

Vic Vets
NEWS AND RESULTS

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May 1999

Cover:

Andy Smith at the Victorian Masters Games at Ballarat in the weekend after Easter. He had just competed at Canberra, so he is a glutton for the punishment. Strangely enough the Ballarat newspaper, which gave the Masters Games plenty of coverage, had this caption about our Andy.

LEFT: All the way from Wangariui in New Zealand Andy Smith, 84, takes second place in the mens 200 metres. In 20 years of Masters Games competitions he has won more than 660 medals from around the world.

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Editorial

Apologies for the gap between last mag and this, but there has been a lot on my plate. Gateshead entries have had to take top priority so that they would be all correctly entered in time for the closing date. We have 235 Aussies participating, plus their non-competing partners. It should be a great trip. It would be marvellous to go to Scotland, England, Ireland and some of the other places different ones are going to. By the form shown at the recent state and national titles many of our team should do very well. Our own state titles were of the usual high standard. Over three weekends we had pentathlon, weight pentathlon and track and field. Well-organised events, and not bad fields, although it would be nice to see the members who are comfortable going in events at the venues having a go at the state titles. Even if you are no chance of a medal it is much better for everybody to have a good sized field than just two or three in an event. You don't have to be a star to go in the championships. Same goes for the nationals. It is a great opportunity for a bit of tourism as well as to have a run or a throw or a jump. Dot and I made a real holiday of it, staying with our in-laws in Canberra and coming home via the coast, taking three stops, at Ulladulla, Merimbula and Lakes Entrance. We did a lot more than athletics, including the folk festival, the odd round of golf, some runs along the beaches and a few dips in the ocean. Plus some

Colin Browne

excellent social evenings. More socialising the following weekend when we joined Les Clark's Handlebar Harriers at Maldon, a very pretty, historical country town. We rode a seventy kilometre loop around through Castlemaine and back to Maldon. At least most of us did - Robin Speering, Carol Buckingham and four others ended up at Daylesford instead. The Bristowes, Brownes, Davidsons, Gosbells, George Simons, Brian Dempster, Bob Loader and Judy Walters didn't get lost. But they got rather tired and saddle-sore. Meanwhile Ken Walters was at Ballarat winning the 24km walk around Lake Wendouree in the Vic Masters Games. Plenty to do in the Vets.

The Annual General Meeting was held on Monday night, 26th April. Several people were honoured with awards, plaques for dedicated service going to Dan Pollock, Graeme Murfett, Bob Power, Jim McLure, Michael Heffernan and Dave Herbert. Four new life members were voted in, Ron Young, John Gosbell, Keith Routley and Colin Browne. It was a great honour to be accepted into such an elite band.

The committee had a few changes. Ted McCoy became our new Club Captain, Alan Bennie our new Vice President and Lavinia Petrie and Margaret Cassidy general committee members. The club registered its appreciation of the work of retiring committee member and ex-treasurer, Jeff Briggs.

The years ahead are shaping up to provide many challenges for us. Geelong has put its hand up to hold the Oceania Games in early 2002 and the World Masters Games will be in Melbourne in late 2002. In both cases Vic Vets will be expected to show a great deal of leadership. I feel that we had an important lesson from ACT Vets in the running of major events. They selected a group quite separate from the main committee to organise the nationals. Some of them had never done that sort of work before. The results were excellent. Some of their solutions were quite novel, particularly the champion of champions and the social night. The work got done, although there must have been pressure. I wonder whether our committee, which is already very hard working, could cope if it were to take on a major event too. Which is why I believe we should take Canberra's lead and ask other members to take on the responsibility as a special project. Think about it. You may have a lot to offer.

LETTERS TO THE EDITOR

Dear Dot & Colin,

I am delighted and honoured to be an honorary member of the club. I wasn't on your list but I will be 81 early next month. I browsed through your Vic Vets News and Results with great enjoyment.

I only go out for a jog, I couldn't call it a run, about twice a week but spend a great deal of time gardening, so I could say I am still active. Pat (Wallace) runs pretty well every day and makes sure I join her on Sundays. Hugh now works in Bangkok and, despite the conditions, runs every day at about 5 am. He is with United Nations, travels a great deal in many countries and always takes his running gear. We have a fax to keep in touch with Hugh and it is a wonderful way of doing it.

I shall always remember Dot your encouraging words to me when you would pass me umpteen times on a 10k.

Good running to you both,
Sincerely
Dick (Kirkman)

[Editor: Another of our oldies, John Brown, rang the other day to regretfully retire from the club as he is now 90, has two artificial knees, and finds it too hard to get to any of our events. Knowing John, he wouldn't be satisfied with being a member and not participating. Even when he was unable to run any more he was always looking for jobs to do at our championships.]

Dear Dot and Col

Just a short note to let you know that my book was launched today with a very good roll-up. Would it be possible for you to have it advertised to the Victorian vets. It would be very much appreciated by me as I have to sell 500 to cover the cost of printing. I sold 80 at the launch, which was great.

We miss not having an Aussie newsletter to let people know what is going on in other states. Mike Hall used to do a great job.

I hope you are both fit and well
Sincerely
John (Gilmore)

Dear Colin and Dot,

Thanks for posting to us the magazine of News and Results. And for putting us on the address list for the future. Peter Colthup also keeps us in touch with other information.

Your information in the magazine is most interesting, as we both have been with veteran aths since it started in Melbourne many years ago. I started athletics with Ballarat Harriers in 1928 - that is 71 years ago. Though I don't compete now - I did until I was 81 - and did well as you know.

Arley and I are both well, though we have slowed down a bit. Arley is now 86 and I will be 88 in June. Of course you know our daughter Alison Thompson at Croydon track, and our son Graeme is a member and lives at Blackburn. Both were champions of Australia in walking, but you know all of this.

I am including a donation cheque for \$50. Arley and I would both like you to use it for trophies on a Vets race in our names this winter as you think best.

Regards
Arley and Stan Nicholls.

Dear Col

I'm sorry I didn't pass this bit of news on to you sooner - it kind of "fell between the cracks"! I hope it will be in time to make the next News & Results.

Lyn Jamieson from Doncaster Venue, who established a W45 Victorian Record over 1 Mile on 4 March 1999, broke her own record by 3.5 seconds in a time of 5m 53.6s at Doncaster on 7 April 1999. Not a bad team: Andrew's re-writing the walk records while Lyn's taking care of the running side.

Regards
John Gosbell

[Tony Doran phoned to say that Mick Davin, well known to Springvale Noble Park vets and others, has had a stroke. He is in Cedar Court Rehabilitation Hospital, cnr Burke and Toorak Roads.

All your mates in the Vic Vets hope you will get better soon Mick.]



All In My Stride

John Gilmour's Story

Richard Harris

All In My Stride tells of John Gilmour's early days living in a group settlement in the South West of Western Australia, the struggle for survival during the Great Depression, enlistment in the Army as a fit young man, and his coming to terms with major damage to his eyesight through malnutrition in Changi gaol. Worse was to come - nightmare years as a slave labourer in Japan.

On his subsequent return to Japan as a world champion veteran athlete he received the respect of his rivals and honours from authorities.

Richard Harris wrote John Gilmour's story as a message of hope to people of all ages everywhere - to have a vision, to keep going, and to take setbacks in one's stride. It is more than a book about running. It is about the strength of the human spirit when adversity is shared, the support provided by friends, how a little bit of hope will take you a long way and, of how small acts of kindness from strangers can be of value beyond measure.

The author was born near Gateshead, England, and now lives in Western Australia. He was a journalist with various newspapers and coordinated public relations for a major government department for many years before retiring in 1998.

John Gilmour's story is an inspiration to all.

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To the (hon sec) c/o the Victorians Veterans Athletic Club Inc. (Vic Vets)

Dear Dot,

Firstly may I extend on behalf of Knox vets a happy new year to you and Colin as well as extend our best wishes to all the committee members and vets members.

My reason for writing is to advise you and the committee that I have stepped down as venue manager for Knox. My reason is that I have accepted a position with a football club to coach one of their sides and training falls on Wednesday, same night as vets. I have a great love for football and have been coaching for a number of years unfortunately trying to be a venue manager and coach does not work. The good news is that Chas Mcrae and Brad Curtis have put their hand up and will run Knox Vets. As for me I would like to thank you and all members of the vets for helping me and supporting Knox when ever possible, the one thing I have admired since becoming involved in this great organization is the friendship and generosity that comes from everyone, its a pity that not all organizations have this, it is very special. I am not leaving vets just taking a leave absence if able I may have an occasional run at East Burwood.

yours sincerely

IVAN ANDRICH

PS I have advised the board of management of vets intention to use the venue around June as a warm up to the world championships. If possible could you advise me by the end of May whether vets still want to use the venue as well as any equipment.

Dear Dot,

Perhaps the following may be suitable as an item in the next News & Results.

During the Victorian Championships, I unfortunately pulled a muscle in my groin whilst competing in the 80 metre hurdles. This was further aggravated in the High Jump, so much so, that I had to cancel any further activities. These were my last events at M65, as I turned 70 two days later.

Enraptured Rupture

It was in the sprint hurdle, amid the hustle,
That I felt the sound of a tearing muscle.
But it was not until my last high jump,
That I discovered in my right groin, a lump!

The First Aid lady said, "Oh, how nice!"
Then suddenly whacked on a pack of ice.
This scene, can you please encapture.
Me in rupture, her in rapture.

With dripping ice around the nether locale
Even Viagra would not have raised my morale
This of course made me feel quite a Nork
When also I had to forgo the 5k Walk.

The next day, black and blue from the bruise,
My Doctor gave me his medical views.
"You must stop all these athletics and things.
Or you will finish up wearing angelic wings."

At least my artificial left hip was intact,
And I still hold the high jump record in fact.
My future's with the Vet's of that I'm quite sure,
Even though I have reached ten year and 3 score.

Gordon Gourlay
Gordon GOURLAY

Dear Dot

Now that our summer Championships are over for 1999, I wish to request a small change in programming for next years Champs.

I would like to move the 5k Walk to a colder time of the year, and replace it with a 1500 Walk for men and a 3k Walk for women. As a lot of our walkers are going to walk the 5k at Gateshead this year, it would be ideal preparation if the 1999/2000 season's 5k Track Walk could be held in July, or at the earliest in June. Perhaps at our usual pre-World Champs meet?

In non-World Champs years we could either put on a special Saturday night of 5k walks, similar to our 10k Track Champs at Knox. I am prepared to organize such a night. Or we could hold them during the week at a venue such as Caulfield or East Burwood. The main idea is to move them to a much cooler time of the year.

My reason for this change is to avoid the heat and humidity of March which the 5k walkers seem to encounter most years. This year most of the men walked around a minute slower than expected, due to the sun coming out just as the race started on Saturday. The next day the weather was much better, and Murray Dickinson set a world record in the 3k walk.

The advantages of this change are as follows:

1. Eliminates the chance of hot weather for an event which can be 40 or even 50 minutes for the older walkers;
2. Provides a short walk (1500) for the men, which is more attractive to Vets Venue and A.V. Interclub walkers; and
3. Provides the women with a 3k track walk, which is more popular than the 5k.

Yours sincerely

Clyde Riddoch
Clyde Riddoch

Editor
News & Results
Cub

I am surprised not to have seen correspondence from our lady Vets on the subject of the proposed change to "Masters". Will our ladies be known as mistresses? [Nudge, nudge. Wink, wink. Snigger, snigger]

Many years ago, my then dancee told me that she was not a Cub Mistress but a Lady Cub Master "because Cubs are too young to have mistresses". Are we to see the clumsy form "Lady Masters" because Vets are too old to have mistresses? Or because our ladies object to being called Mistresses?

While the title Veterans is gender neutral, Masters is a sexist title reinforcing male domination. No single word throughout history has done so much to emphasise the sexist nature of society & male dominance. The word "master" has established the male right to rule the female & society for his own ends.

Just as the word "master" has been debased by its sexist overtones; so too has the word "mistress" been debased by its sexual overtones. Strictly speaking "mistress" has the connotation of ruling also but, throughout history, this word has been debased to be synonymous with paramour; a woman who exists to provide sexual favours for her Lord & Master.

Speak up ladies before the male dominance is once again asserted & reinforced with the title "Masters". Or does your silence mean that you are having sexual fantasies of revisiting your youth & are thrilled at the chance to become a mistress at your age ???

Gordon

Bob Rodale

Golden Shoe Award

Shirley Young is an amazing 69-year-old veteran of athletics who first joined her husband and three children in the sport 22 years ago at an age when most people are slowing down, or even retiring from sport. Since beginning, Young has completed events ranging from the 800 metres to the 24-hour event and may be the only woman to have completed all 21 Melbourne marathons.

Whilst reading a magazine, Young came across an article about a woman who was believed to be the oldest woman to run the 24 hour event, a 63 year old woman who ran 132 kilometres. At the bottom of the article, a challenge was issued by the writer asking anybody who was capable, to match or beat it. Young took up the challenge without a second thought, hoping to challenge the age, rather than the distance.

On August 22nd and 23rd 1998, Young ran the Coburg 24 hour race in Melbourne, Victoria clocking up 162,330 kilometres during the event, making her the over 65 age group Australasian record holder in the event. During the event, she also became the 65 age group Australasian record holder in the 100 mile in a time of 23:39:26. It was an amazing feat, considering the weather the runners experienced at the five hour mark, with rain, hail and wind challenging Young and the others to complete the race. "It was a very good experience, but I don't think I will ever do it again," Young says. "The weather took a lot out of me, I'm glad I did it, as it is something I have achieved."

Young ranks the experience with many other great accomplishments she has achieved.

She holds numerous impressive records including world records in the women's 60+ age group in the 50 mile, and world records in the 65+ age group in the 50 and 100 kilometres, 30, 40 and 50 mile and the six hour event with a distance of 62,605 kilometres.

Whilst running, Young thinks of her family, her grandchildren and "of what I would do if I won tattsotto." Thinking helps deal with the distance



Shirley completing the 21st Melbourne marathon in October '98.

for running can become a mental challenge, not just a physical one. Young encourages newcomers to the sport to start off slow. "I thought I would never get past four laps, because it took a lot out of me." The friendship and companionship at the Veterans club is something that Young has high praise for. Young has been unable to run for the past two weeks due to a stress fracture in her foot, but her next goal of competing at the Australian Veteran championships has not been hindered by the injury. "I'm someone who will keep plodding along for a long, long time." Luisa Bufalino

RUNNER'S WORLD MARCH 1999

This article is reprinted, courtesy of the Australian Edition of Runner's World, as is the one on page 8.

Hero's Welcome

Every now and then, someone asks me if it's worth it. There are those who don't understand how I can invest time and energy in running when I have no hope of winning. These are the same people who believe that second place is the first loser.

Is it worth it? I answer with an unqualified "Yes!"

Okay, maybe it doesn't seem like it every day - when I don't seem to be making any progress; when I seem trapped in a vicious cycle of training too hard and resting too little. But even then, when running is most frustrating, it's worth it.

The bigger question is why. Why is it worth it? Is it because of the cardiovascular benefits? Yes and no. Is it because, on perfect days, I feel connected to myself and everything around me? Yes and no.

The most important reason for me is that, through running, I get to be a hero. I don't have many opportunities in my nonrunning life to be a hero. Most of us don't. But when I'm running, and especially when I'm racing, I get to feel, at least for the moment, like someone is looking at me and seeing a hero.

Nothing in my life compares to the satisfaction of seeing the finish line and hearing the crowd. It's true that, by the time I finish, there isn't much of a crowd, but the few spectators who remain are always enthusiastic. And if the announcer calls my name and congratulates me on finishing, I am transported to another world.

The power of this feeling was brought home to me in a recent marathon. A 42-year old first-time marathoner and I had been running together for 25 kilometres. We had shared details about our lives,

our hopes and fears, and what running meant to us. This man's only distinguishing feature was how completely ordinary he was.

As we moved through neighbourhoods, waving to the crowds, I noticed tears streaming down his cheeks. My first thought was that he had injured himself. My heart sank as I moved closer to him, expecting him to tell me he was dropping out.

"What's the matter?" I asked. "Nothing" he replied. "Then why are you crying?" I pressed. "Because I'm 42 years old, I've worked hard all my life, raised a family, been a good husband and father, and this is the first time in my life that anyone has cheered for me."

The first time anyone had cheered for him!

Of course then I was crying the people around us were crying, and we were moving along the course sniffing and laughing and running. It's hard to hug each other and maintain your pace but we tried. In time, we settled back into our own races and our own lives. And that man ended up leaving me behind as he chased after his dream.

"This is the first time in my life that anyone has cheered for me."

Somehow it seemed right. It was his moment in time. That race was his - not to win, but to experience. He

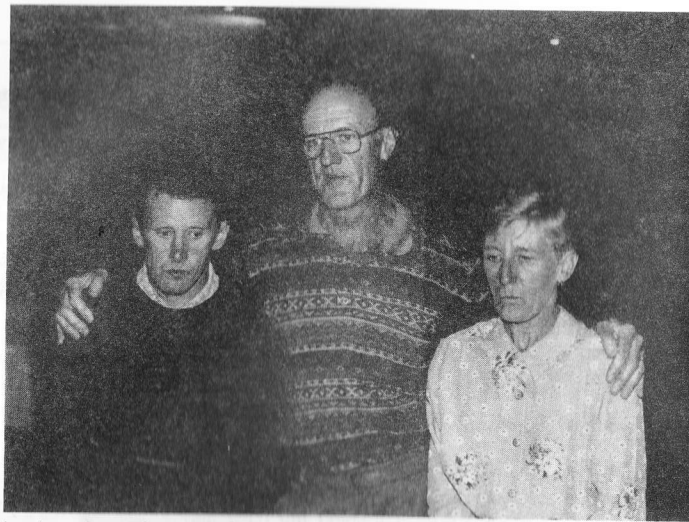
was soaking up the sounds and sights and taking them deep into himself. He was tucking away the experience in a place where it could never be taken away from him. He had earned the right to be a hero and he knew it.

We all earn that right with each run. All runners who search for themselves on dark mornings and rainy days are heroes. Every runner who confronts the enemy within, overcomes the fragility of the human body and embraces the indomitable power of the human spirit is a hero.

Waddle on, friends - and heroes.

By John Bingham

RESPONSES TO THE PHOTO COMPETITION



Thank you to all those who submitted entries. These are the captions of no more than ten words:

**"I would like to announce that these two have decided to get married!"
Two rapt when he told them "Bob's your uncle!"
"Caught us, Curtis!"**

**The long arms of the law embrace 'Seniors Card' evaders.
Croydon Vets managers detained after exceeding salary cap.
Three who haven't paid their subs this year – sprung bad!
Part of the audience's reaction to another Ken Walters joke.
Three old folk celebrating after P.B.s – They sure can party!
For fun, fitness and fellowship, join Veteran Athletics at Croydon.**

[Editor: I think I will give it to the last caption, by Gerry Robinson. Now for the stories of no more than 50 words. The first comes in a letter from Barry Brooks:

Dear Col,
Have just finished an enjoyable read of the Vic Vets News and Results and thought I'd enter the competition for the photo story, so here goes.

The plaintive cries of thin starving athletes rang out across the crowded hall. Would the pizza man arrive in time to save the catering trio from being roasted alive? But who had devoured all that supper? Did the late starter hold the key to this mystery? The seagull had landed.

Some people may not get the joke but I'm sure you and our friend Eric would know well the meaning behind it. I will not be down for the Vic titles as my condition is not forward enough but hope to see you soon. My kind regards to Dot and hope you are both fit and well.

Bets regards
Barry Brooks

[Then Pat Cavanagh, who runs at Croydon, produced this one, which picks up on the bird imagery.]

The trio stared in disbelief. Ducks completely covered Croydon ground. With loud quacks they grazed, several flying on to Lavinia's car. "Shoo" she waved, and they flew off as one. A thousand wings blackened the sky. Grass gone, bare earth and the track slippery with their gelatinous dung. No Vets tonight!

[Quite a surrealistic image.

Then Gordon Burrows got right into it with these versions. I think I will pay his second one. Bottles of wine or an alternative to Gerry and Gordon. Thank you all who entered.]

Vets News & Results. The story behind the picture.

Colin,

The "Story behind the picture" has proved to be a difficult assignment. My sources have provided 3 conflicting stories & each claims authenticity. I leave it to you to separate fact from fiction. By the way more details have come to light regarding the last story [of which you have the first version].

Gordon

**VIGOROUS,
ENERGETIC
TRAINING
EVENTUALLY
ROTS
AWAY
NATURAL
SMILES**

Scientists warned today of recent studies showing that the effort required to develop leg muscles in older athletes drains energy from their facial muscles leaving them unable to smile or show emotion. The accompanying picture shows the faces of typical Veteran athletes; a condition known as "Grim visageous".

48 words

Gordon

**MASTERS
AINT
BILERS
TERRIFIC,
EFFICIENT,
RESPONSIBLE [but]
SMILELESS.**

Some claim that, once we become Masters, Veteran frivolity will have to cease. Messers Grim & Determined, with Ms Mournful, modelled the required Masters demeanour for News & Results [see Pic]. They claim that 5mins. anti-stretching exercises daily will freeze the facial muscles in the professional expression illustrated.

49 words

Gordon

MISERY LOVES COMPANY - JOIN THE VETS !

The Misery Love Co. has sponsored a campaign to retain the title Veteran Athletics. The principal of the company, Miss E. Ree. Love, with her brothers Fiv.T.Love & For T Love, were dismayed [see Pic] when told that they & fellow Veterans were to be labelled Mass Turds & Miss Trusses.

Gordon

NEW VICTORIAN RECORDS

It's never too late to claim a record! Rodney Goodwin has just claimed the M45 10k record for the 32.16.19 when he ran 5th in the World Veterans Championships held in Melbourne in December 1987.

I'm sorry it's taken so long to list the Victorian & Australian records set by Victorians at last year's Australian Championships in Brisbane. I've only just received a results book, so if there are any Victorian records not yet acknowledged, please contact me.

Age Event	Name	Performance
M35 110 Hurdles	Terry Baldwin	15.10 Aust Record
M75 200	Mike Johnston	29.76 Aust Record
M75 400	Mike Johnston	68.57 Aust Record
M65 2k Steeplechase	Bill Hughes	8.25.97 Aust Record
W30 Pentathlon (w/Shot)	Jenny Baldwin	2,687 Aust Record
M60 Pentathlon (w/Shot)	Graeme Noden	3,439 Aust Record
W55 1500 Walk	Gwen Steed	7.56.1
M55 Discus	Graeme Rose	42.65
W50 300 Hurdles	June Reeves	59.6
W55 Shotput	Jan Davies	9.18
W55 Long Jump	Nyala Millar	4.01
W70 10k	Corrie De Groot	55.24
M50 3k Walk	Andrew Jamieson	13.13.8 Aust Record
M50 1500 Walk	Andrew Jamieson	6.21.1
M60 1500 Walk	Terry Dunn	8.11
M65 1500 Walk	Ken Walters	8.10.4
M75 Pentathlon (w/Shot)	Stan Stankovic	3,321
M55 Shotput	Graeme Rose	13.08
W75 Hammer	Gwen Davidson	23.82 World Record
M75 Javelin	Stan Stankovic	24.22
M55 Weight Pentathlon	Graeme Rose	4,558 Aust Record
M55 100	Gary Barker	11.8
W60 100	Jill Cooper	14.8
M55 200	Gary Barker	24.6
W55 800	Anne Stobaus	2.33.9 Aust Record
W40 80 Hurdles	Salli-ann Lee	13.9
M55 90 Hurdles	Richard Trembath	13.8
M60 90 Hurdles	Ken Priestley	14.9
M65 80 Hurdles	David Mather	14.0
W50 300 Hurdles	June Reeves	57.4
M55 300 Hurdles	Richard Trembath	44.0 Aust Record
M60 300 Hurdles	Mike Hall	46.4
M75 300 Hurdles	Stan Stankovic	74.2
W35 1500 Walk	Annette Major	6.52
M60 3k Walk	Murray Dickinson	14.16 World Record
M60 5k Walk	Murray Dickinson	24.38.5 Aust Record
W70 5k Walk	Jean Knox	33.10 Aust Record
M50 20k Walk	Andrew Jamieson	1.35.46 Aust Record
M60 Long Jump	Graeme Noden	5.15
M75 Long Jump	Stan Stankovic	3.59
W55 Shot Put	Chris Battersby	9.63
W55 Javelin	Chris Battersby	24.53
M55 Heavy Hammer	Graeme Rose	17.84 Aust Record
W55 Heavy Hammer	Jan Davies	14.58 Aust Record

In addition, club records for the Mile have been added, in acknowledgement of 25 years of Masters Mile's held at the Zatopek meeting, and because John Gosbell organized a special East Burwood Venue Mile and 1500 Walk record attempt night on 4th March 1999. So the best Mile records I've collected so far, are as follows:

M30	none [non-vet Pat Scammell 3.55.17 Melb 25/2/92]
M35	none [non-vet Steve Austin 4.08.97 Melb 18/12/86]
M40	Col O'Brien 4.23.2 Zatopek 12/12/87
M45	Neil Beachley 4.29.3 " 13/12/84
M50	Tom Roberts 4.31.2 " 13/12/84
M55	Ian Jones 5.14.2 East Burwood 4/3/99
M60	Bob Hayes 5.58.2 " " "
M65	Ray Callaghan 6.14.5 " " "
M70	Bob Lewis 6.19.2 " " "
W30	none [non-vet Margaret Crowley 4.26.47 Nice 16/7/97]
W35	Lesley Grimes 5.29.3 East Burwood 4/3/99
W40	Annette Pelgrim 5.54.3 " " "
W45	Lyn Jamieson 5.57.1 " " "
W55	Lavinia Petrie 6.01.7 " " "
W60	Anne Callaghan 8.18.7 " " "

Performances from any meeting (eg Athletics Victoria Interclub) can be claimed as a record. Before I can investigate performances sent to me as possible records, documentary evidence is required, such as photocopies of results in old Veteran Athlete papers, marathon completion certificates, or News & Results articles.

Victorian Record Certificates have been issued for all records set since 1993, but if requested in writing, Certificates will be supplied for any older or superseded Victorian Record. And please contact me if you haven't received your certificate.

Clyde Riddoch
Victorian Records Officer
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VICTORIAN VETERANS RELAY RECORDS - as at 28 January 1999

Age Event	Records	Time
4 x 100	M40 Mike Hall, Laurie Telfer, Daryl McAlpine & David Mather	48.8
	M45 Barry Robinson, Terry Dunn, Don McMahon & B.Wyatt	51.5
	M50 Graeme Noden, Ross Kent, Bob Wishart & Mike Hall	50.6
	M55 Max Brook, Leo Charles, David Mather & Graeme Noden	53.4
	M60 Kevin Marlon, Max Brooks, David Mather & Eddie Stack	56.5
	M70 *Mike Johnson, Charles Scarff, Rudi Hochreiter & Jim Thomson	55.5
4 x 200	M40 Steve Zimaris, Russell Johnson, John Finsae & Dean Copland	1.48.8
	M45 John Freame, R.Johnson, Alan Sinclair & Graham Stockdale	1.49.8
	M50 Mike Hall, Bob Wishart, Ross Kent & Graeme Noden	1.46.0
	M55 Barry Pomeroy, Mike Hall, Ross Kent & Graeme Noden	1.44.7
	M60 David Mather, Leo Charles, Kevin Marlon & Max Brook	1.57.0
	M70 John Reid, Ron Aust, Mike Johnson & Jim Thompson	2.03.5

4 x 400

M40	Bruce Humphreys, Ernie Kemplay, O.McGlone & Colin Waring	3.48.5
M45	John Freame, Russell Johnson, Alan Sinclair & Gary Mowat	3.51.1
M50	Keith Moody, Ian McLeod, Ross Kent & Neil MacDonald	3.52.8
M55	Bob Loader, Bob Bateman, Bob Lewis & Frank Tutchener	4.56.1
M60	Leo Charles, Kevin Marion, Eddy Stack & Max Brook	4.37.0
M65	*Jim Thomson, Norm Keith, Alex Harris & Mike Johnston	4.39.6
M70	Bob Lewis, Tony Martin, Vin O'Brien & Frank Tutchener	5.17.9

4 x 800

M50	Ray Kelly, Norm Johnston, Paul McCullum & Peter Duggan	9.59.0
M65	Keith Bird, Bob Turnbull, Dick Kirkman & Peter Colthup	11.41.1
M70	Alan Burgoyne, Andy Smith, Eddie Gamble & Cliff Barling	11.44.1

4 x 1500

M50	Ted McCoy, Ray O'Connor, John Waite & John Kneen	20.02.3
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WOMEN

4 x 100

W45	Pat Carroll, Lorraine Woodman, Gloria Wilson & Lois Jones	69.9
W50	Anne Stobaus, Nanette Compte, Jill Cooper & June Reeves	58.7

* Australian Record

THE THROWERS CLUB

by Wim Van Weenen

On the last page of the December Vic Vets News and Results is the 1999 throwers programme. These meetings are pleasant as we compete with high spirits. Four times a year we compete for the American and World weight throwing records. These records are on a one yearly age group basis.

From last year Australian and World (one year) records are kept and recognised. The women throw officially the 20lbs and 16lbs, 41cm long, weights, one or two handed. The men throw the 56lbs, 35lbs and the 25lbs weights. Best results of our last three meetings are recorded. The present standing world record for that age is recorded as well.

Name	Age	Date	Weight	Distance	World Rec	Remarks
HOWORTH, Sandra	35	24/1/99	25lbs 20lbs	7.37m 9.29m	- 9.45m	No records kept
SZCZEPANSKA, Elisabeth	47	24/1/99	25lbs 20lbs	8.27m 1.70m	- 9.07m	No records kept
CORAM, Judy	49	24/1/99	25lbs 20lbs	6.75m 7.80m	- 11.70m	No records kept
DAVIES, Jan	56	25/1/98	25lbs 20lbs 16lbs	7.79m 9.93m 11.15m	- 6.82m 11.40m	No records kept

WORRELL, Valerie	62	31/5/98	20lbs 16lbs	7.87m 9.48m	(age 60)6.42m 9.25m
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FRASER, John	24/1/99	56lbs 35lbs 25lbs	3.86m 6.05m 7.49m	3.36m 4.69m 7.32m
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STANKOVIC, Stan	74	25/1/98	56lbs 35lbs 25lbs	3.40m 5.74m 7.48m	5.36m 10.12m 11.30m
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KEITH, Norm	71	31/5/98	56lbs 35lbs 25lbs	3.05m 4.74m 6.44m	7.06m 10.70m 14.02m
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BALLANTYNE, Milton	69	31/5/98	56lbs	3.57m	7.76m
	70	24/1/99	35lbs 25lbs	5.90m 8.74m	10.53m 13.54m

WYNHOVEN, Harry	68	25/1/98	35lbs	8.90m	10.59m
	69	24/1/99	56lbs 25lbs	4.53m 10.79m	7.76m 13.55m

VAN WEENEN, Wim	65	25/1/98	25lbs	15.97m	14.89m	One handed throw
	66	31/5/98	56lbs 35lbs	6.55m 10.92m	6.64m 11.00m	

KNIGHT, George	62	31/5/98	56lbs 35lbs 25lbs	5.59m 8.75m 11.31m	8.78m 10.53m 18.72m
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BINKS, Billy	57	5/1/98	56lbs 35lbs 25lbs	6.63m 10.33m 13.49m	10.51m 17.03m -	No records kept
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READWIN, Ken	58	24/1/99	56lbs 35lbs 25lbs	5.82m 10.78m 13.92m	9.36m 15.24m -	No records kept
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THOMAS, Bob	55	24/1/99	35lbs 25lbs	5.85m 9.76m	17.50m -	No records kept
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BALLSILLIE, Jeff	49	24/1/99	56lbs 35lbs 25lbs	4.66m 7.17m 9.64m	13.02m 17.88m -	No records kept
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CHILDS, Mike	43	24/1/99	56lbs 35lbs	5.78m 8.64m	11.91m 21.82m
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ROSE, Graham	55	24/1/99	35lbs 25lbs	12.54m 16.85m	17.50m -	No records kept
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Veteran 1 Mile Challenge

by John Gosbell

The Mile is Alive and Well! Forty-two runners representing seven Venues, were spread over three graded races to compete in the Veteran 1 Mile Challenge at East Burwood on Thursday, 4 March 1999. The response was surprising particularly when you consider that 47 runners competed in the 1500m at the 1999 VVACI Track & Field Championships. The performances on the night were just as spectacular.

The competition at the top end was extremely tough as Bert Pelgrim, in a time of 4m46.1, crossed the finish line only 0.2 of a second ahead of Colin Page. The competition was also strong between the first two ladies with Lesley Grimes finishing in 5m29.3, only one second ahead of Jenny Stephens.

The age graded performance winners were Rob Catherall aged 51 with 87.6% (4m53.4) who incidently place third overall, and Lavinia Petrie aged 55 with 84.0% (6m.01). It's interesting that our ageing athletes are performing so well; on the other hand perhaps it's not all that surprising in this case as these two are seasoned campaigners of many year's standing.

As the Mile is not a WAVA event, there were no Australian or Victorian 1 Mile records previously recorded; however Clyde Riddoch has searched back through results of previous mile races like the Zatopek Masters Mile to establish a list of Victorian records. Thanks to Clyde's efforts we can now declare nine new 1 Mile records set at East Burwood on 4 March, 1999:

- * W35 Lesley Grimes 5m 29.3s
- * W40 Annette Pelgrim 5m 4.3s
- * W45 Lyn Jamieson 5m57.1s
- * W55 Lavinia Petrie 6m01.7s
- * W60 Anne Callaghan 8m18.7s
- * M55 Ian Jones 5m14.2s
- * M60 Bob Hayes 5m 28.2s
- * M65 Ray Callaghan 6m14.5s
- * M70 Bob Lewis 6m19.2s

Thanks to some meticulous research done by Gordon Stephen, we have a list of local (East Burwood) 1 Mile Track Records - now most of them will have to be re-written! The new record holders are:

- * W35 Lesley Grimes 5m29.3s - previous record 6m54s
- * W40 Annette Pelgrim 5m54.3s - beating her own previous record of 6m04s (3/2/97)
- * W45 Lyn Jamieson 5m57.1s - previous record 6m35s
- * W55 Lavinia Petrie 6m01.7s - previous record 6m47s
- * W60 Anne Callaghan 8m18.7s - no previous record
- * M45 Colin Page 4m46.3s - previous record 4m57s
- * M50 Rob Catherall 4m53.4s - beating his own previous record of 4m58s (17/9/98) and still the holder of the M40 record of 4m42s he set on 3/10/91.
- * M55 Ian Jones 5m14.2s - previous record 5m19s
- * M70 Bob Lewis 6m19.2s - previous record 7m18s

Hat trick of Walk Records We were treated a real smogasboard of athletics at East Burwood on 4 March with the 1 Mile Challenge, and a 1500 metre walk which saw three Victorian records broken; although only two were actually claimed on the night (Terry Dunn made a later claim). The new record holders are:

- Andrew Jamieson M50 6m21.1s - previous record 6m33s
- Terry Dunn M60 8m11.0s - previous record 8m16.6s
- Ken Walters M65 8m10.4s - previous record 8m44s

KING ISLAND IMPERIAL 20

32 Kilometre Coast to Coast Footrace

by John Dean

On the Labour Day weekend in March approximately 25 Victorian Veterans and Victorian Road Runners ventured to King Island to participate in the island's famous 32km coast to coast run. The run is one of the most picturesque on the running calendar which starts at Naracoopa on the north coast and finishes at Currie on the south coast.

Whilst the increase in Vic Vets competing this year for the first time was very noticeable it was graet to see so many runners from our Springvale venue make the journey in memory of their running mate, Eric Greaves. Eric helped to establish, organise and publicise the event over many years and regarded the run as one of his favourites.

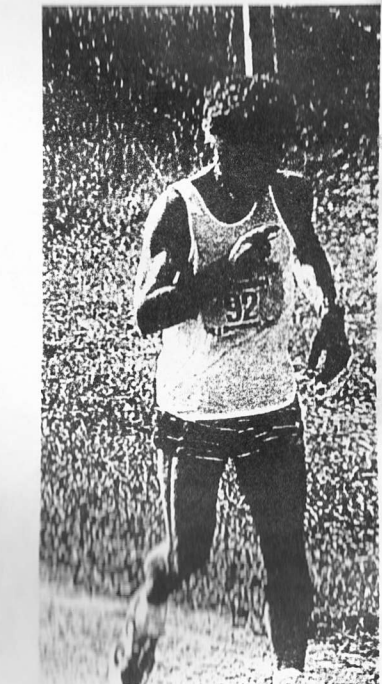
In a record field of over 90 participants, Aberfeldie venue runner, Stephen Barker, took out the handicap honours in a time of 2hr 45min 36 sec which, considering the hot-shot field, was a great effort. Stephen, off 10 minutes and a veteran of three previous King Island runs, won the event by about 5 min 50 sec ahead of second handicap placegetter Richard Baylis and third over the line, Graham Prosser in 2 hr 52 min 43 sec.

The following is an extract from the official Race Program & Calcutta Form Guide:

No. 92 Stephen Barker. Vic 55.

Performances of Vic Vets were:

Name	Handicap	Time+h'cap	Placing on h'cap
Stephen Barker	0:10	2:45:36	1
Graham Prosser	0:30	2:52:43	3
John Newsom	0:45	2:58:15	8
Lavinia Petrie	0:40	2:58:17	9
Randall Hughes	0:35	3:00:48	16
Kevin Browne	0:30	3:01:10	17
Kevin Onley	0:10	3:03:33	20
Bob Power	0:20	3:03:33	23
Russell Johnson	0:55	3:03:32	24
Bert Pelgrim	1:00	3:04:17	33
John Waite	0:40	3:08:20	31
Ray Wilson	1:00	3:11:46	41
Judy Wines	0:10	3:15:11	47
John Dean	0:25	3:17:24	62
Jane Sturzaker	0:15	3:21:26	77
Shayne Walters	0:00	3:50:05	86



Stephen Barker
Handicap Winner

"Broke down last year after solid performances in his two previous efforts in this race. Depending on fitness he could be one to show remarkable improvement." Remarkable improvement Stephen did show. It was very obvious from the time he hit the front line that his determination to push on would carry him across the line in number one place.

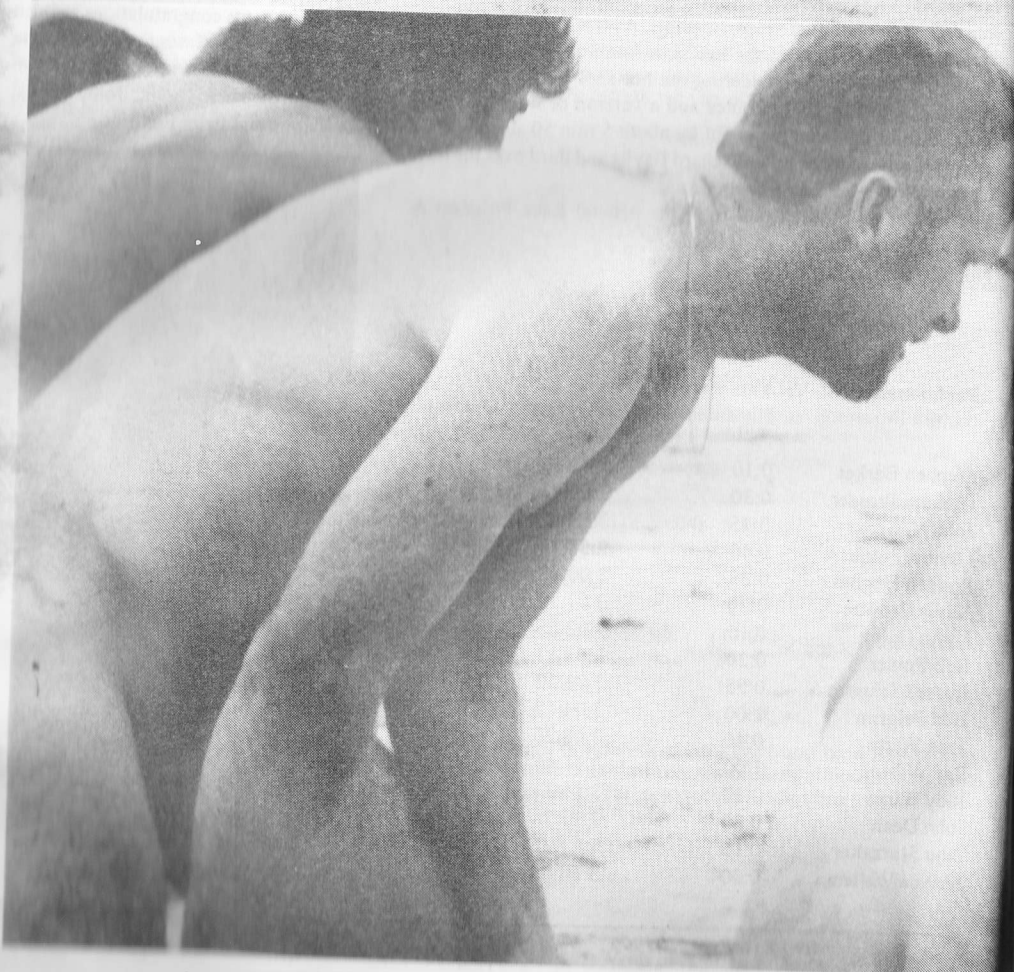
In recognition of Eric Greaves' contributions to the runs over the years the King Island Imperial 20 committee were unanimous in their decision to create an Outstanding Achievement Award, for which the first recipient was Eric' close friend and running companion, Kevin Onley. Congratulations Kevin.

In the team events congratulations are also extended to Eric's Mates team who came across the line in first place. Team comprised of Mick Davin, John Marks, Alan Bennie and Peter Field.

PHOTOSPREAD

Many Vic Vets went over to King Island to run in the 20 miler on 7th March 1999. Our Stephen Barker stole a march on the field and won the handicap event. These photos indicate that a really good time was had by all.

Once again we will have a competition for the best caption in no more than ten words, and the best story in no more than 50 words, to describe any or all of the pictures on this double page. Entries to the editor. Prizes to the winners.



VVACI PENTATHLON CHAMPIONSHIPS

Duncan McKinnon Park, Sunday 7th March, 1999

By Tony Bradford

The 1999 Victorian Vets Pentathlon was conducted on Sunday, 7th March at Caulfield venue. The competitors consisted of eight women and twenty-three men. Although the numbers were down, it is interesting to note the large turnover of pentathletes in recent years. Some eight first time contenders entered this year.

The weather for the first Sunday in autumn proved to be inferior to the lovely warm days prior to the event. Although a mild temperature made conditions cool over the five disciplines, the strong cold blustery south west wind made it tough for many competitors especially those throwing the javelin and discus into it. All 200 metres were run into a strong headwind. The conditions appeared not to be conducive to big performances, however the perennial Stan Stankovic defied the odds and set a new Victorian record in M75. The previous longstanding record was held by a great athlete in Harry Gathercole, (now a resident of Queensland). Well done Stan.

Nerida Noyes (W40) and Phillipa Edgell (W45) stood out amongst the newcomers in the women's section. Canadian husband and wife combination, Greg Rees and Denise Watson, plunged themselves into the competition for the first time and both enjoyed the competitive spirit, even though Greg carried an injury into the event.

Clyde Riddoch was back in business on the track after missing last year's event and also becoming a father for the first time in January. Bob Connell, venue manager at the newly formed Latrobe Valley venue, traveled to the city with well-known track identity, Leo Coffey, and both competed in a pentathlon for the first time. Ian McArthur's performance in the M55 was worthy of note, being another newcomer. It was also pleasing to see Gerry Robinson in a highly competitive event after spending several years in conservative pursuits as a venue track runner only. David Innes and John Creek traveled long distances to compete and record excellent performances. David lives at Bright and John at Miners Rest. Once again there was a strong band of enthusiastic volunteers to ensure a smooth and efficient running of the entire program. Club Vice Captain, Peter McGrath, assisted and also overseer the day's operation. Astrid and Graeme Rose, accompanied by Ken Priestley, set the sector tapes and all specific equipment in their respective locations, and generally assisted for all field games. Bernaldette McGrath once again proved to be a very efficient starter. Vice President Ted McCoy and wife Carole helped and also looked after the timekeeping and judging on

the track. John and Phyllis Gosbell, Les Clark, Mark Cauchi, Greg Mauldon, and Pam Dunn lent their expertise and assistance throughout the day. Once again Peg Noden and Nola Bradford scored and calculated all results after judging in the long jump pit.

In all, it was a most competitive and enjoyable afternoon. Competition was completed and medal presentation wrapped up by 4.00pm.

RESULTS

[Editor: As each of the entrants has received a booklet with the full results, I will not publish the results here. However if you are interested to see them, you will find them on the internet at the Vic Vets home page, under Event Reports. The address is:

<http://www.vicnet.net.au/~vicvets/>

Or you may ring me on 9874 2501 and I will post you a copy.]

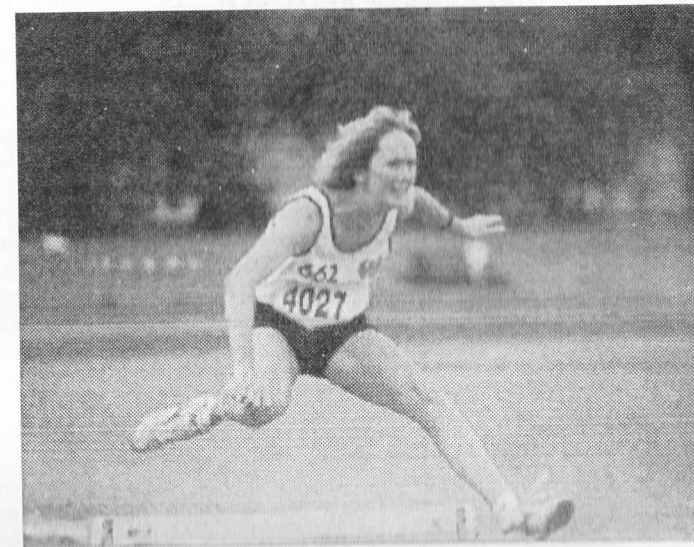
VVACI TRACK AND FIELD TITLES

Duncan McKinnon Reserve

Saturday & Sunday, 20th & 21st March 1999

Once again the Vic Vets put on an efficiently run carnival for the state titles. This was due in no small measure to the work of organisers such as Peter McGrath, ground manager, and his officials from the various venues and Athletics Victoria, Ray Callaghan, who is refining his "Capers" computer program all the time, and can now show age-graded values to all performances, Ray's team of helpers on the recording side, Rob Waters, whose checklist of things to be done beforehand is invaluable, Ted McCoy, who is stepping into Eccles' shoes as Club Captain, Peter Colthup, who does a marathon effort printing the programs and results booklets, and many others, without whose efforts the show would not go on. All contestants received a results book, so I will not go into the statistics, but here are some impressions of the two day event. [The full results are on the internet at our home page, see above, or available on request.]

Annette Major seemed to be killing them in the 5km walk, although Alison Thompson and Lili-Ann Krieglger were walking really well. Elaine Rutherford tells said that as she was going down the back straight a discus landed in the next lane. A man who saw it later said to her, "You didn't miss a step, didn't even blink." In the high hurdles Josian Philippe made a false start, which unsettled him, but he still won. Richard Trembath is shaping up for Gateshead. He broke an Australian record in his hurdles. A solitary woman hurdler in the W40s, Salli-Ann Lee, ran with the men and showed excellent style. [Salli-Ann in picture, right]



The 100m sprints were exciting

as always. I noted a great tussle between Mike Hall and Graeme Noden, with Graeme winning. Debbie Tomsett was outstanding in the women's sprints. June Reeves is learning hurdling from Richard and her speed is a great advantage in this.

The Mike O'Neil Trophy was contested in the 1500m. Col Page won the race, but the trophy went to the M40 division, to Brendan Norden. It is good to see Brendan, well known to those who used to follow the Otways race, running with the vets. He had a good duel with Philip Bowes on the Sunday in the 3000m, with Phil winning.

The 400's were important to David Sheehan in his preparation for Gateshead, but he had to lower his colours to Keith Howden. Mike Hall got his own back on Graeme Noden in this event. Graeme later broke a Victorian record in the long jump.

Out in the field Jan Davies was breaking an Australian record in the heavy weight throw. I saw Ian Hancock put in a good one in the discus throw.

The Sunday was unfortunately wet, and they did well to get through the events and keep to the time table. Long hurdles on a wet track must be a bit dangerous. Richard Trembath did a solo run, and Mike Hall had two opponents in Gerry Robinson and Max Brook, who were enthusiastic just to compete. However the rain made the pole vault impossible so it was postponed to Saturday 10th April.

In the 3000m walk Murray Dickinson celebrated his

entry to the M60s with a world record performance of 14m 16s. In the 1500m walk again Annette Major and Alison Thompson led the ladies as they battled on through the puddles.

The 800m runs included the Wal Sheppard Trophy which goes to the M60 winner, this year, Mike McAvoy, our Geelong venue manager. Eric Sigmont's run in the M50s was outstanding as was Colin Page's in the M45s. Barbara Blurton is nursing an injury and although she won her 800m, as expected, she later decided not to go to Gateshead as she has a stress fracture. Bad Luck. Anne Stobaus won her section, and is going to the WAVA Games.

I saw Clyde Riddoch put in a good one in the triple jump, but Jack Buckingham won that section. The younger jumpers, Darren Smith and John Creek were over 12 metres, very good.

The 300m sprints saw some great races. The three rivals in the M55 age group, Gary Barker, Bob Wishart and Ross Kent, always turn it on, and this time finished in that order.

Towards the end of the day the distance runners get their chance over 5km. Ray Callaghan was in fine form, but could not catch Tom Roberts. The younger women, Sharon Higgins and Julie Braakhuis ran really well, as did Lavinia Petrie, Lyn Davis and Petrina Trowbridge. All in all a very satisfying two days, although we could always accept a lot more entries.

by Colin Browne

AAVAC NATIONAL TRACK AND FIELD CHAMPIONSHIPS

Canberra, April 2-5 1999

By Colin Browne

Quite a lot of Vic Vets made the trip to ACT for Easter. The Canberra Vets had done a great job in preparation with everything centred close at hand around the AIS facilities. Those who used the AIS hostel for accommodation were delighted with the food provided. Weather was kind to us until Sunday night when it really came down all night leaving the cross country course very tricky in places. At the track the concrete rimmed jump pits filled right to the brim and looked like swimming pools. But mercifully it eased later in the morning and the meet ran to schedule.

Day 1 saw the high hurdles of various distances from 110 metres to 80 metres. In these events Vics who won gold were Darren Smith (M35), Greg Varigos (M40), Ken Priestley (M60), Gordon Gourley (M70) and Jennifer Baldwin (W30).

We had heats for our sprinters, and we did OK in preparation for the finals. 10km titles were decided and we had winners in Phil Bowes (M40), Ray Callaghan (M65), and Shirley Young (W65). Russell Johnson and Anne Callaghan won creditable silver medals. In the pole vault we had success with Andrew Farr (M45) and Ken Priestley (M60). Throwers won quite a few gold medals. In the shot put the Vics had Graeme Rose (M55), Ken Knox (M75), John Fraser (M80), Chris Schultz (W45) and Gwen Davidson (W75), whilst in the javelin gold went to Andrew Farr (M45), Graeme Rose (M55), Stan Stankovic (M75), Chris Schultz (W45) and Gwen Davidson (W75).

We heard a few stories of trips up there. Colin Silcock agreed to drive Eddie Stack, a humorous situation you will agree. Col's car developed a problem with the driver's door lock. Outside Yass, it swung open and they nearly lost Col. So he took a piece of rope and tied one end to the door and the other around Eddie!

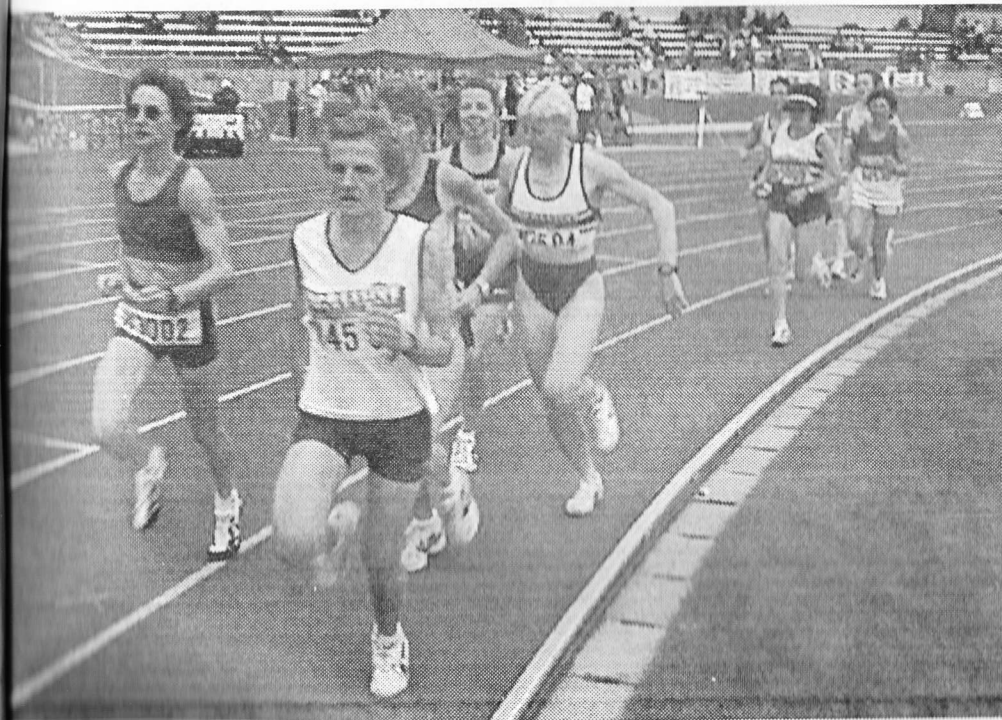
Day 2 saw the finals of the 100 metres sprints. NSW cleaned everybody up in both the mens' and the women's events. We did better in the 400 metres, with gold going to Terry Baldwin (M35), Greg McHenry (M40), Mike Johnston (M75), Barbara Blurton (W45), Anne Stobaus (W55) and Lorraine Woodman (W60). In the 1300 metres Vics who won gold were Randall Hughes (M75), Cathy Orelli (W35), Lyn Jamieson

(W45) and Shirley Young (W65). If NSW had its glory in the sprints, Victoria really fixed them up in the 5 km walks. Look at our list of gold medallists! David Long (M30), Mark Ddonahoo (M40), Clyde Riddoch (M45), Andrew Jamieson (M50), Tony Johnson (M55), Murray Dickinson (M60), Ken Walters (M65), Andy Smith (M80), Annette Major (W35), Swen Steed (W55), Marlaine Stanway (W60), Jean Knox (W70), and Grace Smith (W80). Boy, these Vics sure know how to walk! 2 km steeplechase winners were Janis Wright (W45) and Jan Morrey (W55). In the field we had winners in high jump with Terry Baldwin (M35) and Greg Varigos (M40). Throwers were winners too. Discus was won by Graeme Rose (M55), John Fraser (M80), Val Worrell (W60) and Gwen Davidson (W75), whilst weight throw was won by Graeme Rose (M55), Wim Van Weenen (M65), John Fraser (M80), Chris Schultz (W45), Val Worrell (W60), and Gwen Davidson.

Brownes were naughty and had a game of golf with their in-laws on Saturday morning. Dot was hitting an orange ball as they are easier to find. On the 14th she grubbed it along the ground. A currawong (Canberra crow) flew down and looked at it. "Not long enough", it judged and picked it up in its beak and flew away down the fairway with it. We chased it to a lamp post where it dropped it on a road and Dot had to climb through the wire fence to retrieve it. No sooner had she played again than the black villain re-appeared, said "That's mine", picked it up and flapped off into the gum trees, never to be seen again.

On Day 3 the Vics had winners in the long hurdles with David Long (M30), Greg Varigos (M40), Richard Trembath (M55), Jenny Baldwin (W30) and June Reeves (W50). Our 800 metre runners did very well, with gold going to Colin Page, (M45), Mike Johnston (M75), Barbara Blurton (W45), Vicki Thompson (W50), Anne Stobaus (W55) and Lorraine Woodman (W60). Our distance runners were out again in the 5 km. Again Phil Bowes, closely followed by Martin Leggett, won the M40 race. Ray Callaghan, in remarkable form these days, won the (M65), Shirley Young the W65, and sensationally, Randall Hughes broke the world age-group record for M75 by a minute and a half in 20:19.

Our jumpers did well in the long jump. David Long won the M30, Darren Smith the M35, Graeme Noden the M60 and Nyala Millar the W55. Out on the grass the hammer was thrown with winning effect by Graeme Rose (M55), Wim Van Weenen (M65), John Fraser (M80), Chris Schultz (W45), and Jan Davies (W55). I had a taste of the tension in these events as I spoke to



Jan after her final throw. Her main opponent, Helen Steele, had one throw left and Jan had just pipped her after being behind, but could go down if Helen produced a big one. Happily for the Vics, the big throw did not happen.

We saw some highly exciting sprints in the champion of champions when all 100m winners started off handicaps based on age-graded tables. A very graphic demonstration of age-grading was given in the javelin champion of champions when the throwers of all ages had their throw added to by a distance according to age, and the clearly labeled markers clustered in close vicinity out near the 80 metre line.

Day 4 was wet, wet, wet. We did the cross country and it was a tough bit of Aussie bush with hills, gravel, clay, puddles, and gum trees. Two laps and a nice crowd of onlookers led by ex-Victorian Graham Burke gave us plenty of support as we went around. The rain held off for the race and started again as we finished. Vic Vets who did well were Phil Bowes (M40) and overall winner, Russell Johnson (M45), finally getting the gold he deserved, Roy Stanway (M65) who was more twinkle-toed than Ray Callaghan over the rough terrain,

predictably Randall Hughes (M75) and Shirley Young (W65). Dot Browne was happy to take a silver in the W55, behind Sue Counsel of ACT.

Meanwhile the road walks were taking place over 10 km and 20 km on roads around the AIS complex. Walkers said that the hills were tough. Walkers don't expect to have any hills at all! Pretty much the same long list of winners as in the 5 km walk came home in front in the longer walk, with the addition of two to the Victorian list, Harry Summers in the M60 and Col Silcock in the M65. It was an emotional Col Silcock who accepted the win, and anyone who knows Col as the identity he is, going in everything, runs, walks and steeple, would feel delighted with him for his success. Back at the track they were trying to do triple jump on flooded run-up into a swimming pool of sand. I saw Graeme Noden doing a trial run. As he ran through the side of the pit his ankle went sideways in a mud hole. But he got up and finished. They were also getting ready for the 200 metres finals. Terry Baldwin was a man on a mission. He had been defeated before by the guy from South Australia, and so, while on Sunday Jennifer was going in every run, jump and hurdle known

to man, Terry had been saving himself for this race. We watched it from the stands. The SA pro got away well, ran a better bend, and it was all down to the straight. We yelled and screamed. We thought Terry had got him, but later Terry said "No, my head was flopping all over the place". The judges agreed with Terry. Second. Meanwhile, back on the grass, throwers were dobbing the heavy weight into the yuck. It went in about twelve inches. This was part of the weight pentathlon, which saw Vic Vet winners in Graeme Rose (M55), Alwyn Harbott (M65), Chris Schultz (W45), Jan Davies (w55), Val Worrell (W60) and Gwen Davidson (W75) After the relays we had a bit of time to ourselves and then we looked forward to a nice evening at the Labor Club. We had arranged a quiet dinner with Tony and Nola Bradford. However when David Sheehan heard about it, it blossomed into a party for 34 Vic Vets. Very sociable indeed.



WVACI HALF MARATHON

Maribyrnong River Footpath, Sunday, 2nd May 1999

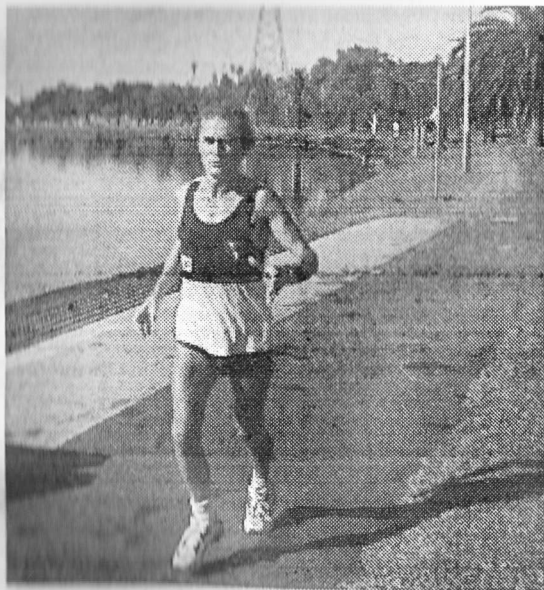
By Colin Browne

What a lovely autumn day we had for the half. Plenty of vets turned out, many to last the full 21.1km, others to settle for 10km or even less. The course was very well marked and accurate. Bill Page had checked it on his bike four times, with

two different psi tyre pressures just to make sure. Peter Shone had produced a very clear, attractive map, and Rob Waters had made excellent signage. Rob was early on the job, ten out of ten, and all was in readiness. The weather man turned on a beauty.

Performances were in keeping. Ewan Wilson stayed with a hungry pack for the first bracket and ran away in the second half to finish in 1:19:22. Second came Graeme Hewitt in 1:22:58, not far ahead of Gary Stewart in 1:23:35. Lee Graham was first of three ladies in 1:39:01, followed by Barbara Dalglish in 1:42:28 and Shirley Young in 1:55:20.

A most enjoyable presentation and lunch was then provided in the lounge of the Footscray Boat Club, overlooking the magnificent sweep of the river, the Flemington Racecourse and the silver blue skyscrapers of the city on the horizon.



Overall	Name	Age-group	Place in age	Time
1	Ewan Wilson	M45	1	1:19:22
2	Graeme Hewitt	M50	1	1:22:58
3	Gary Stewart	M50	2	1:23:35
4	Sam Defanis	M50	3	1:25:49
5	Ted McCoy	M55	1	1:26:34
6	Peter Shone	M50	4	1:27:27
7	Alan Primrose	M45	2	1:28:18
8	Graham Philpott	M55	2	1:28:29
9	John Waite	M55	3	1:33:21
10	John Hall	M50	5	1:34:42
11	Ian Upton	M55	4	1:35:28
12	John Annear	M60	1	1:35:57
13	Juan Perez	M55	5	1:36:53
14	Len Hallett	M45	3	1:38:29
15	Bill Page	M65	1	1:38:45
16	Andrew Tunns	M40	1	1:38:57
17	Lee Graham	W35	1	1:39:01
18	Rob Waters	M50	6	1:39:33
19	Ron Little	M55	6	1:39:37
20	Frank Hargreaves	M55	7	1:40:40
21	Bob Lewis	M70	1	1:40:40
22	John Dean	M50	7	1:42:11
23	Barbara Dalglish	W60	1	1:42:28
24	Bob Hayes	M60	2	1:44:08
25	Kevin Fenby	M45	4	1:44:31
26	Gordon Stephen	M45	5	1:49:46
27	Jock Cravana	M60	3	1:50:07
28	Shirley Young	W65	1	1:55:20
29	Tony Martin	M70	2	1:55:20
30	Colin Miller	M55	8	1:55:53

Others who started and did one lap of 10.1km or so were Murray Hutchison, Ron Wilson, Mark Benjamin, Ron Young, Gerardo Riviello and Karen Dean, whilst Carole McCoy, Nyala Millar, Dot and Colin Browne fitted in runs of various lengths and also manned the water station and kept times. Thanks to Gordon Burrowes for overall timekeeping. It was a very pleasant day, much to be recommended next year. Keep in mind.

IMPORTANT NOTICE

WVACI 10KM CROSS COUNTRY

CHANGE OF DATE

Please note that the new date of the cross country is:

Sunday May 30th, 1999 at 10.00am

The previously advertised date was not available at Yarra Bend Park due to a prior booking.

The Collingwood venue clubrooms will be available for dressing rooms, and presentations afterwards, although the track will not be able to be used for warm-ups as it is being re-surfaced.

Veteran's 400/1500 Handicap events.

Peter McGrath

Once again the Veteran's Athletic club joined with the Victorian Cross Country League at the Annual Track meeting of the VCCL. This year it was held on Sunday February 28 and the Veterans events were a 400 and a 1500 metre handicap.

In the 400 Metre event the front marker, Alex Harris, (off 120 metres) got away from both the field and the handicapper to win by 8 metres from a close group for positions 2 to 8. Kevin Marrion (off 58) just held off Mike Johnson (off 66). Then came Leo Charles (off 76) Eddie Stack (off 76) Ross Kent (Scr) Ray O'Connor (48) and Graeme Stockdale (off 10). The winning time was 47.34 seconds.

In the 1500 metres a field of 10 contested the event. Nev Hartcher (Scr) gave 350 metres to the front marker (Alex Harris) With one lap to go Janice Wright (off 280) was just in front of Stephen Young (200) Jenny Stephens (200) Marlene Gourlay (280) and Marie O'Brien (300). Peter Bence (100) Graham Philpott (100) Jim McClure (110) and Neville were starting to gather the front runners. Steve Young was the winner with Janice and Jenny taking 2nd and 3rd followed by Peter, Marlene, Neville, Graham and Jim. Winning time was 4.17.91.

The winners sashes were presented by Joy Herbert and bottles of Champagne to the runners-up were presented by Ray Kemp.

This is the third year we have joined in this event. It is publicised around the venues and it is a interesting day of handicap running. Heats for our events will be held if there is sufficient interest.

Veteran's Track & Field Results.

Due to the wet weather on Sunday 21st March the Pole Vault event was deferred. It took place on Saturday 10th April and results as follows:-

Pole Vault	W40	Pole Vault	M35	Pole Vault	M65
Dawn Hartigan	3.00	Brett Randall	3.60	Harry Wynhoven	1.85
		Darren Smith	3.00	Bob Soulsby	1.80
				Wim Van Weenan	1.70
				Earl Cook	1.70
Pole Vault	M40	Pole Vault	M45		
Mark Cauchi	2.15	Andrew Farr	2.70		
Pole Vault	M50	Pole Vault	M60		
Jim Poulter	3.00	Ken Priestley	3.15		
		Terry Dunn	2.10		

Many thanks to Ken Priestley for arranging the event and for both the competitors and officials who assisted.

ATHLETICS VICTORIA - INTERCLUB COMPETITION

VVACI teams at Knox

Ily Leigh Cassidy

The Victorian Veterans again had teams competing at the Knox venue on Saturday afternoons during the summer. We have teams (C, D & E) in the men's competition, and C Grade in the women's competition.

Congratulations to our women (with limited numbers) on making the venue final and consequently finishing a gallant second (ironically there was more strength in the field events).

We are looking to strengthen our teams (men and women) for next season, and anyone interested in competing should contact Leigh Cassidy (ph. 9772 2508) for details.

* Anyone interested in being an official rather than competing would be most welcome. Les Clark has been a much appreciated official for us and I'm sure would be able to fill you in on what is involved (ph. 9754 2793).

VVACI teams at Glenhuntly

Ily Graeme Noden

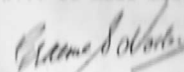
Overall, interclub competition at the Glenhuntly Venue for 1998/99 was a success for the VVACI members who competed in the thirteen weeks of track & field competition from October through to February.

Considering that the team had eleven members for most of the competition, with two late starters, the results at the completion of the thirteen rounds where 'D' Grade (with 12 wins) and 'E1' Grade (with 13 wins) finished on top of their respective ladders and 'E2' Grade won two rounds were more than expected.

However, with a total of only twelve athletes competing in the Venue final competition for the two Grades, our 'E' team managed a creditable second placing but the 'D' team was crushed. Considering that some athletes were injured and others had qualified only to compete in one grade, the results were still reasonable.

We believe that interclub will be continuing at Glenhuntly, and are keen to involve more VVACI members in a very friendly competition on Saturday afternoons next summer. Competition of this nature does help athletes improve their performances and is a good preparation for the Vets T & F Championships in March each year. It is possible to compete in events that are not held at weekly venue competitions.

Any member of the VVACI wishing to be involved in any track & field event will be made most welcome.



Graeme Noden
(Hentone Venue) (ph: 9555-3495)

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.

1999

Sunday, 16th May, VVACI Road Walks. (20km men, 10km women) Albert Park near Middle Park station, 9.00am for 20km, 11.00 for 10km. Contact Peter McGrath, 9807-5656

:Garry Rogers Nissan Jells Lake (10km & 5km) Jells Park Ferntree Gully Road entrance, 9.30am (9282 3461 w)

:Rotary Bay Run (10km & 5km), Bay Road Sandringham, 8.30am (9616 3096 w)

Saturday, 22nd May, Mt Beauty Half Marathon (21.1km, 10km, 3km), Mt Beauty High School, 10.00am, (0357 541 388 h)

Sunday, 23rd May, Sri Chinmoy Running and Fitness Festival, (42.2km, 21.1km, 10km, 4km), cnr Strand and North Road, Newport, 8.00am (9428 6665w)

Sunday, 30th May, VVACI 10km Cross Country Yarra Bend Park, 10.00am. Enter at Collingwood venue, George Knott Athletic Track, Heidelberg Road. Contact Rob Waters 9318-3802

*** Note that this is a change of advertised date.***

:HBA Run/Walk To The G (8km & 4km), Brunton Avenue, adjacent to MCG, 9.00am (9819 9225w)

Saturday, 5th June, VRR Tan Handicap and Breakfast (8km & 4km), opposite Swan Street Bridge, 7.30am (9802 7925 ah)

Sunday, 6th June, Amnesty International Run For Freedom Fun Run (10km & 5km), Catani Gardens, St Kilda, 9.00am (9827 7900 w)

Sunday, 13th June, Albert Park 10km Classic (10km & 5km), Albert Park, 8.00am, (9819 6888 w) - all details TBC.

:Rutherglen Muscat Run (10km), Main Street, Rutherglen, 10.00am (026032 8690 w)

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.

Sunday, 20th June Heathmont Lions Fun Run (10km & 5km), H.E.Parker Reserve, Heathmont, 9.00am (9870 1636 h)

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

Sunday, 26th June, VVACI Road Walks. (10km men, 5km women) Albert Park, near Middle Park Station. 2.15pm for 10km, 3.00pm for 5km. Contact Peter McGrath, 9807-5656

Sunday, 27th June, VVACI Pre-Gateshead Track & Field Meet. Knox track, off Rushdale Road, Scoresby.

:VRR Westerfolds Park (10km & 5km), Porter Street entrance, 9.00am (9802 7925 ah)

Sunday, 4th July, VVACI Winter Weight Pentathlon. Duncan McKinnon Park, Murrumbidgee, 12.00 start, Graeme Rose (9836 2350)

Sunday, 11th July, VVACI 10km Road Run. Braeside Park, 9.30am, Ted McCoy 9583 3280.

Wednesday, 29th July to 8th August, WAVA World Veterans' Games, Gateshead, England.

Sunday, 15th August, VVACI 10 Miles Road Run. Princes Park, 10.00am, Ted McCoy 9583 3280

Sunday, 12th September, VVACI 25km Road Run Footscray Boat House, on Maribymong River, 9.30am Rob Waters, 9318 3802.

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

VVACI Marathon in Melbourne Marathon, October. TBC

Saturday, 27th November, VVACI 10km Track Runs Knox track, in divisions, slowest at 6.30pm. Ray Callaghan 9725 5376

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.

New Zealand Masters Games, Dunedin, January, e-mail nzmasters@clear.net.nz, ph ++64 3474 1429

Friday, 21st April to Monday, 24th April, AAVAC Veterans National Track & Field Championships. Domain Athletic Centre, Hobart, Tasmania. Peter Lyden 03 6229 4263, e-mail peter.lyden@dchs.tas.gov.au

2001

WAVA Veterans World Championships, Brisbane Old July 5 to 15

2002

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

Norfolk Island Beckons for January 2000

NSW

Kerry Thew, former Club Secretary and currently member of the Council of the Oceania Association of Veteran Athletes, recently visited Norfolk Island for a Council meeting, accompanied by **Jean**, who was until two years ago the AAVAC's Director of Merchandising.

To sum it up, they had a ball. Whether you ordinary run-of-the-mill athletes can expect the VIP treatment suffered by Kerry and Jean, remains to be seen, but it looks promising.

Kerry was impressed by the pilot finding Norfolk at all after 2 1/2 hours over trackless ocean, but we think he forgot that Lord Howe Island is half way there, which makes the whole search thing much easier.

The Thews stayed in the Aloha Hibiscus apartments, which are "very comfortable self-catering units with two big bedrooms with king-size beds and all the amenities you would expect to find in a first class hotel". So, for all you close couples who want to concentrate on your track and field: one large double bed apiece!

The running track was enlarged by voluntary labour to accommodate a 400m lap for the 1992 Oceania Games (seems only yesterday), and is currently in excellent shape. After the exhausting business of inspecting the track, the Oceania group "had a sumptuous meal at one of the many seafood restaurants", under a starry sky. You, too, can do this. Just bring enough money.

Norfolk Island is not big (about 8x5 km), but how big depends a bit on whether you're walking or driving. The Thews hired a small Mazda from the motel for \$ 10 per day, which we think is the world's most competitive car-hire price. Mileage is not an issue, as to incur excess charges would require going round and round the short circuit until you were dizzy. To avoid doing this, swimming at Emily Bay is recommended.

For those now inspired to write "10th Oceania Veteran Games, Norfolk Island" in their diaries for 16-22 January next year, here is what else Kerry Thew says you can expect:

- Night tours, with sound and light pageant, supper re-enactments of the Mutiny of the Bounty, and Old English music hall shows at two hotels.

COLLINGWOOD VENUE

Temporary closure

The George Knott Athletic Field used by Collingwood Vets will be unavailable for a month until early June due to re-surfacing work.

During that period the Collingwood Vets will have their Tuesday program at the Harold Stevens Track, Outlook Road, Coburg. Melway 18 A9

The VVACI Cross Country on Sunday May 30th will not be affected except that warm-ups may not be done on the track. However the pavilion and car park will still be available.

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- Golf, where hitting your ball into the sea is very easy. If you go early, watch out for the horses during the New Year's Day races, which are round the golf course.
- Day tours with good guides, excellent tax-free shopping, gourmet food.....

VICTORIAN VETERANS ATHLETIC CLUB (inc)

CROSS COUNTRY, 10 kilometres

(Two loops of a designated course)

in

Yarra Bend Park (Melways Map 30 - H11/12)

on

Sunday 30th May 1999

10.00am start

ENTRY FEE is \$5.00

Entries taken on the day at the Collingwood Venue
(George Knott Reserve)

- (1) in the Clubrooms up until 9.45am
- (2) at the start until 10.00am

Clubrooms have the following features available:

Secure change room

Showers (both Male & Female) - coin operated

Ample car parking available (clubrooms car park)

Tea, Coffee & biscuits available after the event

To be eligible for V V A C (inc.) medals the club competition uniform must be worn

Presentations to all Veteran 5 year age divisions (where entries permit) at approx. 11.30am

5 Km FUN RUN - same day, same venue,
same course (ie one lap only) try out a
cross country course, wear any singlet or top
you want! Same entry fee - give it a try.

enq: (03) 9434 3783

The 5th Annual Peter COLTHUP 5 Miles Road Handicap was held on an almost "perfect for running" late autumn evening. Although the numbers of vets competing was well down on previous years with 30 this year compared to 120 in 1995 the enthusiasm was certainly not. Mentone's clubroom reverberated with expectation and excitement as form and handicaps were discussed - much discussion focussing on the heartlessness, callousness and even sanity of handicapper!

Anne CALLAGHAN (W65) - a real stalwart of Vic Vets for over 20 years (did you know that Anne was the winner of the very 1st Womens 10K ZATOPEK in 1976) led the field off on a GO time of 4-30 while Russell JOHNSON (M45) was the last to depart on 21-40 - by this time Anne had run about 3 1/2 laps (834m/lap) of the Mentone road circuit. Greg MAULDON (M60), on the mid-mark of 11-50, worked steadily through the field to hit the front with 2 laps to go and was not headed to score a very popular victory. Greg, another great stalwart of the club and present Manager of the Caulfield venue, led an almost clean sweep for the Caulfield venue - Denis THORNTON (M40) 2nd, Peter BENCE (M45) 3rd, Rhonda TRENGROVE (W50) fastest W35+ female and the "best" handicapped Doug WALLACE (M55) all compete at Caulfield. The exception was Russell JOHNSON, from Aberfeldie, who ran a "blinder" to record the fastest M40+ time of 27-25 which broke the late and legendary Eric GREAVES' venue record.

Peter COLTHUP presented the trophies and medals prior to everyone enjoying a generous supper.

Special thanks to all the kitchen "gang" and to Don McLEAN, Dick JEFFREY, Graeme NODEN and Louis WASER in particular for their assistance in running the program of events.

Ted McCOY

PLACE	NAME	GO TIME	FINISH TIME	ACTUAL TIME
1	Greg MAULDON	11-50	48-34	36-44
2	Denis THORNTON	15-10	48-58	33-48
3	Peter BENCE	19-00	49-03	30-03
4	Russell JOHNSON	21-40	49-05	27-25 Fastest M40
5	Bob HAYES	13-40	49-06	35-26
6	Ray KEMP	11-15	49-21	38-06
7	Alan BENNIE	18-50	49-31	30-41
8	Laurie COLLARD	18-20	49-34	31-14
9	Don HUGHES	11-05	49-37	38-32
10	Ken HOUGH	13-00	49-44	36-44
11	John MOORE	15-10	49-49	34-39
12	Ian TREGGAR	15-00	49-51	34-51
13	Doug WALLACE	14-30	50-01	35-31
14	Ray SCHORSCH	9-30	50-02	40-32
15	Case HUYSMANS	11-05	50-12	39-07
16	Anne CALLAGHAN	4-50	50-15	45-25
17	Judy WINES	8-30	50-23	41-53
18	Peter WEEKS	18-50	50-34	31-44
19	Graham PHILPOTT	18-50	50-37	31-47
20	Rob WATERS	16-10	50-38	34-28
21	John NEWSOM	21-00	50-43	29-43
22	Ian ORR	18-00	50-49	32-49
23	Ray CALLAGHAN	16-10	50-52	34-42
24	Peter SMART	19-15	51-00	31-45
25	Rhonda TRENGROVE	11-15	51-08	39-53 Fastest W35+
26	Stephen YOUNG	13-00	51-13	37-13
27	Jim SMITH	15-00	51-45	36-45
28	Paul MERIDITH	11-40	51-23	39-43
29	John WAITE	16-45	53-09	36-24
30	Nino STANKOVIC	12-00	55-16	43-16

VICTORIAN VETERANS CLOTHING ORDER

White T-Shirt, short sleeves \$12.00 postage \$2.50

White T-Shirt, long sleeves \$16.00 postage \$2.50

Navy Fleecy Windcheater \$22.00 postage \$3.00

Sizes 12, 14, 16, 18, 20, 22, 24.

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VVACI PRE-GATESHEAD TRACK & FIELD MEET

Sunday, June 27th, 1999 at Knox venue, Melway 73 D7

TENTATIVE PROGRAM

	TRACK	FIELD
12-45	Sprint hurdles / 5km Walk	
1-00		Discus (M) Hammer (W)
1-30	100m	
1-45	800m	L.J. / Hammer (M) Javelin (W)
2-00	300m/400m Hurdles	
2-15	200m	
2-30		Shot put (M) Discus (W)
2-45	1500m	
3-00		L.J. (W)
3-15	5km	Javelin (M) Shot put (W)

COMMITTEE MEMBERS 1999

Victorian Veterans Athletic Club Inc.

President Robert Waters LM. 9318 3802 5 Bellevue Court Maribymong 3032	Immediate Past President Doug Orr 9878 4875 27 Shawlands Avenue Blackburn South 3130
Honorary Secretary Dorothy Browne OAM. LM. (Life Member) 4 Victory Street Mitcham 3132 9874 2501 fax 9873 3223	General Committee Members John Dean 9337 7179 3 Pearl Street Essendon West 3040 Alexander Harris 9848 2986 8 Lignum Court Lower Templestowe 3107
Honorary Assistant Secretary Colin Browne LM. 9874 2501 4 Victory Street Mitcham 3132	Margaret Cassidy 9478 3687 4 Grandview Road Preston 3072 Lavina Petrie 0359 671 915 PO Box 136 Wandin North 3139
Honorary Treasurer Robert Petrie 0359 671 915 PO Box 136 Wandin North 3139	David Sheehan 9794 7464 4/42 Marna Court Noble Park 3174 Ken Walters 9752 5977 5 Warra Road Upwey 3158
Vice Presidents Anthony Bradford 9749 2248 6 Merrett Avenue Werribee 3030 and Alan Bennie 9547 2978 75 Bertrand Avenue Mulgrave 3170	Subscriptions Officer Astrid Rose 9836 2350 71 Union Road Surrey Hills 3127
Club Captain Ted McCoy LM. 9583 3280 24 Blackwood Avenue Mentone 3194	Honorary Auditor/s Keith Rowley LM. 9699 6384 6 Mowbray Street Albert Park 3206 and John Chisholm 9772 3285 Lot 1/48 Field Avenue Edithvale 3196
Club Vice Captain Peter McGrath LM. 9807 5656 13 Bales Street Mt Waverley 3149	

VENUES Locations and Managers Venue Day and Melway Ref

ABERFELDIE	Aberfeldie Park, Corio Street, Moonee Ponds Rob Waters 9853 7096 (W) 9318 3802 (H)	Weds	28 D 6
ALTONA	Grant Reserve, Sugar Gum Drive (off Civic Pde) Altona Alan Barling 9398 5667 and Michael O'Relli	Sun - Winter Tuesday - Daylight Saving	54 G 9 62 C 7
EAST BURWOOD	Burwood East Reserve, Burwood Highway John Gosbell 9808 4641	Thurs	62 C 7
CAULFIELD	Duncan McKinnon Park, North Road, Murrumbeena Greg Mauldon (Track) 9583 5637 - Graeme Rose (Field) 9836 2350	Tues - Track 9836 2350 Sunday - Field Games	68 K 9 18 A 9
COBURG	Harold Stevens Ath. Field, Outlook Rd. Coburg Vonda Saunders 9460 1267	Thurs	18 A 9
COLLINGWOOD	George Knott Athletic Track, Heidelberg Rd., Chifton Hill Bill Ryan 9434 3783 Keith Moody 9434 7403 and Ron Young	Tues	30 F 12
CROYDON	Town Park, off Norton Road, Croydon Les Clark 9754 2793	Tues	50 K 5
DONCASTER	Rieschieks Reserve, George Street, Doncaster Garry Cole 9890 9033 (Wk) Richard Trembath 9836 9256	Weds	33 J 11
FRANKSTON	Ballam Park, Banance Terrace, Frankston Peter Duggan 9786 9169	Thurs	103 B 4
GEE LONG	Landy Field, off Barwon Terrace, Geelong Mike McAvoy 0352 532 376	Weds	228 C 7
KNOX	Knox Park Athletic Track, off Rushdale Road, Scoresby Ivan Andric 9758 7905	Weds	73 D 7
LATROBE - VALLEY	Joe Carmody Ath. Track, John Field Drive, Newborough Bob Connell 0351 221 558 Vern Curnow 0351 341 809	Tuesday evening	
MENTONE	Dolomere Oval, Chr. First and Queen Streets, Mentone Ted McCoy 9583 3280	Weds	87 B 6
SPRINGVALE/ NOBLE PARK	Ross Reserve, Memorial Drive, Springvale Tony Doran 9547 7320 Ken Hough 9798 1231	Weds	80 E 12
SWAN HILL	May Ward 0350 376 685 Swan Hill Little Ath's Field	Monday evening	
TOOTGARROOK	Tootgarook Sports Reserve, Truemans Road, Tootgarook Alan Radford / Ken Taylor 0359 855 989	Weds - Winter Sunday - Daylight Saving	169 E 6
*****	EDITOR - "Around the Grounds" - Peter Colthup OAM. LM.	9795 1169 fax 9795 1169 ***** 14 Bakers Road Dandenong North 3175	