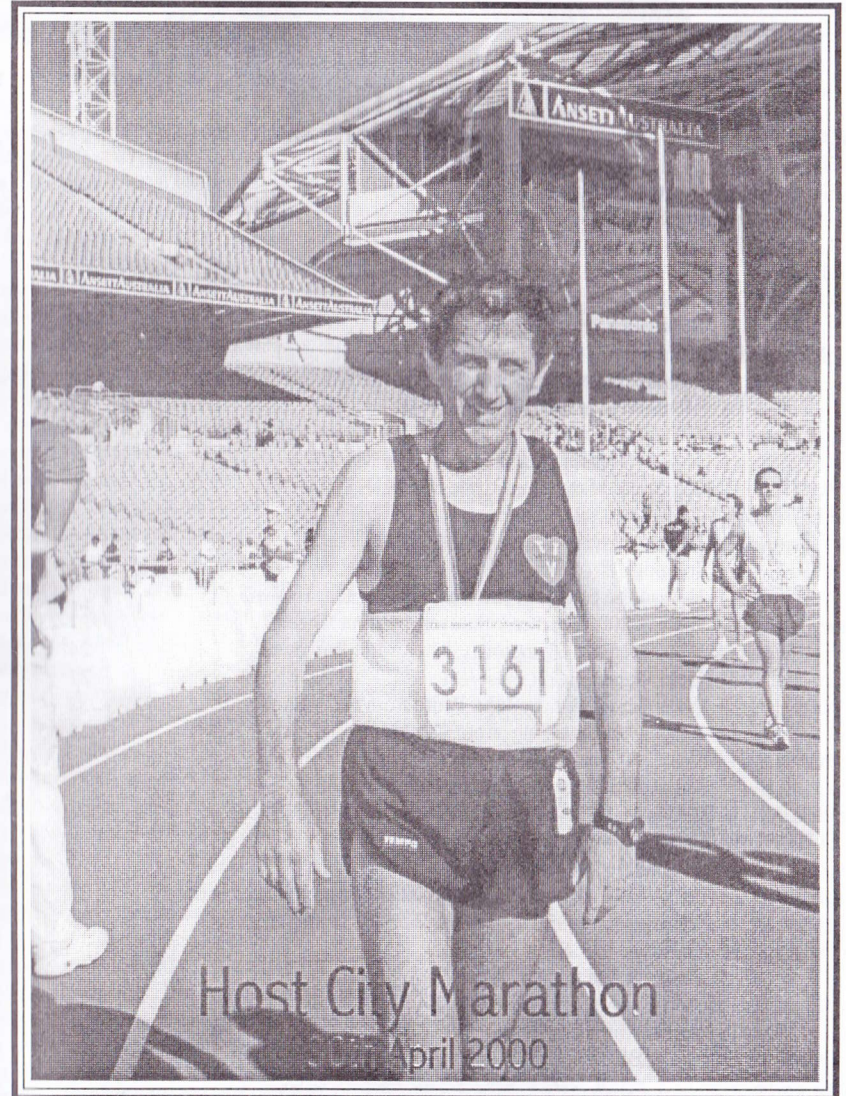


Vic Vets

NEWS AND RESULTS

Published by: **The Victorian Veterans' Athletic Club Inc.**

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Host City Marathon
30th April 2000



Vic Vets

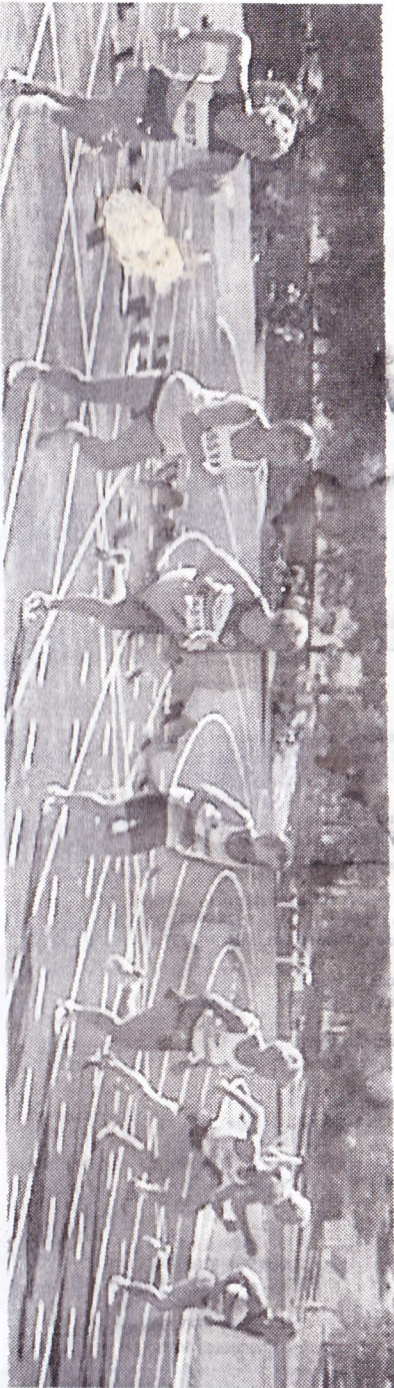
NEWS AND RESULTS

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Editorial

Colin's appeal for contributors in the August 2000 News and Results motivated the writing of this 'guest editorial'. As Colin intimated finding something of interest for readers can sometimes be a problem. You may or may not agree with some of my views. Either way I hope to succeed in stimulating some thought and possibly some action (or reaction).

The spectacular and thrilling Olympic Carnival is over. How grand and uplifting it was to witness the best international athletes and sports people, competing day after day on a world stage, in front of consistently packed stands at all venues, attracting huge TV and radio audiences. Congratulations Sydney, and the thousands of workers involved, on the magnificent success and delivery of 'The Best Games Ever'. Following years of problems, bickering and cynicism it all finally came together resulting in a great two weeks of national and international goodwill. We all felt truly proud Aussies and have finally learned to sing our national anthem. In athletics the Aussie medal haul was perhaps a bit below expectations. However there were some outstanding performances and these received extensive media coverage. You know what they were, so elaboration is unnecessary. In some cases, the talent and potential of our athletes was not fully exploited. This was unfortunate and painfully evident in the relays. Actually I consider national medal counts and tables to be completely unnecessary and somewhat demeaning. If they are to be compiled some method of weighting or indexing should be used to make comparisons purposeful and meaningful. Simple rank ordering in this context is quite ridiculous.

For me a particular highlight was Steve Moneghetti's effort in the marathon. It was a relaxed and stylish display by a guy out to enjoy his 'swan song' but still achieving his pre-stated race objective of a 'top ten' placing. He followed up by running back to the village.

His retirement certainly leaves Australian long distance running looking rather sick.

Why are we currently performing so poorly in the marathon? I consider it to be unfortunate that our best runners seldom, if ever, seriously attempt major Australian marathons. Apart from competing at the Olympic and Commonwealth Games and the World Championships they are attracted by the rich prizes and sponsorship available in overseas events such as London, Tokyo, Berlin and Boston. Because there is insufficient incentive for them to participate in important and influential 'home' events the general level of public interest and support wanes. Thus participant numbers and the pool of potential young talent attracted to the event diminish. We have a classic 'catch 22' situation. Big sponsorship, prize money and media support is required to attract large and strong international and home fields. On the other hand elite fields are needed to attract worthwhile sponsorship, money and associated media interest.

Since the heyday years of the Big M, Budget and Qantas Marathons, Melbourne Marathon field sizes have steadily diminished and the event is now more like a painful 'Fun Run', suffering increasing annual staging constraints and problems. It is certainly not an attractive 'Big City' event now. The writing was on the wall when major sponsorship was lost and the Olympic Park office removed.

It was stated several times in media reports that the Sydney Olympic Marathon was Moneghetti's first marathon in Australia. This is not strictly true. He entered the 1993 Melbourne Marathon (Race No. 1), fired the gun, joined the field and completed the course as a training run in a leisurely 2.46.57 including a 'comfort' stop. However his mere presence in the field caused great excitement and was appreciated by several who managed to 'break three' by tagging on for at least some distance along the way. He also managed to inspire his hometown gang. Ballarat runners won three of the team categories and produced the first novice finisher, Paul Hayes (not a relative). If a few others had followed Steve's influential example that year and joined in similarly occasionally, some of the recent problems and difficulties of staging the Melbourne Marathon, now also doubling as the VVACI State Championship may have been reduced.

However the marathon is only one event. It will be interesting to generally follow the short and long-term effect of the Sydney Games on sport in Australia. Fortunately there are also further exciting international

carnivals coming; next year's Goodwill Games in Brisbane, the International Grand Prix at an upgraded Olympic Park and the Commonwealth Games in Melbourne in 2006. What will be the impact of all this on athletic participation rates and standards? In particular, will it stimulate interest in and membership of the various state affiliates of the AAVAC? At the local level will we see larger attendances and renewed interest in our venue programs and activities? Will inter-venue events and State and National Championships attract larger and stronger fields? Will numbers participating in the WAVA Championships in Brisbane in July 2001 be boosted? And there's more! In 2002 there will be the Oceania Veteran Championships at Geelong in January and the Fifth World Masters Games at Melbourne in October. Phew!

Let's anticipate the exciting times ahead and be ready to play some personal role in maximizing any opportunities to introduce, help, encourage and welcome new or returning members! The impression I have is that we badly need 'new blood', particularly in the lower age group categories.

Incidentally, the 1987 WAVA Championships in Melbourne facilitated my initiation to veterans' athletics. Following many years of fun runs and several Frankston to Melbourne Big M 'trips', I was persuaded by a Vet member colleague to enter the marathon. Just for 'fun' I also entered the 10,000m track event (my first run on any track since competing in the 400m leg of a mile medley as a school boy in 1956 - coincidentally also at Olympic Park). Dot Browne, who checked me in, grinned a little when I suggested I'd do around 37.30. In fact I clocked 39.04 to finish fourth in M45-49 Section C. I greatly enjoyed the experience and was thus 'hooked' and still 'love it'. I'm sure many were introduced and joined the Vets in similar fashion that year. Don't forget the value of 'word of mouth' advertising and encouragement.

Spare a few moments also to consider the relatively precious few whom, year after year, offer themselves to keep Our Club (both yours and mine) and all of its activities and administrative processes going. It is easy to turn up and participate (fast or slow as the mood and/or body dictates) at a venue one or more nights per week when it suits, compete in an occasional inter-venue event and perhaps sometimes enter state, national or possibly international championships when time and finances permit. However there are office bearers, committee members, venue managers and various other helpers working in and behind the scenes

to make it all possible. If you don't know who some of them are take a glance inside the back cover of this little magazine. (See similar listings in the AAVAC 'Athletics Courier' and in 'Around the Grounds'.) Without such willing workers and volunteers our club could not and would not exist. Let's not forget to show our appreciation by thanking them and be prepared, occasionally at least, to roll up our sleeves to assist and take on some small task or responsibility to make their jobs a little easier. Every little bit helps!

Bye now

Bob Hayes (East Burwood)

[Ed: Thank you Bob, it is great to be given this sort of support. We need it from time to time.]

REST IN PEACE ILMAR MANCS

13/05/1930 to 9/10/2000

Victorian throwers, both veteran and open age, are saddened to hear of the passing of Ilmar Mancs, at Cabrini Hospital on October 9th. It had been known that he had heart problems, with stents in some arteries, following a very serious operation. Ilmar has been a major figure in Vic Vets throwing for many years. Along with Roy Foley and John Fraser he set up the throwers group in the early eighties to see if they could give the Yanks a bit of curry. He figures in the results of the weight pentathlon and individual throws at the WAVA World Games in Melbourne in 1987. His best implement seems to have been the discus. He was a much loved coach of a number of vets and open aged throwers, including Rhondda Dundas, Chris Battersby and Gwen Davidson. His attractive personality and sense of humour drew them to him, although as a competitor he was rather dour. In recent years, when asked to get some throws going at East Burwood venue, he accepted with great enthusiasm, and that became a feature of this venue. Vic Vets members extend their sympathies to his wife Rita and family

MANCS, Ilmars. — At Cabrini Hospital on October 9th, 2000. Dearly loved husband of Rita. Much loved and respected father and father-in-law of Micheal and Pam, Debbie and Peter. Cherished Opa of Lee, Fiona, Brendon, Melissa, Tara, Amanda, Belinda, James, Hayley and Mathew.
Rest peacefully in God's care

MANCS. — Ilmars. My coach and dear friend. Thanks, I will miss you very much. Sincere sympathy to Rita, Debbie, Michael and families.
— Love Christine and Ron.



REST IN PEACE BOB PETRIE 4/10/41 to 7/10/2000

The network of Vic Vets and professional runners was shocked to learn of the sudden death of our cheerful friend and running mate, Bob Petrie, at home on a Saturday after a run. Bob was unfailingly humorous, friendly and helpful. His family, Lavinia, June, Julie, Robert, Bert and grandchildren is an institution in Victorian running. No family could be more involved in the sport. Bob was coach and advisor to many athletes, and a shrewd one at that. The performances that Lavinia, June, Bert and others have produced were in no small measure due to Bob's advice and support. His own running was immediately recognisable from a distance with his upright carriage, almost leaning backwards. He had produced a remarkable effort in recent years, training up for and completing the Comrades ultra-marathon in South Africa. Since then a motor accident laid him low for months, but he had been on the way back. In his involvement with the sport he used his professional skills as an accountant too. For the last few years he has been treasurer of the Vic Vets, doing a great job in an unenviable position. The pros too had the benefit of these skills. The great turn-up at his funeral said it all. He is sadly missed.

PETRIE. — Robert. The President, Committee and Members of the Victorian Cross Country League wish to extend their sincere sympathy to Lavinia, June, Robert, Julie and their families at the sad passing of their husband, father and friend, Robert. Bob was not only a well respected runner, competitor and Life Member of our League, but a sincere friend to all. Never too busy to offer some of his wealth of knowledge to assist League members. Bob will be sadly missed by everyone.

Rest Peacefully

PETRIE. — Bob, suddenly on Oct. 7, 2000, all too soon. An inspiration to all who knew him. Deepest sympathy to Lavinia and family. — All friends and colleagues, Victorian Veterans, Knox Venue.

Rest in Peace

PETRIE. — Robert (Bob), suddenly on Oct. 7, 2000. Running mate, coach and true friend of John and Joy Cleland. All our love and sympathy to Lavinia, June, Julie and Robert.

Rest in Peace

PETRIE. — Robert. The Victorian Veterans Athletic Club extends its deepest sympathy to Robert's family and acknowledges his contribution to our Club as participating member and Hon. Treasurer. R.I.P.

PETRIE. — Robert. To dear Lavinia, June and Bert, our deepest sympathy. Bob will be sadly missed at our running club. — Joe and Michelle.

Rest in Peace

PETRIE. — Bob. Your spirit will always come running with us. Deepest sympathy to Lavinia and family. Never forgotten — John and Coral Monk.

PETRIE. — Robert. The Members of Croydon Venue V.V.A.C.I. are saddened by the sudden loss of our Member and offer our condolences to Lavinia and family.

PETRIE. — Robert Sawyer, suddenly at home, on Oct. 7. Dearly loved husband of Lavinia and father of June, Julie, Robert, Bert and Paul, grandfather of James and Laughlin.

Aged 59 years
No longer with us our lives to share
But in our hearts you are always there.

Lo Pine Heritage

Keith Heritage
Ferntree Gully 9758 2333
Member AFDA

PETRIE. — Robert Sawyer, suddenly at home, Oct. 7. Dearly loved son of Bob (dec.) and his. Those you love don't walk away. They walk beside you every day.
— Love Mam. XX



Letters to the Editor

Dear Dot and Colin,

Just a line or two in which to keep you up with the news - sad news I'm afraid.

I have not been running much this year and have only run once at Croydon (at the Betty Leigh memorial walk which I felt I had better attend). I have had a spinal injury and have lost the partial use of my left leg. I can still jog but have been limited in the number of kilometres I can achieve.

Also my wife Shirley has had to go into Caritas Christi Hospice at Kew and I see her each day. She will not be returning to Montrose unfortunately. She is very brave and is facing her difficulties wonderfully.

Perhaps some time in the future things will get better and I'll be jogging at the club again.

Thanks for all you both have done for the club and your encouragement to all you have come into contact with. Regards

Ken (Matchett)

[Very sad the way age catches up with everyone, even the indestructibles. Ken can take pride in an incredible record of over a hundred marathons, all accomplished after he turned 60. Unbelievable, but a bit of a stir for those of us who say we are too old.] ED.

Dear Colin and Dot,

A few thoughts of an ageing veteran:-
"They all pass me in the straight
But every one remains a mate."

"It's my intention to remain a vegetarian
And my hope to not become a vegetable!"

"When you think of
GOD and GOLD
Always remember
There's an 'L' of a difference."

With warm regards
Andy (Smith)

[Andy very generously included a present in his letter. It was a mounted presentation coin, one dollar, uncirculated, commemorating HMAS Sydney II in the year 2000. The Sydney sank in battle on 19 November 1941 with the loss of 645 crew members. Thank you so much Andy.] ED.

Dear Colin,

Enclosed please find cutting from local paper. [*see opposite page] It's quite obvious we have not been applying for assistance from the right place when an event like the Victorian Masters Games has been able to get such support. Perhaps Sports Minister Justin Madden should be given a report on our club, what we have done and what we have run over the years, the venues we run weekly and our support of the World Veterans Games, especially our membership. Where are the local Masters clubs and who has been reaping the benefits?

I see in the minutes that we have two historians. I have saved minutes of committee meetings, during the time I served and also minutes of annual meetings. Without a club library much of the club's life story could easily be lost.

Marj just came in from reading the paper and tells me Rob Petrie died. I've just finished a letter to him and sealed it for posting. I'm stunned.
Regards to you both.

Peter Colthup.

Dear Col and Dot,

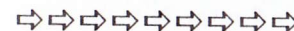
The Melb Marathon has sneaked up on us this year and due to my involvement with the Sydney Olympics I am very much underdone. I will probably get through 30 kms without too much bother but the last 12 will be a bit tougher.

I was saddened to read through my Spartan Newsletter that Doug Orr had passed away. He was a great encouragement to me, a good friend, and he never failed to spur me on when he was assisting with the marathon on my visits to Melb each year.

I first met Doug when he came to Deniliquin in the early eighties in his job when I was employed in Local Government. I used to run with him in the forest after work and it was some time later that we discovered we had a similar background as we both belonged to Airborne Army units. Doug later introduced me to another great gentleman Andy Smith who also served with the Parachute Battalion during WW11. We all marched together on Anzac Day in TAS in 1988 and were reviewed by the Queen. Sadly many of the WW11 fellows are not all that mobile, however Doug and Andy have made a special effort to keep themselves active through Vic Vets, enjoyed generally better health that exercise provides, and made some good friends along the way.

Doug Orr was a gentleman, a bloody good bloke, and he will be sadly missed.

John Trist
Deniliquin



Masters lose funding

By GABRIELLE COSTA

The Victorian Government has pulled funding from a regional sporting event that pumped more than \$500,000 a year into Ballarat, Premier Steve Bracks' home town.

Sports Minister Justin Madden recently contacted the City of Ballarat to say next year's Victorian Masters Games were off.

The government and its agencies provided \$27,500 for the event held six months ago, and \$100,000 had been requested for next April's event. But the government will not provide any money.

The games this year attracted about 1100 people who are competi-

tive but not at the top standard. Many are older than their elite counterparts. About 500 more people came to cheer them.

The council's manager of major events, Tracey Hull, said the council provided about \$40,000 and in-kind support for the event, the government and some corporate sponsors the remainder.

The loss of the government funding, however, meant next year's event would not go ahead. This was peculiar when Melbourne was hosting the World Masters Games in 2002, she said.

Ms Hull said studies had shown the economic benefit from the games was \$400,000 to \$600,000.

SANDS HANDS

Student of Relaxation

Fee \$20/hr

MASSAGE

Sandra Howorth

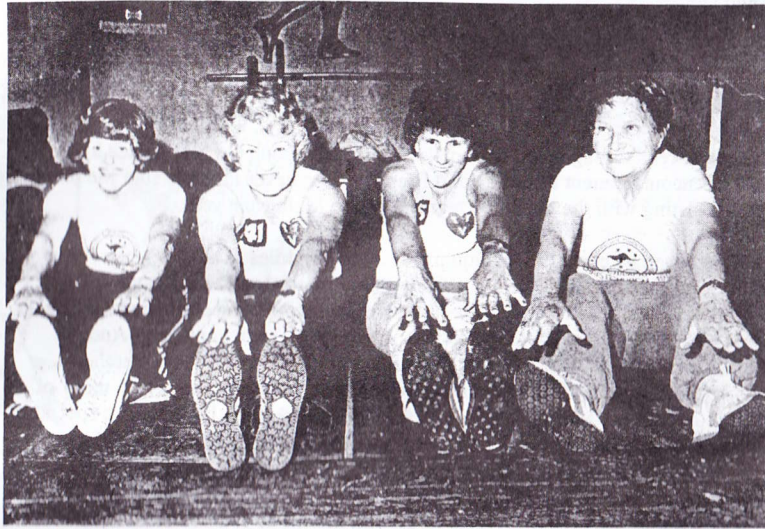
(Current member Frankston

Vets & Throwers Group)

Cranbourne North Victoria 0359 957667

Sandyhow@satlink.com.au (AVAILABLE FOR FUN RUNS)





WARMING up before the walking events are Judy Wines, 44, current national 10 km cross country champion in her age group; Barbara Soderstrom, 53; Marge Colthup 60, a former national walking champion and Freda McGuire, 70.

Dear Colin,

The above photo was published in a local paper 18 years ago, but the ladies don't look much older now. They were at Dolamore Oval, Mentone, 1982.

We all enjoyed a good laugh about the walker in your last edition of Vic Vets, supposedly 'drinking from the wrong glass'. The athlete photographed was the late Harold Whitlock, MBE, in a race prior to his great victory in the Olympic 50 km walk at Berlin in 1936.

As National Walking Coach of Great Britain training walkers for the Helsinki Olympics of 1952, Harold not only made the 50 km team himself after 16 years, but his brother also made the team and finished 4th in the 50 km event.

His brother-in-law Fred Redman who once held the 10 miles World Record, migrated to Melbourne in the 1960's, one daughter, Marion, married Brian Parkinson whose grandfather was a founder of Athletics Victoria, while younger daughter Stephanie, who was a youngster when the family migrated here, competed for Australia in the five and 10 kilometre walks of the VII World Veterans Games in 1987 in the 35 plus age group.

Dolamore Oval at Mentone has its own place in history along with Williamstown, for following the Melbourne Olympics the track at the MCG was taken up and bagged and used for athletic tracks at those two clubs. The special en-tout-cas had been imported from England especially for the Olympics because of its reputation of long usage.

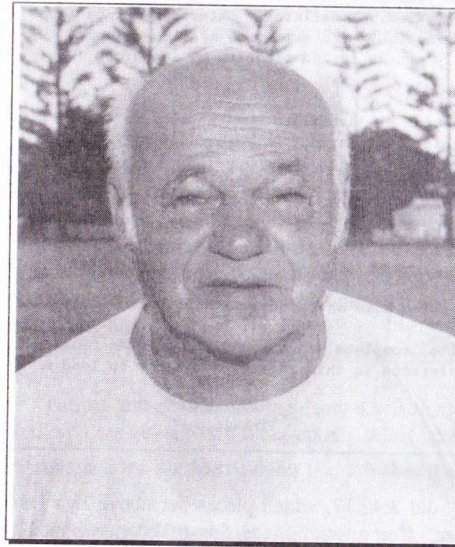
The Dolamore track was used for Inter-Club athletics during the 1960's and in 1966 Ron Clarke made a world record for ten miles before a crowd of about 3000 spectators. The ground is now jointly managed by Mentone Athletic Club, Mentone Little Athletics and Vic. Vets Mentone and arrangements are now being made to procure a new all weather surface with the assistance of local schools and a Government grant. The opening event for fund raising was held on Grand Final Eve with a most successful Olympic Ball on September 1st.

Frank McGuire
Frank McGuire

PROFILE RUDI HOCHREITER

By Arthur Grayburn

photo - Arthur Grayburn



Rudi Hochreiter - dominant over a wide range of disciplines.

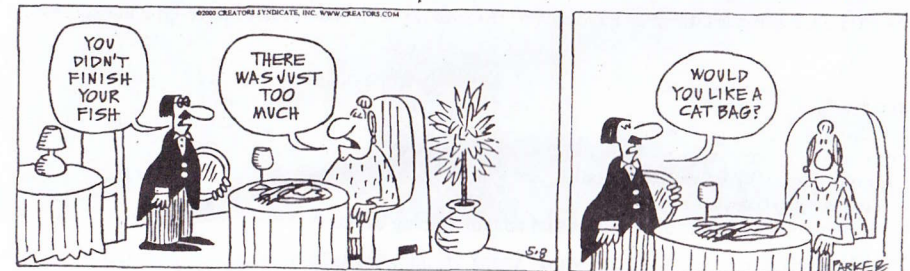
There would be little argument with naming Rudi Hochreiter as the Athlete of the 10th Oceania Veteran Games held recently in Norfolk Island. Rudi competing in the M70 grade was the dominant athlete over a wide range of disciplines winning gold medals in the 100m (14.64), 200m (31.17), Discus (36.98m), javelin (36.22m), hammer (34.17m), shotput (11.98m), triple jump (8.33m), high jump (1.18m), long jump (4.10m) & weight pentathlon (3983 points).

Besides all of these disciplines he took second place in the 100m Norfolk Island Gift. Not only did he perform with exceptional ability in all the above but was in real world class form displaying supreme confidence & talent. He already holds Oceania Records in the 100m (M55-70), hammer, discus, shotput, long jump, high jump, triple jump, polevault & pentathlon. Like many people of his age Rudi, as a 17 year old, was involved in the second world war being awarded many awards for gallantry at the Battle of Arnhem (The Bridge Too Far). These included the Iron Cross, The Purple Heart & the Close Armed Combat Medal. Following the war he returned to Austria where he won the Austrian decathlon championship with 6500 points. He was also a very good middle distance runner with times of 48 seconds for the 400m & 1 48 00 for the 800m. He attended university and attained qualifications in mathematics science & a degree in physical education.

In 1955 he emigrated to Australia taking up a teaching position at Geelong Secondary College. Rudi still resides in Geelong and is one of the driving forces behind the staging of the 11th Oceania Veteran Games in Geelong in January 2002. Rudi states that the urethane track will be first class. Before then Rudi will take part in the 14th WAVA championships to be held in Brisbane next year. Here again he is expected to be one of Australia's top athletes. He has already won four gold medals at WAVA Championships (3 pentathlon & 1 decathlon). Rudi is a great enthusiast and there is no doubt that the Geelong Games powered by his drive and energy will be a meeting that will reach the highest standards. He is a life member of many athletic bodies, a level 3 coach and a referee. He was the first President of the Geelong Athletic Club.

THE WIZARD OF ID

by Brant Parker and Johnny Hart



AAVAC VETERANS MARATHON CHAMPIONSHIPS

Within the Host City Marathon, Sydney 2000

Further to the publication of results in the News and Results of August 2000, there have been two objections which must be upheld.

In the M50 age group, Sam DeFanis VIC, whose photo appears on the cover of this magazine, did 3:06.07, which places him above Graham Hewitt, 3:06.20, and therefore Sam is the bronze medallist.

In the W45 age group, Sonya McLennan VIC, whose e-mail appears at right, did 3:42.17, which places her above Lyn Davis, 3:42.34, giving the silver to Sonya and the bronze to Lyn. Commiserations to Susan Vetten, whom I had published as third.

Sorting the results of Victorians was not a simple job, given that we received the full list of results, amounting to 19 screens full on the computer. If the competitor did not have VIC as the state of origin, it was almost impossible to spot them. This happened with at least three entrants which I know of, maybe there were more. Medals for this event will finally be presented at the VVACI 10km track races at Knox, on Saturday 25th November. Presentations will also be made for the VVACI Marathon Championship and the Venue Premiership.

INTERNET WEBSITES

VicVets has a strong interest in at least three websites on the internet. There are also several others which are athletics based which you can access through the Links page on the VicVets website.

Boot them up once and mark them as Favorites or Bookmarks so you don't have to re-type the addresses again.

Our three are:

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

for our basic VVACI club information ,etc.

<http://www.users.bigpond.com/judyngen/atg>

for the Around The Grounds results and ads for coming events

<http://www.B4Bsport.com>

and click on Directory, or Admin and Clubs, then search , Athletics, or Veterans

Hello Colin,

I am writing to check the results of this event that were published in the August 2000 issue of Vic Vets News and Results.

I was one of the Vic Vets who travelled to Sydney this year to "experience" the hills that the marathon covered. I definitely entered the race as a member of the Veterans Athletic Club - and even wore my club uniform. My time of 3:42:17 would actually put me in 2nd place in my age group (W45), but I do not appear in the list.

As this is my first participation at Australian champs level, I was wondering if there's a possibility of having the record set straight.

Thanks for your assistance,

Sonya McLennan
Koukia Systems Pty Ltd
<http://www.koukia.com>

PS I'm merely asking a question here as opposed to submitting an article for your magazine!
PFB I think the Internet site, complete with around the grounds results is great. If you ever need assistance in this regard, I'm happy to lend a hand.

Jogging

1. It is well documented that for every mile that you jog...you add one minute to your life.. This enables you at 95 years old.. to spend an additional 5 months in a nursing home at \$5,000 per month.

2. My grandmother started walking five miles a day when she was 60. She's 97 now and we don't have any idea where she is.

3. The only reason I would take up jogging is so that I could hear heavy breathing again.

4. I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to show up.

5. I have to exercise early in the morning before my brain figures out what I'm doing.

6. I don't exercise at all. If God meant us to touch our toes, he would have put them further up our body.

7. I like long walks, especially when they are taken by people who annoy me.

8. I have flabby thighs, but fortunately my stomach covers them.

9. The advantage of exercising every day is that you die healthier.

10. If you are going to try cross-county skiing, start with a small country.

11. And, last but not least-I don't jog, it makes the ice jump right out of my glass.



Gwen Davidson, Ron Young, Nola Bradford, Shirley Young, Tony Bradford, David Sheehan and Dot Browne enjoyed staying at these cabins in Hobart for the Nationals at Easter.

MENTONE VETS E.T. TROPHY

by
Ashley Page

For a number of years I have derived a lot of enjoyment from running with the Vets at Mentone on Wednesday nights and recently I started thinking about how to "give something back".

I was inspired by Doug Wallace who sponsored a handicap event over two weeks in February and on my long runs in preparation for the Sydney Marathon I thought long and hard about how to devise and sponsor an event that would achieve two goals :-

- Allow runners and walkers to compete on an even footing (excuse the pun)
- Encourage distance runners to try shorter events and middle distance athletes to enter longer events.

My answer was to conduct four Estimated Time events over two weeks on the basis that runners and walkers have an equal chance of estimating their finishing times correctly. In the shorter events each participant would be penalised two points for every second off the nominated time and in the longer distances one point per second and the person with the lowest number of penalty points would be the winner.

The best three estimates would be counted at the end of the two weeks so if someone had a really bad run or walk they could discard it and still be in with a chance.

Ted McCoy, the Mentone Club Captain, chose the distances and set down the events for 9 and 16 August.

The first night was showery and cold but there was a high turnout of enthusiastic athletes. The first event was over 600 metres and Marlene Gourlay 's estimated time was only 0.9 seconds out so she set a very high standard for the rest of the competition. On the same night there was a 5000 m event where Peter Smart ran a very good time.

On the second week the first event was over 1500 m and the second was 4000m with lots of walkers and runners participating and a lot of brainpower went into the estimation of times.

I personally did not compete as I suspected there would have been a lynching if I ended up on the podium !

After the last event the calculations were done and the results were announced. Pleasingly there were two walkers and four runners in the top 6 although the three trophy winners were all distance runners.

The top estimators were :-

- 1 Peter Smart
- 2 Laurie Collard
- 3 Peter Weeks
- 4 Brett Currie
- 5 Gwen Steed
- 6 Marlene Gourlay

It was sheer coincidence that the top three had all run the Sydney Marathon in April and all had finished in front of me.

I am very grateful to the athletes for participating so enthusiastically and especially grateful to Ted McCoy and his helpers for organising the events and attending to the timekeeping and collation of results.

There has already been talk about staging a similar event again next year and I would be pleased to be part of it.

VVACI 25 kilometre Road Race,

10 September 2000,

at Footscray Boat Club, Farnsworth Avenue

A fine, lightly clouded, but sunny September morning with only a light breeze greeted entrants in the 25 kilometre road race along the bicycle paths of the Maribyrnong River. The course was accurately measured prior by Peter Nelson. Congratulations to Peter as he was re-checking marks on the course well before the start and then led competitors through the first lap on his bicycle. The course begins on the east side of the River under the shadow of the Flemington grandstand and journeys south to the Kensington Banks cattle bridge, crossing the river then north to the Footscray Boat Club and on to the first turnaround at Maribyrnong township. Return back to the boat club with the next turnaround at the start line, then do it all again. There are lots of opportunities to see the rest of the field and lend encouragement to fellow competitors. Drinks are dispensed at the Boat Club (Miss a drink going in the northerly direction to Maribyrnong and its 6k before you're back for another !)

Paul Twining held off Colin Heywood to finish first overall. The first nine were all within sub three hour marathon pace. Bronwyn Haans placed well up in the field for the W35 medal with W45 Annette Pelgrim next to finish. Corrie DeGroot took the W70 medal, with evergreen marathon man Ken Matchett finishing just over three hours allowing us all to pack up.

Presentations were held on the sunny terrace of the Boat Club overlooking the City. A catered sit down bbq and salad is available at nominal cost. The usual Vets tea, coffee and biscuits is also available to wash down the conversation after the hot showers and facilities of the Boat Club. The Venue is much more deserving than the 53 starters it generated. We hope to see more there next year. Our thanks to Graeme Murfett and his Altona Venue assistants and likewise to the input from the John Dean Aberfeldie Venue team. Captain Ted McCoy led the medal presentation.

See you all next year and Yes, I was chuffed to receive the M50 bronze medal.

Rob Waters, President

V.V.A.C. ~ 25 k Road race ~
10 September 2000

1 Paul Twining	51	1:36:45	M50.1
2 Colin Heywood	46	1:37:09	M45.1
3 Didier Martin	43	1:39:12	M40.1
4 Thomas Boyd	35	1:40:44	M35.1
5 Robert Dunning	43	1:40:45	M40.2
6 Andrew Holmes	45	1:43:41	M45.2
7 Phillip Twining	40	1:44:46	M40.3
8 Ken Bunning	58	1:45:04	M55.1
9 Gary Stewart	55	1:45:45	M55.2
10 David Innes	49	1:47:33	M45.3
11 Rod Neal	43	1:47:51	
12 Ron Commerford	57	1:47:58	M55.3
13 Peter Smart	55	1:50:42	
14 Bronwyn Haans	37	1:50:55	W35.1
15 Stan Belcher	58	1:55:34	
16 John Caulfield	52	1:59:41	M50.2
17 John Pocock	57	2:00:12	
18 Juan Perez	61	2:00:14	M60.1
19 Andrew Tunne	42	2:00:19	
20 Gordon Stephen	46	2:00:56	
21 Michael Kennedy	47	2:01:30	
22 Rob Waters	54	2:03:12	M50.3
23 Annette Pelgrim	46	2:03:28	W45.1
24 Murray Hutchinson	51	2:05:02	
25 Frank Furlan	61	2:05:23	M60.2
26 Nancy Chorley	53	2:05:52	W50.1
27 John Dean	55	2:08:57	
28 Bill Page	70	2:10:37	M70.1
29 Graham Prosser	46	2:10:57	
30 Kevin Browne	63	2:10:57	M60.3
31 Barbara Dalglish	64	2:11:41	W60.1
32 Warren Allan 19.5k	66	2:12:00	
33 Wanda Kelly ~ Inv	52	2:12:03	
34 Joel King	49	2:14:32	
35 Domenico Morina	63	2:15:54	
36 Al Willey	61	2:17:32	
37 Coral Monk	52	2:18:22	W50.2
38 Jock Cravana	62	2:19:30	
39 Peter McGrath	60	2:23:25	
40 Leo Jones	59	2:23:45	
41 Jane Sturzaker	47	2:25:22	W45.2
42 Rebecca NG	41	2:30:40	W35.2
43 Stephen Barker	57	2:30:57	
44 Judy Wines	62	2:32:08	W60.2
45 Vern Gerlach	75	2:32:22	M75.1
46 Mark Benjamin	63	2:32:50	
47 Sylvia Machin	59	2:47:07	W55.1
48 Corrie DeGroot	72	2:48:09	W70.1
49 Brian Johnston	65	3:00:11	M65.1

50 Ken Matchett	78	3:05:28	M75.2
51 Roland Brown	59	DNF	
52 Glen Claiden	46	DNF	
53 Will Sellicrimm	Inv	DNF	

VVACI MARATHON

In the Melbourne Marathon

Sunday 8th October, 2000

This year we had a different format for the Melbourne Marathon. With the unfortunate death of John Malinder, the race organisation was picked up by Joe Murphy, well known to AV athletes and Ferry Creek runners for many years. Joe's company Kinquest drew assistance from many athletic clubs and volunteers, including the vets, and set themselves the task of running the marathon the way it used to be in the early eighties, starting at Frankston and coming down the Nepean Highway to Mentone, then along the bayside Beach Road and Beaconsfield Parade to finish in Albert Park. It was a blast from the past. Typically there was a chilly meeting at the carpark outside Myers in Frankston and a walk to the start of about half a k. The early problem was that the police demanded that every intersection along the route had to be manned before they would let the race start. That, coupled with a delay of half an hour to the athletes' train from Melbourne, made for a late start, on what was quite a nippy morning. However they sorted it out and got going and it was just like old times, the elite group coming through in style, followed en masse by the huge bulk of the field, and then the slower fun runners and walkers. They descended like a locust plague on the drink stations, so the volunteers had their heads down and tails up filling paper cups from plastic bins until the wave passed. Then an empty road littered with thousands of cups for hundreds of metres. A scene repeated every couple of kilometres along the way. It was a good day.

VVACI could not do as they had done last year, namely take entries on the day, spot members at the finish, and record their club results independently. The results that follow rely on the sorting by Melbourne Marathon staff of those who indicated on their entry form that they were members of the Vic Vets. Plus a search of the results in "The Age". It was the best we could do in the circumstances, so if you ran and do not see your name here, we are sorry. Please tell us and we will amend it later. Thanks a million to Melbourne Marathon staff, particularly Dianne Keely, for sorting our results and sending them on.

The half marathon is also listed, but this was not a medal event, as we have a half marathon at a different time of year.

These results are in order of finishing, showing placing in 5 year age groups, time, and placing in the total field. Medals will be presented at the 10km track race at Knox venue on Saturday, 25th November.

Two extra trophies have been donated by Sandra Howorth, a Frankston venue member and thrower, who is keen to get her massage practice going. She had plenty of business at the Traralgon Marathon and would love to see some vets come along for treatment. Her ad is on page 7. She gives a trophy to the first male and the first female over the age of 42 (42 kilometres for the marathon), who turn out to be Robin Broberg and Barbara Dalglish. Thank you Sandra and congratulations to all who ran.

FULL MARATHON

SURNAME	GIVEN_NAME	AGE_GP	IN_AGE	TIME	PLACING	FULL_HALF
Broberg	Robin	M50	1	2:44:20	12	FULL
Weavers	Russell	M45	1	2:48:05	16	FULL
Heywood	Colin	M45	2	2:48:29	17	FULL
Martin	Didier	M40	1	2:49:11	18	FULL
De Fanis	Sam	M50	2	3:00:00	85	FULL
Pelgrim	Bert	M40	2	3:00:45	89	FULL
Hewitt	Graeme	M50	3	3:04:42	114	FULL

Brooks	Barry	M60	1	3:08:07	147	FULL
Boyd	Thomas	M35	1	3:12:30	182	FULL
Twining	Phillip	M40	3	3:13:05	186	FULL
Carmona	Gabriel	M55	1	3:13:50	189	FULL
Belcher	Stan	M55	2	3:17:52	223	FULL
Martin	Ross	M45	3	3:19:47	244	FULL
Rolfe	David	M50	4	3:22:29	272	FULL
Power	Bob	M55	3	3:26:28	325	FULL
Smart	Peter	M55	4	3:26:37	327	FULL
Muir	Ian	M55	5	3:27:15	338	FULL
Bourke	Michael	M45	4	3:27:24	342	FULL
Orr	Ian	M45	5	3:28:46	356	FULL
Bayley	Rod	M50	5	3:30:39	382	FULL
Upton	Ian J	M50	6	3:33:35	429	FULL
Rabl	Chris	M40	4	3:34:38	438	FULL
Salvano	Neil	M45	6	3:34:50	443	FULL
Hopkins	Jim	M50	7	3:36:03	459	FULL
Page	William	M70	1	3:38:28	497	FULL
Phylard	Brendan	M35	2	3:43:10	548	FULL
Grocott	Philip	M35	3	3:43:38	552	FULL
Kentish	Colin	M35	4	3:44:08	561	FULL
Caulfield	John	M50	8	3:44:21	564	FULL
Graham	Lee	W35	1	3:44:59	572	FULL
Schlegel	Kathryn	W35	2	3:45:08	576	FULL
Stephen	Gordon	M45	7	3:48:01	616	FULL
Martin	Vin	M45	8	3:48:19	626	FULL
Perez	Juan	M60	2	3:49:58	664	FULL
Dalgleish	Barbara	W60	1	3:52:37	707	FULL
Dean	John	M55	6	3:53:17	714	FULL
Gardner	Neville	M55	7	3:56:20	773	FULL
Pelgrim	Annette	W45	1	3:56:46	779	FULL
Cunningham	John	M55	8	3:57:15	791	FULL
Fauvrelle	Karl	M55	9	3:57:37	799	FULL
Cravana	Jock	M60	3	3:58:02	802	FULL
Kyte	Bill	M60	4	4:02:26	858	FULL
King	Joel	M45	9	4:03:09	863	FULL
Arnel	Lynette	W40	1	4:03:41	869	FULL
Vince	Peter	M50	9	4:03:55	875	FULL
Grundy	Sharon	W35	3	4:04:14	878	FULL
Crouch	Lawrence	M60	5	4:13:22	995	FULL
McGrath	Peter	M60	6	4:13:30	998	FULL
Browne	Kevin	M60	7	4:16:15	1024	FULL
Sturzaker	Jane	W45	2	4:16:35	1031	FULL
Baltrick	Pete	M55	10	4:17:08	1035	FULL
Van Der Nagel	Helen	W40	2	4:19:01	1046	FULL
Benjamin	Mark	M60	8	4:22:01	1075	FULL
Martin	Antony	M70	2	4:24:45	1096	FULL
Dovile	Margaret	W45	3	4:26:09	1105	FULL
Page	Ashley	M60	9	4:27:12	1118	FULL
Young	Shirley	W70	1	4:29:18	1140	FULL
Barker	Stephen	M55	11	4:33:36	1170	FULL
Wines	Judy	W60	2	4:36:03	1183	FULL
Gerlach	Vern	M75	1	4:38:41	1203	FULL
Machin	Sylvia	W55	1	4:41:56	1225	FULL
Silcock	Colin	M65	1	4:52:25	1274	FULL
Ng	Rebecca	W40	3	4:52:29	1275	FULL
Glover	Brian	M55	12	4:52:51	1277	FULL



Gubbins	Jack	M70	3	4:57:29	1288	FULL
Feldman	Elizabeth	W50	1	4:59:27	1289	FULL
Moodie	Roger	M50	10	5:17:22	1319	FULL
Bridle	Mick	M65	2	5:21:07	1325	FULL
Johnston	Bryan	M65	3	5:21:34	1326	FULL
Beaumont	Margaret	W60	3	5:44:25	1353	FULL
Thompson	Vicki	W50	2	5:50:29	1354	FULL

HALF MARATHON

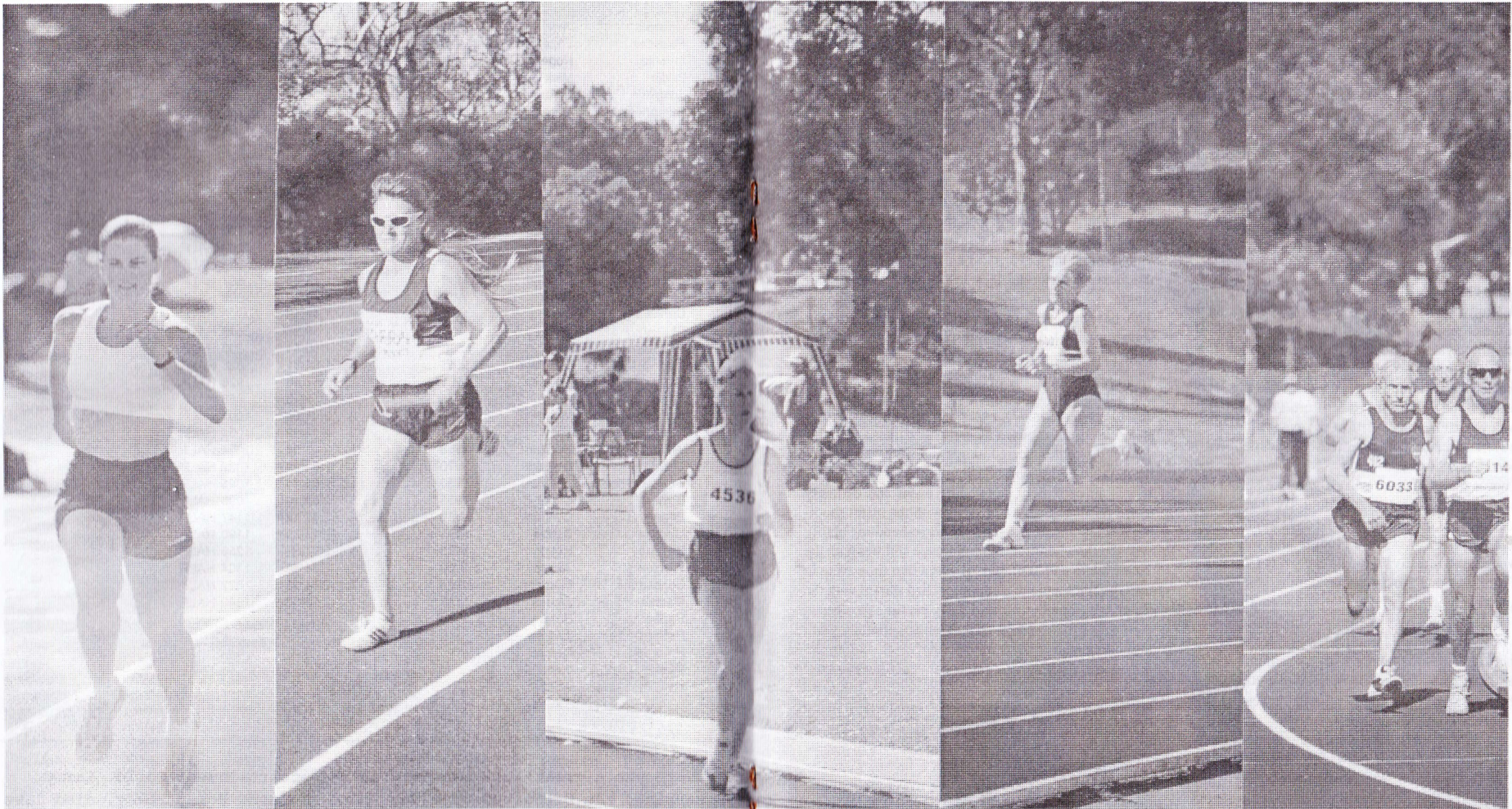
(not a medal event)

Boyd	Barry	M55	1	1:23:20	53	HALF
Senior	Ken	M50	1	1:29:51	120	HALF
Watkins	Robb	M30	1	1:33:07	168	HALF
Commerford	Roy	M55	2	1:35:11	220	HALF
Prossor	Graham	M45	1	1:36:01	239	HALF
Chorley	Nancy	W50	1	1:39:57	334	HALF
Ozbey	Nurullah	M35	1	1:48:48	607	HALF
Stubbs	Terry	W50	2	1:48:50	609	HALF
Daniel	John	M50	2	1:49:16	626	HALF
Al	Willey	M60	1	1:50:27	678	HALF
Van Koppler	Paul	M30	2	1:50:54	703	HALF
Eric	Davidson	M55	3	1:54:31	826	HALF
Barker	Rowena	W65	1	1:57:46	926	HALF
Myall	Helen	W55	1	1:59:13	958	HALF
Cassidy	Margaret	W55	2	2:01:04	1001	HALF
Richardson	Tom	M45	2	2:03:20	1061	HALF
White	Heather	W50	3	2:03:54	1074	HALF
Corrie	Degroot	W70	1	2:04:39	1083	HALF
Bowker	Kathryn	W30	1	2:05:11	1095	HALF
Bowker	Claire	W55	3	2:05:14	1096	HALF
Ellery	Cynthia	W50	4	2:07:42	1147	HALF
Goggin	Bernie	M60	2	2:11:39	1190	HALF
Beverley	Hugo	W60	1	2:21:31	1256	HALF
Watson	Janice	W50	5	2:34:56	1304	HALF
Seedsman	Maureen	W60	2	2:44:35	1322	HALF
Machin	James	M70	1	2:56:08	1340	HALF
Hanns	Bronwyn					
Holmes	Andrew					
Hardman	Denise					
Waite	John					
Hall	John					

There was a great loss recently in the entertainment world. Larry LaPrise, the Detroit native who wrote the song Hokey Pokey, died last week at 83.

The most traumatic part for the family was getting him in the casket.

They put his left leg in... and things just started to go downhill from there.



Some of our stars in action at the Vic Titles this year.

Doreen Pace, W30 100m and 200m. Cathy Orelli, W35 200m. Alison Thompson, W45 5km track walk.

Jill Cooper (now Allen), W60 100m & 200m. Barry Milligan leads John Justice & Ray O'Connor, M60 800m.

BEHIND THE SCENES AT THE OLYMPICS

By Dot Browne

[Dot and Colin Browne and Lawrie Black took up the offer to work as cleaners at the Olympics. It was a challenge and an eye-opener, but we experienced the events from a very close point of view, and had the satisfaction of helping to enhance our country's reputation in putting on a great Olympics. This letter from Dot to her kids will let you behind the scenes.]

Hello my beautiful kids,

Since I last wrote about our day out to Darling Harbour & Manly, both Col & I have had a solid working week at the Olympics. Dad continued to be rostered at the rowing/kayaks and received lots of accolades from his boss about being a bloody good worker and he was praised for his initiatives to do with ordering supplies, which saved the boss heaps of effort. They also couldn't believe that he was 68!! But we expected that, didn't we? Dad came home stuffed but satisfied that he'd done a good job.

I never really realised what it was like before to be a blue-collar worker. (Col would say that I'm over-reacting!) It did improve as the days went on and they realised that I was not a bludger and was a reliable worker and actually turned up every day I was rostered. There was one bloke on our team called Mustafa, a quiet bearded guy who kept disappearing and nobody could ever find him. We solved the mystery one day when we discovered him on his prayer mat in one of the storage rooms facing Mecca, surrounded by plastic containers of green detergent and methylated spirits (for the mirrors) and mops and buckets and cleaning trolleys.

I had a Spanish partner working with me at the baseball who reminded me of Manuel in Fawltly Towers. - little English, and what he thought he knew, he got half right. He asked me once when we were sitting watching the baseball, "Why they go in and then they come out again? Why not they stay out there?" He hadn't even realised that it was one team going off the field and another coming out. Holy dooley! I didn't even try to bother explaining the rules. It was all too complicated. We communicated in very slow pidgin English with lots of body language.

I had a fantastic week of viewing for free. The baseball was brilliant. I loved seeing the bullet-like throws that those guys could do, from left field to first base at

100 kms. an hour. Fast, straight and accurate. Too much! And the double plays in tight games, when the scores were 0 to 0 for 8 innings and then one bloke would hit a screamer into the stands and score a home run and clinch it for their side. Wonderful! I stayed back after work Wednesday night to see the final. I was sitting next to Tracey, a great girl from North Carolina that was staying with me at Eastern Creek and we used to run a couple of laps of the 4K motor racing circuit very morning before work. I got to know her very well and we both yelled ourselves hoarse that night. Our barracking helped the Yanks beat the Cubans for the gold medal. I was thrilled when they won. I must admit, the Cubans lost me the night they trashed the locker rooms after they lost a game in an earlier match.

The baseball was converted to a venue for the showjumping & 3km. run disciplines of the Modern Pentathlon over the weekend. The transformation was unbelievable. It went from a clear-cut red clay baseball diamond on the bright green turf with the Sydney 2000 logo dyed into the grass, to a gymkhana atmosphere, with white picket fences, potted trees and multi-coloured steeples, barred jumps and water hazard in a tight figure eight configuration.

It was an extremely demanding event and certainly tested both the fine motor skills with the pistol shooting and fencing, intelligence & horse-handling ability with the showjumping and endurance abilities with the 200m. swim and 3km. run. It was a first time event in the Olympics and the competitors had started with the shooting at 7am that morning. By the time they began their equestrian event at 2pm at our stadium, they had also completed the fencing and the swim. What surprised me was that the competitors only met their allocated horses about 20 minutes before they had to go on. They had 5 practice jumps and were then called in. Obviously there was a lot of luck in the horse you got. I found the event incredibly emotional, to watch some of the girls struggling to control a bad-tempered or difficult mare which galloped flat out at a jump with the girl hanging on for grim death, only to balk at the last minute and send her flying over its head and then drag her 50 metres desperately hanging on to the reins. Some were disqualified by falling off twice and shuffled off disconsolately to sit against an external fence and sob, having scored 0 for that discipline out of 2000.

The run was interesting, a one kilometre circuit roped-off around the edge of the gymkhana. Whoever was ahead after 4 events went off first with 1 second equal-

ling 4 pentathlon points for the handicapping of the rest of the field., so some of the 24 girls left in the competition started as long as 2-3 minutes behind the leader. The competitor from Great Britain was brilliant. She was a long skinny blond bird who could run like the wind. She started off in 8th position and came right through the field to win the gold, with the Poms in the stand going ballistic.

I had 3 rostered days off in the second week, so I applied for work at other venues. They probably thought that an old bird like me couldn't cope with the pressure of full time. I got days of work at the water polo, the volley ball and the main athletics stadium, so consider myself extremely lucky. I was able to watch high-lights of these events and get paid for it! Unbelievable. I particularly loved the volleyball, seeing how team members would jump three in a row at the net with 6 hands spread out to block a ball coming over the net. Like a wall of hands, which was extremely difficult to get past.

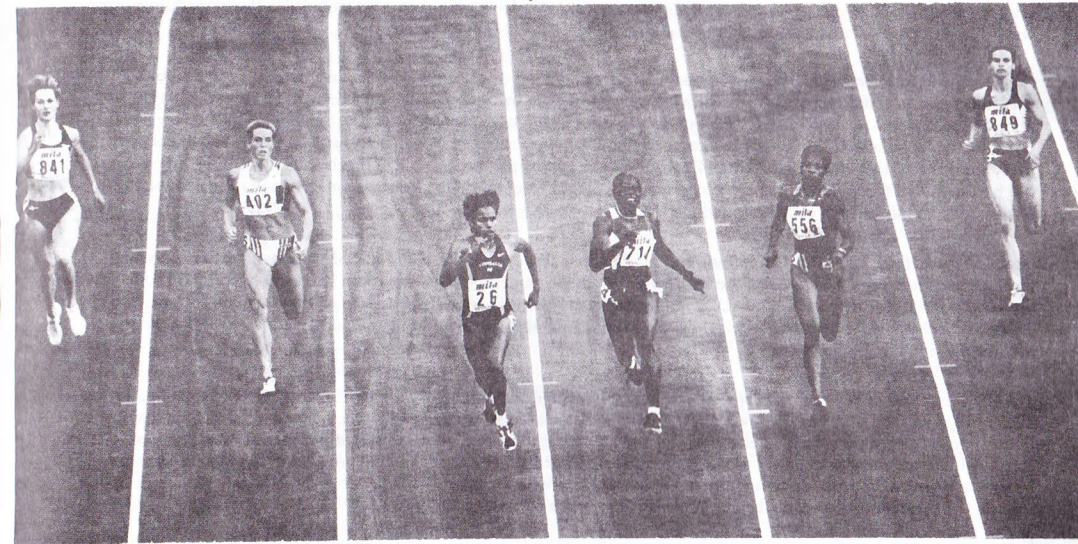
After seeing the end of the Modern Pentathlon, I hulked my bags about 600m to the end of the marathon course and got a great position on the rails about 100m. from the stadium entrance, waiting about half an hour before the runners started coming through. By that time the crowd was 12 deep on both sides. Again I found it very emotional seeing my old mate Steve Moneghetti come in looking tired but relaxed in 10th position. The crowd went crazy, waving flags and cheering at 100 decibels. I saw about 20 come through and then made a dash for the train station another 400 metres away

and had a trouble-free ride out to Mascot to meet Col, who had come straight from the rowing at Penrith. I felt as high as a kite with the brilliance of it all and so grateful to have been a part of it. We met an old friend in the Qantas Club, socking away the odd champagne and nibbles, and had to be paged to get on the plane. Help!

It's been hard to settle down at school this week. I had this ball of excitement in my chest which has only today started to dissipate. A most amazing experience. I was very proud of the job my Cleanevent firm had done with each venue. There wasn't so much as a cigarette butt any where to be seen in the whole of Olympic Park. Absolutely pristine. Quite an amazing achievement with the 100s of 1000s of visitors.

Today it's Sunday 8th October and Col and I have just come back from manning a 5km drink station at the Melbourne Marathon on our own, with 3000 runners coming at us yelling "Water!". I asked some other spectators indulging in chicken & champagne on the footpath to come and give us a hand so we survived, with them filling up bins of water from their front tap as fast as we emptied them. Then it was a massive clean-up of 400metres of road littered with paper cups. We worked our little butts off for a couple of hours and saw a lot of our mates come through who appreciated our efforts. Phew!

I'm going back to school for a rest tomorrow. Love you all so much. Mum



Sydney 2000: Games Volunteer

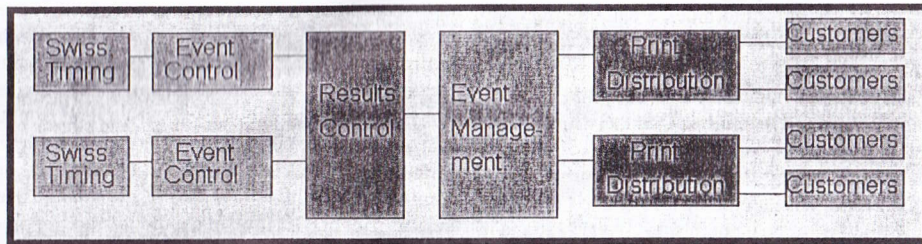
My Job at the Athletics

John Kneen: Member of the Sandringham and Victorian Veterans Athletic Clubs

I have been chosen to work at the Olympics with IBM in the area of results print distribution. This has involved me going to Sydney for a week covering the Australian Titles in February and week covering the Selection Trials in August. My shifts at Games Time will see me at the Athletics everyday except for the marathon.

The Olympics results distribution is more complicated than ordinary Interclub and certainly more complicated than the mid-week Veterans Competition. It is more complicated than what happened in the Melbourne Olympics. Maybe someone might like to write a contrasting article about results distribution at the 1956 Olympics.

The diagram below represents a simplified schematic of the set up at the Olympics. In parallel with the athletics there will similar systems at all the other venues. However, the system at the athletics will be the most comprehensive due to the very diverse nature of track and field and the fact that many events are running simultaneously.



My initial position was in Print Distribution but prior to the Selections Trials I was promoted to Event Management (abbreviated to EM). EM is probably the best point at which to start and describe the whole system. When entries are received for the games these are entered into the EM computer data base. The data base would include all the athletes particulars - country, date of birth etc. There is also the possibility of entering preferred names (I for example have always used my second name), names for TV, and any "aka's" (also known as). Also included is the type of shoe as a way to stop rival shoe companies ambushing athletes mid way through the competition.

As the athletes enter individual events its just a matter of clicking on the athlete in the data base to copy all their particulars across generate and entry lists for each event. Before being sent to the outside world a Control Copy of any information is sent to an Athletics Official responsible for Quality Control (QC). At the Selection Trials this was Ian Hamilton who was also Chairman of Selectors for the Olympic Team. The Quality Control person would check that every thing was satisfactory. In the case of entry lists it might be that everyone had reached the qualifying time etc. Once QC had approved then the EM computer operator (that's me) would send the information (computer files) to the Print Distribution Computers for distribution to the world.

At the athletics there are 4 Print Distribution (PD) locations throughout the stadium. The largest of these has 26 high speed printers and is located on the first level. When the games are over this room will be converted to a toilet block - it was designed this way and all the plumbing is in place. Note it is not easy just to have 26 printers in a room - there are issues such as the amount of electrical power required and the airconditioning to keep the room cool that had to be considered in the original design.

The PD computers have been programmed to generate the required number of copies of every file. For example, the media might require 100 copies of every entry list. On the other hand with the results they might require 2000 copies! Some groups require the results of each heat on a separate page whereas others prefer all the results on a single page. The group associated with the medals would require their own special print out. The PD computers can handle all these options and generate the required number of copies together with the appropriate cover sheets. Once these are printed, runners - that is real people- take the copies to the appropriate parties.

Entry lists would be sent to the athletes check in point where athletes would sign indicating that they intended to compete in that event. This information is faxed back to EM (Event Management) who can now generate start lists (heats and lanes). This is all done by the computer using pre-programmed criteria. Once again the information is checked by QC (Quality Control) before being sent to print distribution and the world.

On the field of play there are many computers called Event Control (EC) Computers. Here local results are entered. In the case of race events the times etc will be generated by Swiss Timing. In the jumps the information is generated by laser measuring equipment. These (unofficial) results from the EC computers are all available to the venue scoreboard. Progress results from all over the venue are all collated by the Results Control Computer. Every event moves through different phases. Stage 1 is when start lists are generated, 2 the athletes have checked in, 3 the event in progress, 4 the event is complete and 5 when the results are official.

Once an event reaches stage 5 the EM operator generates a copy of the results for Quality Control (QC). When QC approves, the results are passed to Print Distribution etc. In addition to the print, copies of each file are available at the scoreboard (now the Official Results) and at the Official Games Web Site. Once all heats are complete the EM computers will generate heat and lane draws for the next round subject to established criteria. The Quality Control person can make any adjustments necessary. In 1976 it was decided that, while the electronic timing placed the current Australian Coach Chris Wardlaw 13th, his time rounded to the nearest tenth of a second put him equal 12 and eligible for the final of the 10,000m. This would be an example where the Quality Control person could override the computer.

Adding an extra athlete to the 10,000 metres is probably not a big issue - adding an extra athlete to the next round of 100m might imply extra heats which will imply the changing the whole athletics timetable and the many additional print out required.

In addition to the computer links all computer operators have headsets and microphones to communicate. In the case of Event Management one could be taking part in two conversations - one with the Print Distribution operators and a second with Event Control personal on the arena. With many simultaneous conversations after the first day I was very drained, but by the end of the third I was more relaxed. The big problem was that the work tended to come in very sharp peaks. At the end of last heat was an example of such a peak when there were the summaries of results and the start lists for the next round to be generated.

One interesting aspect of the system, or the whole games for that matter, is when do you use professionals and when do you use volunteers. With so much depending on the timely distribution of the results, if I was IBM I certainly would be nervous about allocating some-one off the street with the job allocated to me. However, that is the situation across the whole of the games - there are thousands of people from all walks of life who are giving their time and efforts to try to the games. I collected my uniform with a person who was selected as driver for the Tanzanian Team. He was equally nervous and commented that he is only now appreciating how much of Sydney he doesn't know. It could be the Tanzanian team's luck to have him get lost taking them to the venue and then to have me foul up the results afterwards. I hope not - it will not be for people not doing their best.

IBM have a contract to supply results to all clients within a critical time limit. This implies that IBM monitor every step in the procedure. Every step in the process is time stamped in case of later legal difficulties. In case of failures the computer hardware shown in the diagram is duplicated so that if part of the system fails the duplicate system can be used. If both systems fail then the system reverts to a manual system. That was the situation on the first day of the trials when all the links between the Event Management and Print Distribution computers failed. Instead of just pressing a key and sending all the data to print distribution we were now printing the results locally and using the fastest photo copier I've ever seen to generate the results. Former member of the Board of Athletics Victoria, Grant McKay, was left with the challenge of getting everything back on line.

I was very pleased that we had a major disaster during the trials as it enabled us to test the contingency plans. I was very critical of IBM in February because they had not tested what really would happen when things went wrong. At the time it was anticipated that the Selection Trials would be held in Brisbane so there would be no further opportunity to test the infrastructure in the Olympic Stadium. One can always simulate failures, but there is nothing quite like the real thing. In the case of the trials delaying the events until IBM had their system up and running was just not an option - the show had to go on and it did. Albeit, some of the staff in the results centre ran a few more miles and got up a bigger sweat than the athletes out on the track but the event did go on. While the cold weather was tough on athletes, as far as preparing the infrastructure for the games the selection trials just had to be held at the Olympic Venue. Nothing in life is easy the first time you do it. I personally found my job very exhausting after the first day. I would have hated going into the Olympics without the opportunity to have had the 3 days of practice the trials provided me.

WE shared the Olympic experience with the locals *Gordon'nBeryl*

Olympic Ticket queues:

Two hours in the early morning with 500 Novocastrians [later in the day some were to queue for 5 to 6 hrs]. "You are blocking the doorway for some shops. Please re-arrange your queue with the tail down hill instead of uphill" And we did; without a grumble & without one single queue jumper seeking an advantage in the ensuing jumble !

Olympic trains:

Yes we shared with Sydneysiders their pride[& relief] at the efficiency of their CityRail trains & staff. All of Sydney determined to make it work & to make the visitors like their city. A crowd of goodwill ! We also shared early morning 4hr CountryLink train rides with Volunteers going up for their daily shift & local families bursting with enthusiasm for their Olympic experience.

Olympic busses:

"Park & Ride" we tried this twice, once out at Penrith & once to Olympic Park. The Olympic volunteers more in evidence here but the same hallmarks of good time keeping, good crowd control, plenty of information & Sydneysiders oozing goodwill.

Aussie forethought:

A lone kayaker with a radio microphone increased the value of our tickets ten-fold when he went through the white-water course beforehand explaining all the technicalities to a mainly first-time crowd.

The badminton digital score-board included details of time[41secs] & hits[49] in long rallies & number of shuttlecocks[40] used in the match.

Olympic Park:

A very successful crowd control plan, the result of some serious planning & forethought. No surly, shoving & harrassed crowds because the Sydney organizers had planned for continually mobile, free flowing, cheerful crowds & the Volunteers were the public face that made the plan work.

Circular Quay

& the Sydney icons of the Bridge & the Opera House; a great setting for the first

Aussie medal of the Games. Michali Jones Womens Triathlon-Silver. On that sunny, Sunday morning, we were part of the paying crowd that pioneered cheerful queues & participation for the rest of the Games.

Giant screens:

They were everywhere, a feature of the Games & a feature of Sydney. We shared the Opening with Sydney on a giant screen in one of their "pokies" at a special dinner. We shared the Closing on a giant screen provided by Nartional Parks on Shark Island in the middle of the Harbour.

Olympic rip-offs:

We shared the ugly face of the Games. The motel that doubled its rates without upgrading service or worn out facilities. The official Kodak film sellers at Olympic Park; \$9.00 for a \$4.00 film.

Tennis in the rain:

3hrs we waited & we joined in the cheers for the Aussie volunteers when they mopped up & got things going as soon as the rain stopped. We shared with the young girls of the USA cheer squad their delight at the four fat Belgium males imitating them as we watched the aloof Williams sisters demolish a very good Belgium pair.

Olympic Stadium:

1000s of spectators seated & fed without any fuss, you could feel the pride of the Sydneysiders - "aren't we doing this well?" "Can you believe this stadium?" one Sydneysider said as he looked around.

Olympic fireworks

Nobody can do fireworks as good as Sydney with their Harbour. Crowds sought vantage points from early in the morning. We shared our Shark Island grandstand with 700 other Sydneysiders paying \$220 each. They knew that you had to be there - TV couldn't do it credit.

"It's all over !"

2hrs from Sydney, but the little seaside village of Orient Point felt different that Monday morning..... The Games are over.

We set out in August for the Games. We took a detour via Lightning Ridge & Canarvon Gorge. We spent the Games period with our daughter near Nowra with two overnight stays at motels closer in to Sydney to suit our Olympic schedule. We saw: Triathlon, White-water canoeing, Badminton, Tennis & Athletics.

GREAT AUSTRALIAN ATHLETES

Selected Olympians 1928 - 1956



Robert Solomon

Here is a new, very readable and interesting book on athletics. It will be of particular interest to anyone who has been around a few years, concentrating as it does on some of our heroes from previous decades. There are chapters on Jimmy Carlton, Jack Metcalfe, John Treloar, Morris Curotta, Marjorie Jackson, Shirley Strickland and John Landy.

It is written from a very close perspective by an athlete who either had these stars as his childhood models, or competed with and against them in his own excellent career. Bob Solomon, now president of the NSW Veterans Athletic Club, has clearly performed at the top level since being an outstanding school-boy athlete, then open aged interclub athlete, and still a medal winning veteran athlete in international company. He can speak with authority of the conditions on the day of the race, the state of the track, or the decisions (often questionable) about wind assistance when historic events took place. I assume that either Bob has an enviable scrap book, or that he did lots of research in newspaper archives to compile his book. Probably both, for he is no stranger to study, being a Rhodes Scholar and an MHR. The chapters include the headlines of the day for each major race or event, and give the points of view of different news reporters. It is written with tender loving care, while remaining determinedly objective. We get a glimpse of the author on page 118 when he writes, "Like retired actors and politicians, old runners are soon forgotten when they leave the limelight (which is one of the reasons for this book)."

The name Solomon crops up in race reports continually, and knowing Bob now, one can visualise the intensity of competi-

tion he must have pitted against his opponents in those younger days. He still has it. I draw something of a moral from his career. We see so many who achieve at the very top level then retire completely from their sport when they go past their peak. Why? Expectations hang heavily on their backs. Yet if they really love their sport, why not keep playing it? Also we see some who get so obsessive that their bodies can not handle it and they burn out or retire through injury. To me, longevity in your sport is something to be admired, and Bob has achieved that.

But the book is not about Bob, all of that is by implication. If you, like me, can remember the 1956 Olympics, or John Landy's march towards the four minute mile, or if you saw those mature aged ladies carry the torch in the arena at the 2000 Olympics, you will love to read the details in this book and be reminded of how you felt in those days.

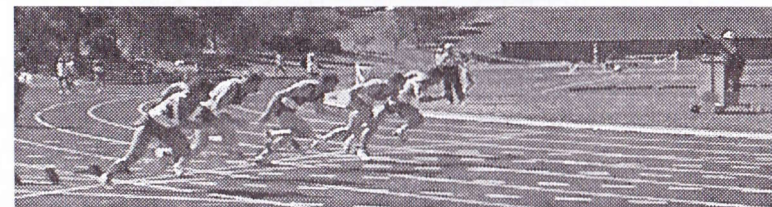
GREAT AUSTRALIAN ATHLETES

Selected Olympians 1928 - 1956

By Robert Solomon.

ISBN 0 9578339 0 3 Southwood Press P/L, Marrickville, NSW

The book is available at \$20 per copy, by ringing 1300 720 175



NEW VICTORIAN, AUSTRALIAN AND PENDING WORLD RECORDS

Age	Event	Name	Performance	Date	Location
Australian Records:					
M85	800m	Eddie Gamble	4:07.0	14.5.00	Mentone
M85	5000m	Eddie Gamble	34:08.0	21.6.00	Mentone
M85	Shot Put	John Fraser	7.94	2.7.00	Murrumbeena
Provisional Australian Record due to Specification Change					
M70	Javelin	Rudi Hochreiter	36.22	?1.00	Norfolk Island
M70	Javelin	Rudi Hochreiter	37.00	21.4.00	Hobart
Victorian Records:					
M85	1500m	Eddie Gamble	8:48.0	31.5.00	Mentone
M85	Javelin	John Fraser	14.17	2.7.00	Murrumbeena
W55	Half Marathon	Lavinia Petrie	90.03	24.9.00	North Carlton

My sincere apologies to June Reeves for prematurely ageing her in the May News & Results, by crediting her with a W55 300 Hurdles record, when in fact it was a W50 Victorian record.

Clyde Riddoch
 VVACI Records Officer
 1/104 Coventry Street, Southbank 3006
 Telephone 9204 7085 (H), 9690 2903 (H), Fax 9204 7485, Email Clyde.Riddoch@Auspost.com.au



HELP WANTED

There are a number of things going on where the volunteer who used to do the job is no longer able to do it, and it would be absolutely marvellous if someone else would put their hand up to take it on. Consider these and if you can help give Colin Browne a ring on 9874 2501 for some more details.

1. Our Vic Vets interclub team which performs at Knox on Saturday afternoons, used to be managed by Leigh Cassidy, but he now has to work and can not do it. The job involves a meeting once a month on a Monday night at Knox to get the info about the coming Saturdays' programs, then on Saturdays putting in lists of entrants in events and liaison with the athletes.

2. Our public relations and publicity officer, Fred Brooks, has had to withdraw for business and personal reasons. Our former PR man, Doug Orr, passed away, as you know. It could be a committee job involving committee meetings on a Monday about every six weeks, or it could be done without that. The essence of it is to try to get exposure for the club and individual members in the media, to publicise coming events and to attract new members. Any fresh ideas or new approaches would be most welcome.

3. Our treasurer, Rob Petrie, has passed away. Until the next AGM we will need a temporary treasurer, and then by election we will be looking for a permanent one. A reliable money manager who can give good advice on the use of the members' funds, keep up to date with payment of bills and contribute to the general committee work of running the club is most welcome.

4. The club's internet website has made a great beginning. It languishes for weeks on end without being updated. If someone out there with an interest in the internet would like to take it over and run it more efficiently they would be greatly appreciated. You would have the artistic freedom to shape it the way you like, plus co-operation in getting results, articles, photos and records.

5. We have been asked to try to find a coach for the Special Olympics group. They are a group of intellectually disabled people of all ages who have an interest in athletics. They used to have a coach who worked with them at East Burwood. Robyn Cook is the contact on 9857 5234. She could tell you what would be involved. They are a particularly worthwhile cause and it would be very satisfying to help them. Think of some of those paralympic performances of recent days. You may remember Col Jerram leading a group of them at Coburg during the 24 hour races in the past.

MAJOR EVENTS COMING UP

1. NATIONAL TRACK AND FIELD CHAMPIONSHIPS, Crest of Bankstown, Easter 2001.

David Sheehan, with typical initiative and responsibility, has secured a number of cabins at Bass Hill Tourist Park, which seems to be within walking distance of the venue, and is taking orders for places. It looks like being about \$25 a night in a group, with communal cooking. Ring David on 9794 7464 if you want to be in it. Alec Walker, NSW Secretary, has given me a list of other possibilities, which I will send to you on request. Colin Browne 9874 2501.

2. WAVA WORLD VETERANS ATHLETICS CHAMPIONSHIPS, Brisbane, July 2001.

Entry booklets are now available. If you do not get one at your venue, contact Colin Browne on 9874 2501 and we will send you one. There is a page of conditions which apply as well as the entry form. (see over). I also have the application forms and information for those of you who may wish to be officials at Brisbane. And AAVAC needs at least three managers for the Australian team. See the details on page 29.



**THE AUSTRALIAN ASSOCIATION
OF VETERANS' ATHLETIC CLUBS INCORPORATED**

14TH WAVA WORLD VETERANS ATHLETICS CHAMPIONSHIPS, BRISBANE 2001

All entries by Australian residents must be sent through the entries clerk of the Australian Association of Veterans Athletics Clubs Inc (AAVAC). He will inspect the entry for accuracy and when satisfied that all requirements have been satisfied, stamp and sign it and send it to the Local Organising Committee in Brisbane. If it is complete he will confirm by letter to the entrant that he has sent it on. If some requirements have not been met, he will communicate this fact to the entrant, in time to avoid a late entry. If entries by Australian residents are sent directly to Brisbane they will be sent back to the AAVAC entries clerk, and thus waste time and risk being late.

Address your entry to
Colin Browne
AAVAC Entries Clerk
4 Victory Street
Mitcham VIC 3132

As the closing date for entries to reach Brisbane is 30th March 2001, to allow time for processing and, if necessary, further communication with the entrant, all entries by Australian residents must reach the AAVAC entries clerk by 28th February 2001. Earlier submission of entries is preferable, to spread the work.

The requirements of a complete entry by an Australian resident are:

1. Correct completion of the entry form, with correct calculation of the entry fees.
2. Bank draft or cheque in AUS dollars payable to "WORLD VETERANS ATHLETICS CHAMPIONSHIPS 2001 LTD", or Visa or Mastercard details.
3. Evidence of date of birth, eg. photocopy of birth certificate or drivers licence.
4. Name and telephone number of a contact for the team manager's use in case of an emergency.
5. Current financial membership of an Australian Veterans (or Masters) athletics club.

a. Entrants who are members simply state the name of their club and we will check that statement with the club.

You are also required to contribute \$5 to the incidental expenses of AAVAC such as postage and the costs of providing team managers. A cheque for that amount, payable to AAVAC, should accompany your entry.

b. Entrants who are not members have two alternatives:

1. Join up with your state club. The contact person in Victoria is:

Astrid Rose
71 Union Road, SURREY HILLS 3127
Phone: 9836 2350

or

2. Pay \$15 to AAVAC to become a temporary member, for which you will have your entry form validated, and for three months receive the AAVAC magazine "Courier" and the veterans' magazines of your state to keep you informed about the WAVA Games and the activities of the state club. You are also required to pay the \$5 for the incidental expenses of AAVAC such as postage and the costs of providing team managers. To choose this option you must enclose a cheque payable to AAVAC for \$20, separate from your other entry payments.

I hope you can follow all of this.

Colin Browne
AAVAC entries clerk.

**TEAM MANAGER POSITION
WORLD VETERANS ATHLETICS CHAMPIONSHIPS
BRISBANE JULY 2001.**

Applications are called for Team Manager positions for the Australian Veterans Athletics Team, for the coming World Championships in Brisbane, July 2001. It is expected that there will be several Managers required. Accommodation and travel expenses will be paid for by the Association.

DUTIES of TEAM MANAGER

- Set up a communication system for competition information.
- Attend daily WAVA meetings.
- Coordinate team meetings at appropriate times.
- Be present at main competition sites, form a base site and be available to assist athletes where necessary.
- Coordinate relays.
- Assist athletes who have personal concerns, where practical.

Please send applications to:
Secretary AAVAC
8 Habgood St
East Fremantle
WA 6158.

Applications should be received by December 4, 2000.

Applicants are asked to address the following criteria in their applications.

1. PERSONAL DETAILS

Name, address, age, sex, telephone no.

2. ATHLETICS BACKGROUND

3. VETERANS ATHLETICS BACKGROUND

4. MANAGEMENT EXPERIENCE

- in Sport
- in Personal or business activities

5. HOW YOU ARE ABLE TO FULFILL THIS POSITION

Describe in a couple of paragraphs how your skills will allow you to perform the Team Manager's role.

6. REFERENCES

Two references whom we are able to contact.

Brian Foley
Secretary, AAVAC.
30-9-2000.

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

Wednesday, 8th November, Springvale/Noble Park's 21st Birthday. Be there. 7pm. Many events, prizes, supper.

Sunday, 12th November, VRR Jells Park (15km, 10km & 5km), Ferntree Gully Road entrance, 9.00am (9802 12200)

:Sri Chinmoy Albert Park Lake Run (10km & 5km), Albert Park Lake, 8.00am (9428 6665)

:Eltham Fun Run & Walk (8.1km & 6km), Eltham Leisure Centre, 9.00am (9439 2266 w)

:Alexandra Lions Club Family Fun Run, (10km & 4km), Lake Eildon National Park, All details TBC (5772 1898 h)

:Healesville to Mt St Leonard Mountain Run, (13.5km), Maroondah Reservoir Park, 10am (5962 6228 w)

Sunday, 19th November, Olympic Dream Run & Walk, (10km & 6km), Starting venue TBC, 9.00am (9583 4555 w)

Tuesday, 21st November, Kinglake Fire Station, Firefighters Challenge, (10km & 5km), Fire Station, 9.30am (5786 1356)

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

:Tower Challenge, Upper Beaconsfield, (8km Run/Walk) 9am start for walkers, 9.30am for runners. Recreation reserve, Stoney Creek Rd. David Bloom 0411 180 059 mob, 0359 443 310 w

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

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

:Marlborough Primary School Fun Run (10km & 3km), Hardy Crescent, Heathmont, 9.30am & 8.30am (9870 3468 w)

Saturday, 2nd December, VRR tan Handicap & Breakfast, (8km & 4km), opposite Swan Street Bridge, 7.30am (9802 1220)

Sunday, 3rd December, Coburg Harriers Club Lake Classic Run/Walk, (10km & 5km) Harold Stevens

Track, Melway 18 A 10, 9.00am (9386 9251 h)
:Zatopek 10km Races Olympic Park, Melbourne, 6.30pm. Entry forms in this issue.

Monday, 4th December. Applications close for the position of manager of the Australian team at the WAVA World games at Brisbane, July 2001. See ad in this issue.

Wednesday, 6th December, Sporting Chance Xmas Run (10km & 5km), Albert Park Lake, 6.30pm (9819 9225 w)

Thursday, 14th December, VRR Twilite Tan Time Trial (8km & 4km), near Government House Drive, 6.30pm (9802 1220)

Sunday, 17th December, Post Office Dash & Walk, (9.2km & 4.6km), Sorrento & Blairgowrie PO, both 8.00am (59 855 989 h)

Sunday, 31st December, VRR New Years Eve Run, (8km & 4km), Alexandra Avenue, opposite Swan Street Bridge, 7.30am (9802 1220)

:Dawn Buster Fun Run, (5km), Market Square, Moorabool Street, Geelong, 7.00am (5243 5374 h)

2001

Saturday, 13th January to Saturday, 20th January, 21st Thredbo Running Week. Contact Brian Lenton, PO Box 5, Duffy ACT 2611. Accommodation 1800 020 589 or fax 02 6457 6470

Sunday, 14th January, Cape Fun Run/Walk (8.4km) Wonthaggi to Cape Paterson. 10 year age groups, transit bus, Howard Jensen, 5674 4895

Wednesday, 17th January 2001, VVACI Lindsay Thomas Memorial Run/Walk, (10km & 5km) at Braeside Park, 7pm start. Organised by Springvale/Noble Park venue.

Wednesday, 7th February, 2001, VVACI Andy Salter relays. At Springvale/Noble Park venue, 7pm.

Easter weekend, Australian Veterans Track and Field Championships, Bankstown NSW. This is an alteration to previous notices. Secure accommodation early. Notes in this issue.

WAVA Veterans World Championships, Brisbane Qld July 4 to 14. Entry forms available now from your venue or from Colin Browne 9874 2501. Entries must be in by the end of February.

August, Shepparton Marathon, shaded loop course, three 14km circuits, good course Brian Gawne, Shepparton Road Runners.

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.

2000 ZATOPEK CLASSIC

AUSTRALIAN
athlete

**10,000 METRES
TRACK SERIES**

**RUNNER'S
WORLD**

2000 ENTRY FORM - Sun 3 DECEMBER

PLEASE USE BLOCK LETTERS - THIS FORM MAY BE PHOTOCOPIED

Entries close
28 Nov '00

Subscribe to *Australian Athlete* magazine

Entries close
28 Nov '00

- 6 issues for just \$38 and receive \$5 off your entry to the Zatopek - turn over page

Last name	First name	Age on	Sex	Birth date
Street address		Club name	race day	M/F Day Mo Year
Suburb	Postcode	Name of lap counter	Entering veterans race (40+)	Yes
Telephone	Yes, I want the AA subscription			
	I pay only \$28 entry	Best 10km time since 1/1/00	on track	on road

DECLARATION: Knowing that running is a potentially hazardous activity, I enter and run this race certifying that I am medically able and properly trained. I also assume any and all other risks associated with participating in this event including, but not limited to falls and contact with other participants.

Knowing these facts, and in consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge *Start to Finish Events* event organisers, its servants, agents, or subcontractors, all instrumentalities, cities, state or councils where this event is held, and all sponsors, producers, their agents, representatives and successors of all liabilities, claims, damages, costs or expenses which I may have against them arising out of or in any way connected with my participation in this event, including all injuries that may be suffered by me before, during or after the event. This release extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

Signature of entrant _____ Make cheques payable to:
If you are under 18 on the day of the event your entry must be signed by parent or guardian _____ **Start to Finish**
Signature _____ Mail or drop entry forms to:
Start to Finish
84 Burwood Road
HAWTHORN VIC 3122

Where did you get this entry form from? Start to Finish mailout friend
 school/corporation event gym Australian Athlete Runner's World

Grading

Your entry form should contain information on your previous best time on the road and/or track. If no information is supplied you will be placed in the lowest grade. No correspondence will be entered into regarding your grading. More grades will be added if necessary. If you believe you should be in A grade, send a summary of your best performances attached to this form. A grade is invitation only.

Anticipated Timetable

Grade	date	Race Start	Qualifying Time
B women	Sun 3 Dec	4.35pm	55:00
B	Sun 3 Dec	7.15pm	32:00
C	Sun 3 Dec	5.30pm	35:00
D	Sun 3 Dec	3.50pm	38:00
E	Sun 3 Dec	3.00pm	45:00
Veterans (40+)	Sun 3 Dec	6:10pm	55:00

Requirements

The entry fee is \$33. You must supply a lap counter. The lap counter must be over 18 years of age. You will not be permitted to run on the night if you do not provide a lap counter. If the event is over-subscribed then preference will be given to the earliest entries. Call *Start to Finish Events* - 03 9819 9225 for more information.

Australian news

BY JOHN WAITE

Veteran athletes, considering attending the World Veteran Championships in Brisbane in July next year, should seriously consider extending their itinerary to take in a week or so in Melbourne. At any time of the year Melbourne provides veteran athletes a unique opportunity to enjoy a range of experiences not possible in other Australian cities.

A keen mobile veteran (some actually manage this) can compete on a variety of world-class synthetic tracks, Monday to Thursday, every week of the year. For example, Monday (Doncaster), Tuesday (Glenhuntly), Wednesday (Mentone), Thursday (Frankston). Adding to the warm friendly competitive elements are the suppers. Doncaster has specialist gourmet sandwich makers, Glenhuntly are famous for their pizza nights, Mentone's suppers are often gargantuan feasts. For pensioners (or Kiwis on limited travel budgets) the tucker is an added bonus to developing friendships.

If it's competition you crave, each of the 16 venues has its own managed style or emphasis. For example, at Glenhuntly, the home of the "retired" professional athlete, the quite sophisticated handicap systems provide better than weight for age finishers. For this betting fraternity, even old crocs are worth punting upon. Some wise heads feign losing form until a prize handicap event brings about miracle performances.

The Victorian Veterans' Club, a combination of all these venues, meets regularly over the whole year in track and field events as well as winter running and walking. In late June of this year, the Club commemorated the second anniversary of the late Eric Greaves' death.

John Waite's article in the New Zealand Vets Magazine, VETLINE.



The Victorian men's Cross Country Team at the Australian Champs at Hobart in April. Randell Hughes (7501) center picture at 76 years old.

Eric was past Club Captain. He was affectionately known to many Kiwis and to Victorians as "Eccles". This 10km road race, held in a wildlife sanctuary, some fifteen kilometres south of the City drew several hundred competitors. Professional and veteran runners vied for honours. The professionals raced according to handicap and the veterans from scratch.

The road is unsealed, the course is flat and traffic free. Besides fiercely contested age category awards, there is an overall age grade percentage award. This year the three top awards went to 58 year old Theresia Baird who ran 39 21 for a 93.6% rating followed by Barry Brooks 60 years, 37 26 (87.5%) & Randall Hughes 76 years in 43 58 (89.8%).

In this day of electronic communications perhaps the veterans of two nations could be enticed into an international 10km event. This race would be held in the two countries, commencing simultaneously with results collectively produced via the Internet. Such an event could be fun. Let's imagine a mild, dry Auckland day and a wet Melbourne day with veteran athletes racing against each other 3000 kilometres apart. Any takers?

Experience the Relay for Life

Lace up your shoes and join us for the Anti-Cancer Council of Victoria's statewide Relay for Life!

What is it?

Get ten of your friends and colleagues together for the opportunity of a lifetime and be part of a local event for the Anti-Cancer Council in 2000. Relay for Life is a team event to raise funds for cancer research. It's 24 hours of fun with the challenge of completing a relay style walk/run in venues across the state.

Who will take part?

Everyone is welcome. This is an event for people of all ages and all levels of fitness. It's an event open to teams from work-places and community groups. It's for interested individuals and families. All you need is a sense of purpose and a sense of fun!

How it began

One man. One track. One goal. In 1985 an American Cancer Society volunteer, Dr Corey Klatt, put on his jogging gear and headed for the local oval after a good friend of his succumbed to cancer. Twenty-four hours and 81 miles later, Dr Klatt had raised an amazing \$27,000 in sponsored donations for the American Cancer Society.

A huge success

Since then, Relay for Life has developed into the world's biggest fundraising event and from its humble beginnings is now held in over 1,000 locations and raises over \$90 million for cancer research in the US.

The Anti-Cancer Council held the event at one track in 1999, raising \$75,000. In 2000 there will be multiple Relay for Life events throughout Victoria.

What's involved?

- ★ Be part of a fantastic, carnival-style team event complete with live entertainment, comedians, camping, out, free breakfast, spot prizes, free massages and more!
- ★ Witness the beautiful Candlelight Memorial Ceremony on the first night. Place your own candle tribute around the track in support of survivors or in memory of loved ones.
- ★ Celebrate the courage and determination of those living with cancer as they kick off with the Survivors Walk, a ceremonial lap of honour.
- ★ Help make a difference in the fight against cancer by raising money for a really worthwhile cause while completing your own personal team challenge.

Here's what people have said about Relay for Life 1999!

"The Candlelight Ceremony and the tributes were beautiful and quite inspiring. It made me feel that these people have all fought a battle therefore I can too by completing the 24 hours of 'team' walking."

"Highlights included the Survivors Walk (in which I participated), the Candle Ceremony and people's participation plus the friendship extended by everybody. Everyone there had the one aim."

"The Candlelight Ceremony was a moving and touching experience. In general, the whole atmosphere of the 24 hours was fantastic and rewarding in itself."



Register for Relay for Life

2000

TRARALGON
30 Sept & 1 Oct 2000
Traralgon Show Grounds
Sat 12 noon - Sun 12 noon

FRANKSTON

18 & 19 November 2000
Ballam Park Athletics Track
Sat 12 noon - Sun 12 noon

WHITEHORSE

18 & 19 November
Bill Sewart Athletics Track
East Burwood
Sat 12 noon - Sun 12 noon

WHITEHORSE RELAY FOR LIFE

Saturday 18th & 19th November 2000

To Register for the Whitehorse event please telephone
The Anti-Cancer Council of Victoria
1300 65 65 85

2001

CARLTON
16 & 17 February 2001
University of Melbourne
Fri 6pm - Sat 6pm

ESSENDON

2 & 3 March 2001
Moonee Valley Athletics Centre (Aberfeldie)
Fri 6pm - Sat 6pm

MURRUMBREENA

23 & 24 March 2001
Duncan Mackinnon Athletics Track
Sat 12 noon - Sun 12 noon

HORSHAM

30 & 31 March 2001
Horsham Showgrounds
Fri 6pm - Sat 6pm

BENDIGO

6 & 7 April 2001
Bendigo Regional Athletics Centre
Fri 6pm - Sat 6pm

Letters

RACE WALKING
by Warren Davey

During the 1999/00 track season, a number of race-walking events were conducted with sufficient Walk Judges enabling correct judging procedures to be applied. For many race walkers this was the first occasion that they had been exposed to the full rules, and many were surprised when they were nominated by the judges present as infringing the rules that apply to the race walking event.

It was apparent to many of the judges that some competitors had never had the rules explained or applied to them. Subsequent races, particularly the State Championships, saw a dramatic improvement in the technique used by many WAVeterans race walkers and a large decrease in the number of rule infringements occurring. This was particularly pleasing when it is considered that some of these competitors were considering continuing their involvement at National Championships level.

It is one thing to be penalised at the local level, but heartbreaking to be disqualified at the national level when you have not been sufficiently informed at the local competition level.

To help all those veterans race-walkers and aspiring race-walkers, I would like to clarify the rules in this article so that you can be fully informed prior to your next event.

The International Amateur Athletics Federation (IAAF) Rule Book 2000-2001 Edition, which is the international standard that all athletics organisations throughout the world abide by, states in Rule 230:

Definition of Race Walking

"1. Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical plane position."

Caution

"3. Competitors shall be cautioned when, by their mode of progression, they are in danger of failing to comply with paragraph 1 above. They are not entitled to a second caution from the same Judge for the same offence. Having cautioned a competitor, the Judge shall inform the Chief Judge of his action after the competition"

Warning and Disqualification

"4. (a) Each Judge's proposal for disqualification is called a warning. Competitors shall be given warnings when, by their mode of progression, they fail to comply with paragraph 1 above by exhibiting visible loss of contact or a bent knee during any part of the competition.

(d) When a competitor receives a warning from three different Judges, the competitor shall be disqualified and informed of this disqualification by the Chief Judge.

(e) If it is impractical to inform the competitor of the disqualification during the race, disqualification shall be given immediately after the competitor has finished.

(f) A white sign with the symbol of the offence on each side, shall be shown to the competitor, when a caution is given. The red sign symbolises the disqualification of the competitor. The latter may only be used by the Chief Judge."

So what does that all mean in everyday language, you may well ask. I have only shown the relevant paragraphs, which I believe competitors need to be aware of. I have shown the correct paragraph numbering as they appear in the IAAF Rulebook. O.K. then, a bit of everyday explanation for you non-officials type people.

Firstly I include some diagrams, which I believe clearly demonstrates what a Walks Judge is looking for. Remember that a judgement is made with the aid of the human eye only, and such things as video evidence is not used by Walk Judges in their instantaneous decisions during the race walk event.



Technique correcte - Correct technique

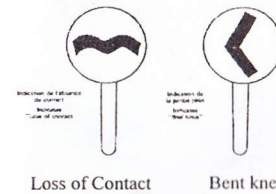


Absence de contact - Loss of contact



Jambe pliee - Bent knee

A Walk Judge is determining that a competitor, when they progress through the walking motion, will place their leading leg on the ground and keep this leg straightened from the point of first contact with the ground until it is immediately underneath the competitors body in the vertical plane. If a competitor does not conform to this rule, it is described as a 'Bent Knee' infringement. If this occurs the symbol 'Bent Knee' displayed below may be shown to the competitor.



Loss of Contact

Bent knee

Should a competitor in the process of race walking loose contact entirely with the ground, i.e. at least one leg has maintained contact with the ground, the Walk Judge will determine that a 'Loss of Contact' has occurred. The Walk Judge may show to the competitor the symbol 'Loss Of Contact' as displayed above.

What is the difference between a CAUTION and a WARNING? A Walk Judge would much rather orally caution (or advise) a competitor that they are in danger of infringing one of the two conditions described above, i.e. Loss of Contact

or Bent Knee. This is not a disqualification type notification to the competitor but only advising them of the incorrect race walking action. The same Judge is not permitted to caution the same athlete twice for the same offence. If you are cautioned then you should make every attempt to conform to the correct race-walk technique so that you do not receive a warning the next time a Judge observes you. Should a Walk Judge observe that a competitor is definitely infringing one of these rules, they will warn the competitor accordingly. This warning is also conveyed to the Chief Judge, who after receiving a warning report for a competitor from three different judges will disqualify that competitor from the race. Remember the three warnings may be for different infringements. Each Judge is only entitled to make one

warning report against a particular competitor.

Walk Judges should always attempt to judge from the outside lane, not be influenced by external sources or other Walk Judges, nor intimate competitors by running alongside them, Judging should always be from the immediate front or direct sideways view of the competitor. A good Walks Judge will not attempt to put in as many warning reports on different competitors, but would rather assist competitors to finish the event by the use of cautions. It is also taught that the more senior-in-age competitors, just by their developing years sometimes have difficulty in maintaining a straight leg action; here it is important that it is considered if the competitor has bent their leg during the race walking action or whether it is their natural body shape.

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