAF rules of competition for veteran athletics.

Lack of Input and Direction by AAVAC

It was noted that invariably AAVAC has contributed little if anything to the organisation and conduct of the national track and field championships. The organising member States had accepted full responsibility for the event, with AAVAC in fact imposing on the organisers by requesting facilities for meetings be made available, often at the cost of the organising member State. The sub committee considered that AAVAC should adopt a role the same as that performed by WAVA in the World Championships, and in fact do more to assist the organisers to present a successful championships. The imposition of competitor fees also places a responsibility on AAVAC to do something to justify the fee.

It is recommended that the AAVAC Board of Management accept a supervisory responsibility for the overall organisation and conduct of the national track and field Championships, and work closely and co-operatively with the appointed Championship organisers to ensure the success of the event.

The award of the Championships under the present system (up to 1997) was simply a rubber stamp process by AAVAC. States were left very much to their own resources in the organisation and presentation of the championships, including responsibility for any financial shortfalls that may have been incurred. Conversely should the organisers have made a profit they retained that income for use as they saw fit.

Decisions taken at the 1997 AAVAC AGM have changed this situation, in that the organisers of the nationals (commencing in Brisbane in 1998) now have a requirement to collect a fee which is to be passed on to the AAVAC in total. The initial fee has been set at \$20 per competitor. No decision has been made as to whether there will be any flow on of benefits from AAVAC to the host member, in return for this collection responsibility. (This will be addressed later in this paper)

The alternatives available are:

1. Retain the present system
2. Introduce a tender bidding system where all States may bid to host the Championships, (up to 3 years in advance suggested)
3. Introduce a tender bidding system, but retaining the Championships each 3rd year for hosting in either Tasmania South Australia or Western Australia.

The sub committee was in favour of alternative 3, but the following should be noted –

- * consideration should be given to the impact of Northern Territory becoming involved at some time in the future
- * The possibility of one or two states dominating the hosting rights.
- * The majority of members are resident in the Eastern states and the proposed system therefore benefits more members
- * The rotation method has not produced any noticeable growth in membership in smaller States.

Length of Championships

The addition of new events such as the weight pentathlon has created the need for more competition facilities and the requirement to stretch the competition programs over 5 days. (Melbourne 1997). Previously the event had been spread over 3 days, then advanced to competition on Good Friday. It was noted that the Monday has become a part day, traditionally the day for the cross-country, road walks and multi events, with a finish around noon to allow people to return home.

The sub committee recommends that the Championships be held over a four (4) day period, being Friday through to Monday, and that the Monday be incorporated as a full day of competition.

In reaching this decision we determined that one of the main reasons for the early finish on the Monday was to allow people to return home that afternoon. However the frequency of airline services has increased considerably in recent years and we believe it is possible to have a full day of competition and still allow for competitors to return home that evening.

The acceptance of this responsibility will assist with the compliance with the approved program of events, the following of the rules of competition, the acceptable standards for facilities and officiating and the inclusion of all of the special events and other requirements that form part of the national track and field championships.

Inconsistencies in policies Year to Year

The lack of guidelines to competition organisers has resulted in continual changes in matters such as close of entries, acceptance of late entries, fees charged, uniform requirements, check in times and so on. We accept that this has not been the fault of the organisers but has occurred in the absence of clear and precise directions from AAVAC on whose behalf the championships are being organised.

It is recommended that an operations manual for the guidance of competition organisers be developed, and that this manual be made available to all member States. Initially all members would be requested to have input into the content of the manual, with eventually all major competitions being organised in compliance with the established guidelines.

Lack of Direction on Special Events

Over the years there have been a number of special events that have been included in the Championships, some on a semi permanent basis whilst others have been included on only one or two occasions. The expansion of the competition program to include more track and field events has led to the exclusion of some special events. The recommendations are as follows:

Athletes Forum

preferred time being during lunch or after competition, or at such other time as permitted by the program. This event is seen as the one real opportunity that is given to athletes to raise issues and comment on policies that they feel need to be given attention by AAVAC. At the same time the forum provides AAVAC with the opportunity to distribute information to the athletes. It is considered all the AAVAC Board and the Competition Director of the Championships in progress should attend this Forum.

Championship Dinner/Function

The conduct of a Championships Function (usually a dinner/dance) is considered an essential part of every Championship and is therefore recommended for inclusion. This offers an opportunity for athletes, administrators, officials and family, friends' etcetera to mix socially and enjoy the chance to communicate outside the competition arena. This opportunity to build friendships is regarded as one of the strengths of our organisation and should be always retained.

Champion of Champions

The concept of a champion of champions was introduced in Sydney in 1987 and held again in 1988 in Brisbane. Both were most successful. It is recommended that this spectator event be included as part of the program in future years.

The format for the event is recommended to be the winners of each age group 100 metres, handicapped on the basis of their 100 metres time and the assessed level of effort of performance. Where the winner of an age group does not participate, the runner finishing second in that age group will be permitted to take part, however the mark of the replaced runner is to be used.

In the event of there being more runners than there are lanes available, the race will be run in two divisions with times (from both divisions) being used to determine the placings. Note that this event is run in separate male and female divisions.

Relays

The inclusion of relays in the program has been hotly debated with strong arguments both for and against. Nevertheless this is a WAVA competition event and therefore it is our recommendation that relays be included in all future National track and field championships. It is further recommended that the relays be 4 X 100 and 4 X 400 metres. The age groups to be Women 160+ and Men 150+ and 190+. The age to be determined by the age group, not the individual age. It is further recommended that the relays be run Monday as the last sprint event of the day, and that entries to the event close on the day of the event. It is further recommended that the Championships organisers set the entry fee for the relays and that medals be awarded to the first three teams. Further rules would need to be determined and Peter Crombie has supplied a set of rules that he believes are appropriate. These are attached.

OTHER COMPETITION MATTERS DISCUSSED.

A number of matters had been referred to me for consideration and the opportunity was taken to discuss these at our meeting. A summary is provided for your attention and consideration.

Track Events

Running Order of Finals

The procedure for the order of running of finals has been debated for some time. It was considered that the WAVA procedure whereby finals are run, oldest age group run first followed by each group down to the youngest age group, should be adopted. It should be noted that the Women's races are before the Men's races.

Lane Allocation for Finals

In events run in lanes it was determined that the lane allocation for finals should be the fastest qualifier in lane 4, next fastest in lane 5 and so on through to the slowest in lane 8. The lane allocation is therefore 4-5-3-6-2-7-1-8. Where times are submitted as part of the entry, this lane allocation procedure will apply to the heats also.

General Matters Programs

The policy of printing programs that include every competitor's name in each event they have entered, creates a logistical problem for the organisers, and prevents the acceptance of entries after 6 to 8 weeks prior to the Championships. The production of a program of this type is also very expensive. In addition up to 15% of entered competitors do not participate in the Championships resulting in wasted time in putting together a detailed program. Further the adopted practice whereby athletes have to sign in prior to events to enable start lists to be prepared, has reduced the effectiveness of the detailed program.

It is suggested that consideration be given to the production of a Championship program that fully details the competition schedule, the rules of competition, procedures that are to apply for sign in and check in, information on merchandise, functions, services such as engravers, photographers and so on. In addition detailed information should be included such as records (national and world), and could include information on other championships, inclusions for the AAVAC Travel Company and information on member competitions such as the marathon, weight pentathlon etcetera. To this program could be added a computer generated list of entrants that could be prepared within a week of the Championships. This should permit a reduction in the time allowed prior to an event for the close of entries, and prevent many of the problems caused by late entries.

Age Notation

In the WAVA World Championships in Durban, all results were listed indicating the actual placing and performances of the athletes, and including the age graded performance of each athlete. This created a lot of interest and added a new dimension to result discussions. This system has been very popular in the USA for years and there has been interest expressed in our consideration to adding this feature to our results system in Australia. Age graded tables are readily available and these can be incorporated into computer programs to provide the results the same as Durban.

In seeking your input on this suggestion, I might mention that there has been concern for some time that Track and Field numbers in competitions has stopped growing, with a decline in numbers evident in some areas, particularly sprinting. In discussing this matter in Canberra at the recent Australian Masters Games, it was suggested that athletes were not entering because once they were 2 years into an age group the majority was no longer competitive with a chance of winning a medal. This meant that only the young age groupers were entering sprint events, with the older athletes within the group either entering into field events or choosing not to enter at all. The introduction of age graded results could add some interest for these athletes, and perhaps a new set of awards (not medallions) could be considered for the age graded performances. I would like your comments in this matter.

Competing out of Age Group

A request for athletes to be given permission to compete out of their age group, presumably to obtain greater competition, was referred to me for consideration. This request was in respect of the National Championships, as States and Clubs can make their own decisions in matters of this type.

Runners in Final

It was determined that the number of runners who qualify through heats to a final in sprints and hurdles up to 400 metres, be retained at 8, regardless of the number of lanes available. This ensures consistency regardless of the number of lanes available. (Note this can vary from 8 through to 12, depending on where the Championships are conducted).

However, where there is only one person to be eliminated from a qualifying round, the event should be run as a straight final if lanes are available.

Distance Events

Athlete Identification

At the request of athletes it was agreed that in events where age groups are combined, some kind of identification should appear on the back of athletes' singlets to indicate what age group they are in. This will assist following athletes to identify their opposition more easily, and avoid some of the confusion that occurs in this type of event. It is assumed the same problem occurs in distance walks and the same recommendation stands for those events.

Distance Relay

It was considered that the runners concerned should debate this matter, and it is therefore recommended that this matter be listed as a discussion item at the next athletes forum.

Multi Events

Pentathlon

The debate centres on the events included in the schedule, and its inclusion at the expense of the heptathlon/decaathlon. It is noted that the popularity of this event has decreased markedly between 1994 (33-women/74 men) and 1997 (20 women/42 men).

A perusal of past results indicates that prior to the introduction of the weight pentathlon there were a considerable number of throwers who entered this event. That number has dropped dramatically with only 2 women doing both in 1997.

It is recommended that the pentathlon be retained in its present format, with the athletes having the option of reducing the mandatory rest time between events to a shorter time period. The decision to reduce the time period is to be agreed upon by the participants in the pentathlon, and must be a unanimous decision.

Weight Pentathlon

In 1997 at the nationals 27 women and 63 men participated. Problems have arisen when age groups have been combined, with lengthy delays between throws and cooling down occurring. It is recommended that age groups not be combined if there will be resultant delays in taking attempts. The competition director of the championships and the AAVAC Manager, Competitions and Manager, Technical Affairs will determine what is an acceptable number of competitors.

There were several scenarios considered, including the possibility of moving both up and down an age group, (or more than one age group). Also considered were the impact such an action would have on the competitors within the same age group, the age group the athlete moved into and the management of the program. Additionally the decision noted earlier that the national Championships are to be conducted strictly in accordance with the Rules of Competition, which prohibits competitors competing out of their age group, was taken into account. It was the majority decision of the sub committee that athletes must compete in their correct age group in National Championships conducted by or on behalf of AAVAC.

Medallions

It is recommended that the design and type of medalion proposed for the Championships be submitted to AAVAC for approval. This recommendation is not meant to detract from the freedom of host organisations to produce medalions, rather it is intended to ensure that a suitable standard is maintained.

SERVICES AT CHAMPIONSHIPS

It is recommended that all AAVAC National Track and Field Championships have available the following services **PHOTOGRAPHER, PHYSIOTHERAPY, MESSAGE, ENGRAVER, MERCHANDISING, APPROPRIATE CATERING**. It is generally accepted that all of these services should be available at Championships and where host organisations encounter difficulties in obtaining any of the services the matter should be discussed with the Manager, Championships for possible resolution.

OTHER CHAMPIONSHIPS

Marathon

This Championship is traditionally conducted in Canberra, but is available each year for the submission of bids. The awards for this event are AAVAC Championships medalions. It is recommended that this Championship be put to tender each year, as is the present system.

Winter Throwing Championships

This event is conducted in Canberra and attracts throwers primarily from ACT, Sydney and Melbourne. It is the opinion of the sub committee that this is not a national event, rather it is an event organised and conducted in the ACT. The development of the event should be supported, but no official status should be awarded to the event by AAVAC.

Heptathlon/Decathlon

This is a competition event that is not conducted at this point in time by AAVAC. It is the recommendation of the sub committee that AAVAC should conduct a national championship in these events, and it is further recommended that an approach be made to Athletics Australia for this championship to be conducted in conjunction with the AA multi event championships.

Report prepared by STAN PERKINS
Director, Competitions

The Athlete's Psychological Response to Injury

(a collaborative effort...)

The athlete's response to an injury follows an adaptation of the standard "Death And Dying" acceptance model.

First, the athlete is shocked. "What!?!?! Huh?!?!?! *%&^%\$#@*%&^%\$#@#!?!?!!" It is best to keep small children and ministers away from the athlete during the shock phase. However, you might want to record his verbal response and send it to the script-writers for Roy & HG's "Club Buggery".

When the athlete finally passes out of the shock phase, he moves into the denial phase. The athlete refuses to believe that he is injured. He will continue to run on, say, a broken leg, telling himself "Look at those white shards sticking out of my calf! Do you suppose that that is an infection by some bone-white pointy-headed parasite? As soon as this half-marathon is over, I'll have to stop and take a look at that!"

He'll also tell himself that it really doesn't hurt that much - "Hey, this doesn't really feel so *%&^%\$#@*%&^%\$#@#!?!?!!" bad, after all - I mean, it feels better than that time when I was really injured!"

When the pain (or, as is much more likely, the resulting reduction in performance) becomes so great that it can no longer be explained away as "heat cramps", the athlete will have to stop running and walk back to the car. This induces the phase known as "anger", in which the athlete attempts to control a non-controllable situation by standing beside the road and cursing. Athletes will vary as to whom they think is to blame:

- **Themselves:** "I can't believe that I got hurt again! Why, I just got hurt last week? How could I possibly have hurt myself again!"
- **Parents:** "Why did they have to give me these rotten genes? Come to think of it, why did Mum and Dad ever have to meet in the first place? They went and had ME, and so it's their fault I'm injured!"
- **Society:** "If I had had more milk in my school lunches, I wouldn't have had this stress fracture that I ignored that turned into a real fracture that turned into a compound break which now has me bleeding all over the pavement!"
- **Fate:** "Why did God ever conspire with the Devil to do this to me? Why did they give me the desire to run, with a body that isn't up to it? Life is unfair - God hates me - I'm gonna eat some WORMS!"

Next comes the bargaining phase, where the athlete tries to see if he can take enough aspirin to continue to run through the injury. This is actually the first sign that the athlete is truly an unwell human being and needs help. This phase is characterised by the athlete taking aspirin, Disprin, Neurofen AND Royal Jelly all at once.

When the athlete gets a paper cut and bleeds a half a

litre of thin red fluid, he enters the depression phase. The reality of the injury is apparent, and everybody in the office is laughing at him because he walks funny. This depression will be either covert or overt. Covertly, the athlete goes chucks away perfectly good running shoes and stops his subscription to "Fun Runner". Overtly, the athlete actively rejects other's support, telling 'em to "Shut up! Just shut up! I can't run, so I don't give a damn - so there! Nyah! Wah! I could have been a somebody, I coulda been a contender instead of a fat slob which is what I am let's face it mate. It's the end of the world as we know it, and I Feel Fine."

After these stages the athlete will generally enter the longest endurance phase, the Bitch Phase. During this phase the athlete will be intolerable; his mood will oscillate from grumpy to sudden outbursts; he won't sleep well and doesn't like to see happy people, smiling, having a good time. Unable to run, he doesn't think that others should have a purpose in life, and will spill coffee on the proposal that you worked all night on, telling you by way of apology that it really didn't matter in the long run - who gives a damn, anyway? Just leave me alone!

If the athlete lives through the Bitch Phase, he will finally reach the sixth and final stage, Acceptance. Here the athlete acknowledges that he is injured, that he has to rehabilitate, and that being upset or unhappy about it doesn't change it and only makes it worse, for himself and for those around him. His attitude improves, and he sings as he walks down the office hallways. Birds chime in and the sun shines. Rainbows appear and there is peace in the Middle East.

The athlete will know that he has completed the acceptance stage because he will get injured again.

K9 Logic

"Did you ever notice when you blow in a dog's face he gets mad at you? But when you take him in a car he sticks his head out the window!" Steve Bluestone

Dying to Know Why

"I'm desperately trying to figure out why kamikaze pilots wore helmets." Dave Edison

McRedundancy

"I went into a McDonald's yesterday and said, 'I'd like some fries.' The girl at the counter said, 'Would you like some fries with that?'" Jay Leno

from Sydney Striders' magazine "BLISTER"
Sept / Nov 1997

NEW VICTORIAN RECORDS

Age	Event	Name	Performance
W45	Weight Pentathlon	Chris Schultz	4,492 Aust Record
W40	Pole Vault	Dawn Hartigan	3.30 World Record
M70	Shot Put	Rudi Hochreiter	12.82
M70	Discus	Rudi Hochreiter	40.14 Aust Record
M55	400	Ross Kent	57.28
M40	4x200	Steve Zimaris, Russell Johnson, John Freame & Dean Copland	1.48.8
M45	4x200	John Freame, Russell Johnson, Alan Sinclair & Graham Stockdale	1.49.9
M45	4x400	John Freame, Russell Johnson, Alan Sinclair & Gary Mowat	3.51.1
W60	Hammer	Valerie Worrell	32.34 Aust Record
W50	800	Ann Holcombe	2.28.4
W50	1500	Ann Holcombe	5.04.4 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

ACHING LEGS AND BLISTERS DO YOU HAVE TO PUT UP WITH THEM?

A BOOKLET BY MICHAEL GILLAN C.T.T.

ARTICLES PUBLISHED IN THE SCOUT MAGAZINE AND AURA, THE ULTRA RUNNERS MAGAZINE.

HINTS AND PRACTICAL ADVICE TAKEN AND COLLECTED FROM HIS TIME AROUND THE RACE TRACKS AND USED ON THE 1996 NANANGO 1000 MILE (1600 KILOMETRE) FOOTRACE.

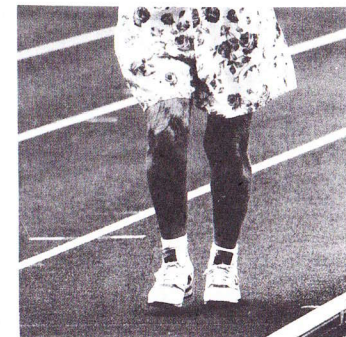
FOREWORD BY SANDRA BROWN LADIES 1000 MILE AND 1000 KILOMETRE WORLD RECORD HOLDER.

THIS BOOKLET COVERS THE BLISTER MANAGEMENT AND MASSAGE SEQUENCE HE USED AND TESTED DURING THE RACE, FOR RECOVERY AND PERFORMANCE, AS WELL AS MANAGEMENT OF OTHER PROBLEMS THAT WERE ENCOUNTERED DURING THE RACE. (Illustrated)

MICHAEL ALSO USES THIS SEQUENCE DURING THE COBURG 24 HOUR RACES.

FOR ONLY \$6.00 plus \$2.00 p.p.

please send to MICHAEL GILLAN
c/o 19 CARRINGTON AVENUE
SEAFORD
3198
VICTORIA



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.

1998

Sunday, 1st March, VVACI Pentathlon Championships. Duncan McKinnon Park, Murrumbreena.

Tunstall Square Fun Run (10km & 6km) Tunstall Square, Donvale. 9am (9890 7007 h)

Sri Chinmoy Royal Park Fun Run (8km & 4km) Brens Drive, Royal Park, 8.00am (9428 6665 w)

Saturday 7th March VRR Tan Handicap & Breakfast (8km & 4km) opp Swan St Bridge, 7.30am (9802 7925 ah)

Vic Baptists Fun Run (16km 11km & 6km) Baptist Church Liverpool Road, Kilsyth South, 9am (9725 8313 h)

Sunday, 8th March, VVACI Throwers Group Weight pentathlon and AGM. Duncan McKinnon Park, Murrumbreena, 12.45 start. Graeme Rose 9836 2350

Courier Begonia Classic (10km) Lake Wendouree, Ballaret, 9.00am, (0353 201 200 w)

Monday, 9th March, Toora Festival Fun Run & Toora King & Queen of the Mountain (14.7km & 6.2km), Saggasser Park and Nursing Home, 10.30am & 9.00am (0356 862 690 h)

Wednesday 11th March, VRR Twilite Tan Time Trial (8km & 4km) near Government House Drive, 6.30pm (9802 7925 ah)

Saturday, 14th March, Kalparrin Fun Run (7km) Kalparrin Avenue, Greensborough, 9.15am (9438 1631 h)

Sunday 15th March, Brighton Mazda 10km Bay Run, 5& 10km Bay walk, plus Roller Blade event. 9555 0043

VRR Yarra Bend (12km & 6km) Yarra Bend Park 8am (9802 7925 ah)

Rotary Bay Run (10km & 5km) Bay Road Sandringham, 8.30am (9598 0227 h)

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

Thursday 16th to Sunday 26th April, State Autumn Masters Games, Ballarat

PO Box 655 Ballarat 3353, or phone 0353 205 730, or fax 0353 335 072

Sunday, 22nd March, Carrington P. S. Fun Run, (10km & 3.3km) Vet categories, Laura Road Knoxfield, Melway 73 B5, 10am, (9763 9600 w)

Mooroolbark Red Earth Festival Fun Runs (10km & 3km) Brice Avenue Reserve, 8.00am (9726 5775 h)
Sunbury Ashes Dash Fun Run (8km & 4km) Salesian College, Rupertswood, 9.00am (9744 6222 w)

Prisoners on the Run (22km & 11km) Yarram Park, Yarram, 9.30am (035186 1200 w)

Eaglehawk Dahlia & Arts Festival Half Marathon (21.1 km & 5km) Eaglehawk Leisure Centre 8.00am (0354 469 620 h)

Barwon Banks Fun Run (10km, 5km, & 2km) Barwon Bridge, Moorabool Street, Geelong, 8.30am (0352 436 336 h)

VVACI Weight Pentathlon Victorian Championships. 10am start first group. Duncan McKinnon Park, Murrumbreena. Graeme Rose 9836 2350

Tungamah 10k Footrace & Fun Run, \$1750 prizemoney, multiple categories, part of Lions Club festival. Les Harrison 0357 485 627, 03 57 485 682. 12noon Tungamah near Yarrowonga.

Strawberry Fair Fun Run/ Walk (10km, 5km, 2.5km) Warrandyte/ Park Orchards, Start cnr. Knees Rd & Falconer Rd. 8.30am (9879-9612)

Saturday, 28th & Sunday, 29th March, VVACI Track & Field Championships. Duncan McKinnon Park Murrumbreena.

Sunday 29th March VRR Angela Taylor Run (10km & 5km) Police Academy View Mt Rd. Glen Waverley 8.30am (9802 7925 h)

Sussan Women's Classic (10km & 5km) Bourke Street Mall 8.30am (9819 6888 w)

Royal Children's Hospital Leukemia Run (32km & 16.5km) Diamond Creek (32km) Arthurs Creek (16.5km) 9.00am & 10.00am (9438 1695 ah)

Canberra Vets Track & Field Championships. Alan Wilson 06 247 5774 h, 06 277 2570 w.

Thursday, 9th to Monday 13th April, Easter, 1998 AAVAC National Veterans' Track & Field Championships Brisbane, QEII stadium, Nathan. QVAC. Judy Cooper, PO Box 564, Rochedale QLD 4123, ph 07 3341 2251, fax 07 3209 2144.

Sunday, 19th April VVACI Throwers Group Weight pentathlon. Duncan McKinnon Park, Murrumbreena, 12.45 start. Graeme Rose 9836 2350

Canberra Marathon, incorporating the AAVAC Australian Veterans' Marathon Championships.

Dave Cundy, 02 4342 7611, or 0417 285 609 mobile.

Saturday, 2nd May, VVACI Road Walks. (10km at 2.15pm & 5km at 3.00pm), Albert Park.

Sunday, 3rd May, VVACI Half Marathon Maribynong River Bike Path, Footscray Boat House, Farnsworth Avenue, Footscray. ****Please note that the Ballarat Harriers Half Marathon has been cancelled.

VVACI Throwers Group Javelin & Heavyweight. Duncan McKinnon Park, Murrumbreena, 12.45 start. Graeme Rose 9836 2350

Sunday, 24th May, VVACI Cross Country (10km) Yarra Bend Park, Clifton Hill.

VVACI Throwers Group Weight pentathlon. Duncan McKinnon Park, Murrumbreena, 12.45 start. Graeme Rose 9836 2350

Sunday, 7th June VVACI Throwers Group Shot put and Discus. Duncan McKinnon Park, Murrumbreena, 12.45 start. Graeme Rose 9836 2350

Sunday 21st June VVACI Throwers Group Weight pentathlon. Duncan McKinnon Park, Murrumbreena, 12.45 start. Graeme Rose 9836 2350

Sunday, 12th July, VVACI Road Race (10km) Braeside Park, Cheltenham.

VVACI Throwers Group Javelin & Hammer. Duncan McKinnon Park, Murrumbreena, 12.45 start. Graeme Rose 9836 2350

Sunday, 26th July, VVACI Throwers Group Weight pentathlon. Duncan McKinnon Park, Murrumbreena, 12.45 start. Graeme Rose 9836 2350

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

Sunday 9th August, VVACI Throwers Group Heavyweight and Discus. Duncan McKinnon Park, Murrumbreena, 12.45 start. Graeme Rose 9836 2350

Adelaide City Marathon SARRC, 1 Sturt Street, Adelaide SA 5000 phone 08 410 1317 or fax 08 410 5303

Saturday/ Sunday, 22/23 August, Coburg 24 Hour Carnival, incorporating the Victorian 24 hour track championship and a 24 hour teams relay, noon Saturday to noon Sunday, Harold Stevens Athletic Track, Outlook Road, Coburg.

*** N.B. This is a postponement from April due to the re-surfacing of the track.

Sunday, 23rd August, VVACI Road Race (10 mile) Princes Park, Carlton.

VVACI Throwers Group Winter Weight Pentathlon and Heavy Weight Winter Championships. Duncan McKinnon Park, Murrumbreena, 12.00 start. Graeme Rose 9836 2350

Saturday, 29th August, VVACI Road Walks. (20km at 1.45pm & 10km at 2.15pm) Albert Park

Sunday, 13th September, VVACI Road Race (25km) Farnsworth Avenue, Footscray, along Maribynong River path.

VVACI Throwers Group Javelin & Shot put. Duncan McKinnon Park, Murrumbreena, 12.45 start. Graeme Rose 9836 2350

Sunday 27th September, VVACI Throwers Group Weight pentathlon. Duncan McKinnon Park, Murrumbreena, 12.45 start. Graeme Rose 9836 2350

Sunday 11th October VVACI Marathon, incorporated in the Melbourne Marathon, to be confirmed.

Saturday to Monday, 3rd to 5th October, National Winter Weight Pentathlon, Canberra.

Sunday 18th October, VVACI Throwers Group Hammer and Discus. Duncan McKinnon Park, Murrumbreena, 12.45 start. Graeme Rose 9836 2350

Sunday 1st November VVACI Throwers Group Weight pentathlon. Duncan McKinnon Park, Murrumbreena, 12.45 start. Graeme Rose 9836 2350

Sunday 22nd November VVACI Throwers Group Heavyweight and Javelin. Duncan McKinnon Park, Murrumbreena, 12.45 start. Graeme Rose 9836 2350

Saturday, 28th November, VVACI 10km Track Races. Knox track, off Rushdale Road, Scoresby.

Sunday 13th December VVACI Throwers Group Weight pentathlon. Duncan McKinnon Park, Murrumbreena, 12.45 start. Graeme Rose 9836 2350

1999

WAVA World Veterans' Games, Gateshead, England. Dates now announced as 29th July to 8th August.

AN INTRODUCTION TO RACE WALKING

by Frank McGuire

This illustrated four page brochure which has excellent coaching advice for race walkers is available to anyone who sends a stamped addressed business envelope to

Frank McGuire
23 Fraser Avenue
Edithdale 3196

AUSTRALIAN UNIFORM

Uniforms now in stock!

If you require an Australian uniform please contact
Peta Crombie
to place your order.

Telephone (02) 9977 6884 Fax (02) 9977 4041

HALF MARATHON

Give Geelong a try.

As the Ballarat half-marathon has been cancelled, Vic Vets is trying other options for a championship half-marathon. This year it will be along the Maribyrnong bike path, starting at Footscray Boathouse on Sunday 3rd May.

However there is a strong chance that from next year we may make our half-marathon championship part of the **Geelong Half-Marathon**, which is on an excellent course along the Barwon River Valley. This established race is highly spoken of by Geelong vets, and they are keen to have us in it.

Why not give it a trial run this year. It is on Sunday, 19th April. There are cash prizes totalling \$2,700 plus sports vouchers and spot prizes. First, second and third cash prizes for four vets categories, 40 to 49 male and female, and 50 plus male and female. That's twelve cash prizes available to veterans. All sorts of other sponsored give-aways.

Enquiries 0352 435 374. Starts 9.00am (8.00am for walkers) at Barwon Valley Fun Park Melway 227 H7.

Entries \$15 up to 15 minutes before the starting time.

I have an entry form I could photo copy for you...Col)

CLUB BONES

Any club - like the human body - is supported by its bones but whereas the human body has a large number of bones, each performing their share of the support, clubs contain only five bones. They are -

THE WISHBONE: This bone is always dissatisfied with its part in the club and is constantly comparing its position unfavorably with others. Wishbones do not carry much of the load of the club.

THE JAWBONE: Jawbones can be recognised by their excessive talking and lack of doing. While a small number of Jawbones in a club may be an advantage in that they sometimes provide ideas, many clubs suffer from an excess of these bones.

THE KNUCKLEBONE: The main activity of Knucklebones is knocking the efforts of others without stopping to consider that each working part of the club is trying to do a difficult job to the best of its ability. Knucklebones would be better off getting on with the task of supporting the club rather than criticising.

THE LAZYBONE: The Lazybone is unfortunately often the largest bone in the club. Lazybones spend most of their time supported by the fifth bone of the club skeleton.

THE BACKBONE: The Backbone supports the club, is always there to carry its share (and often more) of the workload. Backbones whilst often being small in number are big in effort and enterprise. Backbones rarely crumble under the total weight of the club.

These are the five bones of a club. Which bone are you?????

VVACI THROWERS GROUP

Sunday Competition and Training Dates 1998

Duncan Mackinnon Park

12.45 start (unless stated otherwise)

DATE	PROGRAMME	COMMENTS
8 March	Weight Pentathlon	AGM after competition.
22 March	WEIGHT PENTATHLON VIC. CHAMPIONSHIPS	10am start for first group (women). Men contact Graeme.
28/29 March	Vic. Track & Field championships	10 am start for heavy weight. Check entry form for day.
10 - 13 April	NATIONAL VET. CHAMPIONSHIPS	Brisbane
19 April	Weight Pentathlon	
3 May	Javelin & Heavy weight	
24 May	Weight Pentathlon **	** see notes
7 June	Shot Put & Discus	
21 June	Weight Pentathlon	
12 July	Javelin & Hammer	
26 July	Weight Pentathlon	
9 August	Heavy Weight & Discus	
23 August	WEIGHT PENTATHLON & HEAVY WEIGHT WINTER CHAMPIONSHIPS *	12 NOON START
13 September	Javelin & Shot Put	
27 September	Weight Pentathlon	
3-5 October	NATIONAL WINTER WEIGHT PENTATHLON	CANBERRA
18 October	Hammer & Discus	
1 November	Weight Pentathlon	
22 November	Heavy Weight & Javelin	
13 December	Weight Pentathlon ** Social fundraising function afterwards.	** see notes.

BRING ALONG A FRIEND

We would like to boost the number of throwers so see if you can encourage a relative, a friend, a neighbour, or just someone "off the street" to come along and have a go.

FOR MORE INFORMATION CONTACT GRAEME ROSE ON 9836 2350

from W.A. magazine "VETRUM"