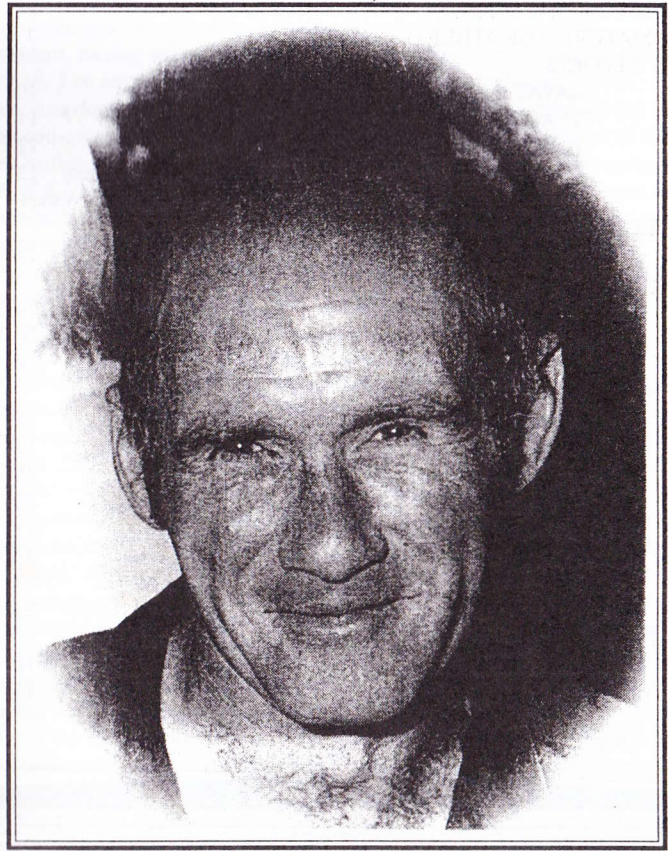


Vic Vets  
NEWS AND RESULTS



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October 1998



Eric John Greaves 22 October 1947 - 23 September 1998



Vic Vets

NEWS AND RESULTS

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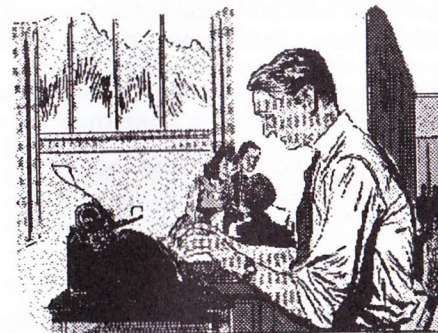
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## Editorial

To keep you up to date with what is going on on the national scene, I will tell you about the AAVAC meetings we had in Sydney on the first weekend of September. Each state sent two delegates. Ours were Dot Browne and Tony Bradford, and I was there as a member of the board. There were elections and as a result there are a few changes. Stan Perkins replaces Len Childs as president, having won a contest with Bob Solomon of NSW. Len retires from AAVAC after having done a great job on our behalf over several years. His lobbying with semi-governmental and governing bodies such as the Confederation of Australian Sport, Athletics Australia, W.A.V.A., Oceania Committee and others has been invaluable. His political experience made him a great representative for us. He was driven by a vision of what veteran athletics could become, and pursued it with vigour and determination. He has earned a rest and we will find it hard to replace him. We wish Stan great success in his place.

Tom Worrell, who made a great impact with his forward thinking ideas, introducing "Courier" magazine, and stirring many controversial ideas in the fairly staid association that we are, could not continue because of business pressures. We welcome Ray Green of ACT, well known to the throwing fraternity, who, on the evidence of the weekend's meetings, will be a great acquisition to the board. Ray was given the job of director of championships and competitions, and he will exert a big influence on the national titles in his home state of ACT next Easter.

Steps are being taken to ensure that AAVAC does take more initiative in the way the nationals are run. A committee convened by Stan Perkins over recent months put forward their recommendations for the vote of the state delegates. Here are some of them:

1. The rotation of the carnival around all states year

by year will continue.

2. The carnival will take place over four days, usually Good Friday to Easter Monday.

3. Each year will see a consistent program, although local conditions may make this difficult sometimes. Hopefully 1999 at Canberra will be a good model to follow. Easter Mondays will be more fully used for track events such as the finals of the 100m and the sprint relays.

4. IAAF and WAVA specifications will be maintained at national championships. If variations are to occur they will be at state level. This affects hurdles, and eliminates the pentathlon, which is not a WAVA event. The weight pentathlon remains in, on the Monday.

5. AAVAC intends to give more input and direction to the state hosting the carnival.

6. An operations manual which will be of great assistance to the host state will be produced.

7. The athletes forum, made more attractive, given a published agenda and minutes, and timetabled into the program, possibly with a social event following, will be a feature of the carnival.

8. A social function/ dinner was favored, and left to the host state to devise.

9. Feature events such as the sprint champion of champions and the athlete of the meet were to be included. Relays of state teams based on the total years of the four team members' ages were to be included. These are non-medal events, with trophies at the expense of the national body.

The delegates voted to accept these recommendations, one by one. Further comment is welcome, to Stan Perkins' sub committee, but the issue must be finalised by October 31st, 1998.

Other matters decided included:

The weight throwing carnival in Canberra in October will continue and the title at stake is "The National Winter Throwing Championships", to avoid confusion with the Easter national titles.

The name of the national body would have been changed at this meeting but for the hesitation of some delegates as they had not put it to their state clubs. Following assurances that WAVA general assembly would probably vote for a name change to Masters instead of Veterans, and the action of Queensland to change their name to Queensland Masters Athletics Inc, which we found was allowable under the constitution, and some strong arguments from delegates who had been refused sponsorship of events solely because of the name Veterans, the meeting was prepared to vote for a name change to "Australian

Masters Athletics Inc". However it was finally decided to call for a postal vote on this matter, which would require a majority of three quarters of the states. The arithmetic will show you that six votes are needed out of seven to make the change. Gateshead was discussed. A services charge of \$30 was levied on team members to defray the costs of

accommodation, meals and internal flights of managers and doctors, plus postage, badges and other incidentals. There is still a chance for managers to apply. With several major national and international events coming up in the next four years, the national body is in for a busy time.

*Colin Browne*

\*\*\*\*\*

## ERIC GREAVES

22/10/1947 - 23/09/1998

*VVACI Club Captain*

*Singlet number 103*

*Life Member.*

On 11th December 1997, Eric was diagnosed as having a brain tumour. He, and his family, and his huge band of friends in the vets and the pros were thrown into turmoil and distress. It was impossible to believe that a man with Eric's fitness and drive could be given less than twelve months to live. And now the doctors have been proven right. Eric has gone.

He was a great man. A working class hero. His wit was so sharp, his way with words so funny, his ability to make everyone feel special. He seemed to have a unique nickname for everyone, and a quip to pass about some special idiosyncrasy that each of us had. It was amazing how people loved being insulted when it was done with such good humour. He gave the impression of not being highly educated, but either there was a hidden depth of knowledge there or he was a self-taught scholar because his repartee was dotted with allusions that belied his chosen image. He had a sharp brain as evidenced by the speed of his rejoinders when others took him on in verbal jousts.

As an athlete he was an inspiration to others. He could dig deep and find a yard when he should have been out on his feet. G & D personified was Eccles. He brought that energy and commitment to everything he did for his beloved Vic Vets. His devotion to the club singlet was legendary, and many a battle was fought with club members who might have preferred to wear something else in a race. He was so loyal to the club that he could not empathise with anyone who did not share his attitude. This led to some disheartenment when people failed to turn up and support events into which he had poured his heart and soul. He was a great motivator, but some people are

hard to move.

Ironically his death brought out far more members than any of his dinner dances, cross countries or road runs ever did. At his funeral at St John Vianni's at Springvale on Monday the church was packed. There must have been 500 there. The emotionally charged talks of his family and of our running community representative, Mick Doran, brought the man clearly to our minds. It was a tribute to his great personality that so many people from far and wide came to see him off. And the wake back in his garden and garage was just great. He was truly there in spirit, sharing a beer with us.

He and Wendy had worked incredibly hard on such club activities as singlet preparation, medal event organisation, the dinner dance, committee work and the championships. Springvale / Noble Park venue members will have their own special relationship with them. Wendy will go on. You won't be able to keep her away. On the broader field they were widely known and loved by interstate vets who enjoyed their company and rubbishing at National Championships and World Games. Interstaters will be just as distressed to lose him as we are in Victoria. We will all remember that cheeky face, that gutsy running style, the never-beaten competitiveness, the great fellowship after the event. Ecce you were a true sportsman.

Col Browne.

Eccles. How great were you? I can't believe you're gone mate. I can still hear that voice of yours, thumpin' the table in committee meetings, standing your ground on the 'Vets' singlet in the Marathon' issue, or relentlessly rubbishing some poor bastard like Silcock or Colthup and calling 'em "Seagull" or "Arthur Daley". You got away with murder. How' ja do it? I would have been up on an assault charge.

But not you. I reckon it was that grin. Cheeky you were, always. And we loved you for it. That's what we'll all miss mate!

Dot Browne.

## Vets - a thank you notice from Wendy

As many addresses are unknown to me I would like to thank all Vets for what you have done during the last nine months.

The last few difficult months of Eric's illness have been more bearable due to the presence and well wishes of all his friends. Your kind thoughts, assistance and support provided both of us with the tenacity and determination to continue as well as providing the strength to cope with the inevitability. I would like to thank all of you for your sympathy and for making Eric's last hours so memorable. He may rest peacefully knowing he touched the hearts of so many of his friends and companions. Your kind thoughts and consideration shown to Eric will remain in my heart forever

Wendy Greaves

## An Eccles Crossword

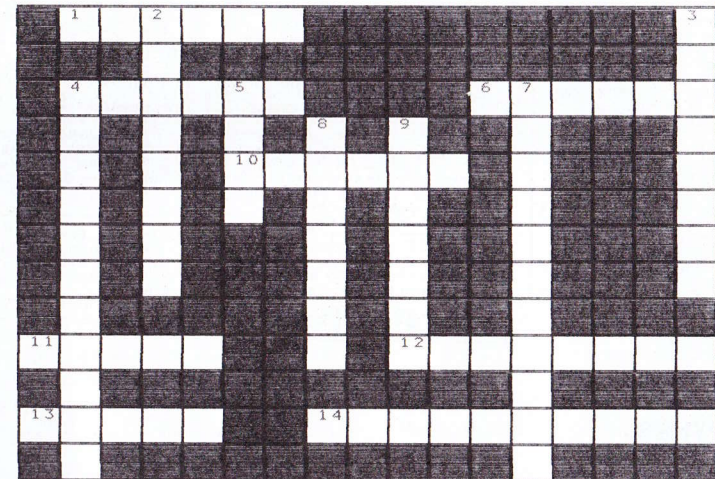
Eccles was famous for his conferring of nicknames on all and sundry. Generally they wore them with honour, although I can think of one who objected. Here is a crossword of the ones that I know. See how you go before cheating by looking at page 34.

### ACROSS

1. Tony Williams
4. Kevin Onley
6. Kevin Campbell
10. Wendy, She who must be ...
11. Howard Ross
12. Laurie Crouch
13. Shirley Young
14. Alan Bennie

### DOWN

2. Jim Sinclair
3. Keith Routley
4. Ray Harbert
5. John Newsome
7. Peter Colthup
8. Colin Silcock
9. Mick Davin



**GREAVES.** — Eric John. Dearly loved husband and father who gave all his unconditional love and support. Treasured memories are ours to keep. Forever in our hearts. — Wendy and Craig.  
"Keep on running"

**GREAVES.** — Eric John.  
1947 - 1998  
Passed away peacefully at Bethlehem Hospital. Dearly loved son of Ted and Linda, loving brother of Douglas, Beverley, Marilyn and Gayle. Loving brother-in-law of Cheryl, Paul, Bob and Barry. A loved uncle who will be greatly missed by his 13 nieces and nephews. Reunited with Simon in heaven. Sadly missed.  
Will be always remembered

**GREAVES.** — Eric.  
Dearly loved brother and uncle. Eric, you were always laughing and ready to share a joke and we will treasure the memories of happy times spent together. We will never forget the strength and courage you showed during your toughest race.  
Forever in our hearts  
— Bev, Paul, Sean, Aidan and Simon (In Heaven).

**GREAVES.** — Eric.  
Much loved brother and Uncle. Always the life of the party, will cherish the happy memories. You fought so hard to stay with us. Be safe with Simon until we meet again.  
Will miss you always  
— Marilyn, Barry, Jacqui, Shea, James, Ryan, Clint and Tenneale.

**GREAVES.** — Eric John.  
Passed away Sept. 23, 1998. Dearly loved son-in-law of Bill (dec.) and Jo Jones. Loved brother-in-law of Denise and loved uncle of Penny.  
Rest in Peace

**GREAVES.** — Eric. A special mate we cannot replace. You were a champion, they don't come any better. You set the example, your strength was inspiring. Your enduring sense of humor will be sadly missed. Our Club will be the poorer. Deepest sympathy to Wendy and family. — David Sheehan

**GREAVES.** — Eric (Father Eric). To Wendy and Craig, deepest sympathy on your tragic loss. A champion runner, a champion mate and a champion bloke.  
— John (Plot), Mick (Messiah), Tony (Mother Superior) and Howard (Rowdy).

**GREAVES.** — Eric.  
Club Captain and Life Member, Victorian Veterans Athletic Club. Sadly missed by all members and friends.

### *Rest in Peace*

**GREAVES.** — Eric. To our mate, your courage and strength was an inspiration to all of us. Deepest sympathy to Wendy and family. — Mabelle and Joe.

### *Rest in Peace*

**GREAVES.** — Eric.  
Father Eric Greaves, today you shall be in Paradise with the Lord for all eternity.  
We will always love you  
May you rest in peace  
— Messiah Davin and family.

### *V.V.A.C. Inc.*

**GREAVES.** — Eric.  
The members of the Croydon Venue regret the passing of the Club Captain. Deepest sympathy to Wendy and family.

**GREAVES.** — Eric.  
The Committee and Members of the Caulfield Vets Athletic Club express our deepest sympathy on the passing of our very dear friend and respected Vets Captain Eric.

**GREAVES.** — Eric (Eccles).  
Farewell to a great athletic, captain and friend. Eric, you ran your race and ran it well. You were truly a runners runner. See you on the next lap old friend. — Shirl (Nanna) and Ron Young.

**GREAVES.** — Eric. A valued member of the Victorian Cross Country League who will be remembered as an inspiration to all of us for his unrelenting courage and determination.  
— All Members of the VCCL.

**GREAVES.** — Eric. A true sporting friend. Sincere sympathy to Wendy and Craig.  
— Ken and Judy Walters.

### *Rest in Peace*

**GREAVES.** — Eric. A wonderful friend who will be remembered in a very special way.  
— Kevin and Jean.

### *Rest in Peace*

**GREAVES.** — Eric.  
Eric (Captain Courageous), you were an inspiration, admired and respected. Farewell my friend. — Mick (The Mongrel) Williams and family.

**GREAVES.** — Eric.  
The Members of the Springvale Veterans Athletic Club regret the passing of our esteemed member. Deepest sympathy to Wendy and Craig.

**GREAVES.** — Eric.  
Fond memories of a cheeky workmate. Deepest sympathy to Wendy and families.  
— All your friends at Mountain District Private Hospital.

**GREAVES.** — Eric. No words can express the feeling of our loss, but there is comfort in knowing you are at peace. Our thoughts are with Wendy and Craig.  
— Lavinia, Bob, June and Bert.

**GREAVES.** — Eric.  
Passionate, committed — a courageous athlete and a great servant of Vic. Vets.  
— Vale Eccles  
— Mentone Venue, V.V.A.C. Inc

**GREAVES.** — Eric. A really great guy. Thank you Eric for all your hard work and dedication in the Veterans Athletic Club.  
— Peter "Arthur" and Marj.

**GREAVES.** — Eric. Deepest sympathy and regret to Wendy and family. — From all your friends and members of the Collingwood Veteran Athletics.

**GREAVES.** — Eric.  
Respected colleague of all at Vic Vets, Doncaster venue.  
Gone too soon

**GREAVES.** — Eric.  
Great runner, even greater bloke. "See ya Eccles". Deepest sympathy to Wendy and families. — Brian Dempster.

**GREAVES.** Eric. —  
Club Captain — Life Member Victorian Veterans Athletic Club. Sadly missed by all members and friends.  
Rest in Peace



## VALE, TOM MYNES.

It is with great regret that we announce the passing of one of our members, Tom Mynes, of Carnegie. Tom was 67 and I believe was a retired member of the Victoria Police. He will be remembered by members at the Caulfield venue. We would like to express our deepest sympathies to his family.

## FOLLOW-UPS FROM LAST ISSUE

We had an article on **"Our Kids In The News"** which mentioned that Becky Feldman and Dominic McGrath were going overseas to represent Australia in major events. Well, they did really well and we want to congratulate them and their proud parents.

Rebecca Feldman went to Birmingham to compete in the International Paralympic Committee World Championships in August. Her wheelchair track racing results (IPC) were:

200 metres Silver medal  
400 metres Silver medal  
800 metres 4th

Dominic McGrath went to the Commonwealth Games in Kuala Lumpur in September. He competed under extremely gruelling conditions in the 50km walk to win a bronze medal.

Stephen Brimacombe, son of Collingwood vet, Diane, was also competing in Kuala Lumpur and survived the heats and quarters of the 200m and was a member of the bronze medal winning 4 X 100m relay.

Great reflected credit to you, vet parents. Please pass on the congratulations of your vet mates to your offspring.

On another matter, **Letters to the Editor** brought an angry response from Rudi Hochreiter. Joe Tennant seems to be accusing Rudi of a statement which he didn't make, i.e. of claiming to be a "foundation member" of the club. Rudi makes no such claim, nor does he claim to have been at the initial meeting. I looked back over previous letters and could not find the reference that Joe is making. Maybe he confused it with a different letter from, perhaps, Keith Routley or Jack Pennington, who have from time to time helped us with our history. I hope this sets the record straight. And all the best to Joe with his health problems.

## INTERCLUB COMPETITION, 1998-9

Leigh Cassidy tells me that the first round of AV Interclub Competition for the Summer Season, 1998-9, begins on Saturday, 10th October, and goes for 15 rounds. We have two venues hosting VVACI teams. At **Knox** there is a men's and a women's team. The contact there is

**Leigh Cassidy**  
9772 2508

At **Duncan McKinnon** Park, Murrumbidgee, we have a men's team. The contact there is

**Graeme Noden**  
9555 3495

Each of them would be very keen to hear from potential participants.

Registration with Athletics Victoria is necessary to compete in these teams, and the contact for registration is

**John Dean**  
9337 7179

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**Opposite page: Wasn't it great to see a mature-age athlete doing so well at the top level! Heather Turland, 38, mother of four, in the process of winning the marathon in the Commonwealth Games at Kuala Lumpur.**



## EVENT REPORTS

### Australian Veterans Marathon Championships

Held in conjunction with the New Balance Canberra Marathon  
Open to registered members of Veterans Athletics Clubs

M30:	1.	Thomas Boyd	VIC	3.37.11
M35:	1.	Gerard Ryan	ACT	2.38.04
	2.	Peter Spehr	NSW	2.41.28
	3.	Peter O'Sullivan	QLD	2.53.07
M40:	1.	Ian Kent	QLD	2.32.16
	2.	Tony Gray	QLD	2.35.41
	3.	Bert Pelgrim	VIC	2.50.03
M45:	1.	Ron Peters	QLD	2.31.14
	2.	Trevor Jacobs	ACT	2.39.27
	3.	Eamonn Moloney	ACT	2.43.29
M50:	1.	Graham Burke	ACT	2.50.48
	2.	Graeme Hewitt	VIC	2.55.51
	3.	Bob Harlow	ACT	3.05.19
M55:	1.	Malcolm Brown	VIC	3.25.23
	2.	Jim Barnes	WA	3.30.57
	3.	Juan Perez	VIC	3.32.52
M60:	1.	Colin McLeod	QLD	2.51.48
	2.	Ernest Warner	ACT	3.50.01
	3.	David Jones	VIC	3.58.56
M65:	1.	Julius Keller	QLD	3.18.20
M70:	1.	Randall Hughes	VIC	3.20.06
	2.	Bill Burrige	NSW	4.10.21
	3.	Bruce Campbell	TAS	4.43.30
M75:	1.	Ken Matchett	VIC	4.26.21
W30:		No registered finishers		
W35:		No registered finishers		
W40:	1.	Joanne Cowan	NSW	2.52.00
	2.	Anne Flynn	ACT	3.20.28
W45:	1.	Jane Badenoch-Jones	ACT	3.43.11
W50:	1.	Bev Lucas	SA	2.58.15
	2.	Lavinia Petrie	VIC	3.17.52
	3.	Sue Kesson	ACT	4.10.38
W55:		No registered finishers		

Quite a lot of our Vic Vets go up to Canberra to compete in this marathon, which is the AAVAC Marathon Championship for the year. It was run on Sunday, 19th April this year. If you look down the list of medal winners, published in "Canberra Runner", you will be able to identify many Vics who did really well in their age group. Congratulations to all, Vics and interstaters.

## VIC VETS IN THE 20K AND 10K ROADWALKS

On a fine Saturday afternoon (29 August) some 17 male and 13 female members of our Club competed in the 20k and 10k road walks at Albert Park. Congratulations to all who took part on the day and also our thanks to the Victorian Road Walking Club for their organisation and assistance.

As always thanks to the Walk Judges on the day and to Jean Oneill and Val Paton for their lap scoring and timekeeping. Results were:-

### 20 Kilometre Road Walk

M40	Mark Donahoo	1.34.56	1st
M45	John Carter	2.00.20	1st
	Graeme Davis	2.18.02	2nd
M55	Brian Glover	2.05.42	1st

### 10 Kilometre Road Walk

M60	Murray Dickinson	49.35	1st
	Geoff Major	57.16	2nd
	Bob Gardiner	58.29	3rd
M65	Ken Walters	1.02.11	1st
	Colin Silcock	1.04.44	2nd
	Gordon Gourlay	1.08.02	3rd
	Jim Davy	1.12.44	
	Jim Machin	1.15.47	
	Kevin McGrath	1.18.08	
M70	Vic Harley	1.08.15	1st
M75	Ken Matchett	1.09.07	1st
M80	Ern Walker	1.20.44	1st

### THOUGHTS OF A CHAMPION ...

*Obstacles are the things you see when you lose sight of your goals ...*

Kirsty Marshall, World Champion and Australian Winter Olympian.

W35	Annette Major	56.08	1st
W40	Nerida Noyes	1.06.34	1st
W45	Heather MacDonald	53.09	1st
	Janet Holmes	1.00.56	2nd
W50	Celia Johnson	56.55	1st
	Eileen Hay	1.04.56	2nd
W55	Gwen Steed	59.27	1st
	Heidi Engel	1.20.45	2nd
W60	Margaret Beaumont	1.10.10	1st
W65	Jean Albury	1.05.03	1st
W70	Jean Knox	1.07.57	1st
W80	Dot Jack	1.21.40	1st

As the medals for the presentation were being placed on a table by Jean Oneill and myself a small girl and her younger brother came up to the table. The little girl said "My grand-dad is getting one of them. I said to her "What is the name of your grand-dad" to which she responded "His name is grand-dad" and then her little brother also said "Yes, his name is grand-dad" So as we were making the presentations we just announced "Grand-dad" and Vic Harley was the proud man.

Peter McGrath.

## TRARALGON MARATHON

by Kevin Cassidy

The annual Traralgon marathon was conducted on Sunday the 7th of June in cold and windy conditions. The town of Traralgon is about a 2 hour drive south-east of Melbourne and has hosted its own Marathon annually since 1968, this race is the oldest marathon in the state of Victoria and possibly Australia [not sure on that one]. The most notable part of the race history was the entry of Derek Clayton back in 1970. At the time, Derek was the worlds best marathoner with a time of 2.08.33 [a time that would still win most marathons today], and in what was somewhat of a training run for him, he set a race record of 2.13.39. This record has remained untouched ever since. I had not run this event since 1988, during the running boom, when a typical field consisted of about 200 runners, so it was disappointing to see only 24 starters in the full marathon event.

When I left my Melbourne home at 5.15 am the weather was pitch black, icy cold, pouring rain and the wind was blowing like a cyclone. I sure was doubting my sanity as I motored down the Princes Highway. Prior to arriving in Traralgon and not wanting to be stuck in a line up for toilets before the race, I decided to make a toilet stop in the small village of Yarragon only to discover that several other runners had the same idea!!!

Arriving in Traralgon, I stumbled across a few familiar faces who were at the Williamstown Marathon the previous week. It was still raining lightly and the wind was blowing but it was nowhere near as bad as it was when I left Melbourne, I have no doubt that several intending runners from Melbourne made a late change of mind when they awoke to the atrocious Melbourne weather.

On a standard out and back course, the flat and open roads were exposed to the elements and while the wind was a help on the way out, it was a case of head down and tail up on the return trip. The after-race function at the tennis club was great, as were the nice hot showers.

I never cease to be amazed at the extraordinary Shirley "Nana" Young, now on the wrong side of 65, she just keeps clocking up marathons and ultras [where she holds world records], but her memory isn't quite as good as her running ability, "Now I've done two Traralgon Marathons" she said proudly at the finish, only to have husband, Ron, remind her that she has, in fact, run four!!

### MARATHON

1. Mark Leitch 2.41.13 wheelchair
2. Darell Cross 2.45.43
3. Kelvin Marshall 2.53.22
- 40+ 4. Max Carson 2.54.52
- 40+ 5. Max Gibbs 2.58.37
- 50+ 6. Vic Potter 3.01.57
- 40+ 7. I. Dunn 3.03.37
- 40+ 8. P. Kennington 3.12.39
9. Rob Ey 3.15.38
10. Kevin Cassidy 3.18.36
- 40+ 11. Rob Embleton 3.19.24
- 40+ 12. Peter Grixti 3.29.38
- 50+ 13. Frank Furlan 3.29.38
14. W. Williams 3.33.53
15. Peter Gray 3.53.46
16. George Foster 3.54.58
- 40+ 17. G. Wilson 3.56.28
- 1st Fem 60+ 18. Shirley Young 3.59.29
19. P. Goldenberg 4.05.59
20. I. Newnham 4.11.34
21. Peter Nelson 4.13.17
22. John Timms 4.29.23
23. J. Lindsay 4.34.42
24. Peter Bryar 4.38.34

### CATEGORY WINNERS

- Marathon.
- Open Male
1. Darrel Cross 2.45.43
  2. Kelvin Marshall 2.53.22
  3. Rob Ey 3.15.38
  - 40+ Male 1. Max Carson 2.54.52
  - 50+ Male 1. Vic Potter 3.01.57
  - Wheelchair 1. Mike Leitch 2.41.13
  - 60+ Female 1. Shirley Young 3.59.29
- Half Marathon
- Open male
1. Paul Wilson 1.11.09
  2. Steve Gilbert 1.12.47
  3. Ian Cornthwaite 1.16.31
  - 40+ male 1. John Duck 1.18.35
  - 50+ male 1. John Waite 1.31.11
  - 60+ male 1. Ray Callaghan 1.39.24
  - u18 male 1. Brett Hardy 1.29.32
  - Open female 1. Kylie Fox 1.28.46
  2. Rebecca McManus 1.32.32
  3. Elvira Petracca 1.34.03
  - 40+ female 1. Helen Van Der Nagel 1.41.59
  - 60+ female 1. Judy Wines 1.56.33

## TEN MILER 23 August 1998

As we arrived at Princes Park to a fine clear and partly cloudy morning with a light northerly breeze the VCCL crew ably led by Bert Pelgrim were already ensuring that the five lap course was clearly marked. Mile post markers were set for the entire distance, plus a Ten K marker for those of us in metric mode. Margaret Cassidy commenced to take entries, but on the arrival of Eric and Wendy Greaves, Margarets role was taken over by "The Greaves". Eric (in wheelchair, but in good spirits) made certain that "She who must be obeyed" (Wendy) got everything just right. By the ten o'clock start the breeze had increased to prove quite difficult down the back straight on the cemetery side. Approximately 150 competitors decked out in the navy blue of VVAC or the red of VCCL, competed in this our second combined event of the year. VCCL competitors were competing for the George Perdon Memorial Trophy. M45 Ewen Wilson ran strongly with the VCCL gun runners and was first Vet home in 58:57, followed one minute later by Paul Twining with bronze medallist Ernie Stewart in 61:34. Next home was M40 Didier Martier, then Joe Campisi. The largest field (15) was the M55 division led home by Bob Curtis who just held off Ted McCoy. W35 Sharon Higgins ran an excellent 64:34 with Petrina Trowbridge W50, next finisher in 66:46. We all socialised over morning tea and biscuits afterward whilst the results were processed excellently by Wendy Greaves and Graeme Paul. The aromas of the soup and hot dogs produced by the VCCL team, were most overpowering and as such purchased with vigour. Medal presentations were made by Margaret Cassidy, Ted McCoy and Rob Waters. Thank you to all helpers, both VVAC and VCCL. Special thanks to the water-boys, ably led by Doug Orr and Eric Greaves. Congratulations to all competitors and thanks for the support from all spectators.

Results - V.V.A.C.Inc - 10 mile (16.09 km)  
Road Race - Princes Park - Carlton (5 laps)  
23 August 1998 - Clear and fine, North breeze

M 70	Bob	Lewis	70	75:34
2	Vern	Gerlach	73	85:53
3	John	Yates	71	89:34
4	Gerardo	Riviello	74	2 laps
M 65	Ray	Callaghan	65	73:11
2	Bill	Page	67	73:30
3	John	Kerr	69	87:32
M 60	Brian	Mee	60	64:56
2	Kevin	Browne	61	72:27

3	Ron	Wilson	62	76:18
4	Jock	Cravana	60	80:14
5	David	Jones	60	85:19
6	Gordon	Burrowes	63-10k	61:52
M 55	Bob	Curtis	55	64:22
2	Ted	McCoy	58	64:33
3	Graham	Philpott	55	65:33
4	John	Waite	57	68:13
5	Jack	McKellar	58	69:56
6	Colin	Wiget	55	70:30
7	Max	Balchin	55	70:35
8	Juan	Perez	59	71:20
9	Frank	Hargraves	58	72:40
10	Dominico	Morina	59	77:15
11	Peter	McGrath	58	82:01
12	Stephen	Barker	55	83:05
13	Al	Willey	59	85:41
14	Colin	Miller	55	87:10
15	Roland	Brown	55	96:30
M 50	Ken	Senior	52	65:19
2	David	Wear	52	67:32
3	Rob	Baulch	50	69:28
4	Rob	Waters	52	72:29
5	John	Dean	53	78:19
M 45	Ewen	Wilson	45	58:57
2	Paul	Twining	48	60:12
3	Ernie	Stewart	48	61:34
4	Des	Clancy	49	62:52
5	Phil	Bachman	45	64:42
6	John	Daniel	49	65:55
7	Murray	Hutchison	49	66:58
8	Neil	Salvano	46	69:38
9	Bill	Turner	48	78:02
10	Paul	Lynch	48	79:55
11	Ray	Chadwick	48	88:45
M 40	Didier	Martir	41	61:47
2	Joe	Campisi	40	62:19
3	Laurie	Collard	41	63:27
4	Rob	Drew	44	63:35
5	Andrew	Tunne	40	65:30
6	Glen	Claiden	44	68:35
7	Ivan	Andric	41	76:12
8	Gordon	Stephen	44	78:19
9	Bruce	Edwards	40	3 laps
M 35	Rick	Atkins	37	62:03
2	Alan	Jones	38	62:20
3	Peter	Dumasins	38	3 laps
M 30	Tom	Boyd	33	63:57
2	Robb	Watkins	30	68:29
3	Duncan	Thorn	30	4 laps
4	Adam	Stone	30	3 laps
W 60	Barb	Dalglish	62	79:10
2	Judy	Wines	60	86:04
3	Anne	Callaghan	61	93:09
W 55	Helen	Myall	55	82:18

W 50	Petrina	Trowbridge	51	66:46
2	Rhonda	Trengrove	50	82:50
3	Margaret	Cassidy	54	87:22
W 45	Sonya	McLennan	45	77:03
2	Michele	Lonsdale	47	83:18
W 40	Lyn	Davis	44	71:03
2	Annette	Pelgrim	44	72:50
3	Wendy-Grace	Williams		75:34
W 35	Sharon	Higgins	39	64:34
2	Elvira	Petracca	37	69:51
3	Anna	D'Alberto	39	4 laps

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## 25 K ROAD RACE

Maribymong River Bike Paths - 13 September 98

We all assembled at the Footscray Boat Club on a fine, but overcast day with a light breeze. A breeze along the Maribymong River foreshore more often than not feels like a gale. The course is conducted North to the Maribymong township the back to the Boat club and South to Footscray Road bridge (10km mark) back to Footscray Boat Club and do it all over again. Graeme Murfett had briefed his Altona and Aberfeldie Venue helpers well and had marshals at all strategic points. Peter Nelson, certified course measurer had marked the course to the 'enth degree of accuracy the previous week and turned up on the day to run it. There were large markers displayed at 1, 5, 10, 15, 20 and 24 km points. Graeme was kept on the straight and narrow all day with input and assistance from Heather Murfett, Heater and Lorraine Ardly controlled the drinks as we passed by the boat club each time.

Over 70 starters commenced at 9:30 am and were soon led by Colin Heywood and David Black. In the latter stages M40 David broke away to lead Colin home with M45 Paul Twining third over the line, whilst M45's Ernie Stewart and Des Clancy were 10 seconds apart. M30 Tom Boyd out lasted M55 Graeme Philpott. Once again the M55 were the largest field of entrants. Congratulations to all medalists and finishers. Tea coffee and presentations were held in the warmth of the boat club with its superb outlook and views over the City and Flemington racecourse. Many also partook of the bar facility and the barbecue and salad luncheon. President Rob, thanked Altona Venue (one of our smallest) for all their assistance and presented the medals. Our Vice Captain Peter McGrath left in a hurry to catch a plane to KL, Commonwealth Games, to cheer for son Dominic in the 50k walk later in the week. Altogether a top day, with the only rain shower being as we departed.

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### Results

#### Women

##### W 45

1	Sonya McLennan	46	1-57-47
2	Jane Sturzaker	45	2-05-40

##### W 50

1	Rhonda Trengrove	50	2-14-33
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##### W 60

1	Barbara Dalglish	62	2-11-37
2	Judy Wines	60	2-15-17
3	Anne Callaghan	61	2-30-39

#### Invitation

	Julie O'Donohue	37	2-28-23
	Wanda Kelly	50	2-09-22

#### Men

##### M 30

1	Thomas Boyd	33	1-42-35
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##### M 35

1	Phil Twining	38	1-48-12
inv	Grant McDonough		1-45-58
inv	Peter Dumasins		1-55-39

##### M 40

1	Dave Black	42	1-35-25
1	Colin Heywood	44	1-36-51
3	Rob Drew	44	1-41-40
4	Guido	43	1-48-20
5	Glen Claiden	44	1-52-36
6	Andrew Tunne	40	1-56-58
	Colin Page	44	DNF
inv	Bruce Edwards	40	1-49-50
inv	John McCann	40	1-59-41

##### M 45

1	Paul Twining	49	1-37-10
2	Ernie Stewart	47	1-39-36
3	Des Clancy	49	1-39-37
4	Neil Salvana	46	1-54-10
5	Len Hallett	49	1-56-28
6	Stephen Young	46	2-07-15
	Phil Badman	45	DNF
	Dennis Holden	45	DNF
inv	Honacio Pereira	47	1-55-58

##### M 50

1	Rob Ward	53	1-49-36
2	John Caulfield	50	1-51-18
3	David Wear	52	1-53-06
4	Rob Waters	52	1-55-15
5	John Dean	53	2-04-16
	Dennis Ardley	51	DNF
inv	Harry Watts	53	DNF

#### M 55

1	Graham Philpott	55	1-43-21
2	Ron Campbell	55	1-44-58
3	Bob Curtis	56	1-47-19
4	John Waite	57	1-49-10
5	Stan Belcher	56	1-50-09
6	Juan Perez	59	1-54-56
7	Frank Hargraves	58	1-56-28
8	Frank Furlan	59	1-57-09
9	Graham Bonnett	55	1-57-10
10	Mal Brown	57	1-58-24
11	Karl Fauverelle	57	2-01-33
12	Stephen Barren	55	2-04-16
13	Peter McGrath	58	2-12-51
14	Peter Wilson	57	2-13-52
15	Leo Jones	57	2-13-57
16	Al Willey	59	2-17-38
17	Roland Brown	57	2-27-07

#### M 60

1	John Howes	62	1-57-01
2	Jock Cravana	62	1-57-01
3	Kevin Browne	61	2-07-25
4	Ron Wilson	62	2-08-16

#### M 65

1	Bill Page	68	1-57-11
2	Ray Callaghan	65	2-01-24
3	Les Jarry	69	2-15-12
4	Colin Silcock	65	2-30-20

#### M 70

1	Bob Lewis	70	2-02-49
2	Vern Gerlach	73	2-23-47

#### M 75

1	Ken Matchett	76	2-19-15
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## Physical Activity and Health:

### A Report of the U.S. Surgeon General

[Ed: I came across this on the internet. It is about USA but I believe that the information and recommendations would apply equally to Australians. Take a minute or two and read it.]

**Summary** The benefits of physical activity have been extolled throughout western history, but it was not until the second half of this century that scientific evidence supporting these beliefs began to accumulate. By the 1970s, enough information was available about the beneficial effects of vigorous exercise on cardiorespiratory fitness that the American College of

Sports Medicine (ACSM), the American Heart Association (AHA), and other national organizations began issuing physical activity recommendations to the public.

These recommendations generally focused on cardiorespiratory endurance and specified sustained periods of vigorous physical activity involving large muscle groups and lasting at least 20 minutes on 3 or more days per week. As understanding of the benefits of less vigorous activity grew, recommendations followed suit.

During the past few years, the ACSM, the CDC, the AHA, the PCPFS, and the NIH have all recommended regular, moderate-intensity physical activity as an option for those who get little or no exercise. The Healthy People 2000 goals for the nation's health have recognized the importance of physical activity and have included physical activity goals.

The 1995 Dietary Guidelines for Americans, the basis of the federal government's nutrition-related programs, included physical activity guidance to maintain and improve weight - 30 minutes or more of moderate-intensity physical activity on all, or most, days of the week. Underpinning such recommendations is a growing understanding of how physical activity affects physiologic function. The body responds to physical activity in ways that have important positive effects on musculoskeletal, cardiovascular, respiratory, and endocrine systems. These changes are consistent with a number of health benefits, including a reduced risk of premature mortality and reduced risks of coronary heart disease, hypertension, colon cancer, and diabetes mellitus.

Regular participation in physical activity also appears to reduce depression and anxiety, improve mood, and enhance ability to perform daily tasks throughout the life span.

The risks associated with physical activity must also be considered. The most common health problems that have been associated with physical activity are musculoskeletal injuries, which can occur with excessive amounts of activity or with suddenly beginning an activity for which the body is not conditioned. Much more serious associated health problems (i.e., myocardial infarction, sudden death) are also much rarer, occurring primarily among sedentary people with advanced atherosclerotic disease who engage in strenuous activity to which they are unaccustomed.

Sedentary people, especially those with preexisting health conditions, who wish to increase their physical



activity should therefore gradually build up to the desired level of activity. Even among people who are regularly active, the risk of myocardial infarction or sudden death is somewhat increased during physical exertion, but their overall risk of these outcomes is lower than that among people who are sedentary. Interest has been developing in ways to differentiate between the various characteristics of physical activity that improve health. It remains to be determined how the interrelated characteristics of amount, intensity, duration, frequency, type, and pattern of physical activity are related to specific health or disease outcomes.

Attention has been drawn recently to findings from three studies showing that cardiorespiratory fitness gains are similar when physical activity occurs in several short sessions (e.g., 10 minutes) as when the same total amount and intensity of activity occurs in one longer session (e.g., 30 minutes). Although, strictly speaking, the health benefits of such intermittent activity have not yet been demonstrated, it is reasonable to expect them to be similar to those of continuous activity. Moreover, for people who are unable to set aside 30 minutes for physical activity, shorter episodes are clearly better than none.

Indeed, one study has shown greater adherence to a walking program among those walking several times per day than among those walking once per day, when the total amount of walking time was kept the same. Despite common knowledge that exercise is healthful, more than 60 percent of American adults are not regularly active, and 25 percent of the adult population are not active at all. Moreover, although many people have enthusiastically embarked on vigorous exercise programs at one time or another, most do not sustain their participation. Clearly, the processes of developing and maintaining healthier habits are as important to study as the health effects of these habits.

The effort to understand how to promote more active lifestyles is of great importance to the health of this nation. Although the study of physical activity determinants and interventions is at an early stage, effective programs to increase physical activity have been carried out in a variety of settings, such as schools, physicians' offices, and worksites. Determining the most effective and cost-effective intervention approaches is a challenge for the future.

Fortunately, the United States has skilled leadership and institutions to support efforts to encourage and assist Americans to become more physically active. Schools, community agencies, parks, recreational facilities, and health clubs are available in most communities and can be more effectively used in these efforts.

School-based interventions for youth are particularly promising, not only for their potential scope - almost all young people between the ages of 6 and 16 years attend school - but also for their potential impact. Nearly half of young people 12-21 years of age are not vigorously active; moreover, physical activity sharply declines during adolescence. Childhood and adolescence may thus be pivotal times for preventing sedentary behavior among adults by maintaining the habit of physical activity throughout the school years. School-based interventions have been shown to be successful in increasing physical activity levels. With evidence that success in this arena is possible, every effort should be made to encourage schools to require daily physical education in each grade and to promote physical activities that can be enjoyed throughout life.

Outside the school, physical activity programs and initiatives face the challenge

of a highly technological society that makes it increasingly convenient to remain sedentary and that discourages physical activity in both obvious and subtle ways. To increase physical activity in the general population, it may be necessary to go beyond traditional efforts.

This report highlights some concepts from community initiatives that are being implemented around the country. It is hoped that these examples will spark new public policies and programs in other places as well. Special efforts will also be required to meet the needs of special populations, such as people with disabilities, racial and ethnic minorities, people with low income, and the elderly. Much more information about these important groups will be necessary to develop a truly comprehensive national initiative for better health through physical activity.

Challenges for the future include identifying key determinants of physically active lifestyles among the diverse populations that characterize the United States (including special populations, women, and young people) and using this information to design and disseminate effective programs.

**Despite common knowledge that exercise is healthful, more than 60 percent of American adults are not regularly active, and 25 percent of the adult population are not active at all.**

**WAVA**

# Track & Field Championships

Gateshead UK 29th July - 8th August 1999

Are you interested in going to the UK next year to compete in the World Championships? If so, you should register your interest without delay to ensure you receive travel and competition dates as soon as they become available. The AAVAC travel agent, XT Travel already has various travel options for your consideration and these have been sent to those on the Gateshead address list.

Efforts are being made to have a proper competition "pre-meet" before Gateshead and at this stage it is looking promising for either Glasgow or Edinburgh.

There may also be a chance for a meeting in Europe for those interested in that option.

As mentioned in the last issue of the "Courier" all Gateshead travel information is being sent direct to those on the mailing list. In particular, later on when JCT Travel release their final Travel Packages, the replies to these will be on a "first come basis" so if there is any limitation on room types available or seats available on a particular tour, you may miss out if you have decided to wait and get information some other way.

Register your interest now by sending you name and address to:

Frank Rogers  
2/316 Kensington Road  
Leabrook SA 5068

(Please include a \$10 non-refundable payment per mailing address. Cheques etc made to "Veteran Travel".)

## Invitation

Aberfeldie Venue  
Wednesday 14 October 98  
Corio Street Moonee Ponds

### IKON ENERGY Greater Western Games 1998

6:10pm Hammer then, Shot put and Discus  
7:00pm 100 m, 200 m then, 3000 Walk  
9:00pm 1500 m, 400 m & 5000 m run  
Supper and Presentations  
\$4.00 entry includes Supper  
\$1.00 each extra event

Medals to winners in each age division  
Come and visit the west for a top evening of fellowship and competition

Enquiries to Lorraine Woodman - 9398 1884  
or Rob Waters 9318 3802

**COOLES AND  
HEATES: IF YOU  
WANT JUST  
CONDITION OF  
WARM IN YOUR  
ROOM, PLEASE  
CONTROL  
YOURSELF**

JAPANESE HOTEL  
(sign near air conditioner)

by courtesy of "The Age"

# Fun and games

**C**itius, Altius, Fortius. Swifter, higher, stronger. The philosophy behind the Olympic motto is the ideal of athletes striving for the ultimate glory.

Sport For All. A simpler creed than its Olympic counterpart but one as meaningful to community sport. The philosophy behind the Greater Western Games recognises the participation of all competitors, instead of rewarding the elite.

It reflects a grass-roots spirit to reach those distant heights inspired by *Citius, Altius, Fortius*, but never loses sight of simply having fun.

So while Australia and the world count down the 757 days until Sydney 2000, the west has only 44 days until its community equivalent.

This year the games will be hosted by Hobsons Bay from 9-18 October. The event began in 1988 as the Western Region Games, with 32 events and 4500 competitors. By 1995, it had grown to 50 events and 9000 competitors.

There are seven major tournaments to be held at local sports clubs: beach volleyball, tennis, track and field, soccer, taekwon do, backwards running and gymnastics. There is also lawn bowls, a triathlon series, clay target shooting and an air-rifle/pistol competition.

This will be Anne Stobaus' eighth western games. She is defending her titles in the 100 metres, 200 metres and 400 metres.

She comes from East Keilor and, at 57, is a grandmother of one (with another soon expect-

It may not be the Olympics but, for a bunch of athletes from Melbourne's west, it is a mountain that must be climbed. **Melissa Ryan reports**

ed). But at least three days a week, four if she has the time, she trains at the track.

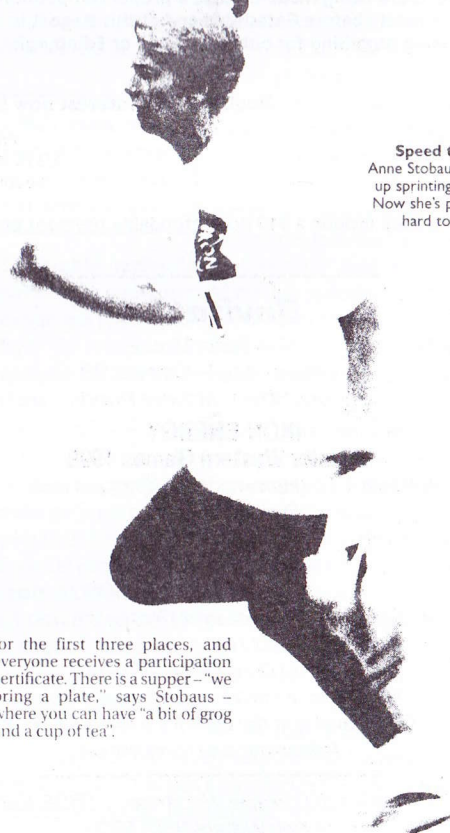
Stobaus first began sprinting at 50, when she thought she was too slow getting to the ball at tennis. That year, when her husband Ron was asked to be an official at the western games, she decided to enter the track competition.

"I didn't win the first race I went in but I enjoyed it. That was the 100 metres. I didn't know how to crouch start or anything. It didn't really matter; they showed me how to do it and when the gun went off I just ran," recalls Stobaus.

It was the beginning of a track career. Not only has Stobaus competed every year since, winning most years, she also holds the 100 metres Victorian title, and the Australian record for her age group in the 200 metres, 400 metres and 800 metres.

"Some people think us oldies should be put away but we're getting out there now," says Stobaus. "I found I could do something. Through the western games I was able to have confidence to compete with other people instead of just running around on my own."

The camaraderie extends off the track and into the presentations, where medals are awarded



**Speed thrills:** Anne Stobaus took up sprinting at 50. Now she's proving hard to catch.



**Above:** Eric Greaves presenting the medals to M65s, Ray Callaghan, Les Jarry and Colin Browne at Braeside. **Below:** Your editor in a rare moment of activity.

## CERTIFICATES OF ACHIEVEMENT

The venues have the materials to award Certificates of Achievement. In previous issues the tables for running, hurdling, steeplechase and walking events were published. The remainder are here, jumping and throwing events. The committee has agreed to institute a fourth level, called the Encouragement level, at a percentage easier than Creditable. We have the certificates. The tables for this level will be published in the next issue.

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

Jump Performance Levels				Pole Vault			
Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	4.25	3.85	3.44	W 35	2.90	2.60	2.34
M 40	3.96	3.58	3.20	W 40	2.70	2.40	2.20
M 45	3.69	3.34	2.99	W 45	2.48	2.24	2.00
M 50	3.44	3.12	2.79	W 50	2.30	2.06	1.80
M 55	3.21	2.90	2.60	W 55	2.10	1.90	1.70
M 60	2.99	2.70	2.42	W 60	2.00	1.80	1.60
M 65	2.79	2.52	2.26	W 65	1.80	1.65	1.50
M 70	2.60	2.36	2.11	W 70	1.70	1.55	1.40
M 75	2.43	2.20	1.97	W 75			
M 80				W 80			
M 85				W 85			

Jump Performance Levels				High jump			
Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	1.79	1.63	1.47	W 35	1.46	1.32	1.18
M 40	1.69	1.54	1.39	W 40	1.37	1.24	1.11
M 45	1.61	1.46	1.32	W 45	1.28	1.16	1.04
M 50	1.52	1.38	1.25	W 50	1.21	1.09	0.98
M 55	1.44	1.31	1.18	W 55	1.14	1.03	0.93
M 60	1.37	1.25	1.13	W 60	1.07	0.97	0.87
M 65	1.30	1.19	1.07	W 65	1.01	0.91	0.82
M 70	1.23	1.12	1.01	W 70	0.95	0.86	0.77
M 75	1.17	1.07	0.96	W 75	0.89	0.80	0.72
M 80	1.00	0.90	0.80	W 80			
M 85				W 85			

Jump Performance Levels				Long Jump			
Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	6.63	6.04	5.44	W 35	5.04	4.55	4.06
M 40	6.19	5.63	5.08	W 40	4.69	4.23	3.78
M 45	5.80	5.27	4.76	W 45	4.36	3.94	3.51
M 50	5.41	4.93	4.44	W 50	4.06	3.67	3.27
M 55	5.06	4.61	4.15	W 55	3.77	3.41	3.04
M 60	4.73	4.31	3.88	W 60	3.51	3.17	2.83
M 65	4.42	4.03	3.63	W 65	3.27	2.95	2.63
M 70	4.13	3.76	3.39	W 70	3.04	2.74	2.45
M 75	3.87	3.52	3.17	W 75	2.83	2.55	2.28
M 80	2.90	2.60	2.30	W 80			
M 85	2.70	2.40	2.10	W 85			

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

Jump Performance Levels				Triple Jump			
Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	13.98	12.72	11.47	W 35	10.60	9.57	8.54
M 40	11.90	11.84	10.67	W 40	9.78	8.83	7.88
M 45	12.10	11.01	9.93	W 45	9.02	8.14	7.27
M 50	11.26	10.25	9.24	W 50	8.32	7.51	6.71
M 55	10.47	9.53	8.59	W 55	7.68	6.93	6.18
M 60	9.74	8.87	7.99	W 60	7.08	6.40	5.71
M 65	9.06	8.25	7.44	W 65	6.54	5.90	5.27
M 70	8.43	7.68	6.92	W 70	6.03	5.44	4.85
M 75	7.84	7.14	6.43	W 75	5.56	5.02	4.48
M 80	7.29	6.64	5.78	W 80			
M 85				W 85			

Throw Performance Levels				Discus			
Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	43.00	34.00	25.00	W 35	40.00	30.00	20.00
M 40	42.00	33.00	24.00	W 40	38.00	29.00	19.00
M 45	40.00	32.00	23.00	W 45	35.00	27.00	18.00
M 50	40.00	32.00	23.00	W 50	31.00	24.00	17.00
M 55	38.00	30.00	22.00	W 55	28.00	22.00	16.00
M 60	40.00	32.00	23.00	W 60	26.00	21.00	15.00
M 65	37.00	30.00	22.00	W 65	24.00	19.00	14.00
M 70	34.00	27.00	20.00	W 70	21.00	17.00	13.00
M 75	30.00	24.00	18.00	W 75	18.00	15.00	12.00
M 80	26.00	21.00	16.00	W 80	16.00	13.00	10.00
M 85	22.00	18.00	14.00	W 85	13.00	10.50	8.00

Throw Performance Levels				Shot Put			
Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	13.50	11.00	8.00	W 35	12.00	9.50	7.00
M 40	13.00	10.50	7.50	W 40	11.50	9.00	6.50
M 45	12.00	9.50	7.00	W 45	10.50	8.50	6.00
M 50	12.00	10.00	8.00	W 50	11.00	9.00	7.00
M 55	11.50	9.50	7.50	W 55	10.50	8.50	6.50
M 60	11.50	9.50	7.50	W 60	9.50	8.00	6.00
M 65	11.00	9.00	7.00	W 65	8.50	7.00	5.50
M 70	11.00	9.00	7.00	W 70	7.50	6.50	5.00
M 75	10.00	8.50	6.50	W 75	6.50	5.50	4.50
M 80	9.00	7.50	6.00	W 80	6.00	5.00	4.00
M 85	8.00	7.00	5.50	W 85	5.00	4.50	3.50

Throw Performance Levels				Javelin			
Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	54.00	42.00	30.00	W 35	38.00	29.00	20.00
M 40	52.00	40.00	28.00	W 40	36.00	27.00	18.00
M 45	48.00	37.00	26.00	W 45	32.00	24.00	16.00
M 50	45.00	25.00	34.00	W 50	34.00	26.00	18.00
M 55	42.00	32.00	22.00	W 55	31.00	24.00	16.00
M 60	42.00	32.00	22.00	W 60	28.00	21.00	14.00
M 65	38.00	29.00	20.00	W 65	25.00	19.00	13.00
M 70	34.00	26.00	18.00	W 70	22.00	17.00	12.00
M 75	30.00	23.00	16.00	W 75	19.00	15.00	11.00
M 80	27.00	21.00	14.00	W 80	16.00	13.00	10.00
M 85	24.00	18.00	12.00	W 85	13.00	11.00	8.00

Throw Performance Levels				Hammer			
Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	48.00	37.00	26.00	W 35	38.00	30.00	22.00
M 40	46.00	35.00	24.00	W 40	35.00	28.00	20.00
M 45	44.00	33.00	22.00	W 45	32.00	25.00	18.00
M 50	46.00	36.00	26.00	W 50	38.00	30.00	22.00
M 55	42.00	33.00	24.00	W 55	36.00	28.00	20.00
M 60	42.00	33.00	24.00	W 60	33.00	26.00	18.00
M 65	40.00	31.00	22.00	W 65	30.00	23.00	16.00
M 70	40.00	31.00	22.00	W 70	27.00	21.00	14.00
M 75	36.00	28.00	20.00	W 75	24.00	17.00	12.00
M 80	32.00	25.00	18.00	W 80	21.00	16.00	10.00
M 85	26.00	21.00	16.00	W 85	18.00	13.00	8.00

Throw Performance Levels				Heavy Weight			
Age	Elite	Advanced	Creditable	Age	Elite	Advanced	Creditable
M 35	14.00	11.50	9.00	W 35	12.00	10.00	7.50
M 40	13.50	11.00	8.50	W 40	11.50	9.50	7.00
M 45	12.50	10.50	8.00	W 45	11.00	9.00	6.50
M 50	15.00	12.50	10.00	W 50	12.50	10.00	7.50
M 55	14.00	11.50	9.00	W 55	11.50	9.50	7.00
M 60	15.00	12.50	10.00	W 60	12.00	10.00	7.50
M 65	14.00	11.50	9.00	W 65	11.00	9.50	7.00
M 70	14.00	11.50	9.00	W 70	10.00	8.50	6.50
M 75	13.00	10.50	8.00	W 75	9.00	7.50	6.00
M 80	13.00	10.50	8.00	W 80	8.00	7.00	5.50
M 85	12.00	9.50	7.00	W 85	7.00	6.00	5.00



Page 22 Venue managers of Croydon over the past 25 years. David Sheehan, Ray Callaghan, Lindsay Howard, Jeff Briggs and Les Clark.

Dot Browne  
 Australian Ultra Runners Association  
 4 Victory Street  
 Mitcham  
 Vic 3132

10th August 1998

Dear Dot

Further to the conversation that I had with you husband regarding Juice Plus please find enclosed some brochures and a tape on this product.

Juice Plus+ is an all natural whole food supplement made up of 17 fresh fruits and vegetables. Juice Plus+ is the convenient and inexpensive way to add more nutrition from fresh, raw fruits and vegetables to your diet, every day.

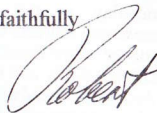
Both my wife and I have been taking Juice Plus+ for just 6 weeks and already we have noticed an improvement in our energy levels. I am feeling younger and on my recent trip to Europe did not suffer any "Jet Lag" or tiredness normally associated with such a flight and holiday. I am so impressed with Juice Plus+ that I have now become a distributor.

Juice Plus+ has only been available in Australia for about five months and already sportspeople are taking it as they can see the benefits in increasing energy levels and decreasing recovery time, they include - Brad Fidler, Bradley Clyde, Shelley Taylor-Smith, Clayton Zane, Scott Miller, Ian Roberts and many many others. The US Waterpolo and Candian Track and Field teams are also using Juice Plus+.

The makers of Juice Plus+ suggest that you will notice an improvement in your health and well being within 4 months. Studies and research conducted in America have indicated that taking Juice Plus+ will reduce the risk of getting Cancer and Heart disease.

Please take a few moments out to listen to the tape and read the brochures as I feel sure that you will see benefits of this product not only for yourself but for all the other Ulta Runners who are a member of your association..

A cost of around \$2 per day is not much to pay when it comes to your health. I will give you a call in a few days so that you can let me know what you think.

Yours faithfully  
  
**ROBERT WHAN**

**Australian tours for SPORT**

Australian Tours for Sports Pty Ltd  
 ACN 005 727 949

PO Box 108  
 Eltham  
 Victoria 3095

485 Reynolds Road  
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 Victoria 3095

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Within Australia  
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 1800 806 879

Facsimile  
 (+61) 3 9437 0620

email  
 atfs@iaccess.com.au



# Training Advice

by EARL FEE

## Principles of Training – Part I

(Earl Fee, of Canada, holds the M60 world record for the 800 (2:14.33) and is acknowledged as one of the best masters middle-distance runners in the world. This is the first part of a condensed version of one of 24 chapters in Fee's completed book, *Secrets of a World Master's Champion*, to be published sometime next year. The second section of his *Principles of Training* will appear in a later issue of the NMN.)

Obey the laws – the laws of running, to keep out of the court of defeat and the jail of injury. The following are some of the important principles and rules which form the basis of training for running.

### Principle of Base Training

A sound base of aerobic training for about three months or less should follow the outdoor track season and precede the sharpening (competitive/peaking) season.

This enables the body to complete the high quality interval training with strength and endurance. A good base enables you to do perhaps several heats in one day and on successive days at a meet. And it prevents injury.

Arthur Lydiard, the famous New Zealand coach of Peter Snell and other Olympic champions, proved that an extensive base training phase, followed by hill training and then sharpening, produces world-shattering results.

### Principle of Gradual Adaptation and Progression

I have noticed, even a week later, the same workout is easier, but generally you race according to your condition and training in the previous six weeks. Some say it takes even 12 weeks for the full training effect. Therefore, a long lead time is required if you are to race well. Also, world class athletes normally peak after the third important race.

It is surprising how the body adapts. Speed and speed endurance are normally lost in the base building period. Over the sharpening period, the workouts become gradually harder but, due to increased condition, the effort remains about the same as you become stronger and faster.

There should be no sudden increase in effort between workouts. Progress is rapid in the beginning; the final 3% improvement takes about 40% more work, but it's worth it.

### Principle of Sharpening and Taper

**Sharpening.** The sharpening period prepares the athlete to peak in performance in the competitive season. During this period, aerobic endurance runs form the backbone of the schedule. But there is great emphasis on runs at race pace or faster, hill work, time trials, fartlek, and particularly interval training to increase speed endurance.

**Rule of 12 weeks.** There is considerable evidence that 12 weeks of sharpening is optimum to reach a peak. If the intensive training is continued after this, performance starts to drop off. It is best to arrange hard training for close to 12-week cycles: reach a peak, active rest for about ten days, then start another cycle by initially building a base.

**Tapering.** About 10 to 20 days before a race, one or two workouts can be more intense than normal. After this, with reduced volume, but retaining intensity, the body recharges. A meet one week before a big meet or a time trial can be quite beneficial with the workouts in the following week light volume but retaining speed. Three days before should not be overdone – two days before even less.

Remember, sore muscles often come two days after a hard workout. Also, no

from "National Masters News"  
July 1998

water running of any intensity within three or four days of a meet. For the marathon, Bill Rodgers recommends a quality workout (e.g., a 10-miler) 7 to 14 days before, with the last week very light.

### Principle of Going with Your Strengths

Once you have decided on your speciality race, your training should be directed toward your strong suit. Know your strengths and weaknesses.

Working mainly on your strength (endurance or speed) will produce better results than concentrating on your weakness. For example, there are 800m runners who have moved up from the 400m. And there are 800m runners who have moved down from the 1500m. The former should concentrate more on shorter, faster repeats, while the latter should concentrate more on longer, slower repeats.

Hence, the athlete responds better to the work demands. This is not to say the weakness should be neglected; it requires work but not as much concentration.

### Principle of Balanced Training

An optimal balance between the aerobic and anaerobic capacities, without underdoing or overdoing intensity and volume, is the main target in a training program. An imbalance in an athlete can be determined from actual races or time trials.

For middle and distance runners in the sharpening phase, Jack Daniels (renowned coach) states: 8% of the weekly mileage should be for VO<sub>2</sub> max training plus anaerobic threshold training. The former at about 5K race pace (intervals) and the latter at 10K race pace for a mile plus 15 seconds (intervals or continuous run). He also recommends 5% of weekly mileage training in the anaerobic lactic system (e.g., 30 seconds to 2 minute intervals) at >95% maximum heart rate.

### Principle of Correct Mix in the Training Session

Aerobic and anaerobic training generally should not be mixed in the main part of the session. It is not desirable to work on both stamina and speed the same day, or the same workout, because one detracts from the other. It would be more beneficial to work on speed, flexibility and strength together.

Anaerobic speedwork before longer aerobic running saps the energy, resulting in slow or shortened performance

in the longer running. Aerobic intervals, or a long run before attempting short fast intervals, results in much reduced speed. Also avoid a long run the day before speed work.

### Principle of Specificity

When your strengths and weaknesses are known, a running event should be chosen to match your strengths. Specific "race like overload" training allows your body to adapt to the specific race stress you will encounter on race day.

Train for the course terrain, weather conditions and time of day you will run. Also, lifting of weights should be specific to your race distance: endurance reps for middle distance or greater, strength power reps for sprinters.

Cross-training should be as specific as possible to use the same muscles and achieve near the same heart rate or perceived effort; e.g., cross-country skiing and running in water closely simulate running.

### Principle of Periodization

Periodization is the division of the training year (macrocycle) to meet the athlete's objectives and to peak during the competitive period(s).

Basically, periodization is based on periods up to three months (mesocycles) of hard training followed by tapering, peaking in performance for a brief period, then a transition rest period to permit another cycle to repeat. Generally, over a month's period, each week (microcycle) has progressively higher intensity over the first three weeks in the month, with a decrease in intensity in the fourth week.

Each successive monthly cycle is harder. This highly recommended approach is similar to hard days followed by easy days, but on a coarser time scale.

### Principle of Supercompensation

Supercompensation is an improved performance phenomenon. Following exercise, the body is fatigued. After rest, the body recovers, and, shortly after, rebounds to a higher level of performance than initially if training or the exercise starts again at the optimum time. But if started too late (e.g., start of a race too long after a warmup) there is a decline in performance. Supercompensation is also very much related to tapering and periodization.

### Principle of Intuition and Flexibility

Listen to your body. It is important to have a long-term training goal and related short-term goals, but let intuition play its part on a day-to-day basis. Intuition works best when one has good knowledge of training principles. Avoid the "do it, regardless" philosophy, which can lead to injury and staleness.

There is a need for flexibility in the training schedule. Some days, when you will feel like doing less, the weather is bad, or muscles are sore, train accordingly. However, take advantage of those rare days when you feel like doing more than planned, but not too close to a race.

In short, when the body speaks, listen to it, and disregard your schedule – your subconscious mind has many years of wise experience. □

*Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure.  
It is our light, not our darkness that frightens us.  
We ask ourselves, "Who am I to be brilliant, gorgeous, talented and fabulous?"  
Actually, who are we not to be?  
You are a child of God. Your playing small does not serve the world.  
We are born to manifest the Glory of God within us.  
It's not just in some of us - it is in everyone.  
And as we let our light shine, we unconsciously give other people permission to do the same.  
As we are liberated from our own fear, our presence automatically liberates others.*

- Nelson Mandela

We are happy to give a plug for St John Ambulance. They are always there to support us when we organise a major sporting event.

## St John Ambulance Australia

### Learn how to save your child's life

# Emergency First Aid for Families

Emergency First Aid for Families is designed with a focus on illnesses and injuries common to children up to 14 years of age. You will enjoy the high level of practical demonstration and active participation that we have built into this first aid course.

Duration: 12 hours  
Available in 4 x 3-hour sessions  
or 2 x 6-hour sessions

Class Options: Day, evening or weekend classes

Training ▶ Staying Alive first aid Handbook (100 pages).

▶ training bandages and CPR card.

▶ a St John Ambulance First Aid Certificate.

Availability: Course venues throughout Melbourne and Regional Victoria.

Discount for group bookings.

Special classes for groups can be undertaken at your premises. Call us on (03) 9696 0390 for more information.

Gift Vouchers are available – A Gift for Life.

**For First Aid Course and First Aid Kit enquiries telephone 13 13 94**

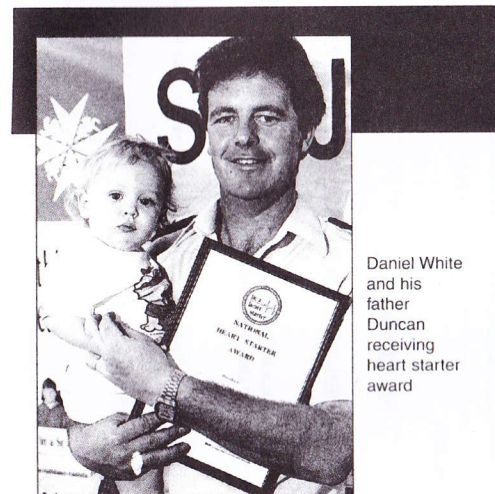
### Vital Skills for Families

Emergency First Aid for Families teaches vital life saving skills and how to manage illness and common injuries which can occur around the home in every day life.

Situations that you will be able to deal with:

- ▶ CPR (cardio pulmonary resuscitation) for infants, children and adults.
- ▶ St John action plan for managing emergencies.
- ▶ medical emergencies, including *Heart Attack, Asthma, Choking, Diabetes, Epilepsy*.
- ▶ identify *Shock*.
- ▶ control external *Bleeding*.
- ▶ manage *Wounds*.
- ▶ treat superficial and deep *Burns*.
- ▶ manage *Fractures* and *Dislocations*.
- ▶ treat *Soft Tissue Injuries*.
- ▶ manage *Head, Neck* and *Spinal* injuries.
- ▶ treat *Bites* (including snakebite) and *Stings*.
- ▶ *Medications*.

## Teaching from Experience



Daniel White and his father Duncan receiving heart starter award

### Injuries in the home... They can happen at any time.

Research undertaken by the Monash University Accident Research Centre shows that nearly half the children, and 30% of adults seeking emergency hospital treatment, are injured at home.

Cuts and lacerations are the most frequent injury in all age groups. The most common injuries in the under 5 age group are burns and poisoning. Fractures in the 5-9 age group. Sprains and strains in the 10-14 group.

In the 10-14 age group, recreational injuries around the home account for 27% of emergency hospital presentations, with 25% of the injuries being fractures.

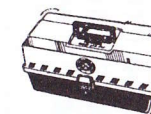
In proportion to the amount of time in use, the bathroom is the most dangerous room in the home for children under five, accounting for 70% of their injuries.

St John Ambulance Australia – Caring for Life

## First Aid Kits

Every home & car should have one!

From years of First Aid experience in the field, St John Ambulance has developed a wide range of First Aid Kits to suit many needs.



Family Kit (6033)

A comprehensive kit for family needs. Includes 100 page first aid Handbook. Complies with Australian Standard AS 2675B.



Personal Kit (6030)

For the five most common injuries. Includes 100 page first aid Handbook. Sturdy vinyl case. Complies with Australian Standard AS 2675A.



Multi-purpose Kit (6248)

Lightweight (4.2kg), lockable wallmount plastic cabinet. Portable when needed. Ideal for the laundry wall. Size: 390 x 290 x 165mm

10% discount for Course Participants

For First Aid Course Bookings and First Aid Kit enquiries, phone 13 13 94. St John Ambulance Australia (Victoria)



# PARLOUF RELAY

Inter-venue Challenge

*East Burwood*

**Thursday 19th November 1998**

A great night is promised for everyone: sprinters, walkers, runners, spectators and pancake connoisseurs. The program will include a 2km nominate own time walk, a 1600m parlouf relay and a 10km parlouf relay followed by a fantastic pancake supper. Trophies or prizes for all events.

Please note that the 10km parlouf is no longer a race just for the competitive or elite runners who are bent on running the fastest time. The Fun Run Section allows for teams of five to run an aggregate distance of 10km to a nominated team time in a minimum of three rounds (i.e. each member must run at least three times). There is no need for Fun Run teams to do 100 x 100 metre sprints like most of the challenge teams.

The program and race rules will be available at your venue by October.

This is a great opportunity to get together with your fellow club mates to enjoy friendly competition and plenty of chat over fantastic pancakes. So please mark the date in your diary and start training now.

\$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 selling fast!

Get in and buy yours  
now!

Tickets:  
Dot Browne  
Ph. 9874 2501  
Fax: 9873 3223



## 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 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. Also six kilometre run and walk, same place (9819 6888 w)

**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, Murrumbeena, 12.45 start. Graeme Rose 9836 2350  
**:CHC Special Coburg Fun Run** (12km & 4km), Harold Stevens Athletic Track, Coburg, 9.00am (9386 9251h)

**:Epic Challenge, Run/Cycle 10km, Walk 5km**, Westerfolds Park, 9.30am, random prizes, sausage sizzle. In aid of children with Down syndrome. (9466 9600)

**:Valley Run and Leisure Walk** (10km or 5km), Footscray Boat Club, off Farnsworth Avenue, Footscray, 9.15 walkers, 9.30 runners. Veteran categories.

**:Spring Into Shape Run Series** (8km & 4km), Alexandra Gardens, 9.30am (9819 9225 w)

**:Greater Western Games Valley Run/Walk** (10km & 5km), Farnsworth Avenue, Footscray, 9am (9689 4044 w)

**:Erica - Rawson Red Cross Fun Run** (10.7km & 3.9km), Erica Oval, 10.00am (0351 653 494 h)

**Sunday, 25th October, VRR Jells Park** (15km, 10km & 5km), Ferntree Gully Road entrance, 9.00am (9802 7925 ah)

(remember daylight saving begins)

**:Woodleigh Fun Run** (10km & 5km), St Pauls School Baxter, 8.30am (9787 8105 h)

**:Toolangi Fun Run** (10km & 4km), Tennis Club, 10.00am (0359 629 467 h)

**:Brackenbury Classic** (21.1km, 10km, 5km), Hammon Park, Creswick, 9.00am (0353 452 530 h)

**Sunday 1st November VVACI Throwers Group** Weight pentathlon. Duncan McKinnon Park, Murrumbeena, 12.45 start. Graeme Rose 9836 2350  
**:Portland Three Bays Marathon** (42.2km), Hanlon Park, Portland, 8.00am (0355 217 980 w)

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

**Saturday, 7th November, VRR Tan Time Trial** (8km & 4km), near Government House Drive, 7.30am (9802 7925 ah)

**Sunday, 8th November VVACI Bushrangers Classic 100km Relay**, Knox Park Athletic Track, Rushdale Street, Knoxfield, Melway 73 D6, 7.30 am Entry form in this issue.

**:Broadmeadows Spring Festival Fun Run** (8km & 4km), Leisure Centre, Pearcedale Parade, 9.00am (9309 3301 h)

**:Tunstall Square Family Fun Run** (10km & 5km), Tunstall Square, Donvale, 9.00am (9890 7007 h)

**:Greater Latrobe Valley Fun Run & Walk** (8km & 4km) Morwell Town Common, 10.00am (0351 342 322 h)

**Wednesday, 18th November, VRR Twilite Tan Time Trial** (8km & 4km), near Government House Drive, 6.30pm (9802 7925 ah)

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

**Sunday 22nd November VVACI Throwers Group** Heavyweight and Javelin. Duncan McKinnon Park, Murrumbeena, 12.45 start. Graeme Rose 9836 2350  
**:Spring Into Shape Run Series** (8km & 4km) Alexandra Gardens, 9.30am (9819 9225 w)

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

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

### 1999

**Sunday, 7th February, VVACI Intervenuer Aquathon**, Lilydale Park Lake (9808 4641)

**Wednesday, 29th July to 8th August, WAVA World Veterans' Games**, Gateshead, England. See Frank Rogers travel article or ring him on 08 8332 8815

**Friday, 2nd to Monday 5th April, AAVAC National Track & Field Championships**, Canberra.  
**7th Australian Masters Games, Adelaide SA**, 25th September to 3rd October. AMG Office, GPO Box 1999, Adelaide SA 5001, phone 08 8300 6140.

### 2000

**Oceania Veteran Championships, Norfolk Island** 16th to 23rd January Contact Organising Committee, PO Box 158 Norfolk Island 2899, South Pacific. email games@worldtraders.nf. Fax +6723 23106. Contact Frank Rogers, AAVAC Director of Travel, regarding

travel and accommodation as soon as possible, phone 08 8332 8815. Early information on numbers will give us better deals. Accommodation is limited.

### 2001

**WAVA Veterans World Championships, Brisbane Qld** July 5 to 15

### 2002

**Oceania Veteran Championships, Geelong**, January. Contact Rudi Hochreiter for information. 0352 414 108  
**Fifth World Masters Games, Melbourne**. TBC

## 10th Oceania Veteran Championships Norfolk Island 16th – 23rd Jan 2000

### URGENT -- URGENT -- URGENT

The Games Organisers have advised that accommodation will be a problem.

It is very limited and they have already received many booking enquiries. Do not think this popular event is still too far away and you will book later on.

You will very likely miss out.

Because of possible shortages, AAVAC will not be taking "Expressions of Interest" and then arranging a group booking later but instead ask those interested to make individual accommodation requests **NOW** directly to either:

- (a) JCT Travel, Level 3, 45 Grenfell St, Adelaide 5000  
(phone Karen Hearn on 1800 150122)  
Karen of course can arrange all your air flight requirements as well.
- (b) Organising Committee, Oceania 2000  
Box 158, Norfolk Island NSW 2899  
You can also e.mail your requirements to Norfolk Island on:  
games@worldtraders.nf  
There is also a web page which has a preliminary programme and entry form on it as well as other details. Check on:  
<http://oceania2000.nf>

Frank Rogers  
Travel Director AAVAC (phone 08 8332 8815)

## Answers to the Eccles Crossword

### Across

1. Rocket. 4. Grumpy. 6. Father. 10. Obeyed. 11. Rowdy. 12. Havachat. 13. Nanna. 14. Jack Bennie.

### Down

2. Chuckles. 3. Dormouse. 4. Grand poobah. 5. Plod. 7. Arthur Daley. 8. Seagull. 9. Messiah.

Going to Gateshead? Check up on your medication.

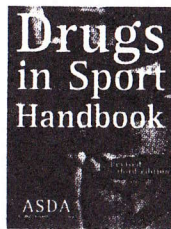
## Before you take any medication:

Hotline number: 1800 020 506

### Further information on the drugs banned by your sport

For further information on the drugs banned in your sport, please contact your relevant sporting organisation.

Check your Drugs in Sport Handbook



The *Drugs in Sport Handbook* contains information about the drugs used in sport, drug testing and legal issues affecting you as an athlete.

The *Handbook* also contains lists of medications, both prescription and non-prescription, that are permitted.

## Can't find it in the Handbook?

Ring the ASDA Drugs in Sport Hotline

The hotline can be used to check whether a medication is permitted in your sport. The hotline is available from 9:00am to 5:00pm, Monday to Friday (EST).



## Allowed Medications (without prescription)

**ASTHMA:** Asmol\*, Bricanyl\*, Intal\*, Respolin\*, Ventolin\* (inhalers only)

\*Can be bought without prescription in some states, in others by prescription only.

**NOTE:** Some National Sporting Organisations (NSO) require written permission to use any of the above. Check with your NSO.

**ALLERGIES/HAYFEVER:** Antistine-Privine Eye Drops, Claralyne, Drixine Nasal, Otrivin.

**DIARRHOEA:** Dia-Chek, Gastro-Stop, Imodium, Kaomagma, Repalyte New Formulation.

**PAIN/INFLAMMATION:** Aspro, Dexasal, Disprin, Dymadon (plain and Co.), Naprogesic, Nurofen, Panadeine, Panadol, Ponstan, Tylenol, Veganin.

**VOMITING/NAUSEA:** Avomine, Dexasal, Dramamine, Maxolon, Stemetil.

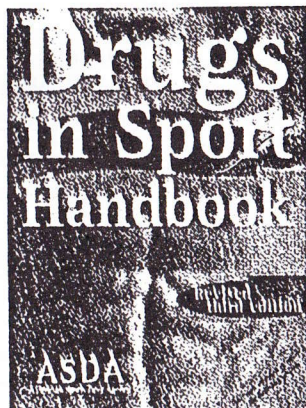
**COUGHS/COLDS:** Actuss, Bisolvon (Elixir and Tablets), Duro-Tuss (Expectorant, Regular and Forte), Steam and Menthol Inhalations, Strepsils Lozenges, Vicks (Vaporub and Cough Syrup).

Note: These are only some examples of allowed medications

August 1998



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CURTIN ACT 2605  
Phone: +61 (0)2 6206 0223  
Fax: +61 (0)2 6206 0201  
e:mail: asda@asda.org.au



## 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**