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NOVEMBER
1999

VIC VETS NEWS AND RESULTS



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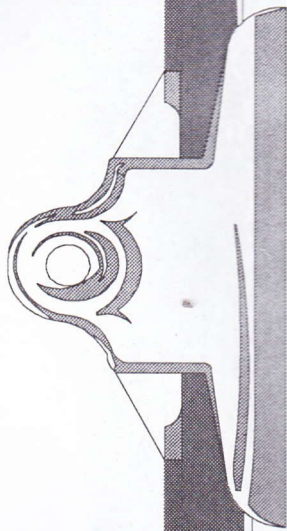
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editorial

Since the last edition of "News and Results" the VicVets have had a few notable events. On the running scene we have had the VVACI marathon in the Melbourne Marathon, and the Bushranges Classic. Some of us even did the Four Peaks over Melbourne Cup weekend. I actually backed Rogan Josh, not only because I love Indian food, or because Bart Cummings had already trained ten Melbourne Cup winners, but because Rogan Josh was the oldest horse in the race and we should support the veterans in all sports. At the organisational level we had a very important strategic planning weekend at Shoreham, and on the social level we had another most enjoyable Dinner Dance. So, VicVets never sleeps.

The Melbourne Marathon this year struck an incredibly wet start, with rain bucketing down all night and flooding the surrounds of the Albert Park track. Our guys were there very early to set up our new tent and try to get the organisation right. We had changed the rules for entries by VicVets and we wanted to make sure that we had everyone's entry and everyone's result. Despite taking the entries in ankle deep water, and being shut out of the best position on the finish line by the celebrity tent, we did manage to spot as many finishers as entrants - plus one! After everyone had come in there finisher that we could not account for. It was race number 71. As I walked back to the car, packing up stuff, I saw a familiar figure ahead in a vets singlet. I caught up with him and we chatted. It was Bryan Johnston, who runs about my pace and has run with me in a few events. I looked at his race number. 71! The missing man! What a co-incidence! Bryan had not had time at the start to join the queue at the tent, and at the finish had come back to sort it out, but again the crowd around the tent had put him off so he gave it a miss. Anyway, I was able to include him in the results. Which are on page 14-15.

The Cup Weekend is very popular with those who run

with Lavinia and Bob Petrie because they go up to Bright, stay in the Petrie's place, and enter the four runs in four days from Bright. They go up Mounts Porepunkah, Feathertop, Hotham and Buffalo. Very testing, but the Croydon mob seem to manage it. Sounds like a great weekend.

Then there was the BushRanges Classic, 100km through the Dandenongs, round places like Cockatoo, Belgrave, Emerald, Gembrook, Menzies Creek, and Harkaway. Names and sprints to be conjured with. If you haven't run roads like Mt Morton, Colby, Telegraph, Split Rock, Paternoster, Viewhill, Bailey, you haven't bloody lived mate. To be running scared, alone through those forests, in some years having trees crashing around you in the storm, up and down hills you couldn't ride a bike over, ... mate!! Maybe we old fogeys are a bit past it these days, but what a shame if the younger vets gave it a miss. Memories are made of this. You young blokes and girls. While you have the go in your legs, keep it going. It is a fantastic event.

Then there was the Shoreham weekend. Thanks to John Waite we had the use of a well-set-up school hostel in a picturesque setting on Westernport Bay, at Shoreham, near Flinders. Lovely bushland and great runs along the beach. We had a very energetic and skilled facilitator in Kim Glover to guide us through the ins and outs of strategic planning. Most of the committee and a few others were there, but the attendance on the whole was disappointing. However those that did come worked very hard. It was no bludge with wall-to-wall meetings and discussions all of Saturday and Sunday morning. We started with SWOT. Strengths, Weaknesses, Opportunities and Threats. Describing the club as it is. Then issues were listed. We wrote up this stuff on big sheets of butchers paper so that everybody could see it and later add to it. We broke up into sub groups with a heading or two each to deal with. We tried to state our objectives for the heading, we had been given, which may have been Activities, Membership, Finance, Organisation, or other such subjects. These objectives had to be stated in SMART form ie, they had to be Specific, Measurable, Attainable, Realistic and Timed. It is a good system which stops you waffling on, and is a good way to produce a result. Look out for our strategic plan very shortly.

The Dinner Dance. A week beforehand Dot was having nervous breakdowns because she had only sixty acceptances and she had told the manager of Hawthorn Receptions 150. But the venues came good in the last

week and we ended up with 162, which was a good result. Members had a good time. We even had a progressive barn dance. As usual the vets astounded the young band by the way they danced energetically and long, when these days it is hard to get people up to dance at all.
So, when you look at it, for a quiet month, we did a bit.

Colin Browne



Letters to the Editor

Colin,

Thanks for the News and Results. It is always read cover-to-cover in our house.

Just a couple of things about the September issue, and the Gateshead reports:

The report quoting Tony Bradford had a couple of inaccuracies about the weather. At Edinburgh, it didn't rain all the time during the British Championships, and the wind may have seemed strong to sprinters, but it was actually quite pleasant. All the locals were out sunbaking, amazed at the high temperatures, when it reached 16C. After we left Edinburgh we found out what real Scottish weather was like, with water flowing across roads, etc. Likewise at Gateshead, the locals were saying "It is hot today, but this weather can't last," right up to the day of the marathon, when it mercifully turned cool. It wasn't blistering hot, but the humidity made up for the lack of temperature. We even had a repeat of the Buffalo cross country scene, with competitors collapsing with heat exhaustion.

With regard to the Gateshead results, there are a couple of omissions:

Rob Waters completed the 5000 m and was ecstatic about his time, (19.41), only to find that the official results listed him as "DNS". We made a bit of a stink about it, and the results were amended to "DNF". I do not know if he has yet been listed as finishing, or given an official time.

Also, Stan Belcher's results were missing from the list. Stan (M55) is an Altona Venue member, and was first Australian man home in the Marathon, in 3:26.27, with Rob Waters second Australian man in 3:27.38. Stan Belcher did well in the cross country, and the 5,000 metres, can also claim to be the World 10,800 metre champion, after being made to run 2 extra laps in the 10K. Those times may not look that good, but on that course, they were excellent. I also thought that Colin Silcock did well in the marathon, coming in 27th in the M65's in 4:29.14, especially after running what seemed like most of the events in his age group, and helping out in typical Colin fashion.

I was pleased to note that you hadn't reported on those who, against the rules, co-habited in the Uni accommodation, or named those who seemed to think that there was a rule against getting up and going to bed on the same day.

Thanks again,

Graeme Murfett.

From: "Haines, Russ [IBM GSA]" <RHaines@vitgaxis.telstra.com.au>
To: Colin Browne <cfbrowne@bigpond.net.au>
Date: Tue, 9 Nov 1999 8:06 AM
Subject: VAL News

[Ed: Good on you Kathy.
Great to see you having success like that.]

Col,

At the weekend . . .

VAL at Cranbourne

100m Women's Final

1st K Heagney 12.93s (12.50)

Russ.

I have taken the liberty of sending you some information about Storytelling Productions which involves the recording and documentation of oral life histories. As you are working with families and older people, you may know someone who might be interested in telling their story so that it will live on after they have gone.

As a gerontologist (Masters, La Trobe University) with a special interest in the social aspects of ageing, I am passionate and convinced about the importance of passing on family stories. It keeps our culture alive and authentic but it also connects families in a very real and meaningful way. Most importantly perhaps, it values the life of the storyteller, usually an elder person.

If you would like me to speak to you or your group about what I do and the importance of storytelling in our lives, please let me know. Also, if you have a notice board, could you please place the accompanying 'heart bordered' page on it so that others will know about this exciting and important service.

Thankyou for taking the time to read this and I look forward to hearing from you sometime in the future.

Kind regards,

Ann Scally

Ann Scally

P. O. Box 135 Mt. Martha 3934 Victoria Australia PH: (03) 59 742 700
Mobile: 0407 055 011 FAX: (03) 59 744 007 E-mail: ascally@bigpond.com

Dear Colin,

Once again thanks for your excellent newsletter and all the relevant information. I would like to refer to the Gateshead comments, to say that Tony and I must have been in different cities as regards weather. For my distance runs it was plenty hot and humid enough, with constant warnings being given to keep up with the fluids. I even incurred a mild form of sunstroke one day. I do agree though that for the last two days at the track the wind turned cold and whistled around the stands. It was a pity that the only comment anyone here heard of the games was the gender controversy, but I suppose any news is better than none.

After the games participants went in all directions, Mary and I heading off on her long-planned Great Rail Adventure, for which there were 20 in the party. We formed up in St. Petersburg, travelling to Moscow, then down to Tashkent, Bukhara and Samarkand in Uzbekistan, Almaty in Kazakhstan, joined the Trans-Siberian at Novosibirsk, to Irkutsk and Lake Baikal, on the Trans-Mongolian to Ulan Bator and finishing in Beijing after 33 days. By train and sometimes by bus we travelled about three times the distance of Melbourne to Perth and experienced weather ranging from 40 degree heat to snow. Truly the experience of a lifetime!

This brings me to my other point regarding World Vets. At an Australian team meeting in Newcastle possible venues for the Games in 2003 were canvassed, with Kuala Lumpur being our preference and eventually being chosen. Moscow, being another candidate, was comprehensively denigrated, with only Jack Stevens being willing to stand up and speak in its favour. I had not yet been there and some of the comments made us wonder if indeed we should be setting foot in the place.

Speaking now with the benefit of hindsight I would only say that Moscow would get my vote on any future occasion. It was well-presented, a lot of money has obviously been spent on re-furbishment, there are many marvellous tourist attractions, people are well-dressed and friendly, good food, good weather in summer, plenty to buy in the shops and the exchange rate is well in our favour. On no occasion did we as tourists feel threatened. Needless to say there is poverty and unrest if you look hard enough and there were bombings in the city after we left. However what country is immune from such things these days? Also we only have to remember back to 1980 that Moscow was Olympic city and all the venues are still there. You can see from all the above that, contrary to expectations, we enjoyed Moscow and would certainly go back if the opportunity came again.

Having also been to China on this trip let me conclude with Confucius' well known commentary on Veteran running when he was heard to say that "Time wounds all heels". Think about that!

Chen. Peter. [Peter he Get]

Dear Dot and Col,

Greetings from Queensland where we retired from Melbourne in 1998. Medical practice is now a thing of the past and we concentrate on our macadamia farm at Bundaberg whilst really relishing living in our new home on the Sunshine Coast at Buderim.

Sorry David can't accept this certificate...

[Ed: I sent a certificate for an Australian record in the M35 pentathlon to the wrong David Lynch. We have another one living in Ballarat.]

...but am sure you'll see the right man gets the accolades! Running doesn't enter our scene much now but we have many happy memories of good times with you all in Vic Vets.

Regards

Ann and David Lynch.

Secretary, Nick FIEDLER.
Victorian Runners & Trainers Association.
41 Ruskin Avenue,
Croydon, 3136.
PH: 0414 799 081.

To the Secretary,

The Victorian Runners and Trainers Association in conjunction with the Victorian Athletic League hold a professional footracing event at the Meadow Glenn Athletic track in South Morang on Saturday the 11th of December beginning at about 5pm.

This year the organising committee are holding a 4 x 100m relay for amateur clubs to participate. The scheduling of this relay would be at about 7.00pm. and thus not clash with any interclub competition on the Saturday.

The composition of the relay team must consist of at least one female with provision only for eight clubs expressing a desire to compete. Prize money of \$200 will be provided to the winning team to be distributed amongst the winning participants and the club as they desire. The competing clubs are to wear their amateur club uniform whilst competing to assist in the promotion of their club.

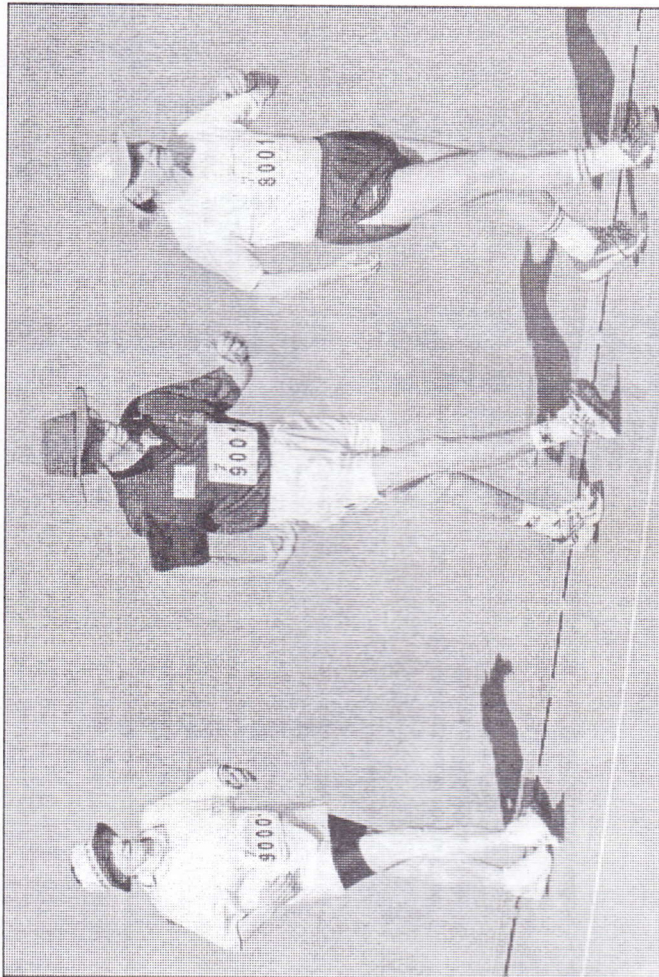
We would like you to canvass athletes in your club and inform them of this event and therefore offering them a placement in this event by contacting us as soon as possible.

Allocation of the team entry to fill the eight available lanes will be granted in the order in which clubs contact us and express interest. We invite your club to participate and contact us as soon as possible via the contact details at the top of this letter. We look forward to speaking to one of your club representatives soon

Nick FIEDLER

VETS IN THE NEWS

That jolly Andy Smith! How come he always gets his picture in the paper?
[THE AGE Wednesday 29th September 1999]



John Alroy, 91, centre, competes in the Masters Games with Katie Du Plessis, 91, left and Andy Smith, 84. Picture: BRYAN CHARLTON

Golden oldies step out

For 40 years, John Alroy has suffered from glaucoma, a debilitating eye condition that has taken 90 per cent of his vision. He also has prostate cancer. And emphysema.

But the 94-year-old refuses to slow down. He has been lifting weights since he turned 80, he walks about 30 kilometres a week — and yesterday he won a gold medal for the five-kilometre walk

at the seventh Australian Masters Games in Adelaide.

No big deal. Alroy just added it to the medal he won for the 1500 metres on Sunday and set his sights on the 10-kilometre walk on Friday. It may be his 41st gold medal since he began walking competitively.

"If people don't exercise, they go to pieces," he said. "My doctor told me I'd be totally blind if I hadn't exercised so heavily over the past 15 years." He now walks at a 900-metre track on the Gold Coast that bears his name.

Alroy said it took a bit of willpower to move an old body like his around the track, but his eyesight was not a problem.

MISHA KETCHELL

RACE WALKING FOR VETERAN ATHLETES - By

Frank McGuire
First Australian Judge to act at an overseas Olympic Games.
First National Event Coach for Australia.
Awarded the British Empire Medal for 'Long and outstanding service to Athletics' in 1981.

Many of our veteran athletes have taken up race walking following injury and have not had the experience of developing a technique for the discipline — and it is a discipline, but one that allows older men and women to enjoy a sport without much fear of injury. Some critics may say 'why walk when you can run'. Well some swimmers do the back stroke! It all depends on what you enjoy and what you are good at,

THE INTERNATIONAL DEFINITION. Race Walking is a progression of steps so taken that the walker makes contact with the ground so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until in the upright vertical position.

It is often found that a track coach has an all round knowledge of track and field athletics but frequently his or her knowledge of race walking is limited.

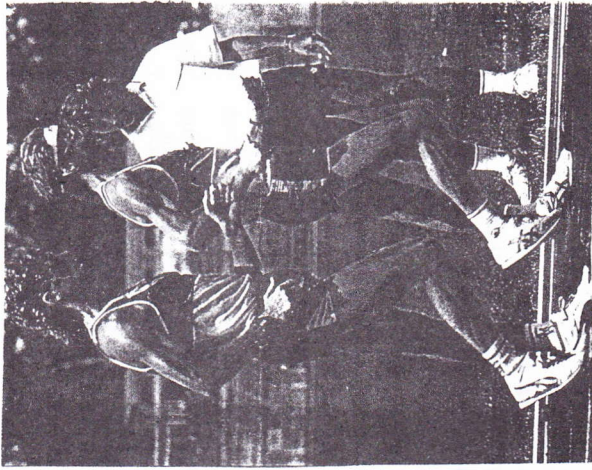
It is important to realise that although the subject may seem involved the basis is that 'Walking should look like walking'.

The basic difference between race walking and normal walking is that in the former the arms are bent at the elbow to shorten the arm swing and the hips are rotated to extend the stride and keep the body on a low plane.

The action of race walking can be usefully taught to most athletes to assist them to become more flexible in the joints and as an aid to co-ordination of movement.

Coaches should not be misled by the term 'Heel and Toe' for it is possible to move in this manner and yet lift at each stride by not sitting easily on the hips to keep the body on an even plane. It is still possible to lift with a good style just by speed alone which happens in open competition and it is imperative that qualified judges are available at Veterans Championships, especially now the age of Vets is reduced to 30 years.

The writer conducts a training clinic most Saturday afternoons at Dolamore Oval, Mentone and we have set up a coaching formula. The foundation for the formula is to develop a style of walking that will satisfy all judges. It is outlined here. A coaching brochure 'An Introduction to Race Walking' will be sent by forwarding a SAE to 23 Fraser Avenue, Edithvale 3196. A business envelope please.



The above photo shows two of our outstanding race walkers in action. They are Andrew Jachno and Simon Baker. Both started in Little Aths and became internationals. Simon winning a World 50 kilometres championship and a Commonwealth Games Gold Medal.

The photo is a coaching lesson in itself. Note that both are sitting easily on their hips — are perfectly relaxed. They lead with the knee making it easier to straighten the knee as the heel makes contact with the ground. Both are also upright, in contrast to some of our veteran walkers!

COACHING FORMULA

The walker must make contact with the ground so that no visible lack of contact occurs from all judging angles, and the advancing leg must be straightened to the best of ability of the walker. The carriage must be upright within five degrees of the perpendicular.

EVENT RESULTS

VVAC INC. 10 MILES ROAD RACE

PRINCES PARK, CARLTON AUGUST 15, 1999

| AGE PLACE G'P | NAME | AGE | TIME | AGE GRAD. | AGE |
|------------------|------------------|-----|-------|--------------|-------|
| W35 1 | Jane BARROW | 39 | 76-33 | 66.4 | M60 1 |
| W45 1 | Sonya McLENNAN | 47 | 75-25 | 72.1 | 2 |
| 2 | Kim JOHNSON | 46 | 78-29 | 68.7 | 3 |
| W55 1 | Margaret CASSIDY | 55 | 76-54 | 76.2 | 4 |
| W65 1 | Shirley YOUNG | 69 | 83-19 | 82.7 | 5 |
| M30 1 | Thomas BOYD | 34 | 64-33 | 69.2 | M65 1 |
| M35 1 | Brad CURTIS | 35 | 64-33 | 69.2 | 2 |
| M40 1 | Paul BAN | 44 | 64-07 | 73.8 | 3 |
| 2 | Rod NEAL | 42 | 66-35 | 70 | M70 1 |
| 3 | Andrew TUNNE | 41 | 70-34 | 65.6 | 2 |
| M45 1 | John NEWSOM | 47 | 61-11 | 79.1 | 3 |
| 2 | Paul TWINING | 49 | 62-34 | 78.5 | 4 |
| 3 | Clyde RIDDOCH | 46 | 73-34 | 65.2 | 5 |
| M50 1 | Gary STEWART | 54 | 62-36 | 81.7 | M75 1 |
| 2 | Peter SMART | 54 | 66-07 | 77.4 | 2 |
| 3 | Alan BENNIE | 52 | 67-53 | 74.1 | 3 |
| 5 | Len HALLETT | 50 | 72-13 | 68.6 | 4 |
| M55 1 | Ted MCCOY | 59 | 63-48 | 83.8 | 5 |
| 2 | Frank HARGREAVES | 58 | 72-04 | 73.5 | 6 |
| 3 | Malcolm BROWN | 58 | 73-40 | 72.3 | 7 |
| 4 | Peter McGRATH | 59 | 84-00 | 63.7 | 8 |
| 5 | Roland BROWN | 58 | 90-01 | 58.9 | 9 |

As we have come to expect, at this time of the year, the weather gods were not smiling. In the hour prior to the start, intermittent showers put a damper on proceedings. The unwelcoming weather and the fact that many of our vet friends were enjoying the northern European summer attending the World Vets Games at Gatheshead, meant that entries were well down - only 5 women and 33 men - braved the elements to face the starter's gun. Luckily the weather improved and conditions proved to be quite good for the duration of the race with the sun even breaking through for brief periods.

John NEWSOM, from the Springvale venue, led the charge to be the 1st vet to finish as well as winning the M45 division in the time of 61-11. It was terrific to see Eric's great mate from Springvale, Mick DAVIN, who has had a health crisis himself in recent times, dispensing water to those who built a thirst during 16.090 Km run. Also good to see one of our great stalwarts and recently elected life member, Ron YOUNG,

back to full health and starting the long, hard grind of getting back into the shape and form we expect of him. Ron finished 2nd in the M65 behind Bill PAGE. The most competitive showdown occurred in the M70 division, where Bob LEWIS (73-24), who has been in great form this year, just outlasted another of our outstanding 'oldies' Vin O'BRIEN (73-49).

The cuppa after the event was most welcome. Special thanks to our committee member Margaret CASSIDY, who stood in for the Aberfeldie 'boys' - Rob WATERS and John DEAN, absent overseas, and took responsibility for doing most of the behind-the-scenes things, including the cuppa, to ensure success of the event. A great job, Marg.

Col and Dot BROWNE, assisted by John HOWES, provided the expertise at the finish line, taking tags and times, processing results and writing out participation certificates while medals were presented by our new Vice-President, Alan BENNIE. Thanks Col, Dot, Alan and John.

In conclusion thanks to Les MOLLARD, President of the VCCL, and his team who set up the course and organized the change rooms for this traditional joint VVAC and VCCL event.

Ted McCoy

The Gold Coast Marathon

by Ken Matchett - Croydon Venue

The Gold Coast Marathon was run on 11 July 1999, this event marking the race's 20th anniversary. The marathon had its beginnings in September 1979 with a small field of 124 runners, having been instigated by the local Rotary Club as a health awareness programme. It has grown since those days to become Australia's largest and most prestigious marathon. It is undoubtedly the biggest sporting event on the Gold Coast, said to be putting several millions into the local economy, and an event that has won both the top Queensland and Australian Tourism Awards. The race doubles as both the Australian National Marathon Championship and the Queensland State Marathon Championship. Its major sponsor since 1988 has been Japan Air Lines, which each year brings many Japanese runners to the Gold Coast, most on package tours. According to reliable sources, such package tours include a combined honeymoon and marathon package. One would think that the two events are incompatible, but maybe the Japanese runners know something we don't know. I did notice, however, that a few took about nine hours to reach the finish line. No doubt they'll come back fresher a year later.

The race has both grown in the number of competitors and in the variety of races being offered, this at a time when many other marathons are struggling for recognition. In 1986 a half marathon was added, in 1993 a 10K non-competitive walk, in 1996 a 10K run, in 1998 an Ekiden relay (which type of race originated in Japan) and this year, a 10K In-Line Skating event. The total number of competitors reached nearly 9,000 in 1993 but grew to about 14,000 last year. The new owners of the events have high hopes of 20,000 competitors within three years. Over 1500 entrants come from overseas, mostly from Japan and New Zealand. The budget alone tops \$1 million, and there is extensive TV coverage both in Queensland and in Japan.

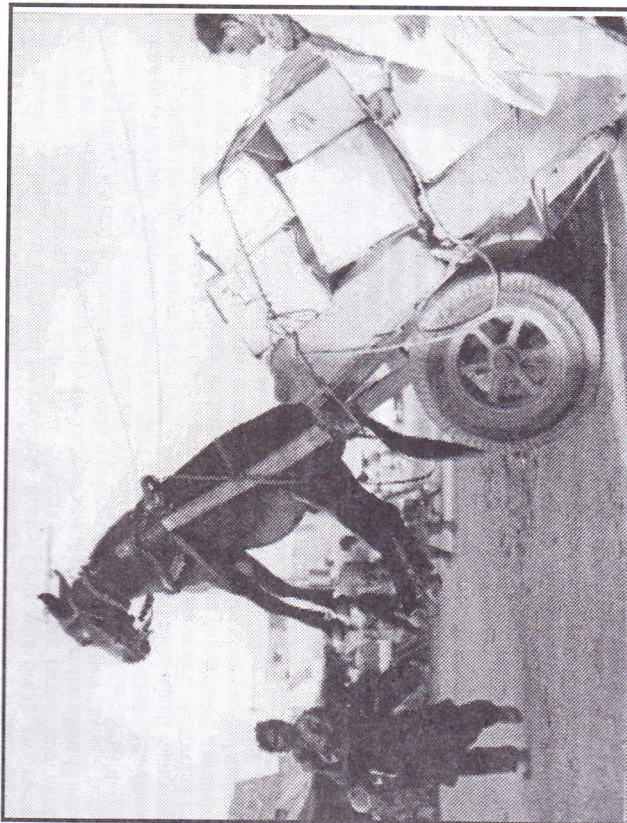
The marathon starts at Southport opposite Australia Fair and runs north to Paradise Point, back to Southport (the 25K point) and then south to Broadbeach, returning to Southport via Surfers Paradise and Main Beach. Over recent years the marathon course has been modified, the main change being the shortening of the southern leg and the extension of the northern one. (The race once went as far south as Burleigh Heads.) The course is

both flat and scenic, the best views of the beach being the sector Surfers Paradise to Main Beach. Many spectators line the route and bands blast out tunes to encourage the runners. In one way it's a little like a mini Honolulu Marathon, the aim of the organizers being to make the Gold Coast Marathon an attractive event to both local and overseas participants.

This year weather conditions were excellent; the morning being mostly overcast, although for the elite runners some strong winds and a little rain may have prevented records being broken. Temperatures start at about 10 degrees Celsius and rise to 20 degrees Celsius in about three hours. Relative humidity seldom exceeds 40%.

Race organization is excellent. Each kilometre is marked for both marathon and half marathon events. Water can be taken every 2.5K, isotonic drinks every 5K. This year no fewer than 337 road officials and 240 water station staff assisted. Special drinks can be organized only for elite runners or for those runners with certain medical conditions. Each competitor in running and walking events is provided with a "Championship Chip" which may be attached to the shoe laces. This device is used to record both start and finish times, and was used for the first time in 1996. Information brochures, souvenir booklet and the result booklet are of first class quality. The *Gold Coast Bulletin*, one of the sponsors, publishes a full list of all results. Big cash prizes are offered to those fortunate enough to break existing course records. For the marathon race these are currently Brad Camp's time of 2:10:11 set in 1989 and the female runner Erico Asai's time of 2:29:29 established in 1993. Age category prizes are the best offered in any race in Australia. Each finisher in both the marathon, half marathon and 10K events receives both a T-shirt and finisher's medal.

The Gold Coast Marathon is not a race organized exclusively for elite runners. Every effort is made by the organizers to encourage the greatest participation in the large range of events offered, several runners and walkers making the event in which they participate a family affair. There also exists an undeniable holiday atmosphere on the Gold Coast, which further serves to make this particular marathon the most popular in the country.



Don't overload the willing horses!

BOILED XMAS CAKE

INGREDIENTS

- 1 Cup butter
- 1 Cup sugar
- 1 Cup mixed dried fruit
- 1 Cup water
- 4 Large eggs
- 1 Tbspn brown sugar
- 1 Tspn salt
- 1 Tspn baking soda
- 50g Walnuts
- Lemon juice
- 1 Bottle whisky

METHOD:

- Place dried fruit, water and a half a cup of sugar in a small saucepan. Boil for 15 minutes.
- Pour whisky into glass. Sample to check quality.
- Get large mixing bowl. Check whisky again.
- Pour one level cup and drink.
- Repeat previous step.
- Turn on mixer and beat in a fluffy bowl.
- Add one spoonful of baking soda, a half a cup of sugar and beat again.
- Resample whisky to make sure it is still whisky.
- Turn off mixer. Break two legs. Add to bowl. Chuck in dried fruit.
- Mix on the turner. Sample whisky to check consistency.
- Next sift 2 cups salt or something, who cares what!
- Check the whisky.
- Now sift the lemon juice and strain your nuts.
- Add one tbspn of brown sugar or whatever colour you can find.
- Wix mell. Grease the spoon.
- Turn pancake to 350° and gredeedles. Don't forget to beat off the turner.
- Pour mix into cake pan and over bench.
- Throw bowl out the window.
- Stagger to laundry. Put pancake in oven and set to hot rinse.
- Continue to sample whisky till bottle is empty.

MERRY CHRISTMAS!!!!!!!!!!!!!!!



WVACI MARATHON

within the Melbourne Marathon,

Albert Park, 10th October 1999

All Saturday night it absolutely pissed down, so when Ted McCoy and Louis Waser got into Albert Park at about 6.15am to put up the club tent, the ground was inches deep in water. In the course of the day this turned into a soupy mud, as Vic Vets came across the swamp to enter. However the verdict on the new tent and the display of publicity and uniforms was very positive. We looked good amongst a row of rather ordinary tents.

The new system of wearing a red heart above the race number worked very well. Spartans were able to wear their green singlet, and spotters, Margaret Cassidy, Ted McCoy, Doug Orr, Ron Young, Les Clark, Glen Claiden and Dot and Colin Browne, had no trouble identifying the club's entrants.

The conditions improved during the race, in some cases lulling the runners into a false sense of security. Thinking the cool damp weather was ideal for a fast time, many came unstuck with the high humidity. Also the change in the course whereby runners entering the straight and seeing the finish ahead were then diverted to run around behind the pit buildings for a considerable distance, proved to be very disheartening for some.

Colin Browne

| Group | Finish order | First name | Surname | MM.No | Age | Time | Place in age group |
|-------|--------------|------------|---------------|-------|-----|---------|--------------------|
| M30 | 10 | Thomas | Boyd | 262 | 34 | 3:14:31 | 1 |
| M35 | 2 | Shaun | Kemp | S850 | 37 | 2:54:11 | 1 |
| M35 | 9 | Grant | McDonough | 848 | 39 | 3:09:57 | 2 |
| M35 | 47 | Chris | Grafen | 661 | 35 | 3:57:12 | 3 |
| M40 | 3 | Robert | Dunning | 804 | 42 | 2:58:13 | 1 |
| M40 | 5 | Rob | Cahill | 1086 | 30 | 3:04:12 | 2 |
| M40 | 15 | Rod | Neal | 807 | 42 | 3:18:17 | 3 |
| M40 | 25 | Paul | Ban | 864 | 44 | 3:35:26 | 4 |
| M40 | 38 | Denis | Thornton | 124 | 44 | 3:49:36 | 5 |
| M45 | 1 | Colin | Heywood | S815 | 45 | 2:50:54 | 1 |
| M45 | 6 | Neil | Boyle | S732 | 45 | 3:04:37 | 2 |
| M45 | 17 | Neil | Salvano | 346 | 47 | 3:18:24 | 3 |
| M45 | 20 | Ian | Orr | 616 | 48 | 3:27:39 | 4 |
| M45 | 26 | Karl | Simpson (NSW) | 235 | 45 | 3:36:04 | 5 |
| M45 | 29 | Ross | Martin | S55 | 47 | 3:38:26 | 6 |
| M45 | 30 | Vin | Martin | S478 | 48 | 3:42:30 | 7 |
| M45 | 52 | Jim | Hopkins | S125 | 49 | 4:02:16 | 8 |
| M45 | 58 | Gerry | Surridge | S154 | 48 | 4:16:21 | 9 |
| M50 | 4 | Sam | Defanis | 580 | 51 | 3:00:41 | 1 |
| M50 | 11 | Jim | Ingham | 636 | 53 | 3:15:09 | 2 |
| M50 | 13 | Peter | Smart | 932 | 54 | 3:16:24 | 3 |
| M50 | 14 | David | Rolle | S764 | 53 | 3:16:43 | 4 |
| M50 | 16 | Robin | Roberg | S11 | 50 | 3:18:22 | 5 |
| M50 | 22 | Rod | Bayley | S612 | 53 | 3:29:19 | 6 |
| M50 | 39 | Murray | Hutchison | S205 | 50 | 3:49:55 | 7 |
| M50 | 41 | John | Caulfield | 1111 | 51 | 3:50:36 | 8 |
| M50 | 44 | Hector | Azcurra | 275 | 50 | 3:54:36 | 9 |
| M50 | 53 | John | Dean | S205 | 54 | 4:02:19 | 10 |
| M50 | 62 | Ken | Hough | S266 | 54 | 4:27:55 | 11 |
| M50 | * | Roger | Moodie | S339 | 52 | | DNF |

| | | | | | | | |
|-----|----|---------|----------|------|----|---------|----|
| M55 | 7 | Barry | Brooks | 736 | 59 | 3:05:44 | 1 |
| M55 | 8 | Ron | Campbell | S441 | 56 | 3:07:31 | 2 |
| M55 | 12 | Stan | Beicher | 135 | 57 | 3:15:45 | 3 |
| M55 | 19 | Gabriel | Carmona | 879 | 57 | 3:25:14 | 4 |
| M55 | 21 | Westly | Windsor | S722 | 55 | 3:28:12 | 5 |
| M55 | 27 | Ian | Muir | S657 | 55 | 3:36:31 | 6 |
| M55 | 31 | Mal | Brown | 700 | 58 | 3:42:53 | 7 |
| M55 | 36 | Lawrie | Crouch | 615 | 59 | 3:46:34 | 8 |
| M55 | 37 | John | Waite | S168 | 58 | 3:48:10 | 9 |
| M55 | 40 | Bill | Kyle | S473 | 59 | 3:49:59 | 10 |
| M55 | 42 | Jim | Clarke | S530 | 56 | 3:51:34 | 11 |
| M55 | 49 | Bob | Power | S760 | 57 | 3:59:36 | 12 |
| M55 | 55 | Neville | Gardner | S30 | 55 | 4:10:38 | 13 |
| M55 | 60 | Cec | McKeown | 1051 | 59 | 4:21:08 | 14 |
| M55 | 61 | Stephen | Barker | S368 | 56 | 4:21:14 | 15 |
| M55 | 63 | Peter | Batrick | S5 | 56 | 4:29:41 | 16 |
| M55 | 72 | Brian | Glover | 134 | 56 | 4:45:16 | 17 |
| M55 | 75 | Roland | Brown | S174 | 58 | 4:50:23 | 18 |

| | | | | | | | |
|-----|----|---------|----------|------|----|---------|---|
| M60 | 46 | Juan | Perez | 682 | 60 | 3:57:02 | 1 |
| M60 | 51 | Dominic | Morina | 1100 | 60 | 4:00:17 | 2 |
| M60 | 54 | Kevin | Brown | S248 | 63 | 4:09:03 | 3 |
| M60 | 56 | Peter | McGrath | S130 | 60 | 4:13:08 | 4 |
| M60 | 67 | David | Jones | 1094 | 62 | 4:34:07 | 5 |
| M60 | 68 | Mark | Benjamin | 398 | 62 | 4:36:20 | 6 |
| M60 | 69 | John | Howes | 967 | 64 | 4:36:29 | 7 |
| M60 | 74 | Bryan | Johnston | 71 | 64 | 4:49:49 | 8 |

| | | | | | | | |
|-----|----|-------|---------|------|----|---------|---|
| M65 | 23 | Bill | Page | S831 | 69 | 3:30:01 | 1 |
| M65 | 64 | Mick | Bridle | S93 | 67 | 4:30:57 | 2 |
| M65 | 76 | Colin | Silcock | S147 | 66 | 4:54:15 | 3 |
| M65 | 78 | Ron | Leggett | S821 | 65 | 5:03:11 | 4 |

| | | | | | | | |
|-----|----|------|---------|------|----|---------|---|
| M70 | 65 | Tony | Martin | S133 | 71 | 4:32:40 | 1 |
| M70 | 70 | Vern | Gerlach | S33 | 74 | 4:43:16 | 2 |
| M70 | 71 | Bob | Lewis | 490 | 71 | 4:44:55 | 3 |

| | | | | | | | |
|-----|----|-----|----------|------|----|---------|---|
| M75 | 73 | Ken | Matchett | S215 | 77 | 4:48:18 | 1 |
|-----|----|-----|----------|------|----|---------|---|

| | | | | | | | |
|-----|----|--------|-----------|------|----|---------|---|
| W35 | 18 | Kathy | Schleigel | 2135 | 37 | 3:23:26 | 1 |
| W35 | 24 | Lee | Graham | SF32 | 38 | 3:32:25 | 2 |
| W35 | 28 | Elvira | Petracca | 2290 | 38 | 3:37:19 | 3 |
| W35 | 35 | Sharon | Grundy | 2288 | 37 | 3:45:55 | 4 |
| W35 | 45 | Angela | Child | 2198 | 36 | 3:56:39 | 5 |

| | | | | | | | |
|-----|----|------|-----------|------|----|---------|---|
| W40 | 34 | Anna | D'Alberio | 2287 | 40 | 3:45:27 | 1 |
|-----|----|------|-----------|------|----|---------|---|

| | | | | | | | |
|-----|----|-------|-----------|------|----|---------|---|
| W45 | 32 | Sonya | McLennan | 2254 | 47 | 3:43:05 | 1 |
| W45 | 50 | Jane | Sturzaker | 2107 | 46 | 4:00:12 | 2 |
| W45 | 57 | Cathy | Surridge | 2272 | 49 | 4:16:21 | 3 |

| | | | | | | | |
|-----|----|--------|-----------|------|----|---------|---|
| W50 | 59 | Rhonda | Trengrove | 2211 | 51 | 4:17:54 | 1 |
| W50 | 77 | Liz | Feldman | SF14 | 51 | 5:01:45 | 2 |

| | | | | | | | |
|-----|----|---------|----------|-----|----|---------|---|
| W60 | 33 | Barbara | Dalglish | SF5 | 63 | 3:43:11 | 1 |
| W60 | 66 | Judy | Wines | SF6 | 61 | 4:34:05 | 2 |

| | | | | | | | |
|-----|----|---------|-------|-----|----|---------|---|
| W65 | 43 | Shirley | Young | SF2 | 69 | 3:54:09 | 1 |
|-----|----|---------|-------|-----|----|---------|---|



At the start of the Melbourne Marathon, at Albert Park, 10 October 1999



...still pissing down.

Another marathon, another day...

THE FESTIVAL CITY MARATHON , ADELAIDE

Looking through the finishers of the Adelaide marathon I noticed a few Vic Vets. Patricia Galvin of Ocean Grove did extremely well, to be second in the Open Female division with a time of 3:02.32. Congratulations Patty.

Brian Glover, who does amazing things as a walker in the Melbourne Marathon, like walking up the highest building in the city after doing the marathon, was the second Open Walker Male in Adelaide, with a time of 4:44.50. Terrific.

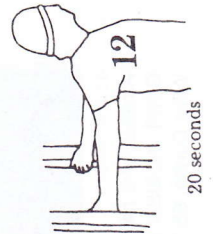
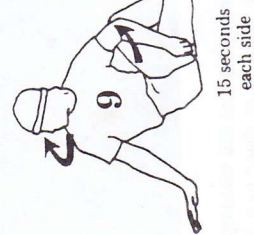
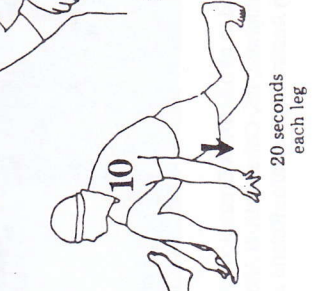
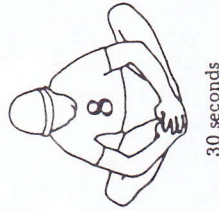
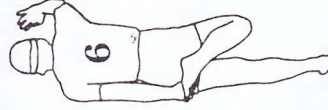
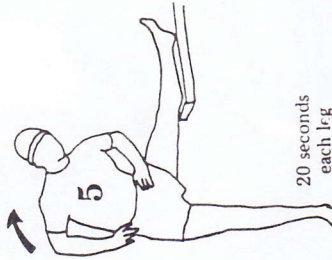
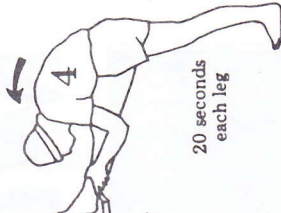
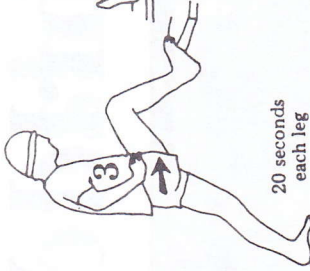
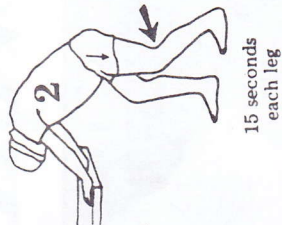
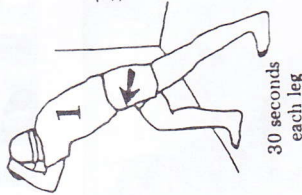
Russell Weavers of Shepparton, one of our top M40 10km runners, came in fifth overall, and first over 40, in the great time of 2:43.41. Congratulations Russell.

Ken Matchett, who does all the marathons, kept up his great record with a win in the M75 category in the time of 4:39.43. Nice one Ken.

There may have been some more Vic Vets. I'm sorry if I did not spot your result and mention you.

EXERCISES BEFORE YOU SET OUT FOR A RUN TRY TO BE BOTHERED!

Before
Running
Approximately 9 Minutes



Jack Stevens and Reg Austin kept Australia in the forefront of world veteran athletics by continuing their record of participating in every WAVA championship since it started. They made the front page of the major US publication, *National Masters News* (in colour, I might add, although we can't run to that in Vic.)

5949 Athletes Take Part in 13th World Veterans Championships



JERRY WOJCIK
Athletes who have participated in all 13 WAVA Championships were recognized at the opening ceremony at the 13th Championships, Gateshead, England. Front row, l to r: Jack Stevens, 82, Australia; Jim O'Neil, 74, USA; Isobel Cunningham, 85, Canada; Ruth Anderson, 70, USA. Back row, l to r: Hans Potech, 66, Austria; Bob Fine, 68, USA; Don Farquharson, 74, Canada; John Dunsford, 66, Great Britain; Willie Dunne, 65, Ireland; Reg Austin, 62, Australia; Roland Johansson, 71, Sweden; Norbert Barth, 79, Germany. Missing from the photo are Hari Chandra, 65, Singapore and Bob Mirmm, 74, USA.



BUSHRANGES CLASSIC

100 km Relay, 7th November 1999

Here are the times done by the field in their first leg. Each runner went on to do another three legs of about the same length, although the degree of difficulty varied greatly from leg to leg. This table will show who was running and roughly where they were in the field. The final results are shown at the end.

STAGE ONE (4.5km)

| | | |
|------------------------|----|-------|
| KN1 ROCHELLE SIMMONS | 33 | 19.14 |
| KN2 ANNE McPHERSON | 42 | 19.37 |
| AB1 MACHELLE McLELLAND | 36 | 19.54 |
| TR2 LYN LEVERSHA | 46 | 19.59 |
| ME1 LOUIS WASER | 53 | 20.04 |
| KR3 DAVE GAFFANEY | 52 | 20.23 |
| KR2 DAVE THORN | 47 | 20.28 |
| KR1 PETER WHITE | 50 | 21.10 |
| AB2 NORM CAMERON | 55 | 21.35 |
| EB1 CORAL MONK | 51 | 21.56 |
| TR1 LIZ LICORI | 27 | 22.17 |
| FR1 DAVID PAINTER | 51 | 24.00 |
| CA1 PETER McGRATH | 60 | 24.30 |
| CA2 JUDY WINES | 61 | 24.50 |
| CR2 ANNE CALLAGHAN | 62 | 28.17 |

STAGE TWO (5.0km)

| | | |
|---------------------|----|-------|
| TR2 SCOTT HARRIS | 31 | 18.38 |
| TR1 IVAN TARRANT | 38 | 18.55 |
| EB1 GRAHAM PHILPOTT | 56 | 20.05 |
| KR1 DAVE ROLFE | 53 | 20.24 |
| KN1 GLEN CLAUDEN | 45 | 20.26 |
| FR1 SANDRA HOWORTH | 36 | 20.45 |
| CA1 DENIS THORNTON | 44 | 21.10 |
| ME1 PETER BENCE | 50 | 21.55 |
| KR2 MICK CARR | 46 | 22.06 |
| KN2 MILAN STANISIC | 45 | 22.08 |
| KR3 GREG PALMER | 45 | 22.14 |
| AB1 HOWARD GIBSON | 51 | 22.18 |
| AB2 ALLAN BASHFORD | 60 | 22.53 |
| CA2 GEORGE WILSON | 50 | 24.35 |
| CR2 PAT CAVANAGH | 59 | 32.45 |

STAGE THREE (5.4km)

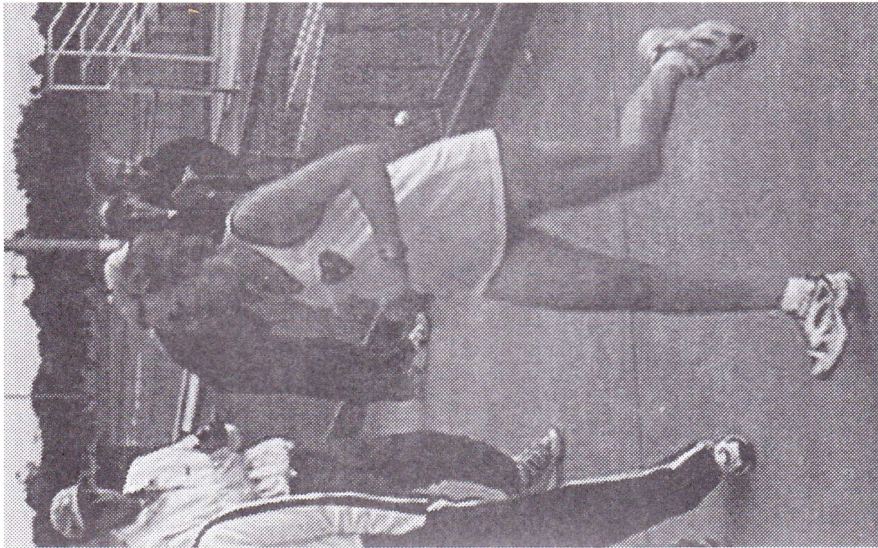
| | | |
|-----------------------|----|-------|
| EB1 EWEN WILSON | 46 | 19.58 |
| KR1 DAVE BLACK | 43 | 21.01 |
| KN1 PAUL TWINING | 50 | 21.06 |
| TR2 TIM KENINGTON | 17 | 22.20 |
| ME1 PATRICK McHUGH | 53 | 22.31 |
| KR2 ROHAN MERRETT | 35 | 22.37 |
| FR1 CHARLIE MALLA | 50 | 22.41 |
| TR1 AARON CRUTCHFIELD | 36 | 22.46 |
| AB1 JOE CARVANA | 56 | 23.19 |
| KN2 GARY STEWART | 54 | 23.57 |
| CA1 NEIL SALVANO | 47 | 24.09 |
| AB2 STAN BELCHER | 55 | 24.26 |
| KR3 DENISE HEARN | 34 | 24.47 |
| CA2 JIM CLARKE | 55 | 26.21 |
| CR2 ANDREW TUNNE | 41 | 26.51 |

Ballard Street

Jerry van Amerongen



Bonnie's cellulite is fighting a losing battle trying to maintain any sort of presence.



STAGE FOUR (5.1km)

| | | |
|---------------------|----|-------|
| TR2 ADRIAN DARCY | 34 | 19.38 |
| KN1 THOMAS BOYD | 34 | 20.00 |
| KN2 RUSSEL WEST | 40 | 20.06 |
| TR1 ASHLEY BULLAS | 29 | 20.17 |
| KR1 PHIL KENINGTON | 43 | 20.38 |
| KR3 SEAN HILL | 31 | 20.44 |
| CA1 BRIAN HENDER | 39 | 21.22 |
| EB1 SAM DEFANIS | 51 | 21.53 |
| FR1 GARY MEYER | 44 | 22.16 |
| AB1 MARK RADCLIFFE | 40 | 23.09 |
| AB2 ROB WATERS | 54 | 23.19 |
| CR2 HECTOR AZCURRA | 50 | 23.19 |
| KR2 JOHN BASKAS | 52 | 24.20 |
| CA2 KEVIN BROWNE | 63 | 27.05 |
| ME1 RHONDA TRENROVE | 51 | 27.34 |

STAGE FIVE (5.5km)

| | | |
|------------------------|----|-------|
| KN1 IAN HARPER | 37 | 21.04 |
| TR1 SHAUN CALLAMATTA | 17 | 23.21 |
| TR2 DAVE LEVERSHA | 47 | 24.18 |
| FR1 IAN MUIR | 55 | 24.28 |
| EB1 JOHN BELL | 55 | 26.19 |
| KR1 SHARON GRUNDY | 37 | 27.25 |
| AB1 PETER ONOFRETCHOOK | 46 | 27.50 |
| KR3 ALAN WHITE | 55 | 28.11 |
| KN2 JOEL KING | 49 | 28.28 |
| CA1 JANE STURZAKER | 46 | 29.38 |
| KR2 LOU GREEN F | 50 | 30.36 |
| CA2 DAVID JONES | 62 | 31.09 |
| ME1 DOUG WALLACE | 58 | 31.42 |
| CR2 RON SMITH | 50 | 32.53 |
| AB2 MARGARET CASSIDY | 56 | 39.44 |

THE CHAIN GANG (195-244)

| | |
|-------------------------|---------|
| 1 KN1 KNOX VETS 659ERS | 6:49.19 |
| 2 KR1 KNOX R-RUNNERS 1 | 7:34.45 |
| 3 KN2 TEAM ANNE | 7:40.16 |
| 4 FR1 FRANKSTON VETS | 7:46.18 |
| 5 KR3 KNOX R-RUNNERS 3 | 7:50.06 |
| 6 AB1 ABERFELDIE ARROWS | 7:53.17 |
| 7 CA1 LOST CAUSE | 8: 6.51 |
| 8 KR2 KNOX R-RUNNERS 2 | 8:16.20 |

THE BUSHRANGERS (244+)

| | |
|--------------------------|---------|
| 1 EB1 THE MONKEES | 7:20.02 |
| 2 ME1 MENT. MOUNTAINEERS | 8: 6.11 |
| 3 AB2 ABERFELDIE GOERS | 8:14.15 |
| 4 CA2 CAPT. MIDNIGHT | 8:53.37 |
| 5 CR2 TRIPLE 'A' RATING | 9:54.43 |

THE PURSUERS (The Juniors)

| | |
|-----------------------|---------|
| 1 TR2 KNOX TRI CLUB 2 | 7: 4.04 |
| 2 TR1 KNOX TRI CLUB 1 | 7:13.22 |

VETS VENUE PREMIERSHIP 1999

BACK TO BACK PREMIERSHIPS FOR GEELONG

Premiership Entrants

| | | | |
|-----------------------|------------|---------------------------|-----------|
| Aberfeldie | 13 | Premiership Points | 1 |
| E Burwood | 36 | | 12 |
| Caulfield | 41 | | 12 |
| Coburg | 19 | | 1 |
| Collingwood | 24 | | 3 |
| Croydon | 9 | | 0 |
| Doncaster | 22 | | 13 |
| Frankston | 17 | | 8 |
| Geelong | 20 | | 16 |
| Knox | 21 | | 6 |
| Latrobe V | 11 | | 5 |
| Mentone | 28 | | 11 |
| Springvale | 6 | | 2 |
| Total Entrants | 268 | | 90 |

With 16 of their 20 entrants in the top 1/3 [=90] of the final rankings, Geelong held off Doncaster who had made a determined effort to make good their boast to take out the 1999 Premiership. Caulfield were once again close as were Mentone. It is disappointing to see some of our stronger Venues not submitting enough entries to figure prominently in the Premiership points.

It is time to revisit the thinking behind the Venue Premierships. In part it was an effort to involve all Venue participants in the bigger picture of the Victorian Vets. So the first requirement was something that could happen at the Venue with no travelling or entry fees. The next requirement was flexibility & simplicity. Added to all this was a "come & try" element that would allow Venues to entice new comers without being registered Vets. The WAVA age graded standards was the vehicle as this gave a simple means of comparing everybody no matter what their event, age or gender. The organization & rules were kept as simple as possible & KISS [Keep It Simple Stupid] was established as a guiding principle. Queries & complaints are met with suggestions that increase the flexibility & the availability of the Premiership to a wider range of participants.

My original idea was the same three nominated Track events for everyone. In consultation the principle of KISS saw this changed to any three Track &/or Field events included in the State Championships. And the same principle has seen this widened to the present rule of any three Track &/or Field events which have standards in the WAVA Age Graded Tables.

VETS VENUE PREMIERSHIP 1999

Back to Back Premierships for Geelong.

Each contestant submitted results of 3 different events. These results were compared with the WAVA age standard & three % Perfs calculated. An Average % Perf was then calculated for each individual & the results ranked. This is the list of the Top 1/3rd of the ranking of Ave % performances. By the rules, these qualify for premiership points for their Venue. Congratulations to GEELONG on back to back Premierships.

| | AVE % PERF | AGE | | AVE % PERF | AGE |
|----|------------|-----|------------|------------|-----|
| 1 | 96.48 | 46 | IPAGE | 96.48 | 46 |
| 2 | 94.99 | 47 | STEWART | 94.99 | 47 |
| 3 | 94.60 | 48 | GALVIN | 94.60 | 48 |
| 4 | 91.55 | 49 | WISHART | 91.55 | 49 |
| 5 | 90.84 | 50 | WISHART | 90.84 | 50 |
| 6 | 90.47 | 51 | O'CONNOR | 90.47 | 51 |
| 7 | 89.98 | 52 | BRUCE | 89.98 | 52 |
| 8 | 89.61 | 53 | WILSON | 89.61 | 53 |
| 9 | 89.49 | 54 | RICHARDS | 89.49 | 54 |
| 10 | 88.86 | 55 | CAMPBELL | 88.86 | 55 |
| 11 | 88.35 | 56 | MULLINS | 88.35 | 56 |
| 12 | 88.01 | 57 | SMART | 88.01 | 57 |
| 13 | 87.95 | 58 | OLDFIELD | 87.95 | 58 |
| 14 | 87.23 | 59 | GREEN | 87.23 | 59 |
| 15 | 86.87 | 60 | JOHNS | 86.87 | 60 |
| 16 | 86.72 | 61 | TWINING | 86.72 | 61 |
| 17 | 86.63 | 62 | FULGENZI | 86.63 | 62 |
| 18 | 86.35 | 63 | STEWART | 86.35 | 63 |
| 19 | 86.08 | 64 | ADAM | 86.08 | 64 |
| 20 | 85.91 | 65 | MACHIN | 85.91 | 65 |
| 21 | 85.87 | 66 | BLUMEL | 85.87 | 66 |
| 22 | 85.53 | 67 | O'BRIEN | 85.53 | 67 |
| 23 | 85.40 | 68 | HARRIS | 85.40 | 68 |
| 24 | 85.22 | 69 | SEEDSMAN | 85.22 | 69 |
| 25 | 85.10 | 70 | PHILPOTT | 85.10 | 70 |
| 26 | 84.69 | 71 | DAVIES | 84.69 | 71 |
| 27 | 84.35 | 72 | VAN WEENEN | 84.35 | 72 |
| 28 | 84.10 | 73 | GIBBS | 84.10 | 73 |
| 29 | 83.86 | 74 | McMAHON | 83.86 | 74 |
| 30 | 83.83 | 75 | WIER | 83.83 | 75 |
| 31 | 83.83 | 76 | WATTS | 83.83 | 76 |
| 32 | 83.71 | 77 | SKULTETY | 83.71 | 77 |
| 33 | 83.69 | 78 | PAISLEY | 83.69 | 78 |
| 34 | 83.29 | 79 | TOPLIS | 83.29 | 79 |
| 35 | 83.23 | 80 | HOWARTH | 83.23 | 80 |
| 36 | 83.16 | 81 | LOIZOU | 83.16 | 81 |
| 37 | 82.81 | 82 | SMITH | 82.81 | 82 |
| 38 | 82.35 | 83 | PAINTER | 82.35 | 83 |
| 39 | 82.28 | 84 | O'BRIEN | 82.28 | 84 |
| 40 | 82.16 | 85 | LEE | 82.16 | 85 |
| 41 | 81.80 | 86 | DUXBURY | 81.80 | 86 |
| 42 | 81.38 | 87 | ASHWORTH | 81.38 | 87 |
| 43 | 81.18 | 88 | JOHNS | 81.18 | 88 |
| 44 | 81.14 | 89 | BERRINGTON | 81.14 | 89 |
| 45 | 80.87 | 90 | RICHARDS | 80.87 | 90 |

VIC VETS proposed program of medal events for next year

V. V. A. C. Inc.

18-10-99

TENTATIVE 2000 PROGRAM

| | | | |
|---------------------|---------------|---------------|------------------------|
| PENTATHLON | SUN. MARCH 26 | CAULFIELD | 12.30 |
| WEIGHT PENTATHLON | SUN. APRIL 2 | CAULFIELD | 10.00 |
| VVAC TRACK & FIELD | SAT. APRIL 8 | CAULFIELD | 10.00 HWT 12.00 T&F |
| | SUN. APRIL 9 | | 10.30 HWT 12.00 T&F |
| AAVAC TRACK & FIELD | APRIL 21-24 | HOBART | |
| AAVAC MARATHON | SUN. APRIL 30 | SYDNEY | |
| VVAC HALF MARATHON | SUN. APRIL 30 | GEELONG | |
| 10K CROSS COUNTRY | SUN. MAY 28 | COLLINGWOOD | 10.00 |
| ROAD WALKS 10K MEN | SAT. JUNE 24 | ALBERT PARK | |
| 5K WOMEN | | | |
| 10K ROAD | SUN. JULY 2 | BRAESIDE PARK | 10.00 |
| 10 MILES ROAD | SUN. JULY 30 | PRINCES PARK | 10.00 |
| ROAD WALKS 20K MEN | SUN. AUG.13 | ALBERT PARK | |
| 10K WOMEN | | | |
| 25K ROAD | SUN. SEPT. 10 | FOOTSCRAY | 9.30 |
| MARATHON | SUN. OCT. 8 | ALBERT PARK | 8.00 |
| 10K TRACK | SAT. NOV. 26 | KNOX | 6.00 |

EVENTS STILL TO BE SCHEDULED:

ROAD WALKS 8 MILES MEN

5 MILES WOMEN

WINTER WEIGHT PENTATHLON

Peter McGrath

"Gus Theobald" Intervene Challenge. Tuesday evening 16th November saw the ninth running of the Gus Theobald intervene challenge between Springvale-Noble Park, Mentone and Caulfield venues. This annual event has always attracted good interest and continues to be a most enjoyable event.

It is a teams event based on a scoring system. Each team has four competitors and comprises a 3600 metre run on the outside track, a 2629 metre run on grass and the athletic track, a 1800 metre walk and a 1600 metre run. Teams are graded as "Open" "over 50" and "Womens". This year saw a most interesting first leg where Shaun Kemp (Springvale Open) with a time of 12.34 just hold out Jim Berrington (Caulfield Open) and Neil Gray (Springvale over 50) who both ran 12.39. However during the event there were some great individual efforts and every competitor is thanked for their contribution. A breakdown of times for the event are as follows:-

| | SpringvaleNoblePark | Caulfield | Mentone |
|---------|---------------------|---------------|---------------|
| Open | 34.56 (7 Pts) | 34.59 (5 Pts) | 41.35 (3 Pts) |
| Over 50 | 36.50 (7 Pts) | 37.17 (5 Pts) | 42.54 (3 Pts) |
| Womens | 48.03 (3 Pts) | 38.52 (7 Pts) | 44.32 (5 Pts) |
| Total | 17 | 17 | 11 |

Springvale-NoblePark once again is the Winner and look after the trophy for another year. Each team member was also presented with a trophy.

There were also 8 fun teams competed and they are a most important component in keeping this event something to be enjoyed.

Many thanks to every person who competed, to all our helpers for the work you did and very importantly to the ladies who assisted with the magnificent supper. Jim McClure, Ray Kemp, Greg Mauldon, Leo Charles and Joy Herbert did a lot of the organising and kept the programme moving. Many thanks to Ian Bloomer of Cascade Sports Chelsea who provided a pair of running shoes as a raffle prize which was won by Michael Heffernan. It so happened that Michael had a birthday next day!

Technical Rule Changes

At the recent Annual General Meeting of our National body, AAVAC, Wilma Perkins, the Technical Affairs Director advised of a number of changes to our rules which were approved by delegates to the WAVA General Assembly in Gateshead a few months ago. These changes which were introduced from Oct this year are:

Javelin:

- M30-49 remain at 800gms
- M50-59 now use 700gms
- M60-69 remain at 600gms
- M70-79 now use 500gms
- M80+ now use 400gms
- W30-49 remain at 600gms
- W50-59 now use 500gms
- W60+ remain at 400gms

Hurdles:

- 300m Hurdles W60+ and M70+ height has been reduced to 27" or 68.6cm
- 80m Hurdles W60+ height has been reduced to 27" or 68.6cm

100m Hurdles M60-69 run in to first hurdle is 16m, 8m between hurdles With a 12m run to the finish line, height 84cm

Cross Country:

- to be conducted over 8 to 10 km, depending on the expected humidity, temperature and degree of course difficulty.

Multi Events:

- it is a requirement of the event that an athlete must commence each event in order to continue in the competition and to be included in the final placings.
- The following Notices of Motion were passed at the AAVAC AGM:

- At AAVAC National Championships the pentathlon is to include the Discus rather than the Shot Put
- At AAVAC National Championships all men are to compete over 20km for the Road Race Walk in lieu of M60+ having the option of doing 10km.

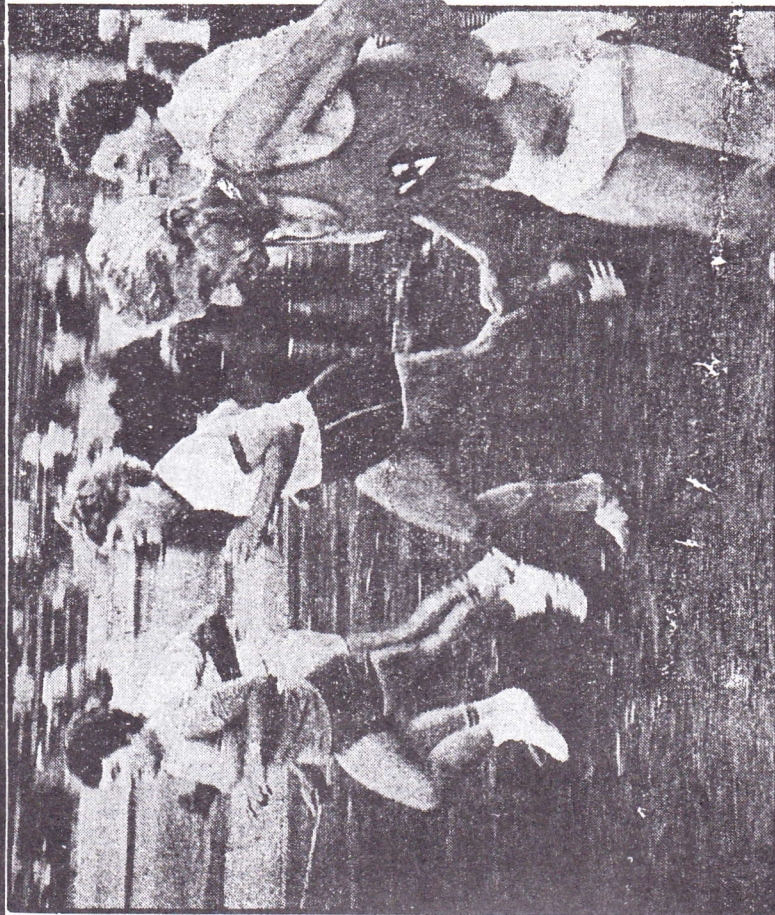
Someone gave me this yellowed press cutting from 1977, and I have forgotten who. If you can remind me I will give it back. Alzheimers is taking over.

It is fascinating when you look at the cutting because you can see many of our early "ancestors", people who got the vets going, like Noel Anderson and his wife, and George Simpson and others. We don't have Box Hill any more as a venue, but that was where it started. And you can see a "young" Andy Smith at 61!

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WEEKEND

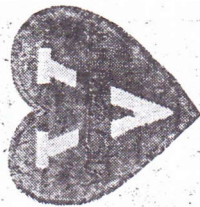
They pound the tracks and ignore the passing years



RUNNERS of all ages at the start of the eight-lap, 3200 metres race.

They're the runners who just won't stop

Report: ROBERT COLEMAN
Pictures: NOEL BUTCHER



BADGE of the Victorian Veterans' Athletics Club. It stands for "the young at heart."

TWILIGHT is settling over the Hagenauer Reserve at Box Hill where they are running the eight-lap, 3200 metre handicap.

Fatigued, straining athletes are pounding a track that is "never-ending" like the Caucus race in "Alice in Wonderland." To the uninitiated, it is a mystery how the old-timers keep going. "I could pass for 55," says one of the many runners.

Some of the runners are in their twilight too. Photographer Noel Butcher's flashlight flares and one of the competitors, swinging this and that, calls out: "Not bad for 61, eh?"

Not bad indeed — but not all that unusual either.

This is the weekly track meeting of the Victorian Veterans' Athletics Club and most of the runners are not so much "old as mature in years." There are about 50 starters, including tonight's eight-lap race. Their ages range from 35 to around 70.

The rules say that everyone must run the full eight laps, so starts are given on a time-lapse basis, "hugobol" for the first runner, "hugobol" for the second, "hugobol" for the third, and so on. Some opponents have covered two or three laps before he starts.

He burns relentlessly around the track like Vladimir Kuts, passing the others in the first lap, each galloping 35-year-old housewife Nola Cameron, who has burned off her fellow limit markers to win by half the straight. Duff gets up to run a courageous fifth.

Nola's time for the eight laps was 10 min. 15 sec. John Johnson, 54, was second and Ron Dick, 43, third.

Looking on tonight for once is the queen of the Victorian athletes, Meg Barrow.

This man Barrow has no right to look as young as he does. He is 72 and with his sharp eyes and unlined face and clear blue eyes he could pass for 55.

It is probably the best long-distance runner in the world over 70 years of age.

He has the track record to prove it; seven world records between October, 1975 and March 1976, and a gold medal in the 5000 metres at the Victorian Championships at the Victoria Athletic Club in 1976.

Medals

He started competitive running with the YMCA when he was 15 and has been at it ever since. He is now preparing for the Victorian Championships next weekend, and the Australian championships at Perth at Easter.

Victorian athletics is catching on all round the world. It started on a formal basis in the 1920s and has since won world championships (called the Masters) at Toronto in 1975 there were about 1500 athletes from 27 countries, at the Victorian Championships at Geelong this year — 3000 athletes are expected from 35 countries.

Australia won 19 gold medals. Toronto with a team of about 100 who paid their own way.

Richmond Harriers middle distance runner, Wal Sheppard, 54, got Victorian title after he and two others had been invited to run at the Masters at San Diego, California, in 1970.

It is now established on a nationwide basis, the clubs and their state and national athletic associations.

President of the Victorian Veterans' Athletics Club, Noel Butcher, says the first committee meeting was held at my house. We had about eight or 10 runners then.

Today we have about 225 members, including 24 ladies and our membership is growing all the time.

"We hold meetings every Tuesday night all through the year."

"We usually have a few sprint races and one long distance event. But we cater for all Olympic track events."

Occasionally we have a "pre-veteran" meet for the fun of it. For the members, just run for the fun of it.

A male athlete can be a "pre-veteran" from 35 and a female from 40. Women over 35 are eligible for veteran status.

They are classified by their ages — 40 to 44; 45 to 49; 50 to 54; and 55 and over. They may run together in one race, but runner is competing only against those in his own age bracket. Of the members are still competing on Saturdays in inter-club events.

"The average age of our members would be between 45 and 55," says Noel Alder-son.

"Our oldest member is Gus Theobald, who had his 80th birthday this week and is still competing as a B Grade competitor."

Training

Noel does about 50 miles training a week — a six or seven mile run every day with a longer run on Sundays.

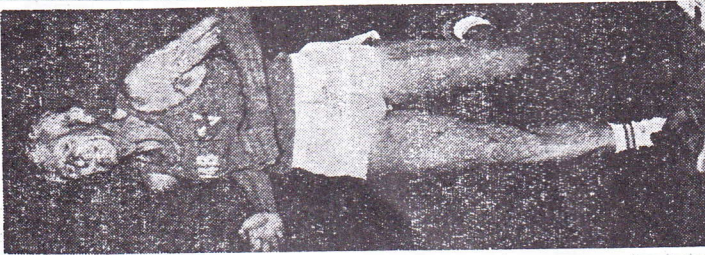
Nola Cameron, winner of the eight-kilop event this week, got the club talking about her children, Jacqueline, 7, and six-year-old Shauna to Little Aths.

She joined the club only late last year. "I looked up at it," she said. "I look up jogging four years ago.

"I jog and play squash on alternate days. I try to run at least two miles every second day."

"I was going to Little Aths with the children and I heard a lady talking about the veterans' club, so I inquired."

Nola Cameron said she was one of about 20 married women who jogged at Croydton Oval every Tuesday morning.



ANDY SMITH, 61, took to athletics late in life. "I started to jog when I was 50," said Andy, a retired Army officer and former paratrooper.

"I was doing a desk job and needed something to keep me fit. I had played cricket, tennis and golf, but I had never done any running."

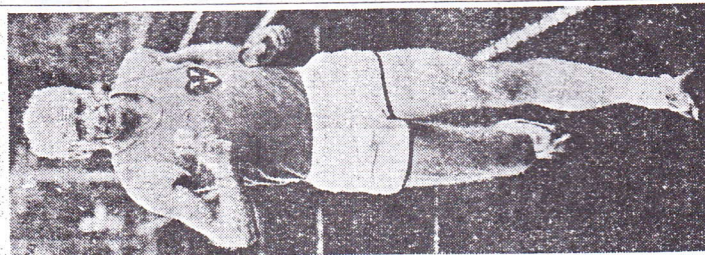
"I gradually got the bug. Four years ago I joined in the paper about the veterans having a club. I went to the annual meeting and entered for the championships that year."

"I was probably the most consistent runner they had. I ran about two years to a stopwatch."

Andy certainly "graduated". He ran fourth in two finals (the 400 metres and 400 metres hurdles) in two world championships at Toronto.

Like most of the veterans, he has a training program that would turn most people pale. Every morning, he runs through four 100 metre, four 200 metre and four 400 metre sprints.

"I feel almost gully if I miss a day," he says.



NOEL ANDERSON, 51, is president of the veterans' club. Although he competes in middle-distance running events as well.

He took up competitive running at 40. "I was looking for a club to fit and somebody suggested he should join St. Stephen's Harriers."

"I joined and I've been hooked on running ever since," he said. "I love it."

He is an A Grade walker for St. Stephen's but also competes in lower grade cross country events.

What makes a man take up competitive running in middle life?

"A lot of people run to keep fit," says Noel Anderson. "They find they enjoy the competition and the company."

"In the veterans, you don't have the same stress as in other competitions. So it can be a very social outing."

"Our idea is that everybody should have a chance to compete, no matter what his standard is."

AAVAC RECORDS AND RANKINGS 1998 - 99

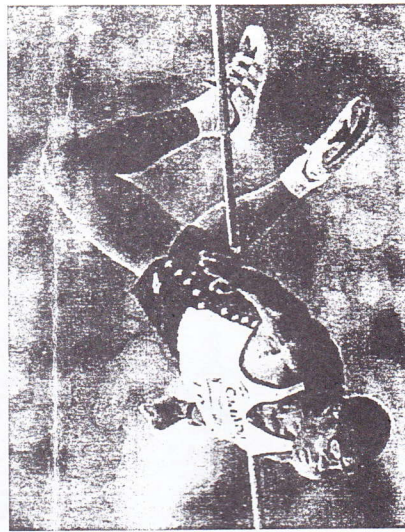
This monumental effort by Russ Haines, editor of "Courier", the AAVAC magazine, is a must-have for all competing veteran athletes. It contains the records and rankings for the year July 1998 to June 1999, and it represents hundreds of hours of work researching and re-typing the performances of vets in the widest range of situations, in fact all situations from which results have been published, ie. masters games, state and national championships, grand prix events, interclub, special meets and even venue meetings.

Each performance in each five-year group published in the year 1/7/98 to 30/6/99 has been included in the data and the best by each person in that period has been ranked. Thus you may see 35 people ranked for 10km M50-54, 60 for 400m M45-49, 19 for 5km walk W50-54, 46 for shot put W35-39, and so on. If you yourself competed in a state or national championship, a masters games, or even at a venue, you may hope to find your ranking for the year in this book.

Another section shows the existing records for all track and field events in five year age groups at the following levels: World, Australian, Qld, Vic, NSW, WA, SA, ACT and Tas.

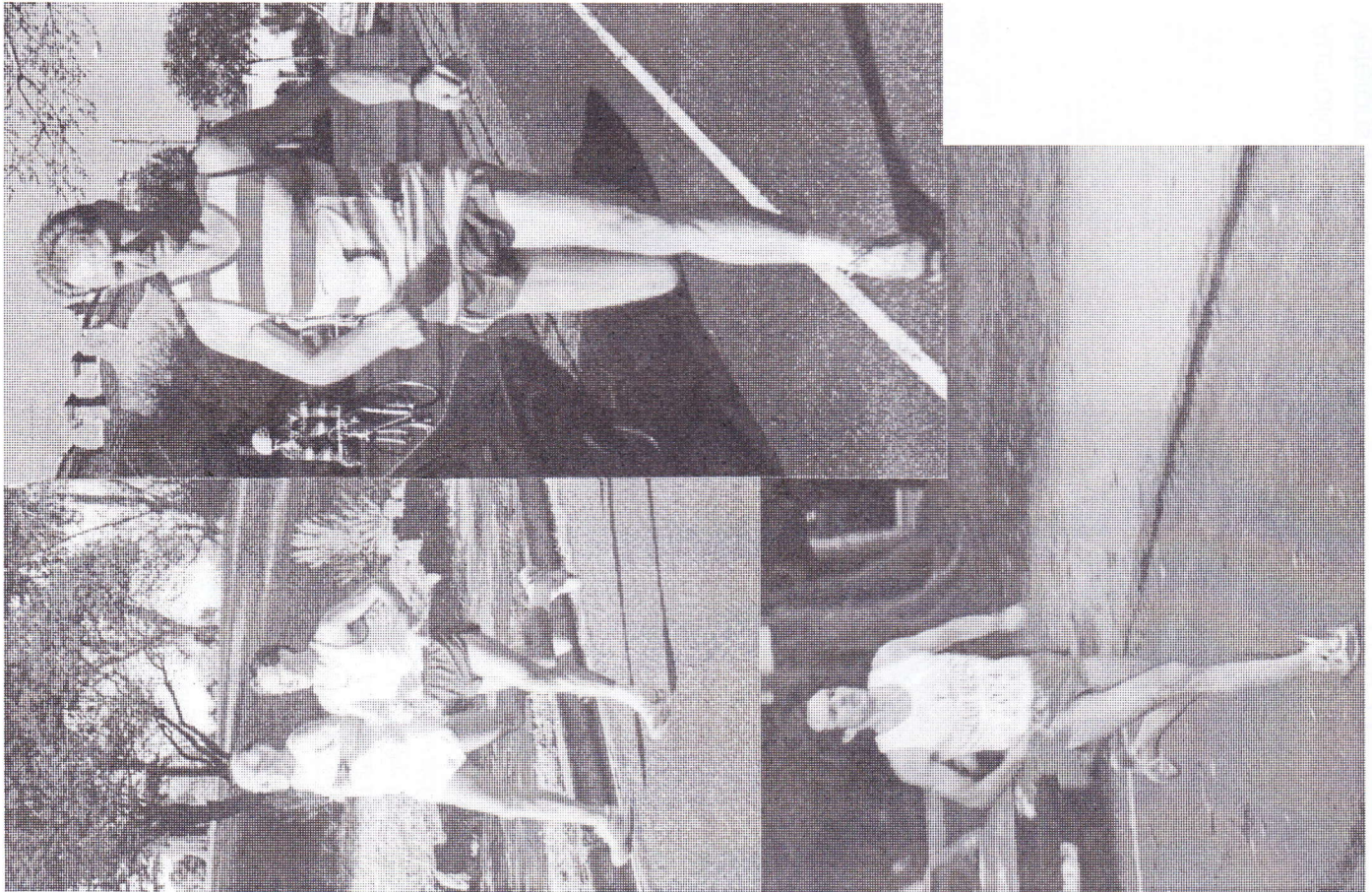
The events covered are all the official WAVA track and field events, plus distance road and cross country races. However non-metric events and novelty events have not been included. It is a fascinating book and great value. 116 pages of A4, spiral bound, for \$6.

Contact Russ Haines,
11 Ripley Court, Ringwood VIC 3134
work 03 9632 4077
mobile 0418 103 256
home 03 9876 4367
e-mail AAVAC_Editor@bigpond.com



Australian Association of
Veterans' Athletics Clubs

Records and Rankings
1998-99



[Ed: Please note that although these Masters Games start on the same weekend as the Victorian Veterans' Track and Field Championships at Duncan McKinnon Park, I have been assured that the athletics segment will not be on that weekend.]



**8-16 April, 2000
Ballarat**

Masters Sport & the Games

Masters sport participants from Victoria, Australia and around the world are invited to Ballarat for the 2000 Victorian Masters Games. Hundreds of participants are attracted to this 9 day annual event where sport and social activities create a festival like atmosphere.

The Games are open to men and women generally in the 30 and over age bracket of any skill level, offering friendly individual or team competition and encouraging social interaction with people of similar age groups.

Participating Sports and Activities

The 2000 Victorian Masters Games has experienced tremendous support from a wide variety of individual and team sports including athletics. The program is full of exciting fun and sociable activities including multi sport / recreational and social events.

Expression of Interest

Register your expression of interest by providing your contact details to the Games office... you will receive the latest news and information for the

"New Millennium Victorian Masters Games Event".

Victorian Masters Games

PO Box 655 BALLARAT VIC 3340

Telephone 5320 5730 Facsimile 5320 5756

E-mail vicmasters@ballarat.vic.gov.au

Web www.ballarat.com/vicmasters.htm

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, 27th November, VVACI 10km Track Runs
Knox track, in divisions, slowest at 6.30pm. Ray Callaghan 9725 5376, or enter at the venue you go to.

Sunday, 28th November, Sri Chinmoy Albert Park Lake Run, (10km & 5km), Albert Park Lake, 8.00am (9428 6665)

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

::**Kingsbury Fun Run** (10km & 5km), Mont Park Hospital, McLeod, 10.00am (9465 7246 h)

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

Sunday, 5th December, Coburg Lake Classic (10km), Harold Stevens Athletic Track, Coburg, 9.00am (9386 9251 h)

Thursday, 9th December, VRR Twilight Tan Time Trial (8km & 4km), near Government House Drive, 6.30pm (9802 7925 ah)

::**Sporting Chance Christmas Run (10km & 5km), Albert Park Lake, 6.30pm (9819 9225 w)**

Sunday, 12th December, Sri Chinmoy Christmas Run, (10km & 5km), Como Landing, South Yarra, 8.00am (9428 6665 w)

::**Yarraville Fun Run & Walk**, (5km), Yarraville Oval, Williamstown Road, 9.00am (5282 1483 h)

Sunday, 19th December, Post Office Dash & walk, (9.2km & 4.6km), Sorrento PO & Blairgowrie PO, both 8.00am (59 855 989 h)

Friday, 31st December, VRR New Years Eve Run (8km & 4km), Alexander Avenue, opposite Swan Street Bridge, 7.30am (9802 7925)

2000

Saturday, 1st January, VRR Tan Time Trial, (8km & 4km), near Government House Drive, 7.30am (9802 7925 ah)

Friday, 7th January, Mountain To Surf, (8km), Smith Street Lorne, 6.00pm (9593 3447 h)

Saturday, 8th January, Portsea Twilight Fun Run, (6km & 2.8km), Point Nepean National Park, 6.30pm (9819 9225 w)

Sunday, 9th January, Rip To River Surf Coast Run, (11.5km), Point Lonsdale Lighthouse to Barwon River mouth, 8.30am (52 432 913 h) Colin Browne has entry forms.

::**Waratah Beach Fun Run** (8km), Waratah Beach Kiosk, 9.00am (51 277 323 h) Date TBC.

::**Cape Fun Run, Wonthaggi to Cape Paterson**, (8.4km) Be at Cape Paterson at 7.45am for bus to start at Wonthaggi. Walk 8.30am, Run 9.00am, Watt Street Police Station. (0356 744 895, 0356 744 776)

::**Warrnambool Surf t' Surf** (10km), Pertobe Park, 10.00am (55 624 103 w)

Saturday, 8th January to Saturday 15th January, National Running Week, Thredbo. A great week of fun events and social life for the whole family. Brian Lenton, PO Box 5, Duffy ACT 2611. Colin Browne has flyers.

Thursday, 13th January, VRR Twilight Tan Time Trial, (8km & 4km), near Government House Drive, 6.30pm (9802 7925 ah)

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.

Sunday, 23rd January, Sundial Dunes Dash, (10km), Fisherman's Beach, Torquay, 10.30am Time TBC (52 614 274 h)

Tuesday, 25th January, Tattersalls Australia Day Fun Run & Walk, (6km), Linlithgow Avenue, Kings Domain, 7.00pm 952 242 466 w)

Saturday, 5th February, VRR Tan Time Trial (8km & 4km), near Government House Drive, 7.30am (9802 7925 ah)

Thursday, 10th February, VRR Twilight Tan Time Trial (8km & 4km), near Government House Drive, 6.30pm (9802 7925 ah)

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

Australian Veterans Games, Wagga Wagga, 6th to 11th March

Athletics on first weekend, orienteering on Weds, aquathlon & triathlon on second weekend. Games office 0269 225 880 ph, 0269 214 128 fax.

Sunday, 26th March, Sussan Women's Classic.
Saturday and Sunday, 8th and 9th April, VVACI Victorian Track and Field Championships, Duncan McKinnon Park, Murrumbidgee.

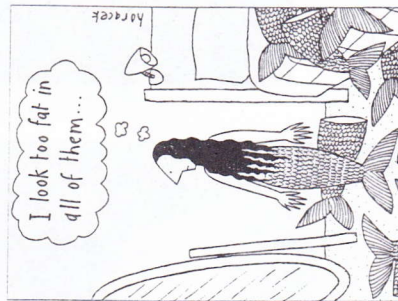
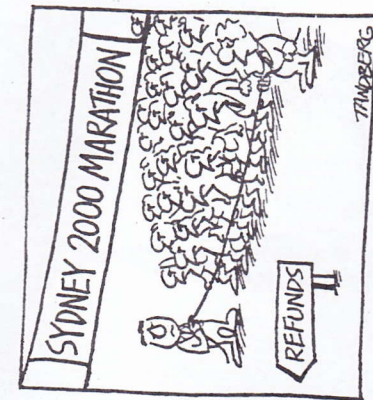
Saturday, 8th to Sunday 16th April, Victorian Masters Games, Ballarat. Contact Mel Spory by e-mail on <sporym@ballarat.vic.gov.au>. Athletics will not clash with the VVACI Victorian track and field champs.

Friday, 21st April to Monday, 24th 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@delhis.tas.gov.au

1 Mile Challenge

East Burwood Venue will again host a Veteran's 1 Mile Challenge event, which will take the form of a series of graded races, commencing at 7.30 p.m. on Thursday evening, 2 March 2000. This will present an opportunity for all runners to compete at their own level over a mile, to prepare for the Victorian Track and Field Titles and to witness some of the fastest runners in the Club compete in the A Grade race. Trophies will be awarded for the first male and female overall and to the first male and female based on age graded percentage (WAVA standards). Spot prizes will also be presented to mile runners. Only one trophy or prize per person. More details will be available early in the new year at the Venues and in "Around the Grounds".



At the Vets Dinner Dance

(top left) Bev Mackie and Ray O'Connor. (bottom left) Wendy Greaves and Tony Doran. (top right) Celia and Tony Johnson. The group: (back row) Celia and Tony, Heather McDonald and Bill Carr, (front) Mike and Penny Hall, Val and George Paton and Di Lowden.

