

# VIC VETS

## NEWS AND RESULTS

**JAN  
2000**

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**The Victorian Veterans'  
Athletic Club Inc.**

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# *Vic Vets*

NEWS AND RESULTS

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## STOP PRESS

Congratulations Ray Callaghan on your well-deserved Australia Day Honour.

## OAM

### MEDAL IN THE GENERAL DIVISION

Raymond Anthony CALLAGHAN, Craydon South, Victoria. For service to athletics, particularly through the Australian Association of Veterans Athletics Clubs and the Victorian Veterans Athletic Club.



## Editorial

By Colin Browne

Welcome to the Y2K. I tried out my computer program which holds my vets database to see if it resisted the Y2K bug and lost all of the members whose surname starts with A or B. The problem wasn't with the Y2K bug, but with the bugger who was using it. Much fiddling later I managed to get those As and Bs back. But computers don't save time, they use it.

I am sorry to be late sending you the form for becoming financial for 2000.. Humble apologies. It is a bit hard getting the magazine out on time. I hope you haven't all gone away. The subscriptions are the same as last year, and once again Astrid Rose will be glad to receive them from you. The payment form is inside this magazine. We need the money to pay our bills. Last year our costs exceeded our income from subs and we had to cash in some investments to balance the cheque account, but hopefully we will get through this year without any rise in the fees. We stocked up on medals to last a few years, and we may save on insurance by doing it another way.

There is another form for you in the centre pages. It is the entry for the three summer club title events, the Pentathlon, the Weight Pentathlon and the Track and Field Titles. We would love to see the members who do not count themselves as elite performers having a go in these events. It is the aim of the club to get maximum participation, not merely to reward the win-

ners. Don't be shy, be in it with the same attitude you bring to venue nights. If we could raise the numbers of entries in this series we would see much more satisfying events and have lots of fun. It is so disappointing to organise what should be major events and to have only small fields.

I hope you had good holidays. I heard from Rob Waters that the Aberfeldie and Altona vets went once again to Hotham Heights and had a great time. The Brownes went to a number of places with various vet friends. The Great Vic Bike Ride was the start, and you can read Dot's account of that inside. Christmas morning saw a crowd of vets in red Father Christmas hats running across Maroondah Highway into Antonio Park for a run before breakfast. We spent the New Year with Barry and Thelma Callanan at their new house in Echuca. Many of you will remember them.

Then we went on to visit the Swan Hill vets for a few days. I have a couple of photos of them to show you. It is a very small group indeed, but they are keen.. From small beginnings many of our bigger venues have grown. May, John and Leeza Ward were again incredibly hospitable. They were organising an inland surf carnival on Lake Boga when we arrived. They conned Dot into going in the Iron Person race. She had trouble with the paddle board and with the young lycra clad triathletes, but she won a great trophy for first veteran woman!

Later we went to National Running Week at Thredbo, as many Vic Vets have done in the past. We introduced Jock and Lyn Cravana to the joys of the chairlift and other hair-raising activities. We played lots of golf and went in plenty of fun runs. They are keen to add to the team and go again next year. Fred Lester and Rose were there as usual, actively walking in the events. Then it was up to Mansfield with the ultra boys to organise the 50km Mansfield to Buller. There were Peter Armistead, Geoff Hook, Ross Shilston, Lavinia and Rob Petrie and vets from Shepparton and Traralgon. It was a great race with several ultra runners who have represented Australia in it. Another weekend away, so no wonder I get behind with my secretarial duties. But the club certainly provides Dot and I with a great network of friends and keeps us pretty healthy.

I would love to hear how some of you also enjoy trips and holidays with people you have met in the club. Send me a quick write-up and I will be glad to publish it in News and Results.

*Colin Browne*

## VALE GRAHAM BONNETT

Vic Vets lost one of its valued members tragically on 18th August when Graham Bonnett was knocked from his bicycle on his way to work. Graham was a Spartan, and had run 30 marathons. He is greatly missed by his running mates in the Frankston area particularly. This letter came from his wife, Judy.

Dear Dot,

I am still in Brisbane at present but leave for Nelson Bay to spend a couple of weeks with Graham's sister before returning to Melbourne at the end of January. Enclosed are some details of Graham's death, so you can extract what you think will be suitable. On looking through Graham's running history we found that he had run 30 marathons - this was his specialty, along with the 10km. He was very dedicated and committed to his love of running and has competed in numerous fun runs.

Graham commenced 'jogging' in 1978 in Auckland NZ when he made a decision to enter the 'Round The Bays Run'. That run commenced his running career, and his first marathon, the 'Big M', was in 1981.

Many thanks and regards,  
Judy Bonnett.

In Pastor Dudley Cooper's biography, we learn that Graham and Judy have four children and six grandchildren. He was a deeply religious man, giving much of his energies to his church and to youth work. He loved bushwalking and often led bushwalking groups in Tasmania and New Zealand. His running career was distinguished, winning the 50+ division in one major marathon and proudly wearing the Spartan singlet for achieving ten or more Melbourne Marathons.



*J. Graham Bonnett*

*15th July 1943 - 18th August 1999*

The members of the Vic Vets wish to extend their deepest sympathies to Graham's family and friends.

## Letters to the Editor



Dear Mrs Browne

Many thanks for adding this to your newsletter. It will be a very useful contribution to community education ... and very possibly to the saving of lives.

With renewed thanks and best wishes  
Alan McLean  
Transplant Promotion Council  
9342 8091

166 people received life-saving organ transplants in Victoria in 1999, well up from 126 in 1998. The organs became available following the deaths of 50 suitable donors during the year, a 20% increase from 1998. The figures also include Tasmania, with organ retrieval and most transplantation co-ordinated from Victoria.

A further 305 Victorians received corneal grafts, restoring sight or repairing low vision. This too was a record exceeding the 1996 figure of 277 grafts.

The Organ Donor Registry also reports the addition of a record 32,000 new names of willing potential donors during 1999. The previous best year was 1996 when 21,000 people joined the Registry.

"Naturally we are pleased with these trends, and share some of the great news of a second chance at life for the 166 fortunate recipients," said Transplant Promotion Council Executive Director, Alan McLean. "However our main concern is for those who remain on waiting lists for a heart, lung, liver, kidney or pancreas," he explained.

It is not easy to close the gap between supply and requirements for vital organs. Organs need to be exceptional condition. Tissue match needs to be established between potential donor and would-be recipient. Death needs to occur in the favourable environment of an intensive care unit, where ventilation remains available to the brain-dead patient. Next-of-kin need to be supportive of organ retrieval, even when the patient has recorded a wish to donate via the Registry.

By contrast, tissue material (corneas, skin, bone, heart valves) may be retrieved following a death away from hospital, provided that not too much time is lost.

With the increase in life-expectancy and reduction in road trauma deaths, at least two elements are operating against donor organs becoming available.

18/8/99

## Cyclist dies in collision with car

FORMER *Frankston Standard* compositor Graham Bonnett, 56, died when hit by a car as he rode his bicycle on Frankston-Dandenong Rd early last Wednesday morning.

Mr Bonnett, of Frankston, was on his way to work at Dandenong paper merchant Regal Paper.

### OBITUARY

After migrating from New Zealand, Mr Bonnett worked for Leader newspapers at Rosebud, Cheltenham and Blackburn printeries between 1981 and 96.

He was dedicated to bushwalking, bike riding and running, and

was still regularly jogging 10 or more kilometres a day, and competing in marathons.

He leaves a wife Judy, four children and six grandchildren. His funeral will be at Peninsula City Church, Frankston-Flinders Rd, at 1.30pm tomorrow (Tuesday).



"People on waiting lists have analysed all the elements of chance in their sometimes long wait for suitable organs," McLean explained. "With more Victorians recording their willingness, more actual donors being identified, and more transplants last year, those waiting know that the trends have to be helpful."

"In the interests of all waiting, we have to re-double our efforts to create a supportive community of potential donors. Then our task passes to the respective intensive care units where all the medical factors and decisions will determine whether organs can be used to save lives," McLean added.

Many more registrants are needed, with the Registry seeking to add 50,000 new names this year.

**Information and registration is available via Freecall 1800 645 899. An alternative channel is [www.organdonor.com.au](http://www.organdonor.com.au)**



tell your family

Deciding to be an organ donor can all be for nothing if you don't tell the right people. It is important for your family to know your views on donation.

Your family would be asked to make the final decision, and if they don't know your wishes, they may well say 'No'.

**Q1: I want to be a donor. What should I do and can I register?**

It's easy.

The most important thing to do is to tell your family.

Then fill in the attached Registration form, seal it and drop it in a letter box. You will receive acknowledgement of your registration within a few days.

**Q2: Why do I need to tell my family? Can they overrule my wishes?**

In Australia, once a patient is declared dead, and assuming the circumstances are suitable for organ or tissue donation, it is routine for hospitals to approach the family to find out the patient's wishes.

If your family already know your wishes, they will be able to make a simple confirmation. If they do not know your wishes, their decision may be more difficult and your plan to donate organs may not be carried out.

**Q3: Can everyone become a donor when they die?**

Yes. Certain tissue can be retrieved from donors who have died because their heart has stopped and their blood is no longer circulating around the body. Tissues that can be donated in these circumstances include heart valves, corneas, bone and skin tissue.

However, the donation of a person's heart, lungs, liver, kidneys and pancreas can only take place under very special circumstances. The person must be declared brain dead in a hospital, usually in intensive care, and always on a ventilator.

**Q4: Will I really be dead?**

Yes, you will. Death in Australia is defined as either:

- Irreversible cessation of all functions of the brain (Brain Death — the brain stops forever) or
- Irreversible cessation of circulation of the blood (Cardiac Death — the heart stops forever).

**Q5: What is brain death?**

Brain death occurs when the brain has died from lack of blood flow and is unable to recover. To determine brain death, a number of tests are carried out by two senior doctors who are not involved in transplantation.

**Q6: Can doctors tell the difference between brain death and coma?**

Yes. Coma is a state of unconsciousness which occurs because the brain is injured in some way. The brain still functions (and may heal) and this can be determined in the tests that are performed. Brain death is the cessation of all brain function without possibility of recovery.

**Q7: How are the organs removed and is the body disfigured?**

Removal of organs is no different to any other surgical operation and is performed by some of Australia's leading surgeons. Wounds are sutured and dressed, and families wishing to have a viewing of their loved one will be able to do so.

**Q8: What happens to the body after the organs are removed?**

Funeral and burial arrangements remain the responsibility of the family, usually by telephone to the chosen funeral director.

**Q9: Are there any costs involved?**

There is no charge for organ donation or any other treatment given after brain death has been certified. Charges for treatment up until the time of death are the responsibility of the patient's family or estate.

**Q10: Which organs and tissues can be donated?**

Donated organs include kidneys, heart, lungs, liver and pancreas; tissues include corneas (eyes), heart valves, bone and skin.

**Q11: How old can a donor be?**

There is no age limit for corneas (eyes), but for other organs, both the donor's age and medical history are considered.

**Q12: If I become an organ donor, would my body also be used for research purposes?**

No. For other medical or scientific purposes, specific permission is needed.

**Donors may register via the internet.  
Select website [www.organdonor.com.au](http://www.organdonor.com.au)**

Colin

Attached forms

If you have a small space, Could you please express the deep appreciation of Anne and I for the many messages of encouragement we recieved from all our friends. They helped us through a very hard time. Recovery is slow, but should be certain.

Thanks Ray and Anne Callaghan

## Yes! I want to be an Organ Donor

Deciding to be an organ donor is an important decision and one that can bring new life to others. So please complete the Registration Form below then post or fax it. Many people may think they have already registered. This may not be the case. Unless you have an Official Organ Donor Registry Card, complete with a registration number, your wishes will never be known. We ask that you please register today. Thank you for your care and concern for other people.

**Sponsored by GlaxoWellcome & Dept. of Human Services (Vic)**

Please print neatly in ink and use BLOCK LETTERS. I give permission that after my death, my organs and tissues may be used for the treatment of others.

I understand that certain circumstances may prevent the donation.

Mr  Mrs  Ms  Miss  Other \_\_\_\_\_

Family Name of donor \_\_\_\_\_

First Name \_\_\_\_\_

Other Names \_\_\_\_\_

Address \_\_\_\_\_

City, Suburb, Town \_\_\_\_\_ State \_\_\_\_\_ Postcode \_\_\_\_\_

Male  Female

Telephone Home \_\_\_\_\_ Business \_\_\_\_\_

Date of Birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Given names of family member who knows of my wishes \_\_\_\_\_ Surname \_\_\_\_\_

Relationship \_\_\_\_\_

Organs/tissue donated  All  Specify exemptions &/or provide comments: \_\_\_\_\_

I understand how this information will be used (see below).\*

Signature of Donor \_\_\_\_\_

I am also interested in  other individual forms. Number of extra copies \_\_\_\_\_  
 a family/household registration form  
 information on becoming a Bone Marrow Donor

\*Organ Donor Registration details will only be used by the Transplant Coordinators: (a) to identify registered donors; and (b) to collect statistical information which will not include any personal information and will remain confidential.

Please send your completed Registration Form to  
ORGAN DONOR REGISTRY PRIVATE LOCKED BAG 860, CARLTON SOUTH 3053 or fax to (03) 9342 7066.  
The Transplant Promotion Council appreciates funding support. Tax deductible donations may be made to the Council at the address above.

Dear Col

The 10th annual Olympic Dream run was held today. Melbourne's biggest fun run, it attracts over 10,000 runners in either a 10km or 6km. I was lucky to grab a parking spot in the back streets of Richmond before making a quick pit stop at the railway station where I entered a cubicle in the deserted toilet block only to find that a line of about 10 people had formed by the time I re emerged, at the front of the line was race favourite, Lee Troop. I had a very slow start due to being at the back of the pack and when I finally got into some sort of a run [about the 2km mark] I noticed a runner with an old "Team Trot" singlet bearing the sponsors name of TAA, I remember owning one myself, it must have been a good 20 years old. I managed to link up with Les Clarke who had just returned from the Colac 6 Day Race the previous day. Les crewed for Michael Grayling and was very high in his praise of Mikes effort. We spent the rest of the run shuffling along and talking about the Colac race before strolling under the finish banner in a little over the hour. Crossing the finish line, it is only natural to head straight to the drinks and fruit etc and I sure made a beeline when I saw the bottles of coke on the first available table. What a surprise I and many others got when we were told that the free drinks were further down and the cokes cost 2 dollars. This really had me scratching my head !!! Why would a commercial enterprise set up at the finish in front of all the runners freebies? Did they expect all the runners to cross the line clutching a 2 dollar coin to buy a coke????????????????? With light rain starting to fall and all the hordes of people heading off home, I was able to enjoy another run of about 11km both peacefully and without interruption.

Kevin Cassidy

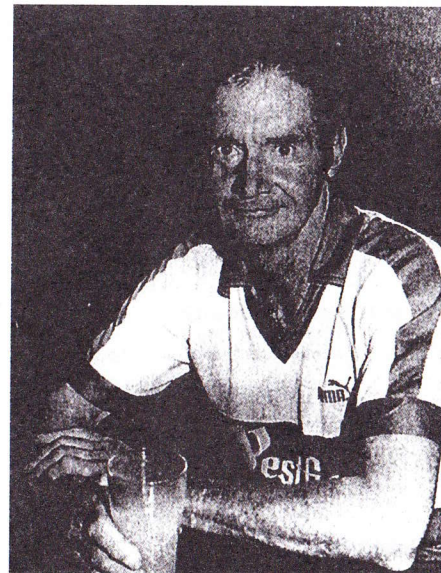
\*\*\*\*\*

Dear Col

The Victorian Road Runners will once again be having there 8km New Years Eve run on Friday at the tan track, a sandy tan colored 4km path that circumnavigates Melbourne's Botanical Gardens. The Road Runners club will also be holding their normal 8km tan runs on the first Saturday of each month, the January 2000 run, by coincidence, will be on January the first just 24 hours after Fridays event. The VRR have ordered a commemorative "Millenium Runner" t-shirt for those who do both events. Gordon Burrowes is a name familiar with the ultra running fraternity and he is going to be doing a rather unusual run of his own that he has aptly named the Millenium BUG [botanical ultra gallop]. Gordon will be participating in both the 8km events as well as spending the entire time between each race running one 4km loop of the tan at the start of each hour, Gordon plans to take approximately 30 minutes for each lap thereby giving him a good half hour to recover before commencing his next lap. Forgive my mathematics, but that should give gordon a total of about 100kms of running in 25 hours. Gordon would be glad to have some company, especially during the early morning hours.

Good luck Gordon

Kevin Cassidy



Cliff Young, photograph courtesy of AURA

## OUR CLIFFY

from a magazine for the Older Person

A message from Cliff Young, one of Australia's best known senior sportsmen. Cliff sent us this message on the occasion of the Global Walk.

'I am a firm believer in exercise to keep your body in good shape. Walking is very good, but you must walk as quickly as you can without getting distressed, start at a comfortable pace and as you get fitter, gradually increase your speed - always listen to your body, if it starts crying out for mercy cut back on the speed. Jogging is also very good but be careful with it as well, if you are overweight take it easy until some of the weight disappears. Swimming is also very good for a body, but take it easy 'til you feel good. Then gradually increase the distance and the speed.'

## VALE BART VAN ASTEN

Many Vic Vets who used to run at Ferny Creek on Sunday mornings with mates like Tony Bradshaw, Peter Battrick, Rod Heron and the like will be sad to hear that Bart Van Asten has passed away. Bart was a real identity with his fractured Dutch-English. Tony in particular used to take him off in his inimitable way. Croydon vets too will remember Bart. It is sad to think that he has gone, aged 71. Our deepest sympathies go to Rikki his wife.

This old photo shows Bart battling it out with Stan Miskin, in the 1983 Big M Melbourne Marathon.





VETERANS ATHLETIC ASSOCIATION  
OF TASMANIA  
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Email [peter.lyden@dchs.tas.gov.au](mailto:peter.lyden@dchs.tas.gov.au)

19 January 2000

Dot Browne  
Secretary  
VVAC Ltd  
4 Victory Rd  
Mitcham Vic 3132

Dear Dot

**Australian Veterans Athletic Championships - Hobart 2000**

At long last we have finalised our program for the forthcoming Australian Veterans Athletic Championships, to be held in Hobart 21-24 April 2000. This program was produced in consultation with the Ray Green, AAVAC Director Competition & Championships, a copy of which is attached for your information.

The closing date for entries has been set at 27 March 2000, with entry forms to be distributed to all states with the next two weeks. Competition conditions, including hurdle and implement specifications, will be detailed in the entry form. Please note that there will definitely be no Pentathlon conducted.

With regard to enquires re travel and accommodation, I refer you to the undermentioned WEB sites which should provide you with all the information your members require, assuming they have access.

<http://www.tourism.tas.gov.au>  
<http://www.tt-line.com.au>  
<http://www.travelways.com.au>

Alternatively, Tourism Tasmania have a freecall information service on 1800 806 846 and they would be more than happy to assist members with their particular requirements. They have an excellent Travel Planner and will also forward a copy of the latest Tasmanian Travelways publication that is packed full of information.

In addition, one of our members has compiled a "Accommodation Guide", and which provides an indication of the relative distance of each facility from the Domain Athletic Centre, a copy of which is also attached for your information.

Yours in sport

Peter Lyden  
Secretary

**Australian Veterans Athletic Championships  
Hobart 2000**

**PROGRAM SCHEDULE**

**Friday 21 April 2000**

400M Heats/Final  
10000M  
Pole Vault  
Shot Put  
Javelin

**Saturday 22 April 2000**

100M Heats/Final  
1500M  
300/400M Hurdles  
2000/3000M Steeplechase  
5000M  
High Jump (part)  
Discus  
Heavy Weight

**Sunday 23 April 2000**

200M Heats/Final  
5000M  
100M Age Winners Final  
Long Jump  
High Jump (part)  
Hammer  
Discus Age Winners Final

**Monday 24 April 2000**

800M  
Sprint Hurdles  
4x100M Relay  
4x400M Relay  
Triple Jump  
Weight Pentathlon  
10K Cross Country  
10K/20K Road Walks

**VENUES**

Track & Field	Domain Athletic Centre, Hobart
Road Walks	Derwent Entertainment Centre, Glenorchy
Cross Country	Tasmania Police Academy, Rokeby

**Convener**

Wayne Mason  
Veterans athletic Association of Tasmania inc  
GPO Box 890  
Hobart 7001

**AUSTRALIAN VETERANS ATHLETIC CHAMPIONSHIPS  
HOBART 21-24 APRIL 2000**

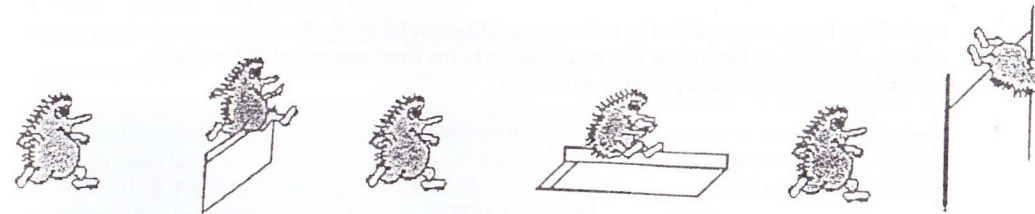
**ACCOMMODATION GUIDE**

Name	Address	Phone No.	Rates	*Dist.
<b>Large Hotels</b>				
Hotel Grand Chancellor	1 Davey St., Hobart 7000	(03) 6235 4535	\$155-\$360 (1-2 persons) \$30 additional adult; \$30 child	2k
Wrest Point Hotel Casino	410 Sandy Bay Road, Sandy Bay, 7005	(03) 6225 0112	\$218-\$300 (1-2) \$30 EAA	5k
Hobart Vista Hotel	156 Bathurst St, Hobart 7000	(03) 6232 6255	\$128-\$205 (1-2), \$25 EAA	3k
	Reservations:	1800 030 003	\$0 child; \$90 if out by 24/4	
	Fax:	(03) 6234 7884		
The Old Woolstore	1 Macquarie St, Hobart 7000	(03) 6235 5355	\$135-\$190 (1-2); \$30 EAP	2k
Rydges Hobart Hotel Motel	Cnr. Argle & Lewis Sts., North Hobart, 7000	(03) 6231 1588	\$120 (1-2), \$25 EAA, \$0 Ch.	2k
Hadleys Hotel	34 Murray St. Hobart 7000	(03) 6223 4355	\$110 (1-2), \$15 EAA, \$0 Ch.	3k
<b>Small Hotels</b>				
The Black Buffalo	Federal St. Nth Hobart, 7000	(03) 6234 7711	\$50 s; \$60 d; B&B	2k
The Black Prince	145 Elizabeth St. Hobart 7000	(03) 6234 3501	\$40 (1-2) B&B	3k
Waratah Motor Hotel	272 Murray St. Hobart 7000	(03) 6234 3685	\$50 s; \$65 d; \$90 (3); \$100 (4)	4k
Customs House Hotel	1 Murray St. Hobart 7000	(03) 6234 6645	\$55 s; \$70 d; breakfast	3k
Montgomery's Hobart Hotel	87 Macquarie St Hobart 7000	(03) 6234 4790	\$90 d or s; \$23 (6 bunks)	3k
The Prince of Wales Hotel	85 Hampden Rd. Battery - Point 7004	(03) 6223 6355	\$60 s; \$70 d; B&B	4k
The Welcome Stranger Hotel	58 Harrington St. Hobart 7000	(03) 6223 6655	\$59 s; \$69 d; \$12 EAP	3k
The Astor Private Hotel	157 Macquarie St. Hobart 7000	(03) 6234 6611 Fax: (03) 6234 6384	\$55 s; \$65 d; B&B	3k
The Marquis of Hastings Hotel	209 Brisbane St. Hobart 7000	(03) 6234 3541	\$60 s; \$70 d; \$10 EAA	4k
The Doctor Syntax Hotel	139 Sandy Bay Rd. Sandy Bay, 7005	(03) 6223 6258	\$43 s; \$59 d; \$19 EAA or child	4k
The Theatre Royal Hotel	31 Campbell St. Hobart 7000	(03) 6234 6925	\$30 s; \$45 d; \$10 EAA	2k
The Globe Hotel	178 Davey St. Hobart 7000	(03) 6223 5800	\$23 s; \$33 d; \$8 EAA	4k
The Brunswick Hotel	67 Liverpool St. Hobart 7000	(03) 6234 4981	\$30 s; \$50 d.	2k
The Alabama Hotel	72 Liverpool St. Hobart 7000	(03) 6234 3737	\$30 s; \$50 d.	2k
Claremont Hotel Motel	1 Main Rd. Claremont 7011	(03) 6249 1119	\$30 s; \$40-\$50 d.	12k
Beltana Hotel	160 East Derwent Highway, Lindisfarne 7015	(03) 6243 8677 Fax: (03) 6243 8308	\$30 s; \$35-\$45 d.	4k
The Carlyle Hotel	232 Main Rd. Glenorchy 7010	(03) 6272 0299	\$30 s; \$40 d; \$10 child	7k
Ye Olde Commodore Inn	3 Bathurst St. Hobart 7000	(03) 6234 4920	\$35 s; \$55 d; \$17 EAA \$10 Ch.	2k
Woolmers Inn	122-127 Sandy Bay Rd, Sandy Bay, 7005	(02) 6223 7355	\$85-\$99 s or d; \$15 EAA	4k
<b>Motels</b>				
Hobart Macquarie Motor Inn	167 Macquarie St. Hobart 7000	(03) 6234 4422	\$90 s; \$95 d; \$15 EAA; \$0 Ch.	4k
The Mayfair Motel	17-19 Cavell St. Hobart 7000	(03) 6231 1188	\$80 s,d or t; \$15 EAP	4k
Valley Lodge Motel	11 Augusta Rd. Lenah Valley 7008	(03) 6228 0125	\$80 s or d; \$10 EAA; \$8 child	4k
Balmoral Motor Inn	511 Brooker Hwy, Glenorchy 7010	(03) 6272 5833	\$90 s, d or t; \$10 EAA; \$8 child	6k
Martin Cash Motor Lodge	238 Main Rd. Glenorchy 7010	(03) 6272 5044	\$80 s, d or t; \$10 EAA; \$8 child	7k
Argyle Motor Lodge	Cnr. Argle & Lewis Sts., North Hobart, 7000	(03) 6234 2488	from \$65; \$70-\$120 (1-2); \$13 EAA	2k

Name	Address	Phone No.	Rates	*Dist.
Wrest Point Motor Inn	410 Sandy Bay Road, Sandy Bay, 7005	(03) 6225 0112	\$109-\$119 (1-2); \$30 EAA children \$0	5k
Lindisfarne Motor Inn	105 East Derwent Highway, Lindisfarne 7015	(03) 6243 8666	\$55-\$60 s; \$58-\$68 d; \$12 EAA \$8 child	4k
Sandy Bay Motor Inn	429 Sandy Bay Road, Sandy Bay, 7005	(03) 6225 2511 Fax: (03) 6225 4354	\$75-103 s; \$90-103 d; \$15 EAA	6k
City View Motel	30 Tasman Highway, Montagu Bay 7018	(03) 6243 8155	\$75-\$85 s or d with breakfast	5k
Waterfront Lodge	153 Risdon Rd. New Town 7008	(03) 6228 4748	Budget Accommodation	3k
Highway Village Motor Inn	897 Brooker Highway, Berridale 7011	(03) 6272 6721	\$48-\$70 s; \$58-\$82 d; \$12 Ch.	10k
St Ives Motel & Apartments	St Georges Terrace, Battery Point 7004	(03) 6224 1044	\$79 s,d or t	4k
<b>Other</b>				
Graham Court Apartments	15 Pirie St. New Town 7008	(03) 6273 1333	\$66 s; \$66-110 d; \$15 EAA	3k
Argyle Guest House	50 Argyle St. Hobart 7000	(03) 6236 9997	\$25 B&B	2k
Domain View Holiday Flats	44a Ryde St. Nth Hobart 7000	(03) 6234 1181	\$60 s or d; \$5 EAA	3k
<b>Caravan Parks</b>				
Treasure Island	Main Road, Berridale 7011	(03) 6249 2379	cabins \$48-55; vans \$32 (1-2) campsite \$8 s; \$13 (2)	10k
Elwick Cabin and Tourist Park	19 Goodwood Rd. Glenorchy 7010	(03) 6272 7115	\$55 (1-2); \$7 EAA; \$7 Child	7k
Sandy Bay Caravan Park	1 Peel St. Sandy Bay 7005	(03) 6225 1264	cabins \$55 (1-2); vans \$35; campsite \$14 (1-2).	6k
<b>Backpackers</b>				
Transit Centre Backpackers	199 Collins St. Hobart 7000		\$13 s; \$26 d; \$13 EAA	3k
Central Backpackers	138 Collins St. Hobart 7000	(03) 6224 2404	\$28-38 (2); \$14 EAA; \$14-30 s.	3k
New Sydney Hotel	87 Bathurst St. Hobart 7000		\$14 s; \$28 (2); \$14 EAA	3k
Montgomery's Hotel	87 Macquarie St Hobart 7000	(03) 62 34 4790	six rooms with bunks \$23	3k

**Please note:**

1. It is recommended that bookings be made as early as possible. Most of the hotels listed are fairly small and could quickly be booked out, and larger ones and motels may also have limited vacancies over the full period of the championships.
2. Information include here is basic and cannot reflect accurately the nature of each establishment and the full range of its facilities. It is therefore suggested that this be determined immediately upon contact.
3. Bookings as a pair or group will be less expensive, and there are bargains to be had by negotiation for extended stays and provision of particular requirements.
4. For each establishment, the approximate distance (\*Dist.) from the Domain Athletic Centre is shown.
5. Airporter bus Service: Bus meets all flights for transfers to all central city hotels and motels; will also return to airport if phoned for pick-up on 0419 382240 or 0419 383462. Fare \$7.00; pensioner with card \$3.50.
6. Some hotels have family rooms available, or ones that can accommodate groups up to six; so always be prepared to ask. Motels likewise.



# LEVEL 1 COURSES 2000



The Victorian Branch of AT&FCA will be conducting the following Level 1 courses in 2000. Application forms are available from:

Athletics Victoria  
Olympic Park  
Swan Street, Melbourne, 3004 Phone (03) 9428 8195

Each course is conducted over two weekends and participants are required to sit an open book theory exam and undergo a practical assessment as part of the course requirements. Participants are also required to complete a minimum of thirty hours of practical coaching in the area of track and field before they can be accredited. Applicants must be 18 years of age or older.

DATES	VENUE	COST
May 20,21, June 3,4	Doncaster	\$210
July 15,16,29,30	Diamond Valley	\$ 210 plus GST
November 18,19,25,26	Bendigo	\$230 plus GST
June 17,18	Cheltenham (Event Specific only)	\$90

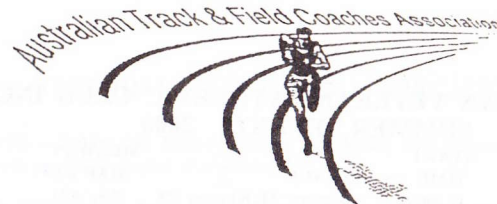
The course fee covers:-

- Full membership with AT&FCA until the end of 2000.  
NB: The Bendigo Course includes membership until the end of 2001 and is therefore slightly more expensive to cover the cost of the additional membership.
- Handout material, manual, resource folder, refreshments, use of facilities.
- Lecture fees
- AT&FCA certificate and badge
- Registration with the Australian Coaching Council
- State and National Newsletters
- Subscription to "Modern Athlete and Coach" journal

Application forms, accompanied by a cheque payable to AT&FCA, should be returned to Athletics Victoria, no later than one month prior to the commencement of the course. Late entries will only be accepted if there is room.

Gayle Anderson  
Coordinator of Coach Education  
AT&FCA Victorian Branch

The club is very conscious of the fact that it needs to support the training of coaches. If any members would take up this offer from the T&F Coaches Association they should apply to the VVACI Committee for financial support with the fees.



## COACH EDUCATION - LEVEL I REGISTRATION FORM

COURSE LOCATION \_\_\_\_\_  
(Print Clearly)

First Names \_\_\_\_\_ Family Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone No. (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex (M or F) \_\_\_\_\_

Education (please tick appropriate level)

Primary \_\_\_\_\_ Secondary \_\_\_\_\_ Higher Education \_\_\_\_\_

What is your job \_\_\_\_\_

Tick level of athletics coaching experience

None \_\_\_\_\_ -1 year \_\_\_\_\_ 1-2 years \_\_\_\_\_ 2-5 years \_\_\_\_\_ 5 + years \_\_\_\_\_

If you are an athletics coach, tick your coaching affiliation

Little Athletics \_\_\_\_\_ Primary School \_\_\_\_\_ Club \_\_\_\_\_ Secondary School \_\_\_\_\_

College/University \_\_\_\_\_ Armed Forces \_\_\_\_\_

If you are an athletics coach, tick all the event groups you coach

Throws \_\_\_\_\_ Jumps \_\_\_\_\_ Sprints \_\_\_\_\_ Hurdles \_\_\_\_\_ Distance \_\_\_\_\_

Which event group interests you most? \_\_\_\_\_

Were you an athletic competitor? \_\_\_\_\_

If "Yes" in which event(s) did you compete? \_\_\_\_\_

and at what level? \_\_\_\_\_

Have you attended any previous athletic coaching courses? \_\_\_\_\_

If "Yes" please list below

Name of Course	Sponsoring Organisation	Where	Dates
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Signature \_\_\_\_\_ Date \_\_\_\_\_



**VICTORIAN VETERANS ATHLETIC CLUB INC  
SUMMER EVENTS 2000**

DATE	EVENT	START TIME	VENUE	MELWAY MAP REF.
Sun 26th Mar	Pentathlon	12.30pm	Duncan McKinnon Pk	(69, A9)
(12.30 start for M30-49. 1.00 the rest.)				
Sun 2nd April	Wt. Pentathlon	10.00am	Duncan McKinnon Pk	(69, A9)
(Phone Astrid & Graeme Rose for start times (9836 2350))				
S&S 8/9th April	Track & Field (see below)		Duncan McKinnon Pk	(69, A9)

\*\*\*\*\* CLOSING DATE \*\*\*\*\*  
Friday 17th March for ALL EVENTS  
\*\*\*\*\*

**Provisional Timetable for Track & Field :-**

Saturday 8th April	Sunday 9th April
12.00 5km Walk - Women and M75+	12.00 3-400m Hurdles
12.00 Sprint Hurdles	12.20 3km Walk - All Men
12.45 100m Sprints	12.50 800m Runs
1.30 1500m Runs	1.40 1500m Walk - All Women
2.30 100m Finals (if hts req.)	1.50 200m Sprints
2.35 5km Walk - Men under 75	2.40 5km Runs All Women
3.15 400m Sprints	3.20 5km Run M55+
4.00 2km Steeple - Women and M60+	4.00 200m Finals (if hts req.)
4.15 3km Steeple - Men under 60	4.05 5km Run Men 30 to 54

(Field Events are shown in proposed order of competing)

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

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

**CONDITIONS OF ENTRY**

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

**INTER VENUE TRACK & FIELD COMPETITION**

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

**VICTORIAN TECHNICAL SPECIFICATIONS**

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

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

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

**IMPLEMENTS**

AGE	Shot	Putt	Discus	Hammer	Javelin	Weight
<b>Women</b>						
30-49	4.00k	1.00k	4.00k	600gms	9.08k(201bs)	
50-59	3.00k	1.00k	3.00k	500gms	7.26k(161bs)	
60+	3.00k	1.00k	3.00k	400gms	5.45k(121bs)	
<b>Men</b>						
30-49	7.26k	2.00k	7.26k	800gms	15.88k(351bs)	
50-59	6.00k	1.50k	6.00k	700gms	11.34k(251bs)	
60-69	5.00k	1.00k	5.00k	600gms	9.08k(201bs)	
70-79	4.00k	1.00k	4.00k	500gms	7.26k(161bs)	
80+	4.00k	1.00k	4.00k	400gms	5.45k(121bs)	

**HURDLES**

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
<b>WOMEN</b>						
30-39	100m	.840in	13m	8.5in	10.5m	10
40-49	80m	.762m	12m	8m	12m	8
50+	80m	.600m	12m	7m	19m	8
30-49	400m	.762m	45m	35m	40m	10
50+	300m	.600m	50m	35m	40m	7
<b>MEN</b>						
30-44	110m	.991m	13.72m	9.14m	14.02m	10
45-54	100m	.914m	13m	8.5m	10.5m	10
55-64	90m	.840m	13m	8m	13m	9
65+	80m	.762m	12m	7m	12m	9
30-49	400m	.914m	45m	35m	40m	10
50-59	300m	.840m	50m	35m	40m	7
60+	300m	.762m	50m	35m	40m	7
(.991=39" .914=36" .840=33" .762=30" .600=23.6")						

VICTORIAN VETERANS ATHLETIC CLUB INC

2000 SUMMER ENTRY FORM

SURNAME \_\_\_\_\_ @ALL NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

POST CODE \_\_\_\_\_ SEX \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ AGE on Day \_\_\_\_\_

VENUE \_\_\_\_\_ (Nominate the Vets venue you wish to score for.)  
(If no venue, please nominate City or Province.)  
(Caulfield, indicate if Venue or Throwers group.)

Ph No. \_\_\_\_\_

To select an event, please circle the event code, and enter your Recent Best or Expected performance.

**Sunday 26<sup>th</sup> March**

PE \_\_\_\_\_ Pentathlon

**Sunday 2<sup>nd</sup> April**

WP \_\_\_\_\_ Wt Pentathlon

**Saturday 8<sup>th</sup> April**

SH \_\_\_\_\_ Sprint Hurdles

1 \_\_\_\_\_ 100m Sprints

15 \_\_\_\_\_ 1500m Run

5W \_\_\_\_\_ 5km Walk

4 \_\_\_\_\_ 400m Sprints

ST \_\_\_\_\_ 2.3km Steeple

LJ \_\_\_\_\_ Long Jump

Hi \_\_\_\_\_ High Jump

DT \_\_\_\_\_ Discus

HT \_\_\_\_\_ Hammer

WT \_\_\_\_\_ Heavy Wt.Throw

(All Women M65+

**Sunday 9<sup>th</sup> April**

LH \_\_\_\_\_ Long Hurdles

3W \_\_\_\_\_ 3km Walk (All Men)

8 \_\_\_\_\_ 800m Runs

SW \_\_\_\_\_ 1500m Walk All Women

2 \_\_\_\_\_ 200m Sprints

5 \_\_\_\_\_ 5km Runs

TJ \_\_\_\_\_ Triple Jump

PV \_\_\_\_\_ Pole Vault

SP \_\_\_\_\_ Shot Putt

JT \_\_\_\_\_ Javelin

WT \_\_\_\_\_ Heavy Wt.Throw

(Men 30 to 64)

ENTRY FEES - TO BE ENCLOSED WITH THIS ENTRY.

Pentathlon @ \$5.00 \_\_\_\_\_

Wt.Pentathlon @ \$5.00 \_\_\_\_\_

Track & Field @ \$3.00 per event \_\_\_\_\_

TOTAL ENCLOSED \_\_\_\_\_

(Please make cheques payable to Victorian Veterans Athletic Club Inc.)

Send to Ray & Anne Callaghan, 6 Yvonne Ave. Sth Croydon, 3136

\*\*\*\*\* CLOSING DATES \*\*\*\*\*

**Friday 17th March for ALL EVENTS**

\*\*\*\*\*

VICTORIAN VETERANS ATHLETIC CLUB INC

2000 SUMMER ENTRY FORM

SURNAME \_\_\_\_\_ CALL NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

POST CODE \_\_\_\_\_ SEX \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ AGE on Day \_\_\_\_\_

VENUE \_\_\_\_\_ (Nominate the Vets venue you wish to score for.)  
(If no venue, please nominate City or Province.)  
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1 \_\_\_\_\_ 100m Sprints

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4 \_\_\_\_\_ 400m Sprints

ST \_\_\_\_\_ 2/3km Steeple

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Hi \_\_\_\_\_ High Jump

DT \_\_\_\_\_ Discus

HT \_\_\_\_\_ Hammer

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(All Women M65+

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2 \_\_\_\_\_ 200m Sprints

5 \_\_\_\_\_ 5km Runs

TJ \_\_\_\_\_ Triple Jump

PV \_\_\_\_\_ Pole Vault

SP \_\_\_\_\_ Shot Putt

JT \_\_\_\_\_ Javelin

WT \_\_\_\_\_ Heavy Wt.Throw

(Men 30 to 64)

ENTRY FEES - TO BE ENCLOSED WITH THIS ENTRY.

Pentathlon @ \$5.00 \_\_\_\_\_

Wt.Pentathlon @ \$5.00 \_\_\_\_\_

Track & Field @ \$3.00 per event \_\_\_\_\_

TOTAL ENCLOSED \_\_\_\_\_

(Please make cheques payable to Victorian Veterans Athletic Club Inc.)

Send to Ray & Anne Callaghan, 6 Yvonne Ave. Sth Croydon, 3136

\*\*\*\*\* CLOSING DATES \*\*\*\*\*

**Friday 17th March for ALL EVENTS**

\*\*\*\*\*

## OUR SWAN HILL VENUE

by Colin Browne

Dot and I spent a couple of days at Swan Hill over the New Year, renewing acquaintances with the friendly people there. It is a mind expanding experience for a city dweller to visit this distant country place. The size of the farms is immense, with many grain fields seeming to be miles wide. I asked John Ward how they ever ploughed such immense areas, and he actually took me out in the middle of the night to see for myself. Driving out over bare fields for half a kilometre we saw headlights and came upon a gigantic rig of disc harrows as wide and as high as a house. The driver was high up there about ten feet above the ground systematically turning the red earth. He and his brother shared shifts to keep the monster running for 24 hours a day.

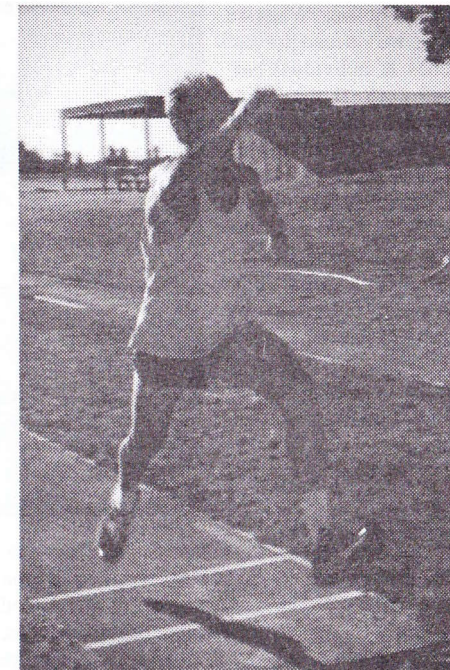
That was on my first visit. This year John showed Dot and I how his new venture into growing wine grapes was going. Talk about state of the art. From training the year old leaders along the wires, to



spray watering with scientifically calculated chemicals, to industrial sized filtering and pumping stations, to mechanised grape picking machines, it was an education. The venue is battling with small numbers, lack of facilities and climate difficulties. You can see from the photos that it is a grass oval, that there are no lights and that they only get about five or six regulars coming. And when the days get shorter in winter it is dark by the time they knock off from work. May Ward has also had problems securing the ground against other users at times.

So it is not the easiest thing to do, starting a new venue in the country. But they are very keen, and very hopeful. The town is certainly big enough to support an activity like veteran athletics.

The regulars are Bob Rogers, who is showing a bit of talent at long jump, John Kelly who runs very well and has done the Melbourne Marathon, May Ward, the driving force behind it all, her daughter Leeza, a phys ed trained teacher who coaches them and organises them, her father John, who showed a lot of toe in the Iron Man race at Lake Boga, and Steve Pentreath, quite a talented athlete. Rhonda Price, 0350 324 829, has accepted the job of venue manager. Drop in and have a run with them on a Monday night if you are up that way.



## THE GREAT VICTORIAN BIKE RIDE

*Echuca to Melbourne - November 27 to December 5, 1999*

by Dot Browne

A few Vic. Vets took the plunge and launched themselves on the Great Vic Bike Ride for 9 days in November last year and loved it. Alan Irwin, Peter Feldman, Lawrie Black, Rod Mason, George Mahoney, Gary Hall (son of Mike & Penny), Gordon McKeown and my long-suffering husband, Colin and myself were amongst the 2,500 participants.

The range of ages and equipment was surprising. There was everything from little toddlers less than 2 years old being towed in designer carts by energetic parents, right through the age-range to a few 70 - 80 year old veterans coping with the whole 600km of riding from Echuca on the Murray down to Melbourne.

The range of gear was interesting too. There were the super-cool lycra lizards with their wrap-around sunnies bullet-shaped helmets and clip-on shoes, who skimmed along on whizzo light bikes with skinny tyres. And then, there were the likes of me with hack bike and daggy gear. I'd bought my steel-framed machine for 40 bucks at a Mitcham garage sale and I was proud of it. It went like a dream & gave me no trouble despite the disparaging remarks of a couple of teenage kids. "Jeez, look at that one! Wonder how she gets up the hills with those gears! I wouldn't be seen dead going to the milk-bar on that heap!" Thanks very much. There was some satisfaction in seeing lycra lizards on the side of the road from time to time, fixing punctures or dangling broken chains as they walked their bikes to the next rest stop or waited for a ride in the Sag Wagon.

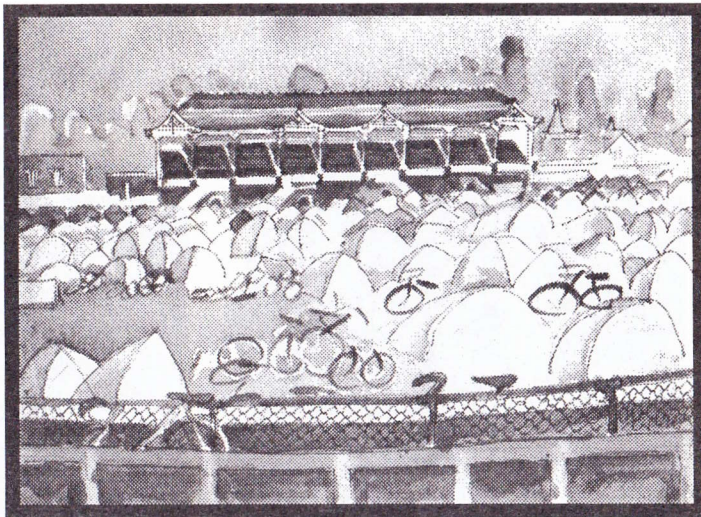
The whole trip started with an early morning pick-up in Alexandra Gardens. Bikes were bundled onto a cattle-truck, luggage including sleeping bags and tents into big vans and us riders into comfortable buses

bound for Echuca. When we arrived we queued for cut lunches & individual bar-coded neck & bike tags which were our passports to everything for the following 9 days. The afternoon's ride was a 63km pedal to Rochester through flat farmland on good bitumen back roads. Huge rubber bladders filled with water and a hundred taps provided fill-ups for our water bottles every 20km or so at the rest stops. An easy enough, very pleasant start.

The procedures on arrival at the town's footy oval were the same each day. Collect our luggage from a pile on the grass, pitch our tents, grab a shower on the back of a semi-trailer and head for the "Cafe de Canvas" circus tent for a well-earned beer. Six of us were distinctive, if rather incongruous, wearing our bright red "We Run for the Salvos. Give generously" tee-shirts which we'd gained for a Spartans' run to Optus Oval back in September. The shirts drew plenty of wry comments while we grogged on at the Cafe de Canvas.

Wholesome meals were served by friendly volunteers in another huge marquee, erected while we had been riding and we sat on the grass and enjoyed them. An amazing invention of a series of squirting hot water sprays allowed us to wash our dishes communally.

And so the event proceeded like a moving circus, moving from town to town, with huge semi-trailers carrying everything we needed - showers, toilets, baggage, catering, equipment, photshop, bike maintenance workshop and Vic Roads safety education gear. From Rochester to Bendigo to St.Arnaud to Maryborough to Castlemaine to Trentham to Riddells Creek to Moonee Ponds to finish. Each country town had been chosen for its interest and history and we enjoyed exploring each one in the afternoons. The weather was hot hot hot from the Saturday to the Thursday so often we cooled off in the local pool after the day's ride. The longest distance was from Bendigo to St.Arnaud, a push of 105km. in century heat. With a couple of km to go, some turkey had shifted the signs to read



"10km. to go" when we were hanging out for the end Salt into the wounds.

But the Wednesday in Maryborough was a rest day and it proved to be a fascinating old Victorian town. The magnificent railway station complete with museum and brilliant art exhibition was the highlight, said to have been designed as the main railway station in Melbourne, but somehow got built in Maryborough.

On the Thursday & Friday through Maldon, Daylesford & Hepburn Springs we hit the hills, some of them damn near vertical and we got good use out of our granny gears. Most of us had to get off and walk at one stage. But the forests were magnificent and well worth the effort. On Friday morning a dramatic cool change swept the searing heat away and brought soaking windy rain and a temperature drop of about 20 degrees. We froze at the lunchstop in our wet singlets and had uncontrollable shivers. A wet night for camping out that night. The final Saturday and Sunday through Woodend, Hanging Rock and Riddells Creek were fine again and we sailed on a downhill roll into Moonee Ponds to a festive finish of live music, congratulations and a taped video record of the whole event.

For Vic. Vets, an event well worth considering in November this year along the Great Ocean Road. All-inclusive cost is about \$400 - \$450 for the 9 days.

## The Purposeful Parlouf Participation

East Burwood - 18 November 1999

by Karen Le Rossignol

It was a pleasant evening at East Burwood, breeze softly rippling the odd assortment of running shorts and singlets, as everyone moved towards the tables to register the teams for the Parlouf. Not only were the usual East Burwood vets ready and eager, they were being challenged by all and sundry - Springvale/Noble Park, Collingwood, Southern Peninsula (no-one could miss those colours - must have been a special on fluorescent yellow, pink and orange!), Doncaster and Croydon. The Parlouf Program on 18 November provides a variation to the usual evening's running at East Burwood, and plenty of interest for both the spectator and participant. It is an interest just to see if you can work out the rules!

The opening event, the 2Km Nominate Own Time walk, was a test of knowledge of lap times, with Celia Johnson only .2 of a second outside the time she nominated - someone who knows exactly how fast she walks! The overall clock winner was Alison Thompson, in 10.25.5, but she obviously hadn't felt as confident at the start, as she nominated 10.45. Heather McDonald was only 8 seconds out, with a time of 10.42.5 but Tony Doran was just 1.7 seconds off his nominated time with a clock time of 11.46.7. And Audrey Tutchener really did much better than she expected with a nominated time of 23 minutes and a real one of 21.16.7.

The Parlouf people were getting edgy, with the 1600 metre Parlouf the first relay to hit the track. There were 6 teams here with a 1600m parlouf walk team as well. The crowds milled, still working out their running order and making the scene that much more confusing as they started to spread out around the track ready for baton changes. It's amazing how the scene changes when the gun goes off, and baton change after baton change happens at the right places. The rules are:

- Everyone in the team runs the same distance, usually just over 100m each.

- They continually pass the baton on till they complete the 4 laps.

The winners ran a most formidable 3.38.5, and Springvale/Noble Park were the 1600m Parlouf cham-

pions for 1999 - ready to pace anyone who'd like to do a pretty quick mile timetrial!

Then came the ultimate challenge for the spectator. The 10km Parlouf. This had two sections: the Challenge and the Fun Run. Each venue entered a team in the Challenge, so there were 6 teams: Doncaster, Collingwood, Croydon, Springvale, East Burwood and Southern Peninsula. However, the rules state that the aggregate age of the team must be equal to at least 180, and Springvale could only get to 176, so on the night they were declared ineligible. No matter, they still competed! There were also 10 teams in the Fun Run section.

So picture the scene. There are 16 teams, with 4 in each of the Challenge teams and 5 in the others. For the Challenge, the additional rule stated they had to run at least 500 metres each. Off they went, and it looked really chaotic. For the Fun Run competitors, there were people waiting to receive batons all over the track, with Doug's Mob working out that the best way to get a good time was to run 100 metres each. Some teams nominated 400 metres, some 200 metres. Meanwhile the Challenge teams pushed themselves through the 500 metres, then walked back 100 metres to be ready for the next one. And it looked as confusing as it sounds! However, there must be mathematical brains ticking behind any runner - an explanation of why they count laps, measure times and gather statistics - and there didn't seem to be any missed baton changes! The Challenge result was a victory to the team that got closest to the age aggregate - the EB Chasers who were a total of 180 - well done to East Burwood with their names etched on the trophy for 1999! They finished third through the finish line in a time of 29.42.2 with Doug's Mob succeeding in their strategy and getting the fastest time (28.34.6), while Bright Yellow (Southern Peninsula) came 2<sup>nd</sup> overall (29.29.4). However it was a nominate team time competition for the Fun Run, and the Bright Yellows know their team form very well - they nominated 29.45 and won!

A very interesting night - plenty of people milling both to watch and compete, and participation a highlight. There were 22 in the walk, 28 in the 1600m Parlouf and 74 in the 10k Parlouf. It was followed by a great supper, and the usual post mortems on who should have run which leg. Baton change practice has been suggested for a few teams, to increase the tension for next year's Parlouf!

**The winning teams:**

**1600m. Parlouf relay**

SPRINGVALE/NOBLE PARK  
Marc LAROSE 40  
John FREAME 49  
Mike HALL 60  
Peter TUCKETT 40 3.38.5

**10K Challenge relay**

EB CHASERS (E. Burwood)  
Rob CAHILL 41  
Ewen WILSON 46  
Graham PHILPOTT 56  
Tim CROSBIE 37 29.42.2

**10K Fun Run relay**

Clock N.T.T.  
BRIGHT YELLOW (SOUTHERN PENINSULA)  
Kevin RADFORD 39  
Stephen POLATIDIS 62  
Bernard POWNALL 52 29.29.4 29.45  
Greg MAULDON 62  
Heather McDONALD 50  
DOUG'S MOB (EAST BURWOOD) (fastest time)

Doug PETROFF 57  
Hector AZURRA 50  
Bob HAYES 61 28.34.6 32.20  
Jenny FAWKES 42  
Peter DODGSHUN 47

NOTE: Full results have been printed in Around the Grounds Christmas edition.

**Participation Statistics**

	95	96	97	98	99
<b>2Km N.O.T. Walk</b>	7	12	22	22	22
<b>1600m Parlouf</b>	6	4	5	7	6
<b>10Km Parlouf Challenge</b>	*15	5	4	3	# 6
<b>10Km Parlouf Fun Run</b>	5	9	8	10	

\* Unable to determine the split between the Challenge and Fun Run Sections.

# Rules of Challenge Section changed: Min distance 500m, 4 per team with aggregate age of 180.

\*\*\*\*\*



# THE 2ND ERIC GREAVES HANDICAP SERIES AT SPRINGVALE

by Tony Johnson

Hard to believe it but here we are again, just 12 months since the inaugural Eric Greaves handicap 5km. run and 3 km. walk at Springvale-Noble Park venue and the finalists are again raring to go.

Time continues to take its toll, and last year's 5km. runner-up + publicity guru Mick Davin, recovering steadily from his stroke, was unfortunately unable to start in the final. We miss his witty words and hope they will return in time.

The runners who made this year's final after the 3 qualifying runs included some pretty big names with speedsters John Newsom, Russell Johnson, Shaun Kemp, Neil Gray and Peter Field all expected to feature in the finish. Dark horses abounded and the race was a bookies nightmare with late money going onto Lou Buccieri, Jim Smith, Rob Clutterbuck and the 2 mares, Lois Sellar and Celia Johnson.

Handicapper Alan Bennie, a non-starter in the final, did a pretty good job again with the first 3 finishers crossing the line within 5 seconds, and another 25 seconds saw a further 10 runners home.

In the event, once Celia established a handy break over Lois it looked as though she might just about make it a family double by holding on from a heap of quicker runners who were gaining rapidly. The final lap was very exciting with Shaun making up a lot of ground but one would say too much to do at the bell and Jim was closing steadily--passing Lois who unfortunately threw a shoe in the last couple of furlongs--catching Celia at the top bend but not really getting a huge break--when Shaun's incredible last lap swept him past Celia and failed by a mere one second to catch our winner Jim Smith who clocked an actual 20m29 to thoroughly deserve his victory.

So our placings were Jim Smith 1st, Shaun Kemp 2nd, (actual time 17m20s) Celia 3rd (24m19) Lois 4th (26m22s) Lou Buccieri 5th (20m35) and then John Newsom, Peter Field, Rob Clutterbuck, Alan Douglas and Bill Hughes all coming in within 4 seconds of each other and the rest not too far away. Best time was run by visitor Russell Johnson (16m24s) finishing 13th, just over half a minute behind the winner.

The photo shows our worthy winner Jim Smith receiving his trophy from handicapper Alan Bennie, the camera caught them discussing GST implications on payments made to handicappers!

The walk final was from a field of 5 and this year's winner was Tony Johnson who achieved an unusual double having won last year's run.

There's no doubt at all that Eccles continues to inspire a lot of us.

## WHAT DO THESE PEOPLE HAVE IN COMMON?

Ron Blackney, Warrnambool, Roy Cunliffe, Belmont, Corrie De Groot, Bayswater, Steve Duckworth, Upwey, Lyn Gawne, Shepparton, Keith Haymes, Stawell, Les Hilbrick, Croydon, Rudi Hochreiter, Grovedale, Lindsay Hooper, Kialla, Nance Jeffreys, Delacombe, Drew Kettle, Colac, George Knight, Ringwood, Bill Kyte, Rutherglen, Margaret L'Huillier, Gunbower, Linda Meadows, Aspendale, Spiro Moraitis, St Kilda, Malcolm Norwood, Echuca, Steven Pentreath, Swan Hill, Tony Rafferty, Harkaway, John Reynolds, Warrnambool, Colin Silcock, Port Campbell, Harold Stevens, Pascoe Vale, Jack Stevens, Hawthorn East, Emily May Ward, Swan Hill, Trevor Wickham, Wangaratta, Meredith Wong, Bushfield,

**A distinguished group, privileged to be selected to carry the Olympic Torch. Vic Vets is proud of you, and of the remarkable services you have given to athletics and to other community activities which has qualified you for this honour.**

## 1999/2000 SEASON - VIC VETS 10KM TITLES AND INTERVENUE CHALLENGE

Knox Track, 27/11/99

### RESULTS IN OVERALL ORDER SHOWING AGE DIVISIONS AND PLACING

Div	Overall place	Age	Venue	Time	%	Group	Place	Points scored
A	1 EWEN WILSON	46	EB	34.32	84.3%	M45	1	4
A	2 MARTIN LEGGETT	42	FRA	35.22	79.9%	M40	1	4
A	3 JEFF WALKER	52	GEE	35.23	86.2%	M50	1	4
A	4 GEOFF CLARK	50	GEE	35.44	84.0%	M50	2	3
A	5 PETER RISK	43	IND	36.05	78.9%	M40	2	0
A	6 RUSSELL WEAVERS	45	IND	36.21	79.5%	M45	2	0
A	7 PAUL TWINING	50	KNO	36.33	82.1%	M50	3	2
A	8 JOHN NEWSOM	47	SPR	36.59	79.3%	M45	3	2
B	9 RUSSELL WEST	40	KNO	37.16	74.7%	M40	3	2
A	10 KEVIN SOLOMON	52	IND	37.18	81.8%	M50	4	0
A	11 TED PAULIN	61	COL	37.46	87.5%	M60	1	4
A	12 NEIL PILLING	40	SPR	37.51	73.6%	M40	4	1
B	13 GARRY STEWART	54	KNO	38.01	81.6%	M50	5	1
A	14 KEN SENIOR	53	COL	38.03	80.9%	M50	6	1
B	15 THOMAS BOYD	34	KNO	38.25	70.2%	M30	1	4
B	16 GRAHAM PHILPOTT	56	EB	38.39	81.7%	M55	1	4
B	17 ROB CAHILL	41	EB	38.41	72.5%	M40	5	1
B	18 ROD NEAL	43	CRO	38.42	73.5%	M40	6	1
B	19 SAM DEFANIS	51	EB	39.14	77.1%	M50	7	1
B	20 SHARON HIGGINS	40	DON	39.50	78.3%	W40	1	4
B	21 TED MCCOY	59	MEN	39.58	81.2%	M55	2	3
B	22 PETRINA TROWBRIDGE	52	DON	40.03	86.5%	W50	1	4
B	23 JIM MCLURE	53	CAU	40.18	76.3%	M50	8	1
C	24 MURRAY HUTCHISON	50	CRO	40.22	74.4%	M50	9	1
B	25 LAURIE COLLARD	42	MEN	40.33	69.7%	M40	7	1
B	26 GLENN CLAUDEN	45	KNO	40.44	70.9%	M45	4	1
C	27 TONY JOHNSON	59	SPR	40.56	79.2%	M55	3	2
B	28 CHRIS CALLAMATTA	46	KNO	41.03	70.9%	M45	5	1
B	29 JIM HOPKINS	50	COL	41.08	73.0%	M50	10	1
C	30 LA VINIA PETRIE	56	CRO	41.12	87.5%	W55	1	4
C	31 GRAEME STEVENS	57	SPR	41.44	76.3%	M55	4	1
C	32 DENIS THORNTON	44	CAU	41.54	68.4%	M40	8	1
C	33 ANDREW TUNNE	41	COL	41.58	66.8%	M40	9	1
C	34 MIKE MCAVOY	65	GEE	42.03	81.8%	M65	1	4
C	35 FRANK HARGREAVES	59	CRO	42.06	77.0%	M55	5	1
A	36 ALAN BENNIE	52	SPR	42.16	72.2%	M50	11	1
B	37 STAN BELCHER	57	ABE	42.19	75.3%	M55	6	1
C	38 IAN ORR	48	SPR	42.30	69.5%	M45	6	1
C	39 JUAN PEREZ	60	SPR	43.00	76.1%	M60	2	3
B	40 ROB WATERS	54	ABE	43.44	70.9%	M50	12	1
C	40 ROBERT HURTIG	39	MEN	43.44	63.2%	M35	1	4
C	42 JOHN WAITE	59	MEN	44.37	72.7%	M55	7	1
C	43 ANNETTE PELGRIM	45	EB	44.49	72.6%	W45	1	4
C	44 KEVIN BROWNE	63	AU	45.00	74.9%	M60	3	2
C	45 IAN UREN	49	CRO	45.19	65.7%	M45	7	1

D	49 JOCK CRAVANA	61	KNO	48.40	67.9%	M60	5	1
D	50 COLIN MILLER	57	CAU	48.58	65.0%	M55	8	1
D	51 ALISON THOMPSON	46	CRO	48.59	67.0%	W45	2	3
D	52 JANICE WRIGHT	49	CAU	49.16	68.4%	W45	3	2
D	53 TERRY DUNN	62	CRO	49.34	67.3%	M60	6	1
D	54 RHONDA TRENGROVE	51	CAU	49.43	69.0%	W50	2	3
D	55 DAVID JONES	63	CAU	50.11	67.2%	M60	7	1
D	56 JOEL KING	49	KNO	50.17	59.2%	M45	8	1
D	57 PETER BATRICK	56	CAU	51.16	61.6%	M55	9	1
D	58 JANE STURZAKER	46	CAU	51.44	63.4%	W45	4	1
D	59 TOM RICHARDSON	46	KNO	52.17	55.7%	M45	9	1
D	60 CELIA JOHNSON	52	CAU	52.55	65.5%	W50	3	2
D	61 JUDY WINES	61	CAU	53.06	71.6%	W60	2	3
D	62 GERRY CLARKE	62	EB	53.19	62.6%	M60	8	1
D	63 ROLAND BROWN	58	SPR	53.31	60.0%	M55	10	1
D	64 JACK GUBBINS	70	SPR	53.45	67.7%	M70	1	4
D	65 GEORGE SIMONS	64	KNO	56.18	60.5%	M60	9	1
D	66 BEN MORREY	70	CAU	61.31	59.2%	M70	2	3

### VENUE CHALLENGE

	pts (finishers)		
CAULFIELD	22 (13)	GEELONG	11 (3)
SPRINGVALE /N PK	16 (9)	MENTONE	9 (4)
KNOX	15 (10)	COLLINGWOOD	7 (4)
EAST BURWOOD	15 (6)	FRANKSTON	4 (1)
CROYDON	12 (7)	ABERFELDIE	2 (2)

### MIKE O'NEILL MEMORIAL INTERVENUE CHALLENGE

WED., DEC. 1, 1999 DOLOMORE OVAL, MENTONE

It was the 1st day of summer on the calendar as well as on the thermometer with a high of 35 degrees- trying conditions for the 5K challenge events of the 10th annual Mike O'Neill Memorial Intervenue Challenge. 82 vets(23 women and 59 men) representing 8 venues took up challenge and endured the endurance run in the oppressive conditions to earn points for their venues as well as striving for individual honours. All who took part should be congratulated for their efforts in such tough conditions. Caulfield, led by a very strong womens team, won their 2nd Mike O'Neill Shield.

Jean O'Neill presented all the age group winners and placegetters with Mike O'Neill ribbons and the Memorial Shield to Greg Mauldon, manager of the Caulfield venue.

A feature of the evening was the raffle for a pair of running shoes generously donated by Brian Bloomer of Cascade Sports, Nepean Highway, Chelsea.

With the setting of the sun conditions were perfect for a well earned supper and cuppa. Another successful intervenue occasion.

MIKE O'NEILL MEMORIAL INTERVENUE CHALLENGE

WED., DEC. 1, 1999 DOLOMORE OVAL, MENTONE

RESULTS

AGE	PLACE	NAME	VEN	TIME	PTS
<b>W30+ 5K ROAD</b>					
W30	1	Kim POLLOCK	CA	21-57	10
	2	Janet FORD	ME	29-30	8
W35	1	Lesley GRIMES	CA	19-26	10
	2	Kate WEEKS	ME	21-07	8
	3	Sandra HOWORTH	FR	25-35	7
W40	1	Jenny STEPHENS	CA	21-03	10
	2	Jane BARROW	CA	22-11	-
	3	Jenny FIELD	SP	28-06	8
W45	1	Sonya McLENNAN	ME	22-15	10
	2	Marlene GOURLAY	ME	22-15	-
	3	Janet HOLMES	CA	22-50	8
	4	Jan BURROWS	CA	23-50	-
	5	Marion PERAZZO	ME	24-04	-
W50	1	Rhonda TRENGROVE	CA	24-30	10
	2	Celia JOHNSON	SP	25-16	8
	3	Barbara BEAUMONT	AB	30-25	7
	4	Jan GARRARD	ME	33-55	6
W55	1	Lavinia PETRIE	CR *	20-48	10
	2	Margaret CASSIDY	AB	22-41	8
	3	Joy HERBERT	CA	25-23	7
	4	Sylvia MACHIN	ME	26-36	6
W60	1	Jan MORREY	ME	23-43	10
	2	Judy WINES	CA	26-31	8
<b>M30-45 5K TRACK</b>					
M35	1	Robert HURTIG	ME	20-55	10
	2	Paul CARR	CA	22-30	8
M40	1	Jim BERRINGTON	CA	18-27	10
	2	Peter FIELD	SP	19-11	8
	3	Paul ANGEL	AB	19-16	7
	4	Laurie COLLARD	ME	20-51	6
	5	Gary MEYER	FR	21-18	5
	6	Mark RADCLIFFE	AB	21-20	-
M45	1	John NEWSOM	SP	18-25	10
	2	Peter WEEKS	ME	19-34	8
	3	Phil BADMAN	ME	20-14	-
	4	Ian ORR	SP	20-27	-
M45	5	Ian CASSELL	ME	21-00	-
	6	Ian TREGGAR	SP	21-52	-
	7	Tony DORAN	SP	22-21	-
	8	Terry O'LOUGHLIN	ME	25-42	-
	9	Lindsay BEATON	FR	26-10	7
		Russel JOHNSON		17-45	
		(Started late)			
<b>M50+ 5K ROAD</b>					
M50	1	Neil GRAY	SP	18-13	10
	2	Alan BENNIE	SP	18-41	-
	3	Charlie MALLIA	FR	18-43	8
	4	Doug CARTER	AB	19-44	7
	5	Jim McLURE	CA	20-01	6
	6	Trevor HAWKSWORTH	AB	21-21	-
	7	Rob WATERS	AB	21-23	-
	8	Howard REES	SP	21-33	-
	9	Ken HOUGH	SP	25-39	-
M55	1	Ian MUIR	FR	19-23	10
	2	Graham PHILPOTT	CA	19-30	8
	3	David PAINTER	FR	20-33	-
	4	John WAITE	ME	20-35	7
	5	Tony JOHNSON	SP	20-59	6
	6	Richard PIESSE	EB	22-29	5
	7	Ron LITTLE	SP	23-11	-
	8	Ashley PAGE	ME	23-30	-
	9	John SUTTON	EB	23-33	-
	10	Rod FORD	CA	23-40	-
	11	John DEAN	AB	24-11	4
	12	Colin MILLER	CA	24-29	-
	13	Trevor JUPP	EB	27-32	-
M60	1	Frank NEILL	CA	20-55	10
	2	Juan PEREZ	SP	21-31	8
	3	Kevin BROWNE	CA	22-35	-
	4	Alan BASHFORD	AB	22-56	7
	5	Greg MAULDON	CA	23-10	-
	6	Case HUYSMANS	ME	24-15	6
	7	George SIMONS	KN	27-17	5

M65	1	Bill PAGE	AB	22-54	10
	2	Don McLEAN	EB	23-59	8
	3	Fred BROOKES	ME	25-14	7
M70	1	Ben MORREY	CA	29-26	10
M75	1	Mike JOHNSTON	ME	29-50	10
	2	Jim SINCLAIR	SP	32-43	8
	3	Gerardo RIVIELLO	AB	44-49	7
M80	1	Eddie GAMBLE	ME	35-14	10
	2	Andy SMITH	CA	47-12	8
M85	1	Ern WALKER	ME	42-58	10

\* Venue Record

VENUE RESULTS

PLACE	VENUE	WOMEN	MEN	TOTAL
1	CA CAULFIELD	63	60	123
2	ME MENTONE	48	74	122
3	SP SPRINGVALE	16	56	66
4	AB ABERFELDIE	15	42	57
5	FR FRANKSTON	7	30	37
6	EB EAST BURWOOD	-	13	13
7	CR CROYDON	10	-	10
8	KN KNOX	-	5	5

DIVISION WINNERS WOMEN CAULFIELD  
MEN MENTONE

KACKENDACKS ON CRACKENBACK

When Col and Dot took their Vic Vet mates, Jock and Lyn Cravana, on their first visit to National Running Week at Thredbo, the very first event involved a run/walk/crawl from the village to the top of Mount Crackenback, which is quite a vertical climb. In fact none of us did it, but we all went up in the chairlift to see the finish. Lyn was not too comfortable on the way up, but Jock really felt it on the way down. Here is a photo of his chosen method of dealing with the view from the top of the chairlift on the way down.



## Walk this Way Please....

The rise in walking leads to many different types. What is best?

Changes in knowledge about fitness and fat loss have led to a boom in walking as a form of exercise. Fine, you might say. That should be easy. After all, there's nothing as simple as walking.

That's true, at least in its basic form. But increased interest in walking has led to increased sophistication. There are now not just different types of walking. There's walking for different types of results. Walking for fitness for example, is now not regarded as the same as walking for

**Race Walking:** Race walking has been an Olympic event since 1908. It's the form of walking that involves the excessive ungainly exaggerated hip motion and strong arm pumping. Because of its intensity, and lack of efficiency as a form of movement at the speed with which it is carried out (jogging at slow speed would be more 'efficient' than walking fast), this is perhaps the best type of walking for fitness gains. Because one foot is always in contact with the ground it also has a much lower injury rate than jogging.

**Pace Walking:** Also called 'aerobic' or health walking, this applies to the specialised gait and pace of non competitive race walking. In other words, it copies the style in order to turn regular walking into a 'healthy' activity. In practice it also means a few less glares from bemused bystanders as one can slip into and out of the more elaborate race walking style.

The Health Reader

fatness. The frequency, intensity, duration and continuity can all vary according to the needs.



Among the many forms of walking that can be chosen:

**Regular Walking:** Yes, there still is a form of walking that is called regular. Not everyone does it correctly from birth and so there is often advantage in relearning the proper techniques of walking to prevent injury from excessive pronation (rolling inward), or supination (rolling outward). This type of regular walking is best used in the early forms of fitness development or fatness loss and only needs to be done in the early stages at a level where talking is still possible. Anything more vigorous than that for a beginner could be potentially dangerous.

**Power Walking:** This is a variation on the form of speed walking where the arms are used more vigorously to pro-



pel the body. It involves an exaggerated heel-to-toe action to ensure that both feet are never off the ground at the same time (as in jogging). Power walking can include weights once a high level of achievement. Fitness is Greater efficiency of movement is achieved in power walking if the hips are swivelled during the action.

**Fitness Walking:** Also sometimes called 'rhythmic' walking. This is simply a more paced out version of the normal form of walking. It can be done around stopping centres, bush tracks or on sight-seeing visits. To achieve fitness benefits walking should be carried out briskly, or on a slope or with weights that raise the heart rate to a level of around 120-130 beats per minute.

**Fatness Walking:** Recent research has shown that movement for fat loss does not need to be as intense as that for increasing fitness. However it should be carried out over a longer period, more often and more continuously (see table page 10).



**Weights Walking:** At the simple level this involves carrying small hand or ankle weights. Walking should then be regular, or as in power walking, with the added resistance requiring greater energy usage. This form of walking is best for improvements in fitness levels and is not really necessary if fat loss is a main goal.

## VVACI THROWERS GROUP Sunday Competition and Training Dates 2000

Duncan Mackinnon Park

12.45 start (unless stated otherwise)

DATE	PROGRAMME	COMMENTS
9 Jan	Weight pentathlon	Pre Norfolk Is meet
23 Jan	Hammer # & discus	# Trophy competition
6 Feb	Shot put, Javelin & heavy weight*	*American records
20 Feb	Weight Pentathlon	AGM after competition
5 March	Weight Pentathlon **	** see notes
26 March	Weight Pentathlon (after T & F Pentathlon)	Twilight meet - 4pm start
2 April	WEIGHT PENTATHLON VIC. CHAMPIONSHIPS	10am start for first group (women). Men contact Graeme.
8/9 April	Vic. Track & Field championships	Early AM start for heavy weight. Check entry form.
21 - 24 April	NATIONAL VET. CHAMPIONSHIPS	Hobart
7 May	Weight Pentathlon #	# Trophy competition
21 May	Discus, shot & Heavy weight *	*American records
4 June	Weight Pentathlon **	** see notes
18 June	Shot Put & Javelin #	# Trophy competition
2 July	Weight Pentathlon	
16 July	Heavy weight # & Discus	# Trophy competition
30 July	Winter Weight Pentathlon Championships	12 NOON START
13 August	Shot, Discus & Heavy Weight*	*American records
27 August	Weight Pentathlon	
10 September	Shot #, Hammer & Heavy weight	Venue premiership month # Trophy competition
24 September	Weight Pentathlon	Venue premiership month
30 Sep - 2 Oct	National Winter Weight Pentathlon	CANBERRA (due to Olympics book accommodation early)
15 October	Weight Pentathlon	
29 October	Hammer & Discus #	# Trophy competition
12 November	Weight pentathlon	
26 November	Heavy Weight* Shot & Javelin	*American records
10 December	Weight Pentathlon **	** see notes.



## 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.

### 2000

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

**Sunday, 6<sup>th</sup> February, VVACI Vets Aquathon, & 10km Run** Lilydale Lake, 9.00am. See ad in this issue.

**Thursday, 10<sup>th</sup> February, VRR Twilite 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](mailto:nzmastersgames@dcc.govt.nz) or website at <http://www.nzmastersgames.com>, or ph ++64 3474 1429

**Sunday, 13<sup>th</sup> February, CHC Coburg Special Fun Run & Walk**, (12km & 4km) Harold Stephens Athletics Track, Coburg, 9.00am (9386 9251 h)

**Monday, 14<sup>th</sup> February, VVACI Doncaster venue, Landy Trophy** See ad in this issue.

**Sri Chinmoy Princes Park Fun Run** (10km & 5km), Princes Park, Carlton, 8.00am (9428 6665w)

**Drouin Ficifolia Fun Run** (Date TBC) (8.4km), Bellbird Park, 10am (5623 2394 h)

**Sunday, 20<sup>th</sup> February, Cubitt Classic** (15km), Kevin Bartlett Reserve, Yarra Boulevard, Burnley, 8.00am (9817 3503 w)

**Great Bendigo Bank Tram Race** (4km), Bendigo Joss House, 10.30am (5443 9233 w)

**Buninyong Gold King Festival Fun Run** (10km & 5km), Buninyong Primary School, 9.00am (5341 3925 w)

**Friday, 25<sup>th</sup> February, Noorat Fun Run & Walk**, (6km), Noorat Hotel, 7.00pm (5592 1457 h)

**Saturday, 26<sup>th</sup> February, Hobsons Bay Handicap Run** (5km), cnr North Road & The Strand, Williamstown, 8.00am (9397 8091 ah)

**Sunday, 27<sup>th</sup> February, VRR Yarra Bend** (12km & 6km), Yarra Bend Park, Heidelberg Road, 8.00am (9802 1220)

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

**The Ashburton Run** (10km & 2km), Ashburton Primary School, 8.30am (9885 2534)

**Saturday, 4<sup>th</sup> March, VRR Tan Handicap & Breakfast** (8km & 4km), opposite Swan Street Bridge, 7.30am (9802 1220)

**Vic Baptist Fun Run** (16km, 11km & 6km), Baptist Church, Liverpool Road, Kilsyth South, 9.00am (9725 8313 h)

**Sunday, 5<sup>th</sup> March, CHC Coburg King and Queen of the North** (12km & 6km), Harold Stevens Athletics Track, Coburg, 9.00am (9386 9251 h)

**Sri Chinmoy Yarra Boulevard Fun Run** (10km & 5km), Kevin Bartlett Reserve, Burnley, 8.00am (9428 6665 w)

**Melbourne International 5000** (10km & 5km), Tom's Block, Linlithgow Avenue Melbourne, 9.30am (9819 9225 w)

**Strawberry Fair Fun Run & Walk** (10km, 5km & 2.5km), Knees Road, Park Orchards, 8.30am (9876 4042 h)

**Courier Begonia Classic** (10km), Lake Wendouree, Ballarat, 9.00am (5320 1200w)

**Thursday, 9<sup>th</sup> March, VRR Twilite Tan Time Trial** (8km & 4km), near Government House Drive, 6.30pm (9802 1220)

**Saturday, 11<sup>th</sup> March to Sunday, 19<sup>th</sup> March, 6<sup>th</sup> Australian Veterans Games, Wagga Wagga.**

Athletics on first weekend, orienteering on Weds, aquathon & triathlon on second weekend.

**Saturday, 18<sup>th</sup> March, Watson Holden Kalparrin Fun Run** (7km), Kalparrin Avenue, Greensborough, 9.15am (9438 1631 h)

**Sunday, 19<sup>th</sup> March, Angela Taylor Fun Run** (10km & 5km), Police Academy, View Mount Road, Glen Waverley, 8.30am (9802 1220)

**Moonee Valley Classic** (10km & 5km), Aberfeldie Athletics Track, 9.30am (9243 8717 w)

**Carrington Primary School Fun Run** (10km & 3.3km), Laura Road, Knoxfield, 9.00am (9763 9600 w)

**Sunicrust Bakeries 17<sup>th</sup> Annual Half Marathon and Teams Relay** (21.1km), Bendigo Leisure Centre, Napier Street, Eaglehawk, 8.00am (5446 9222) Also teams of four doing 5.27km each.

**Saturday, 25<sup>th</sup> March, Hobsons Bay Handicap Run** (5km), cnr North Road & The Strand, Williamstown, 8.00am (9397 8091 ah)

**Sunday, 26<sup>th</sup> March, VVACI Pentathlon Titles**, Duncan McKinnon Park, Murrumbeena, 12.30pm. Melway 68 K9 Entry form in this magazine.

**Kinglake Leukemia Run** (32km), Diamond Creek,

8.00am (9438 2458)

**Sunshine Hospital Fun Run & Walk** (8km & 4km), Hospital Car Park, 9.00am, (9365 1463 w)

**Sunbury Ashes Dash Fun Run** (8km & 4km), Salesian College, Rupertswood, 9.00am (5428 7591 w)

**Barwon Banks Fun Run** (10km, 5km & 2km), Barwon Bridge, Moorabool Street, Geelong, 8.30am (5243 6336 h)

**Sussan Women's Classic.**

**Sunday, 2<sup>nd</sup> April, VVACI Weight Pentathlon Titles** Duncan McKinnon Park, Murrumbeena, 10.00am. Melway 68 K9. Entry form in this magazine.

**Saturday, 8<sup>th</sup> to Sunday 16<sup>th</sup> April, Victorian Masters Games, Ballarat.** Contact Mel Sporry by e-mail on [sporrym@ballarat.vic.gov.au](mailto:sporrym@ballarat.vic.gov.au)

**Saturday & Sunday, 8<sup>th</sup> & 9<sup>th</sup> April, VVACI Track & Field Titles**, Duncan McKinnon Park, Murrumbeena, Melway 68 K9. Starts Saturday 10.00am for Heavy weight throw, 12.00 for Track & Field, Sunday 10.30 for Heavy weight throw, 12.00 for track & Field. Entry form in this magazine.

**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

**Sunday, 30<sup>th</sup> April, VVACI Half Marathon** in Geelong AC Half Marathon (21.1km)

**Great Train Race.**

**Sydney 2000 Marathon** (42.2km), on the course to be used for the Olympics. There is no Canberra Marathon this year. Starts Miller Street, North Sydney, 7.00am, finishes in Olympic Stadium. Contact Dave Cundy, e-mail [dave\\_cundy@socog.com.au](mailto:dave_cundy@socog.com.au). Colin Browne can provide an entry form.

**Sunday, 28<sup>th</sup> May, VVACI Cross Country** (10km), Yarra Bend Park, go to Collingwood venue first, 10.00am.

**Saturday, 24<sup>th</sup> June, VVACI Road Walks** (10km for men, 5km for women), Middle Park Bowling Club.

**Sunday, 2<sup>nd</sup> July, VVACI Eric Greaves Memorial Road Race** (10km), Braeside Park, Mentone, 10.00am. Sunday, 30<sup>th</sup> July, VVACI Road Race (10 miles), Princes Park, 10.00am.

**Sunday, 10<sup>th</sup> September, VVACI Road Race** (25km), Footscray Boat House, 9.30am.

**Sunday, 13<sup>th</sup> August, VVACI Road Walks** (20km for

men, 10km for women), Middle Park Bowling Club. Wednesday, 13<sup>th</sup> September to Sunday, 1<sup>st</sup> October Sydney Olympic Games.

**Sunday, 8<sup>th</sup> October, VVACI Marathon in the Melbourne Marathon** (42.2km), Albert Park, 8.00am. Enter on the day at the Vic Vets tent. But you must have entered the Melbourne Marathon previously.

**Saturday, 26<sup>th</sup> November, VVACI 10km Track Races.** Knox venue, off Rushdale Street, Scoresby. Melway 73 D7

### 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

## SYDNEY MARATHON 2000

Please note that, following the withdrawal of Reebok as an Olympic sponsor, SOCOG has changed the name of the marathon test event on 30 April to **The Host City Marathon**. This event was previously billed as the Reebok Celebrating Sport 2000 Marathon.

Replacement entry forms have been printed and are now available. If you are holding stocks of the previous forms, please advise and I will send replacements.

Nothing else changes with this event. This name change has no impact on those who have already entered or on anyone who may enter using old forms.

It still incorporates the Australian Marathon Championships and the Final Selection Race for the Australian Olympic team. In addition it will now also incorporate the Australian Veterans Marathon Championships, the NSW Marathon Championships and, subject to confirmation, the ACT Marathon Championships. We have received about 2600 entries to date.

Please note that entries close on 29 February. There will be no late entries and no exceptions.

Dave Cundy  
Manager Road Events - Athletics  
SOCOG

**DONCASTER VENUE**

presents its new feature event

**THE LANDY  
TROPHY**

- An event to suit ALL runners & walkers
- Handicaps based on Age Graded Percentage table
- Each entrant to compete TWICE, over 200m and 1000m
- Points 1st to 8th (10, 8, 7, 5, 4, 3, 2, 1), highest aggregate wins
- Tie decided by run-off over 400m

**Monday, February 14, 2000**

Entries close with ALL venue managers on

Monday, February 7

**First event 7.30pm**

**HANDICAPS**

AGE	200m		1000m			
	All run		Run		Walk	
	M	W	M	W	M	W
35	Scr	19	Scr	106	335	402
40	7	26	35	142	357	424
45	14	33	70	178	380	445
50	21	40	106	216	404	469
55	27	46	144	254	429	494
60	33	53	183	295	454	519
65	40	60	225	337	481	545
70	48	69	271	383	511	572
75	57	77	321	433	539	601
80	66	87	376	487	571	630

**Handicaps for 400m final announced on the night if necessary**

*INQUIRIES: Richard Trembath (98369256)*

*or Alan Sinclair (98892510)*

**Veteran 1 Mile Graded Challenge**

**Thursday 2 March 2000 at East Burwood Venue**

Melway 62 C7

Gradings are based on best 1500m times over the last two years:

'A' Grade - 1500m time less than 5min.10sec.

'B' Grade - 1500m time between (and including) 5min.10sec. and 6 minutes.

'C' Grade - 1500m time greater than 6 minutes

Runners are asked to observe the above gradings, but they may chose the appropriate grade in keeping with current performances.

The first race ('C' Grade) will commence at **7:30 p.m.**, followed immediately by the 'B' and 'A' Grade races.

Enter on the night - \$2 entry fee (normal Venue fee).

Open to all men and women over 30 years of age.

Trophies will be awarded to the first male and female overall, and the male and female achieving the best age performance percentage (based on WAVA age graded tables). Plus spot prizes for 1 Mile runners. Only one trophy or prize per person.

Results will be published showing overall, age graded and five year age group placings.

Visitors are welcome to enter any other events programmed for 2 March 2000:

7:00 - 8:00 p.m.	Discus Throw
7:10 p.m.	1500m Walk
7:15 p.m.	100m Sprint
<b>7:30 p.m.</b>	<b>1 Mile Challenge</b>
8:00 p.m.	4 or 6Km Run --- 2 or 4Km Walk
8:05 p.m.	200m Sprint
8:40 p.m.	Supper and presentations

**COMMITTEE MEMBERS 1999 ~ 2000** - Victorian Veterans Athletic Club Inc.

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

**VENUES** Locations and Managers Venue Day and Melway Ref

ABERFELDIE	Aberfeldie Park, Corio Street, Moonee Ponds Rob Waters 9318 3802	Weds	28 D 6
ALTONA	Grant Reserve, Sugar Gum Drive (off Civic Pde) Altona Alan Barling 9398 5667 and Michael O'Relli	Sun - Winter Tuesday - Daylight Saving	54 G 9 62 C 7
EAST BURWOOD	Burwood East Reserve, Burwood Highway John Gosbell 9808 4641	Thurs	62 C 7
CAULFIELD	Duncan McKinnon Park, North Road, Murrumbena Greg Mauldon (Track) 9583 5637 ~ Graeme Rose (Field)	Tues - Track Thurs - Field Games	68 K 9 18 A 9
COBURG	Harold Stevens Ath. Field, Outlook Rd. Coburg Neville Wilson 9459 7827	Thurs	18 A 9
COLLINGWOOD	George Knott Athletic Track, Heidelberg Rd., Clifton Hill Bill Ryan 9434 3783 Keith Moody 9434 7403 and Ron Young	Tues	30 F 12
CROYDON	Town Park, off Norton Road, Croydon Les Clark 9754 2793	Tues	50 K 5
DONCASTER	Rieschieks Reserve, George Street, Doncaster Allan Sinclair 9889 2510 Richard Trembath 9836 9256	Monday	33 J 11
FRANKSTON	Ballam Park, Banance Terrace, Frankston Peter Duggan 9786 9169	Thurs	103 B 4
GEELONG	Landy Field, off Barwon Terrace, Geelong Mike McAvoy 0352 532 376	Weds	228 C 7
KNOX	Knox Park Athletic Track, off Rushdale Road, Scoresby Charles McRae 9779 3670	Weds	73 D 7
LATROBE - VALLEY	Joe Carmody Ath. Track, John Field Drive, Newborough Bob Connell 0351 740 761 Vern Curnow 0351 341 809	Tuesday evening	
MENTONE	Dolomore Oval, Cnr. First and Queen Streets, Mentone Ted McCoy 9583 3280	Weds	87 B 6
SPRINGVALE/ NOBLE PARK	Ross Reserve, Memorial Drive, Springvale Tony Doran 9547 7320 Ken Hough 9798 1231	Weds	80 E 12
SWAN HILL	Rhonda Price 0350 324 829 Swan Hill Little Ath's Field	Monday evening	
TOOTGAROOK	Tootgarook Sports Reserve, Truemans Road, Tootgarook Alan Radford / Ken Taylor 0359 855 989	Weds - Winter Sunday - Daylight Saving	169 E 6
*****	EDITOR - "Around the Grounds" - Peter Colthup OAM. LM.	9706 5639 fax 9706 5639 ***** 8 Polkbin Court Bangholme 3175	

Australian Association of Veterans Athletic Clubs Secretary - Brian Foley (09) 339 2716