

VIC VETS

news
and
results

March 2000

Published by:
The Victorian Veterans'
Athletic Club Inc.
Dot Browne (Hon Sec)
Colin Browne (Editor)
4 Victory Street
Mitcham VIC 3132
(03) 9874 2501 phone
(03) 9873 3223 fax
e-mail
cfbrowne@bigpond.net.au
website
<http://www.vicnet.net.au/~vicvets/>



Vic Vets
NEWS AND RESULTS

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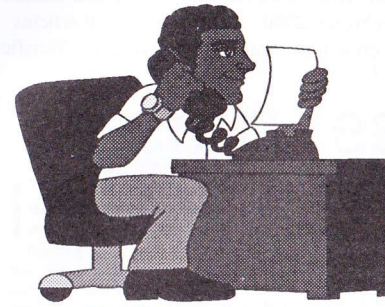
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Editorial

As I sit down to write this, I am still excited about last night's great Optus Grand Prix Meet at Olympic Park. We saw many outstanding performances, with several athletes doing qualifying times for Olympic selection. At the end Charlene Rendina's 800 metres record was still intact, but for how long?

The Vic Vets led the program off with two 200 metre races and I was really proud of the eight men and eight women who ran such exciting races in the club's colours. In the men's we were represented by Keith Howden, who ran 25.35, Jim Kealy 25.91, Bob Wishart 26.17, Graeme Richards 26.43, Ross Kent 26.85, Stephen Baird 26.96, Richard Kerridge 27.17 and Barry Pomeroy 27.25. In the women's we had Debra Tomsett running 26.99, Lisa Ford 27.06, Kathy Heagney 28.49, Jennifer Baldwin 28.99, Marlene Johns 29.86, Cathy Orelli 29.90, Nicole Quinlan 30.14 and Anne Stobaus 30.47.

We met lots of vets at the meet, demonstrating their keenness for their sport. Whether it is young Australian athletes, internationals, vets, disabled, whatever, it is a lifelong interest. The presence of so many Vic Vets at the meet shows this so clearly.

We will have our own title events very soon with three weekends of state veterans events at Duncan McKinnon and the nationals at Hobart at Easter. Entries close for the Victorian events on 17th March, and for the Australian titles on the 27th March. Have you got your entries in?

We are hoping to make a feature of the venue championship at the state events. In the attempt to get more participation from members who perhaps don't see themselves as medal winners, we give venue points to all who complete an event. And we have relaxed the uniform rule. You can get points for your venue while

out of uniform, although you must have the uniform on to win a medal. Two division pennants will be up for grabs. Let's hope we get good fields.

While on uniforms, there will be a new style of singlet on sale at the state events, not the old off the shoulder version, but a better fitting mesh job. Women have the option of wearing either the old colours of white with blue trim or the men's colours of 3/4 white and 1/4 blue. See Astrid Rose or Margaret Cassidy at the ground for a demo of the various options. Astrid even has a deal whereby you can swap unwanted medals for merchandise. See page 34. Club numbers are no longer necessary, but you can obtain sets of numbers to apply yourself from Tony Bradford - 9749 2248.

The Brownes hosted a very good venue managers' meeting recently. There were a few new faces there and it was a great opportunity for the more distant venues to meet each other. Great to meet Kevin Appleby who has got a venue going at Cockatoo. Neville Wilson, George Goode, Les Cations, Ron Wilson, Ken Walters, Alan Bennie and Graeme Murfett are members who have taken on the responsibility this year. The managers are the people who do the real work of running the club at grassroots level, so their ideas really count. They shared descriptions of the special events which their members find attractive, and hopefully will adapt some of them to use at their home venue. Events such as handicap series, cumulative distances over several weeks, the sum of two events on a night, runs away from the track, parlour relays, one hour pentathlons and so on, plus the odd special supper, help make the venue come to life.

The committee's decision to discontinue the free supply of "Around The Grounds" to all members came in for some criticism. Various ways of communicating the information or getting copies for those who would pay for them were suggested.

The Dinner Dance was discussed. We are looking for people with ideas to revise this valuable function, perhaps making it less expensive and more acceptable to more members. Recorded music was suggested. Of course, like everything else, to earn the right to express your opinion you have to be prepared to do some of the work involved. Any takers? Dot Browne would be glad to hear from you.

Did you see that great double page spread in the Herald Sun on the vets, featuring June Reeves? Boy, did that raise some interest! My phone rang for a week with new members after that. Good on you June!

Colin Browne

Exercise is helping older women keep fit or life, reports MAUREEN DOYLE

June Reeves is a woman on the go. She joined Veterans' Athletic Club 10 years ago and has been competing in sprinting and hurdles ever since.

"Before that, I had not run competitively since leaving secondary school," she said.

A leisurely interest in running, cycling and tennis kept the 54-year-old grandmother fit and active, but a friend encouraged her to join the athletics association.

"I was ready to do something for myself," she said. "The children were off my hands, so I had the time to train."

June's work paid off, leading her to state, national and world championship events.

"I really became quite competitive," she laughed.

June said working with a squad made the discipline of exercise much easier and the act of running gave her joy.

"Motivation is the key, be it for health reasons or just doing something for yourself," she said.

June advised a check-up with the doctor, followed by a low-key walking program, for those starting out.

"Find some friends to help, or join a local walking group," she said. "Companionship helps motivation."

June said that as she became older she learned to listen to her body, and made sure she had time to properly recover from injury before training again.

She agreed with author Kathrine Switzer that exercise could help women deal with menopause.

"When you are out exercising you feel wonderful. It really has a way of bringing life into perspective and is a great physical outlet," she said.

June says you do not have to be a great athlete to join Veterans' Athletic Club.

"Everyone competes at their own level. You do not have to be good, you just have to be there and do what you can."

The state championships are being held next month and the national championships in April.

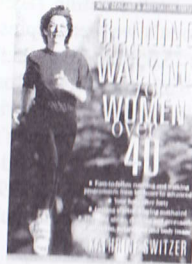
June is preparing for the World Championships, to be hosted by Brisbane next year.

Inquiries: Veterans' Athletic Club secretary Dot Browne, 9874 2501; cfbrowne@bigpond.net.au

Our June Reeves was featured in the Sun-Herald on 20th February 2000. A great photo and articles which drew lots of attention to our club. Terrific!

Step out with a system

1. Make running or walking a priority in your daily schedule. It is an investment in yourself.
2. Running or walking regularly makes you feel good about yourself. And when you feel good about yourself, your relationships with others are better.
3. Try to run or walk every day until it becomes part of your regular routine. Then, if you end up doing it only three times a week, you are still maintaining your fitness.
4. Running or walking are the most time-efficient methods of attaining fitness. If you invest 30 minutes a day in your workout you will get back 30 minutes of benefits, plus a lot more.
5. If you can not find 30 minutes for an entire walk, do 15 in the morning and 15 in the evening.
6. Something is always better than nothing. Even 10 minutes can give you a sense of achievement.
7. Do not feel guilty about missing a workout. Just start again when you can.
8. Invest in a good pair of running and walking shoes.
9. Find a training partner: it is good motivation and provides security.
10. Move fast enough to work up a sweat, but avoid going too fast, too soon.
11. Put ice on sore muscles for about 10 minutes after a workout.
12. Drink water throughout the day.
13. Diets do not work because they slow the metabolism. Only exercise reduces fat because it raises metabolism. Eat a well-balanced diet lower in fat and high in carbohydrates; then you will have the energy to exercise harder and burn even more calories.
14. Keep a training log. You will be amazed and proud of your progress.



Source: *Running and Walking for Women over 40*

Golden rules to keeping at it

The right motivation will help you avoid abandoning your keep fit campaign early, advises JENNY CHANTRY

It can take more than guts and determination to attempt, in middle age, to try to get fit.

Owning up to your age is one thing. But doing something about the aches and pains that start to set in — not to mention the body shape that has developed a mind of its own — is quite another.

An empathetic environment can help you work wonders, take your state of bodily disrepair in its stride — and provide the bucket-loads of encouragement needed to keep you on track.

Not just anywhere will do.

Here are 10 ideal conditions for the reluctant comeback:

1 Fellow athletes should be of a similar ilk; that is, their bodies also have seen better days. This is one sphere of life where the notion of positive role models for inspiration needs to be questioned. The sight of a Cathy Freeman on track or a Madame Butterfly in the pool could have

disastrous consequences for the continuity of your program.

2 The whole experience should be free of glamor. Exercise-by-lycra is not on. Only this way is it possible to throw yourself out of bed at some ungodly hour, skip the getting-made-up routine, jump into a daggy old tracksuit and — with some dignity — present yourself almost on time at the sporting venue.

3 Respect privacy. It is OK to share the showers and the changerooms with all those other people silly enough to be there at such an early hour. But it can be an entirely different proposition when it comes to having a chat at 6am.

4 Slowly does it. Get-fit programs should aim to keep the body in one piece and at one with the mind. The first

workout ought not to be overly strenuous or demanding on every muscle in the body.

5 It should be agreeable to do. In your current frame of mind you will not be expecting a fun time, but if it is downright hard work, or it even looks that way, then it will not last.

6 It should not cost the earth. If it does, then you should be able to claim it from someone, somewhere, sometime.

7 It should be an experience devoid of technical complexities in a jargon-free state. For some people, knowing the consequences of the skeletal structure under stress — not to mention the associated impacts on metabolism and bone density — is a critical part of their health and well-being. If you do not care two hoots to have it all explained, insist on blissful ignorance.

8 It should be repetitive. Repetition makes for easy learning. You just go to the pool, to the gym, jump on the exercise bike, down to the aerobics session around the block, or out on the field and you do not have to think twice about what you are doing. No risk of mental fatigue.

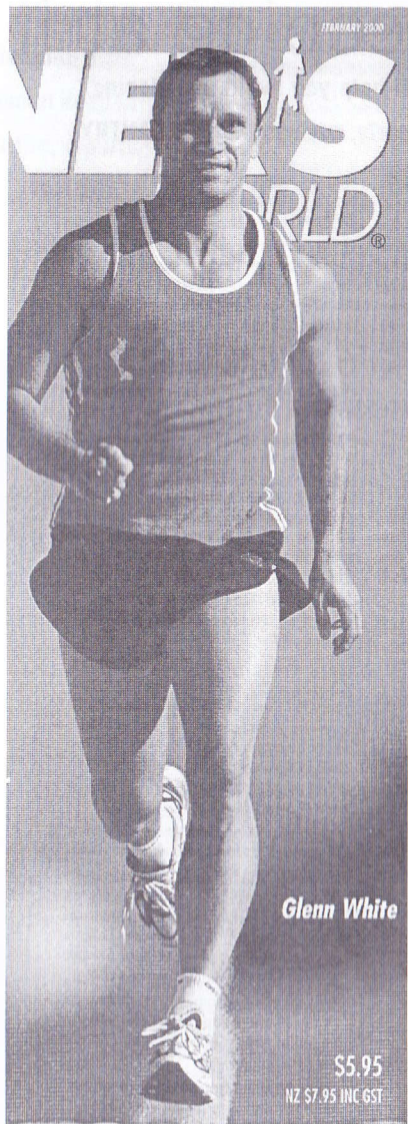
9 It should be flexible. A person is entitled to change his or her mind.

10 It should cater for individual differences, and be ready to add a spot of spontaneity to a humdrum training regime. Beach volleyball, a stint of abseiling, a bushwalk or a water ski can all provide that extra variety. Find something, somewhere, that meets all the above requirements and you are half-way there. The other half is the hard part.

Jenny Chantry is a Melbourne writer.



On for old and older: Experts say any age is a good age to pull on the jogging shoes.



New member, Glenn White comes to us with his name and photo already on the cover of "Runners World". Welcome Glenn, we hope you like the vets.

Glenn White

Age 40, Residence: Elwood, Victoria

New resolve

Luckily for most of us we don't write down our New Year resolutions so the sense of frequent failure rarely comes back to haunt us. Yet for so many of us the themes are usually the same - get fit, lose some weight, save more money, manage our time better.

Then at some stage during the ensuing year something prods us to remember back to the alcoholic haze when we vowed to do better. Human frailty has a way of catching up.

For Glenn White, featured on our cover this month, with the biological time clock ticking down towards 40 last year, he made a New Year's resolution to be running fit again.

As a junior athlete he competed for Victoria four or five times in the 110 hurdles. Once out of juniors he realised he was too small and moved on to 400 hurdles for a couple of Victorian clubs. White kept running until his late 20s, decided he'd had enough and wanted to move on and have Saturday afternoons free.

Eventually caught the triathlon buzz and did about six. "I found these really hard. With a running background and being a strong swimmer I found the bike leg the hardest."

Even harder was finding the time to fit in the required training for the three legs.

Starting back

Once he made the resolution a fellow teacher at Wesley College in Melbourne told him about a group of older runners she coached. "I went down to Glenhuntly track and started running quite well and then set a goal to run the Australian Masters in September last year."

"I went from just getting fit to doing quite a structured program. I went back to doing weights at Recreation gym and also had some help from Musashi products. As an older athlete you have to understand your body and it has to be well planned."

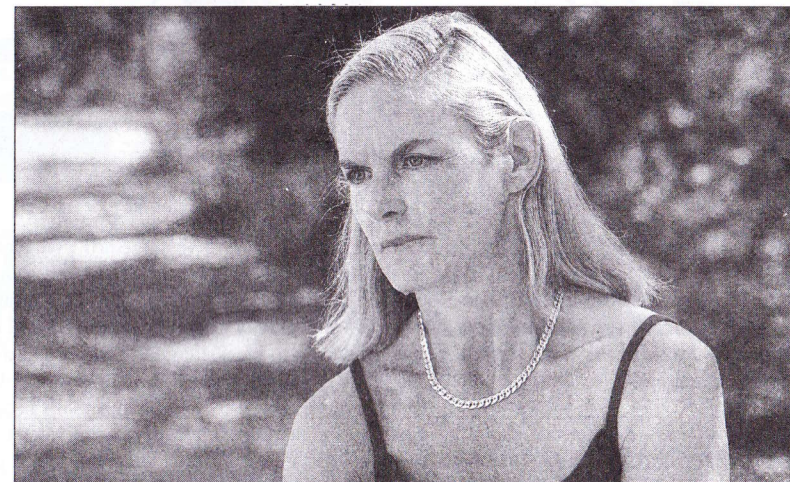
At the Masters Games in Adelaide White won the 400 metres hurdles, was second in the long jump and fourth in the 100 and 200 metres.

Training

He trained three times a week for the masters. "I knew I had to have a day off after each running session and on that day I'd do a weights session." With some two months to the masters it was back to hurdling drills to relearn skills he thought he would never use again. "I found the running part really hard. Getting fit was really difficult but I loved the whole atmosphere of being involved in athletics again and being on the track."

“I was doing it for my own reasons, no one was telling me to do it. I found the competition in the younger age groups really good and the older men and women are just inspiring.”

In "The Gazette" there was this notice about the "Relay For Life" for the Anti-Cancer Council. Our Kim Johnson was featured. Marlene Gourlay and other Vic Vets are also doing their bit for this cause.



Great cause: Kim Johnson is raising money for cancer.

033KF316

Relay run more than fun

NINE months after her mother died of lung cancer, Kim Johnson's husband was also struck down with a rare strain of the crippling disease. Within months he died too.

The Mont Albert North resident was left in doubt about the devastation of 1997/98. But there was light at the end of the tunnel.

Ms Johnson is about to embark on a fundraising program to help other people suffering at the hands of cancer.

And she said next month's Relay for Life all-night fund-raiser could have a positive effect on some of the participants as well.

The event is a 24-hour team

relay, with team members taking it in turns to run, jog or walk around a sports track for 24 hours.

"The first lap is for people who have had cancer, and in a way it's a tribute to them for the fact they are still with us," Ms Johnson said.

"Many of them will be in remission, and some would still have cancer.

"And there's a memorial service at dusk and people can buy a candle and put it on the inside of the track.

"The relay goes for 24 hours and I've actually seen a video of an event in America and the track looks stunning."

Each participant must register

with the Anti-Cancer Council and pay at least \$100 to take part. The money is used for cancer research.

There are eight Relay for Life events in Victoria this year, and the council hopes to raise \$450,000.

Teams consist of between 10 and 15 people. Organising committees have arranged for entertainment at the venues, including live bands, barbecues and a basketball clinic.

The Bulleen event will be held at the Carey Grammar School sports ground in Bulleen from noon on March 11 until noon on March 12.

People wishing to take part in Relay for Life should contact the Anti-Cancer Council on 9635 5378.



Letters to the Editor



Colin,

A piece of news!
I have been selected (in the second round of selections) to carry the Olympic Torch at Allansford, near Warnambool. Friends of ours put my name down, giving our holiday home address.

Graeme Murfett

Dear Dot
Just short note after our conversation last night. It is sad to see us not getting our individual copy of "Around The Grounds". I have spoken to several people on this matter and they feel the same and would be willing to pay the cost involved.

Perhaps a suggestion would be to cover the cost in our membership fees, or alternatively the ones who want the magazine to pay an annual fee just for the magazine.

Kind regards
Carolyn Dickson
Croydon venue

[Ed: See the motion about "Around The Grounds" passed in the recent Committee Meeting of 7th February 2000 in "Fly On The Wall" page 14. Maybe other members would like to write and express their opinion on this issue.]

Dear Colin,
Thank you for inviting me to run in the veterans womens 200m at the Grand Prix meet in Melbourne last night. My husband and two daughters came along and we all had a great night. It was a good close run, my lack of racing certainly showed at the end of the race. I suffered when I took those first few steps this morning. Racing last night certainly motivated me to

continue and run the Vic Vets in April. We have had no athletic track in Ballarat this season, (it should be finished by the end of March). Unless I wanted to travel to Melbourne or Geelong every Saturday I didn't have anywhere to race. I couldn't travel because my daughters have ballet and little aths on Saturday. I hadn't even renewed by vets membership because I thought I should retire, I just wasn't motivated to keep training. I've now registered and hope to see you in April. Who knows, I may even be able to keep training for the World Vets next year, although that seems such a long way off
Regards,
Lisa Ford

Dear Colin
Tea
Ref a well known T.V. advert :
It is a pity that people are being sucked in by the 'good news ' about tea .

The do not mention all the 'baddies' that come with the tea. For instance the alkaloids caffeine, theobromine, theophylline etc, which are diuretics and as well as dehydrating the body help to drain valuable minerals via the kidneys. One British researcher found that post menopausal women who drank more than 2 cups of coffee or 4 cups of tea per day had a 69 % increase in hip fractures (from osteoporosis)
It is also ironic that they say tea provides 75 % of the antioxidants in the average adult diet. That shows how poor is the average diet when FRESH ORGANIC vegetables and fruit have massive amounts of antioxidants as Vit C etc.
The problem for consumers is that fruit and vegetables produced by 'high tech' agriculture systems fed by

synthetic fertilisers, exposed to pesticides and fungicides are not delivering the nutrition and I enclose a Aust. Gov. Lab analysis for minerals to show the difference between supermarket and organic.

They are often picked unripe and subject to post harvest chemical treatment before marketing which results in a loss of vitamins.

We have therefore a loss of minerals and vitamins just when we need extra to soak up the extra chemicals, because the body uses enzymes containing Mins. and vits. to excrete chemicals

No wonder the chemicals are being retained in the body and the rate of cancer and chronic disease has increased over the last 30 years in direct proportion to the increase in chemicals in our food (10 times)

The Medical and Dietetic establishment who say we do not need a Min and Vit supplement and that all we need is a good varied diet are guilty of a crime against humanity and should be prosecuted.

Of course they are led astray by the drug firms and money. Only the drug firms have the money to prove their side "scientifically "

After 40 years of treating animals with Mins. and Vits. I now give all humans free advice as to supplements. Any fool can put a lot of Mins and vits. in a can and say here is the answer but it only works for a few by chance. My research shows only one does work for everyone because of its balance and broad-spectrum coverage.

Dear Colin,

Re : Optus Track Classic – Olympic Park – 2/3/2000

Just a note of thanks for being invited to run in the Mens 200 Metres at the above Athletics meeting.

Despite the heat, I enjoyed being part of proceedings and running in front of such a large crowd of people. The Athletics which followed were also enjoyable.

With best wishes,

I am,

Yours Sincerely,

Keith Howden.

		Beans	tomatoes	capsicum	silver beet
calcium	S	40	6	7.4	7.6
	O	480	67	84	1600
potassium	S	260	200	150	450
	O	1900	300	1600	2600
magnesium	S	26	10	11	69
	O	240	89	700	1700
sodium	S	<1	2.4	<1	180
	O	<10	26	20	1800
iron	S	0.6	<0.5	<0.5	1.4
	O	<5	<5	<5	9.4
zinc	S	.38	.19	.13	.57
	O	3.4	1.2	2.5	130

mg/kg

S = supermarket produce
O = organic/revitalised soil

Yours sincerely, Dr.Peter M. Couttie A.A.C.Nut. En.
Med. Ph 03-5520-2250. RMB 2369 Portland Vic 3305
couthie@iconnect.net.au

Dear Karen (Le Rossignol)

How did you like your article in the January edition of Vic Vets News and Results? - I thought it was terrific. I'm sure the article will help to encourage even greater participation this year.

Wouldn't it be great if all intervenue events at all Venues could be written up in our magazine?

Karen, many thanks for such an enjoyable and interesting article.

Regards
John (Gosbell)

Dear Dot

Thank you for your kinds words in your letter dated 20/02/2000.

I look forward to representing my profession, sport and Veterans Athletic Club in Sydney later this year.

I shall keep you posted on the events as they unfold both pre and post games.

Wishing all Veterans a safe journey over the next few months as we all prepare for the Victorian and National championships.

My motto is "compete and complete" and have fun.

Yours faithfully
GREG VARIGOS

Dear Colin,

The arrival of the January 2000 edition of 'Vic Vets' prompted the thought that some of my old running mates, (and some younger ones too), might enjoy a 'nostalgic' binge with my latest short story which is to be published next month in a consolidated volume with prizewinners in other sections of the competition.

The story is a cameo of life in the youth of my generation, and without apology, why sometimes we can be really bad tempered old swine!

Should you so decide, feel free to publish it in serial (or other form) in the magazine. Runners can write too!

Kind Regards,

JOE TENNANT,
25 Venus Street.
Inverloch. 3996



"THERE ARE NO TOMORROWS"

by

JOE TENNANT

There is love as well as war in this story - sadly, more of the latter than the former. Tragic really, but at the 'sharp' end of a full scale World War there's an acute shortage of young ladies available for direct, close contact romance.

Understandably, on ships at war love plays a minor role, in spite of the most urgent desires of at least one side of the equation to indulge in passionate affairs. These imaginary liaisons include all those dreamed of elements, so dear to the hearts and other parts of the anatomy of young men.

Of course there are love affairs in wartime where the 'handsome young naval officer', in a soft berth ashore, seduces a beautiful maiden who, in a rush of patriotic fervour, is anxious to share her feminine charms with this landlocked hero. And a grand time is had by all! Sorryee...! but this isn't that kind of love/war story.

We have to go back to the dark days (for the British Commonwealth that is) of 1940, when the highly trained and well equipped German armies, (not to mention their wretched Luftwaffe), who were joined in the following year by the Japanese militarists, were sweeping all before them. Thus the prospect of being compelled to learn a foreign language seemed a real possibility, unless something was done to stem the flood.

I was in Cape Town when all the nastiness started, and it took a lot of hard talking to persuade mother (father was totally opposed), into signing the 'Permission' form before I was able to enlist in the 'Seaward Defence Force' on my eighteenth birthday.

Since the country didn't have a navy at that time, someone had the great idea of taking over the Norwegian and German whalecatchers which had been impounded in Cape Town at the outbreak of war. They were then converted into either subchasers, contact or magnetic minesweepers, given some light armaments, and Voila! a navy was born. Well, sort of - bearing in mind that the average whalecatcher only displaces about 300 tons, and has an overall length of a hundred feet. Small, but thankfully, very seaworthy.

Crews found from out of work trawlermen and merchant

seamen, supplemented by youthful, but ignorant volunteers, keen to do their bit. The overall emphasis being on learning as you go along, or if you wish to be pedantic, 'practice makes perfect'. Each ship was allocated a seaman gunner who'd completed a very short course on how to fire the guns. He too, was expected to learn more as time passed, provided the enemy co-operated by allowing us to survive for long enough to become useful members of the Armed Forces.

And now we were ready to go to war - well almost! There were not yet enough uniforms for all the eager volunteers, so I was given a pair of blue workman's overalls and a pair of boots. Thus equipped, I joined the crew of a subchaser which sailed that evening to escort a convoy of troopships around Cape Point on their way to Europe.

It was as well I'd no opportunity to change my mind about 'Joining Up' - the culture shock of the transformation from a comfortable home in an 'upmarket' suburb, to the minute, smelly, and airless cavern of a whalecatcher's fo'c's'le was a true test of character. And we'd yet to see the enemy!

This initial foray was followed by an adventurous plunge due South to the 'Roaring Forties', with orders to intercept the German pocket battleship 'Graf Spee', reported to be shifting her area of operations from the Indian ocean to the Atlantic. Luckily we didn't sight her, and even more fortunately, she didn't find us. In the end, the real enemy was the weather, for on altering course North to go home, we encountered a Force 10 gale with 60 foot swells, which slowly drove us astern towards Antarctica. It was a useful, if terrifying experience, since I learned to steer in the worst possible conditions, a skill which was to come in handy on future occasions. The gale finally blew itself out and we made port, still without seeing the enemy, although in my case, this was about to change!

"The 'Southern Sea', one of our first ships commissioned, and sent ahead to join the Mediterranean Fleet, took a direct hit from a large calibre German field gun, (Bardia Bill) while on her way into Tobruk with a convoy carrying supplies for the besieged Australian division. A number of the 'Sea's' crew were either killed or wounded and a draft of replacements was being despatched - "you're on it." The Regulating Petty Officer was not given to wasting words.

This wasn't the only surprise waiting for the 'sailor home from the sea...' There was a letter from a very special girlfriend who lived upcountry, to tell me she was getting married to a 'Keyman' who worked on the mines. Considering my prospects for survival, it was a wise decision on her part, but at the time, it hurt. A useful lesson in 'its not so much what you've got, but where you've got it that counts', geographically speaking of course. My farewells were concluded with brief calls on two other girls whom I had known, (but not biblically of course, a far too difficult and dangerous a practice in my social circle - for many reasons!).

When I arrived in Egypt, my posting had been changed to the "Southern Maid", and on our next convoy run to Tobruk, our sister ship, the 'Southern Floe' hit a mine during the night. There was only one survivor. It seemed unfair, somehow - we'd fought our way through waves of Stuka dive bombers, and then to be sunk by an unseen floating mine. We had much to learn.

Blockade running continued until Tobruk was relieved, and I joined the crew of a newly arrived magnetic minesweeper, the 'Parktown', and sailed once more for this ruin. Early in June '42, however, the Afrika Korps sent the Eighth Army reeling back to El Alemain, just 60 miles West of Cairo. Chaos prevailed, and we perforce left Tobruk unceremoniously after a short firefight with a German tank which had arrived unexpectedly at the end of the jetty. This particular saga ended for us the following morning when we were ambushed by a flotilla of heavily armed, high speed German E-Boats. Badly outgunned, we took heavy casualties in the ensuing action. With our guns disabled, the ship on fire and dead in the water, the order was given to abandon ship by the only (wounded) surviving officer.

We were picked up by a British M.T.B. just before dusk, and on being landed at Alexandria, were absorbed into a hastily formed Naval Brigade and transported into the desert in cattle trucks as a last line of defence. Fortunately the Germans ran out of fuel and the Army was given time to re-form.

Back to sea again on another magnetic sweeper, we cleared the sea lanes and ports ahead of the ships supplying the Army in its advance across North Africa.

(...to be continued in the next "News and Results")

FLY ON THE WALL



Leaked from

MINUTES OF COMMITTEE MEETING
OF THE VICTORIAN VETERANS' ATHLETIC CLUB INC.
HELD AT THE HOME OF ASTRID AND GRAEME ROSE
ON MONDAY 7TH FEBRUARY 2000

3.0 MATTERS ARISING FROM MINUTES:

- 3.1 item 3.1 The date of the Winter Weight Pentathlon should be 30th July.
- Item 7.4 VVACI Half Marathon at Geelong. A phone request had been received from Geelong Cross Country Club asking for our requirements. Tony Bradford would co-ordinate. We would need an entry table, entry takers and finish line spotters. Ted McCoy and Margaret Cassidy would attend.
- Item 4.0 (2) Leigh Cassidy and Graeme Noden had replied giving their opinions on the combining of the two interclub teams. Further discussions were necessary before a decision could be made. AV may combine the venues in any case.
- Item 4.0 (Out 3) The order for trophy glasses had been collated and communicated to Jeff Briggs.

4.0 CORRESPONDENCE:

- Item 2. Bill Ryan suggested that "Around The Grounds" be placed on our web site. It was a welcome idea but difficult to implement. A volunteer web site editor would be welcome.
- Item 6. Kevin Appleby had started a new venue at Cockatoo on Monday nights at Mountain Road Reserve.
- Item 9 AA notification that the Optus Grand Prix Meet in Melbourne was to be on 2nd March 2000. No answer as yet had been received to our application for two veterans' races.
- Item 13. A proposal from Richard Piesse for inter venue relay championships at Doncaster.
- Item 17 In answer to a query from Judy Wines, it was stated that women members may wear either the same coloured singlet as the men, viz. $\frac{3}{4}$ white and $\frac{1}{4}$ blue, or the full white with blue, provided that the singlet has the red heart.

6.0 TREASURER'S REPORT: Rob Petrie

- 6.1 Rob circulated a two page report showing the club's financial position as at 31st December 1999. We had 1081 registrations. The total income was \$44,974, the total expenses were \$51,916, less stock surplus of \$3,248, a nett loss of #3,694.
- 6.2 Investments, account balances, stock on hand and plant & equipment were listed, giving total assets of \$82,183. Lack of insurance on the stock and equipment was noted.
- 6.3 Moved Colin Browne, seconded Tony Bradford, that as a regular procedure at each committee meeting, an account for payment be moved to pay the AAVAC capitation on new and renewed members since the previous meeting. Motion carried.
- 6.4 Accounts for payment were presented, including capitation on 167 registrations for this year of \$1169, postage of January News and Results, \$423, address labels, \$98, Yellow Pages, \$62 and a donation for an entertainment for underprivileged children of \$70. Moved Colin Browne, seconded Ken Walters that these accounts be passed for payment. Motion carried.

7.0 CLUB CAPTAIN'S REPORT: Ted McCoy

- 7.1 Ted presented a revised fixture for 2000. Changes included the 20km and 10km Road Walks to Sunday, 23rd July, the Winter Weight Pentathlon to Sunday, 30th July, and the insertion of 3miles Road Walks on Saturday, 16th September. It was decided to have three divisions in the 10km Track Run at Knox on

Saturday, 26th November, starting times being 7.00pm, 8.10pm and 9.00pm. Bookings of venues had been made but Glen Eira Council had not yet responded.

8.0 VENUE REPORTS

- 8.1 Springvale Noble Park. The Andy Salter Relays were again successful, run in hot conditions.
- 8.2 East Burwood pentathlon was down in numbers as was the Aquathon, although each was very well organised.
- 8.3 Croydon had voted to have Les Clark and Ken Walters as joint managers.
John Gosbell would retire from East Burwood, to be replaced by Ron Wilson, whilst no change of manager would take place at Caulfield or Collingwood. Alan Bennie was to replace Ken Hough and Tony Doran at Springvale Noble Park
- 8.4 Ray Callaghan's receipt of the Order of Australia Medal in the Australia Day honours for services to VVACI and AAVAC was thought to be a fitting reward, and a great honour to the club.

11.0 GENERAL BUSINESS:

- 11.1 Technical changes. The changes to the specifications for javelins necessitated the purchase of two 700gr and two 500gr javelins before the summer events, at a cost of \$621. Moved Ted McCoy, seconded Tony Bradford, that they be purchased. Graeme Rose would attend to it. They would be stored at Caulfield.
- 11.2 "Around The Grounds". Moved Ken Walters, seconded Tony Bradford, that our publication "Around The Grounds" in its present distribution format be discontinued, and replaced with the following: "Venues send as usual their monthly results to a central point for persons to collate such results and organise distribution of one copy only to each venue. To be displayed on notice board (or similar) for interested members to peruse at their leisure over the month period such results would be on display." After considerable discussion in which many points of view were explored the motion was carried. Ted McCoy and Rob Waters volunteered to discuss the issue with Peter Colthup and to offer him the option of continuing to edit the publication whilst producing only the one copy per venue, and continuing to produce the Track and Field Program, the Track and Field Results, and the Annual Report in appropriate numbers, whilst the club continued to pay the rental of the room at Caulfield.
- 11.3 Track and Field Venue Premiership. Ted McCoy enquired about the wording and the ordering of the pennants for Division 1 and Division 2 which are to be awarded. Ted agreed to follow up with the order. Moved Ted McCoy, seconded Ken Walters, that to encourage participation, there be a relaxation of the uniform rule at this year's Track and Field Venue Premiership, such that members out of uniform may score points for their venue, but will remain ineligible for medals. Motion carried.
- 11.4 Annual General Meeting. The date was set for Monday, 8th May 2000 at 8.00pm at Duncan McKinnon Park. Astrid Rose was asked to book the hall.
- 11.5 "Courier". Keith Routley took objection to the publication of nine pages of results from the Australian Masters Games at Adelaide in the recent "Courier". He objected to the large expense incurred for publication of non-members' results, in a non-AAVAC event.
- 11.6 Alex Harris raised the problem of theft at venue nights. Managers were asked to emphasise security, and members were asked to take only essentials into the clubrooms.
- 11.7 Alex had visited Doug Orr, who had had much trouble eating while on the chemotherapy and had lost weight. However his health had improved somewhat. Doug resigned from his duties as publicity officer and track suit purchaser. The caps were now out of stock. Rob Waters volunteered to order the track suits in future. Perhaps a member not on the committee may have ideas and would take on the role of publicity officer for the club.
The meeting closed at 11.15pm.

Next Meeting: to be held at the home of Astrid and Graeme Rose on

Monday 20th March 2000 at 7.45pm.

VIC VETS IN THE NEWS

Ken and Jean Knox are popular figures at the Vic Vets titles. This was written by an old mate of Ken's, David Austin, and appeared in the Sunday Age of 19th March 2000.

Illness sparks top comeback

RACONTEUR and former sports reporter Ken Knox, aged 76, is enjoying a fruitful second-wind in retirement. At 6ft 6in (198cm), weighing 95kg and sporting a flowing red/grey beard that Dr. W. G. Grace would have envied, the cheerful Knox is a formidable sight when he steps out in the Masters Games, which have taken off around the world.

Knox, and his wife Jean, a world champion walker, are regular competitors. Ken was in sparkling form in last month's NZ Masters in Dunedin, winning 10 gold medals in the 75-79 age group — five in swimming (100m, 200m and 400m freestyle and 100m and 200m backstroke), four in athletics (hammer throw, shot put, discus and javelin) and one in indoor rowing.

His social skills were also evident. Reported the *Otago Daily Times*: "The friendly Knox enjoyed the affability of the bar."

Jean Knox, 73, gold medallist in the 10,000m road walk at the World Veterans Athletics Championships in England last year, missed Dunedin, training at home.

Ken Knox's career as a top high jumper and swimmer was interrupted by World War II. In 1942, he upped his age by a year and joined the 2/5th Australian Commando Squadron, serving in New Guinea. In 1950, after winning the Victorian 100m freestyle title, Knox dropped out of active sport, joining *The Herald*, then *The Age*. At the 1956 Melbourne Olympics, he covered swimming.

By DAVID AUSTIN

In 1985, having raised a family, the Knoxes retired to the hamlet of Marcus Hill near Queenscliff, turning an old farm house and its surrounds into a two-hectare oasis, planting hundreds of trees and, more recently, fashioning a 12-hole par-3 golf course.

Life was grand until the eve of Knox's 70th birthday when he suffered a twisted bowel and pneumonia and spent a month in intensive care in Geelong Hospital.

While recuperating, his distaste for cigarettes matched his long-time addiction to them.

"I read an article about the Masters in *The Age* and suddenly got the urge to compete again. To get fit I gathered some scrap iron from the old Bellarine railway line and started tossing it around the paddock. It took me three months to get fit," he says with a chuckle.

"In October 1994, aged 70, I entered the World Masters Games in Brisbane, thinking I'd make a fool of myself." He didn't, finishing third in the discus throw and fourth in the shot put.

"I was hooked and have been ever since," Knox says. "It's more fun than you can believe."

His enjoyment inspired Jean to have a go. "But what can I do?" she said. "Walk," replied Ken. "Everyone can walk."

Four years later, in Ken's words, "she belted the tripe out of the Americans and Europeans in the 1999 world 10,000m road walk.

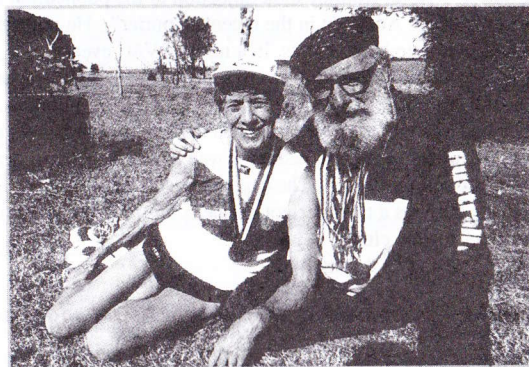
The best I could do was fifth in the shot put. I was thrilled. Gawd, those Europeans are good — and nice guys."

Ken's closest friends nowadays are Felix, Aivares, Stanislav, Rudi, Nino and Werner — a UN of mates. "Everyone in our group has a war story," says Knox. "I asked a friend who spoke perfect English what he did. 'I was a fighter pilot,' he replied. "Lucky you," I said.

"What did you fly, Spitfires in the Battle of Britain?"

"No, no," my friend laughed. 'Messerschmitts for the Luftwaffe.'" Added Knox: "Our friendship became even closer."

● Victorian "vets" association: inquiries, Dot and Colin Browne 9874 2501.



Second wind: Ken Knox with wife Jean.

Picture: CLIVE MACKINNON.

MORE LETTERS

Dear Colin

Elaine and I recently enjoyed watching the film 'Without Limits', the remarkable but tragic story of Steve Prefontaine, the outstanding American distance runner who held all US records from 2000m to 10000m in the early seventies. It has now been released on video and is available for hire. We borrowed it from Video Planet, Tooronga Village. The film depicts Pre's life and development as a runner and also explores the relationship with his coach, the legendary Bill Bowerman, at the University of Oregon. A side story is the development of the Nike waffle-soled running shoe by Bowerman.

There is extra interest for those of us who were privileged to attend and participate in the World Vet Games in Eugene in 1989. Much of the film was shot on the lovely U of O Campus, including Hayward Field (great action), Mac Court and the beautiful surrounding area. The film evokes many happy and nostalgic memories. Some of us enjoyed training runs through the forest and along the river including Pre's (magic tan-bark) Trail. Thoroughly recommended and stimulating viewing - particularly for crazy distance runners.

Kind regards

Bob Hayes

VIC VETS IN THE NEWS

Chris Schultz is amazing. At 49 years of age she is still winning in open competition with Athletics Victoria. This year she was the overall winner of a Tattersalls Trophy for \$400 which is given each year for a particular event, this year being the shot put. It is scored over three meets, December, when Chris came second, January, when she came first and February, the Victorian Championships, when she came second, throwing 12.68 metres. She gained the most points over three meets and was therefore the winner. She also came third in the discus.

We are proud of you, Chris!

Colin,

Talked to Rob Petrie re a plan to move old stock of T-shirts, long sleeve tops, windcheaters etc in exchange for medals at the Vic Champs. As we do not sell many of these items and as some people do not care for medals then we could offer an exchange.

Eq. medals cost \$4.20 (stated at last com meeting) T-shirt sells for \$12. Therefore 3 current medals of any colour equals a T-shirt (actually make 60cents and move stock). Long sleeve top costs \$16 so need 4 medals to exchange for that. Windcheaters at \$22 need 5 medals (\$1 loss)

We could even extend this to current singlets and shorts. The medals are of more use to us than the old stock of clothing.

If you are in agreement, and as Rob Petrie is, then you could maybe mention this in the next News and Results when you mention that uniforms will be on sale at the champs.

Please also inform readers that numbers on singlets are no longer required as I am still getting a lot of queries on this point.

Astrid.

Dear Colin

It was a thrill to see Ray Callaghan's name in the New Year's Honour's List - he is a very worthy recipient and must be proud to share the honour with your wife Dot, and Peter Colthup. I rang to congratulate him, but unfortunately as a lot of people would know, he is flat on his back, due to very severe back problems and unable to enjoy the accolades as much as he would like to. We wish you a speedy recovery Ray.

This is a little bit of trivia (though some people might not agree!), but within the next week, Marge Colthup (the Matriarch of the Veteran Ladies) will turn 75 and Matriarch No 2 - Shirley Young has just turned 70. Two wonderful ladies who, over the years have been a great inspiration to, not only the women in the club, but a lot of the men too.

On the singlet front, as I am sure a lot of the other members would like to know- are we now wearing the same singlets as the men, or is the choice optional? If we can wear the same singlet, will they be made to fit us properly instead of the armholes reaching down to the waist? Please confirm thanks.

Always look forward to your receiving your magazine.

Regards

Judy Wines



Photospread

Shots from last years' "Eric Greaves Memorial 10km Road Race at Braeside Park, taken by Tony Johnson. Top left, Graham Philpott, Westly Windsor and Ted McCoy; top right, Wendy Greaves, Margaret Cassidy, Theresia Baird and Lavinia Petrie; bottom left, Tony Doran, Wendy, Kevin Onley and Alan Bennie, with Peter McGrath and Ted behind; bottom right, Theresia with the trophy, made by Louis Waser, and the framed photo of Eric. Let's hope that this year's event, on Sunday July 2nd, will be as successful.



RESULTS OF VETS AQUATHON

AND ALSO 10K NOMINATE OWN TIME

The Vets Aquathon and 10K NOT were held on Sunday 6th February 2000. The day was beautiful, the water was warm, and the venue (Lilydale Lake) was perfect.

Everybody seemed to have a good time, and many people told us that they will be back next year. There was a free sausage sizzle, plus plenty of other food and drinks, at the completion of the event. This was very popular, and allowed people to mingle and socialise.

The Aquathon consisted of either a 5K run plus a 300 metre swim, or a 2.5K walk plus the same swim. The 10K NOT was four laps of the lake perimeter.

All finishers received a Finishers Certificate, which contained both the run (or walk) time, plus the overall finishing time. From this they could work out their swim time, as shown below.

This event was organised by the East Burwood Vets. Many thanks to the 18 helpers from East Burwood Vets, which included six lifeguards.

Bob Power (Home: 9560 6015)

5K RUN & 300M SWIM				AGE	RUN TIME	SWIM TIME	FINISH TIME
W 45-49	1	JANIS WRIGHT	49	23-28	7-50	31-18	
	2	KATHY PRESTEGAR	49	24-48	8-45	33-33	
W 55-59	1	LEE POWNALL	56	29-22	8-15	37-37	
W 70-74	1	CORREY DE GROOT	72	28-31	7-47	36-18	

M 35-39	1	GRANT Mc DONOUGH	39	19-25	5-19	24-44	
M 45-49	1	GLENN CLAUDEN	45	20-04	7-58	28-02	
	2	MICK CARR	46	20-33	7-59	28-32	
	3	JOHN MOORE	49	21-52	9-56	31-48	
	4	TOM RICHARDSON	46	23-59	9-44	33-43	
M 50-54	1	LOUIS WASER	53	21-07	6-40	27-47	
M 55-59	1	BARRY FRY	57	20-18	6-40	26-58	
	2	DOUG PETROFF	58	22-11	9-14	31-25	
M 60-64	1	BOB HAYES	61	22-02	10-51	32-53	
	2	GREG MAULDON	62	23-18	10-49	34-07	
M 70-74	1	BEN MORREY	71	27-39	9-49	37-28	

2.5K WALK & 300M SWIM

AGE	WALK TIME	SWIM TIME	FINISH TIME
W 50-54	1	CELIA JOHNSON	52 15-23 7-19 22-42
	2	SANDRA MIDDLETON	51 15-39 10-44 26-23
W 55-59	1	GWEN STEED	57 15-23 10-30 25-53

M 50-54	1	DES MIDDLETON	53 13-31 6-14 19-45
M 55-59	1	RON BILSTON	56 16-33 9-55 26-28
M 65-69	1	KEN WALTERS	67 15-48 12-29 28-17
M 70-74	1	VERN GERLACH	74 18-35 8-20 26-55

10K NOMINATE OWN TIME

AGE	NOM. TIME	ACTUAL TIME
1 st	BOB BAULCH	52 45-15 45-16
2 nd	SAM DE FANIS	51 38-30 38-27
3 rd	ROD NEAL	43 39-20 39-23
4 th	BRUCE EDWARDS	41 40-00 40-20
5 th	ROB JAMIESON	49 51-00 51-51
6 th	BRANTON PROCTER	28 41-00 41-51
7 th	SIMON TENNANT	33 52-00 51-04
8 th	LOU BUCCIERI	44 45-10 46-08
9 th	JOHN YATES	72 59-00 57-39
10 th	FRANK HARGREAVES	59 47-30 49-11
11 th	KEVIN ONLEY	66 48-00 49-50
12 th	BOB PETRIE	58 53-20 57-12



KING ISLAND IMPERIAL 20

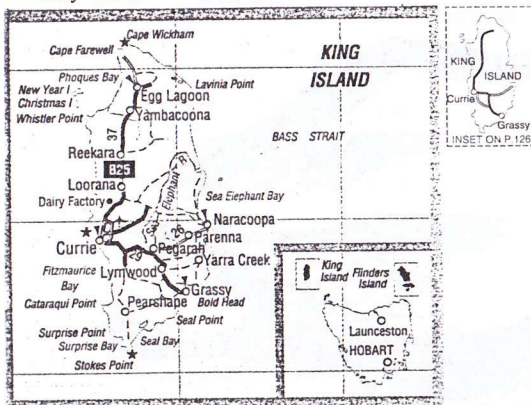
32 Kilometre Coast to Coast Footrace

Sunday 12th March 2000

This race, immortalised by the late Eric Greaves, has become a fixture on the program for Vic Vet distance runners. Once again many vets made the air flight and had a great time on the island. Wendy and the Springie vets were there, as were many from other venues, as you will see from the results. I had a verbal report from our pres, Rob Waters and from Bob Power, each of whom did very well indeed. Rob was third on handicap, and won his age group, which delighted his forebearing wife, Esme, who won a goodly sum on him in the sweep. Bob Power took his friend from Gateshead, Bronwen Cardy-Wise, and the two of them excelled. Bob was second on handicap, winning stacks of money in the Calcutta as well as prize money, and Bronwen ran a fantastic 2:09 to win the women's 40+ section. Not to be surprised at because she is a top international athlete on her home turf, having won four gold at Gateshead in the 5k, 10k, 10k cross country and the winning British 10k cross country team. We hope she decides to call Australia home. Our own Angela Child was second woman on handicap in 2:50:30.

Age group winners were:

Rob Waters M50-59
Tom Davison M60-69
Randall Hughes M70+
Angela Child W30-39
Lavinia Petrie W50-59
Judy Wines W60-69

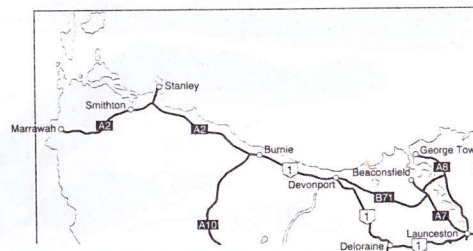


Brian Glover was the winning individual walker, whilst "Eric's Mates", viz. Alan Bennie, Ken Boocock, Mick Davin and Jeff Mark, won the teams event.

The age-groups were in 10 year groups. Starts were off handicap. Showing actual times, in finishing order we had:

2	Bob Power	M50	2:27:10
3	Rob Waters	M50	2:24:40
12	Angela Child	W30	2:50:30
17	John Newsom	M40	2:13:09
18	Randall Hughes	M70	2:33:28
20	Jim Clarke	M50	2:46:36
23	Tom Davison	M60	2:37:42
30	Bronwen Cardy-Wise	W40	2:09:54
31	Ross Martin	M40	2:26:08
32	John Cunningham	M50	2:53:15
33	Graham Prossor	M40	2:25:15
37	Lavinia Petrie	W50	2:22:50
41	Jane Sturzaker	W40	2:58:46
45	Kevin Onley	M60	2:59:55
46	Peter Field	M40	2:57:17
57	Judy Wines	W60	3:14:34
69	Stephen Barker	M50	2:50:35
74	Russell Collins	M50	2:57:49
87	Kevin Browne	M60	3:05:33
96	Ken Boocock	M40	2:48:02

I see Rob Sturzaker and Cynthia Ellery too in the team results. Apologies to any Vic Vets I missed. It was obviously a great weekend.



BOAGS' STRONGARM KING ISLAND IMPERIAL 20

32 Kilometre Coast to Coast Footrace

The King Island Imperial 20, is a run from Coast to Coast.

To complete the course or just take part, is cause for one to boast.

This race starts at Naracoopa, in front of Baudins Restaurant,

Up that hill from Naracoopa, shows its no idle jaunty.

The first 10ks are unsealed road, the stones hard on ones feet,

The legs are tight, the feet are sore, did I say I would compete?

There's something smelly in that scrub, long dead, an awful stink.

Ahead, some people dressed as clowns, a First Aid station and a drink,

A splash of water, a piece of fruit, a slight rejuvenation.

Pass three tiring runners and feel some slight elation,

Underfoot, the road is sealed and smooth, all the way to Currie.

Young runners from a relay team, race past, they're in a hurry,

Now we see the eternal runner, veteran stayer Randall Hughes,

One can be sure, that with this running he's worn out many pairs of shoes.

Angela Bosner now comes into sight, a most consistent lady runner,

Briefly dressed at last years dinner she presented as a stunner

Getting closer now to Currie, in Wicks Road a gentle slope,

Those runners who have working legs, now break into a lope,

To turn left into Fraser road, Ian Allan streaks away,

A small group of backmarkers note, he makes this early play,

They raise their pace to cover this, for each thinks this is the day.

Shoulder 'round the North road corner and stride downhill to Camp Creek.

Then uphill into Currie, with concentration at it's peak,

The extra circuit 'round the town, all runners really strive

To break the ribbon in Main Street, as first runner to arrive.

The Presentation at the Town hall, with Alan Rider as the Host,

To all starters and supporters, the Town Hall holds the most

People at one venue, lots of these enjoy a flutter,

To see who bought the winner at the previous nights "Calcutta"

For their support we thank the Sponsors, and of course Boags Strongarm Beer

But I'm confused by this anomaly, one could rarely buy it here.

This event brings lots of visitors for this race and for fun,

I complement Rob Cooper's inspiration, for the cross King Island Run.

NEW VICTORIAN, AUSTRALIAN AND PENDING WORLD RECORDS

Age	Event	Name	Performance	Date	Place
Pending World Records:					
W65	2k Steeplechase	Pam Mews	12:44.52	?9.99	Adelaide
W75	High Jump	Gwen Davidson	1.12	?9.99	Adelaide
W40	Pole Vault	Dawn Hartigan	3.45	20.11.99	Box Hill
M85	Hammer	John Fraser	27.51	12.12.99	Murrumbeena
M85	Weight Pentathlon	John Fraser	3,727	12.12.99	Murrumbeena

Australian Records:

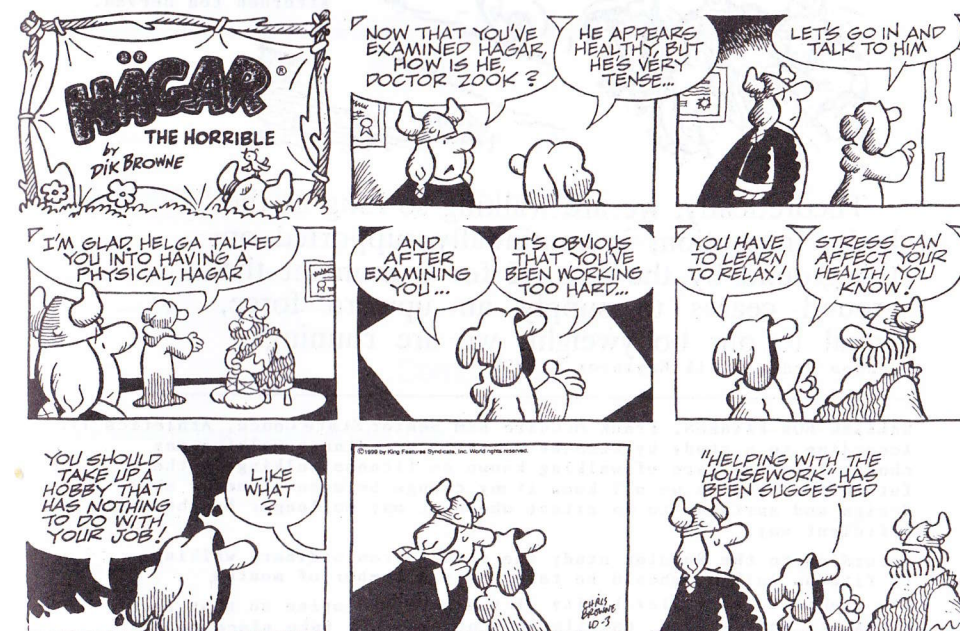
M40	10k Walk	Mark Donahoo	43:47.9	26.6.99	Middle Park
M50	10k Walk	Andrew Jamieson	45:41	26.6.99	Middle Park
M55	Weight Pentathlon	Graeme Rose	4,582	4.7.99	Murrumbeena
M50	20k Walk	Andrew Jamieson	94:38	18.7.99	Middle Park
W75	100	Gwen Davidson	18.00	?9.99	Adelaide
M85	Shot Put	John Fraser	7.60	12.12.99	Murrumbeena
M85	Discus	John Fraser	21.73	12.12.99	Murrumbeena
M85	Heavy Hammer	John Fraser	12.80	12.12.99	Murrumbeena

Victorian Records:

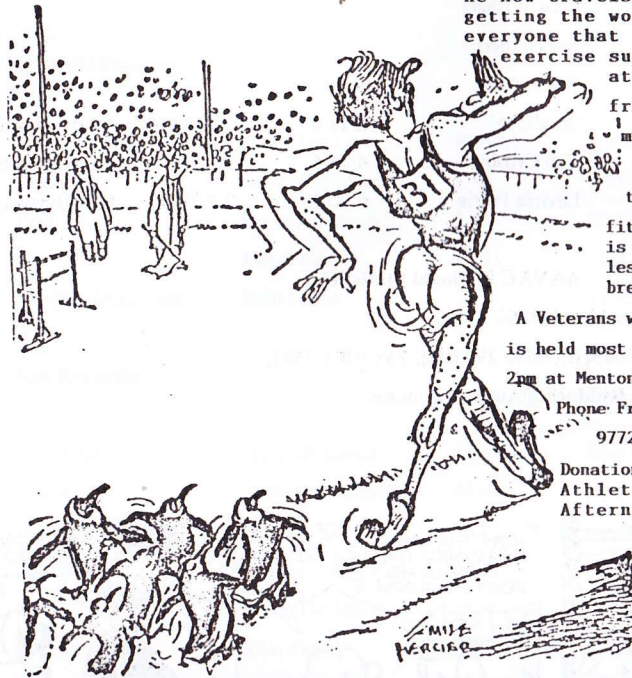
W75	Half Marathon	Grace Smith	189:48	5.6.99	Melbourne
W55	Shot Put	Graeme Rose	13.23	1.8.99	Gateshead
W60	Half Marathon	Barbara Dalglish	101:28	8.8.99	Albert Park
M70	High Jump	Gordon Gourlay	1.35	11.11.99	Olympic Park
M85	Javelin	John Fraser	11.84	12.12.99	Murrumbeena
M30	1500 Walk	David Long	9:35.9	18.12.99	Aberfeldie
M85	Javelin	John Fraser	12.69	9.1.2000	Murrumbeena

M75	Javelin	Aivars Pavulins	28.06	9.1.2000	Murrumbeena
M75	Shot Put	Aivars Pavulins	9.99	9.1.2000	Murrumbeena
W55	4 x 100 Relay	Nyala Millar	64.6	29.2.2000	Murrumbeena
		Glad Wishart			
		Joy Herbert			
		Jan Morrey			
W55	4 x 200 Relay	'as above'	2.18.6	29.2.2000	Murrumbeena
M35	Mile	Tim Crosbie	4:35.5	2.3.2000	East Burwood
W55	Mile	Lavinia Petrie	6:00.8	2.3.2000	East Burwood

Clyde Riddoch AAVAC National Statistician
 1/104 Coventry Street, Southbank 3006
 Telephone 9204 7085(B), 9690 2903(H), Fax 9204 7303,
 Email Clyde.Riddoch@Auspost.com.au



A centipede was happy quite
 until a toad in fun
 Said "Pray which leg moves after which"
 This raised her doubts to such a pitch
 she fell exhausted in a ditch
 not knowing how to run. anon.



FITNESS WALKING

Father of Aerobics in the USA, Dr Kenneth Cooper has now changed his views on fitness and now advocates exercise such as walking.

He now travels extensively getting the word out to everyone that moderate exercise such as walking at a brisk pace from 30 to 45 minutes a day will produce the moderate fitness level which is associated with less risks of health breakdown.

A Veterans walk training clinic is held most Saturdays from 2pm at Mentone Athletics Track
 Phone: Frank McGuire 9772 2026
 Donation \$1 to Mentone Athletic Club Afternoon tea served.

Theoretically, we are walking so long as the body, in motion, is continually supported on the ground by the legs. If for a moment the ground ceases to supply an upward force, equal to our bodyweight, we are running.

Brendon Hyde, Civil Engineer IV NSW.

WALKING-FOR-FITNESS, Frank McGuire BEM Senior State Coach, Athletics Vic According to a study by Russian scientists, ordinary walking may change to a new type of walking known as fitness walking in the future. Walking as we all know it may change because of newer shoe design and surfaces to an extent where it may no longer be the most efficient way.

According to the Russian study the change from ordinary walking to fitness walking should be taken over a number of months. The goal is to gain flexibility of the hips and spine so that fewer vertical and lateral oscillations of the body take place by sitting easily on the hips and extending the stride.

Victorian Veterans' Athletic Club Inc.

Annual General Meeting

Monday, 8th May 2000

Notice is hereby given that the 28th Annual General Meeting of the Victorian Veterans' Athletic Club Inc., will be held at the Duncan McKinnon Park Pavilion, Cnr North Road and Murrumbena Roads, Murrumbena on Monday the 8th May, 2000, commencing at 8:00 pm

~6/(2)

Commencing at 8:00pm

1. Confirm Minutes of last preceding AGM (and of any general meeting held since that meeting) ~6/(4)a
 2. Presentation and receipt of the Annual report and audited financial statement ~6/(4)b
- Business, between 8:45 - 9:15 pm.**
3. Ballot for the election of the (named) Executive-positions and members of the General Committee ~6/(4)c
 4. To receive and consider the statement submitted (by the Association [Club]) in accordance with Section 30(3) of the act ~6/(4)d
 5. Election of Auditor(s) ~6/(4)e
 6. Declaration of result of election ballot of (named) Executive positions of the Committee.
 7. Declaration of result of election ballot of members of the General Committee.
 8. Declaration of result of election of other Executive positions of the Committee.
 9. Election of Life Members. ~3/(4)
 10. Presentation of special award trophies, (or similar, etc.)
 11. Other general business of which notice has been duly given. ~6/(5)

NOTE: ~6/(5) etc., indicates the relevant Constitution Clause No.

Cut here and return to Hon Secretary

Victorian Veterans Athletic Club Inc.

Committee Nomination Form - 2000

Nominations close 8:00 pm 1st May, 2000

Nomination for (insert position as listed below)**

Name of Nominee..

Signatures (3) Proposer

Date..... .. Seconder

..... Nominee

** Insert one of the following:

- President (1) Hon. Secretary (1) Hon. Assist. Secretary (1) Hon. Treasurer (1) Vice President (2) Club Captain (1) Vice Captain (1) General Committee (7 positions) Hon. Auditor (2 max)



MEMORANDUM

DATE: 18 January 2000
TO: Club Secretaries
FROM: Shirley Orr
Secretary/Registrar
RE: Centrelink

BONUS FOR WORKING SENIORS

The Pension Bonus Scheme was introduced by the Commonwealth Government as an incentive for older Australians to remain in the workforce.

Under the Pension Bonus Scheme, people of Age Pension age who defer claiming Age or Service pension and continue working may be able to obtain a tax free lump sum bonus of up to \$22,393 for a single person and \$37,380 for a couple, based on rates applicable from 20 September, 1999.

The bonus is a tax free lump sum paid when an Age Pension is eventually claimed and received. People who wish to participate in the Scheme must register with Centrelink to become a member. The earliest possible date to register will usually be the date a person reaches Age Pension age. The amount of the bonus depends on how long the person has been a member of the scheme (up to a maximum of five years), their rate of Age Pension when claimed, and their marital status. A person must be a member of the Scheme for at least 12 months to be eligible for a bonus.

Leaflets are available from our office which contain details of how to join the Pension Bonus Scheme, which may be of interest to employees and small business people approaching retirement. It would be appreciated if you could alert your appropriate members to the Scheme's existence.

Further information can be obtained by calling Centrelink on 13 2300, or visit the Centrelink Internet homepage at www.centrelink.gov.au

The Department of Veterans' Affairs (DVA) has a similar scheme. Details are available from DVA State Offices or Veterans' Affairs Network offices.

Regards

**A revolutionary new way to relieve pain.
A great adjunct to your current treatment.
An excellent self-management tool.
Non invasive and no known side effects
Drugs at a distance.....**

Static Neuromagnetic therapy is now a scientific reality.

A patented design inside this device, as well as the fact that they are the strongest therapeutic magnets on the market, makes them work. These are the only therapeutic magnets that have been used extensively in a clinical setting and have been validated scientifically through research into the mechanisms of pain relief. They are also the only magnets used at the centre for pain research and neuromagnetics at Vanderbilt Medical Centre. They've worked for thousands of people in pain.

The man behind this Neuromagnetic break through.

Dr. Robert Holcomb the inventor, is a medical doctor who holds a Ph.D. in pharmacology. He completed a residency in pediatrics, and more recently a residency program in child neurology. Since 1989 Dr. Holcomb has been studying and refining this device for the treatment of all types of acute & chronic pain disorders.

Vanderbilt University Medical Centre has built a strong reputation as a leader in medical education, research and patient care in the United States of America. Since 1875 the School of Medicine has been held in high esteem among it's peer institutions. [It was placed 14th among 125 medical school in the U.S. News and World Reports 1997 Survey, 'America's Best Graduate Schools'.]

On line information regarding this Neuromagnetic device is available on request.
Send requests to schneids@iname.com OR toob3@ozemail.com.au

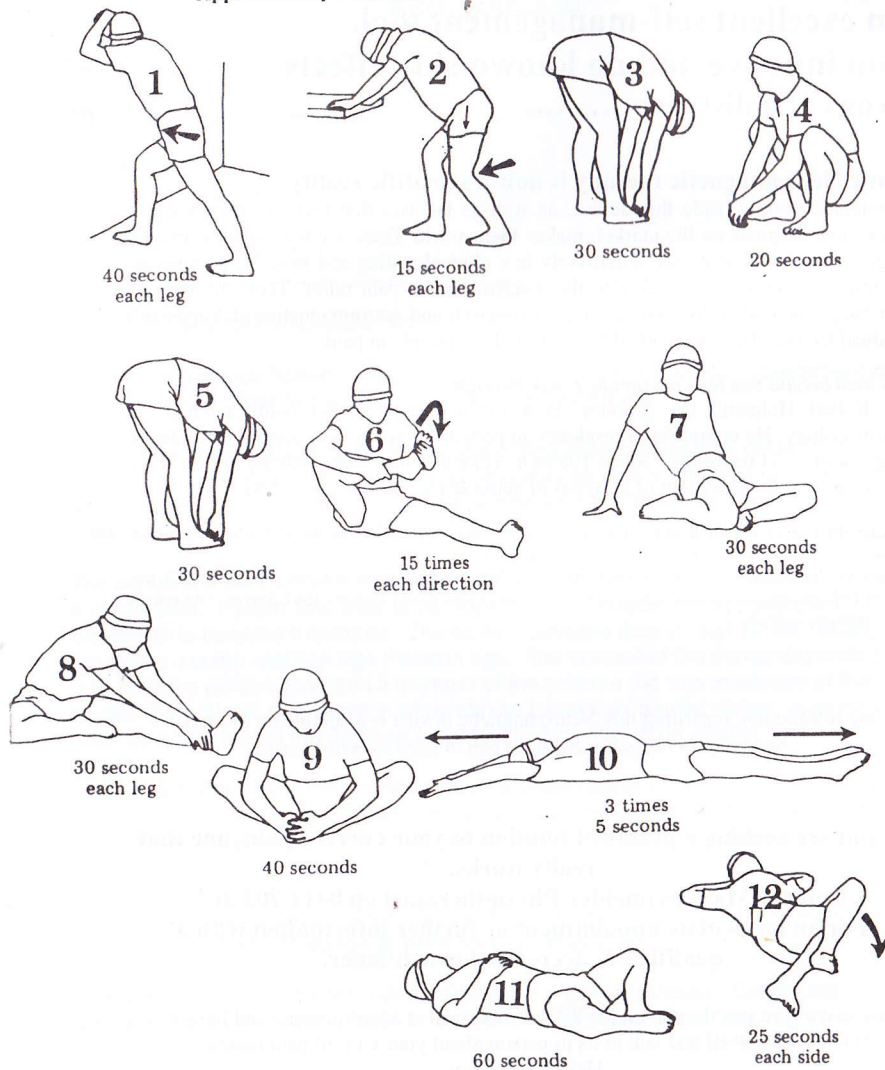
If you are seeking a practical solution to your current pain, one that really works.

**Contact Mark Schneider Physiotherapist on 0411 703 367
For an immediate appointment or further information with a qualified & accredited practitioner.**

Please make sure you drop in on the 8th & 9th of April at Murrumbena and have a look at the device itself and talk to us in person about your current pain issues.
Have a great day.

After
Running

Approximately 9 Minutes



Transplant hope on knee injuries

A new treatment for damaged knees is in the offing.

By **MARY-ANNE TOY**
HEALTH EDITOR

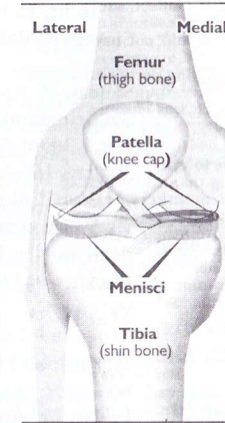
Australian researchers are claiming a possible breakthrough in the treatment of knee injuries after successfully experimenting with transplants of cartilage on sheep.

The University of New South Wales team says the trials could be a precursor to human cartilage transplants, with donor material being used to replace damaged cartilage in knee joints.

Apart from its potential for treating sport injuries, the procedure offers hope to thousands of arthritis sufferers and older people who suffer knee pain caused by age-related degeneration of cartilage.

The focus of the research is the meniscus, a crescent-shaped disc of cartilage that separates the two main bones of the knee. Damage to the meniscus is one of the most common sporting injuries in Australia.

Each knee has two menisci that act as shock absorbers



between the tibia (shin bone) and the femur (thigh bone).

When the meniscus is damaged, it is unable to heal itself because cartilage does not have its own blood supply.

Menisci fragments then begin to move in an abnormal fashion inside the joint, causing pain, swelling and making it difficult to move.

About 20 years ago, the most common treatment was to remove all the menisci. This

would fix the pain but inevitably lead to arthritis of the knee.

More recently, surgeons have been using arthroscopic surgery to repair or trim back the damaged cartilage, trying to retain as much of it as possible.

But after the successful transplant tests on sheep, the University of NSW researchers, led by Dr Zoltan Szomor and Associate Professor George Murrell of the St George Hospital Orthopaedic Research Institute, say there may soon be an alternative.

Professor Murrell said sheep that received donor meniscus showed no sign of tissue rejection. "This work suggests that replacement tissue can be stored in banks and used to replace severely damaged menisci," he said.

The team is now working on an arthroscopic technique to use in humans. It will seek permission to conduct the operation on volunteers and try to obtain a supply of menisci, most likely through existing donor tissue banks.

The researchers' findings have been published in the *Journal of Bone and Joint Surgery*.



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, 18th March, Watson Holden Kalparrin Fun Run (7km), Kalparrin Avenue, Greensborough, 9.15am (9438 1631 h)

Sunday, 19th 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 17th 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, 25th March, Hobsons Bay Handicap Run (5km), cnr North Road & The Strand, Williamstown, 8.00am (9397 8091 ah)

Sunday, 26th March, VVACI Pentathlon Titles, Duncan McKinnon Park, Murrumbeena, 12.30pm. Melway 68 K9

:4pm Ted McCoy's Birthday Bash 60min Run/Ride/Walk at Braeside Park. Ring Ted on 9583 3280

:Kingle Lake 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)

Saturday, 1st April, VRR Tan Time Trial (8km & 4km) near Government House Drive, 7.30am (9802 1220)

Sunday, 2nd April, VVACI Weight Pentathlon Titles Duncan McKinnon Park, Murrumbeena, 10.00am. Melway 68 K9.

:Sussan Women's Classic. (10km & 5km) Bourke Street Mall, 8.30am (9486 6133 w)

:Twin Cities Post Wodonga PS Fun Run (10km & 3km), Birralee Park, 10.00am (02 6024 2237 h)

Saturday, 8th to Sunday 16th April, Victorian Masters Games, Ballarat. Contact Mel Sporry by e-mail on sporrym@ballarat.vic.gov.au

Saturday & Sunday, 8th & 9th 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. ..

Saturday, 8th April, Coburg Harriers Club Ultra carnival, (6 hr, 12 hr, 24 hr, 12 hr relay), 10am Harold Stevens Athletic Track Melway 18 A 10, (9386 9251 h)

Sunday, 9th April, Rotary Bay Run, (10km & 5km), Sandringham Football Club, Beach Road, Hampton, 8.30am (9596 0857 w)

Sunday, 16th April, VRR Winelands Half Marathon, (21.1km & 6km), De Bortoli Winery, Dixons Creek, via Yarra Glen, 8.30am (9802 1220)

:Half on the Harbour, (21.1km, 10km & 5km), Docklands, Melbourne, 7.30am, (TBC) (9819 9225 w)

:Rosanna Family Fun Run, (10km & 5km), Westerfolds Park, Templestowe, 9.00am (9458 1122 w)

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@dchs.tas.gov.au

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

Saturday, 22nd April, Sheepwash Classic Fun Run, (8km & 4km), Barwon Heads Primary School, 10.00am (5254 2324 w)

Sunday, 23rd April, Prisoners On The Run, (22km & 11km), Wron Wron Prison, Yarram, 9.00am (5186 1200 w)

Monday, 24th April, Mt Nowa Nowa Challenge Fun Run, (14km & 4km), Nowa Nowa hall, 10.00am (5155 7305 h)

Sunday, 30th April, VVACI Half Marathon in Geelong AC Half Marathon (21.1km) Tom Blood 0352 435 374

:Great Train Race. (13.6km), Puffing Billy Office, Belgrave, 9.30am (9754 6800 w)

: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. Con-

tact Dave Cundy, e-mail dave_cundy@socog.com.au. This is the AAVAC Marathon Championship..

Sunday, 7th May, Coburg Harriers Club Fun Run/Walk, (12km & 4km) Harold Stevens Track, Melway 18 A 10, 9.00am (9386 9251 h)

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

Sunday, 18th June, Coburg Harriers Club Fun Run/Walk, (12km & 4km) Harold Stevens Track, Melway 18 A 10, 9.00am (9386 9251 h)

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

Sunday, 2nd July, VVACI Eric Greaves Memorial Road Race (10km), Braeside Park, Mentone, 10.00am.

July 12 to 18 NSW Masters Games, Coffs Harbour. Athletics 13th to 17th. Ring 02 6658 5793 fax 02 6658 5914 e-mail nswmasters@chcc.nsw.gov.au

Sunday, 23rd July, VVACI Road Walks (20km for men, 10km for women), Middle Park Bowling Club.

:Coburg Harriers Half Marathon (21.1km) Harold Stevens Track Melway 18 A 10, 9.00am (9386 9251 h)

Sunday, 30th July, VVACI Road Race (10 miles), Princes Park, 10.00am. Ted McCoy 9583 3280

:VVACI Winter Weight Pentathlon, Duncan McKinnon Park, Murrumbeena, 12.00 Graeme Rose 9836 2350

Sunday, 27th August, Coburg Harriers Club Fun Run/Walk, (12km & 4km) Harold Stevens Track, Melway 18 A 10, 9.00am (9386 9251 h)

Sunday, 10th September, VVACI Road Race (25km), Footscray Boat House, 9.30am. Rob Waters 9318 3802

On a light note....

If you are familiar with modern computers then you will know that they all have spell checkers built into their typing programs. Of course this is very useful except there is one very frustrating problem....they only recognise words spelt wrong not whether it is the right word or not! Here is a poem highlighting this problem!

Com pewter Daze

Eye have a spelling chequer
It came with my pea sea
It plainly marques four my revue
Miss steaks eye kin knot sea
Eye strike a key and type a word
And weight four it to say
Weather eye am wrong or write
It shows me strait a weigh
as soon as a mist ache is maid
it nose bee fore two long
and eye can put the error write
Its rare lea ever wrong.
Eye have run this poem threw it
I am shore your please two no
Its letter perfect awl the weigh
My chequer told me sew!

Saturday, 16th September, VVACI Road Walks (3 miles for men, 3 miles for women) Albert Park, 2.45pm.

Sunday, 17th September, Coburg Harriers Club Fun Run/Walk, (12km & 4km) Harold Stevens Track, Melway 18 A 10, 9.00am (9386 9251 h)

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

Sunday, 8th 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.

Sunday, 15th October, Coburg Harriers Club Fun Run/Walk, (12km & 4km) Harold Stevens Track, Melway 18 A 10, 9.00am (9386 9251 h)

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

Sunday, 3rd December, Coburg Harriers Club Lake Classic Run/Walk, (10km & 5km) Harold Stevens Track, Melway 18 A 10, 9.00am (9386 9251 h)

2001

WAVA Veterans World Championships, Brisbane Qld July 4 to 14

2002

Oceania Veteran Championships, Geelong, January. Contact Rudi Hochreiter for information. 0352 414 108 Or contact Stuart Robley, Geelong Athletics Inc, PO Box 1819, Geelong 3220

Fifth World Masters Games, Melbourne. TBC

from :



THE VETRUM

VICTORIAN VETERANS CLOTHING ORDER

White T-shirt, short sleeves \$12.00 postage \$2.50
 White T-shirt, long sleeves \$16.00 postage \$2.50
 Navy Fleecy Windcheater \$22.00 postage \$3.00
 Sizes 12, 14, 16, 18, 20, 22, 24

Kindly fill in all details in BLOCK LETTERS

Name:

Address:

..... Postcode

Type Size

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

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

UNIFORMS AND CLUB MERCHANDISE

Men's white & blue club singlet	\$15.00	Ladies' lycra competition crop-tops	\$15.00
Ladies' white mesh singlet	\$15.00	VVACI navy windcheaters	\$22.00
		T-shirts, white short sleeves	\$12.00
Sizes: 10, 12, 14, 16, 18, 20, 22		T-shirts, white long sleeves	\$16.00
(Please circle size required)		Contact Margaret Cassidy 9478 3687	

Men's blue shorts	\$12.00	VVACI Badges	\$3.00
Ladies' blue shorts	\$12.00	Contact John Dean 9337 7179	

Sizes: small, medium, large, Xlarge		Club Track Suits (navy & white) posted	\$98.00
(Please circle size required)		Contact Rob Waters 9318 380	

		VVACI Socks	\$5.00
		Venue T-shirts	\$12-\$14
		Contact David Sheehan 9794 7464	

For the above competition singlets and shorts,
 Contact Astrid Rose, 9836 2350
 71 Union Road, Surrey Hills 3127

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

During the VVACI Championships, April 8th and 9th, Astrid and Margaret will trade unengraved medals, of the style now awarded, for merchandise at the rate of \$4.00 per medal. This may be in full or part payment for the items purchased. It is hoped both to clear some stocks of clothing and to add to our stocks of medals.

COMMITTEE MEMBERS 1999 ~ 2000

Victorian Veterans Athletic Club Inc.

President
 Robert Waters LM. 9318 3802
 5 Bellevue Court Maribyrnong 3032

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

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

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

Vice Presidents
 Anthony Bradford 9749 2248
 6 Merrett Avenue Werribee 3030

and
 Alan Bennie 9547 2978
 75 Bertrand Avenue Mulgrave 3170

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

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

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

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

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

Lavina Petrie 0359 671 915
 PO Box 136 Wandin North 3139

David Sheehan 9794 7464
 4/42 Marna Court Noble Park 3174
 Ken Walters 9752 5977
 5 Warra Road Upwey 3158

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

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

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

VENUES Locations and Managers

Venue Day and Melway Ref

ABERFELDIE	Aberfeldie Park, Corio Street, Moonee Ponds Rob Waters 9318 3802	Weds	28 D 6
ALTONA	Grant Reserve, Sugar Gum Drive (off Civic Pde) Altoma Alan Barling 9398 5667 and Michael O'Reilly	Sun - Winter Tuesday - Daylight Saving Thurs	54 G 9 62 C 7
EAST BURWOOD	Burwood East Reserve, Burwood Highway Ron Wilson 9874 3936		
CAULFIELD	Duncan McKinnon Park, North Road, Murrumbidgee Greg Mauldon (Track) 9583 5637 - Graeme Rose (Field)	Tues - Track 8836 2350 Sunday - Field Games	68 K 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 Tuesday	30 F 12 50 K 5
CROYDON	Town Park, off Norton Road, Croydon Les Clark 9754 2793 and Ken Walters 9752 5977		
DONCASTER	Riesmeiks 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	Dolomere Oval, Cnr. First and Queen Streets, Mentone Ted McCoy 9583 3280	Weds	87 B 6
SPRINGVALE/NOBLE PARK	Ross Reserve, Memorial Drive, Springvale Alan Bennie 9547 2978	Weds	87 B 6
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 phone/fax
 8 Pokolbin Court, Bangholme 3175