

VIC VETS NEWS AND RESULTS



July
1999

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Veterans' Athletic Club Inc.**

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Vic Vets

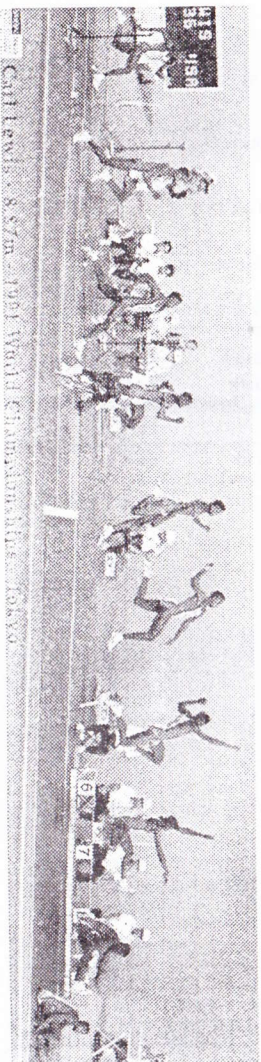
NEWS AND RESULTS

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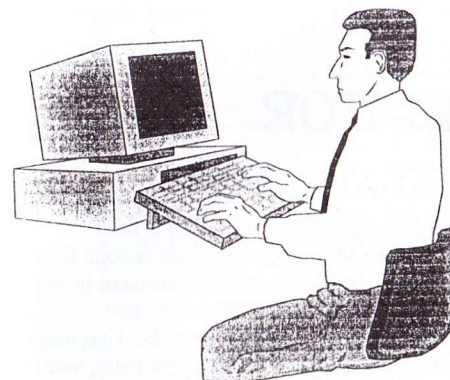
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EDITORIAL

By the time you read this many of the Gateshead entrants will be packed up and ready to fly out. We had a very pleasant Pre-Gateshead Track and Field Meet at Knox on Sunday, 27th June to give them a bit of a tune-up before they go. It is a sort of Winter Championship, but with standard events. Not really enough in each age group to warrant the title "Championship", but a very pleasant event, and a good opportunity for the tourists to see how their training is working.

First stop for about 70 of them will be Edinburgh where they will compete in the British Veterans' Championships on July 17th and 18th. Then we have 236 Aussies going to the WAVA World Veterans' Championships at Gateshead, the largest Australian vets team to visit an overseas carnival. We wish them all well, knowing how hard they have trained and how they hope to be at their peak on the day. There have been a few sad stories that I know of, with injuries causing setbacks in preparation, or even withdrawal from the events. Ray Callaghan and Tom Roberts, who had excellent tussles in Canberra, each has had a serious knee injury, and each is hoping to recover sufficiently to get a week or two of training in before the Games. So disappointing when you feel your hard-won fitness slipping away. David Nobbs has nursed his injury along for months and is at least able to train at moderate speed now. Alan Williams of ACT rang to tell me he has a stress fracture in the foot and will be unable to compete at all, although he is still going on the trip. I am sure that all tourists will have a marvellous holiday, seeing

some great places.

Another eagerly anticipated event is the Sydney 2000 Olympic Games. Recently Athletics Australia announced the names of the officials for the athletics segment. Many well known vets were on the list. Congratulations to these people for being selected and reflecting credit on themselves and the vets too by association. Amongst those names I recognised were: Eric Zuccolin, Harry Mason, Pam Mews, Yvonne Mullins, Pam Noden, Tony Williams, Richard Lawysz, Ken Hall, Fred O'Connor, Jack di Giantomasso, Diane York and Harry Giles. No doubt you would notice others you know among the hundreds of names.

These people are qualified officials, many of them with Athletics Victoria. It is good to be able to tell you that, in preparation for the 2002 World Masters Games, a joint steering committee of people from Vic Vets and Athletics Victoria has been meeting and making preliminary plans. The co-operative and constructive relationship between the two bodies is most pleasing and very welcome. Between the two of us, we should be able to run a very efficient and satisfying athletics carnival. As time goes by we will be calling on you members to take whatever part you can manage to help make it a success.

Back at the grass roots level, the venues are plugging on through another winter. It is good to see some of the creative ideas employed to keep members coming on these dark cold nights. Caulfield seems to draw big numbers. They had a scream of a trivia night, I believe. Ken Walters is showing creativity at Croydon with special events such as QQQ's and CVC's and PB events. The Collingwood Magpie Marathon drags them in. With our monthly special inter-venue events, such as the cross country, the Pre-Gateshead track and field, the Eric Greaves Braeside Park 10km, the 25km at Maribyrnong and Gordon Burrowes' September Premiership, the club does a great job to occupy its members while other clubs are in hibernation. The Brownes had a wine-bottling and barbecue last month which was a new experience for about thirty vets. They had a lovely time, sucking the tube, corking bottles, slapping on labels and so on. The ladies at the labeling table seemed to do more tasting than working, but the blokes were too busy to have a taste. Or so they said.

Bolin Browne



LETTERS TO THE EDITOR

But first, a couple of phone calls.

Marc Larose, one of our star M40 sprinters, told me by phone that he had just been appointed attache' for the Seychelles Islands Olympic team of 25 when they come to Sydney next year. Did you know that Marc ran in the 1980 Olympics in Moscow. He did the 100 metres, the 4 X 100m relay and the 4 X 400m relay. The Seychelles are in the Indian Ocean, north of Madagascar.

Jack Kilfoyle of Frankston venue asked us to pass on congratulations to Gordon Gourlay for his poem in the last News and Results. Jack was celebrating his 75th birthday when we spoke. Happy birthday Jack.

Dear Colin,

The May "News and Results" was great (because of - or despite - the cover).

The story in the Ballarat paper was news to me; guess the reporter mixed her metaphors somewhat. The NZ character - also interviewed - was Robert Harper, my worthy opposition in all Masters events either side of the Tasman.

My suggested caption for the King Island event: "Veteran athletes always think of what's in front of them."

All the best to you and Dot.

Andy Smith

The Editor
Regarding the "Photo Competition", I find the concept of it quite disturbing. What example are we "VETERANS" (my preferred name) setting? I was

always taught to laugh with people, not at them. The nudists in the May magazine should contain their frolics to a nudist colony, and not be featured in our magazine. What next - sex as the vets do it?

Surely those pages could be used to write about inspiring deeds by the "not so elite vets", or give training hints, injury advice, anything but this rubbish.

Quite disgusted
Ilse Schneider
Vet No. 12

[Ed. Oops. Sorry, Ilse, I didn't mean to upset anybody. Quit a lot of disgusting vets found it amusing, which shows what a varied lot we are.]

Dear Colin

I am writing to you in response to your recent letter following up on my non-renewal of my Victorian Veterans membership. I was also reminded that I have been remiss in not formally advising the club why I haven't paid fees for the past three years or so.

Although 1995'96 presented a few health problems, since my operation in May 96 I have enjoyed an untroubled period. However, due to work commitments (and old age?), my priorities have changed a little. Daily walks, regular swimming, tampering with lawn bowls, and our own retail business disallows the time required to even attempt the level of commitment that is required for a satisfying involvement with long distance running, in particular the Vets.

Occasional social visits to the Collingwood venue, and regular social contacts with some of the Collingwood regulars, remind me of the enormous enjoyment and satisfaction I received over the years. I do miss it, but life goes on.

I wish you and Dot, and the Vets, all the best,
Regards

Peter Slatter.

Dear Colin,

We feel it is appropriate to publicly thank Mr. Neil Ryan, of Runners' World, East Kew, for the outstanding support he has shown the Doncaster venue in recent times, particularly in relation to our special pre-Gateshead feature meeting on June 30.

Neil not only acceded to our request for some trophies but totally overwhelmed us with his generosity. Those who have been associated with veterans' athletics for much longer than us say they cannot recall a meeting which carried such a quantity or quality of prizes. Neil has also supplied prizes for our other trophy events at meetings throughout June and July, during which time we are experimenting with racing two nights a week, on Mondays and Wednesdays.

We hope and suggest that, given the support Neil has given veterans' athletics in general and Doncaster venue in particular, club members will reciprocate by supporting Runners' World.

Yours truly,

RICHARD TREMBATH & GARRY CROLE
Venue Managers, Doncaster

Dear Colin,

I have sought and obtained permission by email from Robert Pritikin for the accompanying article to be printed in our Vic. Vets News and Results mag.

So, if you think it would be helpful, whether in part or in full, it is over to you.

As you know, I feel strongly about the subject. Even leaving overseas notorious examples out of it, I firmly believe that several of our Vic. Vets would be with us today if only they had learned and accepted the fact that the Heart Foundations' ideas of fat content (30%) have still got to come down much further. Each lowering the heart foundations have made has brought them closer to the Pritikin rule of 10% fat.

I have to emphasise again -- running is good for you but it will not prevent heart attacks.

Regards to Dot and yourself.

Jack Stevens
(Jack Stevens)

Science News: *Healing the Heart*

Now, there is more proof that a very low fat diet and regular physical activity can reverse the course of heart disease.

For five years, Dr. Dean Ornish of the Preventive Medicine Research Institute, Sausalito, California, tracked the lives – and coronary arteries – of 35 men and women – all of whom were suffering from heart disease. Twenty of the patients were placed in an intensive lifestyle change group – a 10% fat vegetarian diet, moderate exercise (primarily walking), and stress management training. The remaining 15, the control group, followed the dietary recommendations of federal officials and the American Heart Association – essentially, 30% of daily calories from fat.

There were two key questions Dr. Ornish and colleagues wanted answers to:

- 1) Could patients sustain intensive lifestyle changes for a total of five years?
- 2) What were the effects of these lifestyle changes on coronary arteries? Did they halt plaque build-up? Did the arteries, rather than narrowing, start to widen? Could heart disease, in effect, be reversed?

The results: The patients did indeed sustain lifestyle changes for five years, and those following the 10% fat diet plan were duly rewarded. Angiograms taken at the start of the study, one year later, and then five years later showed that the diameters of their coronary arteries had widened. In contrast, the arteries of those on the American Heart Association diet had narrowed. They had continued to build up blockages.*

What's more, over the five-year period, the patients following the American Heart Association guidelines were two-and-a-half times more likely to suffer a heart attack, undergo bypass surgery or angioplasty, or enter a hospital for heart-related problems than patients on the 10% fat diet.

Last fall, the American Heart Association had warned about the potential dangers of a very low-fat diet, "but this new research clearly suggests that the real danger may be with the heart association's own diet," asserts Robert Pritikin, Director of the Pritikin Longevity Center® & Spa.

Key conclusions of the Ornish study:

• **Moderate improvements in diet and lifestyle – even when accompanied with cholesterol-lowering medications – may not be sufficient to halt the progression of coronary artery disease.**

Though most of the patients following the American Heart Association's 30% fat diet were prescribed lipid-lowering drugs during the course of the study, they still ended up, after five years, with arteries that had worsened.

By contrast, most of the patients on Dr. Ornish's 10% fat diet showed improvement, or widening, of coronary arteries, and none of these patients had taken cholesterol-lowering drugs at any time during the five-year study.

• **It's never too late to adopt – and reap the benefits of – regular exercise and a very low-fat diet.**

"When we began this study," Dr. Ornish wrote, "we believed that the younger patients with milder disease would be more likely to show regression [reversal of heart disease], but we did not find this to be true." The primary determinant of how much the arteries improved was neither age nor severity of disease but adherence to the lifestyle changes.

Those patients who were most faithful to their exercise program (they walked a half-hour almost every day) and to the 10% fat, high complex carbohydrate diet were rewarded with the most regression. Those who were less adherent experienced less regression. Those who were the least compliant were still able to halt the narrowing of coronary arteries, but their angiograms showed no reversal, or widening, of arteries.

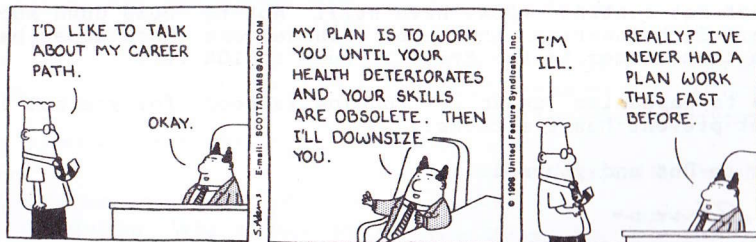
• **The rewards keep coming and coming.**

The men and women who had committed themselves to a 10% fat eating plan and to regular physical activity showed even more regression of artery disease after five years than after one year.

"Even a slight widening of the diameter of coronary arteries is very important," notes Robert Pritikin. "It's a marker that the endothelium, the inside skin of the arteries, has stabilized." No longer is it a breeding ground for inflammation and plaque rupture.

As the endothelium heals, the risk of a heart attack and other coronary events drops substantially. "By stabilizing the endothelium," sums up Robert, "you could very well be lowering your risk of a heart attack by 80 to 90%."

* JAMA, 1998, 280: 2,001-2,007.



The Victorian Olympic Council 2000 Team Appeal and Roadshow Film Distributors Presents

"Without Limits"

*"Running is not about winning, it's about guts...
To give anything less than your best is to sacrifice the gift...."*
— Steve Prefontaine

Those who saw Steve Prefontaine race, who knew him, who competed against him, called him "Pre" as a sign of respect. He revolutionised his sport with his competitive ferocity and rock star's ability to ignite the crowd. In the USA, during his lifetime, he was undefeated at his distance and held all seven American records between, 2,000 and 10,000 metres.

He ran one of the more memorable races at the **Munich Olympics** and was strongly favoured to win at the **Montreal Games in 1976**, but never got the chance. In 1975 Steve Prefontaine was killed in a car accident. He was 24 and had just been recognised as the most popular track athlete in the world.

Academy Award-winning filmmaker **ROBERT TOWNE** directs **BILLY CRUDUP** and **DONALD SUTHERLAND** in "Without Limits," produced by **TOM CRUISE** and **PAULA WAGNER**, this film is about the late Oregon running legend Steve Prefontaine and his coach, **Bill Bowerman**. Bowerman helped create a generation of world-class runners at the University of Oregon and went on to coach at the Olympics.

When Monday 19th July 1999 – 6.30pm
Where Jam Factory, Cinema 10, Chapel Street, Prahran
Price \$12.00/head (no concessions)
Bookings Close 16th July 1999

(Booking Form)

NAME: _____

ADDRESS: _____

PHONE: _____ Bus/Pvt

NO OF TICKETS _____ @ \$12.00 EACH = \$ _____

PLEASE MAKE CHEQUES PAYABLE TO THE
VICTORIAN OLYMPIC COUNCIL 2000 APPEAL FUND
PO BOX 217, EAST MELBOURNE VIC 3002

ENQUIRIES PHONE 9650 4032

PHOTO COMPETITION

This month's photo competition, featuring the Free Willy event on King Island, photos courtesy of John Waite, shocked a few members, who thought they were opening Man magazine rather than the Vic Vets News and Results. Sorry about that. But it did bring out a response in many of our more misguided members. Perhaps they should not be encouraged. But I will give you a few of the less disgusting ones.

Tom Roberts, a respectable doctor, submitted
"Beware of long clawed sandcrabs."

Leo Charles, ex-venue manager of Caulfield, and probably still boss behind the scenes, had a good one for the top left shot:

"Run! It's a bloody tidal wave!"

David Leversha of Mooroolbark thought that the men at top left were setting
"a cracking pace" and that the runners at bottom right were **"keeping abreast of the rest"**.

Tony Johnson, who thought of this photo labelling competition in the first place, put in with:

"Eight cheeks, abreast

About to be put to the test -

The crowd stifles a yawn

And waits for the crack of dawn!"

Two whom I should not encourage, as it brings out the worst in them, are our winners from last issue, Gerry Robinson and Gordon Burrowes. Gerry sent me three pages of handwritten captions, and Gordon four pages of well laid out computer graphics. Of Gerry's I chose

"...99, 100! Coming boys, ready or not!" and

"No false tarts here."

And from Gordon's contribution I will select his 50 word explanation of the photospread.

KINKY INDIVIDUALS NEW GAME

King Island recently hosted a kinky new video gameshow.

Nude contestants race ahead of a mobile Videocam trying to prevent face, or other recognizable features, being shown on the screen.. Contestants caught barefaced on camera are eliminated.. Winner is the last member standing [or sagging as the case may be]. 50 words

Gordon

The winners this issue are Leo Charles and Gordon Burrowes.

PHOTO COMPETITION

The photo this issue was submitted by Tony Johnson after a particularly hilarious trivia night at Caulfield venue. Prizes are there to be won for the best caption in 10 or fewer words, and for the best explanatory news item in 50 or fewer words. Go to it.



Victorian Veterans' Athletic Club Inc

Croydon Venue

Betty Leigh Memorial

Annual 3km walk, nominate own time.

Athletic Track, Town Park, Croydon, Melway 50 K4

Tuesday, 24th August, 1999, program starts 7.10pm (see below)

Perpetual trophy, Individual trophy for winner.

Entry fee, \$2.00 per person, all proceeds to aid cancer research.

Program	7.10pm	800m walk
	7.20pm	70m sprint
	7.30pm	Betty Leigh Memorial 3km N.O.T. walk
	7.55pm	3km run
	followed by supper and presentation.	

AUSTRALIAN AND WORLD RECORDS.

A revision of the Australian and World records has been completed in June, including the updates from state and national championships 1999, and the changes made by the WAVA records committee and published in National Masters News April 1999. The 30 page set of tables, showing records for each athletic event in 5 year age groups, is available on request from

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Cost of printing and postage is \$3.00

In this revision there is a new table of world records for the weight pentathlon. Our Chris Schultz is the world record holder for this event at ages W35, W40 and W45. Dawn Hartigan's world record of 3m 40cm for the W40 pole vault has been recognised too. Congratulations Chris and Dawn!

Victorians who have recently broken an Australian record are:

Anne Stobaus (800m), Jean Knox (5km walk), Chris Schultz (discus), Gwen Davidson (discus and hammer), Randall Hughes (1500m and 5000m), Andrew Jamieson (3km walk, 10km walk and 20km walk), Murray Dickinson (3km walk, 5km walk and 20km walk), Mark Donahoo (10km walk), Richard Trembath (300m hurdles), Mike Hall (300m hurdles), Robin Barclay (pole vault), David Lynch (pentathlon), John Creek (pentathlon) and Graeme Rose (weight pentathlon). Great going Vic Vets!

NEW VICTORIAN RECORDS

Age	Event	Name	Performance
M35	Shot Put	Angelo Pagano	14.59
M60	Long Jump	Graeme Noden	5.20
M60	5k Walk	Murray Dickinson	24.26.94 Aust Record
M30	Pentathlon (w/Shot)	David Lynch	3,029 Aust Record
M75	Pentathlon (w/Shot)	Stan Stankovic	2,233
W55	Weight Pentathlon	Jan Davies	4,150
M60	20k Walk	Murray Dickinson	103.32 Aust Record
M50	20k Walk	Andrew Jamieson	95.03.6 Aust Record
M65	Marathon	Randall Hughes	2.59.45
M70	Marathon	Randall Hughes	3.09.00
M75	Javelin	Aivars Pavulins	26.70

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 don't receive your certificate.

Clyde Riddoch

Victorian Records Officer

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

VVACI 20km and 10km Walks

V.V.A.C.I. 20 & 10K WALKS.

The 20 and 20 kilometre walks were held on Sunday 16 May at Albert Park. Cool conditions to start which warmed up slightly during the morning. Results as follows:

20 Kilometre race walks

M40.		M55	
Ross Reid	1.43.59	1st	Tony Johnson 1.44.56 1st
M45		M60	
Ian Cassell	1.56.26	1st	Murray Dickinson 1.44.56 1st
Tony Doran	2.04.07	2nd	Terry Dunn 2.09.11 2nd
		3rd	Ian Beaumont 2.34.20 3rd
M65		M75	
Ken Walters	2.01.22	1st	Ken Matchett 2.30.30 1st

10 Kilometre race walks

M60		M65	
Bob Gardiner	55.55	1st	Fred Brooks 59.59 1st
Geoff Major	58.03	2nd	Gordon Gourlay 65.18 2nd
W35		W45	
Annette Major	52.30	1st	Heather MacDonald 56.07 1st
S Howorth	65.40	2nd	Marlene Gourlay 58.14 2nd
W50		W55	
Eileen Hay	65.36		G Butler 69.16 3rd
			L Vebergan 77.07 4th
W60		W70	
Gwen Steed	60.03	1st	Jean Knox 68.19 1st
Aileen Love	64.42	2nd	Marlene Stanway 64.48 1st
Sylvia Machin	65.31	3rd	Margaret Beaumont 68.50 2nd
B Hugo	73.40	4th	
Margaret Marion	75.59	5th	
Heidi Engel	79.58	6th.	

Many thanks to all our competitors, to the V.A.W.C for their assistance and help, to the walk judges and timekeepers and to everyone who came along to help support the walkers.

Peter McE...



VVACI 10km Cross Country

Following a very wet Saturday in Melbourne the event was run in "Good cross country" conditions. The park was particularly good underfoot with a strong northerly wind to keep the runners honest. The course was again well marked and with the subtle changes made over the last few years the course was easy to follow with pleasant surroundings.

As in past years the event was run as a combined event with the VCCL. A total of 63 veterans faced the starter for the 10km with a further ten choosing to run 5km (fun run) as an encouragement to take on the full distance in the future.

I am very thankful to the members of the Collingwood venue who year in and year out volunteer time to mark out the course and then either compete in the event or act as officials to ensure the smooth running of the day. Special thanks to the Coburg Venue for the loan of flags & and the Aberfeldie venue for the extra track clock.

A team of fifteen people including (Heather & Peter Johnstone, Melva & Peter Black, Carol & Bill Ryan, Lynley & Trevor Marsh, Keith Moody, Mike Dawkins, Wasyl Drosdowsky, Tony (Rocket) Williams, Bruce Gibbs, Westley Windsor & Randall Hughes) all arrived in the dark at the given time of 7am. It was a more nervous team this year as both Ron Young was too ill to attend and Ray Harbert was only able to come later to run his eagle eye over the course just prior to the start. Everyone passed with flying colours thank goodness.

Much preparatory work has been done on the preceding days by Ray Harbert & Ron Young. Keith Lodge also assisted with the course.

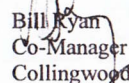
Finishing line judges Bruce Gibbs & Ray Harbert were bolstered by Judy & Harry Mason who together with "Rocket" Williams had spent the previous day in extremely cold conditions officiating at an AV cross country event at Bundoora. In addition Wendy Greaves again provided her expertise to ensure all times were accurately recorded. Special thanks to Alex Harris, Keith Routley & Gordon Burrows for assisting.

At approx. 11.30am everyone assembled in the Collingwood Harriers Clubrooms for a cuppa and a chat.

Following the VCCL Presentations which included an Annual Trophy, the Veterans medal presentations were made to each age groups with Ted McCoy being M/C & medals presented by Carol Ryan & Lynley Marsh. Rob Waters took the opportunity to present members of the Committee which was appreciated by the gathering.

In closing thanks should go to the people preparing & setting up of the "Cuppa" etc in particular Carol Ryan, Melva Black & Heather Johnstone.

Thanks to all who competed and I hope to see you next time. Perhaps to bolster the numbers you could bring a few friends


Bill Ryan
Co-Manager
Collingwood Venue (VVACinc)

VVACI 10km CROSS COUNTRY CHAMPIONSHIPS

YARRA BEND PARK, SUNDAY, 30 MAY 1999

Results:

Overall place	Name	Time	Age group	Place in age group
1	Phillip Bowes	36-59.78	M40	1
2	Paul Twining	40-07.78	M45	1
3	Joe Campisi	40-40.46	M40	2
4	John Newsom	41-04.27	M45	2
5	Gerald Sofianos	41-41.66	M50	1
6	David Leversha	42-20.68	M45	3
7	Ted McCoy	42-27.43	M55	1
8	Gary Stewart	42-33.29	M50	2
9	Thomas Boyd	43-19.64	M30	1
10	Westly Windsor	43-34.70	M50	3
11	Peter Smart	43-51.30	M50	4
12	Rob Ward	44-27.21	M55	2
13	Glen Claiden	44-45.63	M45	4
14	Jeff Boot	44-52.24	M40	3
15	Graham Philpott	45-23.60	M55	3
16	Dennis Ardley	45-40.17	M50	5
17	Chris Calamatta	45-49.50	M45	5
18	Neil Salvano	46-17.28	M45	6
19	David Wear	46-42.06	M50	6
20	Rob Waters	46-50.87	M50	7
21	Keith Moody	47-05.87	M55	4
22	Anthony Doran	47-12.42	M45	7
23	Frank Hargreaves	47-31.81	M55	5
24	Andrew Tunne	48-09.94	M40	4
25	John Dean	48-13.71	M50	8
26	Lee Graham	48-28.54	W35	1
27	Bob Hayes	49-24.01	M60	1
28	Mal Brown	49-31.14	M55	6
29	Clyde Riddoch	49-34.28	M45	8
30	Trevor Hawksworth	49-34.66	M50	9
31	Bob Lewis	49-46.38	M70	1
32	Bill Page	49-58.92	M65	1
33	Lyn Leversha	50-00.03	W45	1
34	Howard Ross	50-10.38	M50	10
35	Kevin Browne	50-38.47	M60	2
36	Allan Bashford	50-52.73	M60	3
37	Coral Monk	51-16.37	W50	1
38	Stephen Barker	51-56.07	M55	7
39	John Peacock	52-20.33	M60	4
40	Jan Morrey	53-15.53	W55	1
41	Mick Bridle	53-30.76	M65	2
42	Bill Ryan	54-29.95	M55	8
43	Jock Cravana	54-56.83	M60	5
44	Dot Browne	54-57.83	W55	2
45	Bryan Johnston	55-32.14	M60	6

A.A. TAKES ON MANNATECH

Athletics Australia has just joined USA Track and Field and Athletics Canada as national associations offering Mannatech products to their elite athletes.

Mannatech started 5 years ago in the USA producing a range of optimal health natural dietary supplements.

Supported by significant research findings and worldwide patents Mannatech has been at the front pioneering the new NUTRACEUTICALS industry.

Mannatech has a special interest in Athletics through DR. BOB WARD, it's Director of Sports Science, a throws competitor and multi gold medallist at the Nike World Masters held in Eugene last year.

Their "SPORT" product, designed to help support athletic performance, by providing nutrients to support the body's natural physiology prior to a workout or athletic event, and to aid the body's natural recovery process after a workout or athletic event, attracted a lot of interest at the Nike Masters trackside information stand.

Mannatech, now in its seventh month in Australia, is experiencing amazing response to its range and results with it's home based marketing program.

Dr George Du Bouch a leading Mannatech Associate trackside at Eugene will be visiting Melbourne mid August to conduct free information and training meetings.

For further details on this and the Mannatech range contact

TOM WORRELL
on Tel: 9830 8330
or Fax 9830 8370.

46	Rhonda Trengrove	55-47.59	W50	2
47	Peter McGrath	56-24.32	M55	9
48	Shirley Young	56-35.70	W65	1
49	Peter Battrick	57-32.05	M55	10
50	Les Jarry	57-36.89	M70	2
51	Bernie Goggin	58-05.92	M60	7
52	Judy Wines	58-32.86	W60	1
53	Colin Browne	59-35.52	M65	3
54	Colin Miller	60-00.04	M55	11
55	Vern Gerlach	60-17.41	M70	3
56	Ben Morrey	64-31.13	M70	4
57	Heather Johnstone	65-50.57	W55	3
58	Barbara Beaumont	67-59.92	W50	3
59	Glenyse Brain	72-11.57	W50	4

5km CROSS COUNTRY (non-medal event)

1	Graeme Paul	22-18	M45
2	Chris Burnett	22-26	
3	Howard Gibson	22-57	M50
4	John Moore	23-10	M45
5	Wasył Drosdowsky	25-38	M45
6	Peter Johnstone	28-41	M60
7	Christine Griffiths	37-24	W50
8	Gerardo Riviello	48-30	M75
9	Les Cations	49-04	M40
10	George Knott	52-14	M85

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Dear Sir/Madam,

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

The essential information is:

Fourth Victorian Teachers Games, September 20-22 1999. Open to all members and ex-members of all Education systems and services.

Wide range of sports such as athletics, cross country and triathlon with veteran sections.

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Co-ordinator

Telephone 03 54 403 104

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E-mail norm.west@dse.vic.gov.au

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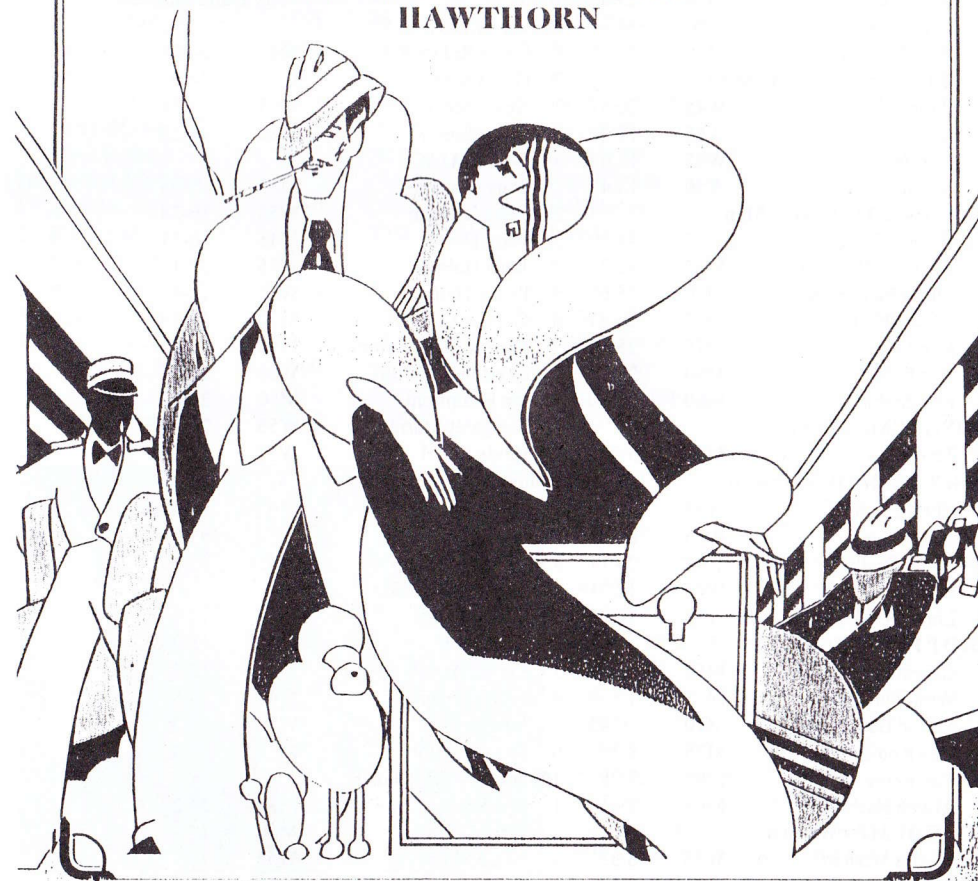
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DANCE**

FRIDAY 12TH NOVEMBER 1999

HAWTHORN RECEPTIONS
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HAWTHORN



PRE-GATESHEAD TRACK & FIELD MEET

KNOX TRACK 27th June 1999

RESULTS:

Name	Age	Result
HAMMER THROW – Women		
1 Chris Schultz	W45	29.13
2 Heather Morris	W45	21.42
3 Judy Coram	W45	20.72
4 Lorraine Mussett	W50	17.92
DISCUS THROW – Men		
1 Graeme Rose	M55	37.05
2 Milton Ballantyne	M70	28.68
3 Ken Knox	M75	26.90
4 Terry Dunn	M60	25.65
5 Roy Foley	M80	24.17
6 Tony Bradford	M55	22.18
JAVELIN THROW – Women		
1 Chris Schultz	W45	26.87
2 Judy Coram	W45	17.28
3 Heather Morris	W45	14.64
4 Lorraine Mussett	W50	13.43
HAMMER THROW – Men		
1 Graeme Rose	M55	44.39
2 Wim Van Weenen	M65	42.72
3 Milton Ballantyne	M70	35.65
4 Alwyn Harbott	M65	26.47
5 Ken Knox	M75	25.15
6 Roy Foley	M80	23.72
7 Ron Stobaus	M60	20.50
LONG JUMP – Men		
1 Terry Dunn	M60	3.55
DISCUS THROW- Women		
1 Chris Schultz	W45	41.20
2 Judy Coram	W45	24.53
3 Cathy Orelli	W35	20.71
4 Heather Morris	W45	18.21
5 Lorraine Mussett	W50	13.85
SHOT PUT – Men		
1 Graeme Rose	M55	12.82
2 Wim Van Weenen	M65	10.64
3 Milton Ballantyne	M70	10.45
4 Ken Knox	M75	8.29
5 Roy Foley	M80	7.78
6 Alwyn Harbott	M65	7.46
LONG JUMP – Women		
1 Gladys Wishart	W55	3.53
2 Judy Coram	W45	3.34
3 Christine Griffiths	W50	3.16

SHOT PUT – Women

1 Chris Schultz	W45	12.25
2 Heather Morris	W45	8.27
3 Judy Coram	W45	8.14
4 Lorraine Mussett	W50	7.13

JAVELIN THROW – Men

1 ^F Graeme Rose	M55	45.28
2 Wim Van Weenen	M65	32.33
3 Terry Dunn	M60	31.10
4 Milton Ballantyne	M70	23.72
5 Tony Bradford	M55	23.49
6 Ron Stobaus	M60	22.65
7 Alwyn Harbutt	M65	16.69
8 Roy Foley	M80	12.39

SPRINT HURDLES

80m	Gordon Gourlay	M70	16.9
100m	Terry Dunn	M60	24.9

1500m WALK

1 Clyde Riddoch	M45	6-42
2 Gwen Steed	W55	7-56
3 Kevin McGrath	M65	11-21
4 Grace Smith	W80	15-20

3000km WALK

1 Tony Johnson	M55	15-03
2 Celia Johnson	W50	16-38
3 Tony Doran	M45	16-51
4 Janet Holmes	W45	17-12
5 Penny Hall	W55	18-42
6 Gordon Gourlay	M70	19-34
7 Margaret Beaumont	W60	20-07
8 Christine Griffiths	W50	20-08
9 Ian Beaumont	M60	21-30
10 Margaret Marion	W55	21-59
11 Heide Engel	W55	22-09

5000m WALK

1 Ken Walters	M65	28-46
2 Carol Ryan	W50	35-58
3 Lindsay Beaton	M45	35-59

100 metres Division 1

1 Bob Wishart	M55	12.5
2 Ross Kent	M55	13.2
3 Kevin Marion	M60	13.7
4 Kathy Heagney	W45	13.8
5 June Reeves	W50	14.3
6 Tony Bradford	M55	14.4

100 metres Division 2

1 Ron Smith	M50	14.2
2 Terry Dunn	M60	14.9
3 Nyala Millar	W55	15.1
4 Jill Cooper	W60	15.4
5 Gladys Wishart	W55	15.6

6 Gordon Gourlay	M70	16.5
7 Judy Coram	W45	17.1
8 Anne Callaghan	W60	22.3

800 metres

1 Colin Page	M45	2-04.0
2 Kevin Solomon	M50	2-14.5
3 David Sheehan	M50	2-17.8
4 Cathy Orelli	W35	2-33.3
5 Bob Hayes	M60	2-35.3
6 Gerry Clarke	M60	2-41.7
7 John Waite	M55	2-51.1
8 Jan Morrey	W55	2-52.6
9 Anne Callaghan	W60	3-51.0

400 metres hurdles

1 Richard Trembath	M55	62.7
--------------------	-----	------

200 metres Division 1

1 Alan Sinclair	M45	25.6
2 Bob Wishart	M55	26.1
3 Kathy Heagney	W45	28.4
4 Tony Bradford	M55	29.0
5 Kevin Marion	M60	29.0
6 Gerry Clarke	M60	29.5
7 Anne Stobaus	W55	30.0

200 metres Division 2

1 June Reeves	W50	29.8
2 Ron Smith	M50	30.0
3 Nyala Millar	W55	31.9
4 Jill Cooper	W60	33.6
5 Gladys Wishart	W50	34.5
6 Judy Coram	W45	36.8
7 Anne Callaghan	W60	48.1

1500 metres

1 Lesley Grimes	W35	5-10
-----------------	-----	------

2 Lyn Jamieson	W45	5-24
3 Janis Wright	W45	5-25
4 Rob Waters	M50	5-25
5 Lavinia Petrie	W55	5-35
6 Keith Noden	M65	6-16
7 Anne Callaghan	W60	7-34

400 metres Division 1

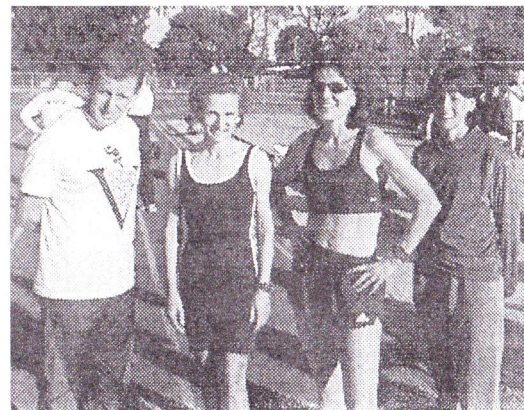
1 Alan Sinclair	M45	55.8
2 Bert Pelgrim	M40	58.7
3 Ian McLeod	M50	59.1
4 Ross Kent	M55	62.3

400 metres Division 2

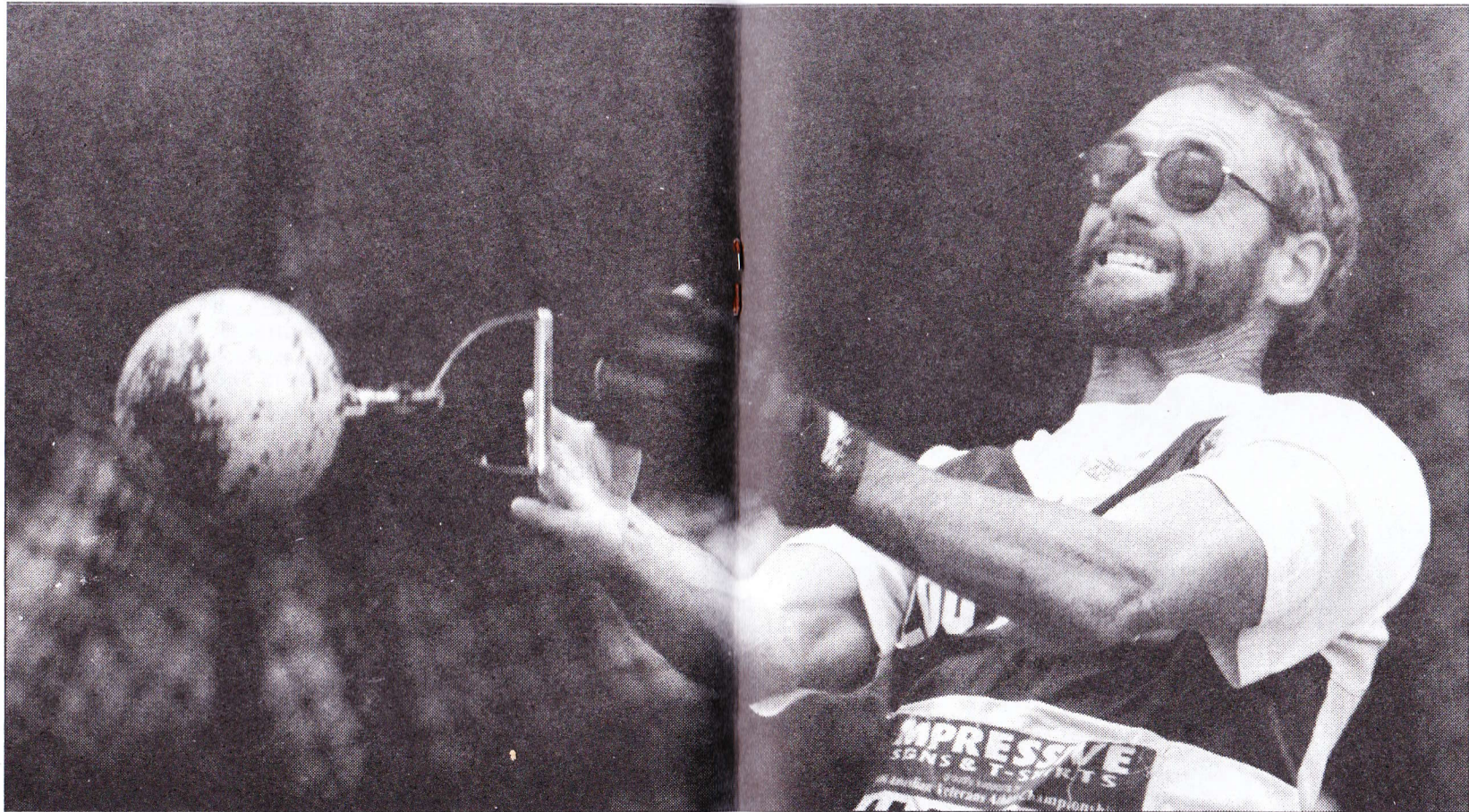
1 Tony Bradford	M55	64.1
2 Kathy Heagney	W45	65.0
3 Anne Stobaus	W55	66.3
4 Cathy Orelli	W35	66.5

5000 metres

1 Colin Page	M45	17-38
2 Kevin Solomon	M50	17-49
3 Louis Waser	M50	19-40
4 Lavonia Petrie	W55	19-55
5 Rob Waters	M50	20-09
6 John Dean	M50	20-33
7 David Nobbs	M55	20-37
8 Bob Hayes	M60	20-57
9 John Waite	M55	21-40
10 Peter LeGet	M65	21-53
11 Jan Morrey	W55	22-20
12 Stephen Barker	M55	22-50
13 George Simons	M60	26-13
14 Ben Morrey	M70	27-07
15 Ray Callaghan	M65	28-30



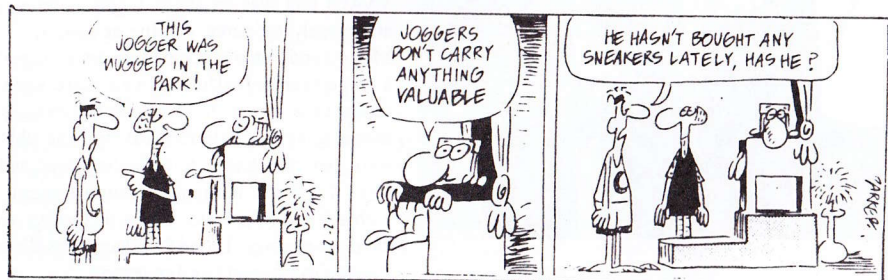
It was an absolutely perfect winter's day for the Pre-Gateshead meet at Knox. Although it was a rather low key event, everyone was soothed by the peaceful sunny day. Knox was a great venue with its hammer area over the road and its shot put area in a side alley, enabling several track and field events to run at once. The new VVACI tent was on show, nicely lettered and attractively coloured in blue and white. Ted McCoy and Peter McGrath had drawn together a large team of officials who were keen to support the tourists in their attempts to have an encouraging hit-out before leaving. The athletes were generally happy to be feeling good and to know that their training was coming along nicely with a few weeks to go. In the picture we see a handsome group - David Sheehan, Janis Wright, Lesley Grimes and Lyn Jamieson.



Picture: DEAN McNICOLL

Victoria's Clyde Riddoch releases the heavy weight during the men's weight pentathlon final yesterday.

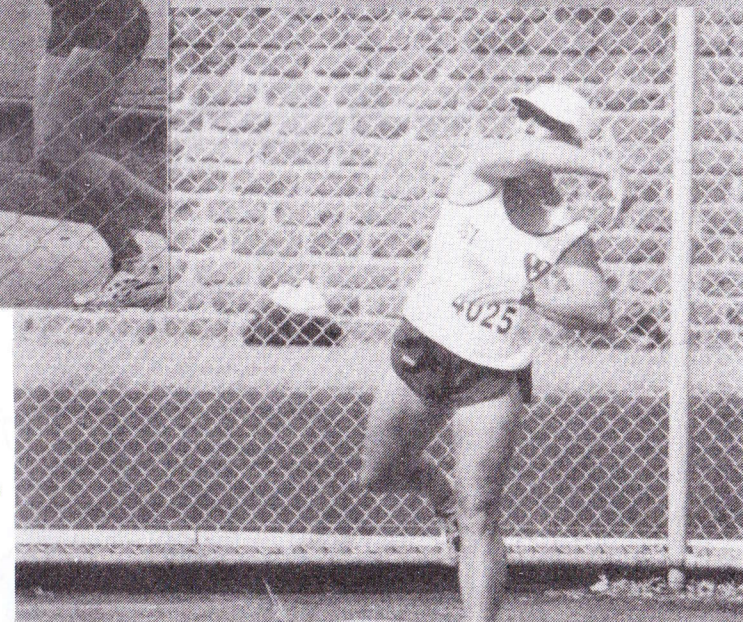
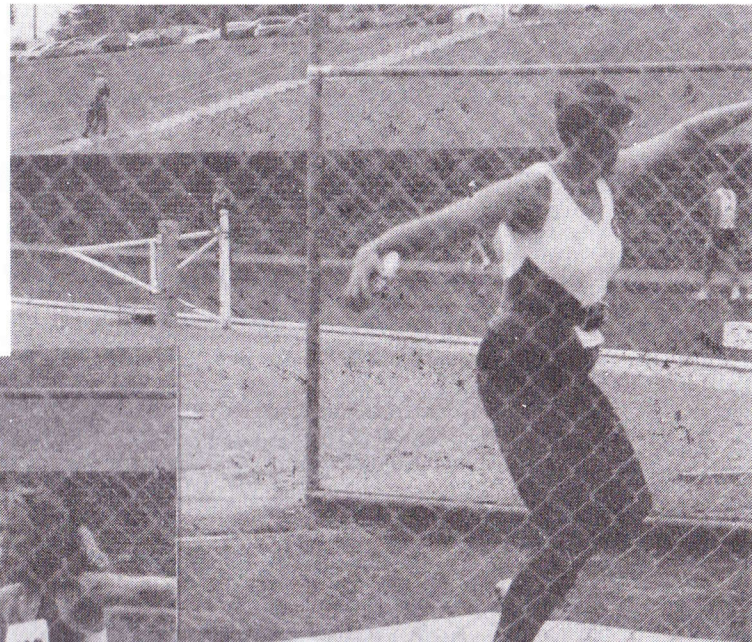
THE CANBERRA TIMES TUESDAY APRIL 6 1999





**THROWERS at the
VICTORIAN
CHAMPIONSHIPS**

Action shots of Anna-
Lisa Whitehall,
Jennifer Baldwin,
Nerida Noyes and
Sharon Barr.



Who can you spot in
the group? I can see
Nino, Tina, Victor,
Sandra, Heather, Harry,
Ilma, Sharon and
probably Graeme..

Victorian Veterans Athletic Club Victorian Cross Country League

ERIC GREAVES MEMORIAL

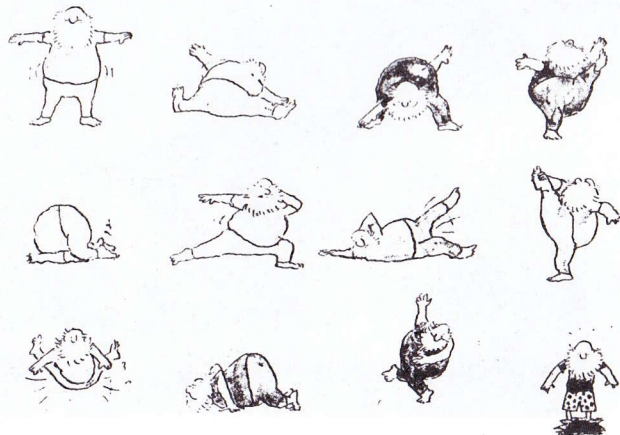
10K ROAD RACE SUNDAY 11 JULY 1999

- To commemorate our late and legendary Club Captain, Eric Greaves, the VVACInc and the VCCL Inc have combined to present the 1st Eric Greaves Memorial Event - a 10 kilometre Road Race
- The event will be held at the two lap Braeside Park road circuit, which is mostly flat and has a smooth crushed rock surface
- The event is the VVACInc 10k Road Championship, whilst the VCCL Inc event will be a sealed handicap
- Special VVACInc memorial medals will be awarded in all Veteran 5 year age divisions. The VCCLInc will have their usual cash awards as well as special perpetual trophy
- A joint perpetual trophy crafted by Louis Waser, will be awarded to the most outstanding performer (based on age graded percentage) with entrants in both events eligible to win this trophy
- All competitors receive a participation certificate

START TIME 9:30 AM

BRAESIDE PARK

Braeside Park, Lower Dandenong Road, Dingley Ref. 88 E8
Entry fee \$ 5.00 Enter on the day until 9:20 am
V.V.A.C.Inc medallists must wear Club Competition Uniform
Complimentary tea, coffee and biscuits after the event
Enquiries (03) 9583 3280 Ted McCoy, VVACInc Club Captain

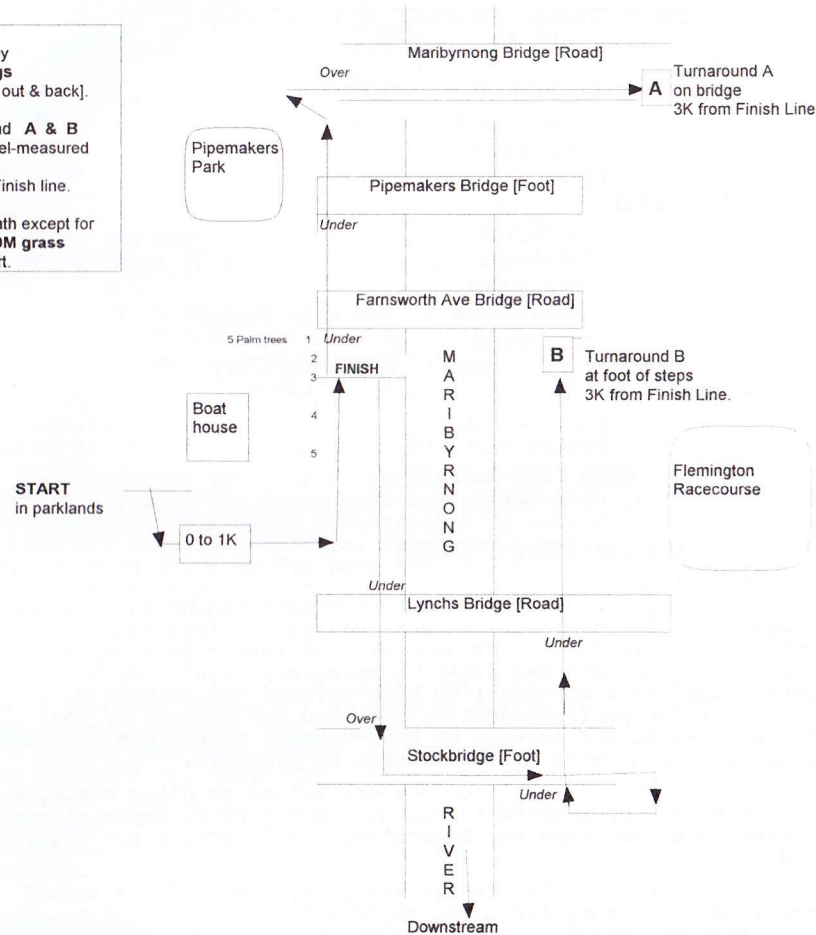


VICTORIAN VETERANS ATHLETIC CLUB INC
25K Maribyrnong River Run 9.30am Sunday 12 September 1999

A 1K leg followed by 8 x 3K legs [or 4 x 6K out & back].

Turnaround A & B are a wheel-measured 3K from the Finish line.

All bike path except for about 400M grass at the Start.



Assembly & Registration

Footscray City Boatclub off Farnsworth Avenue Melways 42 D1 & 2
Entry fee \$6.00 Enter on day until 9.20am

Hot showers & change rooms.
Free tea/coffee & biscuits.
Barbecue lunch including salads \$6.00/plate.
Drinks at bar prices.

Presentations 1pm VETs Age Category medals.

Enquiries Gordon Burrowes [03] 9 366 0326
Les Jarry [03] 9 316 5799

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A BIT OF HISTORY

courtesy of Ray Callaghan, the Annual Report of the Vic Vets back in 1977.

THE VICTORIAN VETERANS' ATHLETIC CLUB ANNUAL REPORT MAY 1977

OFFICE BEARERS 1976-1977

PRESIDENT

P.N. Anderson

VICE PRESIDENTS

M.O'Neill and G.R.Simpson

SECRETARY

P.Colthup

TREASURER

G.L.Wilson

COMMITTEE

Graeme Scott; Joe Tennant; Keith Routley; Tom Kelly;
John Fraser; Jim Davy; Tom Daintry

CLUB CAPTAIN

George Bartlett

CLUB VICE-CAPTAIN

Andy Smith.

THE PRESIDENT'S REPORT

Gentlemen,

Looking back over the past twelve months our club has made considerable progress. We have adopted the five year age groupings; we have adopted standards, even though they may be subject to review, for the State Championship events; we have conducted our first marathon; we have printed and presented certificates for performances; we have had the company of the women veterans in our events; we have managed to put out a weekly news sheet with as wide a distribution as possible.

Because most of our members belong to other clubs, we as a club have been invited to run at other venues, especially when new tracks such as Ringwood, Doncaster, and Croydon were officially opened.

Unfortunately through the year, three of our valued friends, Alf Robinson, Alf Levy, and Vic Pye, have passed on. Their contribution to athletics was immense, and we must continue with the same enthusiasm and spirit of progress which they had.

One of our main features has been the regular Tuesday night training sessions at the Box Hill track. Since the start of the voluntary contribution of twenty cents per person per night, the club has had \$242 of extra revenue, of which the women veterans have contributed at least \$50. They have certainly contributed their share towards the cost of the track hire, the lights, and the news sheets. The Tuesday evening sessions are most popular because of the distance handicap races, where Peter Colthup shows his expert ability to work out the handicaps for each person with great expertise. George Bartlett is in charge of the sprints, and he too is a talented handicapper who makes it difficult for the timekeepers and place judges, but thrilling for the competitors. The

variation of events such as those physically devastating 200 metres x 12 relays, or the 100m relays lasting for 10 minutes, are enjoyed by all.

Over the past twelve months we have put out 36 news sheets containing race results, items of interest, and coming events. Cost of paper and stencils has been taken from the voluntary Tuesday night contributions. I have tried to circulate them as widely as possible and with minimum of postage. But if we are to function properly as a club, then all communications must be posted to members at least once a month.

One of the most popular events with both the men and the women in this past twelve months has been the 10 000m. We ran one of our own at Werribee; later sixteen, including three women competed in the R.R. Clarke 10 000m at Glenhuntly; We had ten veterans including two women compete in one on a cold night at Sandringham; and in December 17 competed in the Emil Zatopek 10 000m at Olympic Park.

I am pleased that the Women's Veterans Club is growing steadily. The women enjoy running in the same events as the men. It has been mentioned to me many times that the men really encourage the women, so much so that four of them are going to compete in Sweden. I am certain that we should help and encourage these 24 women as much we can. We must keep in mind that the aim of our club is to promote athletics along with physical health and fitness.

During the year we arranged a few social events. I am sorry to say that the first barbecue arranged at Bill Tunaley's lovely place at Yarrambat was attended by only five members, four of whom were committee members. This was disappointing and discouraging. Later in the year Jim Davy hosted a barbecue at his place at Rowville which was a great success. Tony Pryor invited us to a barbecue at his home after the Championships which enabled city and country members to mix socially. I wish to thank Bill, Jim, and Tony for their generosity.

Our country members are not forgotten. Through distribution of the news sheets the members at Ballarat and Geelong are more closely in touch than members in more distant centres. I hope that we can post news sheets and letters to them at regular intervals from now on. Isolation can be overcome by communication.

Andy Smith, our club statistician, has presented the first summary of each members performances in events for the past year. This, I think, is another progressive step which the club has made.

I must apologise for certain poor facets of the Victorian Championships. Firstly I omitted the javelin throw and the steeplechase from the first edition of the Entry Form. Secondly, in working out the time table of events we did not allow time between events for the presentation of medals and certificates. Thirdly, I consider that the Gothenborg standards were too difficult for some events, and these should be reviewed by a sub-committee so that we do not discourage our members. But thanks to Peter Colthup and his organisation the championships ran smoothly, and to time. And I must again express my thanks to all who helped in all ways to ensure success of the meeting.

For the next year we have tried to work out a budget to cover all the possible expenses that the club could incur. Whilst the committee spent almost one night discussing the items on; by one, I would like to stress to you here, that the club should own its

own duplicating machine. I have mentioned before that lack of communication means isolation, and this leads to discontent among members. So I suggest to you all to think and act positively about making our club progressive, and giving your approval for an increase in the annual subscription to enable the committee to buy such equipment.

Everyone wants to run. People talk about running. They run in 'Fun Runs'. But we have other events in athletics not so much publicised. I refer to field games and walking. These two groups train at separate venues from the hordes of runners, and are out of sight and out of mind. Because I am a walker I am able to keep the club in touch with the efforts of the 'Heel and toe' men, but I regret that we hear little from the spear throwers, the shot putter, the discus and the hammer throwers.

In conclusion, I wish to thank my committee for the excellent work they have done for the club, and those people who have helped behind the scenes. I wish to thank other clubs which have put on veterans' events in their programs and invited the members of our club to compete.

PN Anderson
President.

THE SECRETARY'S REPORT

Gentlemen,

At the end of my first year as secretary, firstly I should like to thank our president, Mr P.N. Anderson for the work he has done and the assistance he has given me. Without request, he has undertaken many jobs that would have been impossible for me to perform, as well as typing up the results of my handicaps on Tuesday nights and turning out our very interesting news sheet. Together, with his wife Margaret's assistance, we have an excellent president.

Next I must thank the committee. There has been a good attendance at all meetings, and whenever work was required above the call of duty we were never short of volunteers, each person whatever was required cheerfully. The amount of work done for the club by our late Assistant Secretary, Mr Vic Pye, would only be known by myself and close members of the committee, and he will be impossible to replace and most sadly missed. Mr George Wilson has been a competent Treasurer, never complaining when lists of members, or information, were required by an inexperienced secretary, and with his wife Freda have been great backstops for me whenever I needed advice.

At the ground on Tuesday nights, Mr George Bartlett took over looking after the sprinters, and to the detriment of his own training, put his heart and soul into it. With the rapid growth of competing members my job would have been impossible without his support. "Thanks George".

This year has seen another increase in membership, from 165 to 182, but this does not truly show our growth as a number of older members failed to re-register this year. It has been mainly due to increasing cost of mail that I have been unable to follow up these members, but with a small increase in the subs this year I hope to see us double this membership. The most pleasing aspect has been the number of new members who have never competed before and have been persuaded to join us and run regularly.

A number of members had the wonderful experience of travelling to the Olympic Games, and whilst in America of travelling to Toronto to a "Friendship Meeting", where old associations were resumed, and a number of medals won. Together with Mike O'Neill, I had the pleasure of competing in the British Veterans Championships at Stretford in Manchester, England, and I came away quite satisfied

that our own championships are of a very high standard and most satisfactorily run.

In March we ran our annual championships at Box Hill competing for the first time in five year age groups, and supported by the Veteran ladies. All events were strongly competed for, and favoured by excellent weather. A very successful meeting.

The Victorian Amateur Athletic Association ran championships for veterans in conjunction with their underage groups and members showed their appreciation by their good support and by five different winners in the 100, 200, 400, 800, & 1500 metre races. An effort will be made next year to have different age groups in these events so we can cater for our older competitors. Also we will try to get some field games included.

The Australian Veterans Championships were held at Boster in the Perry Lakes Stadium in Perth, and I am pleased to report we had the second largest number of competitors to West Australia, and the greatest number of medal winners. As one of the visitors I would like to congratulate the West on their running of the championships and their beautiful city and weather. Also thanks to Muskons-Burke Travel and Wally Sheppard who got us over and back with the minimum of fuss (and cheaply). Also it is my pleasure to report that the meeting of Australian Amateur Athletic Clubs approved Melbourne as the site of the 1978 Australian championships next Easter. We were also asked to run the Australian Cross Country championship at the same period.

Possibly, the most pleasing thing as handicapper, has been the number of members who have competed on Tuesday nights regularly. We have seen it grow from 10 or so to about 80 just before the championships. To members who have never been to one of these meetings I can only say you are really missing out on one of the pleasures of your membership. As well as competition many new friends have been made and old friendships renewed. Make an effort, come along, don't let the cold frosty nights upset you. As can be seen on the Balance Sheet the 20 cent donation each week by competing athletes has been of great assistance to our club.

I should like to mention also that the death of Alf Robinson was deeply felt by all members of our club who knew him. A great worker for all types of athletics and a most cheerful and happy person whose knowledge of athletics was exceptional.

To all other people who have been of assistance to our club, the Wilson's for supplying our committee room and excellent suppers, our delegates at VAAA meetings, the Marathon Club, the VAAA officials, the ladies who follow us around, many of whom are now running with us, Box Hill AAC, and their groundsman and officials, and the many people who have performed little jobs for me during the year, my most sincere thanks.

Looking forward to a successful future.
Peter Colthup.
Hon. Secretary.



VICTORIAN VETERANS' ATHLETIC CLUB INC.
(AFFILIATED WITH ATHLETICS VICTORIA)

FLY ON THE WALL



leaked from the minutes of the VVACI Committee, 10th May, 1999

5.0 SECRETARY'S REPORT: Dot Browne

5.1 The club has 1002 financial members. There are a few new members coming in. Reminder notices will be sent out to unfinancials at the same time as "News and Results" is posted to financial members.

6.0 TREASURER'S REPORT: Rob Petrie

6.1 The treasurer reported that we had received subscriptions of about \$23,000, reimbursement from Aberfeldie venue of \$750 and income from other sources such as clothing sales of about \$1800. Our expenses were about \$5000. The nett surplus was \$18520.

6.2 Investments of \$34,000 with Australian Unity @ 3.8% needed to be re-located, as did \$18,000 with ANZ V2. Moved Rob Petrie, seconded Ken Walters, that the treasurer re-invests the above funds with the Bank of Adelaide @ 5.2%. Motion carried.

7.0 CLUB CAPTAIN'S REPORT: Ted McCoy

7.1 Half marathon. The excellent weather, accurate course marking, fine map making and signage and attractive venue at Maribyrnong Valley trail had contributed to a really good event. There was a smallish field and the event deserves more. We will try to avoid a clash with the Puffing Billy Race next year.

8.0 GENERAL BUSINESS:

8.1 Alex Harris' letter raised matters such as whether venue managers are covered in the event of accidents involving non-members competing at venue events. Associate membership was considered, but proved to be no solution as the associate member was assumed to be a non-competing member at a reduced subscription. Races for children of members are not supported as policy by the committee, but the venue manager may decide to allow them at his own discretion. The chance of injury to vets or children was acknowledged unless such races are held separately and then the children leave the track. Regarding insurance cover, it was maintained by Tony Bradford that you can not obtain a reliable legal opinion because a particular case must arise and be tested in court before

you can get a ruling.

Moved Ken Walters, seconded John Dean that venue managers be advised that the committee strongly recommends that the competing of children at their venues be discouraged until the committee gets clarification of the club's legal position in the case of a claim. Motion carried.

8.2 Alex's letter also urged us to make progress with planning for the future. To this end Colin Browne had met with Sport and Recreation to find out about the procedure for applying for Active Australia Provider status, and had arranged to meet with Trevor Vincent of Glenhuntly Athletic Club as that club had recently been through a planning procedure. Ted McCoy mentioned a venue for a conference offered by John Waite. Lavinia Petrie suggested that Tony Lethbridge of Ringwood Club may be an alternative independent adviser.

8.3 Information Tent. The tent was currently having signage applied to it. There was a need to prepare handout materials and laminated photos and posters to equip the tent.

8.4 Promotion. Ken Walters suggested a calendar to promote the club, possibly with a different venue photograph and events for each month. Costs would be investigated.

8.5 World Masters Games, Melbourne 2002. Rob Waters and Colin Browne had met with Tony Holding, Don Blyth and Tom Rickards to discuss the idea of forming a joint AV / VVACI steering committee to organise the athletics segment of the games. Indications were positive at this stage. Ted McCoy was added to the negotiating group.

8.6 Capitation. Dot Browne suggested that if AAVAC had not made a move to employ an executive officer by the date of the AGM, a move should be made to have capitation reduced.

8.7 Gateshead clothing. Uniforms are being sold by Hazel McDonnell in Queensland, 07 3206 3243, helped by Wilma Perkins, 07 3273 5792. T-shirts and caps are available from David Sheehan, 9794 7464.

8.8 VVACI Uniforms. Moved Astrid Rose, seconded David Sheehan that the women's club singlet be of the same colours and design as the men's. Motion carried. Peter Anderson of Tempo would be asked to advise Astrid on the cut and material for the singlets, and give a quote on a revised men's singlet, with a mesh alternative.

8.9 Alex Harris, in his letter, was very concerned that 65% of the subscription income was being spent on publications.

8.10 Pre-Gateshead meet at Knox. A plea was made by Ken Walters for the club to apply in writing to the Walkers Club to have a panel of four or five judges at the meet. Ted McCoy would draft the letter to Ron Miller.

8.11 Clyde Riddoch's letter proposed a 5km walk for men and a 3km walk for women at a cooler time of year. A 5km walk was included in the pre-Gateshead meet. Clyde proposed to make it an annual event away from the Track and Field Championships. Held over until the next meeting.

8.12 Ted McCoy showed a tentative program for the pre-Gateshead meet. Rob Waters undertook to produce a flyer advertising it. He would also produce a flyer for the Eric Greaves Memorial 10km Road Race at Braeside Park on Sunday, 11th July 1999. The medals were shown and approved. Tony Johnson would be asked to photograph the winners.

8.13 Dinner Dance. Dot Browne said that the tentative date for the Dinner Dance at Hawthorn Receptions was Friday, 12th November 1999.

Dear Dot,

*I have decided
I'm in the growing
old category as I
can relate to 18 out
of the 19 symptoms.
Hoping use this
in your magazine
Regards*

Harry Preston

HOW TO KNOW IF YOU ARE GROWING OLD

1. Everything hurts - What doesn't hurt doesn't work.
2. The gleam in your eye is the sun hitting your bifocals.
3. You feel like the morning after, but you haven't been anywhere.
4. Your black book contains only names ending in M.D.
5. You get winded playing cards.
6. Your children begin to look middle aged.
7. You join a health club but don't go.
8. A dripping tap causes an uncontrollable urge.
9. You know all the answers but nobody asks the questions.
10. You look forward to a dull evening.
11. You need glasses to find your glasses.
12. You turn out the light for economy instead of romance.
13. You sit in a rocking chair and can't make it go.
14. Your back goes out more than you do.
15. Your knees buckle but your belt won't.
16. You put your bra on back to front and it fits better.
17. Your house is too big and your medicine chest isn't big enough.
18. You sink your teeth into a steak and they stay there.
19. Your birthday cake collapses from the weight of the candles.

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

Saturday, 3rd July, VRR Tan Time Trial (8km & 4km), near Government House Drive, 7.30am (9583 0917 ah)

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

:Keith Huddle Memorial (6.5km) for AAU registered athletes, also Fun Run open to all. Eaglehawk Town Hall to Bendigo Town Hall, 11 am Contact 0354 422 982, or 0354 411 394 AH.

:Barney Oak Memorial Fun Run, (10km & 4km), Princes Park, Carlton, 10am (9388 2313 h)

:Traralgon Marathon & Half Marathon, (42.2km & 21.1km & 10km), Tennis Courts, Davidson Street, 8am (019 436 306)

Saturday, 10th July, CHC Coburg Bluestone Classic, (15km), Harold Stevens Athletic Track, Coburg, 2pm (9386 9251h)

Sunday, 11th July, VVACI 10km Eric Greaves Memorial Road Run, Braeside Park, 9.30am, Ted McCoy 9583 3280. Melway 88 E8

Sunday, 18th July, N.B. Lap of the Lake, (10km & 5km), Palm Garden, Albert Park Lake, 9am (9819 9225w)

Sunday, 25th July, CHC Coburg Half Marathon, (21.1km), Harold Stevens Athletic Track, Coburg, 9am (9386 9251h)

:Hard Rock Café Run/Walk, (8km & 5km), cnr. Spring/Bourke Streets, Melbourne, 9am (9819 6888w) - all details TBC.

:PRR Devil Bend (21km & 10km & 5km), Devil Bend Reservoir, Graydons Road, Moorooduc, 10am (0359 758 754h, 0359 754 644w)

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

Sunday, 1st August, Malvern Mini Marathon, (12km), Kooyong Park, 8.30am (9571 9100w)

Saturday, 7th August, VRR Tan Time Trial, (8km & 4km), near Government House Drive, 7.30am (9583 0917h)

:University Half Marathon or 3 X 7km Relay, (21.1km), LaTrobe Uni, Edwards road, Flora Hill, South of Bendigo, 1.30pm (0354 436 820)

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

:Queen of the Lake, (10km & 5km), Albert Park Lake, 9am (9819 9225w)

:Sun City to Surf, (14km), Hyde Park to Bondi, Sydney. 10am (1800 555 514)

Saturday, 21st August, CHC Coburg Six Hour Relays and Ultra Run/Walk, Harold Stevens Athletic Track, Coburg, 10am (9386 9251h)

Sunday, 22nd August, CHC Coburg Fun Run, (12km & 4km), Harold Stevens Athletic Track, Coburg, 9am (9386 9251h)

:Marathon Teams Relay, (42.2km), Eaglehawk Leisure Centre, Eaglehawk, 9.30am (0354 436 820)

Tuesday, 24th August, VVACI Betty Leigh Memorial 3km Walk, Croydon venue, Athletic Track, Town Park, Croydon, Melway 50 K4. 7.10pm, plus normal venue events & supper. \$2.00, all proceeds to cancer research.

Sunday, 29th August, VRR Princes Park Half Marathon, (21.1km, 10km, 5km), Royal Parade, Parkville, 8.30am (9802 7925ah)

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

Sunday, 5th September, David Ward Half Marathon, (21.1km) Kevin Bartlett Reserve, Richmond Boulevard, 8am (9817 3503w0)

:Spring Into Shape Series, (8km & 4km), Alexandra Gardens, 9.30am (9819 9225w0)

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

:Lions Fun Run, (10km & 5km), Jells Park, Glen Waverley, FTG Road entrance, 9am (9819 9225w)

Sunday, 19th September, CHC Coburg Special Fun Run, (12km & 4km), Harold Stevens Athletic Track, Coburg, 9am (9386 9251h)

Monday, September 20th to Wednesday, September 22nd, 4th Victorian Teachers Games, Bendigo, open to all members and ex-members of all Education services. Includes track and field, cross country, triathlon and other sports. Contact Norm West, 0354 403 104 ph, 0354 425 321 fax or e-mail at norm.west@dse.vic.gov.au. Colin Browne has entry forms.

Saturday, 25th September to 3rd October 7th Australian Masters Games, Adelaide SA. 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, 5th to 13th February, e-mail nzmastersgames@dcc.govt.nz or website at

http://www.nzmastersgames.com, or 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

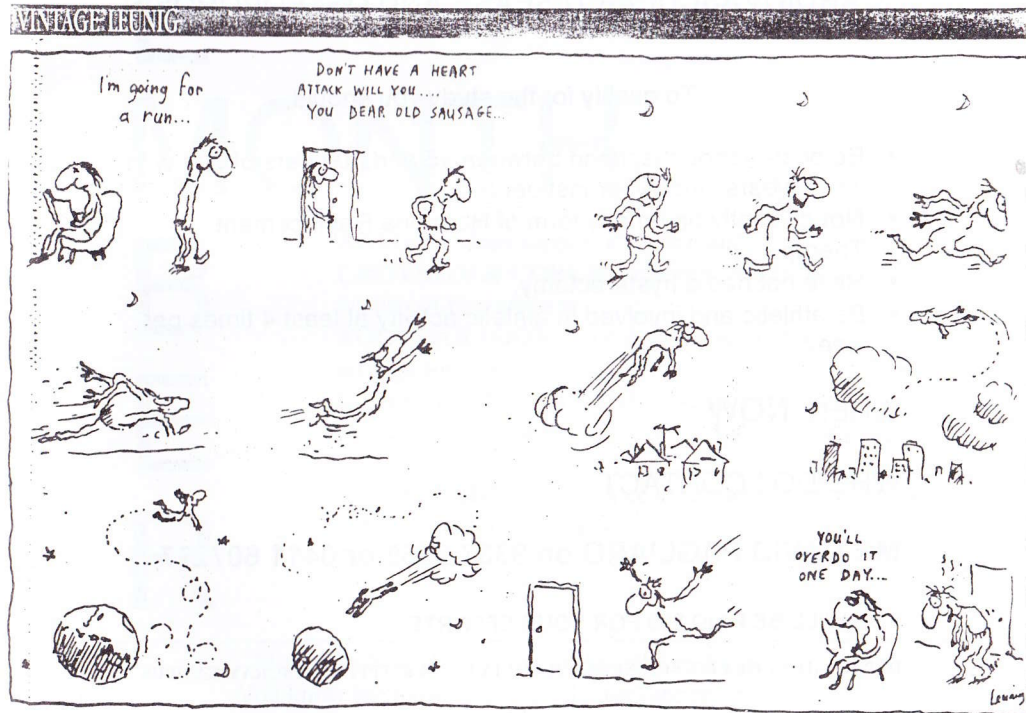
Wednesday, 13th September to Sunday, 1st October Sydney Olympic Games.

2001

WAVA Veterans World Championships, Brisbane Qld July5 to 15

2002

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





WANTED



POST-MENOPAUSAL MASTERS ATHLETES TO BE INVOLVED IN A HORMONE REPLACEMENT THERAPY STUDY TO LOOK AT THE EFFECTS ON PERFORMANCE AND THE PREVENTION OF CARDIOVASCULAR DISEASE AND OSTEOPOROSIS

To qualify for the study you should;

- Be post-menopausal and between 45 and 60 years of age with 1 to 5 years since your last period,
- **Not** currently be on any form of Hormone Replacement Therapy,
- Have not had a hysterectomy,
- Be athletic and involved in athletic activity at least 4 times per week.

WHEN: **NOW**

WHO DO I CONTACT:

MR DAVID PAGLIARO on 9337 2559 or 0411 607277

YOU WILL BE PAID \$30 FOR YOUR EFFORTS

DEPARTMENT OF LIFE SCIENCES, VICTORIA UNIVERSITY, FOOTSCRAY CAMPUS

S E P T E M B E R

PREMIERSHIP MONTH

.Can **GEELONG** go back-to-back?
Will **CAULFIELDs** superior numbers move it to the top?
Will **MENTONE** regain the flag?
Can **DONCASTER** make good their boast?
Will a **NEW** venue emerge as premiers?

COLLINGWOOD might be tainted by the AFL hoodoo?
ABERFELDIE could get their act together this year.
E.BURWOOD have always been close.
SPRINGVALE needs a program aimed at the Premierhip.
KNOX — motivate those entries.
FRANKSTON has some high rankers who need support.

ALTONA lends support to Aberfeldie.
CROYDON & COBURG amongst the also-rans, but watch out for surprises.
TOOTGARAOOK is the dark horse, if they can arrange some winter Track & Field.
L.VALLEY & SWAN HILL we welcome their entries & they make a difference to the final rankings.

EVERYBODY has a chance to influence the rankings with their personal results.

More details to **VENUE MANAGERS** in August.
You know the basic rules - no changes are envisaged.
Get together a program which will enhance your chances.
Get your athletes motivated.

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.

Kindly fill in details in BLOCK LETTERS

Name:

Address:

Postcode

Type Size

Cheque for amount enclosed, including postage, payable to V.V.A.C.Inc.

Post to **Margaret Cassidy**
4 Grandview Road
Preston 3072

UNIFORMS & CLUB MERCHANDISE - Contact persons

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

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

Men's blue shorts \$10.00 Club Track suits (navy & white) posted \$98.00
Ladies' blue shorts \$10.00 Peaked navy hat \$10.00
Contact Doug Orr 9878 4875

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

For the above competition singlets & shorts, contact Astrid Rose, 9836 2350 (address below)
V.V.A.C.I. Socks \$5.00
Venue Tee-shirts \$12 - \$14.00
Contact David Sheehan 9794 7464

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

COMMITTEE MEMBERS 1999

Victorian Veterans Athletic Club Inc.

President
Robert Waters I.M. 9318 3802
5 Bellevue Court Manlymoug 3032

Honorary Secretary
Dorothy Browne OAM I.M. (Life Member)
4 Victory Street Mitcham 3132
9874 2501 fax 9873 3223

Honorary Assistant Secretary
Colin Browne I.M. 9874 2501
4 Victory Street Mitcham 3132

Honorary Treasurer
Robert Petrie 0359 671 915
PO Box 136 Wandin North 3139

Vice Presidents
Anthony Bradford 9749 2248
6 Merrett Avenue Werribee 3030

and
Alan Bennie 9547 2978
75 Bertrand Avenue Mulgrave 3170

Club Captain
Ted McCoy I.M. 9583 3280
24 Blackwood Avenue Mentone 3194

Club Vice Captain
Peter McGrath I.M. 9807 5656
13 Bales Street Mt Waverley 3149

Immediate Past President
Doug Orr 9878 4875
27 Shawlands Avenue Blackburn South 3130

General Committee Members
John Dean 9337 7179
3 Pearl Street Essendon West 3040

Alexander Harris 9848 2986
8 Lignum Court Lower Templestowe 3107
Margaret Cassidy 9478 3687
4 Grandview Road Preston 3072

Lavina 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

Subscriptions Officer
Astrid Rose 9836 2350
71 Union Road Surrey Hills 3127

Honorary Auditor/s
Keith Routley I.M. 9699 6384
6 Mowbray Street Albert Park 3206

and
John Chisholm 9772 3285
Lot 1/48 Field Avenue Edithvale 3196

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
EAST BURWOOD	Burwood East Reserve, Burwood Highway John Gosbell 9808 4641	Thurs	62 C 7
CAULFIELD	Duncan McKinnon Park, North Road, Murrumbecna Greg Mauldon (Track) 9583 5637 - Graeme Rose (Field)	Tues - Track 9836 2350 Sunday - Field Games	68 K 9
COBURG	Harold Stevens Ath. Field, Outlook Rd. Coburg Vonda Saunders 9460 1267	Thurs	18 A 9
COLLINGWOOD	George Knott Athletic Track, Heidelberg Rd., Clifton 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	Rieschicks Reserve, George Street, Doncaster Garry Crole 9890 9033 (Wk) Richard Trembath 9836 9256	Weds 9836 9256	33 J 11
FRANKSTON	Balfam Park, Banance Terrace, Frankston Peter Duggan 9786 9169	Thurs	103 B 4
GEELONG	Landy Field, off Barwon Terrace, Geelong Mike McAvoy 0352 532 376	Weds	228 C 7
KNOX	Knox Park Athletic Track, off Rushdale Road, Scoresby Charles McRae 9779 3670	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	Dolomoe Oval, Cnr. 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
SWANHILL	May Ward 0350 376 685 Swan Hill Little Ath's Field	Monday evening	
TOOTGAROOK	Tootgarook Sports Reserve, Trueman's Road, Tootgarook Alan Radford / Ken Taylor 0359 855 989	Weds - Winter Sunday - Daylight Saving	169 E 6
*****	EDITOR - "Around the Grounds" - Peter Colthup OAM. I.M.	9795 1169 fax 9795 1169 ***** 14 Bakers Road Dandenong North 3175	

Australian Association of Veterans Athletic Clubs

Secretary - Brian Foley (09) 339 2716