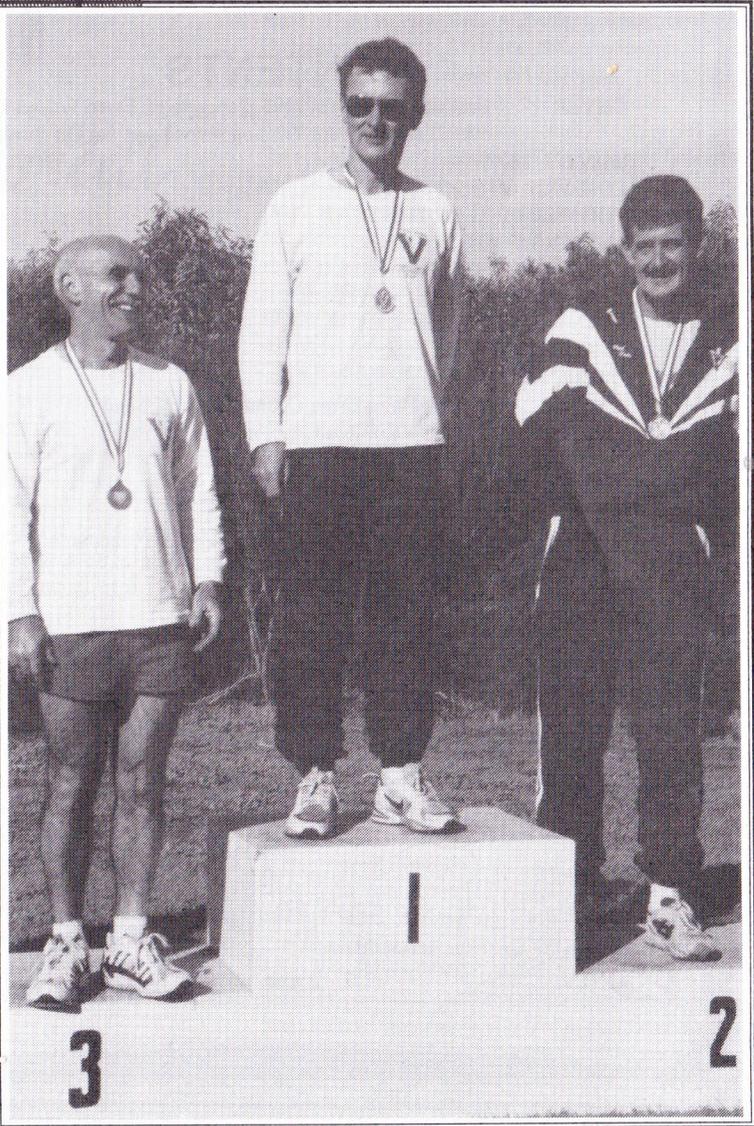


Vic Vets

NEWS AND RESULTS



July
1998

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Dot Browne
(Hon Sec)
Colin Browne
(Editor)
4 Victory St.
Mitcham Vic 3132
(03) 9874 2501



Vic Vets

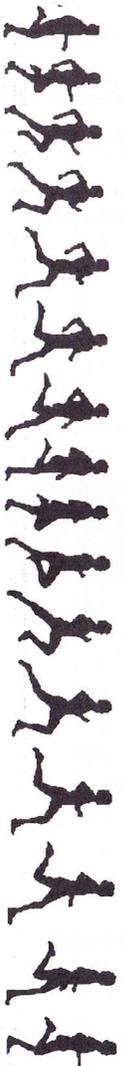
NEWS AND RESULTS

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Editorial

Hello there. Surviving the winter, I hope? Bit hard to get out and run these mornings, isn't it. Still, we are past the shortest day, so it will be getting brighter soon. Just a few items of interest for you. Eric Greaves had a second operation and it has made a huge difference. He attended the last committee meeting, and although he had not intended to say anything, when the old issue of club singlets in the marathon came up, out he came with the old strong arguments. I believe that he ran 10km a few weeks ago, and last week at Braeside he not only presented the medals but ran a 5km lap of the course with Brian and Ann Holcombe. Great to see. Eccles is an inspiration to so many of us, we pray, watch, and hope.

For many of you there is a waiting game going on in various areas. Durban results books and videos is one. A fax from WAVA secretary in South Africa, Monty Hacker, explains that the trust which controlled the finances of the Durban Games has been declared bankrupt, which had the effect of making the results and video footage inaccessible. He says that the results are now in hand but not in a form that can be readily printed. The computer disks need work by an expert to massage them into shape. The lists of those who had paid for videos and results books have gone missing with some highly paid officials. He urges patience. Australia has been able to provide a list of those who paid with their entry fees, so those people should get what they paid for.

Brisbane results books from the nationals are also running late. The same computer program as used at

Durban has not produced the goods. Tom Worrell received pages and pages of printouts but finds the task of editing it for the "Courier" almost impossible. I am inclined to say, with the computer buffs of the past, "Garbage in, Garbage out." We could see in Brisbane from the layout of the program that they would have difficulty making a results book out of that data. Queensland vets had the misfortune of their computer expert having a heart attack on the eve of the nationals, so we can feel for them. Again we urge patience. By the way I shouldn't call them Queensland vets any more. They voted at their AGM for a name change to Queensland Masters Athletics. So one state has bit the bullet. I wonder if others will follow.

The third area of waiting has been Gateshead. A page from a British vets magazine, kindly sent by our Vic Vet in England, Peter Barber, tells us that entry booklets and forms will be available in Britain at the end of June. It also describes the three track venues and the outside venues. I will include it inside. Frank Rogers also has a page on Gateshead. He has held off final arrangements while waiting for the British vets to decide on a national championship date and place which we could use as a warm-up meet.

Other future events include the marathon and the longer races leading up to it. VVACI has a 10 miler at Princes Park on 23rd August and a 25km on 13th September. There are other distance runs offered by our friends in other groups such as the Vic Road Runners, Coburg Harriers, Sri Chinmoy and local fun runs. Consult your calendar in this mag for dates and contact numbers. The marathon itself will be incorporated in the Melbourne Marathon on 11th October. We will try to spot all VVACI runners at the finish line so it is essential for them to be wearing the VVACI singlet or they may be missed.

We have had two very delightful 10km runs in the last month or two. We cracked it for good brisk winter weather at both the Yarra Bend Cross Country and the Braeside Park Road Run. Both events were well attended by seventy-odd people, both were very well organised and each saw some fine performances. Read about them in this issue.

Back at the venues two more twentieth birthdays come up this year. Following Collingwood's in May, Croydon had theirs in June, and Mentone will celebrate theirs at the Mike O'Neill night on 2nd December. The tradition grows. I get contributions of Vets' history from time to time and would like to publish it all, but it often misses out in the interests of present news. This little mag has a limit of 36 pages: otherwise it

goes up into a more expensive postal category. But I will try to get more history in. From past to future. We are trying to join the internet age by having our own web site. We are well on the way now with a home page being designed by Brendan O'Shea. Should be good. On the national level, AAVAC will have its annual council meeting in early September. There are proposals afoot for changes to the way we run the

national championships. AAVAC had an appointee for the position of salaried executive officer, but the person withdrew after a brief stay. That position remains unfilled. Tom Worrell, Director of Development, met the VVACI committee recently and presented his ideas on the way the vets should go nationally. It is good stuff, and you can read it in the "Fly on the Wall" page. So there you are, a few things to think about. Cheers

Colin Browne

The Wedding of the Year



Clyde Riddoch and Rose Godde were married on 14th June at Caulfield Gardens. Lots of Clyde's vet mates were there to celebrate with them.

**By our roving reporter, Dot Browne.
Photo by Celia and Tony Johnson.**

Well I never thought I'd see the day. That young desperate Clyde Riddoch finally getting hitched. Rose is her name, and she's gorgeous. Bubbly, effervescent and with a mind of her own. She's into organising dance groups from around OZ and overseas. An interesting job. The old Clyde might cop a bit of culture if he doesn't watch out.

The wedding was a special affair. The location was in the glass Conservatory amid palms and potted plants in the Caulfield Gardens and the few hitches that occurred made it a unique event. The guests were an interesting bunch with an observable contrast between the flamboyant, extrovert friends from Rose's artistic connections and the comparatively conservative bunch of veteran athletes. (Terry Baldwin broke the rule though. As usual he was as noticeable as ever with a rock-star suit with different coloured sleeves. We were all disgusted to observe that his famous striped long socks were missing though. Not good enough Terry!) Rose looked magnificent with a flowing chiffon gown embossed with apricot coloured roses, which was enhanced by the beautiful posy of apricot roses which she carried, and which Clyde wore in his buttonhole. However the colour at times clashed with Clyde's rosy embarrassed red face. He mainly stood and grinned at everyone widely all day while the action happened all around him.

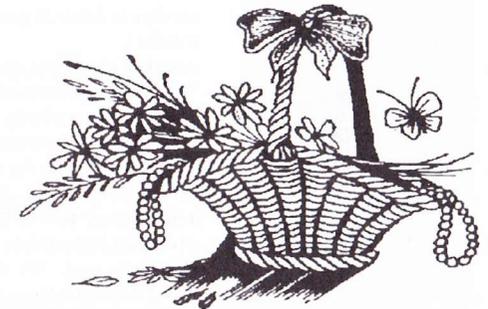
Many of Clyde's pentathlon mates were there as well as many of the Vets committee. So when the wedding ceremony was nearly an hour late getting started due to a medical problem with Rose's step-father coming from interstate, the Vets simply had an extra committee meeting. The trauma didn't seem to phase Rose one little bit, but Clyde was noticeably edgy. She breezed in the conservatory door, dragging Clyde on one arm and announced what had happened and that we'd all have to wait. Cool as a cucumber. She was magnificent. But after an hour, they started the ceremony anyway. Because of the absent family members, two of the artistic connection had to give Rose away while another took over the role of MC, with no preparation whatsoever. She hurriedly made a few notes about who followed who and we were off and running so to speak. But the moment the MC mounted the ornate bridge in the middle of the Conservatory, she dropped her rough notes into the pond below her and had to peer over the railing at the

sodden sheets floating on the top of the water to see who was supposed to speak next. Rose's mates were fantastic and carried off the whole ceremony without missing a beat and with heaps of flair. Nothing phased them.

When it came to the important part, we wondered if Clyde was going to actually get the vows out as he croaked his way through them. His voice seemed to have let him down.

The toasts were the highlight of the day. The first move made by the substitute MC was to ask people to turn off their mobile phones. Then as she was explaining that the real MC had been unavoidably detained in Canberra, a mobile phone rang. Unable to turn it off, she decided to answer it, standing up there in solitary splendour on the bridge. It happened to be the real MC ringing in from Canberra to make his apologies. Ever the opportunist, our substitute MC then relayed what the real MC would have said if he had been there, one sentence at a time, finishing up with "Raise your glasses and drink to the health of the bride and groom".

And so the makeshift ceremony proceeded. Speeches were called from the floor, and the arts brigade dominated for awhile with their confidence and humour. But Ted McCoy, pushed forward, without warning, by Tony Bradford, put the vets right back into the game with a great impromptu tale about Clyde's exploits in Durban. It was clear to the vets that Clyde was moving into a vigorous, outstanding group of personalities, but we hope that our contingent of fit and handsome vets gave the other side a similar feeling about Rose's move. It was a happy wedding of the arts and sport, a memorable event in all sorts of ways. We wish them all the best.



Letters to the Editor

Farnborough
Kent, UK

Dear Colin,

Thank you for my Vic Vets News and Results, came just at the right time.

Having lived in Melbourne for a number of years, and a very active member of the Vic Vets throwing Group - Roy Foley and company, and Doncaster A.C., I thought you might like a little snippet of news from the U.K. for your next issue of the Vic Vets.

Returning back to the U.K. 18 months ago for family reasons, I joined my local athletic club - Cambridge Harriers which runs a side in the South of England Vets league., and was throwing the hammer around the 38 metres. Knowing that this year I would be stepping up to the 65-69 years group, a hard winter training programme was carried out. The result being that in the Southern Counties Championships last week I broke the British record with a throw of 41.09 metres, the previous best being 39.46. competing at the British Championships in July in Newport, Wales, and the European Championships in Italy in September, with fingers crossed.

We are all looking forward to meeting the Vic Vets at next year's World Championships at Gateshead, U.K. Until then regards to everyone.

Yours in sport

Peter Barber

M65 hammer & weight pentathlon

Colin,

your readers will have been puzzled by the inclusion of my name in Bill Kyles reply to Keith Routleys letter on the correct wording & punctuation of the title represented by the letters AAVAC. The truth is, that I have also been guilty of a fussy & pedantic article trying to restrict writers to the archaic grammar surrounding the use of the words "athletic" & "athletics" [in another running magazine which Bill & I read].

I hereby retract & repudiate that article & in particular I acclaim the death of the apostrophe. I vow that I will never again use the apostrophe to indicate possession. Like all modern languages, English is a living & developing thing. One characteristic of the development of modern English is the gradual disappearance of the apostrophe.

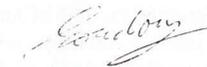
Bill has a wife, Bill has a gold mine, Bill has friends, Bill has a temper & Bill has a leg. All of these possessive cases can be expressed in modern English without the use of an apostrophe. Bills wife, Bills gold mine, Bills friends, Bills temper & Bills leg. Modern English readers will readily understand that it is the intention of the writer to indicate that Bill possesses these things [in the grammatical sense, if not in the legal sense]. Get with it Colin, program your spell checker to delete all possessive apostrophes from future issues of News & Results!

Another sign of the development & growth of modern English is the use of "athletic" as an alternative for "athletics" [a usage recognized by the OED]. "Athletics" is gradually being displaced by "athletic" in popular usage & soon "athletic" will be defined in dictionaries with two meanings. Let us hasten this change by banning the use of "athletics" from Vic Vets communications. Let our clubs be "athletic clubs" & our tracks be "athletic tracks".

Join with me Ken & Bill; repudiate these archaic tendencies. We don't let advancing years dictate how we use our bodies, free up your minds also, don't cling to the past. We don't want Vets publications cluttered up with fuddy duddy correspondence trying to impose the rules of the past & seeking to make

the Vic Vets the last bastion of archaic grammar. No more from the "three wise men" please!

Soon we will be a republic. We will make our own laws for governance & drop the ancient institution of the English monarchy. So too, we can make our own rules for creating a *dynamic Australian language*. **A language not doomed to stagnate by the archaic grammar of the Queens English.**



Gordon R Burrowes

Dear Colin,

I hate writing letters, but a 'jewel' from Rudi Hochreiter published in a recent issue of "Vic Vets" stirred me to put the record straight for the interests of future historians.

Rudi writes about a meeting held at the Walker's Club rooms at Albert Park, which he quite erroneously describes as the "Foundation Meeting" of the club, and those who attended, as "Foundation Members."

Not so, I'm afraid, the meeting he refers to was no more than a second gathering which we 'founding members' arranged to elect annual office bearers and complete other necessary administrative measures.

The actual 'founding' of the club took place under the chairmanship of Wally Sheppard at the rooms of the Richmond Athletic Club. Wally had circulated notice of the time and place of the meeting to the various athletic venues throughout Melbourne, to all who were interested in establishing a Veterans Athletic Club in Victoria.

Although only about twenty bods turned up (Keith Routley, elected as Treasurer, as one of the few surviving members who was present may have the details), it was unanimously agreed to establish a Veteran's Athletic club, and in confirmation, we each put a 'fiver' in the kitty to finance publicity and the subsequent meeting at the Walker's Club.

On a personal note, I've had some health problems, but still manage a daily five kilo. jog along the beach before breakfast and several rounds of golf a week - but my competition days and six Australian Sprint titles are now long lost in the mists of time.

Regards to all,

Yours Sincerely,



JOE TENNANT.

NO. 34.

Dear Dot, Dear Colin,

I need to apologise for our past secretary who failed to ask your permission for us to apply for the 2002 Oceania Veterans Games to be held in Geelong. When discovering that negligence, it was too late to do anything about it as our application had to be at the Oceania Games committee by the 30th of June.

However, I shall briefly explain to you how this happened. When competing in NZ last January, I was involved in some discussion about the venue for the 2002 Games and it was pointed out to me that Queensland was not interested, NSW had their hands full with the Olympics and one of the Victorian athlete said to me "Why not Geelong?"

Geelong is well situated for such an event and transport and accommodation is only a short distance from Landy Field. We have the officials and facilities to run such an event satisfactorily.

When I returned from the Games, I put this proposal to our Board of Directors and being a Life Member of the Geelong Centre with over 40 years of involvement, my recommendation was favourably accepted.

I have as the acting Games coordinator sent quite a few letters to the various personalities and as you can see from the brochure, we have received the support we needed to launch such an application.

I am enclosing our official application to the Oceania Games Committee as a complimentary issue to you and if Colin wishes to publish any details in the Vic Vets he is quite welcome to do so now, since our application has been lodged. Since we are the only Australian Association making this application and since Fiji, NZ and Norfolk Island have had them twice, we have a pretty good show to get them.

We will surely need some help from the Victorian Veterans Association when the time comes and by that I mean, officials, Weight equipment, (shots and Heavy weights) and a computer wizard to work out the points for the Decathlon, Pentathlon and Weight Pentathlon.

However, there is plenty of time to worry about details at this stage. I sincerely hope that you and your committee give us the support needed and that you pray with us that our application is successful.

Yours sincerely, *Rudi Hochreiter*

Rudi Hochreiter
(Games Coordinator)

Colin,

just a short note to correct an error I made in my report on the WAVA % Perf figures for the results of the Victorian Championships.

My calculations were correct for Jan Davies Heavy Weight throw & they were calculated against the correct standard but, I mistakenly reported that she threw a 12lb weight. In fact Jan threw the 16lb weight, which is the correct weight for her age.

Jan tells me that she is now throwing the 16lb weight consistently over 14M, which would put her well above 100% WAVA % Perf.

Gordon R Burrowes
Gordon R Burrowes

(Ed: an edited transcript of a fax from Monty Hacker, Secretary of WAVA, who lives in South Africa, dated 17/6/98)

Dear Fellow Athletes,

I write this letter to you to inform you of the status of the results and videos for which you have been waiting over an inordinately long period of time, many of you very patiently... This circular is intended to inform you that the videos are now ready and that the results are virtually ready and merely require final and satisfactory editing into a format for printing. I therefore urge you to exercise just a little more patience so that, hopefully, the results and the videos can be distributed to all who paid for them before the end of next month.

...To enable you to understand the problems faced by Basil Carnie and helpers to produce the results, I will mention a few of the difficulties:

1. The person who captured the results at the competition, as well as the portfolio head of the LOC under whom he functioned have both allegedly made themselves totally unavailable and inaccessible to Basil and Linda barron, the C.E.O., with regard to information, disks, original paperwork and even contact.
2. Linda, who was a highly paid official, was only of limited assistance and after numerous promises to do so, eventually furnished Basil with computer disks containing only certain of the results and featuring numerous errors.
3. Linda, despite promising to do so, failed to provide lists of names and addresses of athletes and officials who had paid for results and videos.
4. The trust which had been registered to control the financial aspects of the event has, as a result of the Durban City Council having reneged on its undertaking to pay a further amount of R2,000,000.00 (due under its underwriting obligations), been declared bankrupt and all the assets of the Trust including its records have been placed in the hands of a Trustee. As a consequence, it was only very recently possible to gain access to gain access to these records with the permission of the Trustee.
5. In these records no lists of the names and addresses of the persons who had paid for results and videos could be located. However by the long method of inspecting every entry form it has been possible to extract the details of prepayments, as well as a limited amount of information concerning payment made for results and videos at the event. Lists have been prepared and are in my possession. Nevertheless there exists the real likelihood that these lists are incomplete...
6. In finalising and typing the corrected results, Basil has used a format which is not ideally suited to printing, for a number of reasons. The most important reason being that for those events in which there were heats, they have not shown the results of the heats and semi-finals, but have merely graded performances from best to poorest. To have printed in this format would have caused a worse outcry and barrage of complaints than the present lateness of printing is causing.
7. The placing of these results in a proper format required major changes to be made to the computer disks (using the Hi-Tek Management Programme), something which Basil and his secretary were unable to do.

Fortunately Rex Harvey is in a position to make the necessary changes ... and has agreed to do so ...The computer disks and results pages have been couriered to Rex ...hopefully to be returned to me to send to the printer ...

(Ed. plus more stories of misunderstandings and disasters)..

I must therefore apologise for the further delay and beg your indulgence, with the assurance that everything possible is being done to provide you with your results ... and videos ... as soon as is humanly possible.

Please rest assured that this circular is not intended as a delaying tactic but merely to explain the position to you and to obtain your understanding of the extremely difficult and trying circumstances under which these volunteers have been labouring.

Yours sincerely

Monty Hacker



Wheelchair athlete Rebecca Feldman in training at Croydon with Yarra Ranges Council's social club secretary Pam Harris.

Dreams come true for athlete

AS the 2000 Sydney Olympics draw closer, young Australian athletes like Rebecca Feldman are striving to realise a dream. But for Rebecca, aiming to take part in the 2000 Paralympics in track wheelchair racing, the dream is nearing reality as she has been given a sponsorship boost from Yarra Ranges Council staff.

The 16-year-old athlete is looking to compete in a number of high-level races, and while the opportunities are there, the money needed is proving difficult to find.

But Rebecca will be heading to England next month to compete with the Australian Paralympic

team in the IOC World Athletic Championships, with backing from council's social club staff.

Yarra Ranges Mayor David Hodgett said that Rebecca fulfilled the criteria guiding the club's inaugural sponsorship choice, which came down to where she lived, her need for the backing and her potential.

"I commend the social club on its initiative and join my fellow club members in wishing Rebecca every success at the forthcoming championships in England.

"Hers is a gruelling regime, training six days a week and often travelling long distances to a suit-

able training venue," Cr Hodgett said.

Born with cerebral palsy, the Upper Yarra Secondary College student has pushed her disability to the side to perform in horse riding, swimming and tandem bike riding. And as an emerging achiever in a sport that looks set to gain greater coverage in the lead-up to the Sydney games, Rebecca has enjoyed numerous successes, holding five Australian records and one world record. She also won a Department of Education Sporting Blue Award earlier this year, presented by top paralympian John Lindsay.

OUR KIDS IN THE NEWS

Two children of well-known vets have gained selection for international competition in recent weeks. Peter and Bernadette McGrath are proud of their son, Dominic, 26, who has been selected to represent Australia in the Commonwealth Games at Kuala Lumpur in September. His event is the gruelling 50km walk, on the last day.

Dominic, a builder and to be married next year, has been a keen sportsman since childhood. He showed some talent as a hammer thrower in his teens, but Mum advised him that he was not big enough to go far in that. He specialised in race-walking from age 17 and now his hard work has paid off. We will watch eagerly on September 21st and support him all the way.

20yrs at Croydon

by Colin Browne

Croydon's 20th birthday was held on a frosty Tuesday, 16th June. A very good turnout of over 100 people, some of whom we hadn't seen for a long time, came along to support the night. We had all the past venue managers, except Lavinia, who was in South Africa to run the Comrades ultra-marathon. There were Ray Callaghan, Lindsay Howard, Jeff Briggs, David Sheehan and present manager, Les Clark. It was fantastic to see Eric Greaves there, looking so much better, even able to make a bit of a speech. The second operation has relieved lots of his distress.

We were grateful to have people from other venues

over to visit us - the Petroffs, David Wear, Alex Harris, the Herberts from East Burwood, our pres, Rob Waters from Aberfeldie, Kevin McGrath from Caulfield, our retired secretary, Peter Colthup and Marge, Chas McRae from Knox and others perhaps that I have missed. And lots of ex Croydon faces we haven't seen for a while - Bob Moss, Phil Soderstrom, Ismet Bachsiner, Billy Baxter and fiancée, Maryanne Dowling, Gerry Robinson, Richard Huggins, Judy Walters. The events were nominate your own time (or distance) and were eagerly contested. The supper was incredible. You could hear the legs of the table groaning.

NEW VICTORIAN RECORDS

Age	Event	Name	Performance
M50	10k Walk	Andrew Jamieson	47.30 Aust Record
M50	20k Walk	Andrew Jamieson	97.20 Aust Record
W50	20k Walk	Celia Johnson	115.00.1 Aust Record

Performances from any meeting (eg Athletics Victoria Interclub) can be claimed as a record. Before I can investigate 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

Vic Vets News and Results July 1998

VETS IN THE NEWS

Well known vets from Croydon venue, Robin and Phil.

Tandem effort for charity

RINGWOOD'S Philip Soderstrom and Robyn Speering will make a tandem contribution to LifeCycle 98 this Sunday (May 31).

The pair will ride a tandem bike in the Bicycle Victoria event, which is supporting the Australian Kidney Foundation for Organ Donor Awareness Day on May 31.

There will be a number of rides in the eastern suburbs for the LifeCycle event, which is supported by *Leader Newspapers*.

Mr Soderstrom, 51, and Ms Speering, 48, will take part in the most challenging ride — 140km through the hilly Dandenong Ranges.

The ride starts and ends at Jells Park.

Converted marathon runners, the pair has been riding tandem for two years, which Mr Soderstrom said was a little easier on the joints.

Mr Soderstrom said it was much harder to ride a tandem bike, especially up the hills.

He said people should be encouraged to take part in the event to help support Organ Donor Awareness Day.

LifeCycle rides in the local area include a 15km Ringwood ride, starting at Bedford Park, and a 17km ride in Bayswater, beginning at Bayswater Park.

For details call Bicycle Victoria on 1800 639 634 or for organ donor inquiries call the Australian Kidney Foundation on 9866 3300.



Good cause: Philip Soderstrom and Robyn Speering will ride 140km for LifeCycle 98.

848CS301

\$32 per head
BYO drinks
3 course meal
7 - 12 PM

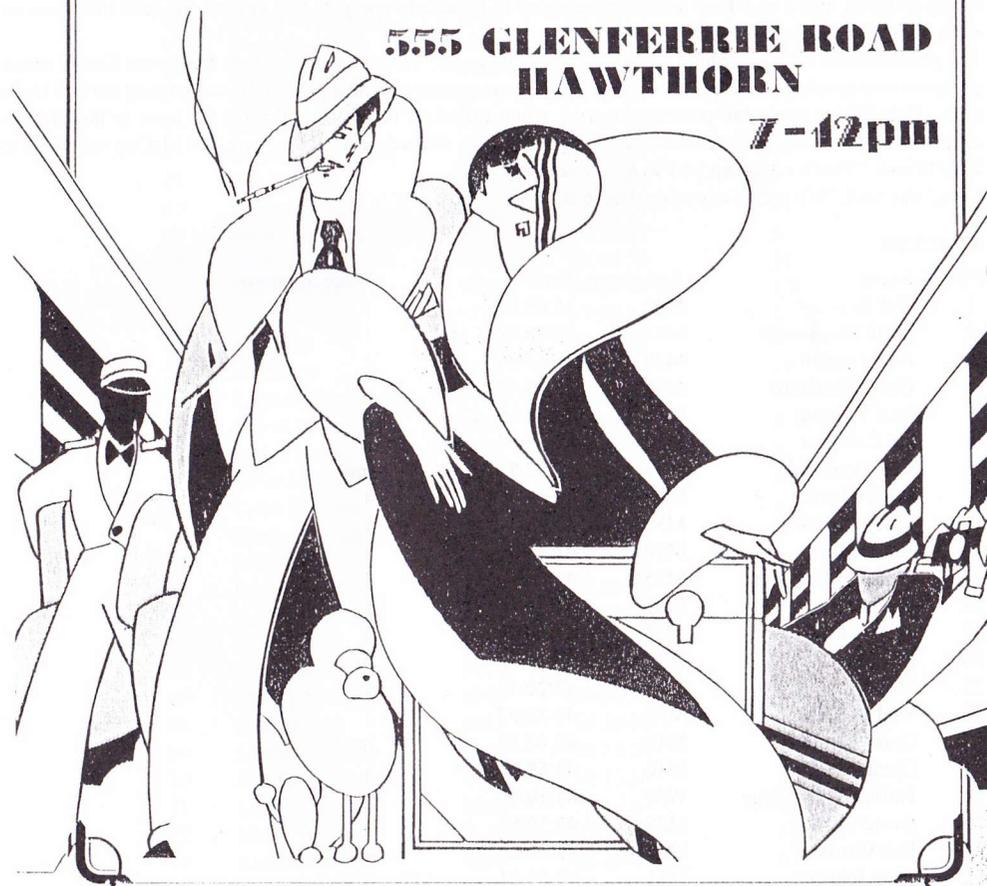
VICTORIAN VETERANS'
ATHLETIC CLUB
ANNUAL

DINNER
DANCE

FRIDAY 13TH NOVEMBER, 1998
HAWTHORN RECEPTIONS

555 GLENFERRIE ROAD
HAWTHORN

7-12pm



Tickets:
Dot Browne
Ph. 9874 2501
Fax: 9873 322

VVACI 10KM CROSS COUNTRY

Yarra Bend Park, Sunday, 24th May 1998

Seventy-odd Vic Vets joined a goodly number of VCCL runners to do the 10km cross country at Yarra Bend Park on a cold, bleak, windy day at the end of autumn. A forecast top of 14° did not deter the starters. Collingwood Vets had done a great job in marking the course. It was a true cross country with thick, wet grass, some mud, hills and a strong wind. There was a feeling of being out there in wild nature.

The placegetters were Phil Bowes M40, first overall in 35m 00s, Keith Macdonald M45, second in 36m 23s, and Paul Bennett M40, third in 36m 53s. The first woman was Patrina Trowbridge W50, in 43M 19s, second was Wendy Grace-Williams W40, in 45m 32s, and third was Annette Pelgrim W40, only two seconds later in 45m 34s. That must have been a great finish. Full results below.

Other remarkable performances were those of Alan Burgoyne, in running 10km at 83 yrs, Randall Hughes, doing 44m 38s at age 74, and Garry Stewart, not long in the vets, taking out the M50's with 41m 23s. Bert Pelgrim, Bob and Lavinia Petrie showed that they were well into their preparation for the Comrades Ultramarathon in South Africa. Shirley Young too was in the midst of strenuous preparation for ultra races, having run 60km on the track on the previous Friday as training for the Coburg 24 hour race. Race walkers, Clyde Riddoch, Celia and Tony Johnson were glad to be able to compete this year as for once there was no clash with the road walks date.

The presentations were notable in being a warm social event. Tributes were made to the absent Eccles whose presence was deeply felt. Tony "Rocket" Williams was presented with a plaque for outstanding service to the club. Rob Waters made the presentation and, when called on to respond, Rocket for once in his life was speechless. We all enjoyed a sociable morning tea. As we walked out to the carpark Ted McCoy called out to Judy Wines, "That's a big bag you've got there, Judy." "Yes," she said, "It's got all my cosmetics in it."

RESULTS

Place	Name	Age-group	Time	Place in group
1	Phil Bowes	M40	35:00.64	1
2	Keith Macdonald	M45	36:23.59	1
3	Paul Bennett	M40	36:53.10	2
4	Gerald Sofianos	M45	37:39.48	2
5	Paul Twining	M45	38:08.25	3
6	Joe Campesi	M40	39:25.04	3
7	Rod Goodwin	M55	39:37.83	inv
8	Ernie Stewart	M45	40:19.05	4
9	Garry Stewart	M50	41:23.33	1
10	Jim Ingham	M50	41:25.09	2
11	Graham Philpott	M55	41:28.14	1
12	David Jones	M45	41:55.51	5
13	Ted McCoy	M55	42:02.20	2
14	Paul Ban	M40	42:10.43	inv
15	Phil Twining	M35	42:26.46	1
16	Paul Mullens	M55	42:32.97	3
17	Garry Meyer	M40	42:44.10	inv
18	Glenn Clayden	M40	42:58.74	4
19	Patrina Trowbridge	W50	43:19.86	1
20	David Paynter	M55	43:19.86	4
21	Bob Curtis	M55	43:25.80	5
22	Tony Johnson	M55	43:55.54	6
23	Dennis Ardley	M50	43:59.48	3

24	Neil Salvano	M45	44:15.01	7
25	Rob Baulch	M50	44:28.45	4
26	Randall Hughes	M70	44:38.19	1
27	Graeme Paul	M40	44:39.95	5
28	Keith Moody	M50	44:57.19	5
29	Ron Little	M50	45:09.57	6
30	John Howes	M60	45:31.79	1
31	Clyde Riddoch	M40	45:32.21	6
32	Wendy-Grace Williams	W40	45:32.62	1
33	Annette Pelgrim	W40	45:34.44	2
34	Gerard Riviello	M70	45:39.48	5km
35	Rob Waters	M50	45:52.77	7
36	Frank Hargraves	M55	46:02.55	7
37	Ron Wilson	M60	46:12.02	2
38	Gordon Stephen	M40	46:29.93	7
39	Bill Page	M65	47:11.83	1
40	Bob Lewis	M70	47:22.37	2
41	John Peacock	M60	47:37.48	3
42	Sonya McLennan	W45	47:46.30	1
43	Norm Cameron	M50	47:58.70	8
44	Stephen Barker	M50	48:26.23	9
45	Graham White	M50	48:30.46	10
46	Chas McRae	M65	49:02.16	2
47	Domenico Morina	M55	49:16.51	8
48	Len Hallett	M45	50:07.04	8
49	Kevin Browne	M60	50:48.34	4
50	Peter McGrath	M55	51:39.75	9
51	John Dean	M50	51:44.75	11
52	Dot Browne	W55	51:58.40	1
53	Celia Johnson	W50	51:59.06	2
54	Les Jarry	M65	52:06.01	3
55	Bill Ryan	M55	52:10.75	10
56	Rhonda Trengrove	W50	52:30.16	3
57	David Jones	M60	52:30.51	5
58	Jock Cravana	M60	52:51.80	6
59	Steve Jordan	M40	52:54.23	inv
60	Colin Browne	M65	52:58.35	4
61	Margaret Cassidy	W50	53:01.97	4
62	Judy Wines	W60	53:52.60	1
63	Bernie Goggin	M60	53:58.85	7
64	Denise Hardman	W45	54:11.43	2
65	Jane Sturzaker	W45	54:44.42	3
66	John Yates	M70	54:58.97	3
67	Shirley Young	W65	56:00.28	1
68	Ben Morrey	M65	56:39.02	5
69	Lorraine Ardley	W45	56:55.06	4
70	Heather Johnstone	W50	58:13.16	5
71	Les Cations	M40	58:37.14	8
72	Melva Black	W50	63:15.57	6
73	Alan Burgoyne	M80	65:25.00	1
74	Gordon Burrowes	M60	68:04.82	8

VVACI 10km ROAD RACE

Braeside Park, Sunday, 12th July 1998

by Ted McCoy

After a wintry July week featuring hail, sleet and single digit daytime temperatures the weather gods smiled and race day dawned cold and chilly but fine with the sun shining. As deputy, acting, substitute, assistant and stand-in club captain for the day and having overall responsibility for the conduct of the event I arrived at the venue, Braeside Park, to set up when to my delight who should drive in to help but our legendary real club captain Eccles and his great support crew "She who must be obeyed", Wendy. Eric has rallied dramatically since his 2nd operation of a couple of weeks ago so much so that, believe it or not, as well as helping to set up the course he actually ran 5k- a thrill to see for his legion of running mates. Les Clark, our multi-talented Croydon Manager, fired the gun to send 74 vets on their way and then took up his post as chief finish official to show his versatility. As usual racing was keen and competitive around the picturesque and slightly undulating circuit on a largely crushed rock road surface- not super quick but kindly to ageing ankle, knee and hip joints Ewen Wilson led the field across the line as overall and M45 winner in the very smart time of 35-44. Alan Bennie's overall 4th placing and M50 winner in 36-58 was a great run as was Barry Fry's 8th overall and 1st M55 in 38-24. The hum of the animated post-race chatter, as everyone enjoyed a well-earned cuppa, was matched by the hum of the generator generously supplied by the park to supply energy to the urn.

It was a great joy to everyone to have Eccles present the medals- particularly the girls who were on the receiving end of the enthusiastic mandatory, congratulatory kiss.

A very emotional time for all.

Of course the success of the event was largely due to the volunteers- so a special thanks to Louis Waser, Ian Cassell, Jean O'Neill, Eddie Gamble and Jan Morrey (Mentone venue); Wendy Greaves, Celia Johnson, Val Paton, Lyn Crouch, Kevin Campbell, Tony Doran and Alan Bennie (Springvale venue); Les Clark (Croydon) and the McGraths, Peter and Kevin from Caulfield. Their teamwork ensured an enjoyable and memorable event.

RESULTS

AGE	PLACE	NAME	TIME	AGE	PLACE	NAME	TIME
W35	1	Elvira Petracca	42-53	W45	1	Janice Wright	43-35
W40	1	Wendy-Grace Williams	42-17		2	Marlene Gourlay	46-06

W50	1	Margaret Cassidy	50-42	M55	1	Barry Fry	38-24
W60	1	Anne Callaghan	57-08		2	Ted McCoy	39-47
W70	1	Corrie DeGroot	57-29		3	Tony Johnson	41-00
M30	1	Thomas Boyd	38-58		4	Paul Mullins	41-39
M35	1	Ric Atkins	36-54		5	Bob Curtis	41-43
	2	Shaun Exton	38-19		6	Juan Perez	42-35
	3	Mark King	39-34		7	Ron Little	43-15
	4	Phillip Twining	40-12		8	John Kneen	43-28
	5	Ken Bocock	40-44		9	Dick Jeffrey	43-37
	6	Andrew Tunne	42-13		10	Jack McKellar	43-47
	7	Peter Brown	42-51		11	Rodney Ford	44-01
	8	David Appleby	42-35		12	Tim Smith	44-20
	9	Kevin Cassidy	50-45		13	Graeme Stevens	45-05
M40	1	Joe Campisi	37-12		14	Laurie Crouch	45-44
	2	Graeme Letico	37-17		15	Ray Harbert	46-34
	3	Glenn Clayden	40-54		16	Bernard Pownall	48-31
	4	Graeme Paul	42-29		17	Roland Brown	52-10
	5	Lou Buccieri	44-30		18	Trevor Jupp	55-12
	6	Gordon Stephen	48-57	M60	1	Brian Mee	39-55
M45	1	Ewen Wilson	35-44		2	Roy Stanway	41-50
	2	Paul Twining	36-04		3	John Peacock	45-29
	3	Ian Orr	38-53		4	Ron Wilson	45-46
	4	Murray Hutchinson	39-51		5	Jock Cravana	49-44
	5	Reg Williams	43-56	M65	1	Ray Callaghan	44-06
	6	Ian Tregear	44-51		2	Les Jarry	49-02
	7	Billy Carr	47-36		3	Colin Browne	52-20
	8	Paul Lynch	48-15		4	Jack Gubbins	52-56
	9	Don Corrie	52-40		5	Ben Morrey	56-50
M50	1	Alan Bennie	36-58	M70	1	John Yates	54-17
	2	Garry Stewart	38-26		2	Jim Sinclair	64-55
	3	Sam Defanis	38-45	M75	1	Ray Oughton	57-17
	4	David Sheehan	41-25				
	5	Bob Baulch	41-45				
	6	Howard Rees	43-35				
	7	Ken Hough	49-00				

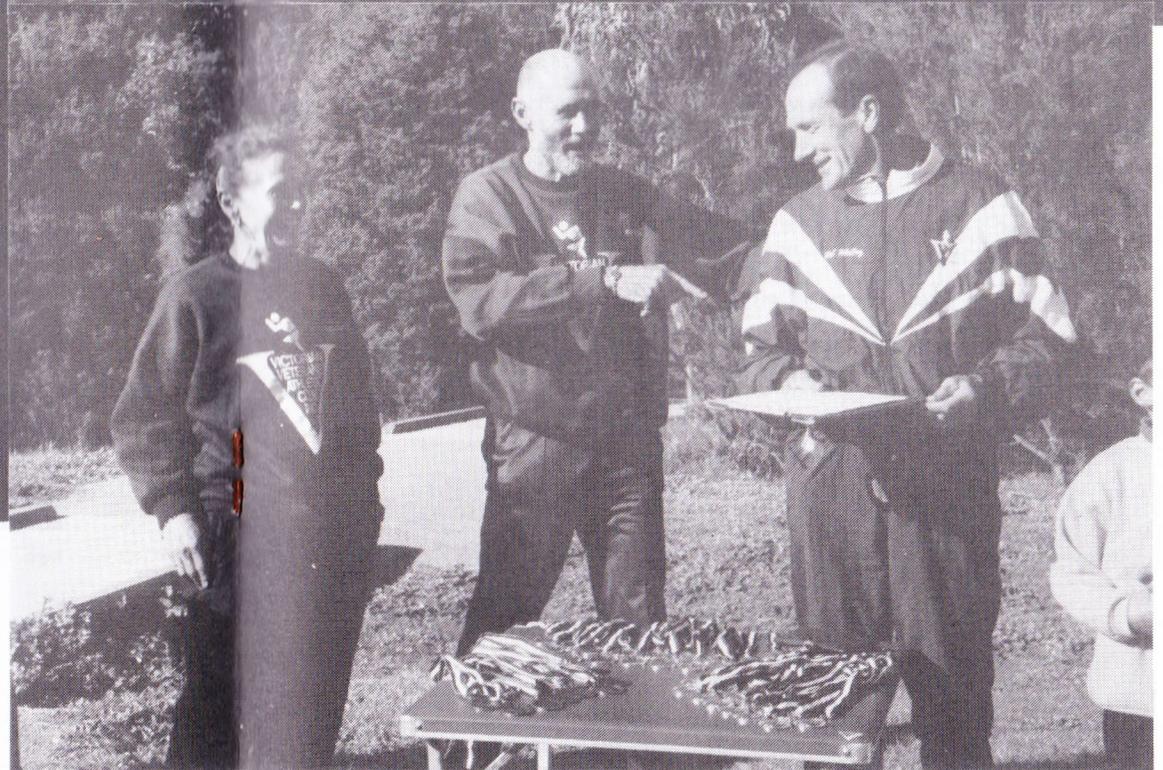


Photospread

top: The Vic Vets who ran in the 10km Cross Country on the final day of the Nationals in Brisbane at Easter. (photo by Jan Morrey)

bottom left: Dot shocks Doc Jock. Jock Cravana and Dot Browne at the evening for David Sheehan and Lavinia Petrie, retiring venue managers, at Knox Club. (photo by Tony Johnson)

bottom right: Margaret Cassidy, Eric Greaves (who is supposed to be sick!) and Ted McCoy presenting medals at the Braeside Park 10km. (photo by Dot Browne)



CERTIFICATES OF ACHIEVEMENT

The venues have the materials to award certificates of achievement. In the May issue of News and Results I published the tables for running events up to 8km. Here are more tables for track events. I will get to the field games in the next issue. The committee has agreed to institute a fourth level, to be called the Encouragement level, at a percentage easier than Creditable. Those tables and certificates are in the process of being made.

V.V.A.C.Inc. CERTIFICATE OF ACHIEVEMENT

Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	31.44	33.43	35.58	W 35	37.30	40.32	44.07
M 40	32.47	34.50	37.10	W 40	39.01	42.11	45.54
M 45	34.00	36.08	38.32	W 45	40.41	43.59	47.52
M 50	35.20	37.33	40.03	W 50	42.32	45.59	50.02
M 55	36.50	39.08	41.44	W 55	44.37	48.14	52.30
M 60	38.32	40.56	43.40	W 60	47.01	50.50	55.19
M 65	40.30	43.02	45.54	W 65	49.50	53.52	58.37
M 70	42.52	45.33	48.35	W 70	53.13	57.32	62.36
M 75	46.00	49.00	52.00	W 75			
M 80	55.00	58.00	61.00	W 80			
M 85				W 85			

Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	52.33	55.50	59.33	W 35	61.44	66.44	72.37
M 40	54.03	57.26	61.16	W 40	64.06	69.18	75.25
M 45	56.03	59.34	63.32	W 45	66.50	72.15	78.38
M 50	58.15	61.54	66.01	W 50	69.51	75.31	82.11
M 55	60.42	64.30	68.48	W 55	73.15	79.11	86.11
M 60	63.31	67.29	71.59	W 60	77.10	83.25	90.47
M 65	66.44	70.55	75.39	W 65	81.46	88.24	96.12
M 70	70.38	75.03	80.03	W 70	87.18	94.22	102.42
M 75	75.22	80.05	85.25	W 75	94.09	101.47	110.46
M 80	86.30	92.16	98.51	W 80			
M 85				W 85			

Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	1.10.11	1.14.34	1.19.32	W 35	1.22.15	1.28.55	1.36.46
M 40	1.11.58	1.16.28	1.21.33	W 40	1.25.10	1.32.04	1.40.12
M 45	1.14.38	1.19.18	1.24.35	W 45	1.28.48	1.36.00	1.44.28
M 50	1.17.33	1.22.24	1.27.53	W 50	1.32.49	1.40.20	1.49.11
M 55	1.20.48	1.25.51	1.31.35	W 55	1.37.20	1.45.14	1.54.31
M 60	1.24.31	1.29.48	1.35.47	W 60	1.42.31	1.50.50	2.00.37
M 65	1.28.49	1.34.23	1.40.40	W 65	1.48.38	1.57.26	2.07.48
M 70	1.33.58	1.39.50	1.46.29	W 70	1.56.00	2.05.22	2.16.25
M 75	1.40.15	1.46.31	1.53.37	W 75	2.13.00	2.22.00	2.33.00
M 80	1.54.00	2.02.00	2.11.00	W 80			
M 85				W 85			

V.V.A.C.Inc. CERTIFICATE OF ACHIEVEMENT

Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	1.24.14	1.29.30	1.35.28	W 35	1.38.33	1.46.32	1.55.56
M 40	1.25.54	1.31.38	1.37.44	W 40	1.41.50	1.50.05	1.59.48
M 45	1.29.2	1.35.01	1.41.21	W 45	1.46.10	1.54.47	2.04.54
M 50	1.32.55	1.38.44	1.45.19	W 50	1.50.58	1.59.57	2.10.32
M 55	1.36.49	1.42.53	1.49.44	W 55	1.56.21	2.05.47	2.16.53
M 60	1.41.17	1.47.36	1.54.47	W 60	2.02.33	2.12.29	2.24.10
M 65	1.46.27	1.59.39	2.00.39	W 65	2.09.49	2.20.21	2.32.43
M 70	1.52.36	1.59.39	2.07.37	W 70	2.18.34	2.29.48	2.43.01
M 75	2.00.09	2.07.40	2.16.11	W 75	2.29.24	2.41.31	2.55.46
M 80	2.17.51	2.27.03	2.37.33	W 80			
M 85				W 85			

Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	2.29.13	2.38.33	2.49.07	W 35	2.53.34	3.07.38	3.24.11
M 40	2.31.44	2.41.13	2.51.57	W 40	2.58.06	3.12.33	3.29.32
M 45	2.37.18	2.47.08	2.58.16	W 45	3.05.36	3.20.39	3.38.21
M 50	2.43.26	2.53.39	3.05.13	W 50	3.14.35	3.29.38	3.48.08
M 55	2.50.16	3.00.55	3.13.00	W 55	3.23.18	3.39.47	3.59.10
M 60	2.58.04	3.09.11	3.21.48	W 60	3.34.00	3.51.22	4.11.47
M 65	3.07.06	3.18.48	3.32.00	W 65	3.46.35	4.04.57	4.26.34
M 70	3.17.52	3.30.15	3.44.15	W 70	4.01.40	4.21.07	4.44.20
M 75	3.31.05	3.44.15	3.59.10	W 75	4.20.25	4.41.30	5.06.00
M 80	4.02.00	4.18.10	4.36.00	W 80			
M 85				W 85			

Age	Elite	Advanced	Creditable
M 35	9.44	10.20	11.02
M 40	10.10	10.49	11.31
M 45	10.40	11.20	12.05
M 50	11.13	11.55	12.43
M 55	11.51	12.35	13.26

Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35				W 35			
M 40				W 40	13.60	14.70	16.00
M 45				W 45	14.50	15.50	16.90
M 50				W 50	15.00	16.10	17.50
M 55				W 55	15.90	17.10	18.50
M 60				W 60			
M 65				W 65			
M 70	16.00	17.70	19.30	W 70			
M 75	18.00	20.00	22.00	W 75			
M 80	20.00	23.00	26.00	W 80			
M 85				W 85			

V.V.A.C.Inc. CERTIFICATE OF ACHIEVEMENT

Hurdle Performance Levels				100 Metres			
Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35				W 35	16.30	17.40	18.40
M 40							
M 45							
M 50	16.00	17.10	18.20				
M 55	17.80	19.00	20.30				
M 60	18.10	19.30	20.50				
M 65	19.30	20.50	21.80				

Hurdle Performance Levels				110 Metres			
Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	16.60	17.20	17.90				
M 40	17.30	19.00	20.70				
M 45	18.10	19.80	21.50				

Hurdle Performance Levels				300 Metres			
Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35				W 35			
M 40				W 40			
M 45				W 45			
M 50				W 50	54.00	56.10	58.40
M 55				W 55	57.30	59.50	61.90
M 60	50.50	52.40	54.50	W 60	61.10	63.40	66.00
M 65	53.70	55.70	57.80	W 65	65.60	68.10	70.90
M 70	57.40	59.60	61.90	W 70	71.20	74.00	77.00
M 75	64.50	67.00	69.70				

Hurdle Performance Levels				400 Metres			
Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	56.40	58.40	60.60	W 35	67.70	70.30	73.20
M 40	59.00	61.10	63.40	W 40	71.30	74.00	77.00
M 45	61.90	64.10	66.50	W 45	75.20	78.10	81.30
M 50	64.30	66.60	69.10	W 50			
M 55	67.90	70.40	73.00	W 55			

Walk Performance Levels				1500 Metres			
Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	6.29	7.05	7.49	W 35	7.23	8.05	8.56
M 40	6.41	7.19	8.04	W 40	7.38	8.21	9.15
M 45	6.56	7.35	8.21	W 45	7.56	8.42	9.37
M 50	7.13	7.53	8.42	W 50	8.16	9.04	10.02
M 55	7.31	8.13	9.04	W 55	8.39	9.28	10.29
M 60	7.52	8.36	9.29	W 60	9.05	9.57	11.01
M 65	8.15	9.01	9.57	W 65	9.35	10.30	11.37
M 70	8.43	9.32	10.31	W 70	10.10	11.09	12.19
M 75	9.15	10.07	11.09	W 75	10.51	11.54	13.09
M 80	9.53	10.48	11.55	W 80	12.00	13.00	14.00
M 85	10.40	11.40	12.52	W 85	13.00	14.00	15.00

V.V.A.C.Inc. CERTIFICATE OF ACHIEVEMENT

Walk Performance Levels				3K			
Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	13.16	14.31	16.00	W 35	15.06	16.33	18.18
M 40	13.43	15.00	16.33	W 40	16.39	17.09	18.58
M 45	14.12	15.32	17.08	W 45	16.16	17.50	19.43
M 50	14.47	16.09	17.49	W 50	16.58	18.35	20.33
M 55	15.23	16.49	18.33	W 55	17.45	19.27	21.31
M 60	16.31	17.37	19.26	W 60	18.39	20.26	22.36
M 65	16.55	18.29	20.24	W 65	19.40	21.33	23.50
M 70	17.50	19.31	21.31	W 70	20.51	22.51	25.17
M 75	18.57	20.43	22.51	W 75	22.14	24.22	26.57
M 80	20.00	22.00	24.00	W 80	24.00	26.00	28.00
M 85	21.00	23.00	25.00	W 85	26.00	28.00	30.00

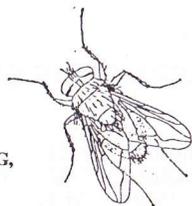
Walk Performance Levels				5K			
Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	22.54	25.03	27.37	W 35	26.05	28.35	31.37
M 40	23.40	25.52	28.32	W 40	27.01	29.37	32.45
M 45	24.31	26.48	29.34	W 45	28.05	30.47	34.02
M 50	25.28	27.51	30.43	W 50	29.18	32.06	35.30
M 55	26.34	29.03	32.02	W 55	30.39	33.35	37.09
M 60	27.57	30.23	33.30	W 60	32.10	35.15	38.59
M 65	29.11	31.55	35.12	W 65	33.56	37.12	41.08
M 70	30.48	33.40	37.08	W 70	35.59	39.26	43.37
M 75	32.40	35.43	39.23	W 75	38.33	42.03	46.31
M 80	34.00	37.00	40.00	W 80	40.33	44.00	48.30
M 85	36.00	39.00	42.00	W 85	46.00	49.00	52.00

Walk Performance Levels				10K			
Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	47.04	51.28	56.46	W 35	53.13	58.19	64.30
M 40	48.38	53.11	58.39	W 40	55.06	60.23	66.48
M 45	50.22	55.04	60.44	W 45	57.14	62.43	69.22
M 50	52.20	57.13	63.07	W 50	59.38	65.21	72.16
M 55	54.33	59.39	65.47	W 55	62.21	68.20	75.35
M 60	57.04	62.24	68.49	W 60	65.28	71.44	79.21
M 65	59.56	65.32	72.17	W 65	69.03	75.40	83.41
M 70	63.15	69.09	76.17	W 70	73.10	80.11	88.51
M 75	67.06	73.21	80.54	W 75	78.00	85.29	94.33
M 80	71.41	78.23	86.27	W 80	83.50	91.52	101.37
M 85				W 85			

Walk Performance Levels				20K			
Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	1.36.00	1.44.57	1.55.46				
M 40	1.39.16	1.48.32	1.59.42				
M 45	1.42.57	1.52.33	2.04.09				
M 50	1.47.04	1.57.04	2.09.07				
M 55	1.51.44	2.02.09	2.14.44				
M 60	1.57.03	2.08.00	2.21.09				
M 65	2.03.08	2.14.37	2.28.29				
M 70	2.10.07	2.22.16	2.36.55				
M 75	2.18.16	2.31.11	2.46.44				
M 80	2.28.02	2.41.51	2.58.30				
M 85							

FLY ON THE WALL

leaked from the
MINUTES OF COMMITTEE MEETING,
MONDAY 29TH JUNE 1998



11.0 AAVAC REPORT:

(Tom Worrell, a director of AAVAC, was visiting)

11.1 Tom was invited to speak on AAVAC and later answered questions. Points made included: Len Childs, president, was trying to obtain funds through Athletics Australia, which had been instructed to attend to their wider responsibilities, including little athletics and veteran athletics. AA was in the process of re-organising.

The Confederation of Australian Sport, of which AAVAC is a member at \$600 pa, was meant to lobby for all Australian sport, yet had achieved nothing for veteran athletics in many years.

Queensland veterans had re-named their club "Queensland Masters Athletics".

The Queensland Events Corporation, which is to organise the 2001 WAVA World Games, may seek a date change from July 4-14 to the September school holidays.

The World Masters Games in Melbourne, 2002, has no date set as yet. A board has been appointed, and there is no-one on it with a veterans athletics background.

AAVAC's appointed executive officer, Judy Scorpecci, had resigned. In discussion Tom saw no conflict between his role in development and that given to the executive officer.

He felt that as a business operation, AAVAC suffered from lack of definite short term objectives, that it had not advanced but was slipping back in establishing its identity, and that its activities as a business were limited by its voting structure. He said that it had big opportunities coming in 2001 and 2002 to lift media interest in veteran athletics, and he believed that it should raise its level of presentation. Rather than relying on a four day carnival open to all comers, it should introduce a short, select carnival with the best Australian athletes competing against a few top European and American champions, and

showcase these events to the media. A graded competition on the lines of the Zatopek series was needed to make veteran athletics more attractive to spectators. He favored October/November as the time for a regular veterans' super meet with some imported overseas stars. The big cost would be air fares, and it may be possible to get airline sponsorship for a few world champions. To run such an event AAVAC needed a small, skilled executive group, in constant communication, running the event year after year

Regarding the nationals, he had previously favored holding them in a big state two out of three years, as there is no business value in holding them in the small states. But he now realised that there was little hope of the states voting against regular rotation, so he had changed his approach to promote the idea of the super meet, additional to the nationals.

Tom was thanked for his very interesting input.

9.0 VENUE REPORTS

9.3 Aberfeldie. A successful submission to hold the athletics segment of the Western Region Games on October 13th had been rewarded with a grant of \$500.

9.4 Collingwood. The Collingwood Harriers had been asked by council to attend a meeting to discuss the future management of the George Knott Track. Ray Harbert would attend to represent the veterans.

10.0 PUBLICITY REPORT:

10.1 Colin Browne reported that he had lodged an advertisement with Athletics Victoria for publication in their 1998-99 Summer Handbook. It invited AV athletes who were over 30 to participate in veteran athletics as dual members of their AV club and VVACI.

12.0 GENERAL BUSINESS:

12.5 Certificates of Achievement. Ted McCoy had prepared statistics on a further two levels on the tables. In sprints they were three and six percentage points lower than the Creditable range, and in other events they were five and ten points lower. The prospective results of doing this had been set out on a table. The committee approved in principle extending the awards to a lower level, but it was debated whether the second of the lower levels was too easy to be valued by recipients. Moved Dot Browne, seconded Colin Browne that we have

only one further "Encouragement" level and that we prepare certificates, tables and instructions for it. Motion carried.

Ted proposed that we allow certificates in non VVACI events such as reputable fun runs where the course had been certified. The decision of the committee was to allow this at the discretion of the venue manager.

Ted was concerned that the requirement to have walk judges was limiting the chances of walkers to win certificates on venue nights. It was agreed that at each venue one experienced walk judge should sign applications for certificates where the event was a walk. Ted would notify venues of the amendments to the system.

12.6 Bushranges Classic. Ken Walters sought information from venues as to why entries had

PHYSIOTHERAPY AND SPORTS MEDICINE

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Vic. Australia
Tel: 9367 4453
Fax: 9367 4600
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354 Tooronga Road
Hawthorn East 3123
Victoria Australia

Tel: 9824 4886
Fax: 9804 3622
Mobile: 014 014 509

CAN YOU BEAT IT?

by Lavinia Petrie

On June 16th, 1998, Bob and I along with our son-in-law, Bert Pelgrim did! Bob has had a dream since 1965, when he ran in the famous LONDON - BRIGHTON road race in England, to compete in the Comrades Marathon in South Africa. The race is held each year in June and alternates between the "UP" course from Durban to Pietermaritzburg and the "DOWN" course from Pietermaritzburg to Durban. This year was the "UP" run.

"COMRADES" is an incredible experience from the moment you arrive at the Expo., where you go to the special stand reserved for overseas competitors. There, you pick up your race numbers including the "CHAMPION CHIP" which must be attached to your shoe with velcro for recording purposes. The Expo itself was quite an experience, with various stands all devoted to the promotion and sales of every sports aid imaginable, from shoes and clothing to massage tables, where you could get a free massage and even a restaurant! On the Sunday, we were taken on a buss tour of the course conducted by runners with experience in running Comrades. The hills seemed never-ending, and they all said, "Don't be ashamed to walk these hills - most people do! We were then treated to morning tea / lunch in Comrades House in Pietermaritzburg (all home-cooked food) and then returned to our hotel. We were advised to be at the start by 4.45am at the latest to get a good position.

The race was due to start at 6am and we duly arrived at the start at about 5.10am and put our bags in the special buses to go to the finish. It was dark, but it was so warm there was no need for tracksuits. We eventually managed to squeeze on to the start area and stood shoulder to shoulder amongst 13,342 people who were attempting to complete the 87.3km to Pietermaritzburg. The atmosphere was electric - then the lone bagpipe player struck up "Amazing Grace". There was not a dry eye in the place. At one minute to six the strains of "Chariots of Fire" rang out through the streets of Durban and when the gun was fired at 6am, there was still not a dry eye to be seen. We shuffled off the start and I think I was past 1km before I could compose myself and realise that here I was, actually in the race. Each kilometre was marked "— K to go.". The first one I was conscious of was 80K to

go. With 2 drink stations already passed, we still had 50 drink stations to go. Companies and organisations had to apply to man a drink station, and if approved, actually had to pay for the privilege. Each station had to have a minimum of 90 persons to help. There was water for sponges, plastic bottles containing coke, sachets of water and, fruit, cake. Some had physios, doctors, masseurs and all first aid requirements. There was even diabetic requirements - testing and supply of insulin. There were people lining the route giving encouragement for most of the way. In fact, in some parts there was only enough room for two people to run abreast through the crowd because of their enthusiasm.

Bert unfortunately experienced a problem with his knee and had to receive treatment on the way 7 or 8 times, but he made it in a little over 8 hours. Bob had a bit of a hiccup in his pre-race preparation, but still managed to run most of the way in 9 hours 44 mins. I was fortunate to complete it in a little over 8 hours also, and except for two 50 metre stretches where I had bad cramp, I ran all the way. The finish was at Scottsville Race Course. People had to pre-book and purchase tickets for the grandstand and it was absolutely packed. The crowd at the finish was awesome but we felt like we were running on air for the last 300 metres to the finish line.

June, our daughter, was there to greet each one of us in turn as we finished, and she did a fantastic job of looking after us and preparing and executing all our travel arrangements. The next day, we drove over the course again, just to re-live it. All the rubbish had been cleaned up and everything was back to normal. The only signs of the previous day were a couple of markers indicating that this was the route of the Comrades Marathon 1998. They now take pride of place in our lounge room.

Anyone interested in any more details, please do not hesitate to contact us on 59671915 or write to P.O. Box 136, North Wandin 3139.

One of the interesting features was the CUT-OFF at half way and the FINISH CUT-OFF. The only place, other than at the finish where there was a time clock was at half-way. The clock was on top of an archway in the middle of the road and at 5 hours 30 mins, race time, a barrier is put across the road and no-one is allowed to continue on if they have not reached half

way by then. The finish limit is 11 hours. With 10 minutes to go, the crowd is encouraged to participate in cheering on the rest of the runners to complete the course in the allocated time. With 10 seconds to go, the mayor stands looking at the clock, gun in hand, with his back to the runners. The crowd chants 10 - 9 - 8 - etc and at 11 hours exactly, the gun goes - a barrier is drawn across and no-one else is officially recorded.

For the next 2 weeks, we were on safari in South Africa and Zimbabwe country, courtesy of June, who coordinated a very comprehensive, personally conducted tour hosted by a Zimbabwean couple. Thanks June, for making Dad's dream a reality.

1st Male:	Dimitri Grishine	Russia	5 hours 26 mins.
1st Female	Rae Bischoff		6 hours 44 mins
36th Male	Yiannis Kouros	Greece	6 hours 10 mins
28th Female	Lisa Ondieki	Aus	7 hours 55 mins
1174th	Lavinia Petrie	Aus	8 hours 6 min 58 s.
1292nd	Bert Pelgrim	Aus	8 hours 12 min 53 s.
4559th	Bob Petrie	Aus	9 hours 45 min 58 s.

ARCHERY ATHLETICS BADMINTON BASEBALL BASKETBALL BRIDGE CANOEING
 GIBBS CRICKET EXERCISE DANCESPORT DRAGONBOATS FITBALL GOLF HOCKEY ICE HOCKEY INDOOR CRICKET JUDO NETBALL
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FLINDERS WEEKEND - GOLDEN VALLEY RANCH

29-31 May, 1998

by Dot Browne

(with help from the Southern Peninsula report)

This was a combined social weekend organised by David Sheehan, to which members from Croydon, Springvale, Caulfield and East Burwood (described in the Southern Peninsula report as "various metropolitan rejects") attended. It was a great venue, probably used for school camps most of the time, set in beautiful farmland about 5km north of the Flinders township. Views of the sea and lush rolling hills and forested areas could be seen all around.

Accommodation was comfortable, with bunk beds, a community kitchen, dining room, table-tennis room and recreation room with TV and dance floor. The hostess/owner, Andrea was welcoming and friendly. Open wood fireplaces added to the cosiness and made the place warm and inviting.

Most of us arrived Friday night, chatted around the fire for awhile and demolished Kevin McGrath's cake and were up with the birds next morning for a fantastic run through the nearby Green's Bush National Park, where a sandy bush track wound through hilly open forest. A beautiful run.

In the afternoon, the 28 of us went various ways. Nine of us headed off for golf at Flinders, a fantastic scenic course set on the edge of the cliffs overlooking the sea, with marvellous views of the coastline. Fortunately the weather was warm and sunny and we had a great afternoon trying to cope with the difficult course. We broke up into three ability groups (one of them a disability group), with the professionals headed by Col Browne, Elaine Rutherford and Richard Trembeath hitting off first. Tony Johnson, Graeme Reid and Peter McGuire trailed them and then the "hit and gigglers", Celia Johnson, Pauline Brown and Dot Browne brought up the rear, escorted by Dave Sheehan, who was looking after himself after a recent visit to the chiropractor. We were thrown into confusion when we found that we were not permitted to wear track suit pants or jeans, as none of us had anything else.

However they bent the rules just this once for us. We were amused at the signs in the clubrooms, which stated that you were allowed to "relieve yourself" if your ball landed in a reconstruction area. We wondered what particular method we were encouraged to use. The girls certainly got their money's worth with heaps of strokes and the odd air-shot, although we were extremely considerate to the greenkeeper. We felt we might make too many divots on their luxurious fairways, so tended to play zigzagging along the sides in the rough most of the day. And we also found the sloping greens a bit of a challenge and did a bit of zigzagging back and forth across those as well. Dave Sheehan did his best to coach us at first, but gave up after a while. We had to abandon the last three holes because of the dark, but are determined to improve and get a full round in next year.

Others in the party took a drive to the end of Nepean Highway through Portsea and checked out the Point Nepean area, now open to the public, which still features the concrete embattlements and canon housings from the First World War. Astrid and Graeme Rose took a long walk around the property, checked out the flying fox and the ropes course and practised their shot put on the basketball court.

By the time we had all got back for dinner, more of the noisy Springvale mob had arrived, the Holcombes and Bill Carr, who you can take anywhere but out, plus some of the Tootgarook (or Southern Peninsula) members joined us as well. Doug Petroff organised us all and offered constant suggestions while we cooked a communal tea and a good smorgasbord feed was had by all. Dave Sheehan cranked up the sound system in the recreation room after dinner, dragged out his old rock 'n roll tapes and then the disco was on. Astrid and Graeme Rose, Carol Buckingham, Marlene Petroff, Ann & Brian Holcombe, Celia & Tony Johnson were probably the best movers. Colin Browne threw in a few of his sensual pelvic thrusts and was sent to bed early.

Next morning the challenge was on between the Golden Valley residents and the Southern Peninsula mob, who had invited us to participate in one of their regular cross-country runs in Green's Bush. The aim of the exercise was to be the first team to get 205 years over the line first over the 4.3km course. The challenge certainly brought out the best in the SP mob. They scored 9PBs to clean up the Golden Valley mob, who

were also going flat chat up and down the hills on the sandy bush course. Their best runners, Ian Orr and Barry Fry came hurtling round the corners at break-neck speed four seconds apart, to place first and second respectively in PB times of 19.52 and 19.56. Dave Sheehan put in a blinder to be the first GV runner home in 21.26. He'll be back to the chiropractor tomorrow. The SPs celebrated wildly with pancakes and Auntie Dot's scones as the Golden Valley mob licked their wounds (and jam off their fingers)

The winning prize was an all expenses paid week on Hamilton Island for 30 people. However, as many could not afford the time off work, the alternative was offered - to stay next weekend on Taylor's block in Heyfield and BYO everything. Thank to Ken & Jackie Taylor and Alan and Meredith Radford for inviting our motley lot to participate. We all had a ball.

Thank to Dave Sheehan for organising the weekend. Hopefully it will become an annual event.

BACK AND UPPER LEG INJURIES ?

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- PHONE 03 5782 2568 (BH)

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

Saturday, 1st August VRR Tan Time Trial, (8km & 4km), near Government House Drive, 7.30am, (9583 0917 ah)

Sunday, 2nd August, Malvern Mini Marathon, Start Talbot Cres near Kooyong Station 8.30am Melway 59 D3 contact Dean Lane 9661 5342

:Sri Chinmoy Park Run (10km & 5km) Princes Park, Carlton, 9.00am (9428 6665 w)

:YMCA Half Marathon (21.1km) Echuca Golf Course, Time TBA (5482 2517 w)

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

Sunday, 9th August, Adelaide Marathon. South Australian Road Runners Club.

:Victorian Half On The Park (21.1km & 7km), Albert Park, 8.00am (9819 6888 w)

:Sun City to Surf (14km), Hyde Park to Bondi, 10.00am, (1800 555 514)

Sunday 9th August, VVACI Throwers Group Heavyweight and Discus. Duncan McKinnon Park, Murrumbena, 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

Sunday, 16th August, VRR Princes Park Half marathon (21.1km, 10km & 5km) Royal Parade, Parkville, 8.30am (9583 0917 ah)

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

:Queen of the Lake (10km & 5km), Albert Park Lake, 9.00am, (9819 9225 w)

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.

Saturday, 22nd August, CHC King/Queen of Mountain, (8km), Whittlesea, Humevale Go Cart

Track, 2.00pm (9386 9251 h)

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, Murrumbena, 12.00 start. Graeme Rose 9836 2350

:Ricketts Point to Point (10km & 3km), Beaumaris Yacht Club Car Park, 8.00am (9583 4123 h)

:Koroit to Warrnambool Half Marathon (21.1km), Koroit, 10.00am (5561 2221 h)

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

Sunday, 30th August, Burke Hall De Castella Fun Run (15km & 7.5km), Studley Park Road, Kew, 10.00am, (9859 4995 h)

Saturday, 5th September VRR Tan Handicap & Breakfast, (8km & 4km), opposite Swan Street Bridge, 7.30am (9583 0917 ah)

:Bendigo Pottery Fun Run (25km, 8km, 3km), Bendigo Pottery, Time TBA (5441 1394 h)

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

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

:Terry Fox Run, Lakes Entrance (8km & 4km), Footbridge, 9.30am (5155 3922 h)

:David Ward Half Marathon (21.1km), Kevin Bartlett Reserve, Richmond Boulevard, 8.00am (9817 3503 w)

:Spring Into Shape Run Series (10km & 5km), Alexandra Gardens, 9.30am (9819 9225 w)

Sunday, 20th September, CHC Special Coburg Fun Run (12km & 4km), H Stevens Athletics Track, Coburg, 9.00am (9386 9251 h)

:Traralgon Harriers King of Mountain (30km), Shakespeare Street, 10.00am (5133 9036 h)

Monday, 21st to Wednesday 23rd September, Third Victorian Teachers Games, Open to all members and ex-members of all education systems and services. At Bendigo. Wide range of sports inc 10km fun run on Wednesday. Contact Norm West, 0354 403 104 ph, 0354 425 321 fax, or e-mail norm.west@dse.vic.gov.au

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

Sunday 11th October VVACI Marathon, incorporated in the Melbourne Marathon, Pit Straight, Aughtie Drive, Albert Park, 8.00am. Half marathon at

9.00am. Enter by AusFit form for the Melbourne Marathon, AND you must enter the VVACI marathon by returning the form in this magazine. AusFit forms available from venues and Colin Browne, 9874 2501.

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

Saturday, 17th to 24th October, Honda Masters Games, Alice Springs NT ring toll free 1800 658 951

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

Saturday, 31st October to 8th November, Asia Pacific Masters Games, Gold Coast Qld.

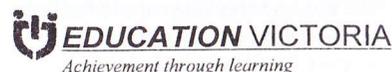
Sunday 1st November VVACI Throwers Group Weight pentathlon. Duncan McKinnon Park, Murrumbena, 12.45 start. Graeme Rose 9836 2350

Friday, 6th to Sunday 8th November, Asia Pacific Masters Games, Gold Coast Qld, PO Box 2547, Southport BC, QLD 4215, phone 07 5564 0640

Thursday, 19th November, VVACI Intervenuue Parlouf Relays, East Burwood track, 7.00pm (9808 4641)

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

Saturday, 28th November, VVACI 10km Track



Dear Sir

Could you please put a listing for the Victorian Teachers Games in your next magazine.

The essential information is:

Third Victorian Teachers Games, September 21 -23 1998. Open to all members and ex-members of all Education systems and services.

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Gateshead 99 WAVA World Championships 29.7.99 to 8.8.99

Newsletter No.3

July 98

What is the latest on Gateshead?? Well, at the moment there has been very little change since the last Newsletter issued in May. The British Vets Federation are still having problems in arranging the UK Nationals next year which we want as a "pre-meet" before going on to Gateshead.

As mentioned in the May Newsletter, the Scottish Vets have been asked to conduct the 1999 British Veteran Championships but they are having trouble getting a suitable venue as well as other problems. I have been in contact with them and others in the UK throughout but besides telling them that there is a large group of keen Aussies interested in competing and that we need an answer very soon there is very little else I can do. The latest information, as at 3rd July is that the Scottish Vets are in "negotiation with a sponsor" to help in financing the Nationals at Edinburgh and hope "to get a decision in 10 days or soon after".

I know that not all of you want to include a pre-meet in your UK visit next year and we could have finalised things by now by going to Gateshead only, some time ago, and checking out and finalising the required accommodation. However, by doing that it would have virtually cancelled any possibility of including a pre-meet for those interested and who are possibly in the majority. For the sake of trying to get the best possible package to suit everyone I think it is better to wait just a bit longer to see what the UK/Scottish Vets come up with. Our original target was to get the final packages/prices to you 12 months before travelling next year, however I don't think we will miss this target by very much.

Another reason to wait before giving up is because of the ideal location of Edinburgh or Glasgow. Some months ago I did try for a pre-meet venue in Europe with no luck but this was never going to be a very popular choice if it had come off. Prices would have turned most of our people off I am sure. Scotland (hopefully) will be much better because of the low travelling costs from Gateshead.

The moment we get a decision on Scotland, Karen Hearn from JCT Travel and I will do the inspection visit to the UK which will then give Karen the details she needs to make up the travel packages which then will be sent to you immediately.

Hang in there a bit longer and let's not give up too soon. Why settle for second best when there is still a very good chance to get exactly what we want.

Frank Rogers

Travel Director, AAVAC 2/316 Kensington Rd,
Leabrook SA 5068
Phone 08 8332 8815

Gateshead Update

As the countdown to the 13th WAVA Championships, which will take place between July 29 to August 8 1999 at Gateshead, is well under way, it is an appropriate time to update members on the developments to date and to shed a little light on the behind the scenes planning. This is, without doubt, the biggest event in which the BVAF will be involved as the WAVA Championships is the largest track and field event in the world. Our partnership with Gateshead MBC is working well and there are strong links between the two organisations. A massive amount of work has already taken place and both Gateshead and the BVAF are happy with the progress made but, like any organisations which organise events of such size, we realise that there will be many sleepless nights ahead.

Stop Press

Championships brochures, containing details of events, provisional timetables, entry forms and everything you need to know, will be available at the end of June.

Please write to The Leisure Dept, Gateshead MBC, Civic Centre, Regent Street, Gateshead, Tyne and Wear, NE1 8HH for a copy. Please note, however, that completed entries, together with entry fees, must be returned to the BVAF Entries Co-Ordinator, address p.6.

Organisational Structure

The top level of the structure is the Executive Committee, consisting of nine people. The man with the ultimate responsibility is Mike Newton, the Director of Leisure Services for Gateshead MBC. Mike has committed the council to pay all the bills and is charged with the staging of the Championships. Also on the committee are representatives from the Police, Gateshead Council, a Marketing and Sponsorship company and the BVAF [two places - Keith Whitaker and I]. Next comes the shared responsibilities between David Bunce, the Assistant Director of Leisure and myself. David is concentrating on planning, whilst I take care of most of the veteran input required.

The Local Organising Committee is made up of the four people mentioned earlier plus ten others.

Technical Stadia - Mick Laidler [with Winston Thomas from BVAF] Responsible for competition, officials, equipment, stadia facilities, drug testing.

Technical Non Stadia - Bob Gallagher [with Barbara Dunsford and Ron Bell from BVAF]. Responsible for marathon, walks, cross country.

Administration - Geoff Haggon [with Irene Nichols, BVAF, to become involved later]. Responsible for vets office, entries, data and results, accreditation and uniforms.

Visitors Service - Debbie Ross [WGT on behalf of the BVAF]. Responsible for ac-

commodation, transport, interpretation, post office, change bureaux, tours, welfare, telephones.

Protocol - Ian McGowan [with Keith Whitaker from BVAF]. Responsible for guests, medal presentation, opening and closing ceremonies.

Operations Stadia - Richard Howe. Responsible for spectators, safety, security, medical, parking, lost property, stadium services, display facilities and communications.

Finance - Dave O'Neill. Responsible for budgets, systems, insurance research.

Community Services - Chris Nevis [North Eastern Vets]. Responsible for volunteers and host-n-vet.

Marketing and Promotions - IENI plus Elaine Robinson. Responsible for press and PR, advertising, sponsorship, merchandising, announcers, photography, brochures.

Catering and Entertainment - Ray Basson. Responsible for VIP's, athletes, officials, spectators, banquet, entertainment village.

It can be seen from the above list that the officers are shouldering great responsibilities, but Gateshead is one of the most experienced councils in staging major events and most of the staff are undertaking jobs they normally do on such occasions. To the list of dedicated workers can be added the North Eastern Veterans Athletic Club who are becoming more and more involved, together with the staff at Chester-Le-Street and Monkton Stadiums, and you can begin to get some idea of the scale of the event when it is borne in mind that the same facilities have to be available at all three stadia.

Among names already in the frame is Malcolm Rogers, who will be our meeting manager, making sure that the meeting goes according to plan. Consideration is being given to Paul Dickenson to be our main announcer and Dr Patrick Milroy to head our medical team. Another popular figure with British vets and who wishes to be involved is Richard Skippings, who will lead the chiropractors team.

Venues

The main stadium will be **Gateshead International Stadium** at which there will be registration, entertainment village and merchandising tented village, plus the usual range of ancillary services associated with these championships. Extra throwing and jumping areas will be installed [some outside the main track area].

Riverside Stadium is located at Chester-Le-Street, just off the A1M and some 15 minutes by car from Gateshead, depending on traffic and time of day. This is one of the finest stadiums I have seen and is carpeted. This new facility will be further extended and present plans are that it will stage some of the multi events, track walks and some of the longer track runs.

Monkton Stadium is located at Jarrow and has already been used for the BVAF Championships. It is about 10 minutes from Gateshead, but approx. 20 minutes from Riverside.

Non Stadia Venues

Marathon: The marathon will start and finish at the International Stadium at Gateshead. The course will follow part of the Great North Run, heading towards Heworth where it turns, back towards Newcastle where it drops down to the River Tyne and across the swing bridge. Competitors should note the drop down as they will have to ascend the same hill at the 25 miles mark. The course then follows the river, with a slight pull up into the Scotswood Road, crossing the river again by the Scotswood Bridge and back on to the Gateshead side. From there it passes the back of the Metro Centre and heads back to the swing bridge and a second lap.

On completing the second lap, competitors will hit the hill at 25 miles and head downhill for home with the stadium floodlights coming into view and the finish line outside the stadium a welcome sight. Bob Gallagher and I have spent hours trying to find a flat course but in Gateshead that is impossible. What we have devised is a course that is scenic in parts and also takes in some historical aspects.

Cross Country: Bob and I have designed a brand new course for the championships and whilst, in the past, I have been accused of designing tough courses, this time I will say that it is challenging, very firm under foot and very fast. Set at Chester-Le-Street, the course skirts around fields, a nature reserve and the riverside with Maiden Castle as the back drop. A specially constructed official's village will be in place, as will an athlete's area which will house the usual rest, medical, kit storage and extra toilets. If all goes to plan the course will be used for the Safeway Cross Country in November, which will give us the opportunity to iron out any wrinkles before our event.

Road Walks: These will take place at Tenn Valley Trading Estate, some 10 minutes from the International Stadium. Barbara Dunsford and I have looked hard at the course and feel it will be appreciated by the athletes as it offers a 2.5 km loop, all left turns and with only slight hill. An entire infrastructure will be brought into the location, as all too frequently the walkers have been the forgotten athletes.

Accommodation: All types of accommodation will be available, ranging from university to luxury. Campsites are available at several locations. Full details will be in the entry booklet.

Recently the full WAVA council visited Gateshead and gave unanimous support to the venues and the planning, so we are on the right track to making this the best ever WAVA Track and Field Championships. No excuses! Get training and show the world that British vets are the best. **Ron Bell**

PLAN AHEAD

SEPTEMBER IS PREMIERSHIP MONTH

The VETs Premiership is on again in September 1998.

Many Venues are preparing a July/August/September program for publication in Around the Grounds for June.

Plan your program to ensure your Venue beats the 1997 Premiers Organizer for VVAAC Inc Gordon Burrowes 9 366 0326

Outline of 1998 Rules.

1. All results from your Venue during September are potential point scorers for the Premiership.
2. Results are compared with the WAVA standards & a % Perf figure calculated. WAVA standards are provided for each yearly increase in age.
3. Each entrant must have results in three different events during the month of September.
4. All Track & Field events included in the Vic Vets Achievement Certificate series are eligible.
5. Entrants must be 30 years or older but do not need to be registered Vic Vets.
6. Individuals may record results for more than one Venue.
7. The three % Performance figures for each entrant will be averaged & the results ranked.
8. The Venue with the most rankings in the top 1/3rd of the list will win the Premiership. Further details will be available prior to September.

A "User Friendly" competition. At your own Venue, with your own program. No entry fees. No uniforms. Minimum rules - maximum participation.

Tips from Mentone Venue to enhance your winning effort.

1. Program for your strengths. Include events where known individuals can rate highly. Maybe L.Jump for just 1 person?
 2. Be flexible: add to your program during September if it will enhance your chances.
 3. Provide multiple opportunities for individuals to improve performances during September. Enter best result.
 4. Give feedback weekly on % Perf achievements. I will provide a disc with WAVA standards on Microsoft Excel & there is sure to be someone at your Venue who has a PC & is willing to calculate % Perfs.
- & also**
5. Run a campaign based on the Vic Vets Achievement Certificates during the Premiership month & double your achievements by scoring Premiership points at the same time.
 6. Provide opportunities for individuals to try more than three events - enter their best three % Perfs.
 7. Encourage all to enter. The more there are, the greater the number in that top 1/3rd & the more opportunity for others down the list to score for your club.
 8. Encourage "bring-a-friend" to score for your Venue [& find out what VETs is all about.]

Victorian Veterans Athletic Club Inc MARATHON Sunday, 11th October 1998

The 1998 VVACI Marathon will be combined with the Melbourne Marathon conducted by AusFit Events Pty Ltd.

Enter with the Vets for the price of a stamp. Enter with Melbourne Marathon as well, on their official entry form and send all monies to them.

As it is a Club Competition medal event our competition uniform is a requirement of entry. We will have our own team of marshals at the finish line to check all VVACI finishers and to note approximate finishing times to assist in the accurate processing of results and future medal recipients.

Official AusFit Events numbers are to be worn pinned to the VVACI uniform, displaying your Vet number and the red heart.

Medals in each 5 year division will be presented at our Annual Dinner Dance on Friday 13th November 1998 at Hawthorn Receptions, 555 Glenferrie Road, Hawthorn.

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

Race enquiries (03) 9318 3802 Rob Waters, President
Dinner Dance enquiries 9874 2501 Dot Browne, Hon Sec.

Good Luck and Good Running

Victorian Veterans Athletic Club Inc MARATHON Entry 1998

This is to confirm my entry in the 1998 VVACI Marathon to be held on Sunday 11th October 1998, combined with the "AusFit" Melbourne Marathon 1998

Name

Age at 11 October 1998 Sex

Address

.....Postcode

Vet No.Telephone No.

Signed Date

Remember to fill out the official entry form and enclose monies to "AusFit Melbourne Marathon"

Post this entry to
VVACI Marathon
4 Victory Street, Mitcham 3132