Vic Vets
NEWS AND RESULTS

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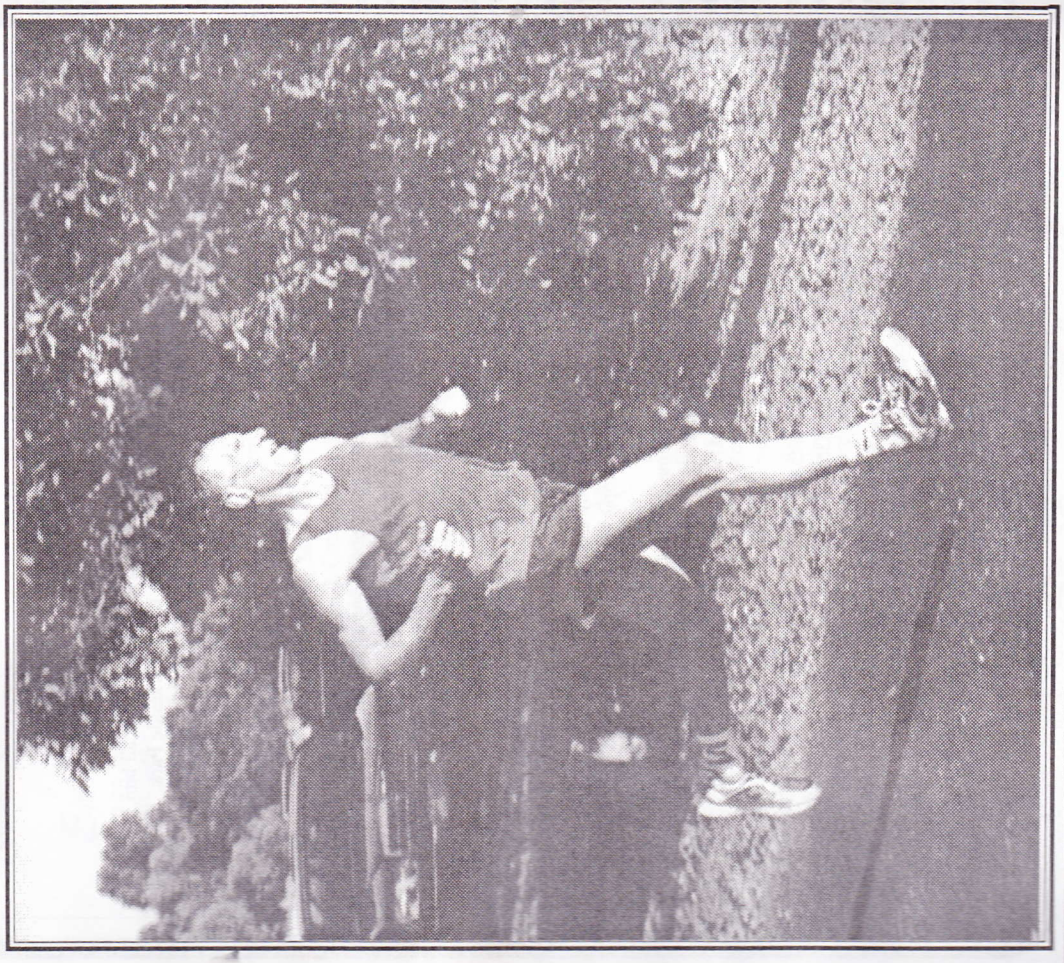

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Editorial

The start of the new year was accompanied by some sombre news at two venues. At Mentone the vets were very distressed to hear that Kerrie Taylor had finally lost her battle with cancer at the age of 37. Kerrie 's father, Gordon Gourlay, is well known to all vets, as an all-round performer in many disciplines at venue, state and national levels. Kerrie had been an excellent racewalker, holding W30 venue records at Mentone for every distance. She leaves her husband, Colin and two school-age daughters, Samantha and Madelaine. The vets wish to express their deepest sympathies to the family.

At Croydon we had a fatality at the track on a very hot Tuesday evening. Elite middle distance runner, Jim Ingham, who would have turned 55 next day, collapsed after sitting down on the grass with his mates after a race. The venue was well placed to try to help him. Nurses Alison Thompson and Sue Brunt, and Norm Cameron who is well up in first aid, all worked on him until the fire brigade came, then the MICA ambulance. But all to no avail. Apparently Jim had had a heart blockage. It was a long grim night at Croydon, as Jim's wife had to be informed and counselled, and other details attended to. Members were deeply shocked as Jim had been seen as one of the fittest. He was often seen running home from work along Whitehorse Road, he was always in the lead bunch in the distance races, he had performed very well in medal events, and he was a personality. We got many a laugh out of him and Ken Walters as they bantered with each other over Ken's (obscure to Jim) directions for one of his new idea events. He will be greatly missed.

The implications for the club, apart from human reactions such as support for the family, are concerning many members. Does each venue have people qualified in first aid coming regularly to the venue nights. If not how can we remedy the situation. Club support for training fees for first aid courses would be one thing. First aid equipment at every venue is another. A survey of all venues should be done to assess how well prepared they are for such a tragic event.

Well, it is a new year and we must attend to certain things. First of all, have you paid your subs? They were due from 1st January. They go to Astrid Rose, 71 Union Road, Surrey Hills 3127. Phone 9836 2350. Astrid can also fix you up with a uniform if you need one. You will need one, to go in the Summer Events, viz. Pentathlon on March 4th, Weight Pentathlon on March 11th, and the Track and Field Titles on March 31st and April 1st. All held at Duncan McKinnon Park, Murrumbeena. Entry forms for these events are in the middle pages of this issue.

At Easter we have the national veterans titles at Bankstown, NSW. Entry form is in this issue and in the Courier. In July we have the WAVA World Veterans' Championships at Brisbane. You need to get your entry form in to me by the end of February. Look in the Courier or ring me if you haven't got one.

It was very pleasing to have a volunteer, Graeme Paul, offer to help me with the job of taking entries for the World Games. It will be a big job as we have to process all entries from Australians, vet club members or not. There should be thousands. Another very welcome offer came from Gordon Stephen to keep the Vic Vets website up to date. Great. We also had volunteers in Donald McLean and Peter Le Get offering to help replace our deceased treasurer, Bob Petrie. Great to see members offering their help. By the way, I hear that the VCCL intends to name the Cross Country that we share with them at Yarra Bend, the "Bob Petrie Memorial". That would be a nice touch.

Keep the volunteering up. Old committees are not good for clubs, and we will have an AGM fairly soon. Put your name up for election to the committee. It would be great to see some new blood taking the baton and running with it.

Astrid reminds me that if you need a new singlet or shorts for the VVACI Track and Field Titles you can order by phone or form (in this issue) and pick it up on the day at Murrumbeena. She and Margaret Cassidy will also be selling other sports merchandise, and making the offer of trading unengraved medals of the style now awarded for merchandise, at the rate of $4.00 per medal. It is hoped to clear some stocks of clothing and to add to our stocks of medals. Have a great summer season.

Colin Browne

R.I.P. JIM INGHAM

Jim's wife Judy sent a thank you card to the Croydon vets, saying:

Thank you so much for the beautiful card and to so many people from the running club coming to Jim's funeral.
The tremendous response to Jim's sudden death has been overwhelming.
The offers of support and the wonderful tributes to Jim from everyon have helped us through this very sad time.

Judy Ingham and family.

R.I.P. SHIRLEY MATCHETT

Well known marathon runner, Ken Matchett, lost his wife, Shirley on the 10th December after a long battle with cancer. His mates in the vets extend their deepest sympathies in his bereavement.

MATCHETT, Shirley Faye. — Passed away on Sunday 10th December at Caritas Christi Hospice Kew, after a long but wonderfully brave fight against cancer. Loving wife of Ken in a partnership of 56 years. A loving mother to Ann and Malcolm, younger sister of Hazel, Joyce and Rowley (dec). Nan to Quintin, Emma, Kate, Luke, Toby and Joseph. During her illness, Shirley frequently expressed her gratitude to the staff of Caritas Christi who made the last weeks of her life as pleasant and as comfortable as it could be. Ever loving and caring Shirley will be sadly missed by her many friends

MATCHETT, Shirley Faye. — The President and members of Montrose & District Probus Club Inc. regret the passing of member Shirley and extend sympathy to Ken and family.

R.I.P. RON WILSON

East Burwood venue manager, Ron Wilson, had been fighting cancer for several months when he finally succumbed on December 9th, at the age of 64. Many vets went to his funeral at Lilydale, and John Bell spoke on behalf of all who had shared Ron's enthusiasm for running. Here are John's notes:

RON WILSON

I would like to thank Lynda for the opportunity to speak on behalf of Ron's "Running Acquaintances".

Ron belonged and participated with a number of Groups
He commenced with the **Tally Ho Fitness Group** pre 1978, which comprised at that time of 100 plus members that were fit and thought they could run.
Ron enjoyed annual weekends away at Queenscliff & Wilson's Promontory and also a week in Queensland on two occasions.
This was the launching platform for Ron's running career.

He joined the **Victorian Cross Country League &Victorian Veterans**, competing in the intra club competition, interstate and overseas.

He tackled **Ultra Running** and was a member of the **Monday Nighters** social running group.

Ron's **Running** personality consisted of many characteristics

Some of the qualities shown to his running colleagues were his
Competitive nature his organisation his seriousness definitely his
aggressiveness obstinate nature determination and passion for running.
He had also had a sense of humour that was not always evident.

Ron commenced his serious running in 1978 in preparation for the Big M Marathon.

My first real recollection of running with Ron in an event relates to a relay team he organised in November 1990, called a fun run from **Powelltown to Warburton** 15 Mile.

He planned the run tactically so each of us had an opposition runner to beat.
Unfortunately the plan disintegrated as we dived into Forest 100 metres down the road then climbed, walked or jogged in single file up a mountain face for a kilometre before starting to run.
Eventually we fell into Warburton and surprise surprise won the event.
At the presentation Ron was requested to provide a Team Name - Ronnys Wanka Warriors.
The memory I hold is that it was my first ever running trophy.

Following this the team was nicknamed Ronny, Robbie, Johnnie & Jack – and we have run together between injuries and illness over the past 20 years

Ron based his long run program on hills and following the fun we had, found a course commencing from the "Chook Shop" cnr Whitehorse and Springvale roads, out through Park Orchards, Warrandyte, Ringwood then up the Canterbury Road hill home.
Many runners came and went over the next 10 or so years.

The benefit from this training torture was that Ron ran over 20 marathons and also competed successfully with the other athletic groups previously mentioned, in events ranging from 400 metres to 10 kilometres.

Runner Reaction - stress
When finishing a long run on the service road, up Maroondah Highway, all of us tired and as you get **a bit agro**, a car almost brushed Ron when passing.
Ron immediately broke into a sprint, chased, caught up to the car, tapped on the driver window until wound down, exchanged words, and then tightened the gentlemen's tie in readiness for church.

Ron demonstrated his strength of belief, whether right or wrong, after entering the World Games in 1989. He had suffered his first bout of illness through cancer but still made the decision to halt treatment that was in progress to attend, not compete, and enjoy the trip.
During the games he recommenced running in the morning.

Nothing deterred Ron, two memorable 10 k races come to mind.
The first was an instance where the stitching in his shorts gave way, Ron started in shorts and finished in a skirt, and the other, the elastic in his jocks gave up and caused a serious shortening in his stride. In both cases Ron's only concern was the time he was racing for.

His only snow trip resulted in disaster, a broken ankle just prior to a marathon, but not to be deterred Ron was sighted at home exercising with his crutches beside him.

From experience, distance runners do not discuss their personal life but are experts at analysing other sports, politics and solving many other worldwide problems.
The runs on some mornings were not long enough to settle all the arguments and solutions.

The record was a debate over measuring the distance of a course by an official one-wheel machine or by a bicycle computer which lasted over approximately 3 weeks.
I don't think we changed Ron's opinion once over the years and he definitely disagreed on the bike.

His most recent achievement was forming a Tuesday evening training group which developed into a close knit group of friends and support, especially this year.

Following the operation and diagnosis Ron demonstrated amazing calmness in facing the reality of the prognosis.

He set various goals to achieve and set about organising his affairs.
Afternoon tea with Burnie – **I believe the family had to tone down invitations**
1st July – financial year and retirement
Football – attended Collingwood Essendon game at MCG

Story – Collingwood/Hawthorn match, supporter behind annoyed Ron by becoming over enthusiastic, Ron turned around grabbed his nose and gave it a tweak. Silence followed.

Walks at Terrara Park – weather permitting, where he pointed out his 100 and 200 mark running marks painted on fences.
The Sydney Olympics – had many friends over and enjoyed the athletics
Walk to papershop
Relay for Life – 24 hour Cancer event
The original relay team was reformed and we had arranged with Ron to do 185 metres
Unfortunately Ron was unable to start and this was the first real sign to all those at the track awaiting his presence that all was not well.

Runner's main frustrations are injuries and illness but Ron never complained and displayed a tremendous strength of character over the last 3 months.

On Thursday night at East Burwood Vets, the Ian Prestegar Memorial 10k run was held and a minutes silence observed in prayers for Ron and other athletes that have been touched or lost to cancer.

The memory of Ron and his contribution to running through events like this will not be forgotten.

All distance runners are only as good as their support crews, so full marks and recognition must be given to all Ron's family for the support and love they gave him during the tough times.

As runners would say after a race, well run Ron.

Letters to the Editor

Dear Colin,

Following my diagnosis with prostate cancer, I searched around for an alternative method of treatment to the two most common methods, ie. radical surgery (removal of the prostate gland) or block radiation.

The specialists involved believed that the disease had been "caught" early in its development. Thus after considerable discussion it was decided to choose brachytherapy.

Brachytherapy (a very specific radiation treatment) involves sewing a template over the perineum (the part of the male body between the anus and the scrotun). The template was made of a complex plastic material with pre-punched holes. (Naturally the sewing process occurred after the lower part of the body had been anaesthetised). Through the holes steel needles were placed directly into the prostate gland. The irridium source of radiation passed through the needles when the treatments occurred.

As the template was attached to the body it was necessary to lie on one's back for 32 hours during which time four individual treatments occurred.

It was certainly an uncomfortable 32 hours, but well worth it for the satisfactory end result. (A further item of discomfort was the obligatory insertion of a catheter bag).

If any members of the club are interested in further details, I would be pleased to discuss this prostate cancer treatment method with them.

Best wishes
Richard Piesse

Dear Colin,

I write in regard to the 10k Track Championship at Knox Track on Saturday 25th November, in which I competed.

I cannot understand why the slower and older runners have to run in the first 10k in the heat of the day.

This is the first time I have run in this event because of the heat. Recently I was asked why I didn't support more of our events. So I started and finished very distressed.

Why not have the faster runners on first? After all they are only out there half the time we slower runners are, and only suffer half as much.

Perhaps there are some who couldn't care if some of us collapse or suffer an even worse fate?

Common sense should prevail with the slower, older runners on last, when it is cooler.

If the worry is that faster runners would enter the wrong 10k to get cooler conditions, this can be easily overcome, as was done by the Victorian Amateur Swimming Association years ago in graded swimming.

Believe me, I have spoken to a number of Vets about this subject, some who would not start because of the heat.

I trust the Committee will give this item serious thought and make a change.

Vern Gerlach

Sun March 25th Breakfast Walk in Williamstown

The Event:

The Williamstown Breakfast Walk is a 4km walk through the picturesque and historic streets and seaport of Williamstown. Up to 1000 participants enjoy an array of healthy and delicious breakfast foods at each of the five food stop on route. Participants receive a 'showbag' full of promotional material, samples, goodies, vouvhers and spot prizes.

What we need:

We are looking to invite elite athletes to assist our volunteers hand out the healthy breakfast foods at each of the five foodstops. This contact with the community will again increase your exposure and promote your sport.

Please email or contact me on 9349 5781 for any further information, or if you have any willing participants.

Kind Regards,
Clea Smith
Program Coordinator
Melbourne Sports Network
Suite 4/233 Cardigan St, Carlton, 3053
9349 5781 fax 9349 5786

Dear Colin,

I have enclosed my entry, $5.00 and a copy of my drivers licence as part of my entry for the World Veterans Championship in Brisbane.

However, I have a query, some emails I have received from USA have made the following comments:

" Non Stadia event rules (e.g. road walks)
The following will be strictly enforced (emphasis by writer Ron Bell, WAVA Non stadia VP)

1. Personal Drinks: Only a maximum of two nominated personnel per country can issue personal drinks to members of their team. Accrediation will be given to the nominated personnel.

If this is correct, I have a concern that most veteran racewalkers do not have the experience at feeding or have the personnel with them who are use to feeding athletes, this was shown to be the case in Gateshead, when some of the walkers were unable to finish the race due to poor feeding.

I have two suggestions:

1. My wife, Kate Suich, has been a feeder of athletes on many occasions including for the Australian teams in the World Cup of Racewalking. She is very experienced has/can help/advised the athlete on what they should be drinking if they start to struggle in a race. I would like to see my wife nominated as one of the two feeders for the walks in Brisbane if nomination are required.

2. As assistance to all walkers who are racing the 20km walk, I will make myself available to advise any walker of the best way to feed, what they should feed on and how feeding will help in a 20km event. As a walker who has walked over 20, 50km races and countless 20km races, and as a level 3 walks coach, I have the expertise to help. If this is seen as useful could it be mentioned in the next issue of "Vic Vets News & Results".

3. My contact details are: phone 03 93371550, fax 03 9331 2469 and email address: mdonahoo@connexus.net.au, I also hold regular sessions at the Victorian Race Walking Club.

Thank you for your time, and please contact me if more details are required or I need to do more to nominate Kate Suich as a feeder for the 20km walks.

Yours in sport,

Mark A Donahoo.

Mark A. Donahoo

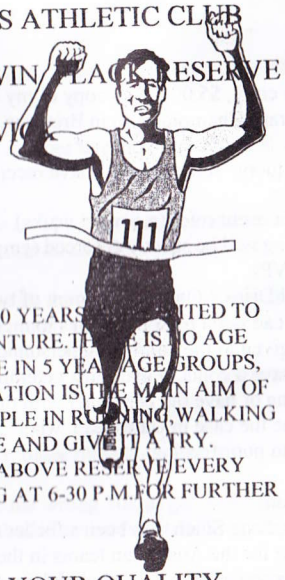
[Thank you Mark. It is a very good idea and I have posted a copy of your letter on to the organisers of the WAVA World Games at Brisbane.

By the way, everyone, if you intend to participate in Brisbane, have you sent me your entry form, including with it evidence of your date of birth (photocopy of birth certificate, passport or drivers licence), name and phone number of a contact person for the managers' use in case of emergency, and a $5 cheque payable to AAVAC to cover the expenses of supporting three managers at Brisbane. You must also be financial with your state vets club. ED]

VICTORIAN VETERANS ATHLETIC CLUB

BERWICK VENUE EDWIN FLACK RESERVE

MANUKA ROAD BERWICK



ALL MEN AND WOMEN OVER 30 YEARS ARE INVITED TO PARTICIPATE IN THIS NEW VENTURE.THERE IS NO AGE LIMIT.ALL MEMBERS COMPETE IN 5 YEAR AGE GROUPS, 30-34,35-39,40-44ETC.PARTICIPATION IS THE MAIN AIM OF THE CLUB.WE CATER FOR PEOPLE IN RUNNING,WALKING AND JUMPING.WHY NOT COME AND GIVE IT A TRY. MEETINGS ARE HELD AT THE ABOVE RESERVE EVERY WEDNESDAY NIGHT STARTING AT 6-30 P.M.FOR FURTHER DETAILS PHONE 97058649.

COME AND IMPROVE YOUR QUALITY OF LIFE.

Dear Colin,

Many thanks for the brochures and membership forms. Well what can I say? About starting a new venue,despair one week Jubilation the next hoping that prospective members will come and Join.
Early in the embroyic stages of the club it rained the first three Wednesday nights and we were only three,sometimes four and I thought that the club would not survive.But through patience and Perserverance our three rose to four then five.six and now at this Present stage we have ten and seem to be holding our own.
The pleasing part of all this is that 80% are in the under 45 year age Bracket and that is the future of our Veterans organisation.After the Trauma of the first few weeks I can sympathise with Ken Walters As he strives to get Cockatoo going and I realise what work he has Put into it,but knowing Ken he will succeed.We have had to Balance our training nights with the occassional race as most of our members Are newcomers to veteran athletics,so most of it at the present time Is getting our members fit enough to compete.We already have had An offer of a Perpetual Trophy from the local M.P. Neil Lucas and The membership have decided to contest for it over four races, Sprint,Middle Distance,Long Distance and either a walk or Field Event on a nominate your own time format,the winner being the One with the least points.The City of Caseys Leisure Officer Phillip Saikaly has been very co-operative in helping us with any Problems.Our members are looking forward to the Vic.Titles

Yours in Sport

Fred Brooks

Dear Dot,

Thank you for the latest "Vic Vets News And Results" - always full of interesting articles and club news. Could you perhaps add my name to the list Melbourne Marathon 2000 finishers? With my permanent leg injury it was quite difficult for me to finish - but I did! In an awful P.W. of 5:31:26. A few weeks before the race I had received from the Spartans Club a special singlet presented to those who complete 20 Melbourne Marathons and this was my 20th - so I had no option but to complete the race or hand back the singlet!! The organisers of the race presented me with an "oldest male to finish" trophy (second year in a row!). I believe I even gained second place in the M75-80 age group.
Keep up the good work which is greatly appreciated by all who know you.
Fondest regards

Ken Matchett.

****

Dear Colin

My favorite leisure / exercise pastime after running is bushwalking. I am a member of several walking groups, including the Great Dividing Trail Association which is based in Daylesford.
The GDTA has developed walking tracks from Castlemaine to Ballarat - a total of 125 kilometres via Daylesford and Creswick.
The tracks are approximately 95% through state forests and pass through many fascinating old gold-mining districts, along disused railway lines and beside timber tramways dating back to the 1860s.
Future plans for the GDTA include linking Daylesford and Blackwood (and possibly traversing the Lerderderg State Park), and extending the trail from Castlemaine to Bendigo .
Maps are available for anyone interested in walking (or running) along the tracks which are well marked with guideposts highlighting the GDTA logo .Entry stations are currently in place in Ballarat (at railway station), Creswick, Daylesford, Hepburn Springs, Vaughan Springs and Castlemaine.
Regards

Richard Piesse.

Dear Colin:

I wonder if I could use the pages of the Vets News to draw attention to the need for healthy older persons to take part in medical research programs.

It seems the researchers have no problems in finding unhealthy people, but fit old 'uns seem to be in short supply.

For some time, I have been called upon by the Alfred Hospital as a volunteer in its research program. Two of the projects involved studies were connected with finding cures and treatment for coronary diseases. Another was seeking a deterremt for smoking.

The hospoital's main need is for healthy older people who can provide a "control" group with which to compare the heal;th of those who are suffering diseases and ailments.

As a volunteer you are usually required to make a couple of visits to the hospital. These vary from 30 minutes or so to perhaps four hours. Mostly the tests include ECG, blood pressure, cholesterol levels, blood cell count and perhaps a couple of stress tests (such as measuring heart rates when your arm is plunged into a bath of ice for two minutes!)

All testing is very c losely monitored and no volunteer is ever under any pressure to take part in any procedures or tests with which they are not 100 per cent happy.

In addition to helping to find cures and treatments for those who don't have the level of fitness enjoyed by most Vets, volunteers also get the benefit of a thorough monitoring of their own medical state.

It is something which takes little time, and yet stands to provide great benefits for the community at large.

And you'll get that comforting glow of knowing you are one of these prevcious rarities — a fit and healthy oldie.

Contact phone numbers at the Alfred are 9903.0042 or 9903.0535.

Regards,
Tony Berry

Dear Colin and Dot,

My name is Rachel Denver and I am a Monash PhD student working at the Alfred hospital researching various hormones in the setting of human chronic heart failure. One of your veteran atheletes Tony Berry was recently a healthy control for my research study and has called me this morning to tell me he has kindly emailed you on my behalf with the suggestion that your veterans newsletter would be an ideal location to place an advertisement to assist my recruitment of healthy volunteers. The study is very simple involving blood tests, blood pressure measurement and an ECG, and only takes about 30 minutes. I thought I would follow up with an email to introduce myself and express my thanks and appreciation for your help if possible. It is a lot harder than one would think to find fit and healthy older people in social circles!

If you need any more information or contact details, please let me know. Again, thank you for your time.

Kind regards,

Rachel Denver.

EMIL ZATOPEK

A PERSONAL RECOLLECTION. from Alan Irwin

Geoff Warren was part of Australia's distance running success in the 1950s. He toured Europe before and after the 1954 Vancouver Commonwealth Games. Although no longer competing many vets would have competed against Geoff over the years. Those who have enjoyed success in Victorian Championships may have had their medals engraved by him. Here Geoff shares some personal recollections of Emil Zatopek.

I felt as though I knew Emil back in 1952 through my Williamstown club mate Les Perry, but we did not meet until 1954. We met just prior to my only race against him, a 3,000 metres in Cologne. It was apparent from the start that he was going to dominate the race and my only opportunity of seeing him run was from a long way back in the field. After a couple of laps I did what was unthinkable in Australian distance running culture. I pulled out and ran back and forth across the infield so I could see him up close. As there was no TV in those days I had only previously seen him in Cinema newsreels. I was glad I did this as I can still see those close ups of his image, pumping away with a sort of crazy determined happiness in testing himself. Of course he won by a street and somehow I felt as if I had too.

I subsequently watched the European Championships in Berne. Emil was down on form, a bit off colour but was still there to give it a go. These championships marked the emergence of Vladimir Kuts and Emil was overshadowed. But far from dampening his spirits he rejoiced in Kuts' success and his aggressive running seemed to remind him of his own approach.

He stayed with me for a week when he was here for the 1986 Zatopek 10,000 metres. A highlight of his visit was taking him to meet Franz Stamfl for the first time. We arrived unannounced at Melbourne University where Franz, then wheelchair bound, conducted his coaching group. Franz was overjoyed at the visit and the feeling appeared mutual. They spoke for hours in German and whilst I could not follow the conversation I enjoyed observing their excited animated discussion. A small incident from that visit demonstrated another side to Emil's character. He was staying in our spare room which had a broken wardrobe door. He fiddled around for what seemed like ages rummaging through the shed for bit and pieces to fix this door. When I told him I didn't expect such a contribution he replied that it was important to do something to help someone else every day, even if the person being helped is not aware of it.

WHITEHORSE RELAY FOR LIFE

BILL SEWART ATHLETIC TRACK, EAST BURWOOD RESERVE

18-19 NOVEMBER 2000

By Bob Hayes

A total of 40 runners and walkers from the East Burwood (EB) and Doncaster (D) Veterans Venues and Athletics Nunawading (N) combined to form the ***Bill Sewart Beauties*** (BSB) relay team on Saturday, 18 November and Sunday, 19 November.
The purpose of the event, organized by Rotary Club of Box Hill Central for the Anti-Cancer Council of Victoria, was to raise money to fund Cancer Research. A parallel event was held simultaneously at Frankston.
At least 55 teams participated at East Burwood, each with ten or more members. Overall in the order of 700 registered team members joined in at some stage of the event. Many participants walked in team groups. Only a few teams treated the event as an actual 'relay race'. The inside two lanes were generally kept clear for the 'racers'. The direction was reversed at six-hourly intervals.
The event began at noon on Saturday with a survivors and carers' one lap walk. A one lap teams group walk then followed. A brief service of remembrance and reflection was held a little after sundown (around 8:45 PM). Before the service, candles dedicated to relatives and friends either taken by or currently fighting cancer, were placed around the track and lit. With the track lights switched off it was a truly moving, memorable and beautiful time of devotion and dedication. Team groups also walked a lap to conclude the event at noon on Sunday.
Being more of a fun event than a serious race, teams made up their own rules and decisions with regard to 'baton' changeover times and distances. The table at the end of this report shows details of the BSB team and individual performances.
The 15-member Yering Station Winery Challenge team, which included Bert and Annette Pelgrim, Norm Cameron, June, and other Petrie family members, won the prize for most laps run – a total of 766 laps (306.4 Km). BSB, 682 laps (272.4 Km), were second and Box Hill Athletic Club, 653 laps (261.2 Km) third.
Bert Pelgrim completed the most laps by an individual – 120 laps (48 Km). Geoff Broderick, 49 laps (19.6 Km) completed most official laps for the BSB team.
Some members chose to run extra (non-counting) laps as 'companions'. For example, Ewan Wilson ran an additional 24 laps accompanying Stewart Handasyde, producing a personal tally of 63 laps (25.2 Km). Annette Pelgrim completed 26 laps for BSB and also ran many laps as a member of the Yering Station 'Challenge' team.
Our indefatigable lap scorer and timekeeper, Les Clark, faithfully and meticulously recorded the full total of 682 transitions of the BSB baton across our team change-over point, in front of his tent, during the 23 hours the event was actually in progress. (About an hour was taken up by the various ceremonial activities). Thank you Les for your tireless and very much appreciated support.
Overall it was a challenging and co-operative community project with great attention to organizational detail. Congratulations to Box Hill Central Rotarians and the very large number of workers, runners, walkers, donors, supporters and entertainers who collectively contributed to guarantee the success of a truly outstanding event.
At the time of writing, the total raised for Cancer Research by the Whitehorse Relay exceeds $100,000. The Bill Sewart Beauties contribution from sponsorship donations exceeded $3000 (well above our original $2000 target). At Frankston there were about 33 teams involved and at least $60,000 was raised.
Apart from being quite warm and humid on Saturday afternoon, the weather was otherwise ideal for the relay. In particular the 'traditional' BSAT wind was completely absent. The best running and walking conditions were between 10PM and 8AM.
The event certainly 'show-cased' the marvellous Bill Sewart Athletic Track facility. How privileged and fortunate we are to have such facilities in Victoria! Beforehand many of those who participated seem to have been completely ignorant of its existence. The 'tent city', which almost totally covered the in-field, was a magnificent sight and a great centre of community goodwill. It provided marvellous opportunities to renew some old acquaintances.
'Relay for Life' will again be conducted at venues around Melbourne and in country Victoria throughout 2001. Why not get your team(s) together and be

in it? It will become a worthwhile and beneficial club project. Afterwards you'll be glad you and your team, 'got off your bottoms' and made the effort!

(Bill Sewart was a former City of Nunawading Engineer who died of cancer. The track and facility is named in his honour and memory.)

Bill Sewart Beauties Team Member Performances

Name	Club	Laps	Km	Time(m:s)	Av./lap
Helen VanDerNagel	EB	7	2.8	17:53	2:33
Gordon Stephen	EB	11	4.4	20:55	1:54
Richard Piesse	EB	19	7.6	33:35	1:46
Rob Catherall	EB	15	6.0	24:10	1:37
Graham Philpott	EB	31	12.4	52:46	1:42
Bob Hayes	EB	31	12.4	55:47	1:48
Frank Tutchener	EB	18	7.2	36.01	2.00
Gerry Clarke	EB	26	10.4	58:54	2:16
Ewan Wilson	EB	39	15.6	61:02	1:34
Trevor Jupp	EB	8	3.2	17:48	2:14
George Simons	EB	6	2.4	12:53	2:09
Don Cox	EB	7	2.8	15:25	2:12
Greg Parker	N	15	6.0	29:19	1:57
Steve Vernal	N	21	8.4	30:29	1:27
Adrian McGregor	N	27	10.8	42:26	1:34
Ron Battersby	N	7	2.8	16:29	2:21
Daryl Cornelius	N	3	1.2	6:31	2:10
Brian Wilson	N	4	1.6	8:31	2:08
Linda Wilson	N	1	0.4	3:16	3:16
Chris Battersby	N	6	2.4	13:51	2:19
Scott Bowden	N	11	4.4	42:31	3:52
Geoff Broderick	N	49	19.6	77:01	1:34
John Donovan	EB	24	9.6	53:15	2:13
Adam McCann	N	13	5.2	23:58	1:51
Eddie Stack	EB	24	9.6	56:24	2:21
Bob Lewis	EB	19	7.6	60:56	3:12
Stewart Handasyde	EB	31	12.4	60:26	1:57
Ken Walters	EB	25	10.0	66:43	2:40
Annette Pelgrim	EB	26	10.4	55:43	2:09
Ashley Ryan	EB	32	12.8	57:37	1:48
Andrew Jamieson	D	6	2.4	10:50	1:48
Lyn Jamieson	D	6	2.4	9:11	1:32
Doug Petroff	D	7	2.8	11:28	1:38
Richard Trembath	D	6	2.4	8:20	1:23
Antonella Wearne	EB/D	17	6.8	37:54	2:14
Jan Burrows	D	13	5.2	21:48	1:41
Alan Sinclair	D	7	2.8	11:12	1:36
Shirley Coppock	EB	17	6.8	54:10	3:11
Marlene Cameron	EB	26	10.4	60:52	2:20
Vin O'Brien	EB	21	8.4	41:59	2:00
Team Total or Average		**682**	**272.8**	**23:00:22**	**2:01.4**

The PARALYMPIC GAMES

Gordon'n' Beryl

We flew out of Melbourne at 10am 17 Oct. The price for the Olympic Opening [$2600] had been prohibitive but $170 for A Class reserve seats for the Paralympics seemed reasonable.

Our hotel was right in the centre of Sydney - the early morning run included Circular Quay & the Opera House. We were within 200M of the Wynyard underground station on the City Loop. The airport train was very quick & efficient and Paralympic transport was at our doorstep.

Wednesday night was the opening ceremony & it was a rainy day. We had seats under cover but the rain seemed set to ruin everything. It pelted down during the opening number & all the performers got drenched but then there was no more rain for the rest of the night. A wonderful colourful experience but it ended with five pop groups, each singing[?] three numbers at a **1 000 decibels !!!!!!**

Then the fireworks exploded right on the arena - what a noise that was!

On the way out I could see Beryls lips moving & I said to her, "I can't hear you. I may never hear anything ever again!"

On Friday our day pass allowed us to attend any events on the day we selected. For $8[concession] we had a morning of athletics [including wheelchair sprints, blind long distance runs & field games], wheel chair tennis in the afternoon as well as wheelchair table tennis & amputee table tennis and the swimming at night. Great value for $8.00 !

The blind runners were interesting, each had a guide with a red bib. The guides were not allowed to run ahead of the runners & pace them. Judges around the track checked for infringements. One blind runner, who was third across the line, was disqualified because his guide crossed the line one step ahead of him. And you probably saw the TV shot of the blind runner dragging his exhausted guide across the line. In the 10K each runner had a team of guides that could swap & remain fresh.

Wheelchair table tennis is different. They play doubles but they don't move so they don't have to take turns. If the ball comes back to you 5 or 6 times in a row then you hit it 5 or 6 times in a row. It's very fast.

Amputee Table Tennis; it didn't seem to matter whether you had one arm or none or one artificial leg or two, it was still fast & furious with plenty of movement.

At the **swimming** it seemed sometimes that there was just a body in the water with no arms or legs. One swimmer in the medley, with no arms, was disqualified for using the wrong kick in the breast stroke leg !

Did you know that if you cut or jab yourself with something sharp you cause an **adrenalin rush** in your body? This adrenalin rush is just what athletes need, especially sprinters. But, if you are paraplegic, quadraplegic, whatever - you can cut a leg, for example, & not feel the pain but it will still cause this adrenalin rush. Some wheelchair athletes have been known to sit on something sharp to give them this advantage.

So, if you are sweating & hyperactive, from an adrenalin rush, disqualified - no start !

The public transport & other infra structure surrounding the ***Paralympics*** was not as high profile & intense as the Olympics themselves but Sydney still maintained a high standard. Consider this; coming back late at night after the Paralympic opening with a 100 000 others we did not have to wait for any trains & when we needed directions at our change station there was the **train staff singing duo !**

A strange station, a crowd of thousands, we needed directions to the platform for our next train. What we thought were a couple of buskers turned out to be a couple of young lads in Railway uniform waving lighted batons in their hands & singing to the tune of

"If you're happy & you know it - clap your hands"

Their words were: *"If you want to go to Central - go to your right"*

"If you want go to Southern - go to your left"

all the time waving their wands to direct us. Not very tuneful & the words didn't quite fit the rhythm; but lots of fun & effective.

Sydney 2000 XVII OLYMPIC GAMES

There's no bigger event than the Olympics whether you're an athlete or a physiotherapist.

I arrived in Sydney on the 10/09/2000, after chasing a taxi (at Sydney Airport) who drove off with my luggage, I could feel that Sydney was about to experience 20 days of unforgettable moments. These moments that we were about to witness would be etched in Australian history forever.

Everywhere you went you were given updates about where the Torch was and who was carrying it. The Sydney Harbour Bridge was ablaze with the Olympic rings. City streets were closed and traffic redirected. The public transport was moving into its new Olympic timetables for the duration of the games.

For the week prior to the Opening Ceremony I was working two eight hour shifts starting at Sydney Olympic Park, treating and mixing with Track and Field athletes from the following countries:
GREECE, USA, CAMEROON, SURINAME,GUYANA, GHANA, CONGO, SRI LANKA, TRINIDAD AND TOBAGO, CHAD, TOGO, BAHAMAS, GABON, IRELAND, AUSTRALIA, NIGERIA, LESOTHO, MOZAMBIQUE, COLOMBIA, BENIN, UNITED STATES VIRGIN ISLANDS, JAMACIA, COTE' D' IVORE and NAMIBIA. It Sounds like a Miss Universe contest!!

After working at the warm up arena I then made my way to Darling Harbour and worked another eight to ten hours with Weightlifting, Fencing, Boxing and Judo. The behind scenes at the Weightlifting were most interesting especially the antics of the Romanians. Muhammad Ali's appearance at the Boxing was deafening and the competition fierce.

But it was at the athletics training area where all of the action was gathering. As the countries arrived at the Olympic Village so did the athletes. At one session there were some 400 hundred athletes at the one time on the track training.

Maurice Green practicing starts, Serge Bubka pole vaulting, Gail Devers hurdling, Cathy Freeman training amidst body guards and even the great Carl Lewis dropping in for a look.

I continued to work at this pace until the commencement of the athletics program.

The Opening Ceremony was magnificent. I felt very proud when the Greeks entered the arena and equally proud when the Australians made there appearance. I was able to witness one of the greatest moments in political history .The unification of North and South Korea, after over half a century of combat, epitomized the essential pillars of Olympism and was the benchmark of hope for future, worldwide change in areas of fighting. A truly spectacular and memorable event.

The generosity of the IOC and their need to fulfil their desire to unite the whole world without exception, was clearly demonstrated by their support, both financially and sentimentally, of the athletes from East Timor.

Who could forget young Nikki Webster and the Men from Snowy River. Our Golden Girls Betty Cuthbert, Raelene Boyle, Dawn Fraser, Margery Jackson, Shane Gould, Debbie Flintoff-King.

The lighting of the Olympic Flame by Cathy Freeman. A night that I will never forget and so honoured to be a part of.

Overall I was able to assist in 4 Gold medals, 1Silver and 1 Bronze.

My most memorable moments at these games were treating Gail Devers, witnessing Kosta Konteris win the 200m and having my son, Timothy, with me for the last week.

Timothy and I left on the morning of the Closing ceremony and glad we did, as there were some 1000 flights out of Sydney the next day.

The atmosphere in Sydney was fantastic and everybody thoroughly enjoyed themselves. There were things going on everywhere. The organization by SOCOG was really outstanding. Everything ran so smoothly.

Australia, Sydney you can stand tall. As Juan Antonio Sammaranch stated ***THE BEST GAMES EVER!*** and I certainly agree with him.

Lets look now towards getting a group together for Athens 2004.

Best wishes

GREG VARIGOS

Skills put to work

ST ALBANS physiotherapist and veteran athlete Greg Varigos is getting a first-class view of the Sydney Olympic Games action.

Mr Varigos is taking part in the Games as an official SOCOG physiotherapist in the track and field warm-up venues and the weight lifting arena.

Although it is his first experience with the Olympics, the elite sports atmosphere will not be unfamiliar.

Mr Varigos is currently the Australian veteran's champion in the men's 40 to 44-year-old 110-metre and 400-metre hurdles and high jump events.

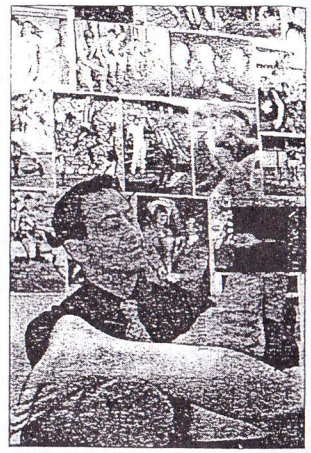
He is also a former state and national high jumper.

Mr Varigos, 43, trains with the Glenhuntly Athletics Club, which has about eight members competing in this year's Olympics.

He has also travelled with the Australian Oceania Athletics team and the Australian World Deaf Games team as a physiotherapist.

Mr Varigos, who left for Sydney earlier this month, said he was looking forward to getting a close-up look at the Olympic Games.

"To sample the atmosphere and the Olympic spirit will be invaluable," he said.



Good sport: *Greg Varigos.*

VICTORIAN VETERANS ATHLETIC CLUB INC

2001 SUMMER EVENTS

DATE	EVENT	START TIME	VENUE	MELWAY MAP REF.
Sun	4th Mar Pentathlon	12.30pm	Duncan McKinnon Pk	(69, A9)
	(12.30 start for M30-49. 1.00 the rest.)			
Sun 11th	March Wt.Pentathlon	10.00am	Duncan McKinnon Pk)	(69, A9)
	(Phone Astrid & Graeme Rose for start times (9836 2350))			
S&S 31 March & 1 April	Track & Field (see below)		Duncan McKinnon Pk	(69, A9)

******** CLOSING DATE ********
Friday 23rd February for ALL EVENTS
****

Provisional Timetable for Track & Field :-

Saturday 31st March

12.00 5km Walk - Women and M75+
12.00 Sprint Hurdles
12.45 100m Sprints
1.30 1500m Runs
2.30 100m Finals (if hts req.)
2.35 5km Walk - Men under 75
3.15 400m Sprints
4.00 2km Steeple - Women and M60+
4.15 3km Steeple - Men under 60

Sunday 1st April

12.00 3/400m Hurdles
12.20 3km Walk - All Men
12.50 800m Runs
1.40 1500m Walk - All Women
1.50 200m Sprints
2.40 5km Runs All Women
3.20 5km Run M55+
4.00 200m Finals (if hts req.
4.05 5km Run Men 30 to 54

(Field Events are shown in proposed order of competing)

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

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

CONDITIONS OF ENTRY

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

INTER VENUE TRACK & FIELD COMPETITION

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

VICTORIAN TECHNICAL SPECIFICATIONS

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

PENTATHLON EVENTS - MEN - LJ, JAV, 200m, DISCUS, 1500m
WOMEN - LJ, JAV, 200m, DISCUS, 800m
WEIGHT PENT. EVENTS - ALL - HAMMeR, SHOT, DISCUS, JAV, WEIGHT
(AGE FACTORED SCORING FOR MULTI EVENTS)

IMPLEMENTS

AGE Women	Shot Putt	Discus	Hammer	Javelin	Weight
30-49	4.00k	1.00k	4.00k	600gms	9.08k(20lbs)
50-59	3.00k	1.00k	3.00k	500gms	7.26k(16lbs)
60+	3.00k	1.00k	3.00k	400gms	5.45k(12lbs)
Men					
30-49	7.26k	2.00k	7.26k	800gms	15.88k(35lbs)
50-59	6.00k	1.50k	6.00k	700gms	11.34k(25lbs)
60-69	5.00k	1.00k	5.00k	600gms	9.08k(20lbs)
70-79	4.00k	1.00k	4.00k	500gms	7.26k(16lbs)
80+	4.00k	1.00k	4.00k	400gms	5.45k(12lbs)

HURDLES

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

(.991=39" .914=36" .840=33" .762=30" .600-23.6")

VICTORIAN VETERANS ATHLETIC CLUB INC

2001 SUMMER EVENTS

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Sun 4th Mar	Pentathlon	12.30pm	Duncan McKinnon Pk	(69, A9)
	(12.30 start for M30-49. 1.00 the rest.)			
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	(Phone Astrid & Graeme Rose for start times (9836 2350))			
S&S 31 March & 1 April	Track & Field (see below)		Duncan McKinnon Pk	(69, A9)

******** CLOSING DATE ********
Friday 23rd February for ALL EVENTS
****

Provisional Timetable for Track & Field :-

Saturday 31st March		Sunday 1st April	
12.00	5km Walk - Women and M75+	12.00	3/400m Hurdles
12.00	Sprint Hurdles	12.20	3km Walk - All Men
12.45	100m Sprints	12.50	800m Runs
1.30	1500m Runs	1.40	1500m Walk - All Women
2.30	100m Finals (if hts req.)	1.50	200m Sprints
2.35	5km Walk - Men under 75	2.40	5km Runs All Women
3.15	400m Sprints	3.20	5km Run M55+
4.00	2km Steeple - Women and M60+	4.00	200m Finals (if hts req.
4.15	3km Steeple - Men under 60	4.05	5km Run Men 30 to 54

(Field Events are shown in proposed order of competing)

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

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

CONDITIONS OF ENTRY

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2. Club uniform must be worn.
3. Please supply your own lapscorer for events 3km and longer.
4. Be available to start your event at least 30 min before official start time.

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VICTORIAN TECHNICAL SPECIFICATIONS

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

PENTATHLON EVENTS - MEN - LJ, JAV, 200m, DISCUS, 1500m
WOMEN - LJ, JAV, 200m, DISCUS, 800m
WEIGHT PENT. EVENTS - ALL - HAMMeR, SHOT, DISCUS, JAV, WEIGHT
(AGE FACTORED SCORING FOR MULTI EVENTS)

IMPLEMENTS

AGE	Shot Putt	Discus	Hammer	Javelin	Weight
Women					
30-49	4.00k	1.00k	4.00k	600gms	9.08k(20lbs)
50-59	3.00k	1.00k	3.00k	500gms	7.26k(16lbs)
60+	3.00k	1.00k	3.00k	400gms	5.45k(12lbs)
Men					
30-49	7.26k	2.00k	7.26k	800gms	15.88k(35lbs)
50-59	6.00k	1.50k	6.00k	700gms	11.34k(25lbs)
60-69	5.00k	1.00k	5.00k	600gms	9.08k(20lbs)
70-79	4.00k	1.00k	4.00k	500gms	7.26k(16lbs)
80+	4.00k	1.00k	4.00k	400gms	5.45k(12lbs)

HURDLES

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

VICTORIAN VETERANS ATHLETIC CLUB INC

2001 SUMMER ENTRY FORM

SURNAME _____ CALL NAME _____

ADDRESS _____

POST CODE _____ SEX _____ DATE OF BIRTH _____ AGE on Day.____

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

Ph No._____

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

Sunday 4th March
PE _____ Pentathlon

Sunday 11th March
WP _____ Wt Pentathlon

Saturday 31st March

SH	_____	Sprint Hurdles
1	_____	100m Sprints
15	_____	1500m Run
5W	_____	5km Walk
4	_____	400m Sprints
ST	_____	2/3km Steeple
LJ	_____	Long Jump
Hi	_____	High Jump
DT	_____	Discus
HT	_____	Hammer
WT	_____	Heavy Wt.Throw (All Women M65+

Sunday 1st April

LH	_____	Long Hurdles
3W	_____	3km Walk (All Men)
8	_____	800m Runs
SW	_____	1500m Walk All Women
2	_____	200m Sprints
5	_____	5km Runs
TJ	_____	Triple Jump
PV	_____	Pole Vault
SP	_____	Shot Putt
JT	_____	Javelin
WT	_____	Heavy Wt.Throw (Men 30 to 64)

ENTRY FEES - TO BE ENCLOSED WITH THIS ENTRY.

Pentathlon	@ $5.00	_____
Wt.Pentathlon	@ $5.00	_____
Track & Field	@ $3.00 per event	_____
TOTAL ENCLOSED		_____

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

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

******** CLOSING DATES ********

Friday 23rd February for ALL EVENTS

****

VICTORIAN VETERANS ATHLETIC CLUB INC

2001 SUMMER ENTRY FORM

SURNAME _____ CALL NAME _____

ADDRESS _____

POST CODE _____ SEX _____ DATE OF BIRTH _____ AGE on Day.____

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

Ph No._____

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

Sunday 4th March
PE _____ Pentathlon

Sunday 11th March
WP _____ Wt Pentathlon

Saturday 31st March

SH	_____	Sprint Hurdles
1	_____	100m Sprints
15	_____	1500m Run
5W	_____	5km Walk
4	_____	400m Sprints
ST	_____	2/3km Steeple
LJ	_____	Long Jump
Hi	_____	High Jump
DT	_____	Discus
HT	_____	Hammer
WT	_____	Heavy Wt.Throw (All Women M65+

Sunday 1st April

LH	_____	Long Hurdles
3W	_____	3km Walk (All Men)
8	_____	800m Runs
SW	_____	1500m Walk All Women
2	_____	200m Sprints
5	_____	5km Runs
TJ	_____	Triple Jump
PV	_____	Pole Vault
SP	_____	Shot Putt
JT	_____	Javelin
WT	_____	Heavy Wt.Throw (Men 30 to 64)

ENTRY FEES - TO BE ENCLOSED WITH THIS ENTRY.

Pentathlon	@ $5.00	_____
Wt.Pentathlon	@ $5.00	_____
Track & Field	@ $3.00 per event	_____
TOTAL ENCLOSED		_____

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

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

******** CLOSING DATES ********

Friday 23rd February for ALL EVENTS

****

2001 AUSTRALIAN VETERANS' ATHLETICS CHAMPIONSHIPS

BANKSTOWN, NSW, 13 - 16 APRIL 2000

Official Entry Form

Name: .... (First Name / Surname)

Address: .....

..... Post Code: ..... Phone No. .....

Date of Birth ...../...../..... (day/month/year) Sex: Male/Female (circle) State Veterans Club: .....

Mark with X	Event	Men Age-Grp	Women Age-Grp	Recent Best Performance
[ ]	100 metres	all	all	
[ ]	200 metres	all	all	
[ ]	400 metres	all	all	
[ ]	800 metres	all	all	
[ ]	1500 metres	all	all	
[ ]	5000 metres	all	all	
[ ]	10000 metres run	all	all	
[ ]	80 metre hurdles	70+	40+	
[ ]	100 metre hurdles	50-69	30-39	
[ ]	110 metre hurdles	30-49	na	
[ ]	300 metre hurdles	60+	50+	
[ ]	400 metre hurdles	30-59	30-49	
[ ]	2000 metres steeple	60+	all	
[ ]	3000 metres steeple	30-59	na	
[ ]	5000m track walk	all	all	
[ ]	10km road walk	na	all	
[ ]	20km road walk	all	na	
[ ]	10km cross country	all	all	
[ ]	Long Jump	all	all	
[ ]	Triple Jump	all	all	
[ ]	High Jump	all	all	
[ ]	Pole Vault	all	all	
[ ]	Discus	all	all	
[ ]	Shot Put	all	all	
[ ]	Javelin	all	all	
[ ]	Hammer	all	all	
[ ]	Weight	all	all	
[ ]	Weight Pentathlon	all	all	

FEES

1	NSWVAC Administration Fee	$15.00
2	AAVAC Administration Fee	$20.00
3	Event Fee $8.00 Events.....@$8.00 (Maximum fee $40)	$.....
4	Dinner and Entertainment (Bankstown Sports Club) Number for Dinner..... @$40.00	$.....
5	Good quality, comfortable, souvenir T-shirt. Sizes: S M L XL XXL (circle to indicate size) Quantity required..... @$20.00	$.....

TOTAL OF ITEMS 1, 2, 3, 4, 5 **$.....**

Crossed cheques/Money Orders made payable to: NSWVAC
Closing date: 5th March 2000.
Post to:
Registrar, Mark Johnston,
5 Dumfries Road,
St Andrews, NSW, 2566

Enquiries to Alec Walker (02) 9398-2363 or Bob Solomon (02) 9516-2139, Fax (02) 9516-1852 or Mark Johnston on the http://www.athletics.org.au/nswvets/index.htm website.

Timetable of Events

(Tentative schedule)

Friday 13th April	Saturday 14th April	Sunday 15th April	Monday 16th April
10,000 Metres	5,000 Metre Walk	5,000 Metres	10Km/20Km Road Walk
Long Jump (Men)	Long Jump (Women)	Triple Jump	400 Metres
Shot Put	Discus	Weight Pentathlon	Pentathlon
Javelin	High Jump	Triple Jump	10km Cross Country
Pole Vault	Hammer	200 Metres	Weight Throw
80/100/110 Hurdles	300/400 Hurdles	Champions' 100 Metres	4x400 Metre Relay
800 Metres	2Km/3Km Steeplechase	4x100 Metre Relay	Champions' Throw
	100 Metres		
	1,500 Metres		

CHRISTMAS CHEER.

Every Christmas morning at 7.00am the Brownes have a Christmas run down through Antonio Park, Schwerkolt's Cottage and Mullum Creek, followed by a champagne breakfast. Here are regulars Jock Cravana, Richard Trembath and Davis Nobbs cooling down after the run.

2000 Premiership Flag to Doncaster

Gordon

1	Mentone	JOHNSTONE	Mike	M	79	98.28%
2	Mentone	WISHART	Bob	M	58	97.83%
3	Doncaster	JAMIESION	Andrew	M	54	96.14%
4	Mentone	KENT	Ross	M	58	94.87%
5	Geelong	TURNER	Paul	M	46	93.14%
6	Mentone	SINCLAIR	Alan	M	50	92.98%
7	Collingwood	HOWDEN	Keith	M	55	89.89%
8	Doncaster	SINCLAIR	Alan	M	50	89.76%
9	Geelong	KNOX	Jean	F	73	89.10%
10	Springvale	BAIRD	Theresa	F	58	88.88%
11	Mentone	MORREY	Jan	F	60	88.59%
12	Geelong	SCHNYDER	Paul	M	38	88.50%
13	Doncaster	MARCHESE	Ian	M	41	88.27%
14	Mentone	CHARLES	Leo	M	67	88.17%
15	Doncaster	ROSEVEAR	Philip	M	51	87.85%
16	Geelong	RILEY	Brenda	F	60	87.68%
17	Mentone	STEED	Gwen	F	58	87.48%
18	Geelong	McAVOY	Mike	M	66	87.12%
19	Geelong	LAMB	Peter	M	51	86.80%
20	Geelong	SCHUTZ	Gottfried	M	47	86.33%
21	Mentone	CASH	Vivienne	F	48	86.07%
22	Doncaster	NOBBS	David	M	60	85.79%
23	E Burwood	FRASER	Andrew	M	58	85.68%
24	Doncaster	REEVES	June	F	55	85.57%
25	E Burwood	SINCLAIR	Alan	M	50	85.24%
26	E Burwood	NOBBS	David	M	60	85.09%
27	Geelong	MOORE	John	M	49	84.54%
28	Doncaster	COMPTE	Nannette	F	57	84.29%
29	Doncaster	GRACE	Bob	M	55	84.13%
30	Geelong	SCHNYDER	Sharon	F	36	83.36%
31	Doncaster	ALLEN	Jill	F	61	83.01%
32	Caulfield	van WEENEN	Wim	M	68	82.94%
33	Doncaster	QUILTY	Craig	M	36	82.81%
34	Geelong	CLARK	Geoff	M	51	82.72%
35	Mentone	STOCKDALE	Graham	M	58	82.61%
36	Doncaster	PEPER	Keith	M	58	82.08%
37	Geelong	COYTE	Jill	F	45	81.61%
38	Collingwood	BOYD	Barry	M	58	81.38%
39	Coburg	DALGLEISH	Barbara	F	64	81.36%
40	Doncaster	TREMBATH	Richard	M	58	80.86%
41	E Burwood	PETRIE	Lavinia	F	56	80.51%
42	Mentone	WALLACE	Doug	M	59	80.26%
43	Geelong	WALKER	Jeff	M	53	79.85%
44	Mentone	SMART	Peter	M	55	79.58%
45	E Burwood	HAYS	Bob	M	62	79.56%
46	Doncaster	RADFORD	Alan	M	49	79.06%
47	Caulfield	ROSE	Graeme	M	56	79.06%
48	Geelong	TOPLIS	Stuart	M	34	79.06%
49	Doncaster	TROWBRIDGE	Pertrina	F	53	78.92%
50	Knox	WATTS	Andrew	M	44	78.79%
51	Doncaster	JELLETT	Rod	M	47	78.58%
52	Mentone	CURRIE	Brett	M	38	78.41%
53	Doncaster	PHYLAND	Brendan	M	39	78.18%
54	Geelong	CAMPBELL	Ron	M	57	77.91%
55	Doncaster	JOHNS	Marlene	M	36	77.84%
56	Collingwood	ADRIAN	Gerard	M	40	77.77%
57	Collingwood	SCHOLES	Ron	M	47	77.53%
58	Mentone	SEEDSMAN	Maureen	F	63	77.40%
59	Doncaster	SHAND	Jim	M	62	76.94%
60	E Burwood	JOHNS	Marline	F	36	76.89%
61	Mentone	GOURLAY	Gordon	M	71	76.84%
62	Knox	LETICQ	Graeme	M	45	76.72%

189 competitors from 10 different venues each provided results from 3 different events.
These results were then compared with the WAVA Age Graded Perfomance Standards & the three results averaged to produce an Average % Performance for each competitor.
The Ave % Perfs were then ranked [see table to Left] & the number of competitors from each venue in the top third of the rankings counted to determine the Premiership Venue 2000.

Aberfeldie	0
Caulfield	2
Coburg	1
Collingwood	4
Doncaster	18
E.Burwood	7
Geelong	14
Knox	2
Mentone	14
Springvale	1

Congratulations to Doncaster on this win which they have been after since the inception of the Premiership. It took a change of rules to do it, but they finally made it.
The next ten rankings just outside the top third included Aberfeldie, Collingwood, Croydon, E. Burwood & Mentone.

Due to some misunderstandings while I was on holiday, this Premiership Flag has not yet been presented. Doncaster will receive their just deserts at the State Championships in March. This job is now up for grabs. I don't agree with the change in the rules. I don't mind helping with the annual calculations.

SCRUBBERS TAKE TO THE BUSH

On Sunday 12th November 2000,Ten Teams of dedicated Veterans Club Members, journeyed to Sylvan to contest the first staging of the Bushranges Classic replacement event, The Scrub Runners 36km Relay.
On a foggy, cloudy but moderate temperature morning, we arrived at Silvan to find the fog lifted and conditions PERFECT for running.
The 5.8-km course had a mixture of dirt tracks; some gravel and a little mud but all wide enough to run freely on.
Les Clark had set up the annexe, tables etc. ready for our entries clerks, cashiers, results officers and time keepers, namely John and Phyllis Gosbell (where would we be without these 3 people?) whilst I was out on the bike marking the course.
Laurie Pearson volunteered for "point duty" at the entrance to the bush, as did Lavinia Petrie at the junction from bush to road.
10 teams fronted the starter, with the "oldies" having a half-hour start on the young guns. This worked well, as the last team to finish was only half-hour behind the first over the line.
The only "Tortoise" section entrants the "Collywobbles" from Collingwood did well not to be the slowest.
With the "Hares" chasing hard, a great battle emerged between the "Bi-kiters" from Croydon and the Mentone "Wombats". Why the Wombats would be in with the Hares is beyond me, but they must have their reasons.
"Cameron's Clowns" kept this lot honest with a good performance, but the naming of this team became obvious when Marlene complained about the hill coming up to the finish: she had run the "Four Peaks" the week prior in the mountains at Bright.
In the "Foxes" section the team from Knox Venue named" Ram" (don't ask) won the day and deserved to get their photos on the "Net" and in the ATG.
The "Trim, Taught and Terrific" team (the only one I could see was Karen) fought out second place with the "Gray Ghosts" who were out of sight from time to time.
The runners all gave the course the "thumbs up" and have promised to promote it to fellow club members over the next twelve months.
The glassware trophies were well received and the get together for lunch afterwards in beautiful, peaceful surroundings capped off a great day out.
With superb facilities, a great running circuit, terrific trophies and a friendly relaxed Inter- venue club competition; this is an event not to be missed.

Ken Walters
Race Organizer

SCRUB RUNNERS 36 KM RELAY 12 NOVEMBER 2000

Team Times

Cat.	Team No.	Team Name	Venue	Runner 1 Name	Age	Runner 2 Name	Age	Runner 3 Name	Age	Team Time	Fastest 12Km Name	Time
1	Foxes Section										Russell West	46:24
	F1	RAM	Knox	Anne McPherson	44	Russell West	41	Michael Carr	47	2:32:25		
	F3	Trim, Taut, Terrific	Croydon	Karen Travill	44	Simon Tennant	34	Andrew Tunne	42	2:49:37		
	F2	Gray Ghosts	Croydon	Nurullah Ozbey	35	Peter Gray	46	Angie Kent	42	3:00:31		
1	Hares Section											
	H4	The Bi-Kiters	Croydon	Coral Monk	52	Saul Bakaitis	56	Jim Ingham	54	2:37:19		
	H5	Mentone Wombats	Mentone	Louis Waser	54	John Moore	50	Rhonda Trengrove	52	2:48:20		
	H1	Cameron's Clowns	Croydon	John Daniel	51	Marlene Cameron	51	Norm Cameron	56	2:56:04		
1	Tortoise Section											
	T2	The Colliewobblies	Collingwood	Keith Lodge	69	Shirley Young	70	Ron Young	69	2:59:31		
2	Hounds Section										Jeff Boot	46:33
	X2	No Name	Caulfield	Peter Bence	51	Jeff Boot	44	Frank Hargreaves	60	2:39:00		
	X1	Sandbaggers	Croydon	Anne Callaghan	63	Jock Cravana	62	Joel King	50	3:09:52		
	X3	Robin Hoods	Croydon	Robin Speering	50	Ron Smith	51	Pat Cavanagh	60	3:38:00		

2000/2001 SEASON
VIC VETS 10KM TITLES
AND INTERVENUE CHALLENGE 25/11/00

RESULTS IN OVERALL ORDER

Div	Place	& Name	Age/Venue	Time	Age gr %	Group	Place	Venue points
A	1	PHILLIP BOWES	44 IND	32m52.3	87.20%	M40	1	0
A	2	EWEN WILSON	47 CAU	34m41.6	84.50%	M45	1	4
A	3	MARTIN LEGGETT	43 FRA	35m27.6	80.30%	M40	2	3
A	4	KEITH MACDONALD	50 BEN	36m19.8	82.60%	M50	1	4
A	5	JEFF WALKER	53 GEE	36m22.1	84.60%	M50	2	3
A	6	RUSSELL WEAVERS	46 IND	36m54.5	78.90%	M45	2	0
A	7	GRAEME LETICQ	45 KNO	36m55.0	78.20%	M45	3	2
A	8	DIDIER MARTIN	44 COL	36m57.9	77.60%	M40	3	2
A	9	PAUL TWINING	51 KNO	37m38.3	80.40%	M50	3	2
A	10	GARY STEWART	55 KNO	37m40.1	83.10%	M55	1	4
A	11	ROD NEAL	44 CRO	37m41.8	76.10%	M40	4	1
A	12	RUSSELL WEST	41 KNO	37m59.0	73.90%	M40	5	1
A	13	TED PAULIN	60 COL	38m01.0	86.10%	M60	1	4
A	14	ALAN BENNIE	53 SPR	38m13.0	80.50%	M50	4	1
A	15	THOMAS BOYD	35 KNO	38m43.8	69.60%	M35	1	4
A	16	PETER WEEKS	46 MEN	38m46.6	75.10%	M45	4	1
A	17	THERESIA BAIRD	59 SPR	38m50.0	95.80%	W55	1	4
B	18	BRIAN MEE	63 KNO	39m45.6	84.80%	M60	2	3
B	19	KEN SENIOR	54 COL	39m46.4	78.00%	M50	5	1
A	20	JOHN KNEEN	58 MEN	39m51.4	80.60%	M55	2	3
B	21	PETER BENCE	51 CAU	39m52.4	75.90%	M50	6	1
B	22	MIKE MCAVOY	66 GEE	39m59.3	87.00%	M65	1	4
A	23	GRAHAM PHILPOTT	57 EB	40m03.4	79.50%	M55	3	2
A	24	PETER SMART	55 MEN	40m20.4	77.60%	M55	4	1
A	25	TED McCOY	60 MEN	40m50.0	80.20%	M60	3	2
B	26	ANDREW TUNNE	42 CRO	40m58.5	69.00%	M40	6	1
B	27	LOUIS WASER	54 MEN	41m08.9	75.40%	M50	7	1
B	28	JIM MCLURE	54 CAU	41m39.6	74.50%	M50	8	1
B	29	GLEN CLAIDEN	46 KNO	41m56.9	69.40%	M45	5	1
B	30	ROB WATERS	55 ABE	42m03.0	74.40%	M55	5	1
B	31	BOB CURTIS	59 CRO	42m06.0	77.00%	M55	6	1
B	32	ROY COMMERFORD	57 KNO	42m06.4	75.60%	M55	7	1
B	33	JUAN PEREZ	61 SPR	42m32.3	77.70%	M60	4	1
B	34	GRAHAM PROSSER	46 CAU	42m42.1	68.20%	M45	6	1
B	35	JOHN CHISHOLM	62 SPR	42m56.8	77.70%	M60	5	1
B	36	STAN BELCHER	58 ALT	43m34.3	73.80%	M55	8	1
B	37	BOB HAYES	62 EB	43m39.6	76.50%	M60	6	1
C	38	CHRIS CALLAMATTA	47 KNO	44m05.6	66.50%	M45	7	1
B	39	KARL FAUVRELLE	59 SPR	44m06.2	73.50%	M55	9	1
B	40	PAUL MULLINS	60 SPR	44m33.7	73.50%	M60	7	1
B	41	SONYA MCLENNAN	48 MEN	44m47.7	74.60%	W45	1	4
C	42	STUART HANASYDE	48 EB	45m08.2	65.50%	M45	8	1
B	43	JOEL KING	50 KNO	45m23.4	66.10%	M50	9	1
B	44	BILL PAGE	70 ABE	45m32.0	80.00%	M70	1	4
B	45	IAN UREN	49 KNO	45m39.9	65.20%	M45	9	1
B	46	JANICE WRIGHT	50 CAU	45m40.0	74.50%	W50	1	4
C	47	ANNE MCPHERSON	44 KNO	45m44.0	70.50%	W40	1	4
C	48	GREG MAULDON	63 CAU	46m52.8	71.90%	M60	8	1
C	49	BRIAN BLOOMER	60 MEN	47m50.1	68.40%	M60	9	1
C	50	JOHN WAITE	60 MEN	48m26.7	67.60%	M60	10	1
C	51	PETER BATTRICK	57 CAU	49m33.6	64.30%	M55	10	1
C	52	COLIN MILLER	58 CAU	50m18.8	63.90%	M55	11	1
C	53	TOM RICHARDSON	47 KNO	50m19.5	58.30%	M45	10	1
C	54	JOHN EYRE	65 IND	50m48.3	67.70%	M65	2	0
C	55	DOMENICO MORENA	61 CAU	51m00.0	64.80%	M60	11	1
C	56	KEVIN BROWNE	64 CAU	52m21.2	65.10%	M60	12	1
C	57	KEN HOUGH	55 SPR	52m47.7	59.30%	M55	12	1
C	58	COLIN THOMPSON	52 CRO	53m19.7	57.20%	M50	10	1
C	59	PETER MCGRATH	60 CAU	54m34.3	60.00%	M60	13	1
C	60	JUDY WINES	62 CAU	55m43.4	69.00%	W60	1	4
C	61	JACK GUBBINS	71 SPR	56m48.6	64.90%	M70	2	3
B	62	COLIN SILCOCK-DELANEY	68 IND	58m00.0	61.40%	M65	3	0
C	63	PAUL MEREDITH	39 CAU	58m44.9	47.10%	M35	2	3
C	64	ANNE CALLAGHAN	63 CRO	59m18.4	65.60%	W60	2	3
C	65	VERN GERLACH	75 CRO	59m56.7	64.80%	M75	1	4
C	66	NOEL FAIRBURN	39 KNO	60m53.3	45.40%	M35	3	2
C	67	BEN MORREY	71 CAU	61m55.0	59.60%	M70	3	2
C	68	EDDIE GAMBLE (NAT.REC)	85 MEN	74m43.7	61.80%	M85	1	4

YEAR 2000 ENTRIES = 95 STARTERS = 70
FINISHERS = 68
YEAR 1999 ENTRIES = 98 STARTERS = 70
FINISHERS = 66

VENUE CHALLENGE

	Pts	Finishers
KNOX	28	14
CAULFIELD	26	14
MENTONE	18	9
SPRINGVALE/NP	13	8
CROYDON	10	5
COLLINGWOOD	7	3
GEELONG	7	2
ABERFELDIE	5	5
E.BURWOOD	4	3
FRANKSTON	3	1

MIKE O'NEILL MEMORIAL INTERVENUE CHALLENGE
WED.,DEC.6,2000 DOLAMORE OVAL,MENTONE

The weather gods certainly smiled in the bayside suburb of Mentone, producing almost perfect running conditions,as 100 vets representing 7 venues gathered at Dolamore Reserve to do individual and intervenue battle in the 11th Annual Mike O'Neill Memorial Intervenue 5K Challenge event. The event this year carried special significance as it was 50 years ago, almost to the day,that Jean and Mike O'Neill arrived as immigrants from Great Britain. Within a year of their arrival they had joined the Mentone Athletic Club and so commenced a lifetime of participation and service to athletics. Mike was a foundation member of Vic Vets and served as President of both the VVAC and AAVAC before his untimely death in 1988- Jean continues her service right up to the present day. We today who enjoy the opportunities offered by Vic Vets certainly owe a debt of gratitude to the O'Neills of Mentone.

All challenge events were held,for the first time,on Mentone's unique road circuit (834m /lap) with its short,sharp hill corner and long fast downhill straight.

Fine individual performances included Marlene Gourlay (W45 20-30), Terry Harrison (M50 17-31) and venue records to Jan Morrey (W60 22-07) and Eddie Gamble (M85 33-40). Eddie has been on a real record breaking spree

since turning 85 in May. He has set new Vic. and Aust. records in the 800m 1500m,5K,10K as well as setting a world record for the 2K steeple.He is a lighthouse example of the benefits of sustained exercise over a lifetime. Congratulations Eddie.

The intervenue competition was dominated by the Caulfield venue who claimed both the Mens and Womens division plaques as well as the Memorial Shield for overall victory. Congratulations to Greg Mauldon and his team. Again the generous supper afforded opportunities for old friends to catch up,new friends to be made and for everyone to relive the heat of the battles on the road.

Special thanks to all Mentone vets who assisted with the organization of another successful intervenue occasion.

Ted McCoy

RESULTS 5K ROAD

AGE	PLACE	NAME	VEN	TIME	PTS
W30	1	Iris BERNERT	CA	21-45	10
	2	Janet FORD	ME	26-29	8
W35	1	Kate WEEKS	ME	19-32	10
	2	Anita SEUNTJENS	CA	28-16	8
W40	1	Jenny STEPHENS	CA	21-01	10
	2	Jenny FIELD	CA	24-58	-
	3	Maureen PRICE	SP	25-13	8
	4	Rebecca NG	AB	25-51	7
	5	Heather LANCASTER	FR	38-35	6
W45	1	Marlene GOURLAY	ME	20-30	10
	2	Sonya McLENNAN	ME	21-24	-
	3	Janet HOLMES	CA	22-13	8
W50	1	Rhonda HIRCOE	AB	21-09	10
	2	Janis WRIGHT	CA	22-11	8
	3	Jan BURROWS	EB	23-48	7
	4	Rhonda TRENGROVE	CA	24-13	-
	5	Celia JOHNSON	SP	26-35	6
	6	Betty MARK	CA	28-05	-
	7	Jenny GRAHAM	FR	39-17	5
W55	1	Margaret CASSIDY	AB	24-01	10
	2	Sylvia MACHIN	ME	24-42	8
	3	Joy HERBERT	CA	25-07	7
	4	Kitty PENFOLD	ME	33-00	-
W60	1	Jan MORREY	ME *	22-07	10
	2	Judy WINES	CA	26-43	8
	3	Bev HUGO	ME	29-31	-
	4	Margaret BEAUMONT	ME	32-07	-
W65	1	Pam MEWS	ME	33-40	10
	2	Ruth POTTER	ME	44-26	-
W75	1	Marj COLTHUP	CA	44-26	10
W80	1	Grace SMITH	EB	57-52	10
M35	1	James KILTY	CA	18-02	10
	2	Brett CURRIE	ME	20-26	8
	3	Paul MEREDITH	CA	25-46	-
M40	1	Martin LEGGETT	FR	17-07	10
	2	Jim BERRINGTON	CA	18-01	8
	3	Peter FIELD	SP	19-09	7
M45	1	Peter WEEKS	ME	18-33	10
	2	Phil BADMAN	ME	18-36	-
	3	Bruce FERRIER	SP	18-50	8
	4	Ian CASSELL	ME	19-53	-
	5	Garry MEYER	FR	19-57	7
	6	Ian ORR	SP	20-17	-
	7	Ian KRASKA	FR	20-51	-
	8	Michael O'BRIEN	CA	22-13	6
M50	1	Terry HARRISON	ME	17-31	10
	2	Peter BENCE	CA	17-53	8
	3	Ernie STEWART	CA	18-13	-
	4	Alan BENNIE	SP	18-20	7
	5	Charly MALLIA	FR	18-38	6
	6	Graeme HEWITT	AB	18-40	5
	7	Jim McLURE	CA	19-28	-
	8	Louis WASER	ME	20-05	-
	9	John MOORE	ME	20-09	-
	10	Howard REES	SP	20-39	-
	11	Stan JORDAN	SP	21-30	-
	12	Jeff MARK	CA	21-57	-
	13	Ian TREGEAR	SP	24-19	-
	14	Terry O'LOUGHLIN	ME	25-29	-
	15	Don CORRIE	SP	25-58	-
M55	1	Peter SMART	ME	18-46	10
	2	Graham PHILPOTT	EB	18-53	8
	3	Ian MUIR	FR	18-59	7
	4	John KNEEN	ME	19-08	-
	5	Col WARING	ME	19-18	-
	6	Gabriel CARMONA	CA	19-27	6
	7	David PAINTER	FR	19-49	-
	8	Rob WATERS	AB	20-43	5
	9	Richard PIESSE	EB	21-14	-
	10	Rodney FORD	CA	21-39	-
	11	Karl FAUVRELLE	SP	22-02	4
	12	Brian DELNAS	SP	22-26	-
	13	Colin MILLER	CA	23-19	-
	14	Graham STOCKDALE	ME	23-32	-
	15	Ken HOUGH	SP	24-28	-
	16	John HALLO	FR	25-21	-
160	1	Brian MEE	KN	19-24	10
	2	Ray O'CONNOR	CA	20-04	8
	3	Gordon NOBLE	EB	20-15	7
	4	Jim SMITH	SP	20-25	6
	5	Bob HAYES	EB	20-31	-
	6	Paul MULLINS	SP	20-39	-
	7	Juan PEREZ	SP	21-05	-
	8	Ashley PAGE	ME	21-12	5
	9	Greg MAULDON	CA	21-32	-
	10	Allan BASHFORD	AB	22-10	4
	11	Brian BLOOMER	CA	22-23	-
	12	Kevin BROWNE	CA	22-28	-
	13	John WAITE	ME	23-03	-
	14	Trevor JUPP	EB	24-52	-
M65	1	Case HUYSMANS	CA	23-59	10
	2	Nino STANKOVIC	CA	30-06	-
M70	1	Bill PAGE	AB	22-11	10
	2	Vin O'BRIEN	EB	22-51	8
	3	Ray KEMP	ME	23-24	7
	4	Frank TUTCHENER	EB	24-45	-
	5	Frank GUBBINS	SP	27-15	6
	6	Ben MORREY	CA	27-34	5
M75	1	Jim SINCLAIR	SP	33-35	10
M85	1	Eddie GAMBLE	ME *	33-40	10
	2	Andy SMITH	CA	45-37	8

* Venue Record

VENUE RESULTS

PLACE		VENUE	WOMEN	MEN	TOTAL
1	CA	CAULFIELD	69	69	138
2	ME	MENTONE	56	60	116
3	SP	SPRINGVALE	14	48	62
4	AB	ABERFELDIE	27	24	51
5	FR	FRANKSTON	11	31	41
6	EB	EAST BURWOOD	17	23	40
7	KN	KNOX	-	10	10

DIVISION WINNERS WOMEN CAULFIELD

MEN CAULFIELD

NEW AUSTRALIAN & PENDING WORLD RECORDS

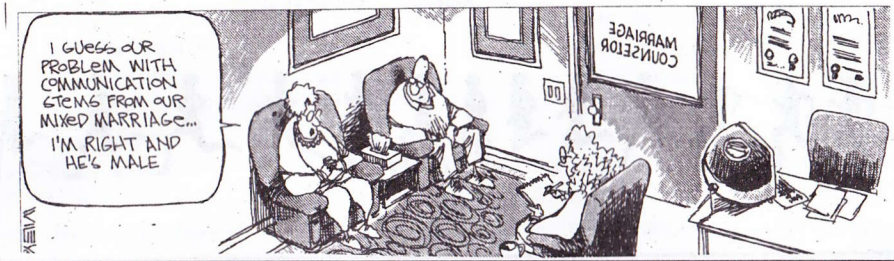
Age	Event	Name	State	Performance	Date	Location
Pending World Record:						
M85	2k Steeple	Eddie Gamble	Vic	14:52.6	31.10.00	Murrumbeena, Vic
W60	2k Steeple	Jan Morrey	Vic	8:52.30	3.11.00	Southport, Qld
Australian Records:						
M35	Decathlon	Bob Banens	NSW	5339 pts	1.5.84	Sydney
M60	Long Jump	Don Fraser	ACT	5.45	29.9.99	Adelaide
M50	5k Walk	Andrew Jamieson	Vic	22:22.5	11.11.99	Olympic Park, Vic
M35	400	Jeff King	ACT	48.2	18.1.00	AIS Canberra
W55	Pole Vault	Val Chesterton	ACT	1.45	30.3.00	ACT
W50	Pole Vault	Wilma Perkins	Qld	2.65	28.10.00	Brisbane
W50	Pole Vault	Wilma Perkins	Qld	2.70	28.10.00	Brisbane
W60	1500	Jan Morrey	Vic	5:36.93	5.11.00	Southport, Qld
W50	4 x 100	Wilma Perkins	Qld			
		Hazel McDonnell	Qld			
		Judy Casey	NSW			
		Kate Heagney	Vic	53.74	5.11.00	Southport, Qld
W65	4 x 100	Daphne Pirie	Qld			
		Rosemary Gidley	Qld			
		Dot Gale	Qld			
		Sheila Abrahams	Qld	80.03	5.11.00	Southport, Qld
W60	Pole Vault	Val Chesterton	ACT	1.35	9.11.00	AIS Canberra
M85	10k	Eddie Gamble	Vic	74:43.7	25.11.00	Knoxfield, Vic
M60	Discus	Warwick Selvey	Qld	47.77	26.11.00	Southport, Qld
W60	Pole Vault	Val Chesterton	ACT	1.40	7.12.00	AIS Canberra
M85	1500	Eddie Gamble	Vic	8:29.6	13.12.00	Mentone, Vic
M60	100 Hurdles	Michael Stevenson	Tas	16.24	16.12.00	Hobart
W30	2k Steeple	Tressa Lindenberg	Qld	7:51.74	16.12.00	Brisbane
W75	Pentathlon (w/SP)	Marion Skarratt	Tas	2457 pts	17.12.00	Hobart
M50	Javelin	Bob Banens	ACT	53.36	28.12.00	Woden, ACT
W40	5k Walk	Lyn Ventris	WA	24:08.0	6.1.01	Perth
M50	Decathlon	Bob Banens	ACT	6581 pts	6/7.1.01	Sydney
M50	Javelin	Bob Banens	ACT	58.58	7.1.01	Sydney
W50	Discus	Chris Schultz	Vic	40.91	13.1.01	Geelong, Vic
M45	5k Walk	David Smith	Qld	22:30.1	13.1.01	QEII, Brisbane
W40	5k Walk	Lyn Ventris	WA	23.58.6	20.1.01	Perth

Victorian Records:

W50	800	Ann Holcombe	2:25.6	31.10.00	Murrumbeena
W40	400 Hurdles	Debra Tomsett	68.0	16.12.00	Box Hill

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

[I had intended to publish lists of Victorian records, but ran out of space in this issue. I will publish them by installments starting next issue. ED]



VETS AQUATHON – AND ALSO 5K FUN RUN

The Vets Aquathon will be held on Sunday 18th February 2001. A 5K Fun Run (no swim) will take place AT THE SAME TIME as the Aquathon.

DATE: Sunday 18th February, 2001 at 8.30am(for both Aquathon and 5K run).

PLACE: Lilydale Lake, Swansea Rd, Lilydale (Melways 38F6). Swansea Rd is the continuation of Canterbury Rd.

COST: $8.00 for the Aquathon, and $5.00 for the 5K run. Entry is on the day.

FOR THE AQUATHON: RUN/SWIM and also WALK/SWIM

TROPHIES: To first placegetters in all age groups, male and female, runners and walkers.
FINISH CERTIFICATES: Will be provided to all entrants. These will supply both the run (or walk) time, plus the finish time.
AQUATHON RUN DISTANCE: 5K on a flat, clay/gravel walking path around the lake. You will encounter no cars, or unleashed dogs. Only two very slight inclines in 5K. No crowding – the walking path can accommodate three runners, running side by side.
WALK DISTANCE: 2.5K on the same walking path as above.
SWIM DISTANCE: 300 metres for both runners and walkers. The first leg is 200 metres. Then a 5 metre run around two flags on a beach. Then a 95 metre swim to the finish.
SWIM SAFETY: For most of the swim you can stand up in the water. The 5 metre run around the flags on the beach allows you a breather (and a rest if you want it). You can stand up in the water for the entire last 95 metres, when you might be tired. Life guards will be stationed in a canoe. Two other life guards will be treading water along the swim leg, and two further life guards will be stationed on two jetties at the 75 and 200 metre marks of the swim leg.
WATER QUALITY: The Lilydale Lake is used for triathlons, and the water quality is satisfactory. Water is continually arriving at the lake naturally from nearby hills, and leaving via a spillway. The water looks like normal dam water.
ALLOWABLE FLOTATION DEVICES: You can wear a life jacket a full wet suit, or any other flotation device. However, flippers, hand paddles and wet suit tops are not allowed.

FOR THE 5K FUN RUN

This will start at 8.30am (the same time as the Aquathon). The 5K run will consist of two laps of the same 2.5K walking path as described above for the Aquathon. (All finishers will receive a Finishers Certificate.)

AFTER THE RACE: A sausage sizzle, plus sandwiches, tea, coffee and biscuits will all be provided free to entrants and friends. Shelter is available should it be raining.

ENQUIRIES: Please ring Bob Lewis 9893 5316 or Frank Tutchener 9874 1138.

This Aquathon is conducted by the East Burwood Vets as a service to all Veteran athletes. This is not a fund raising venture, and the entry fees have been set so that they (just) cover costs.

V.V.A.C.Inc.

2001 PROGRAM

PENTATHLON	SUN. MARCH 4	CAULFIELD	12-30
WEIGHT PENTATHLON	SUN. MARCH 11	CAULFIELD	10-00
VVAC TRACK & FIELD	SAT. MARCH 31	CAULFIELD	10-00 HWT
			12-00 T&F
	SUN. APRIL 1		10-30 HWT
			12-00 T&F
AAVAC TRACK & FIELD	APRIL 13-16	BANKSTOWN,NSW	
HALF-MARATHON	SUN. MAY 6	FOOTSCRAY	9-30
ROAD WALKS 20K MEN	SUN. MAY 20	ALBERT PARK	9-00
10K WOMEN			10-30
10K CROSS COUNTRY	SUN. MAY 27	COLLINGWOOD	10-00
PRE-BRISBANE WORLD GAMES MEET	SUN. JUNE 17	DONCASTER	
10K ROAD (ERIC GREAVES MEMORIAL)	SUN. JUNE 24	BRAESIDE PARK	10-00
ROAD WALKS 5K MEN & WOMEN	SUN. JUNE 24	ALBERT PARK	9-30
			10-45
WAVA TRACK & FIELD	JULY 4-14	BRISBANE	
WINTER WEIGHT PENTATHLON	SUN, AUGUST 12	CAULFIELD	12-00
10 MILES ROAD	SUN. AUGUST 12	PRINCES PARK	10-00
25K ROAD	SUN. SEPT. 9	FOOTSCRAY	9-30
ROAD WALKS 3 MILES MEN & WOMEN	SAT. SEPT. 15	ALBERT PARK	2-45
MARATHON	MELBOURNE MARATHON	TBA	
10K TRACK	SAT. OCT 27	CAULFIELD	

"You should check your e-mails more often. I fired you over three weeks ago."

VVACI THROWERS GROUP

Sunday Competition and Training Dates 2001

Duncan Mackinnon Park **12.45 start** (unless stated otherwise)

DATE	PROGRAMME	COMMENTS
14 Jan	Weight pentathlon	
28 Jan	Hammer # & discus	# **Trophy competition**
11 Feb	Shot put, Javelin# & heavy weight	# **Trophy competition**
25 Feb	Weight Pentathlon	**AGM** after competition
4 March	Weight Pentathlon (after T & F Pentathlon)	**Twilight meet – 4pm start**
11 March	**WEIGHT PENTATHLON VIC. CHAMPIONSHIPS**	**10am start for first group (women). Men contact Graeme**
31 Mar & 1 April	**Vic. Track & Field championships**	Early AM start for heavy weight. Check entry form.
13 – 16 April	NATIONAL VET. CHAMPIONSHIPS	**Bankstown (Sydney)**
13 May	Weight Pentathlon #	# **Trophy competition**
27 May	Discus, shot & Heavy weight *	*American records
10 June	Weight Pentathlon	
17 June	**Pre World Games Meet**	Venue to be announced
24 June	Weight Pentathlon	
4 – 14 July	**15th WAVA World Championships**	**Brisbane**
22 July	Heavy weight # & Discus	# **Trophy competition**
12 Aug	**Winter Weight Pentathlon Championships**	**12 NOON START**
26 August	Shot, Discus & Heavy Weight*	*American records
9 September	Weight Pentathlon	Venue premiership month
16 September	Shot #, Hammer & Heavy weight	# **Trophy competition** Venue premiership month
23 September	Weight Pentathlon	Venue premiership month
29 Sep – 1 Oct	**National Winter Weight Pentathlon**	**CANBERRA**
14 October	Weight Pentathlon	
28 October	Hammer & Discus #	# **Trophy competition**
11 November	Weight pentathlon	
25 November	Heavy Weight* Shot & Javelin	*American records
9 December	Weight Pentathlon	12 noon start.

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.

2001

Wednesday, 7th February, 2001, VVACI Andy Salter relays. At Springvale/ Noble Park venue, 7pm. Intervenue event. Could include a walk relay this year. Contact Ken Hough

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

Sunday, 11th February, CHC Coburg Special Fun Run, (12km & 4km), Harold Stevens Ath Track, Coburg, 9.00am (9386 9251 h)

:Drouin Ficifolia Fun Run, (8.4km), Belbird Park, Drouin, 10.00 am (5623 2394 h)

Tuesday, 13th February, Sri Chinmoy Como Landing Run (10km & 5km), Como Landing, Alexandra Ave. South Yarra, 8.00 am (9428 6665 w)

Sunday, 18th February, Vets Aquathon, and 5km Run. Lilydale Lake, Swansea Road, Melway 38 F6, see ad in this issue.

:Cubitt Classic (15km), Kevin Bartlett Reserve, Yarra Boulevard, Burnley, 8.00am (9817 3503 w)

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

:Great Bendigo Tram Race (4km), Central Deborah Gold Mine, Bendigo, 10.00am (5443 9233 w)

Monday, 19th February, VVACI Doncaster Venue, Landy Trophy, (200m and 1000m) See details in this issue. (9889 2510 or 0409 369 944)

Friday, 23rd February, Noorat Fun Run & Walk(6km) Noorat Hotel, 7.00pm (5592 1457 h)

Sunday, 25th February, VRR Angela Taylor (10km & 5km) Police Academy, View Mount Road, Glen Waverley, 9.00am (9802 1220 h)

:Mixx FM Otway Ridge Classic 2001, (20km) Can be solo or in teams of 4. Festival to follow. Contact Matt Zurbo 5237 3213 or web www.colacotway.vic.gov.au (click on "Festival")

:Lilydale Lake Fun Run (6km & 3km) Lilydale LakeCar Park, 8.00am (9723 3320 h)

Wednesday, 28th February, Runners World Twilight Run (8km & 4km), Tan Track, Melbourne, 6.30pm (9819 9225 w)

Saturday, 3rd March, VRR Tan Handicap & Breakfast (8km & 4km) opposite Swan St Bridge, 7.30am (9802 1220 h)

Sunday, 4th March,VVACI Pentathlon Championship., Duncan McKinnon Park, North Road Murrumbeena, 12.30pm. Entry form in this issue.

Sunday, 4th March, Sri Chinmoy Two Bridges Run (12km & 6km) Gosch's Paddock, Richmond, 8.00am (9428 6665 w)

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

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

Sunday, 11th March VVACI Weight Pentathlon Championship., Duncan McKinnon Park, North Road Murrumbeena, 10.00am. Entry form in this issue.

Sunday, 11th March, CHC Coburg King and Queen of the North (12km & 6km) Harold Stevens Ath Track Coburg, 9.00am (9386 9251 h)

Saturday, 17th March, Kalparrin Fun Run (5.6km) Eltham North Linear Reserve (all details TBC) 9.15am (9438 1631 h)

Sunday, 18th March VRR Yarra Bend (12km & 6km) Yarra Bend Park, Melway 30 H12, 8.00am (9802 1220 h)

:Sunicrust Bakeries presents Eaglehawk YMCA Athletics Club 18th Annual Half Marathon & Teams Relay (4per team). (21.1km) Teams of 4. Starts at Bendigo Leisure Centre, Napier Street, Eaglehawk, 8.00am. Contact Annette Major (a Vic Vet) 5446 7158

:Strawberry Fair Fun Run & Walk (10km, 5km & 2.5km) Knees Road, Park Orchards, 8.30am (9876 6701 h)

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

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

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

:Eaglehawk Half Marathon (21.1km) Eaglehawk Leisure Centre, 8.00am (5446 9158 h)

Sunday, 25th March, Mount Macedon Classic (10km) Mount Macedon Hotel, 10.30am (5427 2099 w)

Saturday, 31st March & Sunday 1st April, VVACI Track & Field Championships, Duncan McKinnon Park, North Road Murrumbeena, weigt throw 10.30am, track & field at 12.00,. Entry forms in this issue.

Sunday, 1st April, Sussan Women's Classic (10km & 5km) Bourke St Mall, 8.30am (9381 4666 w)

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

Saturday, 7th April, VRR Tan Time Trial (8km & 4km) near Government House Drive, 7.30am (9802 1220 h)

:Ultra 24 hour, 12 hour & 6hour and 12hour relay, Harold Stevens Ath Track, Coburg, 10.00am (9386 9251 h)

Sunday, 8th April, Princes Park Classic (21.1km & 4km) Princes Park, Carlton, 8.00am (9388 2313 h)

:Rotary Bay Run (10km & 5km) Sandringham FC, Beach Road, Hampton, 8.30am (1300 130 738 w)

:Half on the Harbour, (21.1km, 10km & 5km) Docklands, Melbourne, 8.00am (9819 9225 w)

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

:Twin Cities Post Wodonga PS Fun Run (10km & 3km), Birralee Park, 10.00am (02602 43327 h)

Saturday, 14th April, Sheepwash Classic Fun Run (8km & 4km) Barwon Heads Primary School, 10am (5254 2324 w)

:Pub to Point (12km) Portsea (details TBC) (9819 9225 w)

13th to 16th April, Easter weekend, Australian Veterans Track and Field Championships, Bankstown NSW. This is an alteration to previous notices. Secure accommodation early. Entry form in this issue. See Courier Jan 2001 for accommodation notes.

Sunday, 6th May VVACI Half Marathon (21.1km) Footscray Boat House, 9.30am.

Sunday, 20th May, VVACI Road Walks (20km for men, 10km for women) Albert Park, 9.00am men, 10.30 women.

Sunday, 27th May, VVACI Cross Country (10km) Yarra Bend Park, enter at Collingwood venue, George Knott Aths Track, Heidelberg Road, Clifton Hill.10.00am.

Sunday, 17th June, VVACI Pre-Brisbane World Games Meet. At Doncaster venue.

Sunday, 24th June, VVACI 10km Road (Eric Greaves Memorial) Braeside Park, 10.00am

:VVACI Road Walks (5km for men and women) Albert Park, 9.30am.

July4 to 14 WAVA Veterans World Championships, Brisbane Qld. Entry forms available now from your venue or from Colin Browne 9874 2501. Entries must be in by the end of February.

Sunday, 12th August, VVACI Winter Weight Pentathlon Duncan McKinnon Park, North Road Murrumbeena, 12 noon.

:VVACI 10 Miles Road, Princes Park, 10.00am.

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

Sunday, 9th September VVACI 25km Road Footscray Boat House, 9.30am.

Saturday, 15th Septemb,er, VVACI Road Walks (3 miles for men & women) Albert Park, 2.45pm.

Melbourne Marathon, TBA.

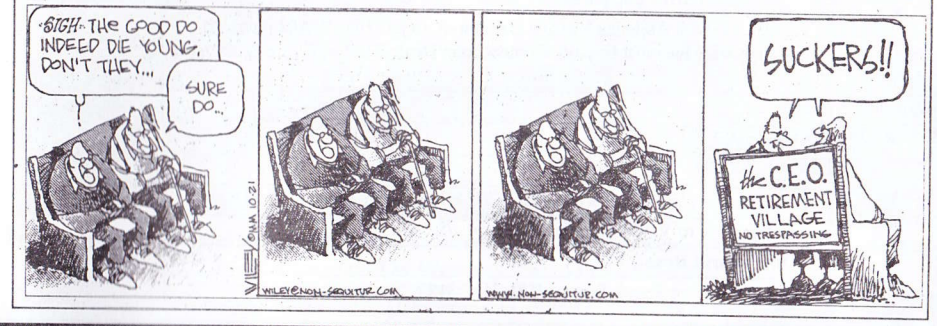
Saturday, 27th OctoberVVACI 10km Track Race, Caulfield venue. Three divisions.

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.

NON SEQUITUR **by Wiley**



VICTORIAN VETERANS' ATHLETIC CLUB INC.

merchandise order form

UNIFORMS

NOTE: Club uniform is required for all club championship events. The club uniform, which comprises an appropriate selection of tops and shorts, must be worn in all medal events.

No. req.	Item	Price	
	Men's or Women's mesh club singlet	$25.00	circle size: 10, 12, 14, 16, 18, 20, 22
	Men's white& navy club singlet	$15.00	circle size: 10, 12, 14, 16, 18, 20, 22, 24
	Ladies' white cotton singlet	$15.00	circle size: 10, 12, 14, 16, 18, 20.
	Men's navy shorts	$12.00	circle size: small, medium, large, X/large
	Ladies' navy shorts	$12.00	circle size: small, medium, large, X/large
	For the above, contact Astrid Rose, 9836 2350		
	Ladies' lycra competition crop tops	$15.00	contact Margaret Cassidy, 9478 3687
	Sets of front and back numbers	$3.00	contact Tony Bradford, 9749 2248

OTHER CLUB MERCHANDISE

	VVACI navy windcheaters	$22.00	contact Margaret Cassidy, 9478 3687
	VVACI T-shirts, white, short sleeved	$12.00	as above
	VVACI T-shirts, white, long sleeved	$16.00	as above
	VVACI lapel badges	$3.00	contact John Dean, 9337 7179
	VVACI track suits, navy and white	$98.00	contact Rob Waters 9318 3802
	VVACI white socks	$5.00	contact David Sheehan, 9794 7464
	Venue T-shirts, grey, short sleeved	$12.00	as above
	Venue T-shirts, grey, long sleeved	$14.00	as above
	POSTAGE, if required	$3.00	per item

If registration with Athletics Victoria is required, to join the VVACI interclub team, a separate fee must be paid. Contact John Dean, 9337 7179, for the current fee.

Name:

Address:

Postcode:

Pick up at suburban venues is possible. Y/N. Which venue do you attend?

Cheque payable to V.V.A.C.I is enclosed for $.....

Post to: **Astrid Rose**

71 Union Road, Surrey Hills VIC 3127

Victorian Veterans' Athletic Club Inc.

DONCASTER VENUE

Presents the feature event

THE LANDY TROPHY

Monday February 19, 2001

- An event to suit ALL runners and walkers
- Handicaps based on Age Graded Percentage table
- Each entrant to compete TWICE, over 200m and 1000m with top qualifiers to contest the final
- Points given 1st to 8th (10,8,7,5,4,3,2,1)
- Final, over 400m, to be contested by the THREE HIGHEST AGGREGATE POINTS SCORERS (plus ties).

Entries close with ALL venue managers on Monday February 12

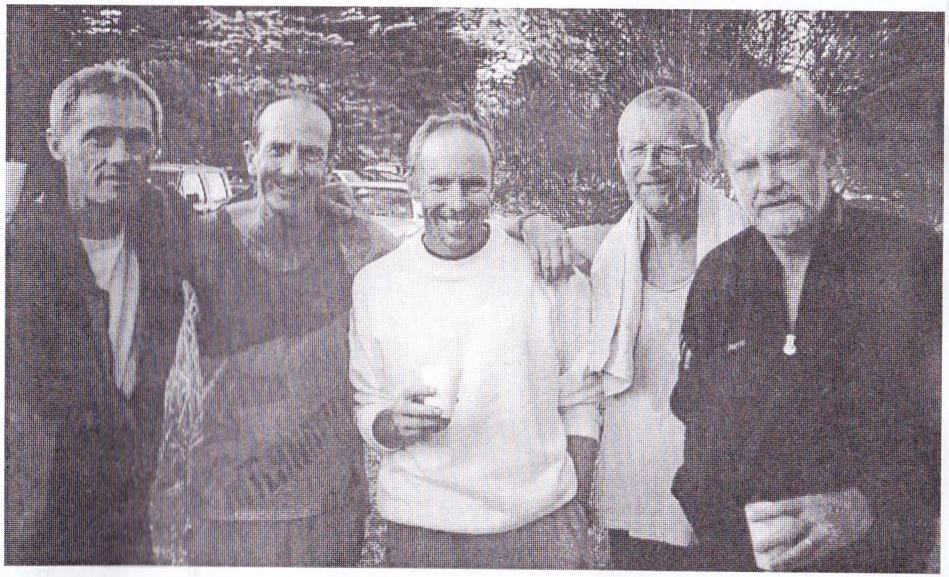
First event 7.30pm

HANDICAPS

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

INQUIRIES: Richard Trembath: 0409 369944

or Alan Sinclair: 9889 2510



Some villains at the Lindsay Thomas Run at Braeside Park. Peter Bence, Ted McCoy, Louis Waser, Dick Jeffery and Col Wearing. Photo from John Waite.