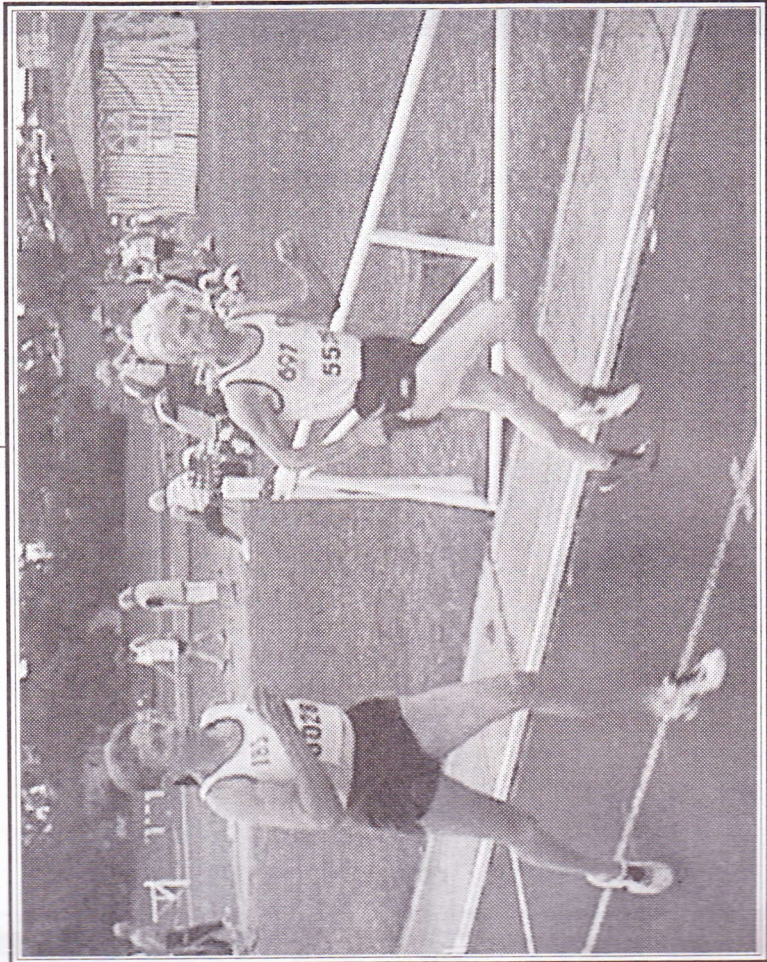


Vic Vets

NEWS AND RESULTS



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EDITORIAL

It's nice to feel that we are getting a few things right. My feeling comes from the Vic Vets Track and Field Championships at Duncan Mckinnon Park at the end of March. We had two great days of competition, with lovely weather. The Saturday was clear and warm, with people looking for shade under the trees at the water jump end of the ground, whilst the Sunday was cool and overcast, just nice for competing. Looking around the ground at any time you could see hives of activity in every corner. Under the grandstand there were groups getting numbers or information from Dot, people trying on running gear with Astrid and Marg, ladies massage, a busy canteen and older members renewing acquaintances with old mates. 90 year olds Stan and Arly Nicholls were very prominent, and we had visits from Peter Colthup, just turned 80, and Marge with her arm in a sling. Harry Preston had just celebrated his 90th birthday and graced the track with a 1500 metres. Upstairs Ray and Anne, Phil and John and Judy were busy at one end of the results line, which stretched via Danny to Judy and Margaret, Sean and Rita in a tent at the finish end of the straight. There were two rooms with nice arrays of food and drink upstairs, one for the officials and one for the competitors, both busy all day.

Look to the finish end and the blue VVACI tent was the backdrop for continuing presentations, organised by the Doncaster members, Jan, Peter and others keeping it going efficiently. This year we sacrificed a bit of pomp and ceremony in front of the

grandstand in favour of presentations at the finish of each event. We did not let the placegetters wander off, but gave them their medals promptly. It made a great difference in that we were not continually harrasing people over the microphone to come to the presentation area, we were not stopping the events to make presentations and as a result the timetable ran very smoothly to time. We even had a bit of time to spare.

In recent years we have been alarmed at the paucity of entrants in the younger age groups, and by younger I include 40s and 45s which used to be our strengths. Well this year we had good fields and strongly contested races in these areas. Better fields in distances like 400m and 800m which had not been so good lately. Perhaps because the World Games are in Brisbane this July more members are in training and more new members are joining up. Our membership is around the 1000 mark already, and about 300+ Vics have entered for Brisbane. So it is a good year. We have to do the right thing to hang on to them in years to come.

Scanning the ground further there were the long jumpers getting into it with great energy, runners and walkers warming up on the back straight, sprinters dancing their fancy steps on the front straight, javelin throwers and shot putters having a nice social time around their shade tent at one end of the ground and high jumpers and discus throwers enjoying themselves at the other. A knot of judges arrayed themselves on the ladders at the finish line, all kept in order by Wendy. On the infield Ted and Peter kept the show going with the track events, whilst Jean and Graeme kept it up to the throwers. From time to time Les marshalled his lapscorers in typical fashion. All to the counterpoint of Ken's commentaries over the public address system, which behaved itself this year for a change.

A very much appreciated feature this year was Kevin's introduction of an after the games afternoon tea, which he thoughtfully set up the day before with flyers in the programs. The spread was great, the people gathered and the other Kevin brought out the cans. Competitors and officials really enjoyed having a chat, a drink and a wind down at the end of two great days. Behind the scenes there were many things to be satisfied with. Ray and Astrid had combined to get the information about unfinancials and entrants owing fees to Dot, Ray had all the marshalls' sheets printed, Ken and Les and Croydon members had all the programs printed and Ted and Peter had the program nicely planned. To cap it off, Gordon Stephen had the results up on the website overnight, and within two days there

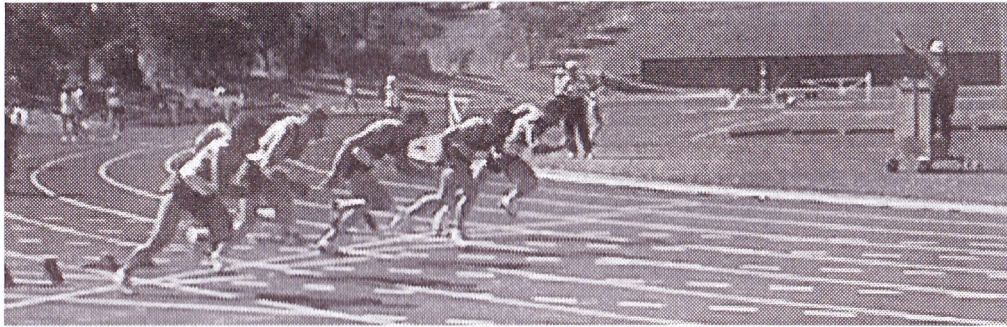
were lots of action photos on the website too. Have a look if you haven't done so: Its address is <http://www.vicnet.net.au/~vicvets/>

Don't say you will never remember that. Just type it once, get it on the screen and mark it as a fa-

vorite or a bookmark and you will not have to type it again, just pull down favorites or bookmarks and select. It is a very good website.

So, well done team!

Colin Browne



Harry Preston



this is your life.

On 28th March the Altona vets celebrated Harry Preston's 90th birthday with a great night-out at the golf club. Gordon Burrows excelled himself on the computer with an illustrated booklet - "Harry Preston, This is Your Life".

Vic Vets join in to wish Harry the very best. He is remarkable, for his active good health, for his longevity and above all for his unfailing good humour.

LETTERS TO THE EDITOR

Dear Sir,

Enclosed is a poem I was inspired to write by watching one of the many recent races dominated by Kenyan runners. Please feel free to put it in Vic Vets if you think it's of interest.

Regards,

P. Mullins

Paul Mullins
(Springvale venue)

Kenyan Runners

I love to watch the Kenyans;
The way they lope along;
So effortless their gliding,
And yet their stride so strong.

These are no jerky bounders;
The track they never pound;
Like all caressing lovers
They gently brush the ground.

Their rhythm is hypnotic,
Their movements a delight;
All poetry in motion
Are Kenyans in full flight.

They love to surge and settle
At will, with least to pay;
Their more robotic rivals
In desperate disarray.

No malice is it really,
But daringness and play;
They revel in their fitness
And show it in this way.

Is that a clue to knowing
The fount of their finesse?
Is there real joy in running
That others only guess?

Are years of romping daily
For the feeling that it brings
A secret inspiration
That gives a Kenyan wings?



LETTERS TO THE EDITOR

Good Morning Colin & Dot,

Once again thankyou very much for doing my advert each month, i had a response last week. Just a quick notification, could you please delete student fee of \$20/hr as now am fully qualified, and change the home number to 0407301058.

Thanks

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)



Dear Colin,

Re : Participation in Grand Prix 200 Metres Veterans Race.

Just a note to thank those responsible for selecting me to run in this event last night.

Whilst I didn't win (Peter Tippett was just too fast for me) I enjoyed being part of the evening and representing Vic Vets.

Yours faithfully,
Keith Howden.
Vic Vet.

Hello Dot,
I was wondering whether the half marathon is still on at the Footscray Boatshed tomorrow. Could you please tell me it's location. Thanks a lot.

Greg King

Colin,

Thanks for sending me the medallion. What a pleasant surprise. I wasn't expecting anything at all. And thanks for putting on a such good event in a nice location. It was my first run in a Vets race and I look forward to doing a few more.

Regards,

Greg King

MORE SEVERE LOSSES TO THE CLUB

The club has had a bad run lately with the passing of several of our greatest personalities. Once more I must report that we have lost greatly valued members in George Knott, Dennis O'Hehir, Jim Strickland and John Gilliland. Perhaps a veterans club which has been going for twenty odd years must not be too shocked to encounter these sad events, but it is a shock nevertheless. Members who knew these people well are very distressed and wish to express to their families their support and warm wishes in these difficult times.

George Knott was a famous walker, a real identity among the Walkers Club. Of course the Collingwood venue is named for George. I think George had lost a leg last year. It is sad to see him go.

Another walker, from the Frankston district was Jim Strickland. He had battled cancer for a long time. Our sympathies go out to his wife Barbara who is also in the Frankston vets.

John Gilliland of Noble Park was 69. We heard that he had been given three weeks to live, but he went soon after. Many of us have run in medal events with John. Springvale vets in particular express their best wishes and sympathies to his family.

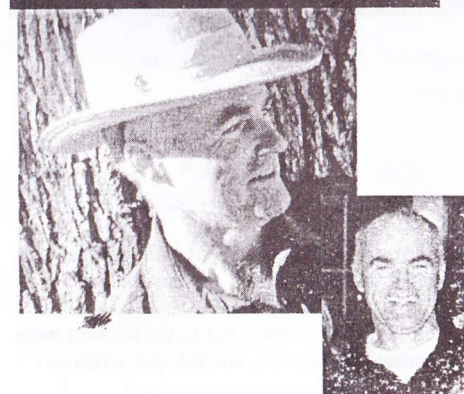
And then there was Dennis O'Hehir, whose death came as a huge shock to Collingwood members. Dennis was a larger than life personality, with a large family, popular with lots of neighbours, a great mate to lots and lots of friends, an active sportsman, raconteur and wit. Collingwood vets just could not believe that he had gone.



O'HEHIR, Dennis. —

A great Aussie 'Bloke' of the kindest persuasion, he sparkled our lives as raconteur, dry wit and constant friend. He showed that Dad's can do it all - collecting the kids, coaching the sports teams, cooking, fishing, competing at high levels in sport, and was even on the mens' kinder committee. Foremost Dennis gave love and commitment to his family. As friends, we also enjoyed his knowledge of the natural world during our trips to Cape Otway, Glenaire and Cressy and his exuberant wave and greeting as he went by in his truck. We laughed ourselves to the floor at his 'playing the mug' in charades. Dennis taught his family manliness, resilience and how to get fun out of life. He demonstrated tolerance. We are so much the richer. Thankyou Dennis. Robyn & Peter Roberts, Ivanhoe.

DENNIS 1953 - 2001



O'HEHIR, Dennis John. —

To my darling brother Dennis I could always count on your warm Irish blue eyes to greet us with that special smile. We admired and respected what a fantastic family man and brother you were. Such a joy to be around, you brought everyone together in your special way. Your wit, your humour such a senseless end to a wonderful, full life. To think that you are not here, that we couldn't say goodbye, I pray you knew how much we loved you, what you meant to us as my brother, Dennis, uncle and friend.

To Cathy, Meaghan, Keelan, Thomas, Mum and all of us who have lost him. I am so sorry. Your loving sister Christine, Richard, Perry, Jackson and Diamante.

One of eleven, but one of a kind. Remembered forever. Rest in Peace with Dad.

O'HEHIR, Dennis. —

It is with great sadness that we mourn the passing of our neighbour Dennis O'Hehir. Dennis was a great neighbour, always ready with a smile and a wave, and a genuinely good bloke. He will be greatly missed. Our thoughts and sympathy are with Cathy, Meaghan, Keelan and Tom.

Your neighbours, Rob, Pat, Suzanne and Brendan, Bernadette and John, Ric, The Papagrigrorious, Frenchams, Walkers, Bowliens, Rawlings, Holmes, Haddons, McKelts, Staffords, Wongs, Mawbys, Claytons and Bucknells. The whole street is going to miss you terribly.

ANDY SALTER ROAD RELAYS

Springvale / Noble Park Venue,

Wednesday, 7th February.

Once again the event was held in hot conditions. Again it drew a large entry from many venues. Caulfield venue managed to take out the open event this year for the first time.



VETS AQUATHON AND FUN RUN / WALK

Lilydale Lake

Sunday, 18th February 2001

Organised by East Burwood Venue

By Bob Lewis

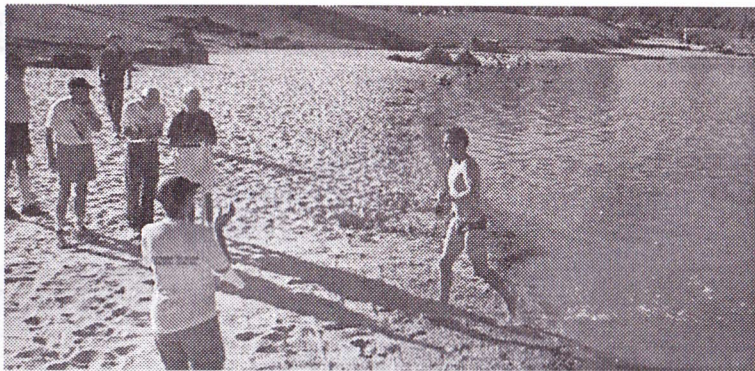
It was a lovely morning for the event. Conditions were near perfect. We did not have as many entries as we would have liked, but those who came along said they really enjoyed the morning and were more than happy with the way things went. Entries were 19 for the aquathon and seven in the fun run.

Trophies were awarded to the first placegetters in the age groups for the aquathon, but as the numbers were down we were able to give everyone a prize both in the aquathon and the fun run., not just spot prizes as planned, so everyone was happy about that.

The sausage sizzle and refreshments after the event were great, special thanks to Audrey Tutchenor and Irene Lewis, and thank you to everyone who brought along a plate.

We could not have run the event without the wonderful team of helpers we had. From Frank and myself thanks to you all for your terrific effort: John and Phyllis Gosbell, Ray and Anne Callaghan, Ken Nicholls, Tony Martin, Les Clark, Leo Watson, Eric Davidson, Dave and Cynthia Herbert, Ken Walters, Trevor Jupp, Sue Sutton for the veggie patties, Vin O'Brien. Thanks to all the venues who came along to make it a very successful day. Special thanks to Frank Tutchenor for his help and support organising things with me.

Overall Place	Name	Age	Venue	Time			Age Group	Place in Age Group
				Run/Walk	Swim	Finish		
Run & Swim								
1	Branton PROCTER	21		18:48	6:03	24:51	Inv.	
2	Glenn CLAUDEN	46	Knox	21:00	7:41	28:41	M45	1
3	Mick CARR	47	Knox	20:45	8:05	28:50	M45	2
4	Coral MONK	52	East Burwood	22:20	7:15	29:35	W50	1
5	Janice WRIGHT	50	Caulfield	22:24	7:59	30:23	W50	2
6	Andy CALLOW	49	Croydon	22:17	8:44	31:01	M45	3
7	Howard ROSS	55	Springvale	23:02	8:28	31:30	M55	1
8	John MOORE	50	Mentone	22:06	9:40	31:46	M50	1
9	Robyn SPEERING	51	Croydon	25:09	8:48	33:57	W50	3
10	Dot BROWNE	60	Croydon	25:57	8:48	34:45	W60	1
11	Corrie DeGROOT	73	Croydon	27:58	7:58	35:56	W70	1
12	Angie KENT	42	Knox	23:34	13:20	36:54	W40	1
13	Vern GERLACH	76	Croydon	27:57	9:16	37:13	M75	1
14	Ben MORREY	72	Caulfield	28:57	10:31	39:28	M70	1
15	Chas McRAE	68	Knox	27:59	11:41	39:40	M65	1
16	Colin BROWNE	68	Croydon	27:51	12:14	40:05	M65	2
Walk & Swim								
1	Dave HERBERT	60	East Burwood	14:40	6:14	20:54	M60	1
2	Celia JOHNSON	53	Springvale	15:00	7:24	22:24	W50	1
3	Ron BILSTON	58	Caulfield	15:59	10:31	26:30	M55	1
5KM Run								
1	Phil TWINING	40	Knox	19:48			M40	1
2	David DOBSON	42	Frankston	23:17			M40	2
3	Kevin ONLEY	67	Springvale	24:47			M65	1
4	Peter FELDMAN	55	Croydon	27:43			M55	1
5	Pat CAVANAGH	60	Croydon	30:23			W60	1
6	Jean ONLEY	67	Springvale	33:17			W65	1
	Liz FELDMAN (walk)	52	Croydon	33:55			W50	1



VETS AQUATHON

Very pleasant conditions at the idyllic Lilydale Lake during the Vets Aquathon. The run is on a winding footpath that goes through interesting wetlands with lots of bird life, and the swim is not very demanding at all. Try it next year.

TELSTRA MELBOURNE TRACK CLASSIC

Olympic Park, Thursday, 1st March 2001

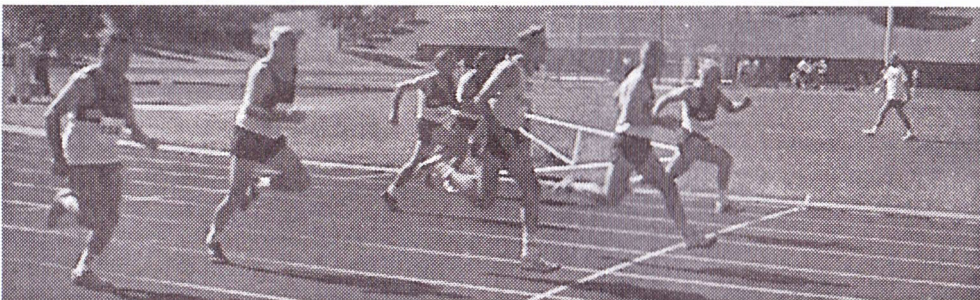
Once again the vets were allowed two races at this Grand Prix meet, and once again the Vic Vets turned on two excellent, well-contested events. We are very proud of the way our athletes can produce the goods in open company. It gives the vet runners quite a boost too, to perform in front of a big crowd and share the track with top young athletes.

Final Women's 200 metres VETERAN

1. Lisa Ford (36) (VIC) 27.26;
2. Debra Tomsett (43) (VIC) 27.46;
3. Bronwen Loizou (39) (VIC) 27.50;
4. Margaret Tweedie (46) (VIC) 28.16;
5. Doreen Pace (35) (VIC) 28.61;
6. Karen Blicavs (43) (VIC) 29.04;
7. Jenny Baldwin (35) (VIC) 29.38;
8. Kathy Heagney (50) (VIC) 29.39.

Final Men's 200 metres VETERAN (w:-2.1)

1. Peter Tuckett (41) (VIC) 24.72;
2. Keith Howden (55) (VIC) 25.72;
3. Colin McCurry (52) (VIC) 26.07;
4. Stephen Baird (50) (VIC) 26.68 ;
5. Graeme Richards (55) (VIC) 26.76;
6. Ross Kent (59) (VIC) 27.02;
- Paul Turner (47) (VIC) DQ.



THE LANDY TROPHY

Monday, 19th February 2001 at Doncaster Venue

by Richard Trembath

IT is difficult to imagine there will be a better finish to a major race in Victorian Veterans' athletics this year than was provided by the final of The Landy Trophy at Doncaster on February 19.

'The Landy', run as heats and a final from age-graded percentage handicaps, was being run for the second time, with the inaugural winner, Jan Morrey (W60), going into the 400 metre final as one of the top qualifiers after winning both her 200 and 1000 metre heats.

With the original entry of 75 reduced to 61 by scratchings, the 18 heats produced a final field of seven, made up of the top three points scorers plus ties.

Morrey and Peter Bence (M50) went into the final undefeated with 20 points, with a further five runners on 18 points, gained in each instance from a win and a second. Morrey, from Mentone, was the frontmarker on 112 metres, with Vic Vets newcomer Marg Tweedie (W45) on 68, Ross Kent (M55) on 54 and the other four, Bence, Richard Kerridge, Paul Lynch and Alan Gibson (all M50) off the 40 metre mark. By halfway around the last bend it was apparent that the race lay between Morrey, who had gone out hard, and Kent, who was steadily bridging the gap.

With 50 metres to go, Morrey still had a substantial lead but, with the crowd of about 120 'going bananas', Kent lunged in the last three strides and got up to win by a body-width from the gallant defending champion. Richard Kerridge was a further 10 metres away third.

Kent (Mentone), who has won the Victorian 400 metre title in his age division for the past four years, was delighted with his win but Morrey was anything but disappointed with her narrow defeat.

"I don't think I've ever got as much satisfaction out of a race in which I've got beaten," she said after the event.

Continuing the tradition of having a high-profile guest of honor, the perpetual trophy, an elaborate framed photo of the great John Landy, was presented by Garry Honey, 10 times Australian champion and silver medallist (behind Carl Lewis) in the long jump at the Los Angeles Olympics in 1984. Honey followed another Olympic track and field silver medallist, Peter Norman, who presented the trophy last year.

This year's edition of The Landy Trophy drew entries from 10 of the metropolitan Vic Vets venues and organisers are hopeful that it will become one of the feature events on the club's annual calendar.

Undoubtedly The Landy caters for the elite athlete and seeks to reward versatility, durability and all-round ability but there is no doubt it provides a personal challenge for competitors of all standards. To run a 200 metre heat followed by a 1000 is a good test and for the finalists to line up again over 400 metres means there is no place for the half-fit or faint-hearted.

Nevertheless, there were 16 athletes who were able to go home from Doncaster and say they had won a heat of The Landy, while Ross Kent became the second athlete to have his name on the trophy.

Those behind the concept at Doncaster are hopeful, at least, and perhaps confident, that in years to come The Landy Trophy will become to Victorian Veterans' athletics what the Cox Plate is to horse racing – the event which identifies the best of the best and carries the appropriate level of prestige.

Still, that aside, it will continue to provide fun, and a challenge, for all those who choose to enter – and that's really what it's all about.

VVACI STATE VETERANS CHAMPIONSHIPS SEASON, 2001

The events took place over three weekends prior to Easter, more or less according to our previous pattern. The pentathlon was on Sunday, 4th March, the weight pentathlon on Sunday, 11th March, and the track and field on Saturday, 31st March and Sunday, 1st April. Those who entered will have received their copy of the Results booklet by now. Gordon Stephen has placed all results on the VicVets website. The address on the internet is: <http://www.vicnet.net.au/~vicvets/>

Members who wish to obtain a copy of the results booklet should ring Colin Browne on 03 9874 2501 and he will post it to you. As it runs into several pages, and entrants already have a copy, we will not reproduce it here.

AAVAC NATIONAL VETERANS TRACK AND FIELD CHAMPIONSHIPS, 2001

Hosted by NSW Veterans Athletics Club
at Bankstown, NSW over Easter 2001.

The Victorians who travelled north to Bankstown for the nationals had excellent weather, a very good venue and great competition. The Crest of Bankstown may have been remembered by those who did the cross country in the nationals the last time NSW hosted them. In that year the T&F was as at Homebush on a new track which ultimately became a warm-up track for the Sydney Olympics. The cross country course was memorable for its sharply hilly bushland environment and some open playing fields. The Olympics saw many changes. Aided by USA Olympic team money, they put in a lovely new track with shadecloth sails and very good amenities. The venue was excellent, and the cross country trail was right next door. The venue for the entertainment in Bankstown city was a lavish sports club complete with acres of poker machines, bars and restaurants.

The problems that the NSW hosts encountered were mainly due to the newness of everything. Some basic items were missing or locked away. There was no large trackside clock. Athletics NSW officials were more familiar with open and junior athletics than with veteran athletics, and we can tell them that there is a difference.

However, top marks to the NSW hosts because they put on a really good carnival when we had been apprehensive that they would be struggling, as they do not have the numbers or the venue structure that a state needs to support such a big undertaking.

The results may be read in detail in "Courier", which is received by all financial members. They are also on the New South Wales Vets website, which is:

<http://www.athletics.org.au/nswvets/>
Our Vics did very well. Our visitor from England, Bronwen Cardy had their eyes poking out on stalks as she strode through the distance events. It was good to see Barbara Blurton back on the track after years of injuries. Jennifer Baldwin was making a vigorous return to athletics with medals in at least 10 events. Heather Carr, formerly McDonald, won her two race walks in great style. Celia Johnson, Gwen Steed, Marlaine Stanway, Jill Coyte and



Sharon Higgins leading Bronwen Cardy and a NSW opponent.

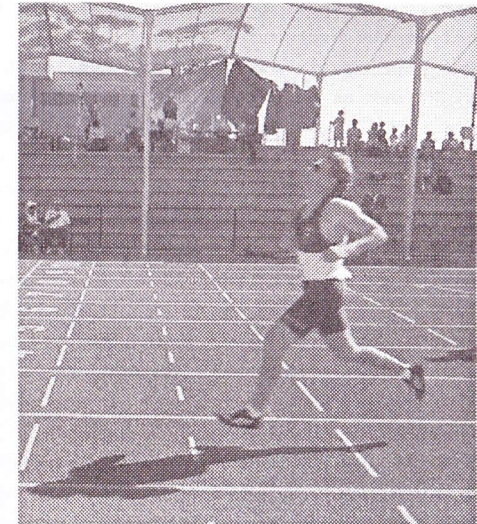


Grace Smith were all excellent walkers. Our new young sprinter Bronwen Loizou picked up a gold and four silvers. Gwen Davidson cleaned up in eleven events, a good sign for Brisbane. Kathy Heagney, who works hard at her athletics, is reaping the benefits now in the W50s, getting wins where she used to manage a place. Our middle distance runners, Sharon Higgins, Lavinia Petrie, Anne Stobaus, Patrina Trowbridge and Janis Wright made a formidable combination. Salli Ann Lee and Nyala Miller did very well in the jumps. Chris Schultz won all of her events in the field and was well supported by Judy Coram, Val Worrell and Sharon Reynolds. Dawn Hartigan, as well as going for the record in the pole vault threw a respectable javelin.

Although NSW has a mortgage on most sprints, our Keith Howden tossed them in the 200 and 400. Peter Tuckett ran a great 400, solo and in a relay team. It was good to see Tony Bradford get the gold after seasons of effort in his 400. Mike Johnston is on his own in sprints for his age. We saw Colin Page run a terrific 800 to be sat on and pipped at the post. Peter Bence had success in the 1500 and silver in the 5000.

Richard Trembath, Geoff Holden, Greg Varigos, John Waite and Eero Keranen ran really well over hurdles and steeples. Keith Lodge and Ron Young battled it out in the M70s distance races. Our star walkers were Mark Donahoo, Murray Dickinson and Tony Johnson, whilst Harry Summers tried his arm with the hammer as well as walking. In the throws we had plenty of success via

Royce
Foley,
Tom
Hancock,
John

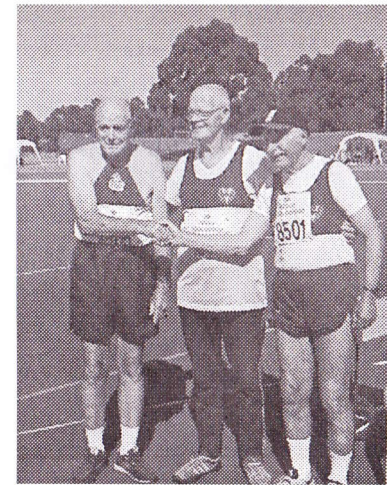


Fraser, Graeme Rose, Ken Readwin, John Reynolds and Peter Young. In the jumps Graeme Noden and Greg Varigos always do well for us, but this year we saw a rising star in Darren Smith who took four gold medals home with him. You can't put Andy Smith, Col Silcock and the Stankovic brothers into categories as they go in everything, and win medals too. Finally we combined really well in relays to bring back two firsts and a second. All in all a very satisfying performance by the Vics.

[Top: Kathy Heagney leading Barbara Blurton and Janis Wright.

Centre: Peter Tuckett taking out the 400m.

Bottom: John Fraser, Andy Smith and a Queensland opponent.



PETER COLTHUP 5 MILES (8.045K) ROAD HANDICAP

MENTONE VENUE

APRIL 25, 2001

On this Anzac day when the focus was on honouring the memory of those who paid the supreme sacrifice we at Dolamore Reserve Mentone gathered, along with our friends and fellow vets from other venues, to honour the presence of Peter Colthup (and Marj too, of course) as he presided over the running of his namesake event for the 7th time. The weather threatened but the rain held off and conditions were good for a distance run although a north-easterly made it difficult to run PBs.

A great servant of Vic vets and co-Croydon manager Les Clark led off the field for the 9½ laps journey of the Mentone road circuit with a GO time of 0-00 closely followed by last years winner, also from Croydon, Marlene Cameron on 4-30. Les Clark had already completed almost 4 laps (834m/lap) before the backmarker Russell Johnson took off on 21-20.

Past Springvale venue manager Ken Hough, starting on 11-00, was having a night out as he gathered in the front markers and continued to run strongly and build a commanding lead to cross the line 20 sec clear of the 2nd placegetter, Mentone's Ashley Page with Caulfield's Denis Thornton 1-14 in arrears of Ashley. It was a popular victory by Ken who has been a terrific participant and staunch worker for the vets for many years. Russell Johnson took out the fastest for the M40+, 29-03, for the 6th time and Lavinia Petrie continued her brilliant form by capturing the W35+ fastest time, 32-53, which also was a new W55 venue record.

Around the supper table there was the usual camaraderie along with the questioning of the bona fides of the handicapper, the swapping of hard luck stories and the savouring of the unique satisfaction that comes from the enduring of the distance run together.

Thanks to all the 'girls' who always do a sterling job to ensure that Mentone keeps up its image as a hospitable host and thanks also to Louis and Linda Waser, Eddie Gamble, John Markham, Anne Nicholls and Bob Wishart who assisted in the conduct of the night's program of events.

Ted McCoy

PLACE	NAME	GO TIME	FINISH TIME	ACTUAL TIME
1.	Ken HOUGH	10-00	47-35	37-35
2.	Ashley PAGE	13-30	47-55	34-25
3.	Denis THORNTON	13-30	49-09	35-39
4.	Lavinia PETRIE	16-30	49-23	32-53 FASTEST W35+
5.	Peter SMART	18-30	49-40	31-10
6.	Peter WEEKS	19-00	49-57	30-57
7.	Laurie COLLARD	17-15	49-59	32-44
8.	Marlene CAMERON	4-30	50-02	45-32

9	John PAYNE	15-40	50-09	34-29
10	Russell JOHNSON	21-20	50-23	29-03 FASTEST M40+
11	Vin O'BRIEN	12-30	50-28	37-58
12	Ian KRASKA	15-30	50-35	35-05
13	Ron LITTLE	13-30	50-40	37-10
14	Jan MORREY	13-30	50-41	37-11
15	John KNEEN	17-40	50-42	33-02
16	John WAITE	14-30	50-45	36-15
17	Ben MORREY	4-30	50-50	46-20
18	Bronwyn HANNS	17-15	50-55	33-40
19	Greg MAULDON	13-00	51-15	38-15
20	Stephen YOUNG	14-00	51-32	37-32
21	Doug WALLACE	10-30	52-13	41-43
22	Norm CAMERON	11-00	52-31	41-31
23	Kate WEEKS	17-15	52-33	35-18
24	Judy WINES	6-00	52-44	46-44
25	Graham STOCKDALE	11-30	52-55	41-25
26	Peter McGRATH	9-30	53-04	43-34
27	John MOORE	16-30	53-34	37-04
28	Les CLARK	0-00	53-43	53-43
29	Jack GUBBINS	8-00	54-15	46-15
30	Brian WILLIAMS	11-00	54-39	43-39
31	Rod FORD	13-00	54-41	41-41



VVACI Half Marathon along the Maribyrnong River track. The hungry pack giving each other support and challenge, fairly early in the event.



VVACI HALF MARATHON

SUNDAY, 5th
May, 2001

Maribyrnong
River path, from
Footscray
Boathouse.

Conditions: cool
and overcast at
first then sunny,
with no wind.

In finishing order.

	Name	Age	Time	Age-group	Placing
1	Colin Heywood	46	1-21-41	M45	1
2	Greg Wilson	48	1-21-58	M45	2
3	Ernie Stewart	50	1-22-36	M50	1
4	Barry Brooks	60	1-23-24	M60	1
5	Sam DeFanis	53	1-23-59	M50	2
6	Gary Stewart	55	1-24-20	M55	1
7	Greg King	51	1-26-02	M50	3
8	Graeme Hewitt	55	1-26-38	M55	2
9	Rod Neal	44	1-27-13	M40	1
10	Rob Dunning	43	1-28-11	M40	2
11	Peter Field	43	1-30-27	M40	3
12	Peter Smart	56	1-30-51	M55	3
13	Graham Philpott	58	1-32-24	M55	4
14	Bronwyn Hanns	37	1-32-31	W35	inv
15	Terry Lia	43	1-32-33	M40	4
16	Bob Power	58	1-32-39	M55	5
17	Brian Mee	63	1-33-08	M60	2
18	Ashley Page	60	1-33-36	M60	3
19	Ross Martin	49	1-33-39	M45	3
20	Mal Brown	60	1-34-55	M60	4
21	Gabriel Carmona	58	1-38-14	M55	6
22	Juan Perez	61	1-38-39	M60	5
23	Bill Page	70	1-39-03	M70	1
24	Sonya McLennan	48	1-40-27	VV45	1
25	Nancy Chorley	54	1-41-39	VV50	1
26	John Dean	56	1-42-16	M55	7
27	Barbara Dalglish	65	1-45-52	VV65	1
28	Steven Barker	42	1-49-37	M40	inv
29	Mitchell Smith	60	1-52-56	M60	7
30	Tony Martin	72	1-53-01	M70	2
31	Jane Sturzaker	48	1-53-16	VV45	2

32	Jock Cravana	63	1-53-45	M60	6
33	Kevin Browne	64	1-55-09	M60	8
34	Peter McGrath	61	1-56-26	M60	9
35	Jack Gubbins	72	1-59-29	M70	3
36	Greg Browne	48	2-01-04	M45	4
37	Shirley Young	71	2-03-13	W70	1
38	Judy Wines	63	2-04-21	W65	2
39	Sandra Howarth	38	2-09-51	W35	1
40	Ken Matchett	79	2-10-51	M75	1
41	Roy Commerford	57		M55	DNF
42	Ron Young	70		M70	DNF
43	Roland Brown	60		M60	DNF

CANOE CAMPING TRIP.

4th to 8th February 2001
from Dave Herbert.

"Discover one of Victoria's best kept secrets!" are the words that grace the front of the canoe hire company's brochures. And it truly is. (This account may encourage some of the vtes to try it one day)

We arranged to meet at Nelson (close to the S.A. border) mid afternoon on Sunday 4th February. Our organisers, Dave and Cynthia Herbert, had sorted out a car shuffle and, before we could 'get our heads around' its logistics, all found ourselves deposited 55kms up the Glenelg River for our first night's bush camping.

From that moment on each evening and day was magic. The three camp sites and numerous tea and lunch mooring spots were particularly pretty, and, thanks to National Parks staff, clean and well maintained. Whether it was superb towering red gums, the dawn or dusk colourful highlights on the cliffs along the river, contrasted with green reeds and undergrowth, the crystal clear reflections in the river, or the gentle 'ping' of fish catching insects during the night, it was magic.

Abundant wild life especially were represented by a huge variety of bird life accompanying us on our way, a cheeky kangaroo who hop-jumped right through our camp, an emu, a platypus, and of course, any number of possums. The gentle lap of water against the canoes...all remain vivid visual memories...alltopped off with fun company, terrific weather, and an almost full moon each night.

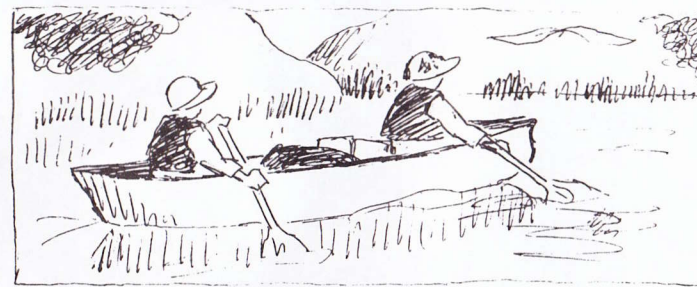
We also took time out to explore the Princess Margaret Rose Caves on our last day, even if just to experience 17th again.

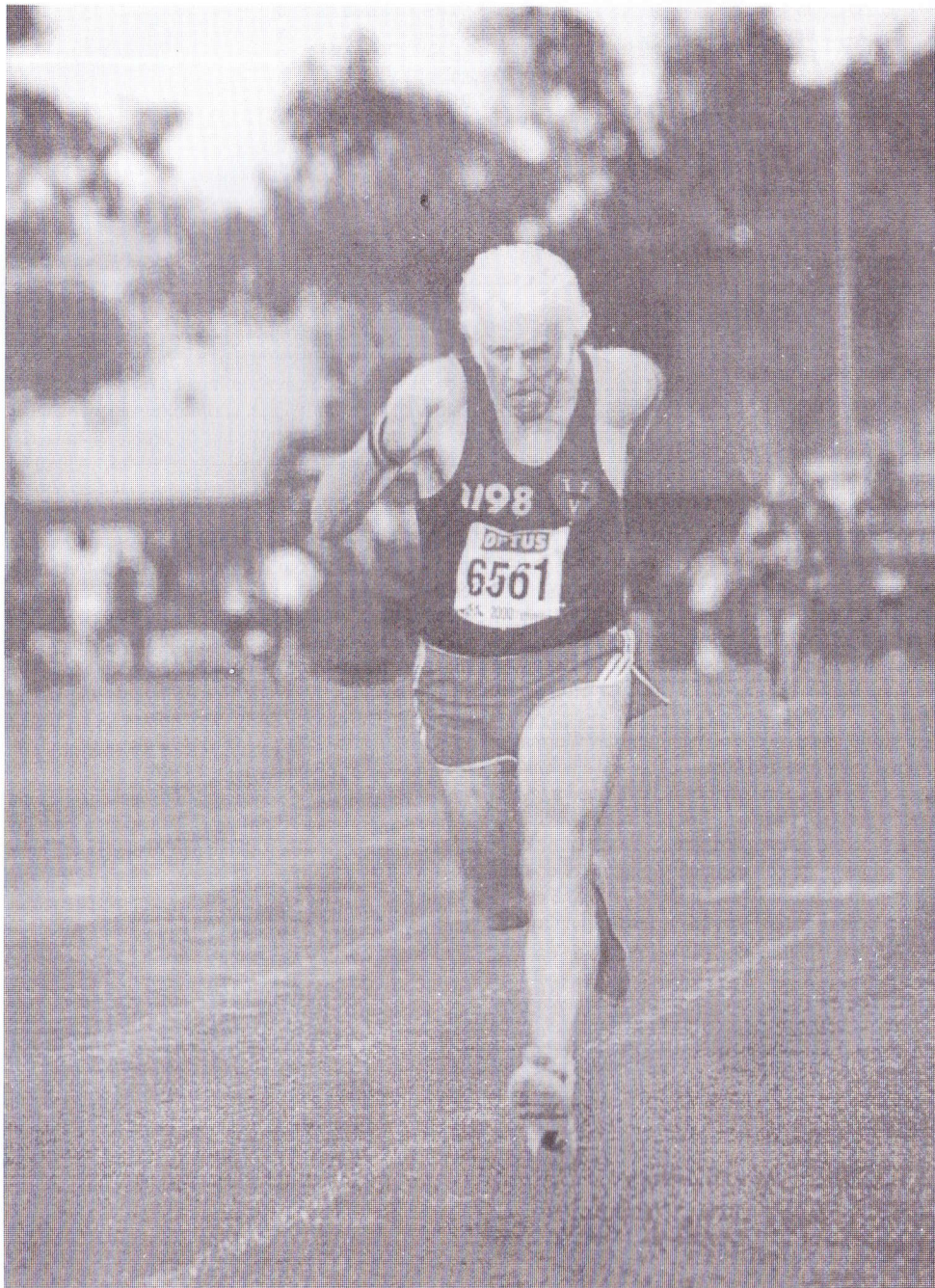
Despite most of us having little or no experience, the canoeing was gentle and not too physically demanding... nothing a good meal and rest couldn't fix. The river is so clean, wide and free of hazards and strong currents. The canoes easily carry quite a lot so, unlike backpacking, we didn't need to go without those little luxuries.

I hope some of you are encouraged to spend some time exploring this wonderful river ... by canoe or perhaps even combining it with walking part of the Great South West walk or Discover Bay.

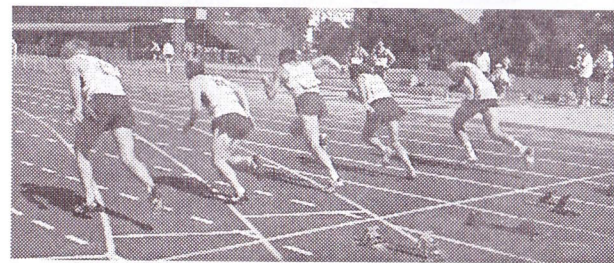
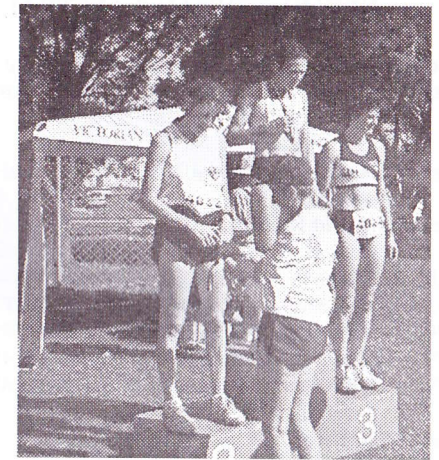
Thanks to all who made it such a happy, successful time.

By Margie Chellew





Eddie Stack at the Honda Masters Games in Alice Springs.



AT THE VICTORIAN CHAMPIONSHIPS.

Top left: Harry Preston, just turned 90, has a puff on the judges' stand after the 1500m at the Vic Champs.

Top right: Presentation of the W40 medals.

Centre: Scorers tent at the Vic Champs: Sean Kerr, Rita Kerr, Margaret Bristow and Judy Walters.

Bottom: Start of one of the sprints

NEW VICTORIAN & AUSTRALIAN & PENDING WORLD RECORDS

Please note that my Victorian, Australian & World record lists are freely available by email, if you send a request using email address clyde.riddoch@auspost.com.au.

Age	Event	Name	State	Performance	%Std	Date	Location
Pending World Records:							
M85	2k Steeple	Eddie Gamble	Vic	13m 50.9s	80%	31.3.01	Murrumbeena, Vic
W50	Triple Jump	Margaret Taylor	ACT	10.54m	94%	10.3.01	AIS, ACT
W90	Shot Put	Ruth Frith	NSW	5.37m	115%	13.4.01	Bankstown, NSW
W90	Javelin	Ruth Frith	NSW	9.63m	60%	13.4.01	Bankstown, NSW
W90	Weight Throw	Ruth Frith	NSW	6.19m	75%	16.4.01	Bankstown, NSW

Australian Records:

W55	Shot Put	Mary Thomas	NSW	12.09m	79%	20.1.00	Norfolk Island
W55	Javelin	Mary Thomas	NSW	37.28m	77%	20.1.00	Norfolk Island
M35	Shot Put	Stuart Gyngell	NSW	16.05m	72%	19.8.00	Homebush, NSW
W60	Hammer	Helen Searle	NSW	45.29m	108%	1.10.00	ACT
W60	Weight Pent	Helen Searle	NSW	5,154 pts	97%	1.10.00	ACT
M40	Javelin	John Kay	NSW	62.72m	79%	4.11.00	Southport, Qld
M65	2k Steeple	Colin McLeod	Qld	7m 28.02s	99%	27.1.01	QEII, Brisbane
M30	Weight Throw	Rohan Nelson	ACT	16.83m	67%	4.2.01	Canberra
W55	Javelin	Mary Thomas	NSW	38.55m	82%	11.2.01	Sydney
M40	Javelin	John Kay	NSW	66.90m	82%	16.2.01	Homebush, NSW
M50	5k Walk	Andrew Jamieson	Vic	22m 19.3s	97%	22.2.01	Olympic Park, Vic
M65	400	Hugh Coogan	Qld	59.67s	94%	24.2.01	St Lucia, Qld
M60	300 Hurdles	Mike Stevenson	Tas	46.36s	90%	24.2.01	Hobart
W30	Weight Pent	Kelly Carville	Vic	2,844 pts	52%	4.3.01	Murrumbeena, Vic
W40	3k Walk	Lyn Ventris	WA	14m 19.75s	84%	4.3.01	Perry Lakes, WA
W60	80 Hurdles	Brenda Parkinson	SA	14.41s	99%	8.3.01	Adelaide
M60	100 Hurdles	Mike Stevenson	Tas	15.86s	91%	10.3.01	Hobart
W50	Shot Put	Chris Schultz	Vic	13.62m	77%	11.3.01	Murrumbeena, Vic
W30	Weight Pent	Kelly Carville	Vic	2,892 pts	52%	11.3.01	Murrumbeena, Vic
W40	5k Walk	Lyn Ventris	WA	23m 24.5s	89%	23.3.01	Coker Park, WA
W40	3k Walk	Lyn Ventris	WA	14m 5.7s	85%	24.3.01	Coker Park, WA
M55	Javelin	Graeme Rose	Vic	50.07m	85%	1.4.01	Murrumbeena, Vic
M60	Discus	Warwick Selvey	Qld	48.90m	79%	1.4.01	QEII, Brisbane
M85	5000	Allan Sherriff	ACT	29m 28.88s	78%	5.4.01	AIS, ACT
W45	10k	Bronwen Cardy	Vic	36m 6.26s	93%	13.4.01	Bankstown, NSW
M30	Javelin	Andrew Currey	NSW	77.65m	82%	13.4.01	Bankstown, NSW
M55	Javelin	Graeme Rose	Vic	50.38m	86%	13.4.01	Bankstown, NSW
W55	Javelin	Mary Thomas	NSW	39.17m	83%	13.4.01	Bankstown, NSW
W30	High Jump	Lisa Doyle	NSW	1.63m	82%	13.4.01	Bankstown, NSW
W50	High Jump	Margaret Taylor	ACT	1.44m	93%	13.4.01	Bankstown, NSW
M75	Pentathlon	Fred O'Connor	NSW	3,139 pts	67%	16.4.01	Bankstown, NSW
M80	Pentathlon	Kevin Hopkins	NSW	2,334 pts	60%	16.4.01	Bankstown, NSW
W40	10k Walk	Lyn Ventris	WA	47m 25s	96%	16.4.01	Bankstown, NSW

Victorian Records:

M70	2k Steeple	Peter Coutie	9m 58.39s	80%	29.7.00	Bedford, U.K.
M45	Decathlon	John Neale	4,086 pts	56%	28.1.01	Ballarat
W40	400 Hurdles	Debbie Tomsett	67.6s	88%	17.2.01	Box Hill
M40	1500 Walk	Paul Kennedy	6m 15s	88%	3.2.01	Aberfeldie
W35	Pent(w/Discus)	Jennifer Baldwin	2,709 pts	58%	4.3.01	Murrumbeena
M85	Long Jump	Vic Younger	2.59m	68%	4.3.01	Murrumbeena
M85	Javelin	Vic Younger	17.02m	55%	4.3.01	Murrumbeena
M85	Pent(w/Discus)	Vic Younger	1,724 pts	50%	4.3.01	Murrumbeena
M85	Javelin	Vic Younger	18.40m	59%	11.3.01	Murrumbeena
W50	Weight Pent	Chris Schultz	4,003 pts	69%	11.3.01	Murrumbeena
M60	Half Marathon	Barry Brooks	83m 12s	86%	18.3.01	Eaglehawk, Vic
W50	100	Kathy Heagney	13.6s	89%	31.3.01	Murrumbeena
W60	400	Jan Morrey	71.7s	87%	31.3.01	Murrumbeena
M85	400	Andy Smith	137.5s	55%	31.3.01	Murrumbeena
W50	1500	Ann Holcombe	5m 1.9s	91%	31.3.01	Murrumbeena
M90	1500	Harry Preston	18m 41s	37%	31.3.01	Murrumbeena
M65	2k Steeple	Bob Gardiner	8m 21s	88%	31.3.01	Murrumbeena
W65	Weigh Throw	Val Worrell	11.29m	79%	31.3.01	Murrumbeena
W50	1500 Walk	Heather Carr	7m 10.2s	93%	1.4.01	Murrumbeena
M85	Triple Jump	Vic Younger	5.10m	64%	1.4.01	Murrumbeena
M50	Javelin	Andrew Farr	51.82m	79%	1.4.01	Murrumbeena
M70	High Jump	Gordon Gourlay	1.38m	89%	14.4.01	Bankstown, NSW
M50	5k Walk	Heather Carr	26m 24.97s	89%	14.4.01	Bankstown, NSW
W50	2k Steeple	Janis Wright	8m 34.25s	85%	14.4.01	Bankstown, NSW
M55	200	Keith Howden	24.68s	94%	15.4.01	Bankstown, NSW
M55	400	Keith Howden	56.97s	90%	16.4.01	Bankstown, NSW
W50	400	Kathy Heagney	63.82s	88%	16.4.01	Bankstown, NSW
W65	Weight Throw	Val Worrell	11.47m	80%	16.4.01	Bankstown, NSW
W35	Pentathlon	Jennifer Baldwin	2,711 pts	58%	16.4.01	Bankstown, NSW
W50	10k Walk	Heather Carr	53m 35s	90%	16.4.01	Bankstown, NSW

Clyde Riddoch

VVACI Records Officer

1/104 Coventry Street, Southbank 3006

Telephone 9204 7085(B), 9690 2903(H), Email clyde.riddoch@auspost.com.au

VETS DINNER DANCE

Make sure you save this night in your diary

Friday, 16th November.

We had a great band and an excellent venue last year.

But not the big crowd we would like to see this year.

So get ready for it, get a table together.



A SUMMARY ON RACE WALKING JUDGING

Race walking is one of the toughest events on the Olympic program, yet because of its judging problems the sport does not enjoy the popularity it rightly deserves

In 1989 the IAAF commissioned a scientific study of race walking and it was carried out by Dr Axel Knicker and Michael Loch at an international race walking meeting at Laval, France on 21 June 1989. The program included a 35km event on a 2.5 km course and although time analysis were completed for 29 athletes they were only able to analysis in depth five athletes for a limited period.

With film running at 100 f.p.s. they were able to measure time to an accuracy of one hundredth of a second.. **The outstanding conclusion of the time analysis was that none of the athletes could avoid lifting in any phase of the race..**

The report covered 13 pages and in conclusion suggested that judging could improve with the help of video and considered that a change could be made in the 'knee rule' as the scientists found no problems of bent knees, while the judges had different findings.

A book on Walking compiled in 1903 by C. Lang Neil says " Some of the finest walkers, like Bill Sturgess, rise to the very tip of the hinder shoe as the forward foot is placed on the ground, when viewed from behind they will often look to be going unfairly. To do the man justice you must take a side view".

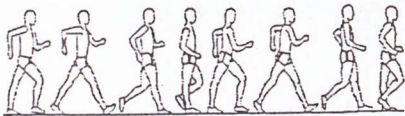
Through the study of slow motion cine film following the Melbourne Olympics I found that the most reliable judging positions were at the approach and rear angles, so it seems that the early judging created a fallacy that has continued on to today.

Palle Lassen Chairman of the IAAF Walking Committee in 1991 wrote in 'New Studies in Athletics' about the way race walking was judged at the turn of last century and compared it favorably with the IAAF Handbook of 1991, and also mentioned that 'The use of technology by way of slow motion freeze frame, and numerous photographic techniques in order to 'catch out' and confront judges is the 'in thing' nowadays and creates and promotes public controversy."

Palle Lassen also wrote that "Of course these devises are often used by people who have neither the the background to watch and judge the sport properly nor goodwill towards it."

Following a meeting of the Victorian Amateur Walkers Club after the Olympic Games in 1956 when slow motion films were shown, the club voted to adopt angle judging. The Australian Walking Federation also followed suit and Australian race walk judging was dramatically improved. There are still cine film of the time to prove this and our walkers did not suffer, as we won a silver medal at Rome with Noel Freeman and we had four representatives at the 1964 Olympics with Bob Gardiner registering the best time ever for 50 kilometres by an Australian....

Frank McGuire, BEM,
Qualified Senior Coach,
Athletics Victoria



Technique correcte - Correct technique



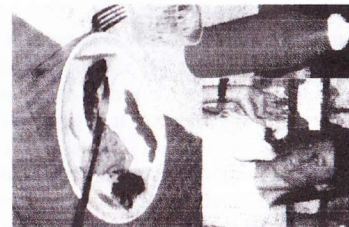
Absence de contact - Loss of contact

required for the Commando tasks. Her secret was the mixture of tomato sauce, vegetable & honey which covered all the items on the plate. This was backed up with multi-vitamin & herbal supplements. The trick here was to distinguish between male vitamins & female vitamins.



Bottom left - local Veteran & Commando coach Hans deputised Gordon to emphasise to team members the importance of liquid in the Commando-diet.
Team members praised Hans organically grown & manufactured rhubarb wine as responsible for moving their performance to a higher level.

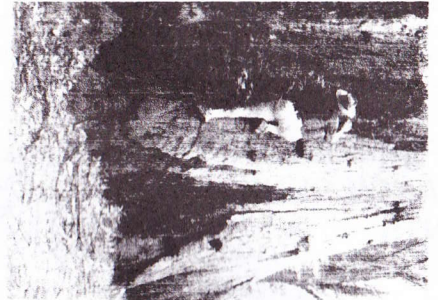
Bottom right - Dietitian Cathy controlled the high performance diet



Altona VETS Tara-Bulga Rainforest Commando Training Weekend

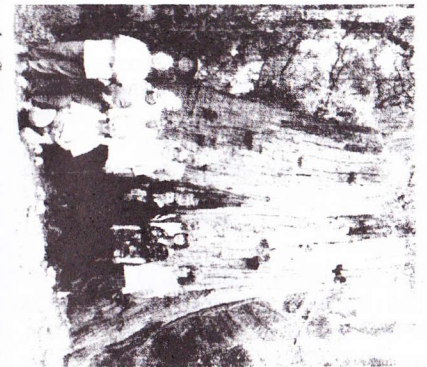
Altona VETs are taking seriously their preparation for the upcoming State & Australian Championships & the World VETs Games in Brisbane. They recently spent four days at an intensive Commando Training camp in the Tara-Bulga National Park.

Top left - Venue Manager Graeme leads the way in the first of the Commando Training Tasks.



Top right - the team gathers in triumph after successfully completing the first task — demolishing this forest giant.

Readers may not believe that this was accomplished without any tools. Only items carried by team members in their pockets or handbags were allowed to be used.



[Ed: We received a request from a teenager for some information on training for middle distance running, probably for an assignment. I handballed it on to Alan Irwin, who came up with this excellent article. Thanks AL.]

PREPARATION FOR MIDDLE DISTANCE RUNNING EVENTS

Training.

Training is broken into two broad types. Anaerobic running is very intense speed work, done at faster than racing pace. As it is a faster pace than can be sustained it is broken down into repetitions with recovery between each. Aerobic sessions are continuous, slower and longer. Often it is possible to carry on a conversation while running which would not be possible with anaerobic training. Both types of training are essential to success. Easy running is important for recovery or the body will become stressed, leading to ineffective effort and possible injury. Whilst these principles are accepted, individual coaches put different emphasis on the various elements.

Lets look at a typical weekly schedule for a club runner who trains daily. There will be seasonal variations throughout the year as a result of racing commitments. All sessions commence with a warm up run and stretching, except that the warm up is incorporated into the long, steady runs.

Monday Fartlek (literally speed play) These are repetition sessions but without the formal structure of timed track sessions. They not usually done on a track, but on parkland, golf courses etc. A typical session might be 20 separate one-minute fast runs separated by one-minute slower recovery running. Or it might consist of a continuous run incorporating surges over 400 to 600 metres, again with the slower running between.

Tuesday Track session. 200 (then 30 seconds recovery), 300 (30), 400 (40), 500 (50), 400 (40), 300 (30), 200. Each repetition should faster than 1500 m racing pace, quite bit faster for the 200s.

Wednesday Steady run 10 to 12 km.

Thursday Track session. 8 X 400 at faster than 1500 m racing pace (40 seconds recovery).

Friday Steady run 10 to 12 km.

Saturday Race or an 8 to 10 km continuous run at a hard pace, no possibility for conversation during this session.

Sunday Long slower run over hills if possible. Say 15 to 20 km.

Over training.

Popular belief 40 or 50 years ago was that the harder you trained the better you got. This is only true to a point. Training is effective only when it is being absorbed. To go beyond that point is counter productive and can lead to breakdown. Some athletes fail to achieve their potential because they don't train hard enough. For others the problem is they don't listen to their bodies and do too much. How to achieve that optimum training load is not an exact science. If it were, all elite athletes would achieve their maximum potential and none would ever be injured. This is the role of the coach. For self coached athletes a rough rule of the thumb is that commencing a days training while tired from the day before indicates too much is being attempted.

Life balance.

Preparation involves more than training. Some of the other elements are discussed below. Preparation for any sport is an important element in life, but it should not be considered life itself. It must fit with the athlete's study, work, family, social, spiritual and cultural life.

Weights, exercises and podiatry.

Weight training is not an essential element of middle and long distance running. If you look at the upper body development of the Kenyans it is obvious they have never been anywhere near a gym. However stretching of the running specific muscles is important for flexibility and injury prevention. Specific footwear for distance running is a good investment. You don't play basketball in footy boots; don't run in tennis shoes.

Diet and hydration.

Runners follow the basic dietary advice available to everyone. Draw from the five basic food groups, cut down on fats, plenty of fresh fruit and veggies and fibre. The only difference is additional carbohydrates

such as potatoes, pasta etc. They represent the fuel a distance runner needs. Drink plenty of water at all times and especially following training. In spite of fanciful claims by their promoters there is no measurable benefit from sports drinks and bottled water.
Alan Irwin.

INTERCLUB VENUE FINALS RESULTS FOR GLENHUNTLY VENUE:

DATE: 17 MARCH 2001

DIVISION 4

SHOT PUT	GRAEME	NODEN	7.88
JAVELIN	GRAEME	NODEN	25.97
1500M WALK	GWEN	STEED	7.59.0
200M	ROSS	KENT	26.6
	GRAEME	NODEN	27.8
	MAX	BROOK	33.0
800M	PETER	BENCE	2.21.5
	DICK	JEFFREY	2.30.0
	MAX	BROOK	2.48.5
LONG JUMP	GRAEME	NODEN	4.80
3000M	PETER	BENCE	11.21.0
	DICK	JEFFREY	12.35.0
	MAX	BROOK	12.55.0
4 x 400M REL	ROSS	KENT	
	PETER	BENCE	
	DICK	JEFFREY	
	MAX	BROOK	4.21.9
HAMMER	GRAEME	NODEN	20.97

FINAL TEAM POSITIONS AFTER VENUE FINAL

DIVISION 4:

1ST	GLENHUNTLY	133.5 PTS
2ND	VETERANS	132 PTS
3RD	AJAX MACABI	122 PTS
4TH	OAKLEIGH	95.5 PTS

The Veterans team performance was even better than indicated by the final scores as there were several events in which we were not able to field competitors - 400m Hurdles (2), 110m Hurdles (2), High Jump (1) and 1500m Walk (1).

Thank you to the seven Veterans members who were involved throughout the year to get the team to the final in top position which the team had held all throughout the 16 rounds of interclub competition. Unfortunately, Garry Mahon was not able to compete in the Final. Thanks also to our two stalwart officials - Terri Crowley and Peg Noden for their assistance and attendance throughout the Interclub season.

Alan Irwin

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

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

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

Sunday, 3rd June, Barney Oak Memorial Fun Run, (10km & 4km), Princes Park, Carlton, 10.00am, (9388 2313 h)

Saturday, 9th June, Rutherglen Muscat Run, (10km), Main Street, Rutherglen, 10.00am (0260 328 690 w)
Saturday, 16th June, CHC Coburg Bluestone Classic, (15km & 7km), Harold Stevens Athletic Track, Coburg, 2.00pm (9386 9251 h)

Sunday, 17th June, VVACI Pre-Brisbane World Games Meet. At Doncaster venue. 1.00pm.

:N.B. Lap of the Lake (9.6km & 4.8km), Albert Park Lake, 9.30am TBC (9819 9225 w)

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.

:VRR Westerfolds Park (10km & 5km), Porter Street entrance, 9.00am (9802 1220)

:Traralgon Marathon & Half Marathon (42.2km & 21.1km), Tennis Courts, Davidson Street, 8.00am (0419 353 096)

:Eaglehawk to Bendigo Fun Run (6.5km), Eaglehawk Town Hall, 11.00am (TBC) (5443 6820 h)

July 4 to 14 WAVA Veterans World Championships, Brisbane Qld. Entry forms available now from your venue or from Colin Browne 9874 2501. Entries are open until June.

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

Sunday, 8th July, Sri Chinmoy 2 Bridges Run, (TBC) (12km & 6km), Gosch's Paddock, Richmond, 9.00am, (9428 6665 w)

Sunday, 22nd July, CHC Coburg Half Marathon (21.1km), Harold Stevens Athletic Track, Coburg,

9.00am (9386 9251 h)

Sunday, 29th July, Sri Chinmoy Half Marathon (TBC) (21.1km, 10km & 5km), Kevin Bartlett reserve, Burnley, 8.00am, (9428 6665 w)

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

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

Sunday, 26th August, Shepparton Marathon, Half Marathon and 10km, shaded loop course, three 14km circuits, good course 8.00am. Princess Park, Brian Gawne, Shepparton Road Runners, 03 5821 1693 h, 041 933 2609 m.

Saturday, 1st September, VVACI Road Walks (10km for men) Albert Park, 2.15pm.

Sunday, 9th September VVACI 25km Road Footscray Boat House, 9.15am.

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

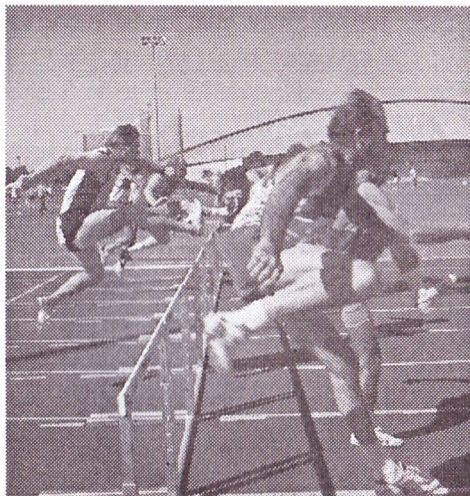
Sunday, 14th October, VVACI Marathon, in the Melbourne Marathon, Frankston to Melbourne. TBC

Saturday, 27th October VVACI 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. Entry forms in this magazine.

Fifth World Masters Games, Melbourne. Athletics segment October 6 to 13.



Vic Vets News and Results May 2001

Going to Brisbane?

From Russ Haines

I have a heap of these world championships singlets to sell.

They were designed by David Sheehan and are unique to the Australian competitors only. The price is \$17 plus \$3 postage and handling (total of \$20, gst paid), payable to AAVAC.



Front



Back

Send the request to me at:

11 Ripley Court,
Ringwood, 3134.

5 sizes are from small to
XXL.

The colour is light grey
with green print.



B B B
 (B ONDING B EFORE B URBANE)

PIZZA

NIGHT



You are cordially invited to
 celebrate with competitors going
 to the World games.

Date: Friday 15 June

Time: 7.00 pm

Place: 71 Union Rd

Surrey Hills

Cost: \$10 & B Y O drink

RSVP:

Astrid and Graeme Rose

Ph. 98362350

by 10/6/01

Stay Tuned



- ALLEVIATE SHIN SPLINTS
- REJUVENATE YOUR MUSCLES
- IMPROVE YOUR NUTRITION
- ACHIEVE MORE FROM YOUR TRAINING

WE SPECIALISE IN:

- OSTEOPATHY
- NUTRITION
- MASSAGE
- REHABILITATION SERVICES

SPECIAL RATES FOR VICTORIAN VETERANS MEMBERS!

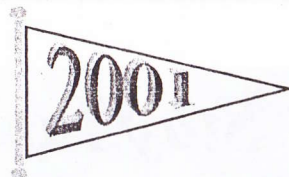
CALL 9762 3133 FOR AN APPOINTMENT.

MENTION THIS AD FOR YOUR DISCOUNTED RATES.

TAC, WORKCOVER AND VA APPROVED. INSURANCE REBATES AVAILABLE.

Stay Tuned is located at Knox Leisure Works.
 Tormore Road, Boronia 3155.

VVACI Venue Premiership



The annual Venue Premiership is on again during September 2001

For the benefit of new members, and maybe for some not so new members, the Venue Premiership is a "Claytons" kind of inter-Venue competition because you actually participate at your own Venue as you do at any other time of the year. The difference is that your best times in three different eligible events will count towards the Premiership. Details of the Venue Premiership, the eligible events and the rules will be available at all Venues by 31 May 2001. In essence your objective is to participate in as many eligible events as possible during September.

If you've had good intentions of attending your local Venue more regularly but haven't quite made it, the month of September is a good time to strengthen your resolve and do it! Your Venue will need all the runners, walkers (and in some cases, field people) it can muster to launch a strong challenge to become the Premier Venue. By the way you must also be a financial member, so if you've overlooked it, please fix it up right away.

Let's make this the best ever challenge.

Contact: Ted McCoy, Club Captain (9583 3280)

HAVE FUN WITH A SQUARE DANCE.



Lots of vets from Croydon, Knox, Springvale, and East Burwood will tell you what a great time they have had at Upwey in past years. Now David Sheehan is making it available to a wider audience of members. **Saturday, 18th August Community Hall Stephenson's Road Mount Waverley.** Only \$10 per person. BYO drinks and plate to share. This caller is so good he makes sure everyone, beginners and all, has a marvellous time.

SOUTHERN PENINSULA SPORTS CLUB INC



Alan Radford
Ph: 5985 5989

Lee Pownall
Ph: 5988 4476



JUNE 2001 PROGRAMME

Date	Venue	Time	Event
Sun 3rd	Track Truemans Rd	9.00 am	100m, 100m Relay, 1500m H/c, 1200m Walk, 4km Track (Estimated Time)
Sun 10th	Queens B'day	Taylor's Block Heyfield	10.00 am The Bush Bash Relay Event and Yabba Dabba Do Fun Run - Ride
Sun 17th	Rosebud Pool Colchester Rd Rosebud	7.30 am	Swim - Run - Swim - 400m - 4km - 400m Cost \$6.00 - DON'T BE LATE
Sun 24th	Rye, opposite Post Office	10.00 am	The Whitecliffs 8.5km Cross Country Run (H/c event) or 4.5km Bike-track Walk - BYO lunch to follow BBQ-BYO After Event

NOTE:

Teams for the Bush Bash Relay will be announced on Saturday Night during Dinner at the Pub. This dinner is an event in itself.

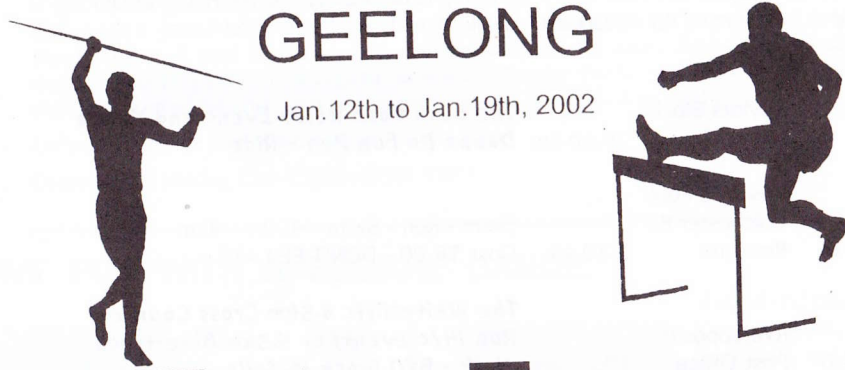
IDEAS:

If you have any thoughts on new events, improving old events, running an event, events that have been forgotten, please let the programming committee know.

11th Oceania Veterans Athletic Championships

2002 GEELONG

Jan.12th to Jan.19th, 2002



Entry Form

Organisers: Geelong Athletic Inc.(A0018520G)

Landy Field, 230 Swanston Str.
Geelong, Australia

On behalf of: The Oceania Association of Veteran Athletes (OAVA)
a Regional Association of the
World Association of Veteran Athletes (WAVA)

Proposed Program 2002

This Program is subject to alteration if entries or other circumstances demand.

Sat. 12.Jan	5000m 5000m Pentathlon	M/ 50+ (3 races) W/ 55+ Men all	Sun 13.Jan	5000m M30/ 35/ 40/ 45 5000m W30/35/40/45/50 Pentathlon Women all
	Opening Ceremony			
	800m Heats	M & W		
	Hammer	W 60/65/70/75+		
	High Jump	W 30/ 35/40/45		
	Long Jump	W50/55		
Mon.14.Jan	100m H& Final 5000m Walk 800m Finals Long Jump Javelin Triple Jump Shot Put	M&W All Ages M&W All Ages M/ &W All Ages W/ 30/35/40/45/60/65+ Women All Ages Men All Ages Men All Ages	Tues.15.Jan	8km C.C M&W all Weight Pent. M&W. all 400m Heats M&W Happy Hour after 7pm
Wed. 16.Jan	General Assembly of the OAVA	No competition.		
Thur. 17.Jan	10km Walk 200m H & Fin. Long Jump Discus Hammer Pole Vault Shot Put 2000m Steeple 3000m Steeple	M&W All Ages M&W All Ages Men all Ages Men All Ages W 30/35/40/45/50/55 M&W All Ages Women All Ages M60+ & all Women M30>59	Fri.18.Jan	400m Finals M&W all Sprint Hurd. M&W H&F 1500m Fin. M& Women High Jump Men all Hammer Men All Triple Jump Women all
Sat. 19,Jan	½ Marathon Long Hurdles 4x100m Medley Relay Javelin High Jump Discus	Men/ Women All Ages Men&Women H&F Men & Women Men & Women Men All Ages Women 50/55/60/65/70+ Women All Ages		
	4.30 Closing Ceremony			7.00 Dinner Dance (with tickets only)

Accommodation. As we have an agency to deal with your accommodation needs, you may write to Rod Morrison, Advance Tours & Travel:

62 Lt. Malop Street, Geelong, Victoria 3220 Or

Phone: 03 5223 2788 Fax: 03 5223 2687

Reservations per E mail: Reservations @advancetravel.com.au

For further Information contact Stuart Robley:

Ph. 03 52294914 Or Fax 03 52294914 Mobile: 0407 502 508

Email: robleys@iaccess.com.au

GENERAL INFORMATION

Competition Rules: Competition will be conducted under IAAF rules, subject to any modifications thereto laid down by WAVA and/or OAVA.
Entry signifies that each competitor will abide by these rules.

Age Groups: Competition will be conducted in the following age groups.

For Women	For Men
30-34 35-39 40-44 45-49 50-54 55-59 60-64	30-34 35-39 40-44 45-49 50-54 55-59 60-64
65-69 70-74 75-79 80-84 85-89 90+	65-69 70-74 75-79 80-84 85-89 90+

Competitors may only compete in the age group for which they qualify on the first day of the championship, (12th January 2002).

Proof of age is required with the entry. (Copy of birth certificate or Passport.)

Entry Rules: Entrants must be financial members of the National Governing Body for Veteran Athletics in their Country. Athletes from regional associations outside the Oceania Region may compete but will not displace Oceania competitors in final placing

Attire: Competitors must compete in an official uniform of the country they represent

Awards: The first three Oceania competitors in each age group in each event shall receive medallions. Overseas entrants who finish in the first three places shall receive a complementary medallion.

Closing Date: Entries close on November 1st 2001

All entries are to be mailed to: 11th Oceania Veterans Games PO Box 1819 Geelong Victoria 3220 Australia.

Payment: Payment by cheque, Bank draft or major credit card in Australian Currency and payable to the 11th Oceania Veterans Games Committee. Payment by E-mail is not acceptable.

Confirmation of Entry: You will receive confirmation of your entry receipt and events entered.

Late Entries will not be accepted.

Technical: Starting Blocks will be provided by the Organisers. Spikes longer than 7 mm will not be permitted with the exception of the High jump and Javelin which must be no longer than 9mm. The Organisers shall provide a limited number of Vaulting Poles. Personal throwing equipment must be checked in and will be available for use by any athlete in that competitors programmed event

Equipment and Hurdles:

Throwing implements and hurdle specification as set out by WAVA will be listed in the handbook.

Competitors Pack:

Competitor numbers and Programs can be collected at the Landy Field Office on Friday the 11th of January from 12 to 6pm and from 8 to 4pm on any other day during the Championships.

Waiver: I hereby declare that I am in good health and am properly conditioned for the events I have entered. I absolutely relieve the Oceania Association of Veteran Athletes, the Organising committee of the 11th Oceania Veterans Championships, and all other parties in any way involved in the conduct of these Championships, of any responsibility for any injury, loss of damage to myself or my property which I may sustain in the course of (or in connection) with the 11th Oceania Veterans Championships.

Signature..... Date.....

Volunteer Officials:

I wish to nominate: Mr/Mrs/Ms.....

As an official for the 11th Oceania Veterans Athletic Championships.

1 Field Judge..... 2 Track Judge..... 3 Track Referee.....

4 Field Referee..... 5 Starter..... 6 Marshall.....

7 Other (specify).....

Please indicate your preference with a number from 1 to 7 and return with this entry form to the Organising Committee. (Qualification may not be necessary for some positions available.)

Entry Form

Surname..... First Name:.....

Address.....

Country..... Post Code..... Phone No.....

Date of Birth..... Age Group..... Sex Male/Female (circle)

Mark With x	Event	Men Age Groups	Women Age Groups	Recent Best Or Estimated Performance
.....	100metres	all	all
.....	200metres	all	all
.....	400metres	all	all
.....	800metres	all	all
.....	1500metres	all	all
.....	5000metres	all	all
.....	2000m Steeple	M60+	all
.....	3000m Steeple	30 to 55+	NA
.....	80m Hurdles	M60+	40+
.....	100m Hurdles	M150-69	30-39
.....	110m Hurdles	M30-49	NA
.....	300m Hurdles	M60+	50+
.....	400m Hurdles	30-59	30-49
.....	5000m Track Walk	all	all
.....	10km Road Walk	all	all
.....	8km Cross Country	all	all
.....	1/2 Marathon	all	all
.....	High Jump	all	all
.....	Long Jump	all	all
.....	Triple Jump	all	all
.....	Pole Vault	all	all
.....	Shot Put	all	all
.....	Discus Throw	all	all
.....	Javelin Throw	all	all
.....	Hammer Throw	all	all
.....	Pentathlon	all	all
.....	Weight Pentathlon	all	all

Registration Fees:

Registration Fee (including OAVA levy of \$25) \$55.00 S.....

First Event (including program) \$15.00 S.....

Additional Events (\$10.00 each) S.....

T-Shirts (SM-MED-L-XL-XXL) (\$20.00 each) S.....

Polo Shirts (SM-MED-L-XL-XXL) (\$30.00 each) S.....

Closing Dinner Dance: (\$30.00 each) S.....

Total Aus. Dollars S.....

Mail to: 2002 Oceania Veterans Games, PO Box 1819, Geelong 3220, Australia.

Payment Details:

I enclose Cheque or Money order for \$.....

Or please debit my: Bankcard Master Card... Visa Card

Card holders Name..... Signature.....

Card Number. Expiry Date.....