

Marathon man, Ken Matchett, featured in an article in "The Age" recently. See page 4.

**DECEMBER  
1998**

**Vic Vets**  
**NEWS AND RESULTS**

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**Vic Vets**

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**STOP PRESS - STOP PRESS - STOP PRESS**

### 1 Mile Challenge

East Burwood Venue is hosting a 1 Mile Challenge event on Thursday evening, 4 March 1999, commencing at 7:30 p.m., in the form of a series of graded races. This is an opportunity for runners to compete at their own level over a mile, to prepare for the Victorian Track and Field Titles and to watch some of the fastest runners in the Club compete in the A Grade race. Trophies will be awarded for the first male and female overall and to the first male and female based on age graded percentage (WAVA standards). Spot prizes will also be presented to mile runners. Only one trophy or prize per person. More details will be available early in the new year.



## Editorial

In recent newsletters and minutes it was stated that, at the AGM of the national veterans' body, AAVAC, a motion was put for a change of name to "Australian Masters Athletics". However, as some state delegates felt that they did not have enough information from their states to vote on this issue, the decision was delayed for three months and is to be taken by a postal vote. Each state will get one vote. The Victorian committee discussed this and decided to vote for the change. There were various reasons for this action, but it has caused letters of protest from at least three members. So a clarification is in order, and also an opportunity for all members to voice an opinion.

Firstly, the motion refers only to the name of the national body, not the Victorian body. There is no suggestion that VVACI will change its name. Please be clear on that if you respond with your opinion.

There are arguments for and against. Those against the change prefer the word "veterans" for such reasons as:

We have had the name for 25 years or more, it has developed a tradition, we understand its meaning, we honour those who founded us, we like it. There is no need to change it, to change it would involve costs for new logos, stationery, letterhead, badges, cheque books, badges and so on. The dictionary meanings of "veterans" are more appropriate to us than those of "masters", there would be confusion with "Masters Games" which is not what we do, and association with them which we may not want.

The arguments advanced in favour of the change include:

Companies approached for sponsorship have said that they would sponsor an event called "masters" but not one called "veterans". Semi-government authorities such as Sport and Recreation Victoria, VicHealth, Confederation of Australian Sport, and Active Australia are currently beginning to accept their responsibilities to mature aged sport, and refer to it as "Masters Sport". The world veterans' body, WAVA, is predicted to change its title to Masters at the general assembly at Gateshead next year. There is a negative connotation to the word "veterans" which is turning the younger mature aged athletes off. Our club has an ageing membership, is losing numbers and is not replacing old with young. There is confusion in the public's minds between war veterans and veteran athletes. Although the dictionary meanings of "masters" may not suit us perfectly, the word has come to take on the meaning that people have given it, as words do over time. The public knows what "masters" means.

In its introduction to a new resource kit Sport and Recreation Victoria states:

"Masters sport is the fastest growing area of sport participation in Australia. 'Masters Sport' is a generic term that encompasses veterans, golden oldies, myths and legends, older adult sport, seniors and mature aged sport. It is recognised that sports have adopted their own individual terminology but Masters Sport is the most widely used term for this segment of sports participation."

The VVACI committee felt that there were advantages for the national body to come in line with many other sports and share in the provision for mature aged sport by state and federal governments. However, it would welcome an indication of the opinion of the members. So when you come to pay your subscription, which is due on 1st January 1999, there is a voting form on the return sheet. You may or may not feel strongly enough about the issue to fill it in.

Also in this issue you will find entry forms for the various state titles. Please help us to have excellent events with big fields. Whether you see yourself as a potential medallist or not, please support your club by entering. Our main objective is participation.

*Colin Browne*

# Living in the 70s

"The Age" ...25th November 1998

By NICOLE BRADY  
SOCIAL POLICY REPORTER

The day before Ken Matchett completed his 100th marathon, he received a letter from Australian Olympic runner Steve Moneghetti. It wished him "God speed" for his journey into running folklore.

That expression became famous, of course, when used at the start of American astronaut John Glenn's space excursion in 1962. All around the world, people were glued to their wirelenses and black-and-white television screens as Glenn became the first American to orbit the earth.

Last month, when Glenn, now 77, again rocketed into space, the thoughts of Ken Matchett, 76, were with him. "He's an inspiration," Matchett says.

Many would say the same of Matchett. He was 75 when he completed his 100th marathon last year. Since then, he's run about five more and plans to do the Hobart marathon in January.

After taking up running seriously in 1979, aged 58, his gnarled jogger's feet have barely rested. With his 77th birthday due next month, Matchett has no intention of scaling down his daily jogs and he hopes to still be finishing marathons at 80.

And, when he's not running, there's his hobby as a radio historian to attend to. He also regularly hosts workshops aimed at inspiring other elderly people to exercise. He is, however, very realistic in his approach and places no pressure on people to do more than they are able - even if that is just a slow walk up the street.

As you would expect, Matchett is a very fit-looking man. With a heavier build than most long-distance runners, he has suffered few injuries through his sport.

Time has clearly been kind, although as the years have progressed, Matchett has noticed a slow decline in his abilities. He says his hearing and eyesight are showing a "normal depreciation for my age".

As his muscle strength has ebbed, so have his marathon times. "Sometimes, when I'm running, I'll feel as though I'm running as fast as I ever have, but when I look at a watch, it shows that I'm not running as fast as I thought I was," he says.

Ken Matchett and John Glenn are clearly exceptional. Through a combination of good health, good genes and good luck, they have somehow managed to keep the ageing process in check.

Doctors and advocates for the elderly are quick to point out that it is unreasonable for other people of the same age to compare themselves with such men. But why is it that some are blessed with an apparently endless supply of youthful vigor, while others grow frail? And if you're unable to perform athletic feats in your late 70s, does that also mean you're unable to enjoy life?

There were about 18,000 Victorians aged 77 when the last census was taken in August 1996 - about 10,500 women and 7500 men - and time has impacted uniquely on each individual.

Professor Robert Helme, director of the National Ageing Research Institute in Parkville, says there are four main factors that contribute to the deterioration of mental and physical functions.

First is the ageing process. People lose about 0.5 per cent of their capacity each year from the age of about 40. Disuse is another big factor. The body and brain deteriorate if they are not exercised.

"This is why a 70-year-old can be as functional as a 50-year-old," Helme says. "But if you place a fit 50-year-old next to a fit 70-year-old, the 50-year-old will win every time."

The good news is the effects of disuse can be reversed, so those who have let their brains or legs lie relatively dormant for years can be revitalised by a gentle program of exercise.

Unfortunately, disease takes the wind out of a lot of elderly people's sails. Helme says illnesses such as Alzheimer's, Parkinson's, or a stroke can be terribly debilitating.

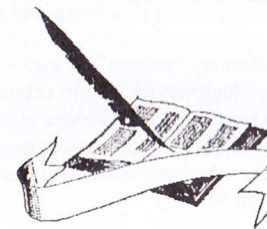
Finally, environmental factors can affect the speed at which some people's functions deteriorate. For example, Helme predicts that when baby boomers hit their 70s, many will suffer hearing problems as a result of prolonged exposure to blaring rock'n'roll during their younger years.

## IN MEMORIAM

Unfortunately we have to report that two of our older members passed away in recent months. Each was in his eighties and each was a well loved member of the Victorian Veterans' Athletic Club.

Stan Selby (Sr), father of Stan (Jr), who is also a member of the vets, was one of the throwers. He used to throw the javelin very well, and won medals at the Victorian and Australian championships. We are sad to see him go.

Lindsay MacGregor, 82, died on Tuesday 10th November in his sleep. He had had a heart problem. He was a Springvale Noble Park vet. He used to coach the Little Aths children. A softly spoken man, he lived with his sister for the past 18 years. The club wishes to pass on its condolences to her.



### LETTERS TO THE EDITOR

Dear Colin and Dot

I'm writing on behalf of my family to thank you for the wonderful tribute to Eric in the Vets Newsletter.

Although it took a couple of attempts to read in its entirety due to the overwhelming memories and emotions, it's wonderful to see that everyone who knew Eric was blessed, as his family was. He was a special person and will be missed dreadfully.

Thank you so much for the copies you sent. It means we can each have a copy...

With thanks  
Marilyn Wells.

[ED:..Marilyn sent this message on a beautiful card. Thank you.

And while I am at it, my embarrassed apologies to Michael Davin, who spoke so movingly at Eric's funeral. I got confused with Tony Doran, also a mate of Eric's from Springvale, and called him Mick Doran. Sorry.]

Dear Col,  
In a lighter view.  
A.A.V.A.C.]

There is much comment on the correct use of English in your "News and Results". I question the correct pronunciation of the letters of our national body, AAVAC. I have heard "Ay vac" - but there are two As, so should it not be "Double A-vac", or "A-A-vac", or even "eh-eh-vac"

I suggest the proper pronunciation should be "Ar vac". After all, how do you spell aardvark, double A!

To avoid confusion and lengthy debate on this matter, could I suggest we refer to our national body as the "Ah-(pause)-soles" who decide issues relating to the various states' needs.

Ken Walters

\*\*\*\*\*

from Jack Pennington  
"EVOLUTION?"

In the 1960's our "Veteran Athletics" did not exist. A handful of 40s, mainly males, continued to compete in interclub in each capital. There was in Germany in the late 1960s "The Association of Veteran Long Distance Runners" conducting road races for men over 40 years in 10 year age groups. In 1968 in San Diego USA a former "Pom" and lawyer, David Pain, organised an athletic competition in Bilbao Stadium for men over 40 years also in 10 year age groups. The next step of course was to include women. The rest of the world followed suit. However, "Commonwealth" members in 1972 affiliated with the IAAF and would not permit professionals to join the new sport.

The first International for Veterans was in 1972 - London followed by Cologne. It was well known that in the USA contingent there were many professionals. By 1975 in Toronto we had the added problem of South Africans who were on the political banned list due to apartheid (sic). After much argument and threats from the Canadian Government the "South Africans" became "Rhodesians".

By 1977 in Goteberg our team management became aware that many Australian professionals who were not members of our organisation were competing as Americans. There was a fear that our links with the IAAF would be sundered.

By 1979, due to correspondence with all parties and

due to a good airing in our "Veteran Athlete", "The Masters News" (USA) and "Veteris"(UK), it was agreed by most that once an athlete had reached the ripe old age of 40 years they were no longer "professionals" and could rightly take their place as members of veteran clubs. The IAAF, thanks to observation of its president, Adrian Paulins, amended the IAAF amateur laws to the effect that anyone over the age of 40 years may compete with anyone else over 40 years, without infringing one's amateur status, providing the competition was for athletes over 40 years and women over 35 years.

So Evolution continues. We now face a further problem of "The Masters Games" which does not require membership of a veteran club. If you can afford it you can compete without infringing your membership of a veteran club. The motive of the "Masters Games" is now like the Olympics - profit. If it is profitable then it will be promoted and in the case of the Olympics it is profitable because of global television.

However, to be profitable (or more profitable) both organisations depend on volunteers to provide free labour. So here we have a base of free labour, and the labourers will not only not see the competition but will pay a large amount of their own costs. At the top of

this pyramid are the promoters and the champions who will earn a fortune (even if steroid induced)...

...I do not like the corruption of the Olympics by ignoring the Olympic oath regarding the profit motive, and for that reason I do not like the trend to Masters Sport which is in direct opposition to Veteran Athletics which is played on the basis that "the taking part is more important than the winning".

\*\*\*\*\*

[Jack, in another letter, makes his opinion on "Masters" versus "Veterans" clear by going to the dictionary:]

"From THE MACQUARIE DICTIONARY, "master" means:

1. highly skilled, 2. a director, 3. one who holds power, 4. an employer, 5. a tutor, 6. a head of a household, 7. a person whose teaching one accepts, 8. the owner of a slave or animal, 9. a victor, 10. an eminent person, 11. a winner of tournaments, 12. an officer of the supreme court, 13. a young boy, 14. an original matrix. The characteristic of a master is mastery, and is male not female.

Whereas in the dictionary "veteran" means:

1. one who has seen long service in any occupation or office, 2. one who has experienced service in warfare, 3. an experienced person, 4. anyone who has experience in some field, 5. one who has grown old in service. Being either male or female.

Peter B. COLTHUP O.A.M.,  
14 Bakers Road,  
North Dandenong 3175.  
14th Oct. '98

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

Dear Dot,

What a coincidence, both magazines having the same cover, great minds think alike. Still he deserved it.

Yesterday I finished drafting a letter to you to let off some of my anger over the use of the name "Masters" by the Swan Hill Group. I can't keep it bottled up, but hadn't typed it when I received my copy of "NEWS AND RESULTS". More about this letter later.

Business shows a desert of ideas by the A.A.V.A.C. except for the geniuses who wished to change their name on the spot. First para. of our constitution says, "The name of the Club shall be the Victorian Veterans Athletic Club Inc." and has been for over twenty-seven years and cannot be changed except for a General meeting or a Annual Meeting. I expect the other States except Queensland also have this clause. For something as important as this I would expect a referendum of members.

Today I received a letter from Jack PENNINGTON which I will type up A.S.A.P. and send you a copy, it's most informative. The letter I published in this months "A.T.G." by an American athlete supports his views all along the line. My own view to start off with is that the whole thing is based on a lie. "Following assurances that the W.A.V.A. General Assembly would probably vote for a name change to Masters instead of Veterans". Who can give an assurance like this? W.A.V.A. is made up of about one hundred countries all having delegates and voting, and in ITALY at a previous General Assembly the Americans tried to change the name to Masters and a volatile meeting nearly came to blows with voting for veterans about three to one. Unless many countries change their way of thinking nothing will alter. If W.A.V.A. did change their name I suppose we would have to follow suit but we did not form this Club relying on people to give us money and we have done quite well in Victoria without changing our name to suit people who are not involved in athletics. The great majority of our members do not require us to be sponsored and we could quite easily run a Veterans Club in Victoria without being involved by groups outside Victoria. And much cheaper.

When our Club votes on a change of name, I hope they will know how much it will cost and how much of our equipment such as clothing, medals, plaques, etc, that we hold will become obsolete mainly because some people want us to have more money, by us, I mean officials and elite athletes..

We are able to run about eight hundred Veteran Athletic meeting without sponsorship as such, growing old in service, and experience by long practice which are two phrases in my dictionary to describe "VETERANS" as against, person having control, captain of merchant vessel, employer, owner of dog, etc, male head of household, teacher in school, tradesman, etc. to describe "MASTERS".

The other letter about what I thought you had asked to be our sixteenth veteran group, offended me that they should want to call themselves M.A.S.H. after a T.V. show and using the word Masters which to me is a dirty word because of the way they have used Veterans over the years as free labour. With M.A.S.H. WHO would think of Veteran Athletics?

Yours growing old in service,



Dear Dot,

Thank you for the medal and marathon certificate that I received this week. When I picked up the envelope I thought that someone who owes me money had sent it in coins.

In previous news letters I have found the debate over membership numbers on club singlets interesting, so as a relative new comer to the club I can see some possible alternatives. It is obvious that some members are quite passionate about wearing their number which has a special significance for them. From my reading of the correspondence this special attachment is because their number indicates how long they have been a VVAC member. As far as I am aware the clubs current policy is to display the membership number on uniforms. however if it were not compulsory to do so it would make the issuing and maintenance of singlets much easier.

There is no doubt that the Red Heart logo is recognised throughout athletics. I knew myself long before joining the ranks what it stands for.

With the heart logo being so widely recognised it could itself be used to denote length of membership.

For example :

- All members under 10 years could wear the current logo.
- Members between 10 and 20 years could be allocated the Red heart with Silver lettering.
- Members with more than 20 years could be allocated the Red heart with Gold lettering.
- Alternatively a Silver or Gold heart could denote 10 or 20 years of membership respectively.

Not all members are in a position to win a medal, but with the above proposal, they would have the opportunity every 10 years to stand on the victory platform to receive their new heart.

I know that change is difficult and sometimes hard to take but we are constantly evolving and if we can make our job easier whilst still maintaining our goals we are all winners.

Yours Faithfully

Russell. Weavers

**M.A.S.H Masters Athletics Swan Hill**

Swan Hill Venue Veterans Athletics R S D Bulga Road Swan Hill

To the Editor,

A little note to let you know Swan Hill is alive and well. I thought I would share with our Vic Vet family some of the little challenges we face in the country.

Arriving at our Aths track for a regular Monday meet, we found temporary tennis courts set up on the whole area, (the largest number of courts in the one area in the world etc) for country tennis week. Opps! The council forgot to tell us. A few phone calls and a bike ride by those fit members, to the next recommended ground, only to find the local football club training. They had "forgotten" to apply to council for the hire of ground. but suggested we could use half the ground with them because they weren't moving. Desecration being the better part of valour we declined. (Besides they were bigger.)

It is now 6.30pm hour late, an enterprising member takes off on bike to check out a school ground near by. At last a clear ground. Enterprise being the operative word, Half of the ground under water. We measure out 100mts and Discus ring with talcum powder found in car and the event proceeded. We were all warmed up. Cant say we established any 100mts records that night but the discus improved immensely.

Last Monday night while doing preliminary warm up around our regular track I discovered a 1.5mt x 1.5mt hole in lane 4 due to a water pipe blow out.

We survive mosquitoes, rain, dust storms, no equipment, no club rooms and seasonal working conditions. Members are fruit growers, grain farmers, truck drivers, nurses. "cant come this week harvesting, picking or packing fruit, sowing, shift work etc" but we have fun and are able to laugh at ourselves.

We do enjoy your magazine Colin and all the news from Vic Vets. It is difficult to get to Melbourne for mid week meetings as you know it is 8hr round trip, but hope to catch up soon.

Regards

May Ward Venue Manager Swan Hill

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2-11-98

To Dot Brown,  
4 Victory St.,  
Mitcham, 3132.

Dear Dot,

With reference to 'Just Juice' and apologies to Robert Whan I would like to state that the food supplement that I recommended a few issues ago is I think far superior to anything on the market. I am not 'knocking' 'just juice' but you could do as well by using organic fruits and vegetables and juicing yourself and you will also feel a lot better. I know because I have done this 5 years ago. Although I felt a little better I still developed Irritable Bowl Syndrome, chronic Tiredness and terrible Sinusitis. A year later, after many other supplements I tried the one that did work. It cured all my symptoms, my wife's migraines and headaches, a daughter's Chronic Fatigue and my local doctor's (Dr.W.Maling) various ailments. He then used it on his patients with an approximate 80% success improvement within 6 weeks and the balance up to 6-10 months depending on their length of illness.

This supplement consisting of 40 odd vitamins, minerals and trace elements + 13 essential amino acids and 8 herbs was formulated by the chief nutritional consultant to the WHO, the famous Dr. Kalogris (of Argentinean Beef Crisis fame). It's balance of nutrients enables it to detoxify the chemicals that come in your food and so enable the body to repair itself and boost the immune system.

No other complete supplement gives a money back guarantee, or has obtained a USA Gov patent, or is also on the Aust. Gov Therapeutic Listing or obtains such consistent and at times fantastic results. No other Nutritional firm has this and it's own factory and research team led by a world authority on nutrition, Dr. C. Hastings of Soya bean research fame.

Because of the Therapeutic listing one is not allowed to advertise in conjunction with any claims or it loses its listing.

All this for a couple of dollars a day, the price of "Just Juice" which guarantees nothing not even being organic, which means you are still probably absorbing some of the 4000+ chemicals in our food supply which eventually cause disease or cancer.

May I repeat, Please phone me for info. on the best on the market! I can also give free the latest nutritional research on Nutrition and the scientific evidence to back up any of the above statements.

Yours sincerely, Peter M Couttie

Dear Dot and Colin,

*I have just returned from the European Vets Track & Field Championships in Italy, finishing 6th in the M65 Hammer and 12th in the Weight Pentathlon. 41.72m / 3369pts.*

*I have enclosed the full results for all the Vic Vets to have a look at, and to see what to expect when most of you will be coming over to Gateshead next year for the World Championships.*

*Good luck in all your training and competition for the coming season, and I wish you all a Merry Christmas and a Healthy New Year.*

Yours in Sport

Peter Barber ( Vics Throwing Club )

[Ed: I will run off a copy and send it to anyone who asks for it. There are two pages but the print is small and would not suit the reduction process I use in this magazine. Also, I am pushed for space this month. Ring Colin Browne on 9874 2501 for a copy.]

## Les Jarry - First Marathon at 70 !

A gluten-free diet revives running career.

Gordon

At 22 minutes past noon on Sun 11 Oct 1998 [with his 70th birthday just two weeks behind him] Les Jarry crossed the line in Pit Straight, Albert Park to complete his first Marathon. "Perhaps 4.5hrs, more likely 5hrs" a very hesitant Les had predicted - but 4hrs22mins WOW! It was at the Westerfolds VRR run in June of this year that I said to Les "You know, you're running so well that you should think about running a Marathon" He said, "I turn 70 just before the Melbourne Marathon in October & I have been thinking that I'd like to celebrate by running my first Marathon."

At the VRR June Tan Time Trial, Kevin Browne had announced a series of VRR 20K pack runs to prepare for the Melbourne Marathon & Les told me he had been thinking of joining these, but he was very hesitant -- he had never run over 10K. Strike while the iron is hot! Kevin was there at Westerfolds, so I took Les over & introduced them & explained why Les was hesitant. Kevin was great, he encouraged Les & told him about the fast pack & the slow pack. He became the Marathon guru for Les. Les had a go at every one of the VRR pack runs & found that he could run further than 10K, albeit with the slow pack. But, despite those long pack runs, at no stage in those 4 months leading up to the Marathon was Les confident of finishing the course. Events seemed to conspire to reinforce his lack of confidence. There was the bad fall when he injured his leg on a training run which had him hobbling as he valiantly tried to keep up his mileage. There was the cold he got from standing around in running gear after the VETs 25K road championship. The fates seemed to be conspiring against his Marathon attempt. Even the weather wasn't kind. Les persisted, if he was going to do a Marathon he knew he had to get out & do the miles.

This persistence is probably a long established character trait of Les but it first became apparent to his friends at Altona VETs when his running

times started to "blow out". A puzzled Les confided that he seemed to have no energy or speed, his legs just wouldn't work! I remember when I ran 60K for my 60th birthday in 95, Les turned up at the starting point at 7am & offered to run with me for the first 5K. This man, who beat the pants off me when he started VETs in 91, even though 7 years older, was now so pleased just to be able to finish 5K at my slow pace! He persisted & never gave up on his running, but it was getting worse. Then, one day in 96, he passed out during a gentle

**It was then that Les dared to dream that he might become part of the Altona VETs tradition of celebrating significant birthdays with endurance runs.**

exercise group at the Altona Retirement Village he had moved to with his wife Marj. Doctors found the answer. Les was allergic to gluten in his diet. Technically he had Coeliac disease. So Les went on a gluten-free diet. He even taught himself to cook so that he wouldn't have to load Marj up with his special requirements. His gluten-free cakes & biscuits be-

came a feature of the Altona VETs ["an eating club that also runs"] His times returned & got better; suddenly he was running PBs. It was then that Les dared to dream that he might become part of the Altona VETs tradition of celebrating significant birthdays with endurance runs. George Nevitt, the Altona VETs founder, started it. He ran a lap [sub 2mins] for every year of his age at 50, 55, 60 & 65. [When George was in hospital with a fatal illness on his 70th birthday, the Altona VETs, including Les, ran his 70 laps for him]. **Now, at age 70, Les has joined & enhanced that tradition.**

Like many of us at the start line for our first Marathon; Les was scared of letting people down. So many people were expecting so much of him. And, 4hrs 22mins later, they were justified! Family & friends; his children & grandchildren, his VRR pack-run-buddies & the Altona VETs, they were all there to cheer him over the line. All joined in celebrating a special performance — a first marathon at 70 years of age!

## Some WAVA % Performances on longer events.

I was curious to see how the results of some of our longer events compared with the WAVA standard. So I have carried out the following exercise from the results published in the October edition of NEWS AND RESULTS.

I hope this is of interest to others also.

The WAVA publication for AGE GRADED TABLES suggests the following guidelines for assessing these %PERFORMANCE figures:

- 90% World class
- 80% National class
- 70% Regional class
- 60% Local class

### Australian VETs Marathon Championships 19 April 1998 Vic medal winners

		WAVA %
HUGHES Randall	M74	88.47%
PETRIE Lavinia	W54	81.40%
HEWITT Graeme	M52	80.29%
PELGRIM Bert	M42	76.93%
BROWN Malcolm	M57	71.73%
PEREZ Juan	M59	70.46%
MATCHETT Ken	M76	68.36%
JONES David	M60	63.34%
BOYD Thomas	M33	58.40%

### Vic VETs 25K Road Championship Maribyrnong R 13 September 1998

		WAVA %
Paul Twining	M49	80.65%
Bill Page	M68	79.83%
Graham Philpott	M55	79.63%
Des Clancy	M49	78.67%
Ron Campbell	M55	78.41%
Dave Black	M42	77.94%
Bob Lewis	M70	77.93%
Colin Heywood	M44	77.90%
Emie Stewart	M47	77.48%
Bob Curtis	M56	77.37%
John Waite	M57	76.75%
Barbara Dalglish	W62	76.19%
Stan Belcher	M56	75.38%
John Howes	M62	75.03%
Jock Cravana	M62	75.03%
Ray Callaghan	M65	74.53%
Ken Matchett	M76	74.45%
Juan Perez	M59	74.22%
Rob Drew	M44	74.21%
Rob Ward	M53	73.86%
Frank Furlan	M59	72.81%
Sonya McLennan	W46	72.73%
Frank Hargraves	M58	72.58%
Judy Wines	W60	72.47%
David Wear	M52	70.98%
John Caulfield	M50	70.96%

### Gordon Vic VETs 20K Road Walk Championship Albert Park 29 August 1998 Medal winners

		WAVA %
DONAHOO Mark	M40	85.74%
GLOVER Brian	M55	72.89%
CARTER John	M47	71.25%
DAVIS Graeme	M48	63.10%

### 25K continued

		WAVA %
Mal Brown	M57	70.76%
Graham Bonnett	M55	70.24%
Les Jarry	M69	70.00%
Thomas Boyd	M33	69.80%
Rob Waters	M52	69.66%
Vem Gerlach	M73	69.18%
Guido	M43	69.14%
Karl Fauvrelle	M57	68.93%
Wanda Kelly	W50	68.62%
Ron Wilson	M62	68.45%
Kevin Browne	M61	68.23%
Jane Sturzaker	W45	67.59%
Len Hallett	M49	67.29%
Neil Salvana	M46	67.08%
Glen Claiden	M44	67.01%
Phil Twining	M38	66.81%
Bruce Edwards	M40	66.74%
Honacio Pereira	M47	66.54%
Stephen Barren	M55	66.23%
Rhonda Trengrove	W50	65.97%
Anne Callaghan	W61	65.81%
John Dean	M53	65.14%
Peter McGrath	M58	63.63%
Andrew Tunne	M40	62.67%
Peter Wilson	M57	62.59%
Leo Jones	M57	62.55%
Al Willey	M59	61.98%
John McCann	M40	61.24%
Colin Silcock	M65	60.19%
Stephen Young	M46	60.18%
Roland Brown	M57	56.95%
Julie O'Donohue	W37	53.61%

## NEW VICTORIAN RECORDS

Age	Event	Name	Performance
M60	Pole Vault	Rob Barclay	3.10 & 3.25 Aust Record
M40	10k Walk	Mark Donahoo	46.27 Aust Record
W55	10k Walk	Gwen Steed	57.59 Aust Record
M50	20k Walk	Andrew Jamieson	96.03 Aust Record
W60	Hammer	Valerie Worrell	32.67 Aust Record
W60	Weight Pentathlon	Valerie Worrell	3,546
W50	20k Walk	Celia Johnson	113.05 Aust Record
W75	Hammer	Gwen Davidson	23.60 World Record
W75	Shot Put	Gwen Davidson	6.81
W75	Discus	Gwen Davidson	18.22 Aust Record
W75	Javelin	Gwen Davidson	23.60
W75	Weight Pentathlon	Gwen Davidson	4,041 Aust Record
W60	Half Marathon	Barbara Dalglish	101.58
M60	10k Walk	Murray Dickinson	49.35 Aust Record
M55	Javelin	Graeme Rose	50.35 Aust Record
W30	Hammer	Kath Newman	46.01 Aust Record

Clyde Riddoch  
Victorian Records Officer

1/104 Coventry Street, Southbank 3006  
Telephone 9204 7085(B), 9690 2903(H) & Fax 9204 7283



Who can you spot at Clyde Riddoch's wedding?

# VICTORIAN VETERANS ATHLETIC CLUB INC

## 1999 SUMMER EVENTS

DATE	EVENT	START TIME	VENUE	MELWAY MAP REF.
Sun 7th Mar	Pentathlon	12.30pm	Duncan McKinnon Pk (69,a9)	
(12.30 start for M30-49. 1.00 the rest.)				
Sun 14th Mar	Wt. Pentathlon	10.00am	Duncan McKinnon Pk (69,a9)	
(Women start at 10.00. The rest phone Graeme Rose (9836 2350))				
S&S 20/21 Mar	Track & Field (see below)		Duncan McKinnon Pk (69,a9)	

\*\*\*\*\* CLOSING DATE \*\*\*\*\*  
 Friday 5th March for ALL EVENTS  
 \*\*\*\*\*

### Provisional Timetable for Track & Field :-

Saturday 20th March	Sunday 21st March
12.00 5km Walk - Women and M75+	12.00 3/400m Hurdles
12.00 Sprint Hurdles	12.20 3km Walk - All Men
12.45 100m Sprints	12.50 800m Runs
1.30 1500m Runs	1.40 1500m Walk - All Women
2.30 100m Finals (if hts req.)	1.50 200m Sprints
2.35 5km Walk - Men under 75	2.40 5km Runs Men 55+
3.15 400m Sprints	3.20 5km Run All Women
4.00 2km Steeple - Women and M60+	4.00 200m Finals (if hts req.)
4.15 3km Steeple - Men under 60	4.05 5km Run Men 30 to 54

(Field Events are shown in proposed order of competing)

10.00 Heavy Weight Throw W30+ M65+	10.00 Heavy Weight Throw M30 to M60
12.00 Long Jump W30+, M70+, M60/65 M50/55, M40/45, M30/35	12.00 Triple Jump M50/55, M30/35, M40/45, W30+, M60+
12.00 Discus Throw M30/35, M40/45, M50/55, W60+, W50/55, W30-49, M60/65, M70+	12.00 Javelin Throw M60/65, M50/55, M40/45, M30/35, M70+, W30-49, W50+
12.00 Hammer Throw M50/55, M60/65, W30+, M30 to 49, M70+	12.00 Shot Put M70+, W50+, W30-49, M60/65, M50/55, M30/35, M40/45
1.00 High Jump M30-49, M50-69, W30+/M70+	1.30 Pole Vault W30+/M60+, M30-59

(Please collect your Program and Agegroup Competition Numbers at the track, when you arrive to compete.)

### CONDITIONS OF ENTRY

- You must be a financial member of the club.
- Club uniform must be worn.
- Please supply your own lapscorer for events 3km and longer.
- Be available to start your event at least 30 min before official start time.

### INTER VENUE TRACK & FIELD COMPETITION

It is intended to conduct a competition between venues on a similar format to that used for the 10kms Track Event. Points will be awarded for each competitor on the following basis :-  
 6 for a Finals win, 4 for a Finals Second, 2 for a Finals third, and 1 point for every other result, (in a final or (not 'and') heat.)  
 A 1st and 2nd division will be formed, based on entries.

## VICTORIAN TECHNICAL SPECIFICATIONS

STEEPLECHASE - 3000m for M30-59 2000m for M60+ and Women  
 (The 2km Steeple to use .762m steeples, if available)

PENTATHLON EVENTS - MEN - LJ, JAV, 200m, DISCUS, 1500m  
 WOMEN - LJ, JAV, 200m, DISCUS, 800m

WEIGHT PENT. EVENTS - ALL - HAMMER, SHOT, DISCUS, JAV, WEIGHT  
 (AGE FACTORED SCORING FOR MULTI EVENTS)

### IMPLEMENTS

AGE	Shot	Putt	Discus	Hammer	Javelin	Weight
<b>Women</b>						
30-49	4.00k		1.00k	4.00k	600gms	9.08k(20lbs)
50-59	3.00k		1.00k	3.00k	400gms	7.26k(16lbs)
60+	3.00k		1.00k	3.00k	400gms	5.45k(12lbs)
<b>Men</b>						
30-49	7.26k		2.00k	7.26k	800gms	15.88k(35lbs)
50-59	6.00k		1.50k	6.00k	800gms	11.34k(25lbs)
60-69	5.00k		1.00k	5.00k	600gms	9.08k(20lbs)
70-79	4.00k		1.00k	4.00k	600gms	7.26k(16lbs)
80+	4.00k		1.00k	4.00k	600gms	5.45k(12lbs)

### HURDLES

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
<b>WOMEN</b>						
30-39	100m	.840m	13m	8.5m	10.5m	10
40-49	80m	.762m	12m	8m	12m	8
50+	80m	.600m	12m	7m	19m	8
30-49	400m	.762m	45m	35m	40m	10
50+	300m	.600m	50m	35m	40m	7
<b>MEN</b>						
30-44	110m	.991m	13.72m	9.14m	14.02m	10
45-54	100m	.914m	13m	8.5m	10.5m	10
55-64	90m	.840m	13m	8m	13m	9
65+	80m	.762m	12m	7m	12m	9
30-49	400m	.914m	45m	35m	40m	10
50-59	300m	.840m	50m	35m	40m	7
60+	300m	.762m	50m	35m	40m	7

(.991=39" .914=36" .840=33" .762=30" .600=23.6")

**Entry forms for these events are on pages 18 and 19.  
 Please detach the centre pages to use the forms.**



## ADELAIDE FESTIVAL CITY MARATHON

**Ken Matchett**  
Croydon Venue

Billed as Australia's friendliest marathon (if marathons can ever be regarded as 'friendly'), the Adelaide Marathon was run on 9 August 1998. This was the 20th year of the event, which was won by David Meade from Victoria in a time of 2:27:23, a record for the new course, the first female being Marilyn Paterson from South Australia in a time of 3:15:05.

The Adelaide Marathon has always attracted some quite elite runners, some slower runners being put off competing, fearing that they would be left too far behind at the finish. This is unfortunate since organizers have always had regard for such runners. This year, in order that interference with traffic be reduced to a minimum, runners whose anticipated marathon time was over four and a half hours were invited to start the race with the marathon walkers one hour before the normal marathon start, (5.45 am rather than at 6.45 am). This is a strategy that some other race organizers could bear in mind.

The race program catered for a wide range of runners since, as well as offering the marathon (for both walkers and runners) there was also a half marathon, a 12 km race for both walkers and runners and a 10 km wheelchair race.

During the last few years the course has changed, necessitating the keeping of two sets of records. The major change has been the elimination of the run down Anzac Highway and through the city streets to a course leading to Glenelg via Burbridge Road and returning through Elder Park.

The Adelaide Marathon starts at the King William Street Bridge almost in the centre of the city, adjacent to the Adelaide Festival complex at Elder Park. The Half Marathon starts near the Lockleys Bowling Club and the 12 km race also starts at Elder Park. All races finish at Elder Park, a lovely lawn setting beside the River Torrens.

The South Australian Road Runners Club of Adelaide is the body behind the Festival City Marathon and its accompanying races. No fewer than 15 other events are arranged by the Club throughout the year over the 5 km to 10 km distances. The race rules and information brochure sent to all entrants was particularly well done and the many useful race hints given would have been of great assistance to most runners.

The marathon course itself is quite a scenic one, starting at Elder Park, running through the city centre and down to Glenelg. The route follows the shore line and then winds back to the city via Linear Park and the Botanic Gardens. Last year weather conditions were terrible, the wind reaching 40 km/hr on the shore line. Rain and drizzle made the going tough, but this year it was quite a different story. The whole morning was cool, with very little wind and no rain. The course would have to be described as flat, although the section through Linear Park was undulating, consisting of a number of very small rises along a bike and pedestrian path.

The race organization is supported by a considerable number of volunteers, and there are electrolyte and water stations provided at the start, finish and at 5 km intervals throughout the race. There were 1 km markers throughout the whole distance. Massage facilities, medical assistance and a carnival atmosphere at the finish are guaranteed.

The Festival City Marathon has been associated with the Muscular Dystrophy Association from the race's inception. All entrants are invited to join in the raising of money for sufferers of this debilitating disease, but there is no compulsion to do so. Random draws are conducted after the race finish, the most valuable prize being a return flight to London for the London Marathon.

## VETs VENUE PREMIERSHIP 1998 Final Count [Summary report]

ABERFELDIE	3	COLLINGWOOD	6	KNOX	5
ALTONA	No entries	CROYDON	1	L.VALLEY	3
E BURWOOD	11	DONCASTER	14	MENTONE	14
CAULFIELD	18	FRANKSTON	6	SPRINGVALE	0
COBURG	4	GEELONG	23	SWAN HILL	0
				TOOTGAROOK	No entries

Below are the rankings of the top third [108] of AVE % PERF as used in the final count above.

325 entrants provided results from 975 events & each result received a % PERF rating as calculated against the WAVA standard for the persons age for that event. [All venues have full results for their entrants.]

The three %PERFs for each person were then averaged & the resulting 312 AVE % PERFs were ranked.

By the rules; the top third of the rankings featured in the final count to determine the Premier Venue.

Col 1, below shows the ranking for the top third, Col.6, the AVE %PERF & Col.7 their three % PERF in summary form.

Congratulations to Geelong - the 1998 VETs Premier Venue.

1	MEN	JOHNSTON	Mike	M77	96.64%	97/98/94	55	DON	ROSE	Graeme	M54	81.68%	84/78/81
2	CAU	WISHART	Bob	M56	95.40%	95/100/89	56	GEE	COYTE	Jill	F43	81.57%	80/80/83
3	MEN	WISHART	Bob	M56	93.97%	90/95/95	57	COL	HEYWOOD	Colin	M44	81.31%	78/81/84
4	CAU	THOMSON	Jimmy	M71	92.85%	94/87/96	58	GEE	OLDFIELD	Steve	M34	81.12%	82/79/81
5	DON	TREMBATH	Richard	M56	92.07%	96/88/90	59	E B	LEWIS	Bob	M70	81.03%	81/79/82
6	MEN	KENT	Ross	M56	91.15%	94/90/88	60	COB	DALGLEISH	Barbara	W62	80.95%	80/81/81
7	LAT	COFFEY	Leo	M68	91.07%	85/95/91	61	GEE	MORRISON	Sandy	M43	80.81%	81/80/80
8	GEE	HOCKREITER	Rudi	M71	90.84%	104/93/74	62	FRA	BRUCE	Dale	M38	80.743%	82/81/77
9	FRA	KENT	Ross	M56	90.15%	90/93/86	63	CAU	van WEENEN	Wim	M66	80.740%	73/80/88
10	FRA	ELKS	Syd	M73	89.51%	96/85/86	64	E B	PHILPOTT	Graham	M55	80.68%	80/80/80
11	MEN	HARRISON	Terry	M52	89.02%	89/89/88	65	CAU	ADENEY	Doug	M54	80.44%	82/79/79
12	E B	SINCLAIR	Alan	M48	88.66%	87/91/86	66	CAU	PHILPOTT	Graham	M55	80.41%	82/79/79
13	CAU	HOLCOMBE	Ann	F51	88.64%	90/87/87	67	GEE	GALVIN	Patti	F40	80.25%	79/79/81
14	CAU	FOX	Howard	M51	87.78%	88/84/90	68	ABE	HEWITT	Graeme	M52	80.12%	80/79/81
15	E B	FRASER	Andrew	M56	87.72%	86/87/89	69	MEN	WARING	Col	M52	79.93%	78/80/80
16	DON	COOPER	Jill	F59	87.71%	83/91/87	70	COL	BOYD	Barry	M54	79.96%	81/79/78
17	MEN	STEED	Gwen	M56	87.50%	86/88/87	71	GEE	CAMPBELL	Ron	M55	79.88%	80/77/81
18	GEE	RILEY	Brenda	F58	87.14%	84/91/85	72	GEE	GATES	Norm	M51	79.87%	80/77/81
19	DON	CROLE	Garry	M36	87.01%	83/86/90	73	GEE	JOHNSON	Russell	M46	79.86%	72/82/84
20	GEE	MOORE	John	M47	86.94%	88/84/87	74	E B	McMAHON	Laurie	M40	79.79%	79/79/80
21	DON	REEVES	June	F53	86.90%	86/90/83	75	CRO	PAGE	Colin	M44	79.77%	78/77/82
22	FRA	RICHARDS	Graeme	M53	86.51%	75/93/90	76	KNO	MEE	Brian	M60	79.52%	82/79/76
23	CAU	MARION	Kevin	M62	86.50%	82/89/87	77	GEE	PAISLEY	Clive	M47	79.48%	78/77/81
24	CAU	CHARLES	Leo	M65	86.32%	82/87/88	78	E B	FOOT	Peter	M41	79.36%	81/78/78
25	CAU	DAVIES	Jan	F56	86.30%	58/98/102	79	ABE	SCROGGIE	Peter	M34	79.33%	79/77/81
26	GEE	SCHNYDER	Paul	M36	86.20%	85/87/86	80	MEN	SEEDSMAN	Maureen	F61	79.31%	80/79/78
27	GEE	ELWARD	Dave	M48	85.73%	83/86/86	81	KNO	GRIFFIN	Charlie	M34	79.08%	81/73/82
28	GEE	WALKER	Jeff	M51	85.66%	86/85/85	82	CAU	WILLIAMS	Les	M43	79.03%	76/76/84
29	DON	SINCLAIR	Alan	M48	85.51%	84/85/86	83	E B	JOHNS	Mariene	F34	79.02%	79/74/82
30	E B	CATTERALL	Rob	M51	85.31%	83/86/85	84	GEE	HEARSCH	Mark	M35	78.99%	79/78/79
31	COL	MOODY	Keith	M54	84.87%	85/83/84	85	MEN	SMART	Peter	M53	78.96%	79/79/77
32	CAU	HOLCOMBE	Brian	M53	84.66%	84/84/84	86	CAU	HARTCHER	Nev	M45	78.74%	77/76/81
33	FRA	GERRARD	Tom	M50	84.33%	86/79/86	87	GEE	STEWART	Paul	M38	78.64%	77/77/81
34	GEE	WALKER	Ken	M44	84.14%	84/84/83	88	E B	CURTIS	Bob	M56	78.56%	77/79/78
35	MEN	JEFFREY	Dick	M55	84.06%	83/86/82	89	LAT	CONNELL	Bob	M48	78.55%	79/69/86
36	DON	JAMIESON	Andrew	M52	84.04%	75/88/88	90	DON	ORR	Doug	M75	78.39%	77/82/75
37	MEN	NODEN	Graeme	M60	83.97%	92/91/67	91	DON	ROSE	Astrid	F55	78.34%	76/77/81
38	CAU	SINCLAIR	Alan	M48	83.92%	85/80/85	92	DON	SKULTETY	Kathy	F56	78.27%	82/78/73
39	KNO	TWINING	Paul	M49	83.86%	83/83/84	93	LAT	GRIFFITHS	Neil	M31	78.24%	73/77/83
40	GEE	CLARK	Geoff	M49	83.833%	83/83/84	94	GEE	BURHOP	Roma	F55	78.13%	73/81/79
41	GEE	McAVOY	Mike	M64	83.830%	82/83/85	95	ABE	PAGE	Bill	M68	78.09%	78/78/77
42	GEE	WATKINS	Graeme	M42	83.81%	85/81/84	96	MEN	JACK	Dot	F80	77.82%	77/75/78
43	MEN	DINSDALE	Alan	M36	83.78%	87/81/82	97	GEE	SEAMER	Bob	M53	77.72%	73/74/84
44	DON	ROSEVEAR	Phil	M49	83.77%	87/79/83	98	MEN	KEMP	Ray	M70	77.69%	77/76/78
45	DON	SHAND	Jim	M60	83.72%	85/84/81	99	COB	GERRARD	Adrian	M38	77.69%	75/78/78
46	COB	DeANGELIS	John	M41	83.65%	81/83/85	100	CAU	SCHULTZ	Chris	F47	77.65%	93/69/69
47	DON	GRACE	Bob	M53	83.47%	81/80/89	101	KNO	LOTICO	Graeme	M43	77.64%	75/79/78
48	GEE	SCHNYDER	Sharon	F34	83.38%	83/84/82	102	COB	GIBBS	Bruce	M49	77.59%	77/74/80
49	COL	DeANGELIS	John	M41	82.90%	86/78/83	103	COL	McLEOD	Ian	M53	77.47%	86/81/64
50	E B	WILSON	Ewen	M45	82.59%	81/81/84	104	CAU	PACE	Charles	M37	77.45%	74/78/79
51	E B	KEITH	Norm	M71	82.49%	89/77/80	105	KNO	NOORDOFF	Peter	M41	77.41%	78/76/77
52	COL	GAINNEY	Ian	M46	82.20%	78/87/80	106	DON	PHILPOTT	Graham	M55	77.29%	79/77/75
53	FRA	MACARTHUR	Ian	M57	82.00%	84/75/85	107	CAU	ROSE	Graeme	M54	77.28%	80/75/75
54	MEN	MILLAR	Nyala	F56	81.85%	85/81/78	108	CAU	WRIGHT	Janis	F47	77.27%	77/78/76

## ERIC CONTINUES TO INSPIRE

BY ALAN BENNIE

October at the Springvale venue featured the Eric Greaves handicaps which required 5km runners to qualify during three weekly heats with 20 making the final and with walkers competing over 3 km each week , all entrants qualifying for their final , both finals held on October 28th.

These events were planned some months ago with Eric's involvement and support and of course in the hope that Eric would be able to present the awards personally.

While it was so sad that Eric passed away before the first heats were held , there is no doubt that he inspired many Vets to race their insides out !

The walk was won by a pretty good runner ! Ray O'Connor , recovering from knee surgery and walking faster every outing , had his biggest walk win yet. Look out you M60 walkers in the Vic titles next year !

For the run , club publicity mogul Michael Davin , in true Melbourne Cup spirit , produced the following form guide which was about as accurate as the weather forecasts (spot- in some cases but way out in others) :-

- No 1- Don Corrie. Top class effort in heats but could be scratched.
- No 2- Ken Hough. Big run in heat two. Big danger.
- No 3- Paul Winterton. Top line performer. Will be running on.
- No 4- Howard Rees. Won here recently. Handicapper will punish.
- No 5- Ian Orr. Most improved athlete. Big danger.
- No 6- Russell Davidson. Age could be against him.
- No 7 - Kevin Onley. In form. Top handicapper.
- No 8- Paul Mullins. Dour stayer. Could shake the life out of this.
- No 9- Karl Frauville. Likes it longer. Watch the betting.
- No 10- Celia Johnson. Only mare in race. Could surprise.
- No 11- John Newsom. Off tough mark. Needs luck.
- No 12- John Abel. Big run last week. Form is patchy.
- No 13- Tony Johnson. Class galloper. The one to beat.
- No 14- Ken Boocock. Has lots of pace. Distance will test.
- No 15- Michael Davin. Can lift for big event.
- No 16- Alan Douglas. Three big heats. Ready to go the next step.
- No 17- Alan Bennie. Please , not on handicap.
- No 18- Lou Buccieri. Big run last week , would not have to improve much.
- No 19- Roland Brown. Great old stayer. Will give this a shake.
- No 20- Charles Lehne. Top class galloper , out of form.

1st Emergency Juan Perez. Trainer wants to buy the topweight and scratch him to give Perez a run. In good form and would not surprise.

2nd Emergency Rod Brown. Has been running shorter races but bred to stay.

When the field was called to the start line the bookmakers were relieved to hear that Alan Bennie had been scratched on veterinary advice and unfortunately Don Corrie was also a scratching but this left the door open for the two emergencies.

Once the field was assembled you could sense the buzz of anticipation in the huge crowd ; after a short silence in Eric's memory the gun was fired - away went the outmarkers and you could sense that this was the BIG one - the race everybody wanted to win - Eric's presence was there in the inspiration he gave to every runner that really knew him.

Ken Hough took off after Roland Brown and Celia Johnson as though it was a mile race and looked unbeatable , catching the cross-country specialist Kevin (Might and) Onley , then Michael Davin , the handicapper's choice seemed to be in control , with walker Tony Johnson running OK and closing but being chased by the classy speedsters , Charles Lehne , Ken Boocock , John Newsom and Russell Davidson.

With a lap to go , Mick Davin held a 15 metre lead but got zapped in the back straight when Tony Johnson put in a strong finish and ran away to win by 5 seconds with Charles Lehne , in another honest performance , finishing 3rd with a decent gap over a cluster of 14 runners spread over just 27 seconds.

Several runners produced their best times for quite a while including John Abel , Mick Davin, Celia Johnson and Tony was thrilled with his all-time PB (over the 17 years he's kept records) saying that , like many others , he'd felt inspired by Eric's own achievements and felt determined to run harder than ever before.

A great event , and Eric would have been proud to see nineteen men and one woman running their hardest in his name and Wendy presenting the winners with their trophies.

Just for the record , here's the 20 finalists' results :-

PLACE	NAME	AGE	HANDICAP	RACE TIME	RUN TIME
1	Tony Johnson	58	7 min 50 sec	26 min 36 sec	18 min 46 sec
2	Mick Davin	48	6 min 20 sec	26 min 41 sec	20 min 21 sec
3	Charles Lehne	39	9 min 40 sec	27 min 00 sec	17 min 20 sec
4	Ken Hough	53	5 min 00 sec	27 min 10 sec	22 min 10 sec
5	John Abel	48	7 min 10 sec	27 min 12 sec	20 min 02 sec
6	Roland Brown	58	3 min 15 sec	27 min 14 sec	23 min 59 sec
7	Celia Johnson	51	3 min 45 sec	27 min 15 sec	23 min 30 sec
8	John Newsom	46	9 min 40 sec	27 min 16 sec	17 min 36 sec
9	Lou Buccieri	43	7 min 00 sec	27 min 17 sec	20 min 17 sec
10	Juan Perez	59	6 min 20 sec	27 min 24 sec	21 min 04 sec
11	Paul Mullins	58	7 min 50 sec	27 min 28 sec	19 min 38 sec
12	Kevin Onley	64	4 min 15 sec	27 min 30 sec	23 min 15 sec

13	Howard Rees	51	7 min 10 sec	27 min 32 sec	20 min 22 sec
14	Paul Winterton	44	8 min 20 sec	27 min 33 sec	19 min 13 sec
15	Alan Douglas	53	6 min 40 sec	27 min 35 sec	20 min 55 sec
16	Russell Davidson	INV	11 min 20 sec	27 min 36 sec	16 min 16 sec
17	Ken Boocock	40	9 min 00 sec	27 min 37 sec	18 min 37 sec
18	Karl Frauvelle	57	6 min 30 sec	27 min 41 sec	21 min 11 sec
19	Rod Brown	45	9 min 10 sec	27 min 45 sec	18 min 35 sec
20	Ian Orr	47	8 min 50 sec	28 min 14 sec	19 min 24 sec

The photo shows Wendy Greaves proudly holding the perpetual trophy for the 5km run and from the right, 3km walk winner Ray O'Connor, event organiser Alan Bennie, publicity whizz and 5km runner-up Michael Davin, joint venue manager Ken Hough and 5km run winner Tony Johnson.



## BUSH-RANGES CLASSIC - 100 KM RELAY

Sunday, 8th November 1998

### THE CHAIN GANG (195-244)

1	KN1 CLAUDENS HEROES	6:59.11
2	KR3 KNOX ROADRUNNERS 3	7:12.51
3	AB1 ABERFELDIE ARROWS	7:26.39
4	MA1 MOUNTAIN MOVERS	7:38.52
5	ME1 MCLURES MASOCHISTS	7:44.47 (H/CAP WINNER)
6	CA1 RHONDAS BOYS	8:25.26

### THE BUSHRANGERS (244+)

1	EB1 THE MONKEYS	7:22.37
2	KR1 KNOX ROADRUNNERS 1	7:53.27
3	CA2 CAPTAIN STARLIGHTS	8:45.05
4	CR1 TRIPLE 'A' RATING	8:53.00
5	EB2 THE SILVER TOPS	9:35.45
6	CR2 CAMERONS CLOWNS	9:41.49

### THE OTHERS

1	KR4 KNOX ROADRUNNERS 4	7:39.13
2	KR2 KNOX ROADRUNNERS 2	7:48.56
3	CO1 MAGPIE MARVELS	8:33.29

[Ed: Only the overall team's results are given here as I have many things to fit into 36 pages, which makes up my weight limit for postage. However if you ring I will send you a full copy of the times for individuals over 20 stages. Colin Browne 9874 2501]



## PARLOUF RELAYS

East Burwood, 19 November 1998

by John Gosbell

There were some notable performances:

Springvale set a new record for the 1600m race in a time of 3.36 (previously 3.39 held jointly by Croydon in 1987 and Springvale in 1995).

First ever all over 70s team, the Silver Tops. (Ed: John presented them each with a knobbly walking stick.)

Terry Dunn and Colin Thompson (of Croydon) competed in every event (2Km walk, 1600m and 10Km Parlouf Relays) and Terry actually won the nominated own time walk.

The smallest Venue in the Club, Doncaster, had two teams in the 1600m Parlouf.

Croydon won the 10Km Parlouf for the third successive year in a time of 27.12 and they still hold the record of 23.57 they set in 1996.

(Ed: As always the pancakes and ice cream were a highlight of the night... and sore legs were a highlight of the next few days.)

PARLOUF RELAY NIGHT AT EAST BURWOOD - 19 NOVEMBER 1998

2KM WALK NOM. OWN TIME

	Clock Time	Nom. Time
1 Alison THOMPSON	45	10.43 11.15
2 Celia JOHNSON	51	11.04 10.55
3 Terry DUNN	61	11.27 11.20
4 Ken WALTERS	66	11.40 12.13
5 Barry WICKS	58	12.08 12.00
6 Colin THOMPSON	50	13.09 13.45
7 Peter BATTRICK	55	13.24
8 Eddy STACK	64	13.35 15.00
9 Lindsay BEATON	48	13.35 14.45
10 Christine GRIFFITHS	49	14.00 14.32
11 Carol RYAN	54	14.11 14.35
12 Joy CURTIS	56	14.41 15.00
13 Tina BAARSLAG	65	15.05 15.59
14 Elaine RUTHERFORD	69	15.09 15.00
15 Cynthia HERBERT	56	15.28
16 Shirley COPPOCK	62	15.31 20.06
17 Barbara VERNON	39	15.31 16.50
18 George SIMONS	63	16.02 15.50
19 Alf HETHERTON	70	17.12 17.20
20 Wal RILEY	75	17.34 24.00
21 Irene LEWIS	63	21.45 20.30
22 Audrey TUTCHENER	69	21.48 20.30

1600 METRE PARLOUF RELAY

1 <b>Springvale</b>		
Mike HALL	59	
Peter GILLETTE	43	3.36
Peter TUCKETT	39	New Record
Marc LAROSE	39	
2 <b>Caulfield Champs</b>		
Bob WISHART	56	
Jim KING	59	4.02
Howard FOX	51	
Perry HANNAH	37	
3 <b>Doncaster 1</b>		
Alan SINCLAIR	48	
Bob GRACE	53	4.04
June REEVES	53	
Graeme ROSE	55	
4 <b>East Burwood 1</b>		
Sam DEFANIS	51	
Marlene JOHNS	34	4.12
Andrew FRASER	57	
Grant McDONOUGH	38	
<b>Collingwood</b> (Ineligible for place)		
Barry BOYD	54	
Bill RYAN	57	4.26
Patrick KELLY	18	
Ron SMITH	49	

1600 METRE PARLOUF RELAY Contd.

5 <b>East Burwood 2</b>		
Colin HETHERTON	44	
Stewart HANDASYDE	46	4.36
Colin THOMPSON	50	
Eddie STACK	64	
6 <b>Doncaster 2</b>		
Lyn JAMIESON	45	
Neil SALVANO	46	4.37
Richard TREMBATH	56	
Terry DUNN	61	

10KM PARLOUF RELAY - CHALLENGE

1 <b>Sheehan's Drop Outs (Croydon)</b>		
Colin PAGE	44	
Rod NEAL	42	
Murray HUTCHISON	48	27.12
Glenn CLAUDEN	44	
Bert PELGRIM	42	
2 <b>Wilson's Wankers (East Burwood)</b>		
Ron Wilson	62	
Gordon STEPHEN	45	
John BELL	51	27.23
Anna D'ALBERTO	39	
Rob CATHERALL	51	
3 <b>Magpies (Collingwood)</b>		
Paul BAN	43	
Gerard ADRIEN	38	
Wasył DROSDOSKY	47	28.55
Jorge TORRICO	51	
Barry BOYD	54	

10KM PARLOUF RELAY - FUN RUN

	Clock Time	Nom. Time
1 <b>4 Beach Babies &amp; a Bum (Southern Peninsula)</b>		
Lorraine ARDLEY	47	
Jackie TAYLOR	52	
Julie MARSHALL	39	32.59 32.30
Meridith RADFORD	38	Diff. 0.29
Lindsay BEATON	48	
2 <b>Stephan's Stayers (Southern Peninsula)</b>		
Stephan POLATIDIS	61	
Bernard POWNALL	52	
Denis ARDLEY	51	28.40 28.38
Kevin RADFORD	38	Diff. 0.58
Ken TAYLOR	53	

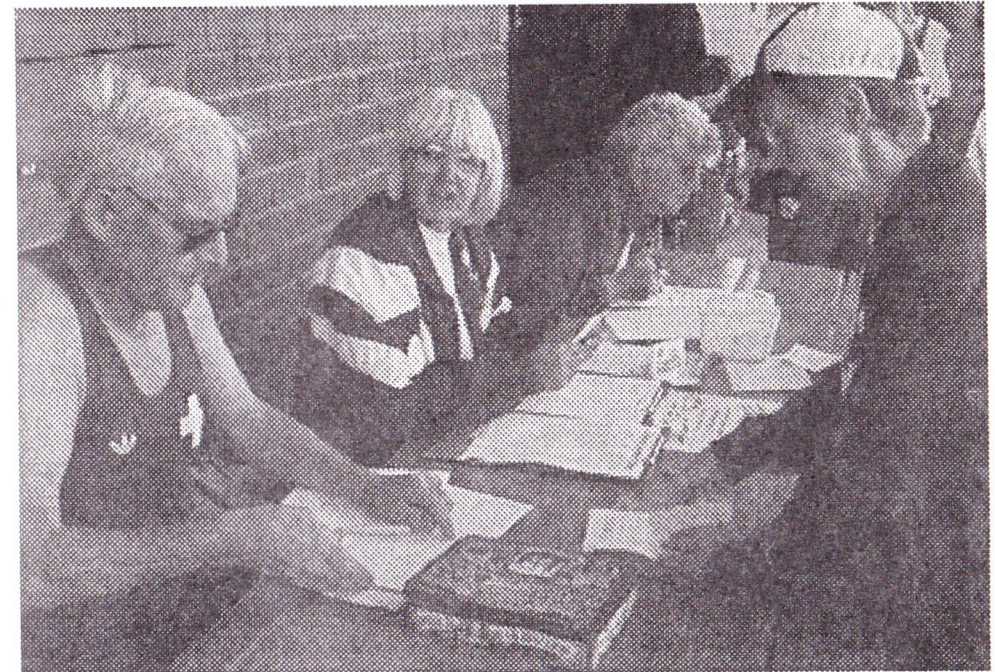
PARLOUF RELAY NIGHT AT EAST BURWOOD - 19 NOVEMBER 1998

10KM PARLOUF RELAY - FUN RUN Contd.

	Clock Time	Nom. Time
3 <b>Croydon Cuties (Croydon)</b>		
Pauline BROWN	53	
Lavinia PETRIE	55	
Karen TRAVILL	42	35.00 36.01
Celia JOHNSON	50	Diff. 1.01
Robyn SPEERING	50	
<b>Exhausted (Southern Peninsula)</b>		
(Ineligible for a place)		
Graham ANGLISS	36	
Barry FRY	56	
Russ CHRISTIE	41	25.37 27.40
Alan RADFORD	47	Diff. 2.03
Doug HARRISON	15	
4 <b>The Physicals (Croydon)</b>		
Dot BROWNE	58	
Colin BROWNE	66	
Anne CALLAGHAN	61	35.36 40.00
Ray CALLAGHAN	65	Diff. 4.24
Andrew TUNNE	40	

10KM PARLOUF RELAY - FUN RUN Contd.

	Clock Time	Nom. Time
5 <b>Silver Tops (East Burwood)</b>		
Corrie DeGROOT	70	
Bob LEWIS	70	
Tony MARTIN	70	40.59 46.20
Vin O'BRIEN	70	Diff. 5.21
Frank TUTCHENER	71	
6 <b>Rose and Thorns (East Burwood)</b>		
Doug PETROFF	56	
Bob HAYES	60	
Jenny FAWKES	41	29.23 36.15
Peter DODGSUN	46	Diff. 6.52
Colin HETHERTON	44	
7 <b>Mixtures (Mixed Venues)</b>		
Terry DUNN	61	
Colin THOMPSON	50	
Grant McDERMOUTH		30.04 39.00
Jan BURROWS	48	Diff. 8.56
Annette BRUNTON	41	



1998/9 SEASON - VIC VETS 10KM TITLES AND INTERVENUE CHALLENGE  
28/11/98

RESULTS IN OVERALL ORDER SHOWING AGE DIVISIONS AND PLACING

Div	Overall Place	Age	Venue	Time	%	Age Grp+Pl.	Venue Points Scored
A	1	EWEN WILSON	45 EB	33.16	86.9%	M45 1	4
A	2	ROSCOE MCDONNELL	40 IND	34.10	81.6%	M40 1	0
A	3	TERRY HARRISON	52 MEN	34.17	89.1%	M50 1	4
A	4	BERT PELGRIM	42 CRO	34.23	82.2%	M40 2	3
A	5	MARTIN LEGGETT	41 SPR	34.25	81.6%	M40 3	2
A	6	JEFF WALKER	51 GEE	34.34	87.6%	M50 2	3
A	7	PETER RISK	42 IND	34.59	80.8%	M40 4	0
A	8	MARK KING	37 SPR	35.34	76.7%	M35 1	4
A	9	RUSSELL WEAVERS	44 SHE	35.48	80.1%	M40 5	1
A	10	PETER NOORDOFF	41 KNO	35.53	78.2%	M40 6	1
A	11	GRAEME LETICQ	43 KNO	35.57	79.2%	M40 7	1
B	12	KEN SENIOR	52 COL	36.34	83.5%	M50 3	2
A	13	JOHN NEWSOM	46 SPR	37.00	78.7%	M45 2	3
A	14	MARK MCNAMARA	41 INV	37.07	75.6%	M40 8	1
B	15	JIM BERRINGTON	42 CAU	37.52	74.7%	M40 9	1
B	16	GRAHAM PHILPOTT	55 EB	37.57	82.5%	M55 1	4
B	17	TOM BOYD	33 KNO	38.05	70.8%	M30 1	4
B	18	LAURIE COLLARD	41 MEN	38.06	73.7%	M40 10	1
B	19	SHARON HIGGINS	39 IND	38.13	81.0%	W35 1	0
B	20	JIM MCLURE	52 CAU	38.16	79.8%	M50 4	1
B	21	NEIL RYAN	56 IND	38.18	82.5%	M55 2	0
B	22	PETER BENCE	49 CAU	38.23	77.6%	M45 3	2
B	23	GRANT MCDONOUGH	38 EB	38.30	71.4%	M35 2	3
B	24	JEFF BOOT	42 CAU	38.38	73.2%	M40 11	1
B	25	TED MCCOY	58 MEN	38.39	83.2%	M55 3	2
B	26	GLEN CLAUDEN	44 CRO	38.56	73.7%	M40 12	1
B	27	PETER SMART	53 MEN	39.00	78.9%	M50 5	1
B	28	GRAHAM PROSSOR	44 CAU	39.09	73.3%	M40 13	1
B	29	SAM DEFANIS	50 EB	39.10	76.7%	M50 6	1
B	29	BRIAN MEE	61 KNO	39.10	84.4%	M60 1	4
B	31	THERESIA BIRD	57 SPR	39.40	91.9%	W55 1	4
C	32	DAVID MURRIHY	41 KNO	39.43	70.7%	M40 14	1
B	33	GREG WILLIAN	45 MEN	39.52	72.5%	M45 4	1
B	34	ASHLEY RYAN	44 EB	40.05	71.6%	M40 15	1
C	35	GRAEME PAUL	44 COL	40.18	71.2%	M40 16	1
B	36	TONY JOHNSON	58 SPR	40.48	78.8%	M55 4	1
C	37	PAUL MULLINS	58 SPR	40.54	78.6%	M55 5	1
C	38	ANDREW TUNNE	40 CRO	41.06	67.8%	M40 17	1
B	39	DAVID WEAR	52 KNO	41.09	74.2%	M50 7	1
C	40	NEIL SALVANO	46 CAU	41.14	70.6%	M45 5	1
C	41	JOHN ABEL	48 SPR	41.24	71.4%	M45 6	1
C	42	JOHN WAITE	58 MEN	41.30	77.5%	M55 6	1
C	43	JUAN PEREZ	59 SPR	41.40	77.9%	M55 7	1
C	44	ROY STANWAY	65 SPR	41.41	82.6%	M65 1	4
B	45	ROB WATERS	53 ABE	42.03	73.2%	M50 8	1
C	46	BILL HUGHES	66 SPR	42.07	82.7%	M65 2	3
C	47	LAVINIA PETRIE	55 CRO	42.27	84.1%	W55 2	3
C	48	RAY CALLAGHAN	65 CRO	43.09	79.8%	M65 3	2
C	49	KEVIN BROWNE	62 CAU	43.10	77.4%	M60 2	3
C	50	IAN UREN	47 KNO	43.36	67.3%	M45 7	1

C	51	LAWRENCE CROUCH	59 SPR	43.43	74.2%	M55 8	1
C	51	GRAEME STEVENS	56 SPR	43.43	72.2%	M55 8	1
D	53	JOHN BELL	54 EB	44.13	70.2%	M50 9	1
A	54	COLIN THOMPSON	50 CRO	44.16	67.9%	M50 10	1
C	55	ROMA BURHOP	55 ABE	44.28	80.3%	W55 3	2
C	56	BOB POWER	56 CAU	44.54	70.3%	M55 10	1
D	57	GREG MAULDON	61 CAU	44.56	73.6%	M60 3	2
C	58	RON WILSON	62 EB	45.01	74.2%	M60 4	1
C	59	BOB LEWIS	70 EB	45.05	80.8%	M70 1	4
D	60	GRAHAM WHITE	53 KNO	45.14	68.1%	M50 11	1
D	61	KEN HOUGH	53 SPR	45.44	67.3%	M50 12	1
D	62	COLIN MILLER	56 CAU	45.45	69.0%	M55 11	1
D	63	JIM CLARKE	55 CAU	45.57	68.1%	M55 12	1
C	64	RON YOUNG	67 COL	46.06	76.4%	M65 4	1
D	65	PETER LEGET	64 KNO	46.10	73.8%	M60 5	1
D	66	NORM CAMERON	54 CRO	46.21	67.0%	M50 13	1
D	67	DOMENICO MORINA	59 CAU	46.22	70.0%	M55 13	1
D	68	JOCK CRAVANA	60 KNO	47.16	69.3%	M60 6	1
D	69	GORDON STEPHEN	45 EB	47.36	60.7%	M45 8	1
D	70	RHONDA TREN GROVE	50 CAU	48.22	70.4%	W50 1	4
D	71	MARK BENJAMIN	61 CAU	48.24	68.3%	M60 7	1
D	72	CELIA JOHNSON	51 SPR	48.31	70.8%	W50 2	3
D	73	ALISON THOMPSON	45 CRO	48.39	66.9%	W45 1	4
D	74	LINDSAY BEETON	48 FRA	48.53	60.5%	M45 9	1
D	75	BILL RYAN	57 COL	48.57	65.1%	M55 14	1
D	76	PETER MCGRATH	59 CAU	49.08	66.0%	M55 15	1
D	77	DAVID JONES	61 CAU	49.26	66.9%	M60 8	1
D	78	PETER BATTRICK	55 CAU	49.33	63.2%	M55 16	1
D	79	DON CORRIE	48 SPR	50.28	58.6%	M45 10	1
D	80	JUDY WINES	60 CAU	51.22	73.2%	W60 1	4
D	81	PAUL MEREDITH	37 CAU	51.25	53.1%	M35 3	2
D	82	TONY MARTIN	70 EB	51.37	70.6%	M70 2	3
D	83	SHIRLEY YOUNG	68 COL	51.57	79.8%	W65 1	4
D	84	KEN MATCHETT	76 CRO	52.18	75.5%	M75 1	4
D	85	DON PRICHARD	48 CAU	52.32	56.3%	M45 11	1
D	86	COLIN SILCOCK	66 GEE	53.25	65.2%	M65 5	1
D	87	BEN MORREY	69 CAU	54.04	66.6%	M65 6	1
D	88	ANNE CALLAGHAN	61 CRO	54.44	69.5%	W60 2	3
D	89	CORRIE DE GROOTE	70 CRO	55.24	76.8%	W70 1	4

INTERVENUE CHALLENGE

DIVISION 1	FINISHERS	POINTS	DIVISION 2	FINISHERS	POINTS
CAULFIELD	21	32	MENTONE	6	10
SPRINGVALE/NP	15	31	COLLINGWOOD	5	9
CROYDON	11	27	GEE LONG	2	4
E.BURWOOD	10	23	ABERFELDIE	2	3
KNOX	10	16	SHEPPARTON	1	1
			FRANKSTON	1	1
INDEPENDENTS	4				
INVITES	1				
TOTAL	89				

(POINTS 4 FOR WIN, 3 FOR 2ND, 2 FOR 3RD AND 1 FOR OTHER FINISHER)

□

## 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, 20th December, Post Office Dash & Walk** (9.2km & 4.6km), Sorrento PO & Blairgowrie PO, both 8.00am (0359 855 989 h)

**Friday, 25th December, Browne's VVACI Xmas Run/Walk & Breakfast** (8km) 7.00am. BYO small plate. (9874 2501 h).

**Tuesday, 31st December, VRR New Years Eve Run**, (8km & 4km), Alexandra Avenue, opp. Swan Street Bridge, 7.30am (9802 7925 ah)

### 1999

**Saturday, 2nd January, VRR Tan Time Trial**, (8km & 4km), near Government House, 7.30am (9802 7925 ah)

**:Great Lakes Fun Run** (7.5km), Marina Hotel, Loch Sport, Twilight start (0351 460 263 h)

**:Coronet Bay Fun Run** (3km & 5km), Community Hall, 9.30am, (9726 0714 h, mob 0419 377 547)

**Sunday, 3rd January, Waratah Beach Fun Run**, (8km), Waratah Beach kiosk, 9.00am (0351 277 323 h)

**:Rip To River Surf Coast Run** (11.5km), Pt Lonsdale Lighthouse, on sand to Ocean Grove Surf Club, 8.00am (Paul Austin 9694 1249 w, 0352 432 913 h, mob 0419 355 016)

**Friday, 8th January Mountain To Surf** (8km), Recreation Reserve, Lorne. 6.00pm (9509 5743 h) All details TBC.

**Saturday, 9th January, John Batman Fun Run** (11km), Port Arlington Pier, 9.00am (0352 592764 w)

**:Portsea Twilight Fun Run** (6km & 2.8km), Pt Nepean National Park, 6.30pm (9819 9225 w)

**Sunday, 10th January, Warrnambool Surf t' Surf** (10km), Pertobe Park, 10.00am (0355 624 103 w)

**:GGG Cape Run** (8.4km), Wonthaggi to Cape Paterson, 10 year age group categories, Watt Street, Wonthaggi, 9.00am (0356 744 895 h)

**Thursday, 14th January, VRR Twilite Tan Time Trial** (8km & 4km), near Government House Drive, 6.30pm (9802 7925 ah)

**Wednesday, 20th January, VVACI Lindsay Thomas Memorial 10km Run**, Braeside Park, also 1500m, 5km walk, 5km run. Program starts at 6.45pm. See

ad in this issue.

**Sunday 24th January, CHC Coburg Special Fun Run & Walk** (12km & 4km), Harold Stevens Athletic Track, Coburg, 9.00am (9386 9251 h)

**:Sundial Dunes Dash** (10km), Fisherman's Beach, Torquay, 10.30am (0352 614 274 h)

**Monday, 25th January, Tattersall's Australia Day Fun Run & Walk** (8km & 6km), Boat Sheds, Jeffries Parade, Melbourne, 7.00pm (0352 242 466 w)

**Wednesday, 3rd February, VVACI Andy Salter Memorial Road Relay** (4 X 3.1km) an inter venue event hosted by Springvale/Noble Park venue. See ad in this issue.

**:Super Sunset Series** (10km & 5km), Manningham Street Reserve, Royal Park, 7.00pm (9658 9735 w)

**Saturday, 6th February, VRR Tan Time Trial** (8km & 4km), near Government House Drive, 7.30am (9802 7925 ah)

**:6th to 14th February, New Zealand Masters Games**, Wanganui, NZ.

**Sunday, 7th February, VVACI Intervenu Aquathon**, Lilydale Park Lake (9808 4641) See ad in this issue.

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

**Sunday, 14th February, CHC Coburg Special Fun Run & walk** (12km & 4km), Harold Stevens Athletic Track, Coburg, 9.00am (9386 9251 h)

**:Drouin Ficafolia Fun Run** (8.4km), Bellbird Park, 10.00am (0356 232 394 h) Date TBC.

**Sunday, 21st February, Cubitt Classic** (15km), Kevin Bartlett Reserve, Yarra Boulevard, Burnley, 8.00am (9817 3503 w)

**:Buninyong Gold King Festival Fun Run** (10km & 5km), Buninyong Primary School, 9.00am (0353 413 925 w) Date TBC.

**Friday, 26th February, Noorat Fun Run & Walk** (6km), Noorat Hotel, 7.00pm (0355 921 457 h)

**Sunday, 28th February, Southern Football League Umpires Fun Run** (10km & 5km), Jells Park, Ferntree Gully Road entrance, 9.00am (0412 071 939)

**Sunday, 7th March, King Island Imperial 20** (32km) This is the one made famous for Vic Vets by Eric Greaves. Entries close 14th February. They are holding about 60 places for Vics. Details and entry forms from Wendy Greaves, 9560 2971, or Colin Browne 9874 2501. See ad in this issue.

**Sunday, 7th March, VVACI Pentathlon Championship**, Duncan McKinnon Park, Murrumbena, 12.30pm. Tony Bradford, 9749 2248

**Sunday, 14th March, VVACI Weight Pentathlon Championship**, Duncan McKinnon Park, Murrumbena, 10.00am, Graeme or Astrid Rose, 9836 2350

**Saturday & Sunday, 20th & 21st March, VVACI Track & Field Championships**, Duncan McKinnon Park, Murrumbena, 10.00 HWT, 12.00 T&F, Ted McCoy 9583 3280

**Friday, 2nd April to Monday, 5th April AAVAC Australian Veterans' Association Championships - Canberra**. Inquiries to The Secretary, PO Box 471 Mawson, ACT, 2607 or email boden@dynamite.com.au

**Saturday, 19th June, Fiji Bula Marathon, half marathon & 10km run**. 10 year age categories, package tours available from \$895. Contact Sportswell Tours, 02 9262 2499, or ask Colin Browne for an information sheet.

**Wednesday, 29th July to 8th August, WAVA World Veterans' Games**, Gateshead, England. Ring Frank Rogers on 08 8332 8815. I have some booklets.

### ANDY SALTER MEMORIAL RELAY

Once again, the Springvale/Noble Park venue is proud to host the running of the "ANDY SALTER ROAD RELAY" a 4 X 3.1km intervenue challenge relay.

This will be run at the Springvale/Noble Park Athletic Track, Memorial Drive, Noble Park, on Wednesday 3<sup>rd</sup> FEBRUARY at 7.30 p.m.

Again, as in the past, two divisions will be programmed. Division One is for challenge teams, and Division Two being the fun run section.

DIVISION ONE teams must consist of four runners, made up of three men and one woman. The total age of the combined team must not be less than 175 years. Each venue may field two challenge teams, and importantly, each team member must be a registered financial club member.

"THE ANDY SALTER PERPETUAL TROPHY" will be presented to the winning team, to hold until the running of the next relay, and prizes will be awarded to the first three teams to finish.

DIVISION TWO teams must consist of four runners of Veteran (or Pre-Vet) age, no other age restrictions apply. It is hoped that at least one woman will be included, this is not mandatory.

Entry fee for both divisions is \$ 8.00 per team, payable on the night.

**PLEASE NOTE: ALL TEAMS MUST BE REGISTERED BY 7.15 PM PLEASE BE EARLY**

The registration table will be open from 6.45 p.m.

A normal program of events is also scheduled, in which we hope many will take part.

**7th Australian Masters Games, Adelaide SA**, 25th September to 3rd October. AMG Office, GPO Box 1999, Adelaide SA 5001, phone 08 8300 6140. email games@ausmasters99.org.au

### 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

SEVENTH ANNUAL "TWILIGHT"

LINDSAY THOMAS MEMORIAL - 10 Km RUN

" WEDNESDAY " 20 JANUARY 1999

BRAESIDE METROPOLITAN PARK - MELWAYS REF:- 88 D7  
(ENTRANCE - LOWER DANDENONG ROAD)

ENTRY FEE \$3.00 - PAYABLE ON THE NIGHT

OPEN TO REGISTERED VETERAN ATHLETES - VVACI MEMBERS (OR BY INVITATION)

PROGRAM

6.45pm	1500m	Estimated Time (Park Service Rd.)
7.00pm	5km	Walk (One Lap of Park)
7.00pm	5km	Run (One Lap of Park)
7.00pm	10km	Run (Two Laps of Park)

AWARDS

10KM RUN

First Male  
Second Male  
Third Male  
First Female  
Second Female  
Third Female

5KM RUN

First Male  
Second Male  
Third Male  
First Female  
Second Female  
Third Female

5KM WALK

First Male  
Second Male  
Third Male  
First Female  
Second Female  
Third Female

1500m - Estimated Time (Nearest to Estimated Time)

- NUMEROUS SPOT PRIZES-

THE PERPETUAL TROPHY FOR THE 10KM RUN IN MEMORY OF  
LINDSAY THOMAS IS HELD BY THE THOMAS FAMILY.

ORGANISED BY THE SPRINGVALE - NOBLE PARK VENUE OF THE  
VICTORIAN VETERANS ATHLETIC CLUB INCORPORATED

ENQUIRIES - KEN HOUGH - TEL. 9268 1500 (W) 9798 1231 (H)

PLEASE NOTE: The distances of all events have not been "wheel measured" in fact the 5/10 Km events are ....a little bit longer.... and the 1500m event .... just a few metres shorter .... than the advertised distance.

VETS AQUATHON - AND NEW 10K RUN

The Vets Aquathon will be held on Sunday 7th February 1999. We are introducing a 10K run, which will take place AT THE SAME TIME as the Aquathon. The 10K run will be a "Nominate Your Own Time" event. So come along and do the Aquathon, or the 10K run.

DATE: Sunday 7th February 1999 at 8.30am (for both Aquathon and 10K run).

PLACE: Lilydale Lake, Swansea Rd, Lilydale (Melways 38F6). Swansea Rd is the continuation of Canterbury Rd.

COST: \$7.00 for the Aquathon, and \$5.00 for the 10K run. Entry is on the day.

FOR THE AQUATHON: RUN/SWIM and also WALK/SWIM

TROPHIES: To first placegetters in all age groups, male and female, runners and walkers.  
FINISH CERTIFICATES: Will be provided to all entrants. These will supply both the run (or walk) time, plus the finish time.

AQUATHON RUN DISTANCE: 5K on a flat, clay/gravel walking path around the lake. You will encounter no cars, or unleashed dogs. Only two very slight inclines in 5K. No crowding - the walking path can accommodate three runners, running side by side.

WALK DISTANCE: 2.5K on the same walking path as above.

SWIM DISTANCE: 300 metres for both runners and walkers. The first leg is 200 metres. Then a 5 metre run around two flags on a beach. Then a 95 metre swim to the finish.

SWIM SAFETY: For most of the swim you can stand up in the water. The 5 metre run around the flags on the beach allows you a breather (and a rest if you want it). You can stand up in the water for the entire last 95 metres, when you might be tired.

Life guards will be stationed in a canoe. Two other life guards will be treading water along the swim leg, and two further life guards will be stationed on two jetties at the 75 and 200 metre marks of the swim leg.

WATER QUALITY: The Lilydale Lake is used for triathlons, and the water quality is satisfactory. Water is continually arriving at the lake naturally from nearby hills, and leaving via a spillway. The water looks like normal dam water.

ALLOWABLE FLOTATION DEVICES: You can wear a life jacket, a full wet suit, or any other flotation device. However, flippers, hand paddles and wet suit tops are not allowed. (There is no competitive advantage in wearing a full wet suit, because by the time you get it on, your competitors will be 100 metres away. However, there is a competitive advantage in wearing a wet suit top, therefore these are not allowed).

FOR THE 10K "NOMINATE YOUR OWN TIME" RUN

This will start at 8.30am (the same time as the Aquathon). The 10K run will consist of four laps of the same 2.5K walking path as described above for the Aquathon. The three people (regardless of sex) who finish closest to their nominated times will receive a small trophy. All finishers will receive a Finishers Certificate.

AFTER THE RACE: A sausage sizzle, plus sandwiches, tea, coffee and biscuits will all be provided free to entrants and friends. Shelter is available should it be raining.

ENQUIRIES: Please ring Bob Power (Home) 9560 6015 or (Business) 9634 6813.

This Aquathon is conducted by the East Burwood Vets as a service to all Veteran athletes. This is not a fund raising venture, and the entry fees have been set so that they (just) cover costs.



Over the first weekend in March, on an Island midway between Victoria and mainland Tasmania, you will find one of the most unique running events in the country.

The Boags Strongarm King Island Imperial 20 is a challenging 32 kilometre footrace which is the only coast to coast event in Australia.

This is not just another run, you should be prepared to experience the truly unique King Island lifestyle, generous hospitality, incredible food and the event which will have you coming back year ... after year ... after year ...



# BOAGS STRONGARM

## KING ISLAND IMPERIAL 20

32 Kilometre Coast to Coast Footrace

Proudly sponsored by J. BOAG & SON

SUNDAY 7 MARCH 1999 (Entries close 14 February)



All enquiries to Rob Cooper  
Race Organiser  
E-mail [cooper@kingisland.net.au](mailto:cooper@kingisland.net.au)  
Tel / Fax (03) 6462 1510  
Tel (03) 6462 1890

**CARBO NIGHT & CALCUTTA**  
Saturday 6 March  
King Island Club 6.00pm  
\$10 per head

**LAST YEAR WAS THE  
FULL MONTY  
WHAT WILL IT BE  
THIS YEAR ? ? ? ? ?**

**PRESENTATION EVENING**  
Sunday 7 March  
King Island Club - 6.30pm  
Great smorgasbord meal  
featuring magnificent King  
Island crayfish, beef & cheese  
ONLY \$20 per head



Agriculture

**Mobil**



**R**

Roberts King Island  
Real Estate Pty Ltd



**THE ONLY COAST to COAST  
EVENT IN AUSTRALIA**  
Run from scenic Naracoopa on  
the east coast and finishing in  
the main township of Currie, the  
King Island Imperial 20 is now in  
its sixth year.

It is a handicap event with the  
winner's medallion being a coin  
salvaged from the vessel  
Brahmin, shipwrecked off the  
Island's treacherous coast in  
1854.

Cash prizes and vouchers to the  
value of more than \$4,000 are  
presented to handicap and best  
times winners - first second and  
third (awarded for both male  
and female divisions), individual  
and team events, veterans  
categories etc.

For an entry fee of only \$25, all  
individual runners receive a  
fabulous hamper of King Island  
cheese and a pair of Imperial 20  
socks (valued at more than \$60).

### VVACI THROWERS GROUP Sunday Competition and Training Dates 1999

Duncan Mackinnon Park

12.45 start (unless stated otherwise)

DATE	PROGRAMME	COMMENTS
10 Jan	Hammer & discus	
24 Jan	Shot put & heavy weight*	*American records
14 Feb	Weight Pentathlon	AGM after competition.
8 March	Weight Pentathlon	<b>Note: this is a Monday</b>
14 March	<b>WEIGHT PENTATHLON VIC. CHAMPIONSHIPS</b>	10am start for first group (women). Men contact Graeme.
20/21 March	<b>Vic. Track &amp; Field championships</b>	Early am start for heavy weight. Check entry form.
2 - 5 April	NATIONAL VET. CHAMPIONSHIPS	Canberra
18 April	Weight Pentathlon	
2 May	Javelin & Heavy weight *	*American records
23 May	Weight Pentathlon **	** see notes
6 June	Shot Put & Discus	
20 June	Weight Pentathlon	
27 June	Winter Challenge	Pre Gateshead T & F meet
4 July	<b>WEIGHT PENTATHLON WINTER CHAMPIONSHIPS</b>	12 NOON START
25 July	Heavy Weight* & Discus	*American records
8 August	Weight Pentathlon	
22 August	Javelin & Shot Put	
12 September	Weight Pentathlon	Venue premiership month
26 September	Shot, Hammer & heavy weight	Venue premiership month
2-4 October	<b>NATIONAL WINTER WEIGHT PENTATHLON</b>	CANBERRA
10 October	Weight Pentathlon	
24 October	Hammer & Discus	
14 November	Weight pentathlon	
28 November	Heavy Weight* & Javelin	*American records
12 December	Weight Pentathlon ** Social fundraising function afterwards.	** see notes.

**BRING ALONG A FRIEND**