

# Vic Vets

NEWS AND RESULTS

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*Vic Vets News and Results August 2000*



## *Vic Vets*

NEWS AND RESULTS

Print Post Approved  
PP 338511 / 0014

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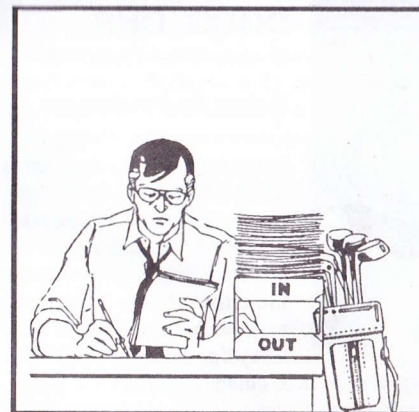
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## EDITORIAL

How about some of you lot writing an editorial and I'll publish it. I am not exactly full of ideas this month. Our news is a bit down, as you might expect in winter. A strange season, not very upbeat, yet to many people, very acceptable. Distance runners love it. We had very enjoyable distance races at Yarra Bend, Braeside and Princes Park. Reports of the latter two are inside. Our program tries to cater for those who want to get their miles in before the Melbourne Marathon. We will have a 25km along the Maribyrnong River track on September 10<sup>th</sup>. If you look at the calendar you will be able to pick out a few more longer fun runs to help you prepare for the marathon. The Melbourne Marathon seems to be in new hands this year. It will start at Frankston, as it used to do back in the early eighties. See page 35 for the way this will affect Vic Vets who want to participate. Distance walkers have had their winter races over distances from 5km to 20km. Results are inside. Nothing much for sprinters at this time of year, although the venues continue to put on sprints, middle distance, distance and walks every week of the year. Sad to hear of the passing of two of our older statesmen, Doug Orr and Frank Scully. Despite the distress associated with their deaths, their funerals were very inspiring and fulfilling. We were proud to have been associated with them in the same club. Each of them had strong ideas, firm principles. As we try to press on and chase the latest and the new, we can get confused with the glitter of the internet, sports management, consultancies, online selling, corporate this and cyber that. Some of the clear sight of the older gen-

eration would not go astray to cut through the crap. Yet we must join this new generation if we are to survive.

We can not go on forever unless we get some new young blood in the club, and unless people who have never taken responsibility step up and take their share. A supreme example of the changing of the guard happened when Peter and Marge Colthup, and erstwhile collater and stapler, Eddie Stack, gave up the job of producing "Around The Grounds" to Ken Walters and Astrid Rose. Ken and Astrid will do it differently, but your results will still be available. Ken and Astrid are making every effort to join the 21<sup>st</sup> century with the use of e-mail and the internet. You can see the contents of "Around the Grounds" on the internet. Check out the website on

<http://www.users.bigpond.com/judynken/>

or connect to the VicVets website at:

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

and go to the links page where you will see "Around The Grounds" as an option. (You can also get a copy on paper if you sign up for it at your venue.)

Peter, Marge and Eddie have done a mammoth job producing the paper version over many many years. They were always willing, but it must be a relief to them to have that little bit more space in their lives. Now Pete and Marge can get on with their bowls. They really enjoy their new location at Bangholme. You should drop in and see what they have done there, particularly in what was meant to be a carport. If anyone deserves a rest from Vets' work it is Pete and Marge.

I hear that the entry booklets for the Brisbane WAVA World Track and Field Championships will be out this month. The website for this major event is:

<http://www.worldvac2001.com.au>

State secretaries will have the booklets soon. You should be checking out your accommodation at Brisbane before it all runs out. See page 33 for a suggestion.

The nationals are in New South Wales next year. The track will be at Campbelltown, on the Hume Highway south of Sydney. In this issue David Sheehan has some information about his enquiries into accommodation for this event at Easter. Also some suggestions from NSW Vets, including accommodation at Camden, which is not far from there. See page 33. Get yourself organised early. Cheers for now.

*John Browne*



## DOUG ORR

25 April 1923 to 14 June 2000

### Eulogy by Dot Browne

It was interesting to hear about Doug's life as a paratrooper. Obviously the energy, enthusiasm and love of life that he displayed during that phase of his life carried over to whatever he took on board. And we were lucky that it was Veteran Athletics in the mid 70s.

It is difficult to do justice to the man that was so popular with everyone. He was a real gentleman, with a great sense of humour and a positive attitude to life. I never heard him whinge about anything.

To me, he was a special mate whom I remember well from the very first night I turned up at Croydon venue as a raw recruit of 38. He used to travel for Cadbury's in those days. I was hopeless that night and couldn't run 6 laps to save myself. I was devastated to be

passed by blokes twice my age when I thought I was fit. But his friendly, welcoming attitude and eager encouragement had me fronting up again the following week and the next and the next. From that time, as with so many others, Veteran Athletics turned my life around and 22 years later, so many of us owe much to Doug's early inspiration and encouragement. Within 6 months he had Colin and myself training for the Melbourne Marathon, taking us on long Sunday morning training runs from Mitcham to Canterbury and back as preparation.

For as long as I can remember, he was a committee member, and eventually became a popular President of the club, coping diplomatically with some of the more aggressive members at meetings, who made life difficult for him as President.

He was a surprising athlete when you consider that he was an excellent sprinter and won many medals at Championships over the years for the shorter events, but he still ran the Melbourne Marathon, a distance that few sprinters tackle. He was always a well known face at the national championships in each state, and played a big part in the development of the Australian body, AAVAC.

He also used to be a regular at Murray Whitmore's Saturday morning squad and he used to tell us about the gruelling sessions they used to have at Tally Ho in East Burwood and the dire penalties Murray would dish out

if anyone was late.

Three of the main contributions that Doug made to our club were, firstly, the initiation and marketing of a navy and white club track suit and cap which has proved very popular with our members.

Secondly, he was responsible for the production of a neat publicity brochure entitled "Fit for Life" which he designed, which goes to all those who show interest in joining our Club.

Thirdly, was the amazing job he did as our Publicity Officer, often speaking at Elderly Citizens groups, extolling the virtues of getting fit as an older person. I often saw him manning a booth at the Nunawading Festival Days, handing out brochures and sitting amid the large publicity photographs and slogans that he had organised. Doug would have to have played a large part in the enormous growth of our club, from about 100 or so when he first joined up, to the eleven hundred or so that we have today. His enthusiasm and love of the sport is something we will miss him for dearly.

\*\*\*\*\*

### Eulogy by his son, David Orr.

Welcome to a celebration of the life of Douglas Boyd Orr. We thank you all for joining us today as we reminisce on Doug's life.

My name is David, Doug and Marie's third child. I would like to share with you a distillation of my perspective of my father.

#### Idiosyncracies

Doug was a modest, dedicated and proud man. He was dogmatic, single-minded and determined; at times ir-reconcilable and irascible. He could come out with some of the most embarrassingly bigotted comments, but he was not a bigot in practice, he was merely product of his times. Doug was a generous and fair man, he played by the rules and expected others would do the same. He respected and enjoyed the camaraderie of his numerous groups of mates. Doug had a wry sense of humour and although he had no formal musical training he could knock out a decent tune on the harmonica.

#### Admiration

Dad always led an active life with a long history of membership of various clubs and groups. He was a smoker and drinker until his middle age when he found his calling with the Veterans Athletic Club. Doug gave a deal of his time to community service by being an active member of his clubs and groups and through committee membership and organisational work, he served terms as secretary or president with most of his affiliations. Doug was there to lend a hand.

#### CV

Born: St. Kilda, 25 April 1923. We always had birthday cake and candles on the 26th because Doug was never home on Anzac Day. Doug attended North Caulfield Primary School then Melbourne Boys High School. He was a salesman for most of his working life often with a weekend job to help make ends meet. He was a loyal employee with a strong work ethic. Doug married Marie in 1946. He was father to four children. Dad and mum provided us with an excellent environment to grow up in. Upon reflection, life in Blackburn South throughout our childhood was sublime. He was grandfather to nine grandchildren and six great grandchildren. Tim, the ninth grandchild, was born two days after Doug's death.

Doug's life was a mixture of adventure, service and well-being as the list of his affiliations exemplifies. Scottish Regiment Paratroopers and the Paratroopers Association. St. Kilda Hockey Club. Freemasons. Nunawading Scout Group. Victorian Veterans Athletic Club. Active at Any Age (health promotion through Vic Health). Tally-Ho fitness group.

#### Conclusion

Doug was never one to boast of his achievements, in fact another of Doug's idiosyncracies was that he never really communicated freely, how much went unsaid we don't know. For us Doug will always have his enigmatic streak.

Doug had a personally fulfilling life, an admirable life, he made the most of it.

When he goes through those pearly gates I'm sure he will take a turn to the right and head straight to the queue for the bus to runners' heaven.

David Orr 19 June 2000

## R.I.P. FRANK SCULLY

One of the older generation of Vic Vets, Frank Scully, passed away peacefully on 2<sup>nd</sup> August 2000 at the age of 90. His funeral at Saints Peter and Paul, South Melbourne, was a really notable occasion. Led by the inimitable, outrageous Father Bob, it had such warmth, comedy and humanity that it inspired pride and love of people rather than desolation at the fact of death. Frank had been a remarkable father. Most of his twelve children, now all middle aged adults, were there with their large families. It was the gathering of the clan. Read the funeral notice to get an idea of the family of which he had been the patriarch. It was only four months since the same people had attended the same church to farewell his wife Moira.

Frank had been a staunch Labor man and a pacifist, although he had been a returned soldier too. He held forthright views. He was very active in the local community, a member of the generation who walked to the Saturday afternoon matches when the league was the Victorian Football League, the Swans were South Melbourne, the Lions were Fitzroy and the Kangaroos were North Melbourne, playing on their own local grounds.

Athletics were a big part of his life. He was a walker with the likes of Tom Daintry, George Knott, Ralph Field, Bert Gardiner and Gus Theobald. At the church there were photos of him walking at the Rome WAVA World Games.

In recent days he had been at a nursing home in South Melbourne. Dot and I remember him as a big cheerful old man who always had a smile for the younger vets. Sad to see him go, but it makes you proud to have known him.

Lord we thank you for the life of Frank, and the many gifts his presence among us brought into so many lives. Let us pray to the Lord.

Lord, hear our prayer.

We thank all those who cared for Frank in his recent illness, especially the staff at St. Vincent's Hospital and the Ripplebrook Nursing Home.  
Let us pray to the Lord.

Lord, hear our prayer.

## Francis Anthony Scully

28th September 1909 - 2nd August 2000



**SCULLY, Francis Anthony** (Frank). — Aged 90 years, died peacefully 2 August, 2000 at Ripplebrook Nursing Home, Clayton South. Loved husband of Eileen Molra (dec) and loving father of Patricia, Therese, Jennifer, Judith (dec), John, Helen, Kristin, Mary, Barbara, Elizabeth, Paul and Annemarie. Loving grandfather of Desmond, Claire, Peter, Xavier, Timothy, Matthew, Jeremy, Emma, Sarah, Adrian, Kathryn, David, Lisa, Paul, Jacinta, Rachael, Anna, Esther, Amy, Naomi, Aaron, Katie, Joseph and Moira. Loving great grandfather of Cherie, Heather, Sarah, Dominic, Oliver, Bridgette, Brianne, Nathan, Teaghan, Imogen and Thomas. Loving father-in-law of Emery (dec), Don, Edward, Margaret, Bernard, Charles, Ian and Christopher.

Our sincere thanks to the Staff of Ripplebrook Nursing Home.

Rest in peace

**SCULLY, Francis Anthony** (Frank). — Died peacefully 2 August 2000. Beloved brother of Tom (dec), Ned (dec), Ellen (Nell) Harrick (dec), Maurice, Annie (Nancy) Maebus (dec), Jack (dec) and Owen (dec).

Rest In Peace

May God fill with his peace all those who are sorrowing at their loss of the love and friendship of Frank. Let us pray to the Lord.

Lord, hear our prayer.



## Letters to the Editor

To Dot and Col Browne

Just a few notes to Vic Vets members that I am to carry the Olympic torch, on July 21st 2000, 1-30pm in my town of Port Campbell. I am very proud and happy, and would like to share the good news with my fellow Vic Vets members. My best regards to you all and hope you are all keeping well. A Geelong school with 1000 students selected me after training them in my lunch hours for 20 years for school cross country running. Also I am a volunteer at the Sydney Olympic Games on the warm-up track in September, and also the Paralympic Games in October. I am looking forward to these events.

Also of interest, in April 2000, I walked 220km from Numurkah to Melbourne with the Right To Life, with 100 young and old. It was very hard. We would walk 30 to 35km each day for seven days. We were taken to people's homes, given a meal and a bed, and start again next day. It was hot and humid some days, but a great challenge to help others. I enjoy reading Vets News and Results every three months that you send out to members. Will close for now. God bless, Yours in sport Colin Silcock-Delaney

[Ed: I noted that Col participated in six events at the Victorian Veterans Championships, went straight to Numurkah and joined the Right to Life Walk to Melbourne, then on to Hobart to the Nationals where he did another six events, taking gold in the two walks.]

Dear Colin,

Thank you for your reminder note. re subs for Val and myself, which prompts me to write this note of resignation. Unfortunately, Colin, the time has come to hang up the running shoes after over twenty great years as a member of the vets. Neither Val nor myself were ever world-beaters but we did enjoy the company and friendship of the vet fraternity. Val and I wish you all the best for the future and we are sure to poke our noses in at Collingwood from time to time. Once again thank you for many very pleasant memories.

Yours faithfully

Val and Colin Hamley.

\*\*\*\*\*

Dear Colin

I think it may be a while before I come back to the Vets. It may not happen at all, I am just not sure. I have battled with chronic fatigue for five years and only now am I well enough to start running again. As you can imagine, it's pretty hard when you've done nothing for so long, and you're carrying 10 extra kilos around, but I'm managing 4km every second day at the moment. We've also sold our house earlier this year and are in the process of building up at Healesville. Graeme has been so busy with work he can not find the time for running.

All I can say is that, everything going well for me and no more hiccups, even though I still have to listen to my body at times, I'm hoping to be able to get fitter and lose weight and may look at rejoining the Vets after our house is finished and we have moved in. I know both Graeme and I have enjoyed our times in the Vets and made some great friends over the years, but at the moment I'm taking it day by day. We'll just have to wait and see.

If at any time you need any questions answered about chronic fatigue, I am quite happy to talk about it, as I have learned a lot over the five years. It can strike anyone at any age and any level of fitness, but we seem to hear only about your top athletes, and a lot of people have the mistaken notion that it's the ones who train a lot that get it.

Well Colin, all I can say is that I may be back next year, we'll wait and see. You and Dot have been great over the years.

Keep up the good work.

Lorrie Bishop (and Graeme)

[Ed: There were several similar notes from members who were not renewing due to injury, illness, hip replacements, age, changing interests and so on. Almost all had positive things to say about their experiences as members of the Vic Vets. We are sad to see them drop out but recognise that our lives and bodies change and we have to make decisions accordingly. We can not ask for more than that they have positive memories of their time in the Vets. The questionnaire gave them the chance to rebuke us, or offer suggestions for improvement. As this reply shows:]

Dear Colin

A few people at the venue were friendly, but most were just too serious about performances, too busy, or too shy? An effort should be made to welcome and encourage new members and maybe even tell them what's going on? and what to do? what's expected? and what they can gain.

I feel that the Veterans will die out in the future unless new young blood is welcomed into the club. I joined, as I was once a little athlete and wanted to come back for the variety of events and the friendly competition.

I wont be coming back in the near future due to work commitments, etc. Hopefully if it is still going on in the future, when I have more time, I will return and go on the committee for PR and publicity.

I think the questionnaire is a good thing, and probably a little handbook with all the club information and expectations similar to V.L.A.A. for new members would be very handy. As I said earlier, to keep the club's future alive more encouragement and publicity would be necessary, especially for the next generations who have less time in our crazy technological advancing world.

Deb Nailon

Colin,

The BBC did a documentary on the Gateshead World Vets Championships, taking a handful of athletes and following their progress throughout the Championships. Most of those featured were British, but it covers their fortunes against their international competitors and gives a good flavour of the fortnight. I have a copy of the documentary and I'm happy to lend it to interested parties, it certainly gave me an enjoyable summary of a good holiday!

My contact details for those that would like to borrow it are: Business number 9234 2375. Home 9592 4444.

Regards,

Paul Davidson

Subject: Letter to Editor Date: Thu, 22 Jun 2000 12:54:12 +1000 From: ron.smith@doi.vic.gov.au To: cfbrowne@ozramp.net.au

One of the highlights of my recent years has been the Sunday after Melbourne Cup Day when the Bushrangers Classic is run. I always looked forward to it because it gave a chance to keep fit by doing something organised between the end of the football umpiring season and the start of summer. I was bitterly disappointed to learn a couple of weeks ago that there will be no more bushrangers classic. I will miss a great day with the chance of keeping fit and missing the company of people like the Camerons Clowns crew, Andrew Tunne and Anne Callaghan. I am hoping like mad that something similar will be organised.

Ron Smith.

[Ed. I believe that Ken Walters is looking at some options to offer on that day. We will keep you posted.]

\*\*\*\*\*

Colin

Would you please include in your next News and Results the fact the H.H.H.H. inter venue Annual Grand Final to be held at East Burwood Venue on Thursday 2nd November 2000 will now be known as the DOUG ORR MEMORIAL HALF MILE HANDICAP.

Thanks

Ken Walters

\*\*\*\*\*

Hi Colin

Following the cross country at Collingwood on 28/5/2000 I was left with some clothing. Some I have been able return but the following is still being looked after. Each item has been washed etc and I would like to find a home.

Items are as follows:-

- (a) A pair of "Victorian Road Runners" short. no size visible,
- (b) A pair of "Temp Sport" black shorts, size large,
- (c) A pair of "Bond" jocks, blue, size M,
- (d) A pair of white cotton socks.

As with the Venue lost property I intend to hold for say three months then send them of to an "Op Shop" or bin for disposal.

I have not had any report of pneumonia following the cross country it was certainly a cold & wet day although under the circumstances it was a successful day

Regards Bill Ryan  
Co Manager Collingwood

Dear Colin,

I have received your letter regarding my lapse in membership. All is not lost - yet I felt no urgency to pay up as I have not been competing. However I intend to do so when my cash flow improves in the second half. This is not to suggest that I think the subs are too high. After all where else could you get the use of facilities and the organisation to run them, for such a nominal figure.

The primary reason is injury. My knees have given out, so at the very least I have temporarily retired. Since joining S.S.H. in 1950 I have retired several times so I cannot say with any surety that this retirement will be permanent, but at sixty six recovery is slower and the road back may be too long. I am a competitive beast and see no point in jogging over the distance in race conditions.

I have always preferred scratch races rather than staggered starts. In a scratch race it is possible to run the distance competing with someone of a similar standard. This leads to greater rivalry and a certain camaraderie. With handicaps, the handicapper has to be spot on every time for this to occur. The downside to scratch racing at my age is that the field is pretty thin out the back! The races can sometimes be more like a time trial. This has dampened my enthusiasm somewhat, particularly as my times are also disappointing to me.

This gives rise to the thought that one venue might specialise in providing races with heats based on genuine ability levels. This sometimes occurs now, with some sprint and middle distance events, if the numbers warrant it. However numbers can still be a bit thin. If that type of racing was consolidated to one venue however, there could be enough participants in each heat to provide the shoulder to shoulder type competition. The real problem might well be that we simply do not have enough members at the standard of the sixty five plus age group ( ignoring the top two or three ) to make up a close packed field. This is just a thought, it would not mean that I will be able to make it back. If I can run I will be back, whatever the format.

As I said, I still intend to pay my subs for this year and will re-assess the situation early next year.

I must take this opportunity to thank you and all those people who keep the organisation going. I have had immeasurable pleasure from being able to participate.

With Kind Regards, Don McLean

Dear Colin,

I submit this article for consideration for publication in "Letters to the Editor."

### Don't Devalue the Medals

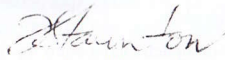
Despite some initial enthusiasm on the trading in of medals, I believe now that this practice undermines the esteem of our medals. Therefore I think we should cease this trading.

Often athletes win medals with good performances and much hard effort with an individual keeping the medal as a reminder of this. It wouldn't surprise me if some of us feel indignant when we see athletes trading in their medals or donating them.

Instead of carrying out ideas and practices that devalue our medals, we should be thinking up ideas and practices to increase their esteem. I am mindful of why an athlete might not value his medal received for a poor performance particularly in a race of few or even one competitor. However we could introduce athletes only winning medals if he or she reaches a particular standard eg: using WAVA standard percentage figures. Then there would be fewer cases of an athlete taking home an undeserving medal.

Finally as for donating medals back to the organisation, please lets keep this hush hush if it must be done.

Yours sincerely,

  
John Staunton  
Coburg Venue

#### RIP :Doug Orr (Victoria)

It was with sadness that I was informed by Colin Browne that one of Vets elder statesmen had passed away after his battle with cancer.

Doug was President of Victoria Vets for many years, an active AAVAC Council member, and eager participant at the Nationals. Doug was also a member of the Strategic Planning Committee, along with myself, and on one occasion we stayed in the dead centre of Kings Cross...I remember with fondness how he confided in me that this sort of area was not his "cup of tea" and he couldn't wait to get home to the relative safety of his beloved Victoria.

As President of Tasmanian Vets I extend our sincerest sympathy to the Orr family and Victorian Vets.

## SANDS HANDS

Student of Relaxation

Fee \$20/hr

## MASSAGE

Sandra Howarth

(Current member Frankston

Vets & Throwers Group)

Cranbourne North Victoria 0359 957667

[Sandyhow@satlink.com.au](mailto:Sandyhow@satlink.com.au) (AVAILABLE FOR FUN RUNS)



Colin

Here is a \$20 donation. If this isn't enough please let me know. I would like this to be an ongoing ad. When I am further qualified and also receive my sports massage certificate I will amend.

Also, I would like to make a further donation of a trophy up to the value of \$50 for the Melbourne marathon run in October for one of the Vets' divisions, and this would be continual each year.

Thank you

Sandra Howarth.

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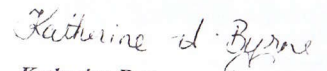
Victorian Veterans Athletic Club  
4 Victory Street  
Mitcham, VIC. 3132

Wednesday, July 19, 2000

Dear Sir/ Madam,

The Disability Education Program of Victoria is looking for your support! We have included a flyer about the upcoming Coaching Athletes with a DisAbility Level 1, Accredited Coaching Courses. It would be much appreciated if you could please advertise this flyer through your mail outs etc. We would also appreciate it if you could pass this information onto coaching staff and other interested networks. We would be happy to answer any further inquiries on 9337 0402.

Kind Regards,



Katherine Byrne  
Project Officer

Kathy Tessier, Active Approach, 483 Buckley Street, Essendon, 3040  
P 03 9337 0402 F 03 9337 0408 [kathy.tessier@bigpond.com](mailto:kathy.tessier@bigpond.com)

August 02, 2000

Phone (03) 9483 3915 PAGER  
web page www.despritzpublications.com.au  
Victorian Veterans Athletics Club Inc.  
fax 9873 3223

Dear Sir,  
Will you let me assist your members in improving their performance and recovery through massage?

I will teach your members a simple form of massage which will give them a way to do massage themselves and help with muscle flexibility, circulation and comfort at very little cost and without having to hire a masseur, or do an expensive complicated massage course.

Older people who do sport are prone to injury and may have to bypass some of the benefits that massage can give them and their bodies due to the fact that massage, especially deep massage, oils, towels, essential oils may bring on some unpleasant symptoms, and make life miserable for them.

I work at very long distance races, and for reasons of down time off the road, my people do not like conventional massage because of getting undressed and having to use oil on them.

I had to develop a massage sequence which would negate the need for this.

I developed the no oil, no undressing massage, which increased both performance and recovery.

Two years ago, I worked at the H.B.A. City Stop exhibition in Melbourne, and had to develop this even further, as some of the people who attended were suffering from allergies, and while saying they needed it for muscular problems, were reluctant to try it for fear of triggering a response due to the oils involved. Using the athlete massage as a base I was able to evolve a complete massage through clothes for them.

I now teach this method in 3 hour classes.

This includes-

- ⇒ Self massage
- ⇒ A lying down massage

The difference between conventional massage and the one being taught is that

- ⇒ It is Gentle-no pain is given as there is no deep massage.
- ⇒ Simple-there are no complicated strokes to learn
- ⇒ Requires no undressing-the person does not have to be pulled around and does not get cold.
- ⇒ Uses no oil-no mess or sticky smelly oil on bedclothes, or spillage's
- ⇒ Uses no equipment-except for the self massage for the carer who needs a strap, there is nothing to buy.
- ⇒ No pressure, or strength required.

This is done in a three hour workshop, run by myself.

I will attend your centre or any of your groups in any area day or evening.

I have also written a book to cover this area, which goes into detail on why conventional massage is not safe to use with older people who are into athletics.

*Michael Gillan*  
Sincerely Michael Gillan C.T.T.

15 Casuarina Court  
Hampton Park  
Victoria 3975

from Whitehorse Gazette, June 21, 2000

# Hard work pays off for Olympian

FITNESS fanatic Bob Gardiner has been pounding the pavements of Whitehorse for more than 40 years.

But when he hits the streets on July 30, the 64-year-old Mitcham man will be escorted by a motorcade and crowds of well-wishers.

A past Olympian, Mr Gardiner will carry the Olympic torch through Whitehorse.

Mr Gardiner has trained in the streets of Mitcham for years.

He competed in the 50km walk in the 1964 Tokyo and 1968 Mexico Games.

While injury prevented him from attending the Munich Olympics in 1972, Mr Gardiner said he had fond memories of his Olympic experience, especially Tokyo.

"Most people remember their first Games," Mr Gardiner said.

"Just getting into the team is an incredible feeling, but to be there is amazing."

While he didn't bring home a medal - he came in fifth at Tokyo - Mr Gardiner said the memory had not dimmed.

"My initial reaction was disappointment. You go to the Olympics with one thing in mind and that's winning a medal," he said.

"The fact that I missed out on a medal was really savage, but then you think about it and you realise that it's a pretty good achievement just to have gone."

Mr Gardiner's father was also a walking champion, but unlike his son he never made the Olympics.

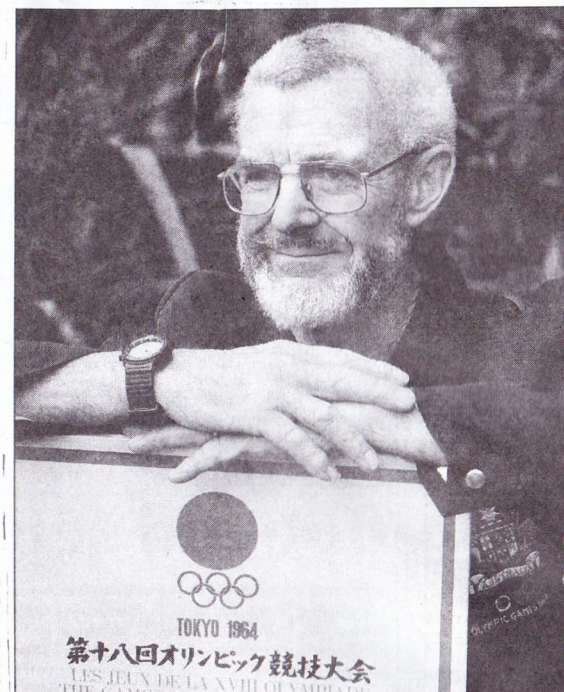
"My father was the Australian champion in the '20s. But he didn't get to the Olympics," he said.

"Back then only elite athletes could go because you had to raise the money yourself."

While his best time was four hours and 14 minutes, Mr Gardiner said current athletes had been able to shave a great deal off past records.

"Styles have changed dramatically over the years. Training was much cruder back then, now they have more cross-training," he said.

Mr Gardiner said while he was excited at the prospect of carrying the torch, he was also looking forward to going to Sydney to watch the athletics.



Happy times: Bob Gardiner, an Olympian in 1964 and 1968, will be carrying the torch in Whitehorse. Picture: KRIS REICHL 052KR316

## Congratulations

Four representatives of our sport were recognised at the recent Vicsport Awards.

Georgie Clarke - Dame Mary Herring Award for the Junior Athlete of the Year.

Peter Fortune - Victorian Coaching Centre Award for the Coach of the Year.

Lavinia Petrie - Vichealth Masters Sport Award for Best individual athlete.

Congratulations to each of these recipients for their awards and for the many hours of dedication that has enabled them to reach these heights of recognition.

from Athletics Victoria Newsletter

July/August 2000

# 85 and in a hurry

By FELICITY DARGAN

HE'S 85, but Eddie Gamble's fitness regime would leave many half his age gasping for breath.

The day begins with a run along the beach, or 5km at the oval, followed by a swim. He also pumps weights and does stretches.

"It's quite a workout," the Sandringham man said. "I see other 85-year-olds shuffling along and it makes me sad that they have let themselves go.

"They could be leading a much more active life."

A retired law clerk, Mr Gamble is also a champion athlete. He holds Australian records for the 800m, 1500m, 2000m and 5000m steeplechase in his age group.

In October, the father-of-two will attempt an inaugural world record when he competes in the 2000m steeplechase in the 85-plus age category. The course comprises 23 fences.

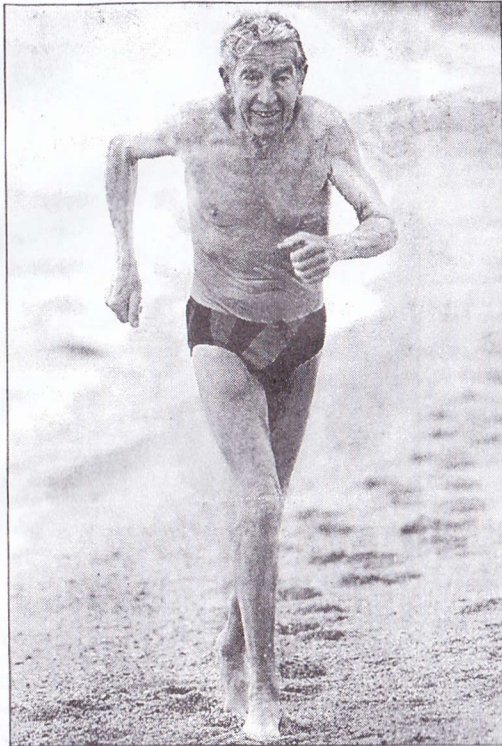
"No one's ever done it," Mr Gamble said. "I guess they reckon they're too old. It is a gruelling event.

"My wife Blanche thinks I'm mad."

Running has been his life since he was 21.

"I used to train with Richmond Football Club and worked in a factory nearby," he said.

"One of the coaches, a bloke called Alan Judkins who won a Brownlow medal, said I would be a



**Still a champ:** Eddie Gamble swims and runs every day. Picture: CRAIG WOOD

better runner than a footballer.

"So I joined the Malvern Harriers running club in 1936."

In his 40s, the fitness fanatic became involved in modern pentathlon, which comprises cross-country horse riding, run-

ning, shooting, fencing and swimming.

Mr Gamble narrowly missed selection for Australia's 1956 Olympic team but did set a Victorian record for the sport.

"The competitive spirit is in us all," he said. "You just need motivation."

## EDDIE'S

### HEALTH TIPS

#### Daily exercise:

"You have to make yourself puff to make it worthwhile. Walking is good for circulation but doesn't get the heart beating that fast, unless it's race walking.

"The feeling you get from swimming in the bay is tops. You can stretch and pump weights in your backyard. You don't need to join a gym."

**Eyes:** "I've never worn glasses. Everyday I exercise my eyes, roll them around, squeeze the lids vigorously.

"They are muscles the same as your heart and if you don't use them they'll become weak."

**Red wine:** "I have two glasses with dinner every night. A lot of people take half an aspirin a day but red wine has similar properties. It helps your digestion. We're pensioners so we drink cask wine."

**Diet:** "I eat healthy food, no rubbish, and maybe two or three desserts a week."

**Smoking:** "I stopped when I was 30 and learned its evils. It used to be fashionable to carry your cigarettes in a silver case."

Australian Veterans Marathon Championship, Sydney 2000									
<b>Men</b>									
M35	1	Gerry Olfield	Tas	2.28.38	M75	1	Randall Hughes	Vic	3.40.19
	2	John Jago	Tas	2.34.34		2	Lloyd Laing	NSW	3.56.47
	3	Peter Spehr	NSW	2.41.16					
					M80	1	Bob Horman	Qld	4.04.56
M40	1	Martin Cash	Vic	2.33.15					
	2	Ian Kent	Qld	2.42.09					
	3	Andrew Law	Tas	2.46.04					
					<b>Women</b>				
					W35	1	Elvira Petracca	Vic	3.45.21
						2	Bronwyn Hanns	Vic	3.47.15
						3			
M45	1	Colin Heywood	Vic	2.49.28					
	2	Trevor Jacobs	ACT	2.49.52					
	3	John Kelly	Vic	3.03.08	W40	1	Carmel Kahlefeldt	NSW	3.07.31
						2	Joanne Cowan	NSW	3.09.02
M50	1	Graham Medill	Qld	2.54.50		3	Robin King	WA	3.18.34
	2	Graham Burke	ACT	2.55.12					
	3	Graham Hewitt	Vic	3.06.20	W45	1	Cathy Montalto	ACT	3.35.52
						2	Lyn Davis	Vic	3.42.34
						3	Susan Vetten	WA	3.46.08
M55	1	John Davies	WA	3.06.17					
	2	Doug Limbrick	ACT	3.16.46					
	3	Stan Belcher	Vic	3.18.00	W50	1	Antoinette Shaw	WA	3.06.53
						2	Janet Upcher	Tas	3.19.52
M60	1	Colin McLeod	Qld	2.52.39		3	Maryann Busted	ACT	3.29.17
	2	Rein Evenhuis	Qld	3.11.29					
	3	Barry Watkins	Vic	4.05.20	W55	1	Betty Menzies	Qld	3.35.14
						2	Pauline Keneally	Qld	4.31.05
M65	1	Bill Page	Vic	3.42.35		3	Caroline Campbell	ACT	4.37.54
	2	Earnest Warner	ACT	3.43.07					
	3	Marco Falzarano	ACT	3.57.24	W60	1	Barbara Dalglish	Vic	3.58.05
						2	Judy Wines	Vic	4.34.47
M70	1	Cecil Walkley	WA	4.22.38					
	2	Mike Brown	NSW	4.31.05					
	3	Bill Burrige	NSW	4.36.11					

## Half Marathon

By Kevin Cassidy

Sunday July 24th once again saw the annual Peninsula Road Runners Half Marathon conducted at the Moorooduc Reservoir.

I dragged my flu ridden body out of bed and headed south with what I thought was plenty of time to spare but I managed to get totally lost in the Moorooduc area. Just how does one get lost in an area that he has been frequenting for more years than he can remember?

I am not sure myself but I am blaming a severe case of stress induced alzheimers !!!!! Anyway, there I am on a dirt road that is not on the map with only 10 minutes to start time, when I suddenly see a chalk mark that is the bottom turn around of the course.

Before I could blink, I am doing 110km on a skinny dirt road which resulted in a chipped windscreen as I passed another vehicle.

Roaring into the carpark, I am met by Lindsay "Always" Beaton who is directing traffic with all the competence of Mr. Bean doing his laundry!!!! With Lind-

say in control, the poor guy in front of me came within a millimetre of backing into a pole. The wind was at gale force levels as I leapt out of my car to pay my entry. With the wind so strong, the barbecue chefs had decided to move inside the registration tent, a move that well and truly smoked everybody out. Fair dinkum, the smoke in the tent was so thick that the poor guy behind the table had to keep running outside to catch his breathe. As I hurriedly paid my entry with one minute to spare, I was struggling to pin my number on in a rush, a move that saw me spill the safety pins on the grass. Thanks to the "Gruesome Twosome" of Judy Wines and Jane Sturzaker for helping me pick them up, much to their bemusement, I might add. The double out and back course on undulating dirt roads is always a challenge and the early kilometres provided some excitement when a young girl, peacefully riding her horse, suddenly had to hang on tight as the horse started to panic at the sight of all the runners. The horse eventually broke free and took off down the road, fortunately no runners got trampled and the young girl, although a little shaken, assured me that her horse would just run back home again.



Coming back along the return leg for the first time, I was passed by Lindsay [yes, that's him, the Mr. Bean car park attendant] who yelled at me "Shilston is way up ahead, you'll never beat him now", "As long as he comes good with some pumpkin soup, I don't care" I replied. By the time I got back to the start finish area, I was feeling decidedly ill and dizzy [Never EVER run with the flu] and should have stopped but I foolishly thought that I would plod on no matter how slowly. Running across the dam wall, I passed Alan "HALF" Witt who was doing point duty at the corner. The blind old sod didn't even recognise me until I spoke, I know he claims to have poor eyesight, but I reckon he must have bloody good eyes just to be able to see through those super thick glasses of his!!!!!! When he finally recognised me, all he could say was "Get a move on you old goat" With 5km to go, it was painfully obvious that I

should have stopped at 10km or, even more sensibly, stayed home in bed. I was feeling very dizzy but had no other way to get back other than to keep running, I finally struggled up the last hill, almost fainting, when Jane Sturzaker, oblivious to my condition, ran passed with a smile and saying "Gee, you're taking it easy today". All I could do was mumble the magic word. Apologies for my French, Jane.

Well, I did manage to finish without dying but missed all the presentations etc while I remained flaked out in my car with its freshly chipped windscreen { I am way too embarrassed to reveal my pathetic time}

I had been well and truly cleaned up by the likes of Mad Max Gibbs, Ross Shilston and Australian 100km Champion, Mike Wheatley. I did, however, still manage to stay ahead of one Kon Butko.....I guess I can, at least, claim one scalp !!!!!!!!!!!!!

Back at the Shilston household, I was pleased that Ross did, indeed, come good with the pumpkin soup which I scoffed down quickly before timing my exit to perfection by leaving just as a couple of Jehovah's Witness's came down the driveway to convert the poor lad to a new and enlightened lifestyle.

## VVACI RACE WALKS

### 10KM for Men and 5km for Women

The first of our Club Race walks for 2000 was held at Middle Park on Saturday 23rd June and these were the 10K Men and 5K Women. Weather was fine but cool and 22 Men and 25 Women competed. Results were:-

Women 5K Race Walk

W70.

Jean Knox 33.14 1st  
Mary Elks 44.11 2nd

W60

Aileen Love 30.57 1st  
Marg Beaumont 33.10 2nd  
Bev Hugo 34.50 3rd  
Sylvia Ross 36.59 4th

Jean Leggett D.q

W50

Heather McDonald 26.31 1st  
Celia Johnson 29.13 2nd  
Liz Feldman 30.46 3rd  
Jenny Graham 40.05 4th

W40

Lil Kriegler 30.02 1st  
Denise Leggett 36.09 2nd  
Jenny Field 37.01 3rd

W65.

Shirley Coppock 37.13 1st  
Pam Mews 43.44 2nd

W55

Gwen Steed 28.38 1st  
Sylvia Machin 31.10 2nd  
Marg McCormack 34.48 3rd  
Cynthia Herbert 37.42 4th

W45

Marlene Gourlay 28.14 1st  
Janet Holmes 28.24 2nd  
Janet Carter 35.11 3rd

W35

Sharon Schnyder 24.46 1st  
Annette Major 26.07 2nd

Excuse me, I'm the stadium doctor.  
You've taken the wrong cup, we've been  
using that for the urine tests.



Men 10K Race Walk

M75

Jack Kilfoyle 1.14.49 1st  
Syd Elks 1.17.28 2nd

M65

Ken Walters 1.02.48 1st  
Colin Silcock 1.07.05 2nd  
Stan Ross 1.07.18 3rd  
Fred Brooks D.q  
Jim Machin D.q

M55

John Hallow 1.03.06 1st  
Ron Bilston 1.06.55 2nd  
Dave Herbert 1.11.42 3rd

M45

Col Heywood 48.50 1st  
Ross Reid 50.33 2nd  
Ian Cassell 58.54 3rd

As always many thanks to all who competed and all who helped with the conduct of the events. The day went smoothly and this was due to the assistance of all Officials and helpers.

Peter McGrath.

M70

Gordon Gourlay 1.08.58 1st

M60

Murray Dickinson 51.47 1st  
Tony Johnson 52.26 2nd  
Bob Gardiner 55.38 3rd  
Geoff Major 59.58 4th  
Ian Beaumont 1.17.15 5th  
John Beck D.q

M50

Anthony Barrett 57.03 1st  
Pierre Kriegler 1.04.45 2nd

## VVACI RACE WALKS

### 20KM for Men and 10km for Women

On Sunday 23rd July 8 women and 7 men competed in the 10 and 20 kilometre race walks at Middle Park. Weather was fine with a strong northerly wind. Results are:-

10 Kilometre

W70

Jean Knox 1st 70.02

W55

Gwen Steed 1st 61.25  
Sylvia Machin 2nd 64.10

W45

Janet holmes 1st 60.16

20 Kilometre

M65

Ken Walters 1st 2.09.33

M50

Andrew Jamieson DNF

W60

Margaret Beaumont 1st 69.20  
Aileen love D.Q.

W50

Heather MACDonald 1st 58.42  
Celia Johnson 2nd 60.26

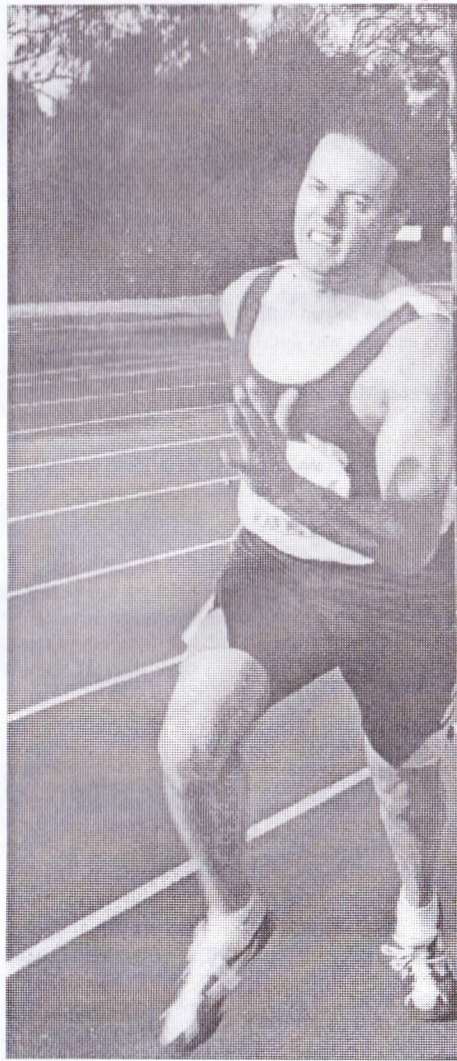
M60

Tony Johnson 1st 1.50.10  
Murray Dickinson DNF

M45

Col Heywood 1st 1.46.21  
Ross Reid 1.50.49  
Ian Cassell 3rd 1.59.32

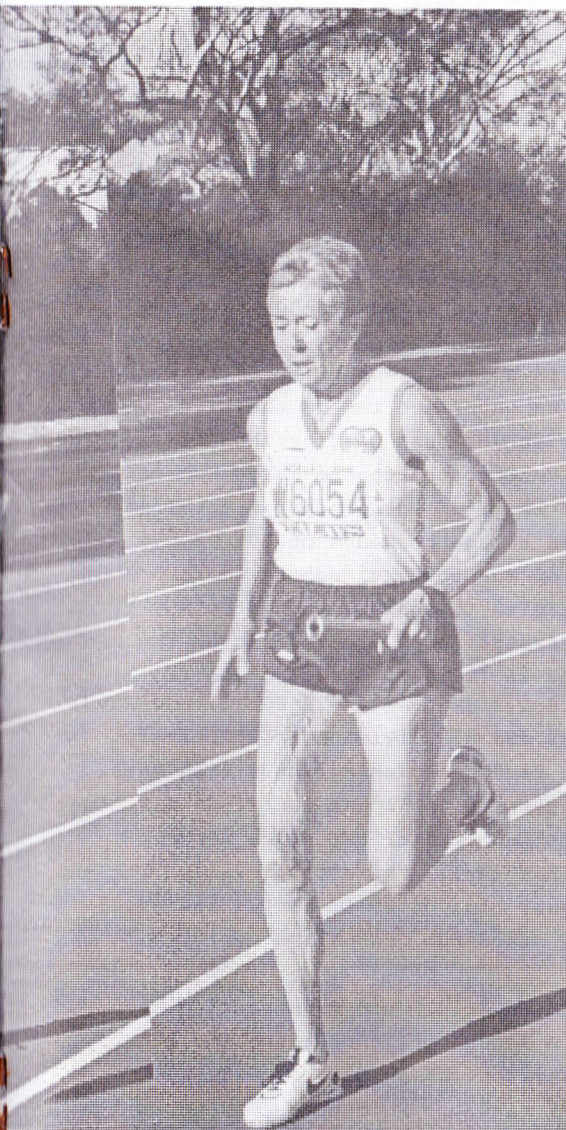
# At the Nationals, Hobart 2000



**Anthony Lolatgis, M40,** in the relay. Anthony contested the 100m, 200m and 400m, winning bronze in the 400 at his first nationals.



**Greg Varigos, M40,** in the Relay. Greg contested the 100m, 400m, and won gold in the 110m hurdles, the 400m hurdles and the high jump.



**Jan Morrey, W60,** who broke Australian and World records in the 2km steeplechase and an Australian record in the 800m.



**Col Silcock,** who took gold in the M65 20km road walk, and in the 5km track walk, also contested the 2km steeplechase, and track runs over 1500m, 5000m and 10,000m. It goes without saying that Col is one of our most enthusiastic members.

# ERIC GREAVES MEMORIAL 10km ROAD RACE

## ERIC GREAVES MEMORIAL 10K INCORPORATING VVAC 10K ROAD CHAMPIONSHIP BRAESIDE PARK 2-7-00

The 2nd annual Eric Greaves Memorial 10K road race incorporating the VVAC 10K Road Championship and the VCCL 10K h'cap again attracted a large field-110 vets, 28 invitation walkers/runners and approx 50 'pros'. This was indicative of the tremendous respect and affection held for our late, legendary club captain, Eccles.

The weather gods certainly smiled with a fine, clear, crisp early winter morning making ideal conditions for an endurance run on the, kind to ageing limbs, gravel road surface set in the bush setting that is Braeside park. The ideal conditions, no doubt, contributed to the large number of excellent times recorded over a wide range of age groups. A total of 16 runners rated equal to or better than an age graded % of 80%.

The long distances travelled by two of our country members to take part certainly bore fruit-Bendigo's Keith McDonald winning the M50 in the smart time of 36-02 (83.4%) and Ballarat's Barry Brooks blitzed the M60 field to record a terrific time of 37-26 (87.5%). Great to see two of the club's long serving, elder statesmen Ron Young (69 44-39 80.7%) and Ray Kemp (72 48-16 77.4%) winning the M65 and M70 divisions respectively. Shirley'Nan'Young rated an excellent 84.2% in winning the W70 in 46-22. The tussle for the much coveted, beautifully Louis Waser crafted perpetual trophy went right down to the wire between two of our elite members- Theresia Baird (W55) and Randall Hughes (M75). Theresia prevailed for the 2nd successive year with an exceptional time of 39-21 for an age graded % of 93.6%-a world class effort by any standards. Randall's performance was also outstanding (76 43-58 89.8%).

I am sure all who competed, and had known Eric, would have carried their own memories and recollections of him around the course and would have derived a particular and personal satisfaction simply by participating- for this reason it was not just a 10K race but an opportunity to, in solidarity, salute the memory of Eric in the most appropriate way possible -by enduring the endurance run together. No doubt many anecdotes and stories of Eric were shared over the post race cuppa- it was certainly a great sight to see such a large group enjoying each others company in the way runners do after the exertions of the distance run.

As was the case last year our club president Rob Waters invited Wendy Greaves and other members of Eric's family to present the much prized, specially struck memorial medals to all winners and placegetters. The success of the event, of course, was due to the terrific team effort of the large group of volunteers who assisted in the conduct of the event. Special thanks to Croydon's Ken & Judy Walters, Les Clark and Dave Sheehan; Springvale's Mick Colgan, Alan Bennie, Lyn Crouch, Val & George Paton, Kevin Campbell, Mike Hall and , of course, Wendy; East Burwood's Alex Harris; Mentone's John Markham, John Beck, Jan Morrey, John Waite and Nyala Millar. The second Eric Greaves memorial was another memorable experience as I am sure it will continue to be so down the years.

Ted McCoy

AGE G'P	PLACE	NAME	AGE	TIME	AGE GRAD.%				
						4	Phil KENINGTON	44	38-10 75.2
						5	Peter FIELD	42	38-44 73
W35	1	Kate WEEKS	38	42-51	71.7	6	Phillip TWINING	40	39-37 70.3
W40	1	Vicki COOK	40	45-10	69.1	7	Tony RUDDICK	40	39-49 70
	2	Angie KENT	41	48-40	64.7	8	Andrew TUNNE	41	42-57 65.4
	3	Helen VanDerNAGLE	43	51-05	62.6	9	Ken BOCOCK	41	43-03 65.2
	4	Rebecca NG	41	53-41	58.6	10	Bill LANG	43	44.13 64.4
W45	1	Sonya McLENNAN	47	44-37	74.2	11	Lou BUCCIERI	44	44-41 64.2
	2	Annette PELGRIM	46	45-33	72.1	M45 1	Graeme LETICQ	45	36-15 79.7
W50	1	Coral MONK	52	46-33	74.5	2	Colin HEYWOOD	45	36-34 79
	2	Heather McDONALD	50	47-54	71	3	Gary BARKLA	45	37-07 77.9
	3	Vicki THOMPSON	54	62-55	56.2	4	John NEWSOM	48	38-41 76.5
W55	1	Theresia BAIRD	58	39-21	93.6	5	Ross MARTIN	48	39-18 75.3
	2	Margaret CASSIDY	56	49-22	73.1	6	Michael BOURKE	46	39-48 73.2
	3	Helen MYALL	57	52-24	69.5	7	Rod WADSLEY	47	41-05 71.4
	4	Sylvia MACHIN	59	54-40	68.1	8	Rob CLUTTERBUCK	46	41-17 71.1
W60	1	Judy WINES	62	46-22	83	9	Ian ORR	49	41-38 71.6
W70	1	Shirley YOUNG	70	50-32	84.2	10	Gordon STEPHEN	46	44-32 65.4
	2	Corrie DeGROOT	72	58-13	75.3	11	Ian KRASKA	45	45-58 62.9
						12	Reg WILLIAMS	49	48-01 62.1
M35	1	Peter MAY	39	36-40	75.5	M50 1	Keith MACDONALD	50	36-02 83.4
	2	Robert HURTIG	39	43-50	63.1	2	Paul TWINING	50	36-32 82.2
	3	Kevin CASSIDY	39	45-10	61.3	3	Alan BENNIE	53	37-23 82.4
M40	1	Paul BENNETT	44	35-45	80.2	4	Peter BENCE	50	37-51 79.4
	2	Joe CAMPISI	43	37-30	75.9	5	Ken SENIOR	54	39-07 79.4
	3	Didier MARTIN	43	37-45	75.4	6	Gary STEWART	54	39-47 78

## NEW AUSTRALIAN AND PENDING WORLD RECORDS

Age	Event	Name	State	Performance	Date	Location
<b>Pending World Records:</b>						
W40	2k Steeplechase	Elaine Cooper	ACT	7:06.6	13.1.00	AIS ACT
M45	3k Steeplechase	Jeff Broderick	Vic	9:24.4	10.2.00	Olympic Park
W50	Triple Jump	Margaret Taylor	ACT	10.49 (=)	24.2.00	Bruce ACT
W70	2k Steeplechase	Shirley Brasher	TAS	12:00.12	1.4.00	Hobart
*M100	100	Les Amey	Qld	58.29	1.4.00	QEII Brisbane
*M100	1500	Les Amey	Qld	16:46.41	1.4.00	QEII Brisbane
W60	2k Steeplechase	Jan Morrey	Vic	8:59.6	8.4.00	Murrumbeena
W90	Shot Put	Ruth Frith	NSW	5.24	21.4.00	Hobart
W70	2k Steeplechase	Shirley Brasher	TAS	11:24.25	22.4.00	Hobart
W90	Discus	Ruth Frith	NSW	12.10	22.4.00	Hobart
W60	Weight Throw	Helen Searle	NSW	17.52	22.4.00	Hobart
W90	Weight Throw	Ruth Frith	NSW	5.33	22.4.00	Hobart
W55	Hammer	Marja Parviainen	NSW	50.56	24.4.00	Hobart
W90	Javelin	Ruth Frith	NSW	9.33	24.4.00	Hobart
W90	Weight Throw	Ruth Frith	NSW	6.00	24.4.00	Hobart
W90	Weight Pentathlon	Ruth Frith	NSW	4,339 pts	24.4.00	Hobart

\* Will request WAVA to include 100-104 records (otherwise these are Australian M100 records)

### Australian Records:

#M40	Pentathlon (w/Shot)	Kevin Matthew	ACT	2,708 pts	18.2.99	AIS ACT
W50	Pentathlon (w/Shot)	Margaret Taylor	ACT	3,252 pts	18.2.99	AIS ACT
M60	Pentathlon (w/Shot)	Don Fraser	ACT	4,005 pts	4.4.99	AIS ACT
M50	Shot Put	Ray Green	ACT	14.03	17.7.99	Masson St ACT
M85	1500	Allan Sherriff	ACT	8:45.67	? 9.99	Adelaide
M60	Long Jump	Don Fraser	ACT	5.35	? 9.99	Adelaide
W35	Weight Throw	Jayne Hardy	ACT	13.37	25.11.99	Woden ACT
W40	3k Walk	Lyn Ventris	WA	15:04.4	1.1.00	Bunbury WA
W55	Pentathlon (w/Disc)	Peggy MacLiver	WA	3,347 pts	13.1.00	Perth
W70	5k Walk	Jean Albury	TAS	30:59.84	15.1.00	Hobart
M50	3k Walk	Andrew Jamieson	Vic	12:59.5	27.1.00	OP Melbourne
M55	Shot Put	Ray Green	ACT	13.85	3.2.00	Bruce ACT
M70	Pole Vault	Garvin Brown	Qld	3.10	19.2.00	QEII Brisbane
W65	Weight Pentathlon	Heather Doherty	Qld	4,674 pts	26.2.00	QEII Brisbane
M70	Pole Vault	Garvin Brown	Qld	3.14	3.3.00	Southport Qld
W50	Pole Vault	Wilma Perkins	Qld	2.40	12.3.00	Southport Qld
W55	Pentathlon (w/Disc)	Peggy MacLiver	WA	3,321 pts	19.3.00	Perth
M65	2k Steeplechase	David Simmonds	WA	8:08.6	23.3.00	Perth
W40	5k Walk	Lyn Ventris	WA	24:32.6	24.3.00	Perth
W50	10,000	Antionette Shaw	WA	37:31.9	24.3.00	Perth
W40	3k Walk	Lyn Ventris	WA	14:41.7	25.3.00	Perth
M85	Pole Vault	Vic Younger	Qld	1.74	1.4.00	QEII Brisbane
M90	Shot Put	Alex Pittendrich	Qld	3.72	2.4.00	QEII Brisbane
M80	1500	Peter Brownbill	Vic	7:18	8.4.00	Murrumbeena
W70	5k Walk	Jean Albury	Vic	30:25	8.4.00	Murrumbeena
M85	Weight Throw	John Fraser	Vic	12.99	8.4.00	Murrumbeena
W60	800	Jan Morrey	Vic	2:41.7	9.4.00	Murrumbeena
W70	10,000	Shirley Young	Vic	49:30.43	21.4.00	Hobart
M75	10,000	Randall Hughes	Vic	43:05.41	21.4.00	Hobart
M40	Javelin	John Kay	NSW	60.20	21.4.00	Hobart
W50	Pole Vault	Wilma Perkins	Qld	2.50	21.4.00	Hobart
W70	1500	Shirley Young	Vic	6:47.29	22.4.00	Hobart
W40	5k Walk	Lyn Ventris	WA	24:26.73	22.4.00	Hobart
W70	5k Walk	Jean Albury	Tas	29:42.75	22.4.00	Hobart
W70	2k Steeplechase	Shirley Brasher	Tas	11:24.25	22.4.00	Hobart
W70	5,000	Shirley Young	Vic	23:21.40	23.4.00	Hobart
M75	High Jump	Fred O'Connor	NSW	1.20 (=)	23.4.00	Hobart
W55	Hammer	Marja Parviainen	NSW	49.17	23.4.00	Hobart
W60	Hammer	Helen Searle	NSW	42.67	23.4.00	Hobart
W90	Hammer	Ruth Frith	NSW	12.59	23.4.00	Hobart
W60	800	Jan Morrey	Vic	2:41.20	24.4.00	Hobart
W60	10k Road Walk	Brenda Riley	Vic	57:13	24.4.00	Hobart
W70	10k Road Walk	Jean Albury	Tas	62:31	24.4.00	Hobart
W90	Hammer	Ruth Frith	NSW	13.13	24.4.00	Hobart

W60	Weight Pentathlon	Helen Searle	NSW	5,022 pts	24.4.00	Hobart
M85	Shot Put	John Fraser	Vic	7.89	7.5.00	Murrumbeena
M85	Shot Put	John Fraser	VIC	7.94m	2.7.00	Murrumbeena

# Superseded record

### Provisional Australian Records Due To Specification Changes:

M70	Javelin (500g)	Rudi Hochreiter	VIC	36.22	18.1.00	Norfolk Island
M75	Javelin (500g)	Aivars Pavulins	Vic	29.97	18.1.00	Norfolk Island
M85	Javelin (400g)	Vic Younger	Qld	21.98	26.2.00	QEII Brisbane
M55	Javelin (700g)	Graeme Rose	Vic	48.24	9.4.00	Murrumbeena
M70	Javelin (500g)	Rudi Hochreiter	VIC	37.00	21.4.00	Hobart
W50	Javelin (500g)	Kaye Smythe	NSW	26.90	21.4.00	Hobart
M50	Javelin (700g)	Bob Banens	ACT	57.83	21.4.00	Hobart
M55	Javelin (700g)	Graeme Rose	Vic	48.41	21.4.00	Hobart
W55	Javelin (500g)	Mary Thomas	NSW	37.25	24.4.00	Hobart

Note: This is only the start, because there are many more to be established in hurdles, pentathlon and weight pentathlon. Please contact your State Statistician to claim a record.

Clyde Riddoch

AAVAC National Statistician

1/104 Coventry Street, Southbank 3006

Telephone 9204 7085(B), 9690 2903(H), Fax 9328 1235, Email [Clyde.Riddoch@Auspost.com.au](mailto:Clyde.Riddoch@Auspost.com.au)



## OLYMPIC TORCH RELAY

by Kevin Cassidy

Like many, I have been rather cynical of the celebrities and the wealthy treating this relay as their own form of self promotion, not to mention the Sophie Gosper episode that almost went all the way towards ruining its credibility altogether.

Today, Sunday July 30th 2000, saw the torch relay come through the humble Melbourne

suburb that has been my home for almost my entire life, I must admit that the days events certainly dulled my cynicism because it was hard not to be touched by the true meaning of the Olympic ideal.

With still over an hour before the torches arrival, the normally quiet deserted Sunday morning streets already had a certain feel about them as, slowly, people started arriving from all over to grab a good vantage spot to view the torch as it headed along Bell Street, Coburg. I had pulled on my running shoes and started to run the 5 km down to Reynards Street where a long time friend in Harold Stevens was to run a 500 metre leg. I have known Harold since 1976 and he has been a top athlete and administrator for all of his 70 plus years. In recent times, Harold has had a tough battle with cancer and chemotherapy has knocked him around considerably. A couple of years ago it was not thought possible that Harold would make it to the relay, but he has proved us all wrong again. Harold would not have missed it for the world and it was all he ever talked about in the lead up.

When I finally arrived to see his run, I could not believe the size of the crowd on the streets, I had no idea that so many people lived in the area. Harold carried the torch to the Reynolds Parade corner to the cheers of the crowd and was swamped by camera wielding reporters as he finished, I am sure there was a tear in his eye as he stood there proudly.

With Harold's leg now finished, I ran further down Bell Street to see ex Olympian, Ray Smith, carry the torch. He looked as excited as a young kid at Christmas.

All the time, I could not get over the huge crowd in my own humble suburb, I saw old school friends from 20 years ago standing on the streets. I followed the torch for about another 6 km and saw many torch bearers, most were just average citizens like you and I, what a great way to give the public a close connection to the games.

Pretty soon now, we will all be able to forget about the organisational stuff ups, the ticketing fiasco, the rich people feathering their own nests and corporate sponsors raping the true meaning of the games. In only 6 weeks time, the worlds best athletes will be pushing the limits of their abilities as the whole world watches and applauds.....nothing else will matter!!!!

OH SAY CAN YOU SEE.

*A report on the US Olympic trials by Alan Irwin.*

The trials. Every four years the US Track and Field Championships become the Olympic trials, which Americans like to refer to as the second best track meet in the world. This year it was held over eight days in Sacramento in July and provided one world record and four US records. The 23,000 seat stadium was sold out every day. In this home of hype I was expecting some over the top announcing but actually there was less hype than we are subject to at the Optus Grand Prix. The quality of the performances stood alone. The announcements were brief, informative and directed the knowledgeable crowd's attention to lane draws and significant field event attempts.

The pressure. Olympic selection is determined with chilling simplicity. The first three in each event are selected subject to having achieved the A standard. There are no exceptions. Consider the pressure on Marion Jones in the long jump final. She fouled on her first two jumps; one more and she was out. She came through with a 6.97 to qualify for three more jumps and won with 7.02. Every dream realised is at the expense of another's heartbreak. Feel for Meredith Valmon who led for the first lap of the 800 and was overrun by the entire Clark family missing out on third by .01 second. Third place is everything, fourth is nothing. This format together with real depth in most events and natural American competitiveness makes a great spectacle.

The highlights.

John Capel running 19.85 for the 200; the first of three under 20 seconds. He is reportedly considering offers to give up track for professional football after Sydney.

Marla Runyan third in the 1500 in 4.06.44. She has a severe sight impairment and becomes the first legally blind US Olympian.

Regina Jacobs' emphatic 14.45.36 after a slow start in the 5000. She also won the 1500 in 4.01.01.

The final positions in the shot put were decided in the last four throws of the competition. Three big blokes at once combative and supportive of each other in a joyous round of bellowing, leaping, hugging, What performances. What theatre. Adam Nelson 22.12, C J Hunter 21.87, Andy Bloom 21.61.

Stacy Dragila put additional pressure on Australian vaulters improving her own world record to 4.63.

The Clark sisters Hazel and Joetta first and third in the 800 with sister in law Jearl Miles Clark second; 1.58.97, 1.59.12, 1.59.49.

Marion Jones demonstrating grace and poise in everything she does. First in the 100 in 10.88, 200 in 21.94 and long jump 7.02.

Meb Kelezighi one of 11 children in an Eritrean refugee family made a bold move 9 laps out in the 10,000. He opened up a 60 metre lead but held on to win by only .03 second in 28.03.32.

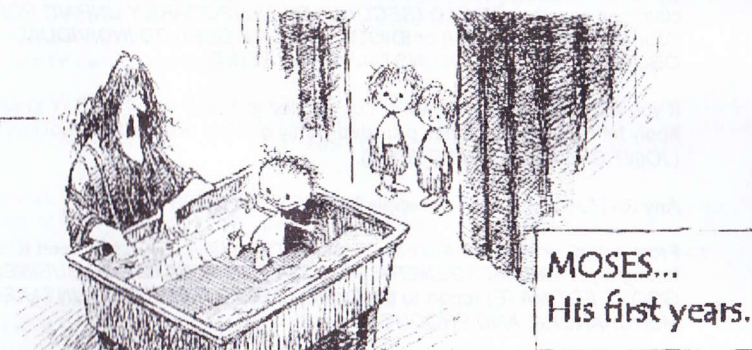
Johnny Gray now 40, characteristically led his heat of the 800 in 52.8 before he was swamped at the 550. He appeared to announce his retirement at that point, running through to finish last in 1.53.27. He then did a farewell lap to generous applause.

Eight A qualifying times in the steeple won by Pascal Dobert in 8.15.77. He has trained in Australia.

Two other athletes who have trained here did not make it. Steve Holman was fifth in the 1500 in 3.37.36. Bob Kennedy missed several weeks training following a car accident and was sixth in the 5000 in 13.42.15. As there were not three A qualifiers in these events at the trials, and each have previously attained this standard, they could still be added before the 9 September deadline.

The anthem. The second line is "By the dawn's early light." Get used to it.

MOSES !!!  
Cut the  
bullshit  
and take  
your bath!



MOSES...  
His first years.

## IMPORTANT GST INFORMATION

By now, of course, you've all read those GST information leaflets our Government has been sending out, and you have a complete understanding of how its' all going to work..... You don't? Well never mind.....

The new system is **NUTS** – the **NEW UNIVERSAL TAXATION SYSTEM** – and although it may appear to be complicated, it is easy to understand. Basically, it's **STUFFT** – the **SIMPLIFIED TAX UNIT FOR FINANCIAL TRANSACTIONS**.

The Major elements of NUTS include a number for every business entity an **AUSTRALIAN BUSINESS UTILISATION NUMBER (ABUN)** which will be used during dealings with governments at all levels.

Every business in Australia will get ABUN with NUTS.

The new system will simplify the way businesses report to the **AUSTRALIAN TAXATION COLLECTION OFFICE ORGANISATION (ATCHOO)**.

Business will be required to complete a **BUSINESS ACTIVITY STATEMENT TABLE AND REPORT DIRECTIVE (BASTARD)** every month.

Businesses should set aside at least three days every working week to fill the BASTARD out.

Under the new system, every adult Australian taxpayer is classified as a **SUCKER (SIMPLE UNDERPAID CONSUMER KEEPING EVERY THING RUNNING)**, unless they are unemployed and receive Commonwealth benefits, in which case they are classified as **RATBAGS (REGISTERED AUSTRALIAN TAXATION BENEFICIAL ALLOWANCE GRANTEE)**.

All **SUCKERS** and **RATBAGS** will be required to complete a **DAFT (DIRECT APPLICATION FOR TAXATION)** form.

The completed DAFT form will be assessed by a local **MORON (METROPOLITAN OR REGIONAL OUTCOME NEGOTIATOR)** who determines the amount of **CRAP (CREDITED REFUND ALLOWANCE PAYMENT)** the taxpayer will receive.

Any **SUCKER** who wishes to appeal against the amount of CRAP received from the Government should contact their local **MORON**, who will assess the appeal and classify it as either **STUPID (SECONDARY TEMPORARILY UNPAID PORTION OF INDIVIDUAL DONATION)** or **IDIOTIC (INCOME DERIVED INDIVIDUAL OBLIGATORY TAXATION INSTALMENT CREDIT)**.

If you are a **RATBAG**, you will not be entitled to ABUN with NUTS. You will need to apply for the new allowance provided jointly by State and Federal Governments, **JOB (JOINT ORGANISATION BENEFIT)**.

Any **RATBAG** who does not apply for a **JOB** can get **STUFFT**.

From July 1, when all of Australia goes NUTS, small businesses need to submit a fortnightly **GARBAGE (GENERAL ALLOCATION REBATE FOR BUSINESS AND GOODS ESTIMATE)** report to the **DUMP (DEPARTMENT FOR UNTAXED MERCHANDISE AND PRODUCE)**.

## LEARN FROM THE RACE WALKERS, by FRANK McGUIRE

Race Walking, the underprivileged and downtrodden cousin of track events, is an unique event worthy of thoughtful consideration. What other event in track and field demands a high level of endurance fitness coupled with refined technical skills? Elite race walkers must develop the aerobic capacities of distance runners and also strive for the technical excellence of a jumper, thrower or hurdler.

These are not the words of a race walker, but the highly regarded Chris Horsley, a sports psychologist at the Australian Institute of Sport, published in an article for the 'Athlete and Coach magazine', April 1988.

The late Elmer Rahn, perhaps the world's best ever school coach who had represented Estonia at the Olympic Games in field games, would insist that all his boys learn the movements of race walking before doing other events, and the marked improvement of his charges seem to vindicate his teachings.

In the World Veterans Athletic Championships at Christchurch in 1981 The famous Race Walker, Britta Tibbling of Sweden, started her program with a bronze medal in the 100 metres, repeated the performance in the 200 metres, Won gold in both the 800 metres and the 1500 metres runs and gold in both the 5km and 10km walks. Britta then repeated some of the successes – again in Melbourne in 1987.

Our own Jean Albury at the World Veterans Titles at Melbourne in 1987 not only won gold medals in the 5km run the 10km track and Cross Country, but set a new world record in the 5km walk and is still recording record times in the walking events.

A couple of my Collingwood Harriers mates in the 1930's who mixed walking with hurdles, found that after learning race walking their hurdling improved, while the late Joe O'Farrell who competed for StJosephs Harriers in the field games and track events with great success, would turn up with the walkers in the winter to compete in the 50 kilometres road walk.

Dr Kenneth Cooper USA, who wrote the first book on Aerobics in 1968, now runs a 12-hectare complex in Dallas with a 3000 membership Aerobics Activity Centre. He now advocates race walking for fitness rather than running, but several of our Veteran athletes like Marlene Gourlay, of our Mentone Group have had success in both walking and running by using the latter as training for walking.

All race walking coaches agree that upright posture is essential in good race walking technique and at our Mentone Clinic we have followed the teaching of Harold Whitlock, winner of the 50 km walk at the Berlin Games in 1936, who later profoundly influenced the walking world as coach, writer and administrator. Whitlock set up a coaching formula (and he would know all about formulas through his years as a mechanic who worked on the famous Brooklands racing circuit)

Good posture is not only a must for good walking, but for all athletic events, as good posture requires normal muscle tonus, muscle balance, and adequate development of the muscles to avoid strains and over use syndroms.

The Whitlock Formula is (1) Upright carriage) (2) Even distribution of the stride on either side of perpendicular through the body. (3) The need for the forward swinging leg to straighten on contact and to remain firm until contact with the other foot is made.

The front cover illustration of Tony Johnson of a recent edition of Vic Vets News is a good example of fair walking.

I have recently read through an article I wrote for this magazine in 1995 concerning how we veteran throwers, who are foolish enough to continue to ignore all the contrary signs and indications, can best pursue that indefensible quest to perform, not only well, but also, actually attempt to do BETTER.

The question is "Was I right then, and, more importantly, do I think my thoughts and ideas still apply equally today, five years later?"

For those of you who were unfortunate enough to miss or, worse still, cannot recall the basic message of my earlier article I will summarise now. Basically, I believe that by far the best form of overall training for we veteran throwers is to THROW at every possible opportunity. Such a method of training can be made to incorporate both STRENGTH and SPEED training of a FULLY FUNCTIONAL NATURE.

STRENGTH training is achieved by throwing the next heavier weight implement to that of your age group and SPEED training is achieved by throwing the next lighter implement. The beauty of this approach is that any gains achieved in these heavier and lighter sessions are all in the very muscles groups important to the attainment of our stated goal.

However, I did, and still do, attach two important conditions to this method :-

(a) You must continue to do some form of flexibility and stretching exercises every day if possible, and

(b) Each and every throw you attempt in training must have a specific purpose of IMPROVEMENT IN TECHNIQUE in mind; ie, no more attempting to simply throw further all the time. Whereas I do not deny that throws of this nature are important and I suggest each session can conclude with about six flat out attempts; they are a cardinal sin if they are allowed to become the major factor. Too often in the past when younger I have been very guilty of this and I wonder how many of my fellow contemporaries are still guilty of this basic error, particularly those who spend valuable time pumping iron in order to seek the rewards of their newly acquired increased strength.

Well during the last eighteen months when two back operations and treatment for prostate cancer have given me not only the inability to train but also plenty of time to think I have pondered long on this very question. The trouble is being a typical male, and therefore accepting that any admission that I was wrong is not only, extremely difficult, but also totally abhorrent could, I admit, flavour my decision. Nevertheless, even allowing for this bias, I do honestly believe that for we veterans as we grow older,

ever older, such an approach to training becomes even more and more valid.

The only possible exception of which I can think is a past Olympian or an athlete who has managed to acquire and maintain an excellent technique. And we all know, Hans Lotz excepted, how many of those are currently present in the veteran throwers' ranks.

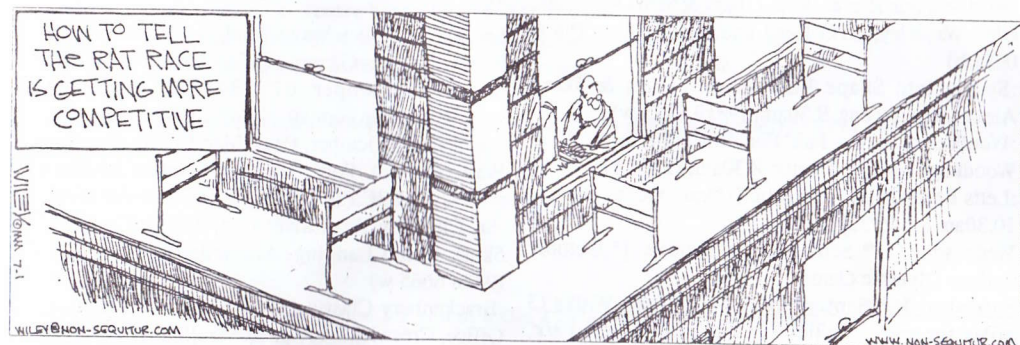
During my recent lay-off I quite frequently attended the Veteran Throwers Group's activities in a volunteer official capacity and this provided the ideal opportunity to study my fellow still-active attendees in action. Whilst not wishing to be too critical it was very obvious that EVERYONE was, I am afraid, in no small way TECHNICALLY DEFICIENT. Consequently I remain certain that where possible we need to spend the maximum amount of our training time attempting to rectify this basic fault; resorting to other forms of fitness and strength training only when the weather or non-availability of throwing facilities dictates.

In conclusion, let me say that having trained with Hans in the past I cannot stress the importance that he places upon correctness in technique in the minutest detail. Even those of us who can claim to be reasonably technically proficient such as Graeme Rose and Tom Hancock well know that their better efforts could have been so much better if only, "....." and I will wager that what followed was a point of technique and not simply wishing to be stronger or quicker.

This mention of STRONGER or QUICKER raises a very interesting point in my mind - given the choice- "Should a veteran thrower concentrate more on attempting to retain STRENGTH than on SPEED?"

Perhaps other throwers might be willing to answer this question as well as challenging the benefits of my "THROW AT EVERY OPPORTUNITY" method of Veteran Throwers' Training?. I look forward to reading any and every response.

JOE BALL M65.



## 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.

Sunday, 20<sup>th</sup> August, Queen of the Lake, (10km & 5km) Albert Park Lake, 9.00am (9819 9225 w)

:VRR Princes Park Half Marathon, (21.1km, 10km & 5km) Royal Parade, Parkville, 8.30am (9802 1220)

:Marathon Teams relay (42.2km), Eaglehawk Leisure Centre, Eaglehawk, 9.30am. (5443 6820 h)

:Koroit to Warrnambool Half Marathon (21.1km), Koroit, 10.00am (5561 2221 h)

:Wagga to Junee Marathon & Team Relay, Wagga Wagga Road Runners 02 6922 5051 h, 02 6921 2512 w). Colin Browne has an entry form.

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)

:Burke Hall De Castella Fun Run (15km, 7.5km & 5km), Studley Park Road, Kew, 9.00am (9859 4995)  
Saturday, 2<sup>nd</sup> September, VRR Tan Handicap & breakfast (8km & 4km), opposite Swan Street Bridge, 7.30am (9802 1220)

Sunday, 3<sup>rd</sup> September, Lauriston Run Around The Lake, (10km & 5km), Amphitheatre, Albert Park Lake, 9.30am (9819 9225 w)

:University Half Marathon (21.1km, 10km & 5km), Golf Links Road, Epsom, Bendigo, 10.00am (5443 6820 h)

**Sunday, 10<sup>th</sup> September, VVACI Road Race** (25km), Footscray Boat House, 9.30am. Rob Waters 9318 3802  
:Westfield Fun Run & Walk, (10km & 5km), Jells Park, Glen Waverley, FTG Road entrance, 9.00am (9807 0931 h)

:Spring Into Shape Run Series, (10km & 5km), Alexandra Gardens, 9.30am, (9819 9225 w)

:Woodleigh Spring Fair Fun Run, (10km & 5km), Woodleigh School, Baxter, 8.30am, (9787 8105 h)

:Letts Beach SLSC Fun Run, (10km), Golden Beach, 10.30am (5146 3217 h)

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

**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)

:Mt Tassie King and Queen of the Mountain (30km), Shakespeare Street, Traralgon, 10.00am (5133 9036 h)

Sunday, 24<sup>th</sup> September, David Ward Half Marathon (21.1km), Kevin Bartlett Reserve, Boulevard, Richmond, 8.00am (9817 3503 w)

:Sri Chinmoy Marathon Warm-up, (30km, 21.1km, 10km & 5km), Princes Park Carlton, 9.00am (9428 6665 w)

Sunday, 1<sup>st</sup> October, Princes Park Classic Fun Run, East Brunswick Social Club, Melway 29 G12, pavilion near Optus Oval on Sydney Road, 10.00am. Ring Isabella on 9388 2313 or 0411 532 414.

Saturday, 7<sup>th</sup> October, VRR Tan Time Trial, (8km & 4km), near Government House Drive, 7.30am (9802 1220)

**Sunday, 8<sup>th</sup> October, VVACI Marathon in the Melbourne Marathon** (42.2km), Albert Park, 8.00am. But you must have checked the box on the entry form which says "Victorian Veterans Registered Member" when you 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)

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

Sunday, 22<sup>nd</sup> October, HBA Run/Walk to the G Brunton Avenue, adjacent to MCG, 9.00am (9819 9225 w)

:The Cardinia Dam Un-Fun Run (10km & 4km), Crystal Brook car park, off Wellington Road, 9.30am (0416 073 757)

:Pelican Fun Run (10km, 5km, 3km & 2km), Colac East Primary School, Apollo Bay Road, 10.00am (5231 2560 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

Sunday, 29<sup>th</sup> October, Peter Mac Family Fun Run & Walk, (8km & 4km), Treasury Gardens Melbourne, All details TBC (965 1125 w)

:Sri Chinmoy Yarra River Run, date TBC, (10km & 5km), Como Landing, Alexandra Avenue, 8.00am (9428 6665 w)

:Brackenbury Classic (21.1km, 10km, & 5km), Post Office, Creswick, 9.00am (5345 2530 h)

:Serenip Sanctuary Fun Run/Walk (7km & 2.8km), Windermere Road, Lara, 9.00am (5282 4171 h)

**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

Easter weekend, Australian Veterans Track and Field Championships, Campbellfield NSW. Secure accommodation early. Notes in this issue.

## ACCOMMODATION FOR 2001'S MAJOR EVENTS.

### AAVAC National Track and field Championships

Easter 2001 at Campbelltown NSW

The four towns within a short car trip of the track are Campbelltown, Camden, Picton and Liverpool. We know of accommodation in them through Alec Walker, NSW Vets secretary, and David Sheehan's investigations.

#### Campbelltown:

COLONIAL MOTOR INN	(02) 4625 2345	FX (02) 4627 1788	15 MINS WALK	30	\$95.00	20 QUEEN ST	colonial@idx.com.au
MACARTHUR MOTOR INN	(02) 4628 1144	FX (02) 4626 2409	5 MINS WALK	36	\$95.00	PO Box 993 C TOWN 2560	
MACKLIN LODGE	(02) 4628 3788	FX (02) 4628 3355	15 MINS WALK	50	\$95.00	38 QUEEN ST C TOWN	macklin@zip.com.au
MOTEL FORMULA 1	(02) 4628 7340	FX (02) 4628 7350	20 MINS WALK	72	\$60.00	CAMPBELLTOWN ROAD & HARBORD ROAD	
MINTO BED & BREAKFAST	(02) 9820 3138	FX (02) 9820 3138					
CASA PALOME CARAVAN	(02) 9606 5470	(02) 9606 5470	20 MINS CAR	8		105 COWPASTURE ROAD LEPPINGTON	

**Camden:** A country club golf resort @ \$90 per room per night

A conference centre hostel @ \$30-\$40 per person per night

**Picton** Bed and breakfast @ \$100 per room per night for about 10 people

**Liverpool** Twomotor inns, a Flag and a Best Western.

David Sheehan has information and may be able to help you if you get in early. 9794 7464 h.

### WAVA World Track and Field Championships

July 2001 at Brisbane.

David Sheehan may have an option for you at a Big 4 caravan park at Rochedale.

Places are going fast. 9794 7464 h.





*Another  
great get together  
for Veterans.*

**Yes, the Dinner Dance is on again this year.  
Friday, 17th November.**

**Put it in your diary.  
Get a table together.**

**At Hawthorn Receptions, Glenferrie Road.  
Pre-dinner savouries, sherries and other drinks.  
Delicious three course meal. BYO drinks.  
Live four piece band, "The Playboys"  
Dancing til midnight. All for \$32 a head.**

## **VVACI MARATHON, in the Melbourne Marathon, Sunday October 8th, 2000**

Once again we propose to use the results of the Melbourne Marathon to award age-group medals to financial members of the VVACI.

However there are difficulties this year due to changes in the race.

The Marathon will start in Frankston at 8.00am and take a flat and scenic course to Albert Park Lake, finishing at the Bob Jane Stadium, off Albert Road

The half-marathon will start at Sandringham and follows the second half of the marathon course.

We do not know enough about the starting area, nor the difficulties of driving to the finish, to have entries taken on the day, nor to spot finishers wearing the uniform or the red heart.

So, for this year only, we will have to rely on the organisers' results for our awards. We can not promise to have them complete on the day.

To be counted in our marathon championship, you must tick a box on the official entry form for the Melbourne Marathon which says you are a member of the Vic Vets Athletic Club Inc. We will check to see that you are financial. There is no stipulation about uniform this year, but you are encouraged to wear it to publicise the club.

The organisers have a website at

<http://www.kinscrest.com.au>

However be aware that their entry form on the website had no box for our club when I looked at it. They have promised to amend it. Make sure you show them that you are a member of the Vic Vets.

### **COMMITTEE MEMBERS 2000 - 2001**

#### President

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5 Bellevue Court, Maribymong 3032  
e-mail: colbandy@mira.net

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9874 2501 ph, 9873 3233 fax

#### Honorary Assistant Secretary & Editor

Colin Browne LM 9874 2501 ph, 9873 3223 fax  
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and

Alan Bennie 9547 2978  
75 Bertrand Avenue, Mulgrave 3170

#### Club Captain

Ted McCoy LM 9583 3280  
24 Blackwood Avenue, Mentone 3194

#### Publicity and Promotions

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#### Club Vice Captain

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