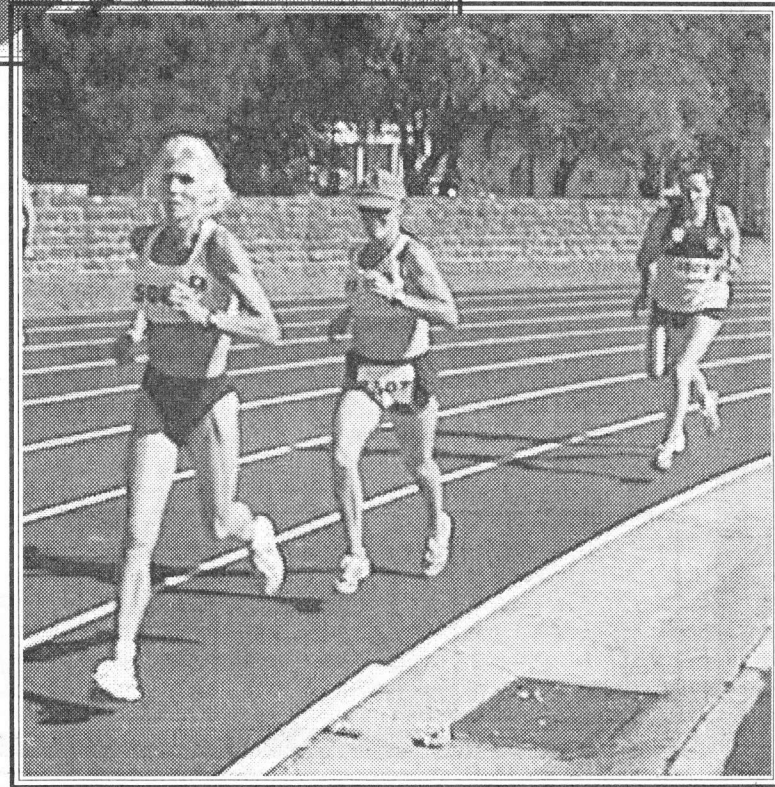
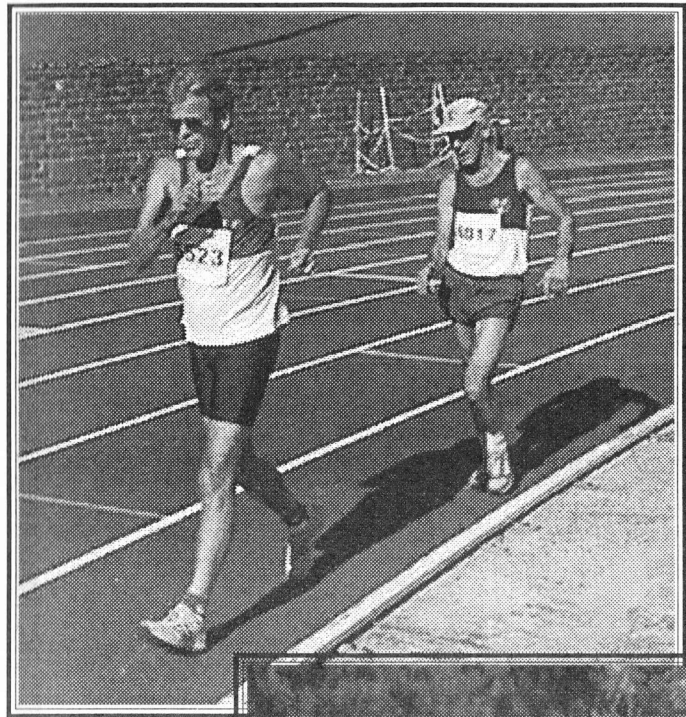


# VIC VETS

news  
and  
results  
May 2000



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## Vic Vets

NEWS AND RESULTS

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Mitcham Vic 3132

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## Editorial

Winter is closing in. We are into the distance events in parks and along trails. Looking back, not far, we see that we have achieved many of our major milestones for the year. The summer championship events went well, with many things to be satisfied with, proud of, on the four big weekends culminating in Easter. Strange really, if you have a religious background at all, that we make the big self-denying efforts in Lent and come forth in all our glory at Easter. Where we used to give up lollies or grog, now we build up the training. There was the VVACI pentathlon one Sunday, the VVACI weight pentathlon the next, then the two day VVACI track and field, and two weeks later the four day AAVAC nationals at Hobart. Seasons of the year, seasons of religion, seasons of the athlete's life. Strange correspondences. Rave on Col.

Many Vic Vets had very successful performances over that period. Clyde Riddoch has given us a list of those who broke records ( see page 14). Jan Morrey at Mentone had been threatening the 800m record for weeks. It was a matter of getting three watches on her when she wasn't looking. We finally clocked her over the 800m and the 2km steeplechase for record performances. Jean Albury was an odd one. She and Tom live in Tassie now, but they keep up their Vic Vets membership, and come over for the VVACI titles. So Jean broke the W70 walk records of Australia, Victoria and Tasmania over two carnivals. Peter Brownbill, moving to town from Aireys Inlet, knocked off the M80 1500m record. No surprise to see Randall Hughes, John Fraser and Graeme Rose listed in the new Australian records. They continually seem to improve on their own marks. And of course how can you stop Shirley Young breaking records? 1500m, 5km, 10km, for the vets, and all on top of a 24 hour record for the

ultra runners (AURA) at Coburg. That was a world best performance.

Aivars Pavulins obviously had a good time at Norfolk Island with javelin and shot. Good to see Glen White and Barrie Milligan, new members, breaking Victorian records. Long-term members like Graeme Noden, Ted Paulin, Jill Cooper, June Reeves, Ken Priestley, Rhondda Dundas, Stan Stankovic and Andy Smith have long been acknowledged as top athletes in their age groups, so it is no surprise to see them feature in the list. Jeff Broderick and Andrew Jamieson are still competing in open competition and breaking records. Salli-Ann Lee had an unfortunate story to tell about her hurdles at Murrumbidgee, but thankfully it all came good for her at Hobart and she got the record she deserved. Vic walkers are very competitive, as the efforts of Brenda Riley, David Long, Sharon Schnyder and Gwen Steed over this period demonstrate.

All in all a very successful season for the record breakers, but what about all the other Vic Vets who participated. Our main aim is participation. Everyone who gave it a go was a winner in some sense or other. Even me at the tail end of the cross country. At least I went in it.

Of course the nationals also gives you a great chance to do some interstate touring. Tasmania is such a beautiful place, rich in scenery and history, and small enough to get around in a reasonable time. We had a marvellous holiday there.

One feature of the trip was that AAVAC had its board meeting and athletes forum over Easter. There was keen debate about future nationals, and the consensus was that we should continue to have them at Easter. No other time of year offers a four day holiday. In fact there is no other long weekend common to all states. The athletes insisted that the pentathlon and the weight pentathlon be part of the nationals, so it will take four days to program it all. No-one was prepared to drop a favourite event in the interests of a shorter carnival.

The rotation of the carnival around the states was discussed. It was felt that if Easter is late the nationals should not go to Hobart, because of dark cold evenings. Next year it is the turn of New South Wales. To hold them at Homebush at Easter would be prohibitively expensive, and parking would be impossible with the Easter Show. However there was a handsome offer from Campbelltown, about 50 miles south west of Sydney, well supported by the local athletic club and residents. So it could be there.

*Bolin Browne*

# Letters to the Editor



## REST IN PEACE, Kevin Nippard.

With deep regret I pass on the sad news that Kevin Nippard passed away at 12.30 today 25 May 2000. For those who don't know, Kevin has been a friend and supporter of the Coburg Athletic groups and clubs since the year dot. He was a founding member of the Coburg Athletic Ground Management Committee and represented the Harriers on that committee until the last couple of years. He continued as an additional member of the committee adding his experience into the way in which the centre should go. He also acted as Security Officer for the centre, providing enormous amounts of his time to the centre for schools and parties hiring the facilities thus generating most of the income required to run the place.

Kevin originally came from the Coburg Little Athletics Centre and is probably a Life Member of that group. (Without checking I can't be sure) and continued to act as broadcaster and general assistant to the Little Aths. at their special meetings (All Stars Day etc) until recent times. He will be sadly missed around Coburg.

Mal Owen

[Ed. Coburg Vets and AURA members will remember Kevin as the deeply committed guardian of the caf at Coburg. He used to love to grab the mike and commentate on the last hour of Dot's 24 hour races. It is very sad to hear that he has gone. Our deepest sympathies to his wife Pauline who was also a great help to us on those occasions.]

Dear Colin,

Re:-11.5 General Business of the meeting of VVACI Committee, 7 February 2000. Keith Routley took objection to the nine pages of results from the Australian Masters Games in Adelaide in the recent edition of the "Courier". He objected to the large expense incurred for publication of non-members results in a non AAVAC event. Keith, who I believe was one of our earliest members I think has missed the point. If you are looking at AAVAC events you have only the various state titles and the national and world veteran championships. At the Australian Masters Games over 95% of the athletes would I am sure belong to their various state bodies and some who were not vets possibly joined after competing (see Glen White, March issue 2000), which I believe is a case in point.

In Keith's letter he never mentioned the King Island Imperial 20, the Oceania Games, the various state games and the WAVA World Games. These events generate a lot of publicity for the veterans movement, and this rubs off to the various state associations. If Keith saw the full coloured photograph of Stan Stankovic doing the hurdles in the M70 age group in the Adelaide Advertiser, that's publicity to the veterans movement that we as a veterans club could never hope to buy. The AAVAC and the various state bodies are now in the 21<sup>st</sup> century and the thinking of even 10 years ago is not enough. With an ageing population we as a body have got to explore every avenue to harness this opportunity for the betterment of veteran athletics. What AAVAC and the clubs need is a positive attitude and not to be negative in our thoughts.

Sorry to see the demise of "Around The Grounds". There is talk of one copy per venue. Perhaps if there is interest at venues there could be someone who could get names and publish copies for the members at a fee. Again, hold a giant bric-a-brac sale at one of the venues where every venue brings their items along and the money raised is for the continuance of "Around The Grounds". This could be an annual event.

Astrid Rose and Margaret Cassidy are to be congratulated. These are the type of persons that the vets need; they have seen a problem and they have come up with a novel way of dealing with it. I for one am most impressed, and instead of trading my unengraved medals I shall be donating them to the club, and if I win any at the championships these will also be donated. To me the future of the club outweighs any individual medal. My congratulations Astrid and Margaret.

Fred Brooks

Dear Colin,

Just a note to let you know of our recently elected venue manager for MASH (Masters at Swan Hill) for the coming year. It is Bob Rogers, 109 Murlong Street, Swan Hill 3585, phone 0350 324 999. Bob has entered his first competition, which is being held in Ballarat and we wish him well.

We continue to be a small group with no club room and limited equipment but still have a go. We plan to participate in the 2000 Mallee Regional Games to be held early in May. The Games are a Fixture of Sport providing competition in many sports throughout the region, which is an opportunity to promote athletics.

Yours faithfully

Rhonda Price

MASH

[Ed: Thanks Rhonda for taking on the responsibilities of venue manager over the last year or so. I heard from May Ward recently and she told us that they have two torch bearers from the vets carrying the Olympic torch through Swan Hill, herself and Steve Pentreath. To promote the vets they want to decorate a shopfront with photos and items about the vets, which we will be happy to provide. They battle on with about six members on Monday nights, no lights, no clubhouse. Touch base if you are up that way, they are incredibly hospitable.]

\*\*\*\*\*

Dear Col,

I am enclosing \$50 donation (for the Division One pennant for the Venue Premiership at the VVACI Championships). In getting to the ground and home again I'm sure I can rely on Keith Routley. He must go past the flats where I live.

Re Bridget Cushen (British WAVA delegate). I first met her at a motel in Royal Parade about 50 or 60 years ago. The whole international committee was there with Bridget as women's representative. The purpose of this committee meeting was to determine whether a veteran running group could be formed in Australia. When she got back to England, Bridget wrote to Cliff Bould in WA. He was a physiotherapist and had acted with an Olympic team and several Commonwealth Games teams. Cliff wrote back that WA was a long way from the rest of Australia and that most runners live in Victoria, so he suggested that she get in touch with Wal Sheppard who was an expert runner and communicator. So that is how Veterans started in Victoria.

Some years ago I went to San Diego. Bob Fine, a

local lawyer was in charge of the meeting and they had the best track I have ever seen. The lanes were red, white, red, white, so that the runners did not have to look down to see they were crossing into another runner's lane. The track was laid by an Italian firm called Mondo.

I'll give you a final thought to ponder. I believe Andrew Lloyd is the greatest runner in Australia in recent years. He won the Melbourne Marathon twice well ahead of the field (Frankston to Melbourne), won in Sydney the City to Surf race twice and then won the one mile at the Mount Smart Stadium to a packed crowd. When I ran there some years later I asked them where all the seats were from when Andy Lloyd ran. They said they borrowed them from the Mount Stromlo motor racing circuit in north NSW.

Rind regards

John Brown

\*\*\*\*\*

## DOT'S CORNER

Dear Dot,

I enjoyed Tasmania notwithstanding it was a little cold for camping at times. I left Hobart after the men's 55 5000m. We had booked out of the caravan park and I was in two minds whether to shower at the track. The facility was very compact with showers and toilets very close. But when touring, take the shower that you can. As it turned out I did not get a shower for the next two days. There were two shower cubicles, and as my neighbour left his shower cubicle he must have bumped into someone that he knew. He said to his friend, "(Nameless), there are better ways to keep warm than this."

Nameless replied, "Yes, but you never ask."

Norman Franzy

\*\*\*\*\*

Eddie Stack went across on the ferry, Spirit of Tasmania. Like us, he was confronted by inspectors and sniffer dogs looking for fruit and vegetables at Devonport. He had a bag of fruit at his feet, and was eating a mandarin. "Do you have any fruit to declare, sir?" "Yes", says Eddie, "Just this mandarin."

The sniffer dog proved otherwise. David Sheehan said he had warned Eddie, "No doggie bags, Eddie."

\*\*\*\*\*

At the Athletes Forum, fiery David Carr was getting stuck into the media for showing on TV news, women in the grandstand, knitting. "Bad publicity," he said. "Let down their tyres." But Ron Challis, Tas president, told us not to worry. It was competitive knitting.

TO THE SECRETARY, VICTORIAN VETERANS ATHLETIC CLUB INC. AND VENUE MANAGERS

*G'day Dot*

I TRUST, LIKE ME, YOU HAVE RECENTLY RECEIVED A COPY OF THE "1999 ANNUAL REPORT, ANNUAL GENERAL MEETING".

JUST FOR THE RECORD, COULD YOU PLEASE SUBSTITUTE THE TOOTGAROOK VENUE REPORT, AS PRESENTED IN THE ANNUAL REPORT, WITH THE ENCLOSED COPY OF THE ORIGINAL 1999 SOUTHERN PENINSULA VENUE REPORT.

NEITHER KEN TAYLOR OR MYSELF HAVE ANY KNOWLEDGE OF THE ORIGIN OF THE POORLY WRITTEN, FACTUALLY INCORRECT VERSION THAT APPEARED IN THE ANNUAL REPORT WITH OUR NAMES ATTACHED.

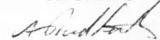
I WISH TO SET THE RECORD STRAIGHT

ANYONE REMOTELY FAMILIAR WITH THE ACTIVITIES OF THE SOUTHERN PENINSULA VENUE WOULD BE AWARE THAT SINCE ITS INCEPTION THE GROUP HAS NEVER CONDUCTED VENUE ON WEDNESDAY EVENING DURING THE WINTER. TO DO SO WOULD MEAN RUNNING AROUND IN THE WET GRASS IN TOTAL DARKNESS. OUR ACTIVITIES ARE CONDUCTED ON MOST SUNDAYS THROUGHOUT THE YEAR AND ONLY ON WEDNESDAY EVENINGS DURING THE DAYLIGHT SAVING, SUMMER MONTHS. FURTHERMORE, FOR NINE YEARS THE VENUE RESULTS, PROGRAMMES, BANK ACCOUNT, ANNUAL REPORTS AND ALL CORRESPONDENCE, HAVE BEEN UNDER THE HEADING OF THE "SOUTHERN PENINSULA".

I AM MYSTIFIED AS TO THE ORIGIN OF THE STRANGE LITTLE REPORT THAT APPEARED UNDER THE TOOTGAROOK HEADING BUT APOLOGISE FOR ITS INACCURACIES.

HOPE YOU ARE ALL FIT & WELL.

REGARDS



ALAN RADFORD

### SOUTHERN PENINSULA 2000 ANNUAL REPORT

ANOTHER BUSY YEAR ON THE PENINSULA WHERE WE SEEM TO HAVE SUFFERED A GROWTH SPURT, WITH RECORD ATTENDANCES AT MANY EVENTS. DUATHLONS, TRIATHLONS, SWIM & RUN/WALK EVENTS, CROSS COUNTRY EVENTS & THE "POST OFFICE DASH" ROAD RUN CONTINUE TO PROVIDE A DIVERSE PROGRAMME ATTRACTING KEEN PARTICIPATION.

WITH SO MANY ACTIVITIES HELD AWAY FROM THE VENUE, COUPLED WITH OUR POLICY OF ENCOURAGING ALL COMMERS, WE HAVE ESTABLISHED THE "SOUTHERN PENINSULA SPORTS CLUB INC." AS A SEPARATE ENTITY COMPLIMENTING THE PROGRAMME OF THE "VICTORIAN VETERANS ATHLETIC CLUB INC."

THE ANNUAL WEEKEND AT WILSONS' PROM SWELLED THE CAMP SITE WITH OVER SIXTY HAPPY CAMPERS, SO THE PROM WAS EXTENDED HALF A KAY FURTHER INTO BASS STRAIGHT. JUST AS MANY ATTENDED THE ANNUAL DINNER AT FINGALS' RESTAURANT LAST OCTOBER. WE COULD SOON NEED A LARGER VENUE.

KEN TAYLOR & MYSELF WERE RETAINED AS VENUE MANAGERS AT OUR A.G.M BUT MUCH OF THE WORKLOAD HAS BEEN WILLINGLY TAKEN ON BY MEMBERS.

JULIE CHRISTIE - RESULTS, HEATHER McDONALD - PUBLICITY & INFORMATION, JOHN SIMPSON & BILL CARR - HANDICAPS, GREG LOVEJOY - PROGRAMMING (WITH SUB COMMITTEE), ALONG WITH A "SOCIAL FUNCTION GROUP" TO CO-ORDINATE JUST ABOUT EVERYTHING, MEANS, I CAN CONCENTRATE ON GETTING THIS ALL IMPORTANT ANNUAL REPORT TO THE PUBLISHER, IN TIME, FOR A CHANGE.

I TAKE THE OPPORTUNITY TO THANK THE VIC VETS COMMITTEE FOR THEIR SUPPORT AND INVOLVEMENT IN CONTINUING TO PROMOTE THE SPORT.

Dear Colin,

I am an avid reader of the excellent VIC VETS newsletter and results published by the VVAC, well done and keep up the good work!

I have however been moved to write to express my opinion on item 11.5 of the minutes of the meeting held on Monday 7<sup>th</sup> February 2000. Keith Routley stated he "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".

While it is true that the majority were not VVAC members and the Masters is not an Australian Association of Veterans' Athletics Clubs (AAVAC) event, the fact is that all the athletes were of veterans age and share the common bond of friendly competition and camaraderie.

As a financial member of the VVAC (competing at the Altona venue for the last two years), it was with some pride that I noted the results of my performance in the Mens' 40 age group, had been published in such a high profile publication as 'Athletics Courier'. The 'Athletics Courier' is the official newsletter of the Australian Association of Veterans' Athletics Clubs (AAVAC).

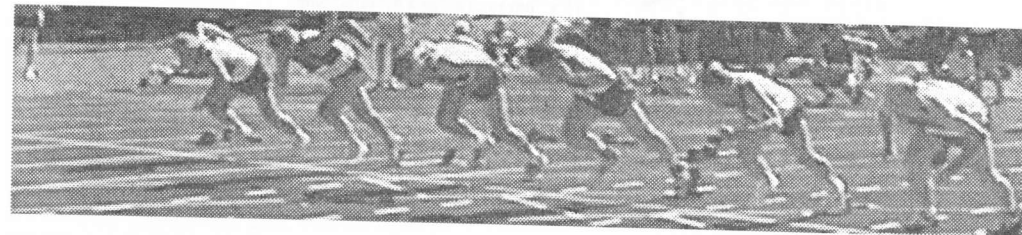
While I know this letter will not make the press prior to the VVAC Championships and the Victorian Masters Games in April, I for one fully support the future publication of the performances of fellow veterans in the 'Courier' as deemed appropriate by the editorial staff.

The March 2000 edition of VIC VETS news and results featured new member Glenn White. His cover story, featured in 'Runner's World' after success at the Adelaide Masters Games, can only further the interest in Veterans' athletics to the masses. The more exposure the merrier I say!! Well done.

Yours Sincerely



Stephen Mitchell



Dear Ms Browne:

As discussed on the telephone I am writing in regards to the study titled 'The effects of hormonal therapy on cardiovascular risk factors and bone parameters in Masters trained postmenopausal women'. The preliminary results of this study are exciting and have indicated that hormonal therapy has no significant effect on performance whilst reducing risk factors for osteoporosis and maintaining heart health.

We are hoping to recruit another 10 women to be apart of this study, to assist in the knowledge of this under researched population. However, we require your assistance with recruitment, via advertising the study in the next edition of the Victorian Veterans' Newsletter, distributed in the next few weeks. I have enclosed an advertisement for the study.

We would also like to offer interested Victorian Veteran women a free 1-hour seminar hosted by Assoc. Prof. Lily Stojanovska, addressing important issues such as menopause, diet and a discussion of the results of the study so far. This seminar may be held at a number of venues to suit those interested, with refreshments provided. I have enclosed a flyer outlining this seminar, asking women interested in attending to express their interest.

Your assistance with advertising in the Newsletter is greatly appreciated. If you have any problems or queries please do not hesitate to call me on 9484 3183.

Sincerely,



Suzy Honisett  
Researcher

## Exercise postmenopause

### Heart disease rates increase with age, but is exercise alone enough to reduce these risks in postmenopausal women?

A study being conducted by Victoria University aims to identify whether a combination of exercise and hormonal therapy will increase the health of heart and bones without effecting performance in postmenopausal athletic women.

You can help find ways to enhance heart and bone health by becoming involved in this exciting study. You would be required to visit Victoria University twice over a twenty week period, whilst taking hormone replacement therapy. During these visits, researchers will measure cholesterol levels, coronary health, blood glucose and bone turnover. This is an excellent opportunity to find out more about your own health status.

We are looking for 'Masters' trained women who are;

- exercising vigorously at least four time a week,
- between the ages of 45-60,
- 1-5 years post-menopause,
- have not a had a hysterectomy,
- not currently taking hormone replacement therapy, and have not over the past 3 months.

For more information about this study, please contact Ms Suzy Honisett (9484 3183).

## JOE TENNANT'S STORY, continued.

In the last issue of News And Results we published the first half of a short story written by one of our earliest members, Joe Tennant, who now lives in Inverloch. Here is the second half...

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. Naturally the Germans took a dim view of our activities, and with their planes conveniently based on their airfields in Crete, we were under constant air attack. Our morale throughout was not improved by a steady diet of 'Bullybeef and Biscuits', (no refrigerators on sweepers), the resultant rash of body boils, cockroaches in the condensed milk, and sharing our bunks with rats during winter. Moreover, minesweeping is not for people of nervous disposition, and a number of our crew had to be sent ashore and then home. These casualties were in addition to the two further sweepers lost to mines, out of the original seven which sailed North. There were no survivors from these ships.

We had various other interesting experiences during the Army's advance, and equipped ourselves with a small armoury of captured German and Italian cannons against the possibility of another encounter with the E-Boats. This segment of the war ended for us by sweeping ahead of a flotilla of enormous Tank Landing Craft, as part of the invasion of Sicily,

Naively, we anticipated a respite before taking on the Japanese, but instead were used as 'dummy escorts' against U-Boats and air attacks on the Port Said to Alexandria run.. While not too bad in summer, it was a different matter during winter. Whalecatchers have a freeboard of only eighteen inches in the waist, and consequently are 'wet ships', i.e. the sea is able to flow freely on board, then hopefully off again, but it left the crew's quarters permanently damp!

However - light at the end of the tunnel - a draft of W.R.N.S. arrived from England, and were known to patronise the garden annex of the Fleet Club. It had a dance floor and music was played there each evening. My! How things had changed!

On our first liberty on returning to port we headed for this oasis of civilisation, and sure enough, there was a group of these delightful young things seated at one of the tables. The place was packed with sailors with doubtless one thought uppermost, but too nervous to risk a rebuff by approaching the the girls to ask for a dance.

Dancing was what normal people did, and for three years I'd lived in a world in which there were no tomorrows, because that would involve looking beyond today, and that was a 'No No' if you expected to stay sane in the minesweeping business. You had to retreat to someplace deep within yourself where all emotion was excluded, not only fear, but all feeling, to enable you to cope with whatever nastiness the war might bring. And once having made that personality adjustment, it was almost impossible to suddenly convert to normal reactions.

Be that as it may, it was three long years since I'd danced with a girl, and I loved dancing, so without being quite aware of how I'd crossed the intervening space, I introduced myself to a pretty dark haired girl with typically pink 'English' cheeks, and asked if "I might have the pleasure..."

A smiling response and moments later we were on the dancefloor, a little hesitant at first, but the rhythm soon returned, and when the music stopped she invited me to sit at her table. I no longer remember what we spoke about, only that the words seemed to flow, and by the end of the evening when I walked Edith back to the Wrennery, we'd arranged to meet on my return from our next convoy run. Although she worked at N.T.B. Base, she said that her room mate, who worked in the Port Signals Office, would tell her when we were on our way in. And when I returned on board that night, I knew only that I liked Edith and was pleased to have met her. I was also aware of my response to holding an attractive girl in my arms, and felt an unfamiliar, almost forgotten emotional stirring. But we were to sail at dawn, and that's what came first.

In the weeks that followed Edith and I went dancing whenever I was in port, and there were goodnight kisses when we parted. She gave increasing signs that she'd like to carry things further, in the nature of a commitment to each other. I briefly dared to hope that we might have a future, but the Japanese were still fighting in the Pacific and I knew that I'd soon be sent there.

On our next convoy trip, we were delayed by a really fierce storm on the way back from Port Said, and when I hurried to our 'Ship's Office' to phone Edith, the clerk handed me a 'Movement Order' for transfer to a Pacific bound Frigate, and a letter. The transfer came as a shock, but when I opened the letter it didn't matter any more. It was only a very short note from Edith's room mate. There'd been a sneak daylight raid by a JU 88 on the day after we sailed. Only one bomb was dropped, which hit the N.T.B. Base. Edith was the only fatality.

## Travel News

### 2000

#### 12th to 18th July

NSW Masters Games, Coffs Harbour

Phone: 02 6658 5793

Email: nswmasters@chcc.nsw.gov.au

#### 21st to 28th October

Honda Masters in Alice Springs

Games Hotline: 1800 658 951

Email: hondamastersgames@nt.gov.au

Web: www.hondamastersgames.nt.gov.au

#### 28th Oct to 5th November

Asia Pacific Masters Games, Gold Coast, Qld.

Phone: 07 5564 0480

Email: aspac@mastersgames.com.au

Web: www.mastersgames.com.au

### 2001

#### Easter 2001

AAVAC National Championships.

Expected to be held in Sydney.

#### July 4th to 14th

WAVA World Championships in Brisbane.

Refer to the article on this page for details.

#### October 5th to 14th

Australian Masters Games, Newcastle,

NSW

PO Box 1599, Newcastle West 2302

Web: www.nhevents.com.au

### 2002

#### 12th to 19th January

Oceania Veteran Championships, Geelong, Vic.

Phone: 03 5229 4914 (AH)

Email: robley@iaccess.com.au

Mail: 11th Oceania Games

PO Box 1819

Geelong Vic 3220

#### October

World Masters Games, Melbourne

Web: www.2002worldmasters.org

### 2003

WAVA World Championships Kuala

Lumpur, Malaysia. However, this is still

subject to change.

### 2004

Oceania Veteran Championships possibly

in Cook Islands.



The Feb issue of the *Athletics Courier* had an article on this event and gave some early details. The Championship Web site is now on-line and for those Web nerds it gives everything you ever needed to know. (except the competition schedule which is shown as being available in April but is not there yet so hopefully will not be too long). Refer to [www.worldvac2001.com.au](http://www.worldvac2001.com.au).

However, one thing the *Courier* item did not say is that the accommodation is already heavily booked. If you were like me, you may have read the article and assumed, that because it stated that "accommodation options are now available" and "General Travel Australia have now released their accommodation packages" that now was the time to make up your mind and if interested you could book what you wanted.

With this in mind Colin Hainsworth and I started enquiries and at our recent Club Championships asked for expressions of interest among our members with the idea of getting a "team" together from SAVAC members. The trouble started when we checked with General Travel in Qld and found only 10 spare beds in the Griffith University and were told that bookings are coming in fast for the other options.

We grabbed the last rooms at Griffith University as fast as possible and have sent accommodation booking forms to the people who had asked us for information.

It is now a matter of getting in early. Your options are:

- University style at the University of Queensland for \$66 (inc breakfast) per person. Single rooms only now available. Evening meals available at extra cost.
- Motel/hotels. Tourist class from \$96 per person up to luxury at \$200 per person.
- Apartments from \$50 up to \$100 per person depending on the numbers sharing rooms.

If you want the booking forms and also the details of terms and conditions as supplied by General Travel Australia please give us a call as soon as possible.

Colin Hainsworth: 8258 1969

Frank Rogers: 8332 8815

From the newsletter of the South Australian Vets.

In Victoria, David Sheehan has obtained some information about accommodation too. 9794 7464 h



## On track for Games success

GRUYERE teenager Rebecca Feldman has been setting the track on fire in recent weeks, breaking the world record in the 200 metres event at the multi-disability championships in Canberra in April.

Rebecca, who is the reigning *Lillydale Express* Junior Sports Star of the Year, will know in July whether she

has been selected for this year's Australian Paralympic Squad.

Readers can follow Rebecca's quest for gold at the Sydney 2000 Paralympic Games in the *Express* each fortnight. The first installment of her Olympic diary is on page 14.

Picture: JANE OLLERENSHAW. 046J0116

## VETS (or their kids) IN THE NEWS

Croydon Vets and Melbourne Marathon Spartans, Liz and Peter Feldman, are proud of their daughter, Rebecca, who is doing very well with her wheelchair athletics. Beckie is a familiar figure at a number of vets venues, including Knox, Croydon and Collingwood. Go for it Beck!

# Dream still alive

REBECCA FELDMAN is well on her way to being chosen for this year's Paralympic Games, to be held from October 19 to 29.

The Gruyere teenager, who has cerebral palsy and is in a wheelchair, set a new world track record in the 200 metres at the multi-disability championships held in Canberra in April.

Rebecca already holds the 100 and 400 metres world track records and will know in July whether she will be a member of this year's Australian Paralympic squad.

During the next five months the *Lillydale Express* will follow Rebecca's preparation for the Games.

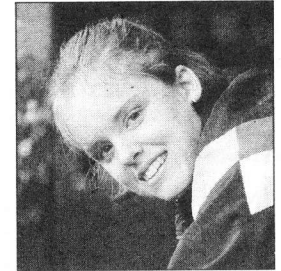
"If I am picked these will be my first paralympic games. I train pretty hard, six days a week, combining track work with road sessions and gym training and swimming, but it's been a bit hard the last week because I've had a shoulder injury just from overuse, so I might ease off just a little bit," she said.

"It gets fairly hectic, especially

with all the travelling we have to do. My coach, Cheryl Lindsay, lives at Patterson Lakes so that's a long drive and then competitions throughout the year can be all over Australia.

"I'm doing my VCE, too, so it gets hard juggling everything, but school (Upper Yarra Secondary College) has been pretty good and they'll let me have extensions and pre-prepared work if I'm going away. I'm doing it over three years.

"I get nervous before the compe-



Rebecca Feldman

titions. Just because you are up against so many other good athletes, the competitiveness is unbelievable. It's the same as able-bodied games when it comes to competitiveness, so I have to be psyched up for the race and concentrate on the tactics I want to employ.

"There are only 60 spots for the Paralympic Games and there are 72 athletes who are good enough to qualify, so whatever happens, 12 elite athletes are going to miss out."



Rhondda Dundas, Val Worrell and Christine Battersby in the shot put at the VVACI T&F Championships.

# Records

by Clyde Riddoch,

who is now not only our Victorian statistician, but also keeps the Australian and World records for us. Thank you Clyde. It is a big job.

## NEW VICTORIAN, AUSTRALIAN AND PENDING WORLD RECORDS

Age	Event	Name	Performance	Date	Location
<b>Pending World Records:</b>					
M45	3k Steeplechase	Jeff Broderick	9:24.4	10.2.00	Olympic Park
W60	2k Steeplechase	Jan Morrey	8:59.6	8.4.00	Murrumbeena
<b>Australian Records:</b>					
M75	Javelin	Aivars Pavulins	29.97	18.1.00	Norfolk Island
M50	3k Walk	Andrew Jamieson	12:59.5	27.1.00	Olympic Park
W60	800	Jan Morrey	2:41.7	9.4.00	Murrumbeena
M80	1500	Peter Brownbill	7.18	8.4.00	Murrumbeena
W70	5k Walk	Jean Albury	30.25	8.4.00	Murrumbeena
M85	Weight Throw	John Fraser	12.99	8.4.00	Murrumbeena
M55	Javelin (700g)	Graeme Rose	48.24	9.4.00	Murrumbeena
M55	Javelin (700g)	Graeme Rose	48.41	21.4.00	Hobart
M75	10k	Randall Hughes	43:05.41	21.4.00	Hobart
W70	10k	Shirley Young	49:30.43	21.4.00	Hobart
W70	1500	Shirley Young	6:47.29	22.4.00	Hobart
W70	5k Walk	Jean Albury	29.42.75	22.4.00	Hobart
W70	5k	Shirley Young	23:21.4	23.4.00	Hobart
W60	800	Jan Morrey	2:41.20	24.4.00	Hobart
W60	10k Road Walk	Brenda Riley	57:13	24.4.00	Hobart
W70	10k Road Walk	Jean Albury	62:31	24.4.00	Hobart
M85	Shot Put	John Fraser	7.89	7.5.00	Murrumbeena
<b>Victorian Records:</b>					
W60	200	Jill Cooper	31.17	7.8.99	Gateshead
M55	300 Hurdles	June Reeves	56.69	7.8.99	Gateshead
M50	5k Walk	Andrew Jamieson	22:22.5	11.11.99	Olympic Park
M75	Shot Put	Aivars Pavulins	10.25	17.1.00	Norfolk Island
M55	Shot Put	Rhonda Dundas	10.35	28.1.00	Knox
M40	100	Glen White	11.2 (=)	8.4.00	Murrumbeena
M60	800	Barrie Milligan	2.16	9.4.00	Murrumbeena
M60	5000	Ted Paulin	17.58	9.4.00	Murrumbeena
M60	90 Hurdles	Ken Priestley	14.8	8.4.00	Murrumbeena
W35	1500 Walk	Sharon Schnyder	6.47	9.4.00	Murrumbeena
W55	1500 Walk	Gwen Steed	7.50	9.4.00	Murrumbeena
W70	1500 Walk	Jean Albury	8.24	9.4.00	Murrumbeena
M30	3k Walk	David Long	19.19	9.4.00	Murrumbeena
M60	Long Jump	Graeme Noden	5.21	8.4.00	Murrumbeena
M75	Long Jump	Stan Stankovic	3.96	8.4.00	Murrumbeena
M85	Javelin	John Fraser	12.88	9.4.00	Murrumbeena
M55	Shot Put	Graeme Rose	13.08 (=)	21.4.00	Hobart
W60	400	Jan Morrey	73.08	21.4.00	Hobart
W40	80 Hurdles	Salli-ann Lee	13.5	24.4.00	Hobart
M85	Triple Jump	Andy Smith	3.92	24.4.00	Hobart

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

And on the next page, some more racewalking tips from Frank McGuire .....

The following excerpt is from AA Walking Commission's adoption of rules set out in IAAF's 'The Judging of Race Walking' 1997.

### AUSTRALIAN COMPETITION WALKING RULES..

In the interest of uniformity it is recommended that Little Athletics, Veterans and Schools' competitions are conducted under the same rules.

### JUDGING PANEL SELECTION.

The following principles should always apply to the selection of judging panels for all levels of walking competition in Australia.

Judges who have a conflict of interest should stand down from judging panels when they have a family member and/or an athlete they coach in the field.

Only one family member should be on a panel for a particular race.

The highest graded judge should be the chief judge at championship events. i.e. IAAF Panel judge, then A.B and C Judges.

While the onus is on Judges to declare their conflicts of interest, the Chief Judge should ensure that the above principles are applied when he/she forms a Walking Judge Panel.

**AUSTRALIAN RECORDS.** Notwithstanding Rule 148.9 a minimum of four graded judges of whom at least two judges shall be either from the IAAF Panel of International judges and/or Graded Level 'A' Walk judge by Athletics Australia shall be officiating during the competition at which an Australian record is claimed and shall sign the application form.

**REFRESHMENT STATIONS** shall be provided for all events in Australia of 10k and over.

**A DISQUALIFICATION POSTING BOARD** shall be used for at all Australian National Track Championships Five km and longer.

**Chief Judge.** The Chief Judge may act as a Race Walking Judge for walking competition in Australia.

The booklet is a guide for judges, officials coaches and athletes and is available from Athletics Australia. Denis Wilson is Director for Race Walking, while Dr Robert Cruise (Australia) is a member of the IAAF Walking Committee. The booklet is a must for all Australian Walk Judges and has been compiled it seems by The Race Walking Educational Working Group of the IAAF with the assistance of the IAAF Walking Committee. Excerpt from Frank McGuire Hon. Senior State Coach Vic.

The words 'to the human eye' were added to the rule following scientific tests commissioned by the IAAF in 1989 that showed conclusively floating (lifting) taking place that were imperceptible to visual scrutiny and measured less than 0.005 second on the oscillograph records. These records were similar to Kinematic and Electromyographic studies by scientists in Wisconsin USA..

The scientists also recorded that the race walker executes specific automatic movement patterns which lower the centre of gravity when it tends to be at a high point and raise it when it tends to be at a low point in order to minimize mechanical energy demands. The minimization of the excursion of the centre of gravity was also reflected in the diminishing vertical excursion of the head.

In Race Walking jargon this is known as 'hip sit' which is utilized by all top international walkers. The illustration from the IAAF Judging Manual outlines the correct technique expected in all race walking. Note upright carriage and the knee straightened in the vertical upright position. The double support phase is also illustrated and the vertical pathway of the head balanced by the correct supportive hip movement that reduces vertical and lateral oscillations of the body

Drawing from  
IAAF Manual 1997



CORRECT TECHNIQUE

to 2 cm compared to  
9 cm without  
correct hip movement..  
Frank McGuire BEM



## A Bit of History

Jack Stevens kindly sent me a couple of items from his store of reminiscences of the early days of the vets. One was the original constitution, and the other was this program booklet of the first Australian Veterans Athletic Championships, held at Box Hill, organised by the Victorians, and having as guests a contingent of United States veterans led by David Pain, who went on to play a big part in the establishment of the world body, WAVA. Our Wal Sheppard is often mentioned in the history of the world body too. Look through these names and see which ones you can recognise.



**MELBOURNE 1973**

SATURDAY 22nd DECEMBER  
SUNDAY 23rd DECEMBER

DONATIONS 50c.

### JUNIOR VETERANS 35-39

301 Graham Seath, Vic.  
302 Geof Major, Vic.  
303 Noel Clough, Vic.  
304 John Visser, Vic.  
305 Graham Wise, Vic.  
306 Ken Fraser, Vic.  
307 Terry Nailor, Tas.  
308 Jim Branigan, Vic.

### CLASS ONE 40-49

401 Richard Benson, USA  
402 Harry Bois, USA  
403 Bryan Cattell, USA  
404 George Conlan, USA  
405 Oswald Dawkins, Jamaica  
406 Gerald Church, USA  
407 Harold Colen, USA  
408 Bob Eine, USA  
409 George Gluppe, Canada  
410 Jack Greenwood, USA  
411 Scott Hamilton, USA  
412 Roy Hutton, UK  
413 Vance Koermer, USA  
414 Henryk Kypczyk, Poland  
415 Walt McConnel, USA  
416 Harry Perry, USA  
417 Arthur Rappich, Canada  
418 Arne Richards, USA  
419 Phil Schlegel, USA  
420 Bill Stock, USA

### CLASS ONE 40-49 Cont.

441 Alan Gattschalk, SA  
442 Brian Lanyon, Vic.  
443 Pat Leane, Vic.  
444 Ilmar Mancs, Vic.  
445 Pat Manning, NSW  
446 Reg McRae, Vic.  
447 Mike Porter, Vic.  
448 Des Paul, SA  
449 Dave Power, NSW  
450 Keith Routley, Vic.  
451 T. Read, SA  
452 Barry Sawyer, Vic.  
453 Mick Skinner, Vic.  
454 Tony Short, Tas.  
455 Ray Smith, Vic.  
456 Jim Sheppard, Vic.  
457 Jim Waller, NSW  
458 Geof Warren, Vic.  
459 Frank McGrath  
460 Peter Waddell, NSW  
461 Lindsay Hollis, Vic.  
462 Logan Irwin, NSW  
463 Gordon Wheeler, Vic.  
464 Lionel Wohllins, SA

## LIST OF COMPETITORS

309 John Bowers, NSW  
310 Bill O Loughlin, Vic.  
311 Tom Roberts, Vic.  
312 Trevor Vincent, Vic.  
313 Rex Chugg, Vic.  
314 Dennis Bowers, Vic.  
315 Claude Marlin, Vic.  
316 Alan Cook, Vic.

421 Hal Wallace, USA  
422 Noel Anderson, Vic.  
423 Frank Bonecker, Vic.  
424 Jim Conway, Vic.  
425 John Costelloe, Vic.  
426 Chas. Collister, Vic.  
427 Pat Clohessy, Vic.  
428 Ivan Carter, Vic.  
429 J. Davies, Vic.  
430 Jim Davey, Vic.  
431 Norm Duff, Vic.  
432 Terry Appleby, Vic.  
433 Bill Ford, Vic.  
434 David Frawley, Qld.  
435 Lindsay Hooper, Vic.  
436 Tom Kelly, Vic.  
437 Paul Key, Vic.  
438 George Bartlett, Vic.  
439 Keith Lodge, Vic.  
440 Bill Kirkwood, SA

465 Colin Baker, WA  
466 L. Schaefer, NSW  
467 John Perry, SA  
468 Lloyd Snelling, SA  
469 A. Williams, NSW  
470 Norm Windred, NSW  
471 Gerry Riley, Vic.  
472 Walter Smith, Vic.  
473 Larry Sykes, Vic.  
474 Bill Warr, Vic.  
475 Brian Seymour, Vic.  
476 Trevor Robins, Vic.  
477 Theo Orr, Vic.  
478 Robbie Morgan-Morris, Vic.  
479 Mike O'Neill, Vic.  
480 Harry Wynhoven, Vic.  
481 Norm Butler, Vic.  
482 Ron Young, Vic.  
483 Rudi Hochreiter, Vic.  
484 J. Sturzaker, NSW  
485 D. R. Williams, Vic.  
486 Field Ryan, USA  
487 Colin Baker, USA

### CLASS TWO 50-59

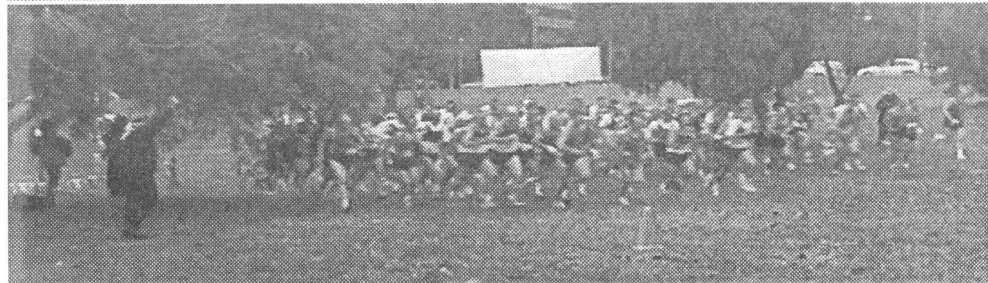
501 Harold Cluck, USA  
502 Augie Escamilla, USA  
503 Ray Gorden, USA  
504 Norm Hansen, USA  
505 Bill Hargus, USA  
506 Ed Kevsar, USA  
507 Robert Long, USA  
508 Jerry McCall, USA  
509 David Pain, USA  
510 John Ross, USA  
511 John Young, Canada  
512 Peter Bethel, Vic.  
513 Hal Dalheim, Vic.  
514 Harry Logan, Vic.  
515 Alex Lampard, SA  
516 Jack Johnston, Vic.  
517 Jim McConnell, Vic.  
518 Wal Sheppard, Vic.  
519 Ed Gamble, Vic.  
520 Andy Smith, Vic.  
521 Les Perry, Vic.  
522 Peter Dalwood, SA  
523 R. Jones, Vic.  
524 George Brain, Vic.  
525 Mike Sheehan, ACT  
526 Dennis Colclough, Vic.  
527 Bill Caudle, SA  
528 Harry Merkel, NSW  
529 Noel Le Rossignol, Vic.  
530 Jack Ryan, Vic.

### CLASS THREE 60+

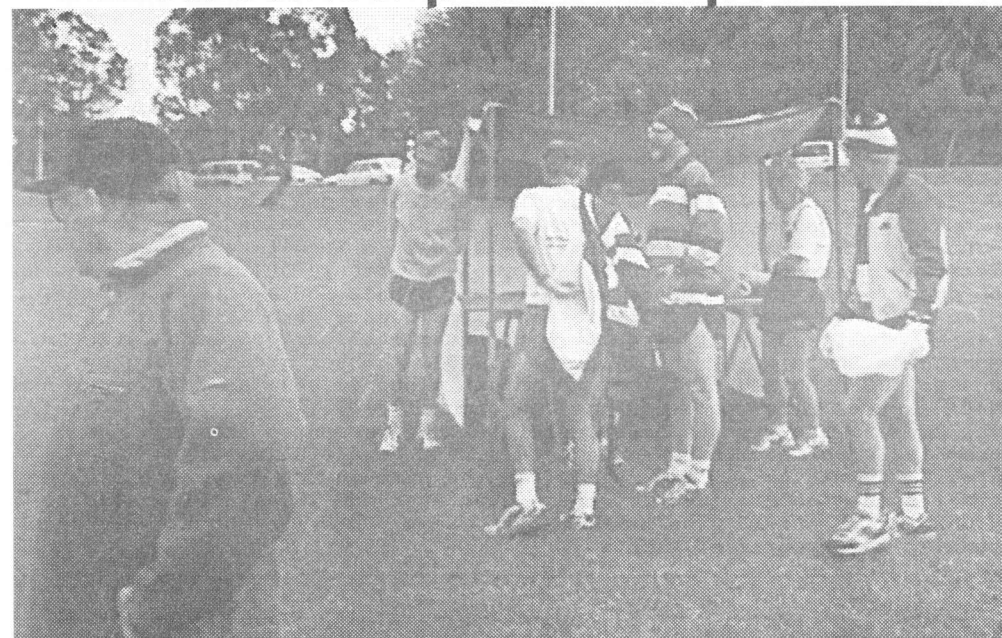
650 Bill Andberg, USA  
651 Ray Barrand, USA  
652 Wilf Bigelow, USA  
653 George Braceland, USA  
654 Herman Bright, USA  
655 Joe Caruso, USA  
656 John Clarke, USA  
657 Otto Essig, USA  
658 Stan Herman, USA  
659 Earl Hobe, USA  
660 George Infram, USA  
661 Richard Lacey, USA  
662 Sing Lum, USA  
663 Errka Lahdenpera, Finland  
664 Russell Niblock, USA  
665 Larry O'Neil, USA  
666 Phil Partridge, USA  
667 Walt Stack, USA  
668 Ray Williams, USA  
669 Bill Tunally, Vic.  
670 Stan Nichols, Vic.  
671 Alan Bray, Vic.  
672 Vic Pye, Vic.  
673 Cliff Barling, Vic.

531 Tom Breen, Vic.  
532 Jack Stevens, Vic.  
533 Peter Colthup, Vic.  
534 Cliff Bould, WA  
535 John Gilmour, USA  
536 Joe Tennant, Vic.  
537 Frank McCaffrey, NSW  
538 Col Junner, WA  
539 Laurie Hill, Vic.  
540 Jack Pennington, ACT  
541 Andy Smith, Vic.  
542 Rollo De Castella, Vic.

674 Tom Dainry, Vic.  
675 Lindsay Neelands, Vic.  
676 Ralph Field, Vic.  
677 Brook Toxey, Vic.  
678 George Wilson, Vic.  
679 Fred Redman, Vic.  
680 Anton Tesija, ACT  
681 George Simpson, Vic.  
682 Reg Barlow, Vic.  
683 Gus Theobald, Vic.  
684 Dick Horsley, WA  
685 David Pain, USA



## at the Cross Country at YarraBend on Sunday, 28th May, 2000



Thanks, Heather Johnstone,  
for snapping these shots  
while I was toddling along  
at the tail of the field.

PETER COLTHUP 5 MILES (8.045K) ROAD HANDICAP

MENTONE VENUE

MARCH 22, 2000

The 6th annual PETER COLTHUP 5 Miles Road Handicap—a highlight of the Mentone venue's yearly program, was held in hot, windy conditions attracting 42 athletes from a wide range of venues. Prior to the event animated discussion in the clubrooms, as usual, centred on the bona fides and 'mental health' of the handicapper.

Notwithstanding Marlene CAMERON (W50), from the Croydon venue, led the field off on a Go time of 2 minutes with the four times previous fastest time winner Russell JOHNSON (M45) being the last to face the starter with a Go time of 21-40. The conditions should have suited the backmarkers because of the heat and wind but Marlene CAMERON had other ideas. Despite a run in the hills earlier in the day (or because of it!) she relished the conditions, particularly the short, sharp rise at one corner of the road circuit and was never headed crossing the line 23 seconds of the Mentone venue's Peter SMART (M50-Go time 15-20) with a long time member of Vic Vets, East Burwood's Richard PIESSE (M55-Go time 14-00) in 3rd place. Hot on their heels in 4th place was a former winner, Sonya McLENNAN (W45-Go time 14-00) who was the W35+ fastest time winner with a time of 35-06 closely followed by the architect of the magnificent perpetual trophy, Mentone's Louis WASER (M50-Go time 15-40). Another great effort by Russell JOHNSON saw him close up in 6th place as well as taking out the M40+ fastest time award, for the 5th time, in 27-47.

The man who the event honours, Peter COLTHUP, presented the medals and trophies after everyone had enjoyed a very generous supper, Special thanks to all the 'girls' in the kitchen who do a terrific job on these special occasions to ensure that everyone is satisfied also to Don HUGHES, Dick JEFFREY, John MARKHAM and Graeme NODEN for their assistance in running the program of events.

Ted McCOY

PLACE	NAME	GO TIME	FINISH TIME	ACTUAL TIME
1	Marlene CAMERON	2-00	48-13	46-13
2	Peter SMART	15-20	48-36	33-16
3	Richard PIESSE	14-00	49-00	35-00
4	Sonya McLENNAN	14-00	49-06	35-06 Fastest W35+
5	Louis WASER	15-40	49-09	33-29
6	Russell JOHNSON	21-40	49-27	27-47 Fastest M40+
7	Jan BURROWES	11-0	49-41	38-41
8	Doug WALLACE	13-00	49-43	36-43
9	Laurie COLLARD	18-00	49-48	31-48
10	John NEWSOM	20-30	49-59	29-29
11	Ashley PAGE	14-00	50-08	36-08
12	Rob WATERS	16-20	50-10	33-50
13	Ian TREGGAR	14-30	50-17	35-47
14	Peter WEEKS	18-30	50-35	32-05
15	Jim McLURE	18-00	50-37	32-37
16	Phil BADMAN	18-30	50-41	32-11
17	Graham PHILPOTT	18-30	50-45	32-15
18	Kevin BROWNE	14-00	50-49	36-49

19	Jane STURZAKER	9-30	50-51	41-21
20	Ian ORR	16-20	50-56	34-36
21	Corrie DEGROOT	5-00	51-00	46-00
22	Martin LEGGET	22-30	51-01	28-31
23	Ray KEMP	11-30	51-03	39-33
24	Norm CAMERON	11-30	51-12	39-42
25	Marion PERAZZO	11-00	51-21	40-21
26	Robert HURTIG	16-45	51-26	34-41
27	John MOORE	15-40	51-28	35-48
28	Judy WINES	8-00	51-33	43-33
29	Alan BENNIE	19-40	51-44	32-04
30	Greg MAULDON	14-00	51-47	37-47
31	Rod FORD	13-00	51-53	38-53
32	Rhonda TREGROVE	11-00	52-09	41-09
33	Brian BLOOMER	15-40	52-14	36-34
34	Peter Mc GRATH	9-30	52-18	42-48
35	Graham STOCKDALE	15-20	52-47	37-27
36	Frank HARGREAVES	16-45	54-14	37-29
37	John WAITE	15-20	54-46	39-26
38	Stephen YOUNG	14-00	54-49	40-49
39	Alan SINCLAIR	17-00	54-53	37-53
40	Ken HOUGH	11-30	55-05	43-35
41	Rob HENDY	21-40	57-05	35-25

VVAC INC HALF MARATHON CHAMPIONSHIP

GEE LONG  
APRIL 30, 2000

A major venue change saw this year's club half marathon championship being held 'inside' the 12th Annual Sunicrust-Rebel Sport Geelong Half Marathon on a picturesque course by the Barwon River. This change was brought about by two factors—our Vice-President Tony Bradford's involvement with the organizers, the Geelong Cross Country Club (Tony is the current President of the club) and his enthusiasm for Vic Vets to become part of the event and the absence in Sydney (for the Host City Sydney Marathon on the Olympic course) of our President Rob Waters who has overseen the organization of this event in recent years on the Maribyrnong course.

Approximately 400 runners and a great deal of local community and business support, with considerable cash prizes, meant that, despite inclement weather, there was a lot of atmosphere and excitement surrounding the start of the event. Unfortunately only 15 Vic Vets faced the starter—a disappointingly low number.

Despite lack of numbers there was no lack of quality of performance. Lavinia Petrie (W55) despite having missed the start by approx 2½ minutes still ran a best on record W55 Half Marathon time of 1-32-33 in winning the W55 age group. This time also qualified Lavinia for a Certificate of Achievement at the Elite level. Barry Boyd with a time of 1-21-20 not only was the fastest Vic Vet and M55 winner he also took out the events Masters section (M50-59) earning \$100 cash and sash.

Geelong's Geof Clark having just returned from a hectic and very successful Easter weekend in Hobart at the AAVAC T.&F. Ch'p took out the M50 event with a very creditable time of 1-22-00 (just for good measure Geof was also a member of the event's organizing committee). Juan Perez double dipped to win the Vets M60 age group as well as the event's Over 60 section with a time of 1-35-17. Great to see our hard working Club Vice-Captain Peter McGrath taking out 3rd in the M60.

It was a pity that so few vets competed partly due, no doubt, to the clashes with the Host City Marathon and the Great Train Race however those who did take part enjoyed the competitiveness brought about by the larger number of competitors compared to our normal club events.

Ted McCoy

**VVAC INC. HALF MARATHON CHAMPIONSHIP**

**GEELONG**

**APRIL 30, 2000**

**RESULTS**

AGE GROUP	PLACE	NAME	TIME
W50	1	Rhonda HIRCOE	1-35-56
W55	1	Lavinia PETRIE	1-32-33
	2	Margaret CASSIDY	1-49-00
M40	1	Robert DUNNING	1-23-06
M50	1	Geof CLARK	1-22-00
	2	Max CARSON	1-23-19
	3	Ken SENIOR	1-24-47
	4	Gary SENIOR	1-25-04
	5	David POTTAGE	1-29-14
M55	1	Barry BOYD	1-21-20
	2	Roland BROWN	2-17-48
M60	1	Juan PEREZ	1-35-17
	2	Jock CRAVANO	1-51-37
	3	Peter McGRATH	1-57-00
M70	1	Ron WATSON	2-08-00

**VIC VETS (and others) IN THE SYDNEY MARATHON, 30th April 2000**

Overall	Race No.	Name	State	Time
34	2750	Martin Cash	VIC	2:33:15
116	4148	Colin Heywood	VIC	2:49:28
158	5158	Roscoe McDonnell	VIC	2:52:49
222	5024	Kelvin Marshall	VIC	2:58:56
266	4460	Alan Jones	VIC	3:01:26
282	2465	Thomas Boyd	VIC	3:01:57
297	4542	John Kelly	VIC	3:03:08
356	4139	Graeme Hewitt	VIC	3:06:20
360	1210	Sandra Timmer-Arends	VIC	3:06:31
427	1020	Eric Sigmont	VIC	3:09:51
479	2900	Laurie Collard	VIC	3:12:17

624	2292	Stan Belcher	VIC	3:18:00
639	3233	Tony Dineen	VIC	3:18:36
660	6944	Ian Upton	VIC	3:19:18
719	7204	Mick Whiteoak	VIC	3:20:59
766	7110	Rob Waters	VIC	3:22:48
768	5959	Graham Prossor	VIC	3:22:49
803	6260	Neil Salvano	VIC	3:23:51
826	2191	Max Balchin	VIC	3:24:44
1121	3111	John Daniel	VIC	3:31:58
1136	5712	Ian Orr	VIC	3:32:23
1142	3602	John Fotakis	VIC	3:32:34
1207	4117	Brickley Hepburn	VIC	3:34:15
1216	6458	Peter Smart	VIC	3:34:30
1238	2221	Steven Barker	VIC	3:34:52
1358	2554	Malcolm Brown	VIC	3:37:21
1397	2205	Paul Ban	VIC	3:38:25
1447	6847	Peep Toom	VIC	3:39:38
1482	4294	Randall Hughes	VIC	3:40:19
1585	3140	Lyn Davis	VIC	3:42:34
1586	5741	Bill Page	VIC	3:42:35
1623	7150	Roger Weinstein	VIC	3:43:10
1694	7032	John Waite	VIC	3:44:35
1728	5845	Elvira Petracca	VIC	3:45:21
1825	1217	Bronwyn Hanns	VIC	3:47:15
1838	6929	Ian U'ren	VIC	3:47:31
1867	3092	Anna D'Alberto	VIC	3:48:08
1906	5874	Graham Philpott	VIC	3:48:43
2000	5247	Machelle McLelland	VIC	3:50:44
2002	2741	Joe Caruana	VIC	3:50:45
2174	5041	Vin Martin	VIC	3:54:17
2202	7126	Annie Watt	VIC	3:54:38
2363	4238	Geoff Hook	VIC	3:57:24
2396	3100	Barbara Dalglish	VIC	3:58:05
2534	4647	John Kneen	VIC	3:59:51
2662	6810	Neil Thornley	VIC	4:02:44
2676	2764	John Caulfield	VIC	4:03:04
2771	7117	Barry Watkins	VIC	4:05:20
2840	6591	Gordon Stephen	VIC	4:07:06
2904	6648	Jane Sturzaker	VIC	4:08:33
2960	4708	Bill Kyte	VIC	4:10:02
2966	5815	Annette Pelgrim	VIC	4:10:08
2990	5707	Peter Onofretchook	VIC	4:10:34
3029	2563	Kevin Browne	VIC	4:11:41
3303	4268	Ken Hough	VIC	4:17:57
3610	6976	Helen Vandernagel	VIC	4:25:36
3703	4466	David Jones	VIC	4:27:48
3806	2852	Jim Clarke	VIC	4:30:25
3958	7307	Judy Wines	VIC	4:34:47
4034	2263	Pete Battrick	VIC	4:36:53
4070	7410	Steve Zimaris	VIC	4:38:26
4200	2302	Mark Benjamin	VIC	4:43:13
4340	4328	Case Huysmans	VIC	4:48:31
4397	6411	Colin Silcock	VIC	4:50:24

**Results of VVACI PENTATHLON, WEIGHT PENTATHLON & TRACK AND FIELD CHAMPIONSHIPS**

These major events, held on three weekends from March 26 to April 9, were very successful. Those who entered them should by now have a booklet of the full results. I am sorry but I do not have space to reproduce them again in "News And Results". However, if you had an interest and missed out on the results, you have two options. If you have the internet, boot up the VicVets website. It is at <http://www.vicnet.net.au/~vicvets/> Choose the page called Event Reports.

Page down below the King Island results and you will see four clickable headings which will lead you to those results. Also on the page called Articles of Interest you will see lots of pictures of our members in action at the Vic Champs. If you don't have the internet, give me a ring on 9874 2501 and I will post you a copy.

**Results of AAVAC AUSTRALIAN CHAMPIONSHIPS, HOBART at Easter.**

I expect that Russ Haines will publish these in full in the next issue of the "Athletic Courier", which all financial members should receive by post. I have sent Doug Fry a file of the results from Hobart so they should go up on the AAVAC website very soon. You can get to that by choosing Links on the VicVets website and clicking on the arrow beside the AAVAC sentence.



## Host City Marathon: My Perspective

By John Kneen: Member Sandringham Athletic Club and Victorian Veterans



Because the Sydney Host City Marathon was a special event, I was very tempted to enter in spite of missing most of 1999 due to a knee injury. To top 1999 off I ended up in hospital with pleurisy and pneumonia. After that, any doubts about me entering the marathon went out the window. Running, or at least participating in the marathon, became a challenge. One of my running friends said that distance runners had nothing between their ears. Common sense told me that my decision was doing nothing to prove him wrong.

By the middle of January I had recovered sufficiently from the pneumonia to be able to run everyday. However, it wasn't until after entries had closed late in February that I had my first hour run. To run a marathon I needed to do much more. But I would also need to give myself time to recover. 9 weeks was not very long. My plan was that every Sunday I would do a long run. This started just over the hour and increase by 20 minutes every Sunday. Being well aware that I had spent most of '99 on the bench with a knee problem I vowed that, with the exception of running the Corporate Cup, the remainder of the week would be very quiet. Being fit but on crutches again was not an option.

Having not done any longer runs in the past two years what really surprised me was how quickly I hit the wall. If I ran for 90 minutes one week then the following week I could be feeling very comfortable at 85 minutes but in a real hole by 95. This came home in a big way on one run that took 2 hours in the old days. I anticipated that it might now take about 2 hours 30 but it blew out to 3 hours 40 and dampened my enthusiasm for the marathon. (Note this was time on my feet - not running time.)



That run aside, the steady training did have its rewards with a 19.13 five km in the Vets Titles - almost a 4 minute improvement over my comeback race in January. Two weeks before the marathon I did my last long run (3 hours 20). At that point it became obvious my deep down objective had been to get fit enough to participate in the marathon.

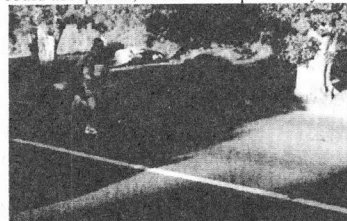
I flew to Sydney and on the Saturday collected my race number where I met John Waite's group for morning coffee. John had brought a group up in a bus and the comraderee that had been built up on the trip up from

Melbourne was infectious. I was pleased to be with them and sorry that I hadn't jumped in and booked a seat on the bus.

The next morning with 5000+ others I was on the starting line. I placed myself with the 3.30 group. I didn't have any real idea of how I would perform in the race. Most athletes have some rules of thumb where by they can extrapolate their time in another event and come up with an estimate for the marathon. However, I had no recent times and I knew from the past that even a good 25 km race did not translate into a good marathon. Further, I didn't have much idea of how far I had gone on the training runs - if the truth be known I wasn't game to get in the car and measure the distance in case it was less than I expected. I'd been asked what pace I expected to run and said 5 mpk often enough that in the end that's what I believed I could do until I ran out of legs. The big question was where would I run out of legs, 25 km - not good, 30 km I'd be a little disappointed but could accept that, or 35 km - a possibility if everything went right.



The start was the usual affair which took me 25 seconds to cross the line. It was pretty slow down Miller Street but by the Harbour Bridge I was able to run without having to concentrate too much on those around me. My 5km time was 25.56 so allowing for the start that wasn't too bad. At 10 km I was 50.26 so the 5 minute kilometres seemed a reasonable estimate. At the 9km point I entered Centennial Park. At that stage the leaders were coming out at the 13km mark. So after 9km I was 4 km down. However by the time I reached the 13 km point there were others passing the 9 so felt happier.



I had run several overseas marathons before, but aside from a photo I took lying in bed looking in the mirror at my blistered feet after finishing 5th in the selection trials for the 1968 Canadian team, I had very little in the way of

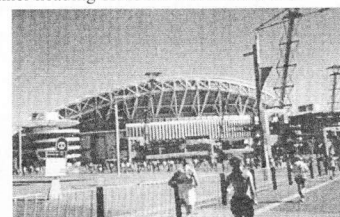
momentos so this year I took a disposable camera with me. As the leaders passed in Anzac Parade I crossed the median strip and took several photos. The instructions implied that the camera was not for capturing fast action. In this regard the leaders were certainly not co-operating, they were flying. (Photo shows Nick Harrison, son of Terry one of my training partners and fellow Vet. Nick finished 11th)

The route returned through Sydney and then we met the hills. I was still on 5 minute km pace at 30km but the going was becoming tougher. I had two plans - one for if my lack of fitness failed me first and the second for if my legs didn't cope with the strain. The first involved going to walk - run mode well before I collapsed and could no longer walk. The second was to go into totally walk mode and if necessary pull out and catch the train. I had \$10 in a sock in case of such an eventuality.

Just after 33km we were going up a hill where I appeared to be going the same speed as the walkers around me. I then decided it was time to go to walk-run mode with the idea of starting to run again at the top. However, at the top it was downhill and my legs were so bad that I was forced to remain in walk only mode. Not only was my knee hurting but it seemed as though all the padding had disappeared from the soles of my shoes. Through the hills I continued to walk - at the freeway I contemplated trying to run but generally decided what was the point. As noted earlier my deep down my real objective had been just to participate and this I had achieved.

I had plenty of company. At about 39km we left the free way and shortly afterwards the stadium was in sight. At 40 km an official was telling everyone "Keep it up - you can break 4 hours!" After advice such as "You'd looking good, not far to go now, this is the last hill" my first reaction was to ignore the encouragement. However, the clock showed just under 3 hrs 50 so I thought lets give it ago. The grades were only slight, the surface was smoother, the stadium was in sight and I was very familiar with the run home. I was off and I felt good. I was convinced I could do it. My only doubt became when I started to think. (Dangerous - not what distance runners do best.) I then realized it was 2.2 km, the 0.2 would add almost a minute, so I knew I'd be cutting it fine.

With the end in sight I certainly found a second wind - I really got a buzz as I flew past other athletes some of whom were in serious trouble. I had kept 4 photos in the camera for entering the stadium and almost forgo stopping to take the photos in my quest to break the 4 hours. However, I was committed to the photos so had 4 fast camera stops on the run to the finish. At the turn into the tunnel I swung very wide to avoid slowing - the turn marshalls though they had a wayward runner heading off to the Blue Mountains.



Into the tunnel, pass some of the technical rooms where I anticipate working in September, and then out onto the track for the last 500 metres. Most of the way I was two lanes wide as I passed others trying to break the 4 hours. The main stadium clock showed 3.59.33 as I crossed the line. A sea level personal worst by a long shot, but that was all it was ever going to be - even in the dream time.



My last 2.2 km must have been at just over 4 minute pace. This raised the question of did I give up too early and/or did I start my run in too late. One week later, while my legs were recovering, they were still not great so I'm convinced that they would not have tolerated very much more of the Sydney Hills so 33 km was a good place to start to walk. Yes I could have run a faster time by starting my run home earlier. However the buzz I got running fast over the last 2 km, down through the tunnel and on the track I think I'd trade anyday for the few minutes I may have saved through starting the run home one km earlier.

Would I do anything different next time. Aside from not getting sick I think the only thing I could have done better was to have run in a second pair of shoes. Most of my long runs combined the hills of Jan Juc with the beaches of Torquay. I ran down the hills very quietly and the sand protected my legs from constant jarring. After my leg problems this is exactly what I wanted. However, it did hide from me the realities of a real marathon and come race day my shoes did not give me quite the support I needed.

Will I ever enter another marathon? Well?

## POST HOST CITY MARATHON

by Stan Belcher

The Host City Marathon (Sydney 30th April) has led to many a tale of heroism and woe. Here's one, not of the event itself, but of the post-run "wake".

Our President, Rob Waters, and myself made our way back by train from the Olympic Stadium to our North Sydney Hotel where, upon arrival, Rob proposed that we should have a drink at the bar before going up for a shower in the room that we were sharing.

We each requested a pint of Guinness and began to chat to some of the many marathoners staying at the hotel who were now relaxing over a drink.

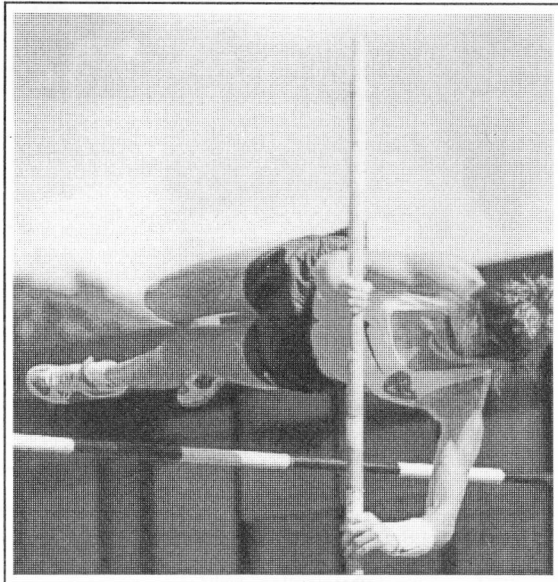
From the conversations it became apparent to us that some fellow-runners had checked out of their rooms but not all had managed to obtain a shower beforehand. One guy had managed to scrounge a shower in someone else's room but his female companion had missed out. "I'd kill for a shower!" she informed us. The response from Rob was immediate, "Would you like to go up and shower in our room?" he asked. She thanked Rob for his generosity which she gratefully accepted. Handing her his plastic room key, Rob advised her the room number. She headed off with her clothing bag while Rob and I completed our drink. Her equally grateful companion then shouted Rob and I another ... in gratitude for "our" generosity. We joked about who would have to put up with a wet towel.

Some time later the lass rejoined us, spruced up and obviously feeling much the better for her shower. She informed us that when she had arrived on the second floor she found the door to the room propped open as the hotel staff were about to prepare it. However, the maid had readily agreed to wait until she had showered. Having handed back Rob's key, we decided it was time for us also to go and shower. We now realized that with a freshly made-up room we would both have dry towels.

Emerging from the lift Rob was surprised to find me heading straight for room 202. He exclaimed "Are we in room 202? I told our friend we were in room 201!"

Upon reflection we realized that our "guest" had been showering in someone else's room all the time we were sipping on the rewards of Rob's "generosity".

\*\*\*\*\*



Dawn Hartigan, our world record holding pole vaulter, goes over at the VVACI T&F Championships at Duncan McKinnon Park. Dawn is currently getting together a book on inspirational vets, so we wish her well in her efforts to get it published.

## A COUPLE OF OLD VILLAINS



At the Victorian Veterans Track and field Championships at Duncan McKinnon Park, we snapped these two well known vets, Ben Morrey and Randall Hughes. Ben is an inspiration to all of us with his continued participation in many events despite aches and pains and injuries, whilst Randall is far beyond the aspirations of mere mortals with his amazing feats at the age of 76.

## VVACI 10km CROSS COUNTRY

Yarra Bend Park, Sunday 28th May 2000

By Colin Browne

This weekend had been promised as so terrible by the Weather Bureau that most of Melbourne decided to stay indoors for 48 hours. It was bad, with a biting cold wind, squalls and hail. There was snow quite close to the city. All the more credit then to the Collingwood crew who got out in the dark to set up Yarra Bend Park with flags and bunting for our combined 10km cross country with the Victorian Cross Country League. The course was perfectly marked, and not too bad underfoot. One patch of slippery Merri Creek mud about one kilometre from home and a bit of surface water, but nothing to worry about.

We were lucky to get started in reasonable weather, although it began to rain after one 5km lap. By the end we all felt as if we had had an adventure, battling the wild wind and rain. Actually we were lucky, as it got much worse that afternoon.

102 brave souls stripped and started, 62 of them wearing the VVACI colours, the rest in the red of the VCCL. Dean Paulin, Ted's big son, well known to Collingwood vets since he was an ankle-biter, ran an outstanding 34 min for fastest time. Best time by a vet was 38-42 by Keith Macdonald. Lavinia Petrie continued her good form to be first vet woman home. It was good to see some women doing the 10km who had not done it before, such as W40 Rebecca Ng, W45 Annie Watt and W50 Glenyse Brain.

We were glad to get back to the Collingwood Harriers pavilion and insert our two bob into the slot for a hot shower. Feeling human again we enjoyed a hot cuppa and shared our experiences until the medal presentations. It's a good way to make friends - sharing a bit of stress in bad weather.

### 5KM FUN RUN

1 John Peacock	63	24-47
2 Michael Horn	47	25-17
3 Wasyl Drosdowsky	49	25-29
4 Peter Johnstone	63	27-23
5 Dennis Mountford	51	29-22
6 Kelly Mountford	12	29-22
7 Keith Routley	76	35-12
8 Gerardo Riviello	76	55-25

## VVACI 10KM CROSS COUNTRY YARRA BEND PARK, Sunday 28th May, 2000

Placing	Name	Age	Time	In age group	
1	Keith Macdonald	50	38-42	M50	1
2	Paul Twining	50	38-57	M50	2
3	Colin Heywood	45	39-22	M45	1
4	Graeme Leticq	45	39-40	M45	2
5	Andrew Holmes	45	39-59	M45	3
6	Joe Campisi	43	40-13	M40	1
7	David Jones	49	41-05	M45	4
8	Ken Senior	54	41-06	M50	3
9	Rod Neal	43	41-30	M40	2
10	Ted McCoy	60	41-54	M60	1
11	Westly Windsor	55	42-25	M55	1
12	Peter Bence	50	42-31	M50	4
13	Graeme Philpott	57	42-59	M55	2
14	Lavinia Petrie	56	43-13	W55	1
15	Ron Rabone	48	43-32	M45	5
16	Brian Mee	60	43-33	M60	2
17	Jorge Torrico	52	44-06	M50	5
18	Jim Hopkins	50	44-24	M50	6
19	Roy Comerford	56	44-56	M55	3
20	Kevin Armstrong	39	45-31	M35	1
21	Tony Doran	48	45-50	M45	6
22	Andrew Tunne	41	45-54	M40	3
23	Alan Irwin	58	45-57	M55	4
24	Rob Waters	54	45-58	M50	7
25	Clyde Riddoch	46	46-27	M45	7
26	Keith Lodge	69	46-35	M65	1
27	Randall Hughes	76	46-57	M75	1
28	Juan Perez	60	47-06	M60	3
29	Howard Gibson	52	47-43	M50	8
30	Keith Moody	56	48-16	M55	5
31	Ron Young	69	48-16	M65	2
32	Mal Brown	59	48-37	M55	6
33	Robert Barnes	50	48-49	M50	9
34	Brian Bloomer	59	49-53	M55	7
35	Bill Page	69	50-21	M65	3
36	Bob Lewis	72	51-48	M70	1
37	Dot Browne	59	52-38	W55	2
38	Margaret Cassidy	56	53-13	W55	3
39	John Howes	64	53-42	M60	4
40	Anne Watt	47	54-11	W45	1
41	Shirley Young	70	54-14	W70	1
42	Domenico Morina	62	54-55	M60	5
43	Al Willey	61	55-18	M60	6
44	Chas McRae	67	57-29	M65	4
45	Bill Ryan	59	57-40	M55	8
46	Colin Browne	67	58-58	M65	5
47	Les Jarry	71	59-40	M70	2
48	Liz Mitchell	56	60-34	W55	4
49	Rebecca Ng	41	61-11	W40	1
50	Bernie Goggin	62	62-51	M60	7
51	Colin Miller	57	63-28	M55	9
52	Roland Brown	59	65-02	M55	10
53	Glenyse Brain	54	73-16	W50	1
54	Christine Griffiths	51	83-51	W50	2

Victorian Veterans Athletic Club Inc.

# OLD ROCKERS' NIGHT

Rock to "The Playboys" band  
(Normie Rowe's backing group)

on Saturday 17th June, 2000

at Hungarian Community Centre,  
760 Boronia Road, Wantirna

from 7.30pm

Make up a group and come along!

BYO drinks & supper

\$10.00 per head

Last GST-free function!

Tickets:

Dave Sheehan

Ph. 9794 7464 (H)

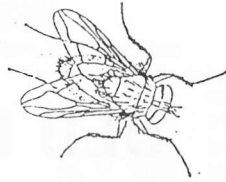
Ph. 9215 6213 (W)



## FLY ON THE WALL

Leaked from the

### MINUTES OF COMMITTEE MEETING OF THE VICTORIAN VETERANS' ATHLETIC CLUB HELD AT THE HOME OF ASTRID AND GRAEME ROSE ON MONDAY 22<sup>nd</sup> MAY, 2000



Tony Bradford in the chair welcomed Greg Mauldon and Fred Brooks to the committee.

#### 4.0 CORRESPONDENCE:

Incoming correspondence: (30 items listed by Secretary). Mention was made of

Item 1, Tony Nemaric's application for support in a coaching course. The committee is waiting a claim for re-imbursment of half fees.

Items 7&8, Hurdles problem at VVACI Championships. Ted McCoy would draft a reply to Clyde Riddoch and Salli-Ann Lee.

Item 11, from Mel Sporry re the Victorian Masters Games at Ballarat. Colin Browne outlined some of the problems Mel had faced. The proposal of setting up a venue at Ballarat was discussed. It was not intended to poach members from existing Ballarat athletic clubs, but to offer them an additional training night, and to have a firmer base for offering help with the Victorian Masters Games each year.

Outgoing correspondence: (12 items listed by Secretary). Mention was made of

Item 12, from Colin Browne describing Dawn Hartigan's book writing project and suggesting that the committee support her. Moved Colin Browne, seconded Ted McCoy, that we accredit Dawn Hartigan as Writer in Residence for the VVACI and support her in her attempts to obtain funding to produce and publish her book on mature-aged people who have been inspirational. Motion carried.

#### 6.0 TREASURER'S REPORT: Rob Petrie

6.1 In his absence, Rob Petrie had submitted a printed statement as at 16<sup>th</sup> May, 2000, showing total income of \$30,357 for the year and total expenses of \$20,266.

6.2 Moved Astrid Rose, seconded Margaret Cassidy, that capitation on 200 members who have become financial since the previous meeting, and a bill from Peter Anderson for \$950 for 75 singlets, be passed for payment. Motion carried. That would bring membership up to 957 financial.

6.3 Tony Bradford suggested that we should see an improvement in our finances of the order of \$7000 this year due to savings on insurance, Around The

Grounds, consultancy and printer maintenance. A new insurance policy had been purchased with Dean and Roderick. Venue managers would get a copy of the receipt with the minutes. This led to discussion on the need for venues to obtain signatures of all participants, members or non-members, attending venue meetings, to ensure their cover by the policy.

6.4 Astrid Rose commented on the medal exchange arrangement at the Victorian championships. It had been very popular resulting in lots of sales of club merchandise. She queried the belief that our stocks of medals were adequate for the future. Rob Waters explained that the order should have coped with the period 1999 - 2000 but delivery was late. Gold medals were in short supply. Margaret Cassidy undertook to do a stocktake of medals and merchandise, after which a new order will be made.

#### 8.0 VENUE REPORTS

8.1 Swan Hill. May Ward, by phone, told us that they have two torch bearers in the Olympic relay and that they would like VVACI to supply photos, posters, uniforms etc to decorate a shop front during that period.

8.2 Mount Gambier and Heywood were showing interest in starting venues.

8.3 Croydon had just moved into new clubrooms, which was attracting better attendances. There was a small room for the printer there. Colin Browne would query the maintenance contract of the printer regarding the need to have it professionally shifted.

#### 9.0 PUBLICITY REPORT:

9.1 Fred Brooks accepted the role of publicity officer and outlined many interesting ideas he has for advancing the club, such as seeking sponsorship paired with an offer from us to give a scholarship to a pair of Little Athletes, trying to open venues in places where they have established Little Athletics, obtaining a high profile person, early, to open our championships, features on some of our members for the media, getting our results into the newspapers, and placement of our brochures at shopping centres such as Westfield.

#### 10. AAVAC REPORT:

10.1 The AAVAC board had asked states for their

comments on a draft permanent program for the nationals. It is attached, and members are asked to respond, either through their venue manager or to Colin Browne.

10.2 Oceania Games at Geelong, January 2002. As there were some indications that Geelong would require the involvement of the overall club, eg in the loan of equipment and provision of officials, it was decided to write to them asking them to put their requests in writing.

#### 11.0 GENERAL BUSINESS:

11.1 Strategic Plan. The draft strategic plan had been circulated to those who had attended the Somers weekend. The next step was to amend and complete it in terms of timelines and responsibilities. The next committee meeting would be set aside mainly for that purpose and for the allocation of duties to the new committee.

11.2 Social. David Sheehan had planned an "Old Rockers Night" at The Hungarian Club, Wantirna, on Saturday, 17<sup>th</sup> June. Venues were asked to support it.

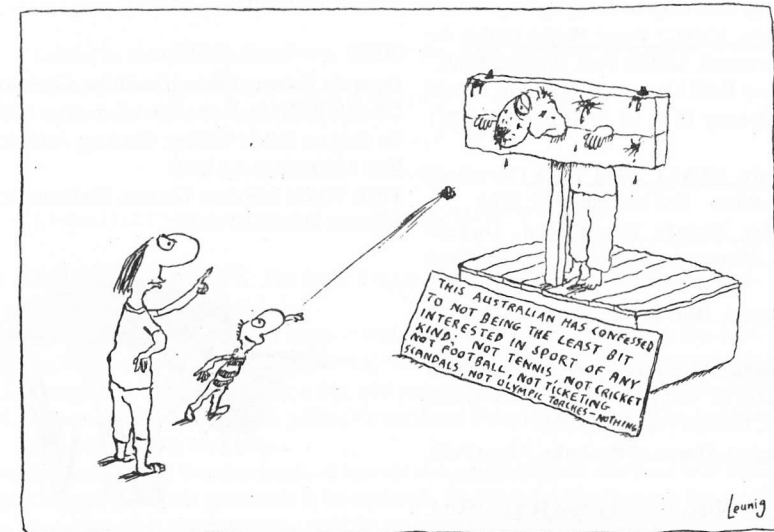
11.3 Venues' Financial Reports. As only four venues had fulfilled their requirement of an annual financial report to the treasurer, a follow-up letter would be sent.

11.4 WAVA World Games at Brisbane, July 2001. Accommodation was already difficult to obtain. David Sheehan had obtained some important information about accommodation possibilities.

11.5 Athletics Victoria and VVACI. A meeting between the president of AV, John Higham, the chief executive of AV, Don Blyth, and our president, Rob Waters, had discussed ways in which closer co-operation may be achieved between the two bodies. Some form of reciprocal participation at minimal cost to members was sought. Benefits of opening the programs of each body to members of the other were discussed. There were other substantial benefits to be obtained if a partnership could be achieved, such as office space, insurance cover, internet and office support. No firm decision had been made, but the VVACI committee was in favour of continuing with the negotiations.

11.6 Alex Harris mentioned Bob Petrie's proposal at the AGM of getting 50 cents a meeting from members attending venues.

11.7 Astrid Rose presented a paper on the use of VVACI equipment and personnel. This was prompted by the loan of throwing implements and pole vault bar to the Victorian Masters Games at Ballarat, and the damage done to some of it. She suggested that the club should have a written policy that the borrowing body must sign which provides for a rental fee and a deposit to cover the repair or replacement of the equipment if damaged or lost. Also some monetary reimbursement to the club for expert advice and assistance given to bodies such as the Masters Games. The committee was in agreement with these statements. The damage should be costed and a bill submitted to the Victorian Masters Games.





## 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

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

**:Heathmont Lions Fun Run** (10km & 5km), H.E.Parker Reserve, Heathmont, (All details TBC0, 9.00am (9870 1626 h)

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

**Sunday, 25<sup>th</sup> June, Traralgon Marathon, Half Marathon and Quarter Marathon** (42.2km, 21.1km & 10.6km), Traralgon Tennis Centre cnr Franklin & Davidson Sts, 8.00am. Contact Rick Mann 0419 353 096,w, 0351 343 568 h or e-mail [rmann@net-tech.com.au](mailto:rmann@net-tech.com.au)  
**:VRR Westerfolds Park** (10km & 5km) Porter Street entrance, 9.00am (9802 12200

**Saturday, 1<sup>st</sup> July, VRR Tan Time Trial**, (9802 1220)

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

**July 12 to 18 NSW Masters Games**, Coffs Harbour. Athletics 13<sup>th</sup> to 17<sup>th</sup>. Ring 02 6658 5793 fax 02 6658 5914 e-mail [nswmasters@chcc.nsw.gov.au](mailto:nswmasters@chcc.nsw.gov.au)

**Sunday, 16<sup>th</sup> July, Sun City to Surf**, Sydney.

**Sunday, 23<sup>rd</sup> 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, 30<sup>th</sup> July, VVACI Road Race** (10 miles), Princes Park, 10.00am. Ted McCoy 9583 3280

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

**Sunday, 6<sup>th</sup> August, Half on the Park** (9846 6133 w)

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

**Sunday, 20<sup>th</sup> August, Queen of the Lake**, Albert Park, (9819 9225 w)

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

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

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

**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.

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

**Sunday, 22<sup>nd</sup> October, HBA Run to the G** (9819 9225 w)

**Saturday, 28<sup>th</sup> October to Sunday, 5<sup>th</sup> November, Asia Pacific Masters Games**, Gold Coast. Athletics contact Judy Cooper 07 3341 2251 or e-mail [coop@powerup.com.au](mailto:coop@powerup.com.au)

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

**Sunday, 3<sup>rd</sup> 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**. Athletics segment October 6 to 13.



## HAMMY HURTER HALF-MILE HANDICAP

CROYDON INTER VENUE INVITATION H.H.H.H.

[HAMMY HURTER HALF MILE HANDICAP]

1. Each Venue to conduct 3 Heats plus 1 Final during period of AUGUST-SEPT.-OCT.2000.
2. Grand Final to be held at EAST BURWOOD on THURSDAY 2ND NOVEMBER 2000
3. First 5 finishers in each Venue Heat to compete in Venue Final. If a competitor finishing in first 5 in 2nd and/or 3rd Heat has already qualified for Venue Final, then 6th- 7th- 8th etc. shall be elevated to ensure 5 new Finalists.
4. All competitors shall run full Half Mile Distance, off their allotted handicap time.
5. First 3 Competitors in each Venue Final shall represent their Venue at the GRAND FINAL.
6. A competitor unable to compete in Grand Final may be replaced by an emergency competitor who competed in Venue Final as per 3 above, providing such emergency name is notified to Grand Final Handicapper Prior to FRIDAY 27th October 2000, together with ACTUAL Times Run in Venue Heats and Final.
7. All GRAND FINALIST Names together with actual Times run in Venue Heats and Final shall be forwarded to JOHN GOSBELL 30 Penrose Ave. Box Hill 3128. EMAIL [jgos@netspace.net.au](mailto:jgos@netspace.net.au) Phone 98084641.
8. A Fastest Time Trophy shall be awarded for the combined Venue Finals and Grand Final.
9. All Trophies for Venue Finals and Grand Final shall be provided by CROYDON VENUE.
10. Entry Fee shall be \$40.00 per Venue. Cheques to be made payable to CROYDON VETERANS.
11. Expressions of interest with Entry Fee close AUGUST 19 th 2000 with KEN WALTERS 5 Warra Road Upwey 3158. Enquiries 97525977.
12. Entries for Grand Final close Friday 27th October 2000. No Exceptions and No Refunds.

KEN WALTERS.

*Ken Walters*  
Race Organiser.

N..B. ALL FINALISTS MUST BE FINANCIAL MEMBERS OF V.V.A.C.inc.

**BUSH RANGES CLASSIC:** The Bush Ranges 100km Classic is definitely finished. The main reasons for its demise were the following: -

1. Getting more dangerous for runners with increase of traffic volumes in this area.
2. Lack of support from some venues especially Croydon people who obviously do not want it.
3. Complaints that it is too long a day, and people getting older find the course now too hard.
4. The hassles associated with getting Council and Police permission. The regulations are getting more demanding each year.

The event has been a great fourteen years of success and gratification to everyone who has been involved, but sadly it has run its course and needs to be replaced. So still keep the day clear for another event in the pipeline. Remember this annual event is held on the Sunday after the Melbourne Cup in November. We will announce the replacement as soon as negotiations are finalised. Ken Walters

**Tuesday 22nd February 2000. at Collingwood harriers, Heidelberg Rd Clifton Hill**

The steeplechase is generally regarded as the toughest and most challenging event on the track and field program. It certainly has the potential for a runner to improve their time by a greater margin than any other track event.

#### **Attributes of a Steeplechaser**

Top Steeplechase athletes have come in many shapes and sizes. The top Kenyans have been short medium or tall. The best Australians have ranged from short stocky runners like Ian Blackwood, and Ron Blackney, Trevor Vincent was medium height and lightly built, while our World record holder of the late 60's and early 70's Kerry O'Brien was around 180 cm tall and weighed about 70 kg. I was a long legged 183 cm and weighed around 67 kg.

A good Steeplechaser will often enjoy cross country better than road running, and does not need to be a good rhythm runner. Being a good Hurdler can have some benefits but is certainly not a must, as a good "clipping" technique will often be more efficient and economical.

Stamina, strength, agility and a lack of fear of the barriers are all important, but **the most important attribute of a Steeplechaser, is to enjoy the event, or at least to enjoy the challenge of it.** If you enjoy the event or the challenge of it, all the other attributes can be gained or improved by training and **Practise, Practise, Practise.**

#### **Hurdling Techniques**

Hurdling can be good if performed in an economical and energy efficient manner. It is certainly more important to land balanced and lightly than it is to be snappy quick and low like a sprint hurdler, as conserving energy and avoiding, jarring can cut many seconds from your final time. I believe that the "clipping" technique is essential for any serious Steeplechaser, as performed correctly it can be even more efficient than hurdling and is certainly very useful in crowded fields as you don't need to sight the barrier, to the same degree as needed to hurdle.

#### **The Water Jump**

The most important part of clearing the water jump is your approach. Momentum through the air is more important than "pushing off", "leaping" or "jumping" over the water. It is important to actually increase your pace as you approach the water jump and attack the barrier, with your weight forward, you let your momentum, (or speed through the air), to carry you out over the water, with the intention of landing on one foot only with the following foot continuing through the air and landing at least a clear foot or two in front of the first.

The best way to improve your approach and momentum over the water jump, is to practise running back and forth over a barrier until, without fear, you can increase your speed and "attack" the barrier smoothly and fluently.

#### **Training**

Apart from the normal middle distance runners training to gain fitness, stamina and speed. The Steeplechaser needs to especially increase the strength of their Quads, calves, hamstrings and ankles. Hill sprints are very important to gain "speed strength" and vitally important "knee lift".

These hills need only be 50 to 150 metres long with the emphasis on knee lift and driving arms, you need to feel like a sprinter, even exaggerating the arm and knee lift. This sprinting style can even be practised on the track, with the emphasis on driving up and down rather than forward. Resistance training is also great for

the Quads and Hamstrings. E.G. in sand, and up sand dunes, in water, with it above the waist and even up to the chin, you can run harder and longer than on dry land, driving the arms and knees the whole time, and without any jarring to the body. This pushing off from the toes and balls of the feet is also very good for the ankles. Bike riding can also be very good for both quads and calves especially by staying in the top gear and working up the hills and at times standing up off the seat and almost using a running leg action. Hill sprints can also be done on the bike. Another form of resistance training is being in a harness and having someone hold you back as you drive forward.

#### **Potential**

I repeat again, the Steeplechase has the greatest potential for you improve in, than any event on the track. No matter what your ranking is in your flat events, if you have the desire to work at it, and you can actually enjoy the Steeplechase or even purely the challenge of it, you can make it your best event,..... "I did".

#### **Rob Hendys' Steeplechase Credentials**

Best 3K Steeple. 8.29 Canadian Open Record Pacific International Games Victoria B.C. 1973

Eight Victorian Steeplechase Titles 1968 to 1977

N.S.W. and S.A. Titles 1974/5

Represented Australia 4 times 1973 to 1977

Placed in 3 consecutive Olympic selection Trials 1968,72,& 76

Represented Victoria 20 times 1966 to 1977

Victorian 10 mile (16k) Cross Country title 1971

Best times.

100m 11.6 200m 24.2 400m 51.2 800m 1.51.2 1500m 3.41.8 3000m 8.04  
3000m steeple 8.29 5000m 14.04 10,000 30.00 Marathon 2.49.50

