

SEPTEMBER 1999



# Vic Vets

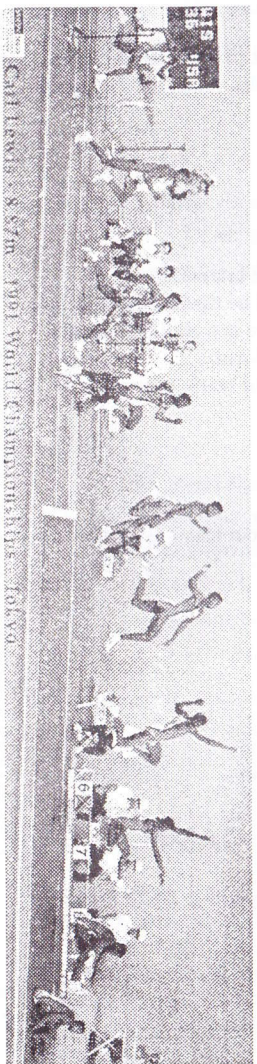
NEWS AND RESULTS

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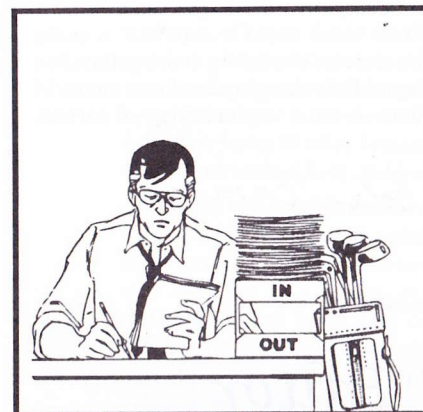


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### THE WIZARD OF ID

by Brant Parker and Johnny Hart



## EDITORIAL

It seems to have been a quiet winter at home while so many of our mates were overseas on the Gateshead tour. I found it very frustrating as there was no news of their doings at the time, only some sensationalism in the press about an American woman who looked like a man. The internet, which promised so much, failed to deliver when we needed it. From June to late August you could not make contact with the Gateshead website. However we do have results now, and there is a summary produced by John Gosbell in this issue. Also an interview with Tony Bradford who was one of the AAVAC team's managers for the tour.

By the way please use and advertise our own VicVets website. A lot of work has gone into it, and it takes more work to keep it up to date, so please look at it and give us some feedback. For example it has all the Victorian records, the calendar of events and fun runs, results and photos from recent VVACI events and links with many other websites concerned with veteran athletics. The address is:

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

The club has made a few changes this year with regard to our marathon which is run within the Melbourne Marathon. We heeded the protests of Spartans who wish to wear their Spartan singlet, of which they are justly proud. But we were also mindful that we need to be able to spot our club runners in the melee at the finish so that we can get the results right. We have come up with a solution, the details of which are explained on page 34. I like the idea as it brings this

event into line with our other VVACI distance races. You enter on the day, you wear the red heart, the presentation of medals is done on the day over a cup of tea, and so on. Thanks Ted McCoy and Peter McGrath for your flexible thinking.

We need to think creatively if we are to advance as a club, and to this end a special planning weekend is to be organised in which members representing all sections of the club go to a residential hostel at Shoreham, in November, to plan for the future. It will be a good fun weekend with communal cooking, a bit of a trail run, and plenty of group discussion. At the end of it we hope to produce a well-structured plan for the development of the club over the next several years. We have had good advice on how to go about this sort of thing from other clubs who have done it. The essential thing is that we get people there who have good ideas and that they speak up for groups who perhaps are not well catered for with our current arrangements. So please volunteer if you think you can contribute. Contact me or fill in the slip on page 35 of this issue if you would like an invitation.

We had the AAVAC annual general meeting on September 10 and 11. We learnt about decisions made at the WAVA general assembly at Gateshead. The motion to change the name of the movement from "Veterans" to "Masters" was a very close vote but did not achieve the two-thirds majority needed to pass it. Technical changes were made to introduce a 700 gram javelin in some age groups, to have lower hurdle heights for older women, and to allow an 8km cross country if organisers preferred it. The move to increase the number of throws in the weight pentathlon from three to four was defeated. Likewise the move to allow world records for excellent hand-timed performances in events of 400m and less was defeated. Only times from fully electronic set-ups will be considered for those distances. The 2003 WAVA World Games were awarded to Kuala Lumpur, although subsequent enquiries cast doubt on some of the promises their delegates had made, and it may revert to Puerto Rico.

Local AAVAC decisions that affect us included agreement to have the events in the pentathlon at the nationals revert to the set containing the discus rather than that containing the shot put. However there is no pentathlon planned in 2000 at Hobart. It was decided to have only one road walk option for all men at the nationals, namely 20km. Sprinters will have the heats and finals of a particular distance on the same day. On the financial scene Victorian delegates were successful in having the proposed rise of capitation by one dollar



averted for the next financial year. AAVAC voted an amount of \$4000 to the state hosting the nationals each year. These will be Tasmania in 2000 and New South Wales in 2001. Considerable attention was given to Hobart's plans for next Easter and Brisbane's preparations for the 2001 WAVA World Games. A call is being made for officials, both certified and uncertified, to go to Brisbane to help out. And it was strongly recommended that you enjoy a summer holiday on Norfolk Island to attend the Oceania Games in January 2000.

AAVAC plays a responsible role in veteran athletics, but there are indications that the grassroots member does not know much about it. AAVAC is really ourselves, not someone else making decisions that affect us. Our delegates had a strong input and were successful in their efforts. It was a very satisfying, if onerous, meeting.

*Colin Browne*

\*\*\*\*\*

## Letters to the Editor

Dear Colin,

I came across this photo of the Victorian State team that competed in Perth in 1954. Anyone of the team may be interested in it or may want to have it copied for other members if they are still around. I can tell you the names of five of them. T. Harding was second, M. Negri was 3<sup>rd</sup>, T. Sullivan 4<sup>th</sup>, R. Blackney 5<sup>th</sup>, S Davey 11<sup>th</sup>. I finished 12<sup>th</sup>.

Many thanks for the Vets magazine; it was quite interesting reading. Give my best wishes to Peter and Marge Colthup if you happen to see them. Also Keith Routley, a good friend of many years ago.

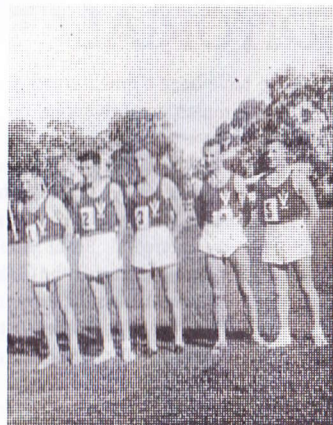
Colin I have enclosed a fly of Alastair Atkins book. He would like it mentioned throughout Australia, plus as you can see he gave my book a good plug in the U.K.

I hope Dot and yourself are in good health. Also my best wishes to all members of your Vets for I know quite a lot of them. I am looking forward to seeing the results from Gateshead.

Yours truly

John Gilmour

5 Rae Place, LEEMING W.A. 6149



## BOOK REVIEW

### ALL IN MY STRIDE

*John Gilmour's Story: Changi to World Champion*

by Richard Harris

John Gilmour was amongst the three most unforgettable characters I have interviewed since 1961, as he has a breadth of experience that is hard to match anywhere in the world at any time in athletics history.

For good measure John Gilmour's life story All In My Stride by Richard Harris the journalist and runner from Australia, has a foreward by Herb Elliot.

I found Ron Hill's books the most absorbing to read so far but, I have to say that Gilmour's experiences transcend any average athletics book. Of that there is little doubt. The story that he has related to Richard Harris is brilliant. I have

never read a more interesting account of someone's life as a prisoner of war in Japan, the will to survive against the odds, the things he had to do to survive, the fantastic camaraderie between the Australian soldiers interned, the understanding of the mentality of the Japanese guards and, his belief that he would make it and race again.

After the war John Gilmour achieved a cherished ambition that he had while being locked up, to win an Western Australian title which he did go on to do, but only after being ill after training and races, coupled with the fact that he had bad vision from malnutrition and beatings in his stay in Japan for three and a half years.

A doctor then pronounced that he should pack in racing in the future. That is something he has been subsequently told many times by doctors, after car accidents and injuries, but he is 80 this year and, has not given up yet! In fact over a 25 year span he has bettered the world records for his age groups for every distance on the track and road from 800m to and including the marathon.

His start in life was not easy. He was born in 1919 in Scotland and in 1923 his parents were part of the white dream of the 1920's - The Group Settlement Scheme in Australia, which meant being on the poverty line during the depression. His younger brother Roy died of diphtheria.

John found running as his first sport when he was at school and after the war went on to become a celebrated coach before venturing into his veteran athletics plus continuing to use his organising skills.

This is not a book just for the athletics monomaniac, more for those who want to be inspired by a good read and to encourage those who wish to enjoy running through life, into old age and beyond.

*Alastair Aitken*

# THE WINNING EDGE

## Alastair Aitken

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- What sets some people apart and gives them the Winning Edge?

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Dear Colin,  
I enclose my cheque in the amount of \$3.00 and would appreciate your sending me a copy of the revised Australian and World records mentioned in the July '99 issue of the 'Vic Vets News and Results'.

Also enclosed is a copy of my most recent published novel for perusal by my elderly clubmates, as a dreadful warning as to what can happen to an honest athlete, when he is no longer competitive.

My sincere appreciation also for the great job you and Dot are doing for the club.

With best wishes

Joe Tennant

P.S. If there is any interest, I'd be prepared to donate some copies of this and previous novels for sale on behalf of club funds.



Dear Colin,  
You have, I hope, been given some action shots from the Gateshead champs. I haven't got any, but I have enclosed a few glimpses of the Opening Ceremony, plus a shot of twelve of us (two Aussies) who were presented with a very attractive pen set inscribed:

"In commemoration of your participation in all thirteen W.A.V.A. World Athletics Championships – Gateshead 1999."

Regards to Dot and yourself,  
Jack Stevens.

[Ed: The handsomely produced, substantial novel is entitled "In the Diplomatic: The Tradesman", and is Joe Tennant's fifth published book. It is a sequel to "In the Diplomatic: The Apprentice". It tells the story of a South African diplomat whose career took him to Washington, Athens and Belgian Congo. A badly judged marriage leads him into all sorts of marital troubles, as he tries to master the difficult problems of his responsible job. It is a very good read, and all the more interesting if you know the author. Joe is very well known, and often mentioned by vets who have been in the game since the beginning of the movement. I am happy to lend it, or to negotiate a purchase for you. Joe has dedicated it

"To my veteran clubmates,  
Don't get injured. You may wind up writing books."]

### ABOUT THE AUTHOR

Joe Tennant is a former South African diplomat who resigned from the Diplomatic Service to live in Australia after postings in America, Europe and Africa. For five years during World War II he served in submarine chasers and minesweepers in the South Atlantic and Mediterranean.

Joe Tennant is also the author of

- **The Flawed Cocoon**
- **Red Diamond Navy**
- **Yesterday's Wars Don't Count**
- **In the Diplomatic: The Apprentice.**

[Ed: Thanks Jack, it is a great record to have, and I know that it has not been won easily, with your road injury and the illness of Maisie. Congratulations from all the Vic Vets. I believe the other Aussie would be Reg Austin, is that right? Spotting faces in the Australian team for the Opening Ceremony is not all that easy, but I think I can see from left, Tony Bradford, Colin Silcock, not sure, Peter Le Get, not sure, Ron Stobaus, Bob and Lynne Shickert, two more and Wilma Perkins. Behind the flag is Heather McDonald. They placed a strict limit on the number of members of each nation's team in the march past.]

## AUSTRALIAN TEAM REPRESENTATIVES IN THE OPENING CEREMONY AT GATESHEAD



Dear Col

During a recent stopover in Merimbula, we happened upon John Brimacombe running along the beach. The Brimacombe name is well known in athletic circles and you will no doubt remember John as a former club member and strong competitor before he moved away from Melbourne and took up residence in Merimbula.

John is now the owner/manager of some attractive holiday units in Merimbula and he expressed interest in offering a special deal to any Vets. who might like to take a holiday there. The units are well situated near the lake and ocean beaches and close to all services. John showed us through a unit that we found to be well equipped with all the comforts you could possibly need, north facing windows and plenty of natural light. Anyone interested in availing themselves of this terrific offer could contact me for a brochure and further details (Tel: 9808 4641, Email [jgos@netspace.net.au](mailto:jgos@netspace.net.au)), or contact John Brimacombe direct on (02) 6495 1124.

Regards  
John Gosbell



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11/10/60.

*Well, Jackie, if you are a  
Morgan-Morris - you just must  
be a good bloke!*

*So, here's "all the best"*

*from  
Percy Cerutti.*

*Portsea.  
Oct. 1960*

Train at the I.A.C. — where Champions are made: We Teach and  
Condition All-comers for All-sports:  
You, too, can Succeed: Can become a Champion.

Say  
Slowly  
and  
Deliberately:

"We  
March  
Steadily  
to Our  
Goals"

"We  
Never  
Let  
Up"

Remember:  
SUCCESS,  
ACHIEVEMENT  
awaits he  
who can  
grasp it.

And  
Lastly:  
WORK  
does  
Things.

HARD  
THINGS  
Take  
Time  
to do.

IMPOSSIBLE  
THINGS  
Take  
a  
Little  
Longer.

Dear Colin,  
This is the hidden  
treasure I found in  
an old Cerutti book  
c a l l e d  
"ATHLETICS -  
How to become a  
c h a m p i o n",  
probably written late  
50s, cost 26  
shillings.

If only I had known  
something about  
some of the training  
he speaks about I  
may have been some  
sort of runner!  
Yours sincerely  
Harry Preston.

advice of the "Five ways to a faster Marathon" type. I would make a plea to any athlete considering trying any of these departures from normal diets to adopt a well balanced diet of what you like eating and save your money for the things which will really reward you. I would further admonish those considering dietary supplements of vitamins and minerals etc. to realise that all the money spent will only give you the most beautiful yellow urine, and that's all it will give you. No matter how much exercise you're getting, any normal diet contains enough of these to allow your body to fulfill the demands you place on it.

Those attempting endurance events should realise that they may become dependent on fat metabolism for their energy. A considered approach to dietary fat may make all the difference between finishing a Marathon in a mess and romping home ready to do it all again, other things being equal of course.

This cautionary advice is aimed at the few athletes who are tempted to try these extreme measures. Most athletes don't mind the occasional "chuck another snag on the barbie" lifestyle and while it won't do them any harm, it will almost certainly do their emotional wellbeing a power of good.

Regards,

*Mike*

Mike Richards

VVAC-Mannetech

In my opinion the Mannetech product of "sugars" is a good example of the waste of time and money by the research establishment, funded by the drug firms and looking for "magic bullets" to make money. The product is composed of simple but essential sugars which the body can make itself provided it has plenty of VMTE (vits., mins., trace elem.) Because today's Agriculture is pressurized and the food supply is short of VMTE and has over 4 thousand chemicals present our bodies are short of VMTE and often cannot make these simple sugars. Of course when one supplies the sugars in such a situation one gets an immediate effect giving a false impression that this is what the body needs.

Only a temporary effect will be given and you are still not solving the main problem, the shortage of VMTE which is necessary for every part of the body, every enzyme system and for the excretion of toxins and chemicals. Why put a prop under one branch of the tree when you can feed the whole tree to enable it to have all branches strong??

The basic solution to build on and attain all-round good health is to supply the basic needs, i.e. a broad spectrum well balanced VMTE supplement and there are only 2 on the market.

An article published in the Bloomberg News of 3-6-99 warns of the different message given by Mannetech to customers and investors exposing their duplicity and that of their president Mr. Caster who has been prosecuted twice for making false claims for his products. He has been more cunning this time with his sugars.

May I repeat; you are what you eat and what we eat now is very different to what we ate 30-40 years ago. Contrary to the statements of the money hungry, drug driven medical establishment that VMTE is not necessary and all you have to do is eat "good food" we do need a supplement. Unfortunately the few researchers who have proved that point (Ph 55202250 for research papers etc.) are ignored and there is no money to follow up, the drug firms have it all!

Dr P.M. Couttie AACNEM (A.Aus.C. Nutritional Environ. Medicine)  
Ph03-5520-2250, Email  HYPERLINK  
mailto:couttie@iconnect.net.au  couttie@iconnect.net.au

The Editor, Vic Vets News and Results

Dear Colin,

It makes me a little anxious when I see two articles in the July edition advertising the alleged benefits of fad diets and dietary supplements. I commend Jack Stevens for his restraint in offering something in which he believes passionately without forcefully recommending the Pritikin diet. It would be a wonderful world if a reduction of fat intake gave you that much desired advantage in life, however, we know that a moderate dietary fat intake is not only essential but must also be discriminatory for the type of fats. I have seen Vets make a mess of their health with an obsessive and indiscriminate elimination of fats from their diet. This sort of approach is ubiquitous in the popular press as the numerous syndicated articles peddling rubbish as training



FRED LESTER, 1/18 GIPPS ST, RICHMOND 3121, VIC.

Jul 14, 1999

Hi, Colin & Dot,

I have been enjoying the VIC VETS magazines and rang your place about a week ago. As you are only interested in having the phone number of the caller when not at home, it was a bit stupid for me to rabbit on before realising that fact.

That brings me to the main object of this letter which was to ask you for a photo copy, preferably A4 size, of the Leung cartoon in the July issue. I seem to have missed it when it first appeared.

The magazine is a great communicator for all of us and most of the contributions are lively, humorous and informing. Some of the critics need to loosen up a bit after all the years they have been around, the nude beach run photos should not worry anyone over the age of forty who has been involved in physical activities. The sooner you accept the world around you, the better you develop a balanced approach.

On the personal side, Rose and I are back to normal, following the concert and theatre scene. The Melbourne Symphony Orchestra (MSO) is superb and features outstanding soloists. One of the best ideas is their way of giving an introduction to the evening's 8pm performance by a member of the orchestra in outlining what they can see in the music and its history in a talk at 7pm. Similarly, they also have this talk 1 hour prior to the matinee concerts. The Playbox Theatre is also doing a great job, featuring Australian writers and plays. One was a hilarious account of the meaning of marriage, "Secret Bridesmaid's Business", questioning loyalty, fidelity and friendships in the 90's. The last one, "Cloudstreet" was a huge success in portraying Australia as it was and touching relationships of our times. We managed to see the film "Hilary and Jacky", which had very good reviews, and enjoyed it very much. It was very well acted and gave a great insight into relationships between siblings, into love and loyalty and the different factors that may distort perception of same. We also managed to view the revival of "Gone With The Wind", which both of us saw many years ago, and being much more mature also understood much more of the subtleties therein. It really is a great Classic, usually a rather overworked term. We also are back into playing Duplicate Bridge on 2 afternoons weekly at the V.B.A. rooms at Prahran and improving our understanding.

I manage to get in 1 to 2 hours on the bike when the weather is fine, working out in the makeshift gym down at Stradbroke Park in Kew before coaching and do my push-ups and sit-ups and stretching on other days to maintain fitness. Rose does her work-outs at home regularly, daily walks and gets in folk-dancing weekly with a group.

KCAC decided to join with Collingwood by the end of the winter season, seeing that we could not field any teams. At least, our money will be used at club level. I intend to maintain a presence down at Stradbroke Park, irrespective of the club allegiance of any athletes as it is a handy venue for quite a large area. I also am on call as assistant coach at State level for their Junior program.

The Crosscountry runners had to face wet weekends lately and it was rather hard for getting good results. Most of the top runners and Olympic aspirants seem to be seeking competition and build-up on the other side of the globe, the World Champs will be on soon, and attention is centred on the local Football codes or the Tennis and Cricket overseas. As for Veterans, focus will also be on the Northern Hemisphere. Let's hope the weather will improve now that Wimbledon is over!

Hope this finds you both "sparkling on all six". I do miss your cheerful company. Hopefully we'll make it to the Dinner Dance in November.

All the best from Rose and me

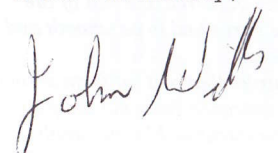


Dear Colin,

Please find enclosed (finally) my subscription for Vic Vets for 1999. My apologies for being so long overdue, but having been recently retrenched I have had a severe cash flow problem. Fortunately I have been able to pick up work with the GREY ARMY as a Handyman/Painter/Plasterer. So if any of my Vic Vets friends could use my services, please let me know.

You have not seen me around the grounds recently. I fell off my roof whilst cleaning my gutters, during which time I learned two interesting facts. These facts are that gravity works and concrete breaks your fall. Fortunately, no body parts were broken, but I sprained my left foot quite severely and have been unable to get around much, but fortunately I am on the mend, and will be dashing back to athletics A.S.A.P.

Yours Faithfully,



John Wills.

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VECTORIAN VETERANS ATHLETICS CLUB INC  
HIGH JUMP COACH / MANAGER

DEAR SIRSGOOD MORNING

MY NAME IS ASIM I AM FROM PAKISTAN .I AM A HIGH JUMPER AND REPRESENTING MY COUNTRY,S ELECTRIC DEPARTMENT MY BEST JUMP IS 1.93 m. I AM CITY AND PROVIENCE RECORD HOLDER .

AS THERE IS NO SUCH FACILITY FOR ATHLETICS IN MY COUNTRY . AND I WANT TO MAKE MY CAREER IN THIS FIELD . I AM HAVING PROBLUMS IN RUN UP AND VERTICAL LIFT AS EVERY NEW COACH COME WITH A NEW STRATIGY HERE SO MY RUN UP IS NOT PERFECT AND MANY OTHER PROBLUMS .

, I WOULD LIKE TO COME TO AUSTRALIA AND DO SOME BASIC TRAINING .I KNOW THAT I CAN IMPROVE . IF I GET PROPER TRAINER I CAN AFFORD COMMING TO YOU . I JUST NEED 6 MONTHS TRAINING .

,IS IT POSSIBLE FOR YOU . PROVIDE THIS FACILITY TO ME , AND IF YES , COULD YOU ALSO INFORM ,FEE ETC.

AWAITING YOU MOST FAVOURABLE REPLY . YOUR HELP WILL BE HIGLY OBLIDGED

THANKS AND BEST REGARDS

ASIM SALIM.

Age:22

hight:5.11

gender: male

ADDRESS:D 59 .BLOCK 4 GULSHAN \_e\_ IQBAL KARACHI

PAKISTAN



Colin,

it is good to see the WAVA Age Graded Tables being used more & more & the calculated Percentage Performance being used to determine the relative merits of athletes of different ages & gender.

However there is one aspect of these tables I would like to comment on & clear up what I believe is a misapprehension.

There is a widely held belief that these tables are based on Olympic & Open World records - this is only true in part. This mistaken belief occurs because WAVA time & distance standards were calculated by applying the WAVA Age Graded Factor to the WAVA Open Class standard [20 to 29 years] "which is usually the World Record". But, as this quote from the last WAVA upgrading in 1994 shows, there is much more than just the Open Grade World Record for the event to be considered:

*"-- the performance[s] of each gender, at each age, and in each event were scrutinized very closely and hotly debated as to validity and merit. The very best performances were then assigned 99 to 100 percent on the tables. Sometimes these great performances were in the upper age groups; sometimes low. But, wherever they occurred, the rest of the event curve had to blend nicely into that performance. The curve had to be smooth and continuous, as well as hit all of the outstanding performances. The committee came up with a logical approach to these curves that was uniform across the family of events. The running events have a different approach from the jumping events which are different from the throwing events, but consistent within the family itself."*

It is not necessary to know the [continually changing] World Record for every event & apply the Age Graded Factors to derive a time or distance standard. These time & distance standards were calculated in 1994 & are expected to remain the standard until the next revision by WAVA [possibly 2000]

Gordon

Dear Colin,

A few brief lines to keep in touch. We find it difficult to get to any of your events apart from the Melbourne Marathon each year. I achieved Spartan status last year which was a bit of a buzz and something I really wanted to do. My wife Barb and daughter Ainsley have been very supportive through all this dropping me off all over the countryside while I have been trying to get some miles in the legs.

I had a run in the Canberra Ultra in April and enjoyed that immensely. We caught up with Ron and Shirley Young prior to the event who were visiting family in Canberra.

We also visited Warwick and Lyn Brain and had a meal with them on the night prior to the run. They were heading off to the Middle East on a tour and ran into a SAS mate of mine at Anzac Cove in Turkey who was standing there in the dawn with 6,000 other people. Small world isn't it?

I have enclosed an article I have had for some time that is quite amusing which you might find good enough to print. I'm not sure where it originated from but obviously penned by a runner.

Anyway all the best and hope to catch up with you not too far down the track.

Cheers,

*John*

**John Trist**

#### WHY NOT NOT RUN

Without the slightest effort you, too, can know the ecstasy of the non distance runner.

Gaunt, sore legged and out of breath, more and more people are casting off their costly and fetid sneakers and dropping by the wayside, where they lie down, close their eyes and smile broadly. They are discovering a relaxing new trend: not running. After months or years of strenuous overexertion, people are beginning to ask why? Why drive yourself to the point of exhaustion? Why pound your feet to bloody stumps? Why pretend that pain is good for you? Why terrorise entire communities by thundering around the streets in massive, unruly, grunting herds? Why Run? Indeed why NOT run?

Who are the pathfinders bold enough to drop out of the faddish rat race? Surprisingly, non runners are a lot like you and me. They include people from every walk of life. And there are not only walkers. There are sitters, leaners, nappers, starers, procrastinators, TV watchers, ice cream lickers, readers, sneezers, yawners, teasers, stumblers and many non-runners have been doing it all their lives. Others have only recently kicked the running habit to join the swelling ranks of the unrun. Without them and their non running related expenditures, the economy would fold up in a minute.

But the economic gain from non running is only part of the picture. There is also the spiritual side. Non runners are linked by a common bond. They feel a kinship that expresses itself in innumerable ways. Non runners will often wave to other non runners they don't even know. Sometimes they will even invite them home to dinner.

And there is the well known psychological lift that comes to non runners. After the first half an hour or so of not running, you become so elated by the realisation that you are not out in the hot sun or in the rain pounding along on a hard footpath or cinder track that you may find yourself uttering a restrained sigh. This indefinable sense of quiet satisfaction is one of the things that makes not running so pleasurable.

People find that once they start to not run, it's hard to stop. After just a small taste, the novice non runner finds his body demanding more and more until he is almost smiling with the sheer joy of not running. We also have the so called Marathoners who have attained the peak of the non running experience. Some of them are capable of going 24 hours without a single running step. Still more astonishing there are those who by combining non running with meditation have achieved a mental state in which they don't even think about running for months on end. Non running is so easy that it can be enjoyed at any time, in any place: in city parks: on sofas: in the bath, alongside (or in) rivers, lakes and in the sea; in the backyard or atop mountains( a site of many a non running "high")

**TAKING IN EASY.** And non running is inexpensive. Tracksuits, netted shirts and imported sneakers are not needed by non runners. You can non run in your everyday clothes, your formal wear or in the nude. While it is true there are some non runners who prefer special striped pyjamas and leisure suits, and who enjoy arguing the merits of hard slippers versus soft, these are in the minority.

Non running gives the overstructured overdirected life a needed sense of freedom and purposelessness. But some people never understand. Competitive, compulsive, indigestive, they become obsessed with crossing finishing lines and counting laps. They lose sight of the importance of staying in one spot and not moving for long periods of time. And they pay a fearful price in terms of curdled brains and the unnecessary provocation of untold thousands of innocent dogs, that are rudely transformed into snapping curs with a morbid desire to taste the human ankle.

Non runners do not have these problems. They truly understand the beauty and power of slow. They respect the concept of "Take it Easy". They reject the pseudo promise of one more for the road. They do not traffic in traffic. They know how to relax. Theirs is the way of the turtle and the snail. Theirs is the spirit of the Glacier, the spirit of Walk. Do not run. Of haste makes waste. Of stop, Halt and yield right of way. Grass grows under their feet and it tickles, and thats nice.

They are non runners, ready to sit down and be counted. Members of the non racing race, they are something special. And they know it



4th September 1999

Dear Athlete,

Athletics Victoria has kindly allowed us to include a Victorian Athletic League Registration form with this mail out.

For those not familiar with the VAL, here is an outline of our operation.

The VAL season runs from early November through to the famous Stawell gift meeting at Easter each year. Whilst most people are aware of Stawell, many do not realise there are a number of similar carnivals throughout the season. Many different promoters such as community service groups, football clubs, athletic clubs, schools and sports and social clubs conduct these carnivals.

The venues are widely distributed throughout Victoria, with carnivals such as Rye, Maryborough, Bendigo, Wangaratta, Castlemaine, Keilor, Fitzroy, Warrambool, Ocean Grove and Ballarat, to name a few. At each carnival a number of events covering distances from 70 metres to 3200 metres, at the promoters discretion, are conducted. The events are conducted under a handicap system, with each athlete's handicap being assessed by the League's handicapper, based on the athlete's previous performances. This system allows all athletes to have the opportunity to be competitive and win races.

The races all carry prizemoney, which varies from \$250 for the smaller carnivals to \$50,000 for the Stawell Gift. Generally the race winner receives about 60% of the prizemoney with the rest going to place-getters and finalists.

We would like to extend an invitation to you to join the professional ranks and share in the \$300,000 on offer each season. Many of our carnivals do not conflict with AV meetings and this would allow you to still compete with your AV club whilst enjoying the atmosphere of the VAL carnivals on those days when there is no clash.

Your VAL registration also enables you to compete at interstate professional carnivals such as Botany Bay(NSW), Bay Sheffield(SA), Jupiter's(QLD), Bumie(TAS) and many others.

Following registration you will receive an entry booklet that lists all meetings and events on the VAL calendar. You simply detach an entry slip from the booklet and forward it to the VAL office with the appropriate fee, and you will receive a competitors pass prior to the event. This pass lists: -events entered, starting times, handicap marks and venue locations.

Please take advantage of first year registration discounts and we look forward to welcoming you to the ranks of Professional runners. If you require any additional information please contact the VAL office on 03 9328 1751.

Barry Curley  
Chief Executive Officer  
Victorian Athletic League.

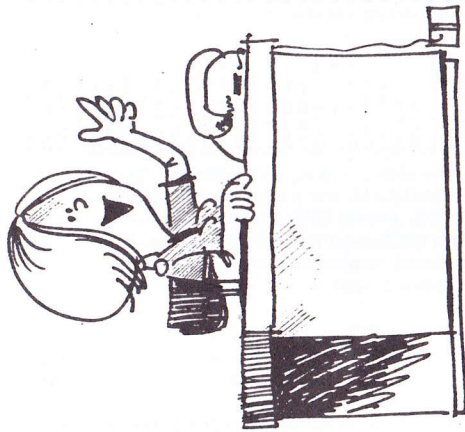


[Ed: I have the forms required and will gladly copy them and send them on request. 9874 2501 ]

Name	Age	Event	Place	Time/Dist
Gerardo Rivillio	M45	Cross Country	15	1-33:51
Coral Monk	M60	Marathon	22	4-48:13
Lavinia Petrie	W65	Marathon	1	3-14:46
Judy Wines	W60	Marathon	11	4-22:44
Anne Callaghan	M60	Marathon	14	4-56:35
Rob Walters	M50	Marathon	55	5-27:08
John Dean	M50	Marathon	59	5-38:02
John Bell	M50	Marathon	64	5-47:54
Bob Power	M55	Marathon	61	5-47:54
Stephen Barker	M55	Marathon	61	5-47:54
John Waite	M55	Marathon	68	4-28:19
Kevin Browne	M60	Marathon	45	5-58:09
Colin Silcock	M65	Marathon	27	4-28:09
Celia Johnson	W65	5 Km Walk	5	28:53:83
Tony Johnson	M55	5 Km Walk	4	25-24:07
Ken Walters	M65	5 Km Walk	11	28:52:26
Colin Silcock	M65	5 Km Walk	23	31-15:55
Shelia Meyer	W40	10 Km Walk	14	1-07:22
Heather McDonald	W45	10 Km Walk	5	58:35
Celia Johnson	W50	10 Km Walk	3	1:03:37
Gwen Slead	W55	10 Km Walk	5	1:03:54
Penny Hall	W55	10 Km Walk	16	1-13:55
Lynne Schickert	W55	10 Km Walk	26	1-13:55
Margaret Marion	W55	10 Km Walk	30	1-18:28
Carol Ryan	W55	10 Km Walk	31	1-18:41
Heide Engel	W60	10 Km Walk	32	1-22:42
Margaret Beaumont	W60	10 Km Walk	15	1-13:46
Tony Doran	M45	20 Km Walk	18	2-07:23
Tony Johnson	M55	20 Km Walk	17	2-06:59
Murray Dickinson	M60	20 Km Walk	4	1-57:32
Ian Beaumont	M60	20 Km Walk	16	2-15:55
Ken Walters	M65	20 Km Walk	29	2-50:33
Colin Silcock	M65	20 Km Walk	5	2-05:07
Bob Schickert	M65	20 Km Walk	19	2-15:44
George Simons	M55	3000m Steeple	15	12-42:98
Graeme Noden	M60	2000m Steeple	18	10-02:29
Peter Berry	M60	Long Jump	5	4:10
Terry Dunn	M60	High Jump	13	1:30
Terry Dunn	M60	Pole Vault	11	2:20
Jayne Hardy	W35	Javelin	9	38:13
Kaye Smythe	W50	Javelin	6	40:09
Mary Thomas	W55	Javelin	2	40:09
Janice Davies	W55	Javelin	16	27:55
Val Prescott	W65	Javelin	20	17:55
Ruth Frith	W85	Javelin	16	6:00
Bob Barnes	M50	Javelin	3	51:25
Ray Green	M50	Javelin	13	40:82
Graeme Rose	M55	Javelin	25	49:13
Terry Dunn	M60	Javelin	27	33:28
Ron Stobaus	M60	Javelin	27	25:04
Jim McGrath	M65	Javelin	17	26:19
Jayne Hardy	W35	Javelin	12	35:45
Chris Schulz	W45	Discus	1	35:43
Mary Thomas	W55	Discus	6	29:71

Name	Age	Event	Place	Time/Dist
Stephen Barker	M55	5 KM	58	22-28:40
Graeme Murrifett	M55	5 KM	64	24-48:50
Bob Hayes	M60	5 KM	41	21-18:40
Kevin Browne	M60	5 KM	48	22-06:13
John Anderson	M60	5 KM	50	22-47:95
Don Cox	M60	5 KM	54	24-26:63
George Simons	M60	5 KM	59	27-02:00
Mike McAvoy	M65	5 KM	13	19-55:20
Ray Callaghan	M65	5 KM	34	22-37:90
Peter LeGet	M65	5 KM	26	21-50:70
Colin Silcock	M65	5 KM	70	28-23:20
June Petrie	W35	10 KM	5	38-06:31
Lavinia Petrie	W55	10 KM	2	41-06:31
Anne Callaghan	W60	10 KM	10	56-58:40
Bert Pelgrim	M40	10 KM	22	35-44:16
Russell Johnson	M45	10 KM	33	39-56:45
Bob Schickert	M55	10 KM	28	40-20:64
Ian Upton	M55	10 KM	36	41-53:87
Stephen Barker	M55	10 KM	50	45-39:59
Bill Ryan	M55	10 KM	53	47-48:08
Kevin Browne	M60	10 KM	39	46-17:28
George Simons	M60	10 KM	45	53-20:93
Peter LeGet	M65	10 KM	27	47-40:55
Colin Silcock	M65	10 KM	34	56-57:31
Ray Callaghan	M65	10 KM (21 laps)	23	46:30
Coral Monk	W55	Cross Country	27	58:22
Heather Murrifett	W55	Cross Country	28	58:32
Val Prescott	W55	Cross Country	31	1-03:32
Lynne Schickert	W55	Cross Country	35	1-09:36
Anna Callaghan	M40	Cross Country	22	57:05
Tony Doran	M45	Cross Country	40	35:19
Jonathan Homes	M45	Cross Country	77	41:10
Lindsay Beaton	M45	Cross Country	90	43:47
Trevor Hawksworth	M50	Cross Country	99	47:16
Rob Walters	M50	Cross Country	53	39:54
John Monk	M50	Cross Country	69	41:53
John Bell	M50	Cross Country	71	42:28
Bill Carr	M50	Cross Country	73	43:36
John Dean	M50	Cross Country	75	44:16
Bob Schickert	M50	Cross Country	78	44:57
Ian Upton	M50	Cross Country	35	39:32
John Waite	M50	Cross Country	54	42:22
Brian Foley	M50	Cross Country	58	43:39
Bill Ryan	M50	Cross Country	63	44:23
Trevor Jupp	M50	Cross Country	79	50:05
Bob Petrie	M50	Cross Country	63	1-00:31
Bob Hayes	M60	Cross Country	90	1-08:10
John Anderson	M60	Cross Country	39	44:23
George Simons	M60	Cross Country	45	45:22
Mike McAvoy	M65	Cross Country	14	55:42
Peter LeGet	M65	Cross Country	15	41:31
Colin Silcock	M65	Cross Country	35	46:17
Ray Callaghan	M65	Cross Country	48	50:35





## Dot's Corner

Had some good advice from Eddie Stack the other day. Want some good cheap running shoes? Ed stated that he got a real bargain at Dimmeys. Cost him \$3.90. Really good he reckons. Reduced from \$12 and it's cheaper on Thursdays for the pensioners. They can get 10% off!

When Ed went to Alice Springs for the Masters Games, the Ghan hit a bull! The train was delayed for an hour and a half.

At Croydon the other night across the park in the dark we heard a young fellow letting off crackers. Ken Walters said "That's not legal, is it?" And he let out with this incredible imitation of a police siren. It was loud, long and very convincing. The young bloke took off. Ken then told us that when his kids were young they used to go down to Rosebud in summer, and, if you remember the roads in those days there was always a queue of traffic out of Dromana. Ken reckons he would put his head out the window and make this siren noise and all the cars would pull over to the side and let his car through!

Name	Age	Event	Place	Time/Dist	Points
Janece Davies	W55	Discus	12	24.98	
Vai Prescott	W55	Discus	27	17.46	
Helen Searle	W60	Discus	2	29.62	
Ruth Frith	W65	Discus	1	12.39	
Barry Mullins	M40	Discus	22	28.61	
Ray Green	M50	Discus	15	40.82	
Bob Baneins	M50	Discus	21	39.24	
John Reynolds	M85	Discus	23	32.94	
Ron Stobauss	M60	Discus	32	20.16	
Ken Knox	M75	Discus	9	26.69	
Royce Foley	M80	Discus	4	22.92	
Jayne Hardy	W35	Shot Put	19	9.47	
Chris Schultz	W45	Shot Put	1	12.61	
Mary Thomas	W55	Shot Put	3	12.05	
Janece Davies	W55	Shot Put	16	6.77	
Helen Searle	W60	Shot Put	2	12.86	
Lorna Lauchlan	W65	Shot Put	12	5.86	
Ruth Frith	W65	Shot Put	1	5.41	
Barry Mullins	M40	Shot Put	17	10.76	
Ray Green	M50	Shot Put	9	12.85	
Bob Baneins	M50	Shot Put	17	12.31	
John Reynolds	M55	Shot Put	22	9.37	
Ken Knox	M75	Shot Put	5	9.46	
Royce Foley	M80	Shot Put	5	7.66	
Chris Schultz	W45	Shot Put	6	32.67	
Sharon Reynolds	W50	Hammer	17	26.26	
Janece Davies	W55	Hammer	2	43.92	
Mary Thomas	W55	Hammer	7	34.16	
Helen Searle	W60	Hammer	1	42.03	
Ruth Frith	W65	Hammer	1	13.6	
Barry Mullins	M40	Hammer	18	30.06	
Bob Baneins	M50	Hammer	14	38.29	
Ray Green	M50	Hammer	17	38.95	
John Reynolds	M55	Hammer	16	38.95	
Ron Stobauss	M60	Hammer	28	22.51	
Ken Knox	M75	Hammer	11	23.96	
Royce Foley	M80	Hammer	2	23.27	
Chris Schultz	W45	Weight Pentair	1	4092	
Sharon Reynolds	W50	Weight Pentair	12	1886	
Janece Davies	W55	Weight Pentair	6	3633	
Ray Green	M50	Weight Pentair	16	3551	
Graeme Rose	M55	Weight Pentair	2	4553	
John Reynolds	M75	Weight Pentair	12	3444	
Ken Knox	M75	Weight Pentair	9	3123	
Royce Foley	M80	Weight Pentair	3	2961	

Page 5.

## SRI CHINMOY (WILLIAMSTOWN) MARATHON

Ken Matchett - Croydon Venue

The Sri Chinmoy Marathon was part of the Sri Chinmoy Running and Fitness Festival held at Williamstown on 23 May 1999. This race was one of no fewer than ten individual events including the half marathon, 10K walk/run races, team events, duathlon and even a 50 mile event. The marathon started at the Williamstown athletic track and ran along the Strand, taking in some excellent views of the Melbourne skyline across the Bay. The course is particularly flat and fast.

It is only recently that this marathon has been run at this time of the year. In 1983 when I ran my first Sri Chinmoy Marathon the race was held in August at Dromana and ran along the Nepean Highway. That was the fourth annual Sri Chinmoy Marathon, but in those days we did not see the range of events offered to runners today.

The Sri Chinmoy Marathon is named after the contemporary Indian spiritual leader whose philosophy advocates the all-important relationship between sporting activity and spiritual fulfilment. Through such activity strengthened by contemplative practices Sri Chinmoy felt that a balanced and progressive lifestyle would result.

Run and become. Become and run.  
Run to succeed in the outer world.  
Become to proceed in the inner world.

The marathon is arranged by the Sri Chinmoy Marathon Team, one of many in Australia, USA, Canada and Europe. Fully equipped aid stations provided the necessities and the course was well-defined with distance markers at each kilometre. In addition to winners' trophies the Sri Chinmoy Marathon team awards medallions to the top three placegetters and to no fewer than seven different age categories (under 15 to over 70). Each marathon finisher also receives a medallion. Free massages and breakfast are offered to all competitors, and a result book is posted to all entrants.

This year the marathon was won by Kelvin Marshall in a time of 2:58:27, first female being Helen Gordon (3:35:08). Race records stand at 2:35:12 for men and 3:04:22 for women, both established in 1997. Sixty runners completed the marathon, 330 the half-marathon and another 270 the 10K run, such numbers reflecting the fact that once again with today's ever-challenging lifestyles runners are finding it increasingly difficult to give the necessary time to training for the longer distances.

## Fiji International Bula Marathon

Ken Matchett - Croydon Venue

Any tourist who has had the good fortune to have visited Fiji will be familiar with the friendly greeting: 'Bula!' The Bula Marathon, sponsored by Sheraton Resorts, Fiji, was run on Saturday 19 June 1999, but three races were on offer - the full marathon, half marathon and a 10 km race. The marathon started at Lautoka, Fiji's second largest town, and made its way south past Nadi airport, through Nadi township and then a few kilometres further on to the Sheraton Resorts and the finish at the Golf and Racquet Club on Denarau Island. (It should be mentioned that the 'island' is separated from the mainland by a very short bridge.) For half marathon runners there was an out and back course from Denarau. Also on the programme was a Race Expo, a race briefing and a pre-race carbo-party.



For the marathoners a bus was arranged to pick runners up at 4.30 am from Denarau and deliver them to the start. The sun was just rising as the marathon got under way, but not before a ceremonial war dance, complete with war chants and brandishing of weapons was performed. One requirement of all runners was the compulsory registration check at the start of the race, which seemed unique in marathon planning. Another praiseworthy idea was the issuing of a comprehensive questionnaire after the conclusion of the race, requesting the runner's assessment of race organization.

Although the most spectacular scenery is to be found in the highlands on the eastern (Suva) side of the island of Viti Levu, there are still some very delightful views of the ocean and countryside as one runs along towards Nadi, passing native huts (bure), sugar cane fields and markets on the way. Cows wander by the roadside and an occasional piglet scatters out of the way. This is a marathon race with a difference! Fijian children line the marathon route, many of them part of the large contingent of volunteers handing out various foods, water, electrolyte water, Coca-Cola and iced water sponges. There are, in fact, competitions to find out the best-turned-out villages and schools, the judges looking out for cultural displays, dress, music and cheering. There are plenty of 'Bula' (Hello) and 'Vinaka' (Thank you) en route.

Runners from Australia and NZ, coming from a very cold winter climate, find the going very tough. Temperatures were hovering around the 30 degrees Celsius mark and the high humidity of 80% made the avoidance of dehydration and keeping reasonably cool a difficult task indeed. In such a climate one doesn't feel like walking, let alone running, and the finishing times of most runners reflected this. There is a finish time limit of seven hours. The marathon route itself is essentially flat with a few gradual rises just before the half-way mark. The course was well marked with red cones throughout and there were frequent aid and refreshment stations. Both ambulance and police constantly patrolled the route.

A surprise awaited all finishers in the marathon - the finisher's 'medal' turned out to be a small carved wooden sea turtle to be hung around one's neck. The attractively designed finisher's T-shirt was an added bonus. Many took advantage of the free massage offered at the finish.

On the same evening, a celebration award dinner was held, which turned out to be a sumptuous five-star meal. With regard to the awards, elite runners took home prizes of several thousand US dollars, and there were age category prizes offered from age 18 to over 70 years. There were strong contingents from both Japan and New Zealand, with just a few Australian runners, all of whom received a most warm welcome and an invitation to return.

Fiji, only about four hours flying time from Melbourne, offers so much to visitors coming from a cold winter. There are many hotels in Fiji from which to choose accommodation, and a range of holiday packages. I was more than happy with a holiday package arranged by Qantas Holidays, staying at one of the two Sheraton hotels on Denarau Island and flying Air Pacific (Melbourne - Nadi direct). If you go be sure to take in a full day's tour such as the 'Namuamua Inland Tour' on which you can see the 'real' Fiji, with its native villages, ceremonies and spectacular tropical rain forests. Water sports, golfing and visits to nearby tropical islands are some of the many other attractions Fiji has to offer to the tourist and to those marathoners who are looking for a different but not impossible challenge.



## Veteran,s 10K and 5k RoadWalks.

### Mens 10K Results.

M40		M45	
Mark Donahoo	43.48 1st	Clyde Riddoch	49.13 1st
		Ross Reid	50.38 2nd
M50		Ian Cassell	56.03 3rd
Andrew Jamieson	45.41 1st	Tony Doran	57.57 4th
Tony Barrett	53.17 2nd		
Geoff Barrow	62.16	M55	
		Tony Johnson	51.34 1st
M60			
Murray Dickinson	50.02 1st		
Bob Gardiner	55.56 2nd	M65	
Terry Dunn	58.11 3rd	Ken Walters	56.20 1st
M70			
Alan Jones	83.24 1st		

### Mens 5K Results.

M60		M65	
Geoff Major	27.29 1st	Jim Machin	37.45 1st
Kevin Marion	34.57 2nd		
Ian Beaumont	35.34 3rd	M70	
John Beck	35.39 4th	Gordon Gourlay	32.02 1st
M80		M85	
Andy Smith	45.38 1st	Ern Walker	40.04 1st

### Womens 5K Results.

W35		W40	
Annette Major	24.46 1st	J. Coyte	26.49 1st
W45		W50	
Marlene Gourlay	26.58 1st	Celia Johnson	27.43 1st
Heather McDonald	27.02 2nd	Eileen Hay	31.34
Janet Holmes	28.52 3rd		
Gill Butler	32.50 4th	W55	
		B. Riley	26.53 1st
W60		Gwen Steed	27.22 2nd
Marg Beaumont	33.04 1st	Sylvia Machin	30.36 3rd
		Aileen Love	31.24 4th
W70		Marg Marion	34.57 5th
Jean Knox	32.02 1st	Bev Hugo	35.07 6th
		N King	36.28 7th
W80		Heidi Engel	37.45 8th
Grace Smith	52.21 1st		

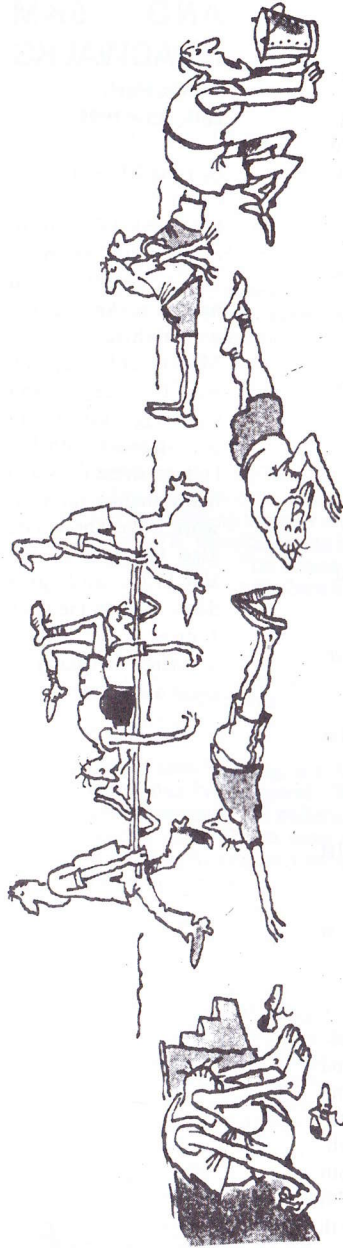
## WVACI 10KM AND 5KM ROADWALKS

Albert Park  
26th June 1999

by Peter McGrath

Many thanks again to every Club Member who competed and helped make the day worthwhile. Ted McCoy did a top job with timekeeping and recording. Jean O'Neill is a stalwart with her help on these days and many thanks for your work. We appreciate also the role of the V.R.W.C. and give thanks also to the Walk Judges for their assistance in making the event a success.





4 July 1999

Winter Weight Pentathlon Championships

Grp	Event: Name	Age	Hammer		Shot Put		Discus		Javelin		Weight		Total	Place					
			Distance	Points	Distance	Points	Distance	Points	Distance	Points	Distance	%			Points				
M55	Graeme Rose	55	47.05	77.90	924	12.72	76.40	910	37.84	63.98	777	46.19	75.54	928	16.98	81.32	1043	4582	1st
M55	John Reynolds	55	38.21	63.26	721	9.92	59.58	681	36.12	61.08	735	28.55	48.69	512	14.05	67.29	840	3489	2nd
M60	Greg Maudon	61	17.06	29.24	252	6.42	40.10	408	20.20	32.47	321	25.71	43.41	455	7.14	33.58	355	1791	1st
M65	Alwyn Harbott	66	31.09	59.15	647	7.84	54.56	597	25.93	46.46	510	19.72	38.59	362	10.92	55.52	658	2774	2nd
M70	Wim van Weenen	67	44.66	86.80	998	10.19	72.53	814	32.47	59.48	674	30.71	58.07	643	15.75	81.35	1006	4135	1st
M70	Milton Bullantyne	70	33.12	61.21	693	10.25	69.49	816	27.22	53.15	620	26.75	59.48	608	11.89	57.50	699	3436	2nd
M75	Harry Wynhoven	70	34.40	63.57	725	8.76	59.39	679	30.95	60.44	725	20.49	40.96	432	14.88	71.95	907	3468	1st
M75	Ken Knox	75	23.69	48.59	520	8.73	65.99	768	24.13	52.53	611	14.88	32.69	319	9.84	51.41	613	2831	1st
M80	Roy Foley	82	23.33	56.82	581	7.52	67.89	732	25.13	65.44	733	13.19	33.83	307	11.04	36.70	649	3002	2nd
	John Fraser	84	26.17	67.89	670	7.47	72.03	726	20.77	57.77	581	12.28	33.35	278	13.49	72.60	820	3075	1st

WOMEN

W35	Sandra Howorth	36	28.14	48.28	458	8.68	40.47	443	26.32	35.63	394	19.98	29.90	350	9.67	66.83	653	2298	1st
W45	Heather Morris	46	20.97	43.92	403	7.93	45.65	511	15.77	20.23	258	13.22	25.55	287	7.80	62.50	602	2061	4th
	Chris Schultz	48	30.34	66.14	653	12.36	76.87	871	41.33	72.22	841	27.21	55.49	686	11.37	93.89	938	3989	1st
	Elizabeth Szczepanska	48	33.80	73.69	746	9.52	59.20	639	27.95	48.84	528	17.95	36.60	420	6.14	50.70	449	2782	2nd
	Judy Coram	49	21.55	47.91	418	8.36	33.38	546	22.92	41.02	414	19.33	40.49	459	6.50	54.48	482	2319	3rd
W50	Lorraine Mussett	50	20.40	40.03	365	6.80	38.59	417	11.97	21.92	210	8.63	15.69	152	6.25	42.43	379	1523	2nd
	Sharon Reynolds	51	25.51	51.11	494	6.88	40.21	424	18.79	35.31	377	16.28	30.41	358	7.41	51.07	470	2123	1st
W55	Jan Davies	57	46.45	104.92	1166	8.84	60.92	684	25.18	54.82	625	18.25	39.77	480	13.96	105.20	1087	4042	1st

**ERIC GREAVES MEMORIAL 10Km**  
**INCORPORATING VVAC Inc. 10Km ROAD CHAMPIONSHIP**  
**BRAESIDE PARK**

The VVAC Inc. and Victorian Cross Country League Inc. joined forces to sponsor the inaugural ERIC GREAVES Memorial 10Km at Braeside Park, Dingley to honour the memory of the late, legendary, indomitable Eric Greaves.

Despite wintry weather - mist, rain and a single digit temperature, people began arriving in numbers. Mike McAvoy, our Geelong Venue manager, was the first to arrive after leaving his Clifton Springs home before dawn, typifying the resolve of 'vets' and 'pros' alike to be part of the historic occasion. By starting time, approximately 200 athletes had gathered at the start line. The honour of firing the gun (partly compensating for not being able to run because of injury) fell to Eric's long time running mate and fellow dual club member, Alan Bennie. In fact Eric's many friends from the Springvale venue did a terrific job taking entries, timekeeping, processing results and other sundry tasks - Val & George Paton, Lyn Crouch, Kevin Campbell, Mick Colgan, Chris McArdle and, of course, 'she who we must continue to obey' - Wendy. As Alan commented, "Eric would have expected nothing less", clearly it was a labour of love for them all.

The 'largest for many years' field streamed over the initial 400m bitumen section and then onto the gravel surface for two circuits of the gently undulating and 'very kind to ageing joints and limbs' road surface. Martin Cash, winner of the M40 division, led the field home in 34-27 past the considerable crowd of families and friends waiting at the final turn giving an almost carnival atmosphere to the finish. Martin was followed by a procession of bedraggled, mud-spattered but very satisfied vets as each endured the distance run for themselves and no doubt also for Eric. Eric's legendary courage would certainly have inspired many to heights greater than normal - others may have imagined Eric running beside them (or more accurately, for most, well ahead!).

There were many outstanding performances, particularly amongst the women, where there was a great 3 way battle between Petrina Trowbridge (1<sup>st</sup> W50 39-37), Theresia Baird (1<sup>st</sup> W55 39-48) and Lavinia Petrie (2<sup>nd</sup> W55 39-57).

After the race the rain eased off and a large expectant crowd gathered in front of the newly signed Vic Vets tent which was the centre of attention and interest with the display of the two magnificent memorial trophies - one crafted by Vic Vet's Louis Waser and the other by the VCCL's Ross Johnstone. All vets age group winners and placegetters were awarded specially struck memorial medals. The presentations proved to be a very emotional time as our Club President, Rob Waters, organized members of Eric's family as well as close friends to present the medals. It was made even more emotional by the fact that this was Eric's last involvement with Vic Vets - he presented the medals last year. The presenters included Wendy, Eric's parents - Ted and Linda, Sisters/Brothers-in-law - Beverley and Paul Zachariah, Marilyn and Barry Wells, close friends - Tony Doran, Mick Davin, Alan Bennie, Kevin Onley, Peter McGrath and the trophy craftsmen - Louis Waser and Ross Johnstone. Ross's trophy went to the winner of the VCCL H/C while Louis' trophy was for the most outstanding performance, based on age graded %, with competitors in both events being eligible. The very popular and worthy winner was Theresia Baird, whose performance, 57 years of age in 39-48, rated an outstanding age graded % of 91.6%. She was closely followed by Lavinia Petrie (89.38%) and Petrina Trowbridge (87.5%) - so it was the women who led the way. Best male was Mike McAvoy, whose 40-42 at 64 years of age rated 83.7%.



Everyone - athletes, officials, friends and family had collaborated to demonstrate the affection and respect they all held for Eric. We had, in the most appropriate way and place possible, saluted his memory and we will continue to do so down the years.

In concluding, I would like to place on record my appreciation for the assistance given by a host of people in the organization and conduct of the event. The Springvale team has been mentioned - others included, from Mentone/Caulfield - Dick Jeffrey, John Markham, Viv Cash, Jan Morrey, Louis Waser, John Beck and Kevin McGrath, from Croydon - Ken and Judy Walters, Doug Orr, from East Burwood - Alex Harris and our recently elected Life Member, Keith Routley. Their assistance ensured a memorable event.

Special thanks also to Tony and Celia Johnson, who acted as official photographers and captured many happy individuals, groups and moments to remember. Also thanks to the VCCL 'girls' who came to our assistance when the generator proved unequal to the task of boiling the water for the indispensable cuppa.

A day that will not readily be forgotten.

*Ted McCoy*

ERIC GREAVES MEMORIAL 10K INCORPORATING VVAC Inc. 10K ROAD CHAMPIONSHIP  
BRAESIDE PARK

11-7-99

RESULTS

AGE G'P	PLACE	NAME	AGE	TIME	AGE GRAD. %	AGE	PLACE	NAME	AGE	TIME
W35	1	Sandra HOWARTH	36	60-28	50	M30	1	Rob ZDANOWICZ	32	36-25 74.1
							2	Thomas BOYD	34	38-35 69.9
W40	1	Anne McPHERSON	42	46-50	67.8	M35	1	Mark KING	37	38-32 70.8
W45	1	Lynne LEVERSHA	46	43-50	74.9		2	Grant McDONOUGH	39	39-32 70
	2	Marlene GOURLAY	47	44-57	73.7		3	Brad CURTIS	35	40-42 66.3
	3	Sonya McLENNAN	47	46-16	71.6		4	Kevin CASSIDY	38	41-51 65.7
	4	Robyn SPEERING	49	48-57	69.2		5	Noel FAIRBURN	38	49-13 55.8
	5	Susan KEMP	45	58-21	55.6	M40	1	Martin CASH	40	34-27 80.9
W50	1	Petrina TROWBRIDGE	52	39-37	87.5		2	Joe CAMPISI	42	37-47 74.8
	2	Liz CLINE	50	49-53	68.2		3	Peter FIELD	41	38-22 73.2
	3	Val McLEOD	52	57-29	60.3		4	Phil KENINGTON	43	38-45 73.5
	4	Pauline BROWN	54				5	Andrew TUNNE	40	42-33 65.5
W55	1	Theresia BAIRD	57	39-48	91.6		6	Lou BUCCIERI	43	44-48 63.6
	2	Lavinia PETRIE	55	39-57	89.3		7	Ian KRASKA	44	44-58 63.8
	3	Margaret CASSIDY	55	44-29	80.2	M45	1	John DUCK	46	36-35 79.6
	4	Sylvia MACHIN	58	56-50	64.8		2	Chris STEWART	45	36-47 78.6
W60	1	Anne CALLAGHAN	61	56-15	67.6		3	John NEWSOM	47	37-30 78.3
W65	1	Shirley YOUNG	69	51-09	82.1		4	Ross MARTIN	47	38-48 75.6
W70	1	Corrie DeGROOT	71	57-02	75.8		5	Peter BENICE	49	38-53 76.6

6	David LEVERSHA	46	38-55	74.8	5	Greg LOVEJOY	57	42-24	75.2		
7	Rob DREW	45	39-30	73.1	6	Jim SMITH	58	43-30	73.9		
8	Rob CLUTTERBUCK	46	39-46	73.2	7	Barry FRY	56	43-36	72.4		
9	Glenn CLAUDEN	45	39-41	72.8	8	Ashley PAGE	58	43-48	73.4		
10	Peter WEEKS	45	40-58	70.5	9	Malcolm BROWN	58	43-49	72.1		
11	Chris COLLEY	48	41-25	71.4	10	Gabriel CARMONA	56	44-13	71.4		
12	Chris CALAMATTA	46	41-41	69.9	11	Karl FAUVRELLE	58	44-33	72.2		
13	John HOLMES	47	42-27	69.1	12	Graeme STEVENS	57	45-27	70.1		
14	Graeme PAUL	45	42-47	67.5	13	Stephen BARKER	56	45-35	69.3		
15	Tony DORAN	47	43-02	68.2	14	Laurie CROUCH	59	45-52	70.7		
16	Rod WADSLEY	46	45-18	64.3	15	Doug PETROFF	57	46-24	68.7		
17	Ian TREGGAR	49	45-22	65.7	16	David NOBBS	59	46-48	69.3		
18	Reg WILLIAMS	48	47-02	62.9	17	Denis PHILLIPS	57	50-14	63.4		
19	Lindsay BEATON	49	49-33	60.1	18	Colin MILLER	56	50-22	62.7		
20	Paul LYNCH	49	49-44	59.9	19	Peter McGRATH	59	51-53	62.5		
21	Rod GILBERT	49	50-06	59.5	20	Roland BROWN	58	53-28	60.1		
22	Paul TWINING	49	51-12	58.2	21	Bob PETRIE	57	54-08	58.9		
23	Don CORRIE	49	53-51	55.3	M60	1	Mike McAVOY	64	40-42	83.7	
24	Ray CHADWICK	49	57-47	51.6	2	Ray O'CONNOR	61	41-32	79.6		
M50	1	Ken SENIOR	53	38-06	80.8	3	Juan PEREZ	60	42-01	77.9	
	2	Sam DEFANIS	51	39-08	77.4	4	Roger TROWBRIDGE	60	43-39	75	
	3	Gary STEWART	53	39-10	78.6	5	Allan BASHFORD	60	44-09	74.2	
	4	John RASKAS	52	39-30	77.3	6	Bob HAYES	61	45-50	72.2	
	5	Charlie MALLIA	50	40-48	73.6	7	John ANDERSON	60	46-24	70.6	
	6	Murray HUTCHINSON	50	40-52	73.5	8	Ray HARBERT	60	47-37	68.8	
	7	David ROLFE	53	41-23	74.4	9	John PEACOCK	63	48-02	70.2	
	8	Rob WATERS	53	41-25	74.3	10	Greg MAULDON	61	48-30	68.2	
	9	Neil GRAY	51	41-34	72.9	11	Gerry CLARKE	62	49-58	66.8	
	10	Louis WASER	53	42-04	73.2	M65	1	Roy STANWAY	65	43-05	79.9
	11	David WEAR	52	42-07	72.5	2	Bill PAGE	68	46-09	77.2	
	12	Bryan KELLY	51	44-15	68.4	3	Tom DAVISON	66	46-46	74.4	
	13	Howard REES	51	44-23	68.2	4	Ron LEGGETT	65	56-35	60.8	
	14	Howard ROSS	54	45-46	67.8	M70	1	Vin O'BRIEN	71	45-13	81.6
	15	John DEAN	54	47-36	65.2	2	Bob LEWIS	71	45-28	81.2	
	16	Bernard POWNALL	53	48-24	63.6	3	Ray KEMP	71	47-55	77	
	17	Ken HOUGH	54	48-27	64.1	4	Frank TUTCHENER	71	48-41	75.8	
	18	Ian McLEOD	54	57-30	54	5	Tony MARTIN	71	53-51	68.5	
M55	1	Westly WINDSOR	55	39-10	79.9	6	Les JARRY	70	50-54	71.6	
	2	Ted McCOY	59	39-20	82.5	7	Vern GERLACH	74	54-14	70.8	
	3	Graham PHILPOTT	56	39-58	79	8	Jack GUBBINS	70	54-23	67	
	4	Frank HARGREAVES	58	42-11	76.2	9	Ben MORREY	70	56-15	64.8	



10	John YATES	71 58-28 63.1
11	John REID	72 58-49 63.6
12	Jim SINCLAIR	74 60-28 63.5

The winner of the ERIC GREAVES MEMORIAL TROPHY for the most outstanding performance based on age graded % was Theresia BAIRD ( 57 39-48 91.6% ).

## 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, 19<sup>th</sup> September, CHC Coburg Special Fun Run**, (12km & 4km), Harold Stevens Athletic Track, Coburg, 9am (9386 9251h)

**:Traralgon Harriers King & Queen of the Mountain** (30km), Shakespeare Street, Traralgon. 10am (5133 9036h)

**Monday, September 20<sup>th</sup> to Wednesday, September 22<sup>nd</sup>, 4<sup>th</sup> 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, 25<sup>th</sup> September to 3<sup>rd</sup> October 7th Australian Masters Games, Adelaide SA**, AMG Office, GPO Box 1999, Adelaide SA 5001, phone 08 8300 6140. email [games@ausmasters99.org.au](mailto:games@ausmasters99.org.au)

**Sunday, 26<sup>th</sup> September, Sri Chinmoy Princes Park Marathon TT, Run/Walk** (30km, 21.1km, 10km & 5km) Princes Park, Carlton, 9am. (9428 6665)

**:Strezlecki RSPCA Run**, (7.8km), Albert Street, Moe, 10am (035127 1002)

**Saturday, 2<sup>nd</sup> October, VRR Tan Time Trial** (8km & 4km), near Government House Drive, 7.30am (9802 1220)

**Sunday, 3<sup>rd</sup> October, Spring Into Shape Series**, (8km & 4km), Alexandra Gardens, 9.30am (9819 9225 w)

**:Letts Beach SLSC Fun Run**, (10km), Golden Beach, 10.30am (0351 463 307h)

**Sunday, 10<sup>th</sup> October, VVACI Marathon** in Melbourne Marathon. (42.2km & 21.1km), Albert Park Lake, 8.00am. Also a 6km Run & Walk at 9.15am. (9819 6888 w for official MM info). Please note a change in club regulations about method of entry and club uniform. The details are published in this issue of Vic Vets News and Results.

**Sunday, 17<sup>th</sup> October, Erica-Rawson Red Cross Fun Run**, (10.7km & 3.9km), Erica Oval, 10am (5165 3494 h)

**Sunday, 24<sup>th</sup> October, 9<sup>th</sup> Toolangi Fun Run**, (10km & 4km), Toolangi, 10am, enter on the day. Greg Wilson, Vic Vets, 0359 629 467

**:CHC Special Coburg Fun Run** (12km & 4km), Harold Stevens Athletic Track Coburg, 9am, (9386 9251 h)

**:The Cardinia Dam Un-Fun Run** (10km & 4km), Crystal Brook car park, off Wellington Road, 9.30am (9754 4618 w)

**:Peter Mac Family Run & Walk** (8km & 4km), Treasury Gardens, Melbourne, 9am (9656 1124)

**:Pelican Fun Run** (10km, 5km, 3km & 2km), Colac East PS, Apollo Bay Road, 10am, (5231 2560 w)

**Saturday, 30<sup>th</sup> October, Bright Alpine Climb Four Peaks** from October 30 to November 2 (various distances), Bright/Harrietteville, various starts (5755 1507 h)

**Sunday, 30<sup>th</sup> October, Brackenbury Classic** (21.1km, 10km, & 5km), Post Office, Creswick, 9am (5345 2530 h)

**:Serendip Sanctuary Fun Run & Walk** (7km & 2.8km), Windermere Road, Lara, 9am (5282 4171 h)

**Tuesday, 2<sup>nd</sup> November, Cup Day Family Fun Run** (10km & 3km), Knox Park, Rusedale Street, Scoresby, 9am (9803 6894 h)  
**:Mansfield Mt. Country Festival Fun Run** (8.5km, 3.5km, 1km), Mansfield, 10.30am (5775 1464 w). All details TBC.

**Saturday, 6<sup>th</sup> November, VRR Tan Time Trial**, (8km & 4km), near Government House Drive, 7.30am (9802 1220)

**Sunday, 7<sup>th</sup> November, VVACI Bush ranges Classic** an inter-venue event, part distance run, part car trial, with prizes and a nice entertainment to finish. See the entry form in this issue.

**:Age AFL Fun Run & Walk**, (8km), MCG car park, 8.30am (9819 6888 w)

**:Broadmeadows Spring Festival Fun Run** (8km & 4km), Leisure Centre, Pearce Dale Parade, 9am (9309 3301 h)

**:Healesville to Mt St Leonard Fun Run** (13.5km), Maroondah Reservoir Park, 10am, (5962 6228 w)

**:Greater Latrobe Valley Fun Run & Walk** (8km & 4km), Morwell Town Common, 10am (5134 2322 h)

**:Portland Three Bays Marathon** (42.2km & 21.1km), Hanlon Park, Portland, 8am (5521 7980 w)

**:Portland Aluminium Glenelg Games Fun Run** (9km), Hamilton, Start time TBC (5561 1689 w)

**:Daylesford Rotary Fun Run** (21.1km & 7km), Victoria Park, 9.30am (5348 2874 h)

**Thursday, 11<sup>th</sup> November, VRR Twilite Tan Time Trial** (8km & 4km), near Government House Drive, 6.30pm (9802 1220)

**Friday, 12<sup>th</sup> November, East Brunswick A.C. Fun Run**, (4km & 10km), walk, jog or run, Princes Park, Melway 29 G 12, next to Carlton football ground, 7.30pm, entries on the night from 4.30pm. Isabella Carrassi 9388 2313, or 0411 532 414

**Thursday, 18<sup>th</sup> November, VVACI Parlouf Relay**, an inter-venue event with great versatility for runners of all sorts, followed by a great pancake supper. See the advertisement in this issue.

**Saturday, 20<sup>th</sup> November, Martial Arts Games Fun Run & Walk**, (9km & 5km), Fairbairn Park, Ascot Vale, 9.30am (9375 7444)

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

### 2000

**Oceania Veteran Championships, Norfolk Island** 16<sup>th</sup> to 23<sup>rd</sup> January Contact Organising Committee, PO Box 158 Norfolk Island 2899, South Pacific. email [games@worldtraders.nf](mailto: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](mailto:nzmastersgames@dcc.govt.nz) or website at <http://www.nzmastersgames.com>, or ph ++64 3474 1429

**Friday, 21<sup>st</sup> April to Monday, 24<sup>th</sup> April, AAVAC Veterans National Track & Field Championships**, Domain Athletic Centre, Hobart, Tasmania.

For information contact Peter Lyden 03 6229 4263, or e-mail [peter.lyden@dchs.tas.gov.au](mailto:peter.lyden@dchs.tas.gov.au)

**:Suncorp Metway North Queensland Games**, Townsville. Contact Anita Hammon, 07 4721 3904, or 0419 681 053

**Wednesday, 13<sup>th</sup> September to Sunday, 1<sup>st</sup> October Sydney Olympic Games.**

### 2001

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

### 2002

**Oceania Veteran Championships, Geelong**, January. Contact Rudi Hochreiter for information. 0352 414 108

**Fifth World Masters Games, Melbourne**. TBC Or contact Stuart Robley, Geelong Athletics Inc, PO Box 1819, Geelong 3220



# VETS MARATHON in the Melbourne Marathon Changed Club Rules!

## VICTORIAN VETERANS ATHLETIC CLUB INC. 1999 MARATHON CHAMPIONSHIP

As for the past few years the 1999 VVAC Inc. Marathon will be conducted as part of the Melbourne Marathon to be held on October 10, 1999 at Albert Park. Important changes have been made regarding the conditions for the VVAC Marathon so please note carefully the following:

- VVAC members must lodge a Melbourne Marathon entry form, with the associated fee, and indicate on the entry form as to whether you wish to compete in the VVAC Marathon Championship and state your age group.
- There has been a relaxation of the club uniform rule just for this event. VVAC members may wear a uniform other than the club uniform but if you do you must attach the club heart emblem to the front of your singlet. This emblem will be available at the Vic Vets Registration Tent on the morning of the event.
- On the morning of the event VVAC members must report to the Vic Vets Registration Tent set up close to the starting area. Here members are required to:
  - (i) Register which means having your competition number recorded along with your age group and
  - (ii) If you are not wearing the club uniform pick up a club heart emblem and attach to the front of your singlet above the competition number
 NO HEART, NO MEDAL still applies.
- Results will be processed on the day and medal presentations will be held at the Vic Vets Registration Tent after the completion of the event.

Ted McCoy, Club Captain  
9583 3280

**There are many good reasons to wear your Vic Vets singlet in big events like the Melbourne Marathon. It gives us good publicity, it opens up conversations with other runners who are not in the vets, and it makes it easier for our spotters at the finish to see you and record your time and placing in your age group. We don't want to have to wait until Melbourne Marathon prints their results book to find out where you came. So wear it!**

## INTERCLUB SUMMER SEASON

Colin,

The letter attached is one I am sending to all athletes currently competing at Knox venue. We are finding it harder each season to get sufficient numbers of competitors and officials. The same competitors are mainly renewing, unless they get injured or too old. Not many younger ones are coming through. Obviously the changing work hours must have something to do with it. Anything you can do to promote interclub would be appreciated

Regards

Leigh Cassidy

[enclosed letter]

**Please find attached Athletics Victoria Inc. Registration Form for signature.**

**The summer season should commence in early October, so bearing in mind that processing and issue of numbers can take up to four weeks, please send your form with payment (includes venue levy!) payable to "Athletics Victoria Inc." to our registrar,**

**John Dean**

**3 Pearl Street**

**Essendon West 3040**

**(or via myself).**

**A few requests I have:**

**1. We are short of officials (official or non-official), so if you know of anyone interested...**

**If not we will have to instigate a roster from those competing, otherwise we will be disqualified and lose the points on the day. (This will be strictly adhered to this season as all clubs are in a similar situation).**

**2. If you know of anyone interested in competing, I have spare registration forms.**

**3. Can you attend the monthly venue meeting as our club delegate? Due to work commitments I cannot continue attending**

**Hope to see you for the coming season**

**Leigh Cassidy**

VVACI has two interclub venues, Knox and Glenhuntly. Please consider supporting our teams as an athlete or as an official on Saturday afternoons from October to March.

Our team captains are

<b>Knox</b>	Leigh Cassidy	<b>Glenhuntly</b>	Graeme Noden
	1/23 Mascot Avenue		21 Narooma Street
	Carrum 3197		Moorabbin 3189
	9772 2508		9555 3495

Give either of them a ring. You don't have to be a star! It would be very satisfying.

\*\*\*\*\*

## PLANNING WEEKEND AT SHOREHAM CAMP

**October 22, 23, 24 Arrive Friday night, meetings through Saturday, fun run & BBQ Sunday**

I am interested and would like to be invited to this planning weekend.

Name: ..... Phone: .....

Post to the Editor, Colin Browne 4 Victory St. Mitcham 3132 or ring him on 9874 2501