

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

Dot Browne (Hon Sec)  
Colin Browne (Editor)  
4 Victory St. Mitcham Vic 3132  
(03) 9874 2501 phone  
(03) 9872 3223 fax

**Vic Vets**  
NEWS AND RESULTS



# Vic Vets

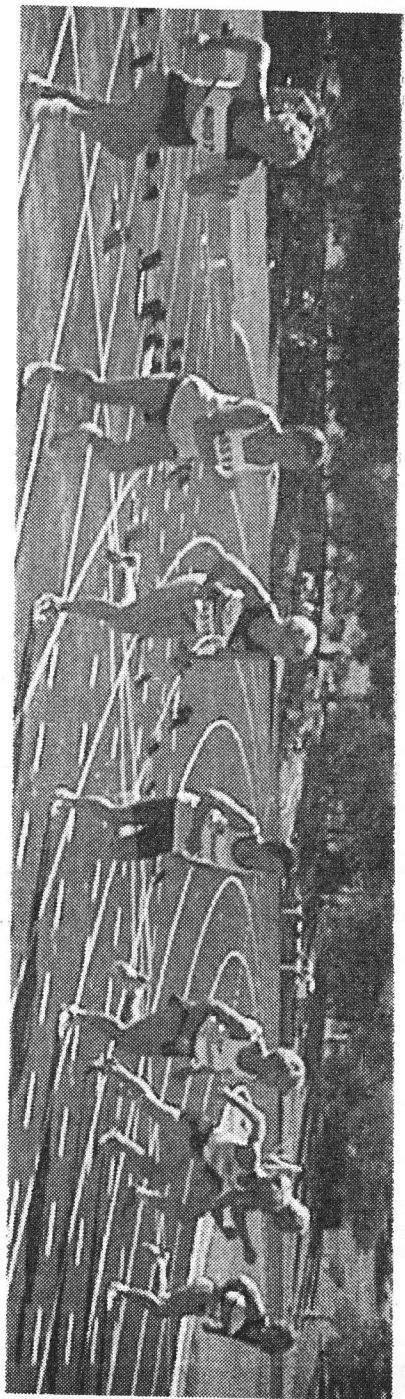
NEWS AND RESULTS

Print Post Approved  
PP 338511 / 0014

SURFACE  
MAIL

POSTAGE  
PAID  
AUSTRALIA

If undeliverable return to:  
Vic Veterans' Athletic Club Inc.  
c/o Dot Browne (Hon Sec)  
4 Victory Street  
Mitcham Vic 3132



## CONTENTS

COVER	Safet Badic and Bert Pelgrim in the VVACI 10 Miler at Princes Park on 12 <sup>th</sup> August.	1
CONTENTS		2
EDITORIAL		3-4
LETTERS TO THE EDITOR		4-12
VETS IN THE NEWS		
	Fred Brooks and Stan Miskin	13
	Richard Trembath, Petrina Trowbridge and June Reeves	14
	Rowena Barker	15-16
EVENT REPORTS		
	VVACI & VCCL Cross Country at Yarra Bend, 27 <sup>th</sup> May.	17
	VVACI Pre-Brisbane Meet at Doncaster, 17 <sup>th</sup> June.	18-20
	Eric Greaves Memorial 10km at Braeside, 24 <sup>th</sup> June.	21-22
	VVACI 5km Road Walk, 24 <sup>th</sup> June	23
	WAVA World Veterans' Championships at Brisbane by Helen VanDerNagel	24
	WAVA General Assembly decisions at Brisbane	25
	VVACI & VCCL 10 Miles Road Race at Princes Park, 12 <sup>th</sup> August	26
VVACI VICTORIAN RECORDS		27-31
COMING EVENTS		
	VVACI Venue Premiership	22
	Calendar	32-33
	AV Interclub Summer Season	33
	Parlour Relays at East Burwood	33
	Vets Dinner Dance	34



## Editorial

About 178 VicVets entered events in the WAVA 14<sup>th</sup> World veterans' Championships 2001 in Brisbane. That was out of about 1350 Australians who entered, in a total of about six thousand from seventy nations. Graeme Paul and I recognised most of the names as we had handled all of the Aus entries. It was the greatest social event of all time as everyone you knew in veteran athletics was up there. Even if you weren't competing, or were injured, it was worth going to meet up with some of your old mates.

Dot and I were staying with friends and hired a car. Driving in Brisbane was an incredible experience for a Melbournian. Streets, roads and highways curve, sweep, and loop in and out, under and over, changing their names from time to time, so that your sense of direction was no use whatsoever. We got lost a number of times, but over a week developed a sense of pride in being able to find our way around. The venues were all hard to find at first, from where we started, but they were all great when you found them. Transport and accommodation for other athletes was reported as excellent.

First up was the Fun Run/Walk on South Bank Parklands, a most attractive winding track through manicured parks, under modern metalwork vine-covered arches, in and out of features such as fountains, flagpoles, an artificial beach, and a circular performance pit area. Nearby the art gallery housed a great collection. Thousands of gaily geared geriatrics from all nations jogged or walked in and out of the Brisbane crowd of mums, dads and kids out for a walk in the

sun. There were clowns, stilt walkers and a runner with blue hair. It was a fine start to the fortnight.

Next day we went to the cross country at St Lucia Golf Course. This choice was a stroke of genius by the organising committee. For a public course it was very upmarket, like a private course in Melbourne. The run included a muddy bog where you could lose a shoe, then immediately a water jump where the penalty for falling short was to go in up to your hips, followed straight on by a very steep hill. The alternative to getting black shoes full of mud was to go on a 30 metre flagged loop that cost you your place in the field. Most seemed to think it was worth the penalty to avoid the bog. Three laps, so you had to decide three times. The rest of the run was on grassy fairways with plenty of hills, one of them being particularly hard.

Cross country races went on all day, from 7am to 4.30pm, in age groups. It was a great viewing situation as you could cut from point to point and see your runners many times in their three laps. A lovely day.

Next we went to ANZ Stadium, a huge arena with tiered bucket seating all round. It must hold fifty or sixty thousand. It was the information centre and registration point, as well as the main track. WAVA and Queensland Events had done a great job of setting out stalls to cater for all needs. In the same grandstand was a luxurious club with restaurants, lounges and bars. Outside, the new track was excellent, if a trifle far away from the viewers in the grandstands. Other venues were much better for getting the human feel of the events. On Saturday night it was the venue for an opening ceremony. The host nation came in last and filled the home straight right around to the 1500m start with enthusiastic Aussies going "Oi Oi Oi", waving and cheering. Short speeches, good singing and guitar, aboriginal dancing and a dramatic fireworks display filled out an excellent evening.

Nearby, the warm-up track had been set up for use as an alternate competition track and offered much more informal contact with athletes of all nations. It was easier to meet people there. It was preferable in many ways to ANZ Stadium.

The third track was on the other side of the Brisbane River, several suburbs away, at the University of Queensland. This too was an excellent track, surrounded by lawns, and giving a better chance to socialise and watch the events casually. You could get close and spot your mates as they came around and give them plenty of support.

We saw plenty of VicVets doing their very best.

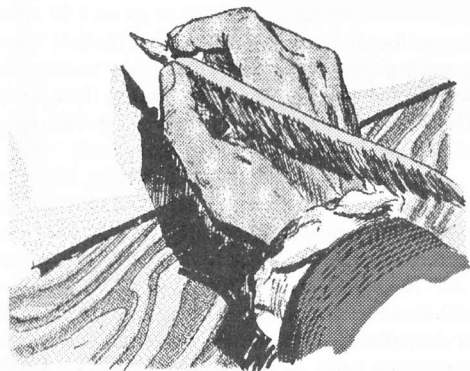
You can find the results in detail elsewhere. They are on the internet at

[www.worldvac2001.com.au](http://www.worldvac2001.com.au)

Click on the word INFORMATION then follow the prompts. The next "Courier" will list all Australian results. Many of our better athletes won medals, many found the competition from overseas pretty amazing

and many were happy to satisfy their own targets with a good time, good distance or just surviving. There were sad stories of injuries too, but there was no doubt that we were glad to be in it. We wouldn't have missed it for quids.

*Colin Browne*



## Letters to the Editor

Dear Col

Talking of "News and Results", in the next edition can you please put a note next to the "New Records" section, advising members that they can obtain electronic copies of the Victorian, Australian and World records, if they e-mail me a request (using this address [clyde.riddoch@auspost.com.au](mailto:clyde.riddoch@auspost.com.au))

Kind regards

Clyde Riddoch

\*\*\*\*\*

Dear Dot

The reason for writing to you is to inform you that my husband Bill Daley died on the 29<sup>th</sup> May last. Would you please inform the club.

I would like to say how he enjoyed the Vets Athletics. It was his main interest apart from his family.

In recent times he was unable to participate but loved getting his "Vic Vets News and Results" which he read cover to cover.

I've always heard Bill refer to you as Dot so please excuse me.

Sincerely

Loris Daley

[Ed: Bill Daley, born 12 December 1924, was a Mentone vet. He was 76. The Vic Vets are very sorry to hear of his death, and send his family our condolences. It is good to hear that the club was a supporting feature of his life. Ted McCoy says that although Bill hasn't been active for a few years, he used to be a good competitive sprinter at Mentone venue.]

\*\*\*\*\*

Dear Col & Dot

The managers and committee of Croydon venue wish to announce that the "Doug Orr" Hammy Hurter Half Mile Handicap Run will be conducted again this year, similar to last year.

Conditions:

Participating venues are to conduct three heats and a venue final during the months of September and October.

The Grand Final will be conducted by Croydon venue at East Burwood venue on Thursday 1<sup>st</sup> November.

Trusting that this will fit in with venue programs without interfering with the Venue Premiership, which will be held during the month of September. Further details will be forwarded in the near future.

Enquiries to the organiser, Ken Walters, 5 Warra Road, Upwey 3158, phone 9752 5977.

Les Clark



Hi Colin,

I wonder if you are as disgusted as I am with the Sydney Marathon being put on the calendar, seemingly in opposition to our Melbourne Marathon. I am going to encourage all my running group to voice their protest about this - what do you think about it? Would it be worth the Vets voicing disappointment on behalf of their members?

I got the pamphlet on the Sydney marathon and a covering letter from:

Athletics Australia, Simon Allatson, Chief Executive Officer, Suite 22, Fawkner Towers, 431 St Kilda Road, Melbourne. email [athletics@athletics.org.au](mailto:athletics@athletics.org.au)

I am very disappointed and think that they should be supporting events Australia wide.

Regards

Jane Sturzaker

[Ed: Yes Jane,

I agree wholeheartedly. This battle has been on for a year, with AA being very pushy. Sydney invaded MM's date and AA backed them up. Joe Murphy originally had Oct 7th for the MM, and had to shift to Oct 14th. Athletics Victoria supported him as did World Masters Games, because WMG wanted to use the MM as its marathon next year. It is committed to 13th October 2001. But AA did not come around. As a result WMG has had to go to a half marathon because it can not organise a full scale marathon on its own. WMG can't risk MM not being on in 2002. There is no guarantee that MM will survive into 2002 in opposition to Sydney. AA knows this. They have a great sense of their duty to grass roots athletics across Australia haven't they.

Col ]

The Secretary, VVACI

Reference your recent enquiry about lap scorers, attached is a copy of Rule 130 from the IAAF handbook. Since then I have been to the World Veterans Athletic Championships as a field official. I did not see many track or non-stadia events, however beside comments mentioned to me by our club captain, about another 10 or 12 people unknown to me have made comments, eg: not knowing who is lap scoring for them, not knowing how many laps they have done or how many laps to go to the finish.

The above has made me put pen to paper to suggest to our club, then to AAVAC, then on to WAVA (now WMA), to see if they can adopt the method of lap scoring that was introduced and used in 1987 in Melbourne, eg: lapscorers themselves advise by use of 5,4,3,2,1, lap boards to the competitors for whom they are lapsoring, (the same as we use in the VVACI Victorian championships).

It must be remembered that in top competition there not many competitors being lapped, but in the vets some are being lapped up to five times in a 10km run. Trusting that something can be done about Rule 130 along the lines suggested

I remain

Yours sincerely

Leslie W Clark

12 August 2001

Rule 130

Lap Scorers

Lap Scorers shall keep a record of the laps completed by all competitors in races longer than 1500m. For races of 5000m and longer, and for Race Walking events, a number of Lap Scorers under the direction of the Referee shall be appointed and provided with lap scoring cards on which they shall record the times over each lap (as given to them by an Official Timekeeper) of the competitors for whom they are responsible. When such a system is used, no Lap Scorer should record more than four competitors (six for Race Walking events).

One Lap Scorer shall be responsible for maintaining, at the finish line, a display of the laps remaining. The display shall be changed each lap when the leader enters the straight that ends at the finish line. In addition, manual indication shall be given, when appropriate, to competitors who have been, or are about to be lapped.

The final lap shall be signalled to each competitor, usually by ringing a bell.

Dear Dot and Colin.

10 June 2001

I hope this finds both of you fit and well and enjoying life. These days I have been somewhat slack in maintaining contact with a lot of athletic activities, being more and more involved on the social side with other interests. The Kew-Cambervell AAC folded up a couple of years ago and at the moment I have just one lad coming down to Stradbroke Park for coaching.

A few weeks ago I was contacted by a lady whose husband had been active in the Veterans some 10 years or so in the 80's and 90's. It was JIM FRAZER who in his 70's was still much involved in the long distance runs, when he started to deteriorate in health until he died at the end of April this year. Having known my participation over the years, MARGARET FRAZER the lady concerned, brought up a salient point in relation to Jim's problems late in life, that may be of interest to athletics organisers.

Jim was in the 70+ category when he competed in the Fiji Marathon in 1994 under conditions that were very hot and humid. He was going reasonably well up in the race when he was passed by another runner not too far from the finish. None of the runners had been issued with a number to wear on their backs as the local organisers supplied only one number for the front for quicker identification at the end of the race. Jim was thus not sure which category the passing runner belonged to and strove to his utmost to head off his opponent, only to collapse as he crossed the finish line.

During the following year, 1995, trouble signs arose and worsened from then onto Pseudo-Dementia, and he became more and more disoriented and invalided until it was discovered that a dead walnut size lump had developed in his brain over those years before he died.

Margaret's concern was mainly to alert run organisers that some over-exertion symptoms can be avoided if competitors can be aware of the category of other runners in combined events and so not unnecessarily put themselves through unwarranted extra strains. This could be raised as an important point for major mixed distance running event organisers to be aware of.

Referring to the earlier mention of my lack of enough coaching involvement, I think that I could assist at any age level for people who feel that they need some personal help in their running fitness endeavours. If you feel that there is scope for runners to improve their well-being and enjoyment, they can always benefit from exchanging experiences.

My apologies for not attending the Victorian Championships due to a previous social commitment. You are doing a great job with the regular journal and I am always looking forward to it. The article by Alan Irwin on Middle Distance Running preparation is very good advice and a regular coaching column could be useful. There has to be much flexibility as part of a regular training regime not to degenerate into Over- Training by insufficient recovery. Congratulations also to Graeme Noden's Vets on their great showing at the local Interclub Finals.

Keep up the good work, yours sincerely

Fred Lester



## AUSTRALIAN ASSOCIATION OF VETERANS ATHLETIC CLUBS INCORPORATED

29 April 2001

Pamela Mews  
12 Balcombe Park Lane  
BEAUMARIS VICTORIA 3193

Dear Pam

I refer to our previous communication in relation to the non-supply of the video that you ordered and paid for from the organisers of the Gateshead World Veterans' Championships in 1999.

Unfortunately I do not have any good news for you. You are one of many people from around the world who has suffered a similar experience and despite major efforts by the WAVA Council we have still not been able to secure the release of the promised videos.

As we understand it, the video footage is still available however the company that was to produce the actual video's was not paid the money due to them to undertake the work and the Gateshead City Council were not willing to underwrite the work. Hence no further action has been taken. WAVA has continued to put pressure upon the Gateshead organiser's to meet their commitments but without success.

This is a really disappointing situation and one that I do not see as being resolved.

At the request of the Board of AAVAC I have again this week written to WAVA seeking a further effort by making direct contact with the video Production Company. I hold little hope of success but it is at least another angle that we can try.

I can but apologise on behalf of WAVA for this very bad outcome. If it is any consolation to you I have been able to ensure that WAVA adopts a policy of a substantial deposit surety by future host organizations to avoid any recurrence of this disappointment.

I will let you know the outcome of our latest approaches.

Yours sincerely

Stan Perkins  
PRESIDENT - AAVAC

Dear Dot and Col,

**Re: 2002 Victorian Track & Field Championships / Multi Event Championships**

Athletics Victoria has decided to continue to include events for overage athletes in our Track & Field Championships and Multi Event Championships next summer season. If entries don't improve in some of the women's events next season, we may reduce the number offered or reduce to one age group. The events that will be conducted in 2001-02 include:

**Men / Women 40+ / 50+ - Vic Track & Field Champs (early 2002)**

High Jump	100m
Long Jump	400m
Discus Throw	800m
Shot Put	3000m
	3000m Walk

**Men / Women 40+ - Vic Multi Event Champs (Dec 2001)**

Women's Heptathlon (Hurdles, HJ, SP, LJ, JT, 200m, 800m)  
 Men's Decathlon (LJ, DT, SP, PV, HJ, JT, 100m, Hdles, 400m, 1500m)

Should you have any concerns about the events offered, please don't hesitate to contact us as soon as possible, before we advertise the events further.

I would also like to discuss with you the possibility of advertising these events through your organisation, however we can explore this at a later date.

Kind Regards



**Sam Nash**  
 Competition Manager

Dear Colin,

This is a short report on behalf of the Oceania Games Committee from Geelong.

We are working very hard to put all the little things like Officials, Opening ceremony, medallions and uniforms in order.

However we have still some problems in getting sponsors for the athletes numbers and for the actual programs. Perhaps the Victorian Veterans club could come up with some ideas to help us since we are conducting these Championships on behalf of that organization.

**The Heavy Weight Throw.** Because this event is not an Oceania Games event, we did not consider it before the entry forms were finalized. After the entry forms were distributed, we received several requests from athletes about this event.

We have contacted members of the Oceania Games committee in New Zealand and were told that the Weight Pentathlon is not a constituted event for these games.

It is regrettable that we are no longer able to include this event in our program and my advice is, if the heavy weight throwers wish to have this event included in future Oceania Games then your committee needs to write to the Oceania Games Committee and request it to be included.

Because the programs have been finalized, we are not able to include this as a special event and on the other hand, because it was not published on our entry form, there would be some confusion for the athletes who wish to enter.

We the organizing Committee are very sorry about this but we are conducting these Championships on behalf of the Oceania Games Committee and as such have to obey their rules.

On the subject of Registration, we will accept any Veteran who has been registered for the year 2001.

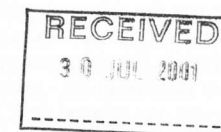
Proof of birth. We have already received some entries without a copy of the birth certificate or a copy of the passport. We wish to inform you all, that without proof of birth, the entries will be rejected. It will also save us the problem of writing to the offenders, which also costs time and money.

Please do it correctly.



**Rudi Hochreiter**  
 (Chairman of the Oceania Games Committee)

Don Blyth  
 General Manager  
 Athletics Victoria



**Re: World Masters Games 2002**

Don

Following from our discussion at the recent World Vets Championships in Brisbane, I have put down in writing a few suggestions where problems that I experienced with the WAVA Championships could be avoided in Melbourne. I must emphasise that I can only comment on MY direct competition experience in the decathlon. While there were many surprising failures in the organisation and management of the early competition, I still thoroughly enjoyed the international competition and broader experience.

## General Registration

For overseas athletes there was a tedious and frustrating delay due to the pooling of regions into only a few booths. This could have been better streamlined.

It was essential that all athletes have access to detailed competition information at an interactive level and so the opportunity to ask important questions. In Brisbane, there was no official booth or adviser available to inform athletes on competition matters – this was disgraceful for a world championship. The volunteers on duty could only suggest that we read the program book, which as good as it was, did not contain all the vital information required, particularly for athletes competing in the multi-events early in the program.

I think it was a severe shortcoming to have had numerous booths promoting every tour and holiday under the sun, endless amounts of merchandising and comprehensive guides to aussie slang, but no-one who knew anything about the actual competition details or multi-event groupings. These groupings were only available, very late, the night before competition. So the majority of competitors had to turn up for an 8.15 am start, even though many were not actually grouped to start until 10.30 am.

## Call Room and Communications

The level of communication between the officials in the call room, the competition director/controller and the control room at ANZ stadium was pitiful. I have never experienced anything this bad before. On the second day, 15 minutes prior to the start of the 110m hurdles, the call room officials were completely unable to tell us which athletes were to be in which group (M40 split into 2 groups for competition). As turned out, everyone was given at least one incorrect starting time. M45 had been told that their group would commence at 9.00 am, later to be told that they were racing in 5 minutes – no-one had of course actually warmed up. Protests from the competitors had it reinstated to 9.00am instead of 8.00am. the atmosphere early on day 2 was one of general chaos.

The groupings and start times should have been all finalised the day before and made widely available, especially to those competitors with no English language. If I found it complex and confusing, they must have been completely lost. We all ended up helping each other.

## Equipment

The key problem here was the pole vault which should not be a problem for you as there is no decathlon in 2002. However, the principles are the same. The vaulting stands used for our competition were extremely old, damaged and defective. Obviously no-one had checked the stands to see that they were in working order – again, deplorable for the premier age group at a world championship. Our event was delayed for 2 hours while they attempted to fix the problems. Common sense should have been used and the event transferred to the second pit, but the athlete's demands were ignored by officials. This caused severe delays across the entire venue program, with several of the competitions finishing in the dark.

In addition, there simply were not enough poles available to supply 2 side by side competitions. There were too many poles for high-end vaulters (of which there were only 2) and very few for those vaulting between 2-3 metres (all the remaining competitors). In the specific pole vault event in Melbourne, you could probably expect that half the competitors would not bring a pole for competition, and therefore would require a pole to be available. Keep in mind that these athletes would only need poles 4 metres (13 feet) or lower, and of weight, 140 pounds or lower. Anyone

using longer and heavier poles would almost certainly bring their own. That should greatly narrow down the range of sizes needed. Ken Priestly (Mentone AV club) is an excellent source of information on vet's pole vault.

## Competition Results

In the Vic and Aust vets, and AV champs, I am used to automatically receiving a printout of my results at the end of competition. This did not happen in Brisbane. One had to queue to pay \$1 for a printout. In my case, a computer malfunction meant that my result was not available for a whole week. When I did get it, the points scoring was incorrect for one event for all athletes in my competition, one race result was wrong and two athletes had been incorrectly deleted from the results list. There was no set procedure for anyone wanting to query results with a competition organiser and it took me about 3 days to finally sort out the problems after much persistence. One was a Hytek software error and one due to an error with the photofinish. I'm still not sure that the real results will be printed in the official result book.

At the masters, make sure that the software is functioning correctly, manually check that the correct WAVA age factors are being used and ensure that the electronic timing points tables are used, not the manual timing tables, in the IAAF points scoring book. Please supply ALL multi-event athletes with a printout of their pentathlon results at the end of the day. Have a query procedure in place that is widely outlined in the program book.

If athletes do need to queue for the results, or anything else for that matter, PLEASE use a formal queuing system like those in supermarkets eg. take a paper number. Then there is no aggravation through people pushing and shoving to get served before others. This was a major headache for all involved at the athlete's centre.

## Photographs

Photographers were employed to take photos at every event. The proofs were displayed and photos available for purchase. Apart from the extreme price of the prints (even though they were in a paper frame), this service was unbelievably popular and probably the biggest money earner at the championships aside from the entry fees. A great idea for Melbourne! Again, a formal queuing system would have sorted out a lot of the waiting problems here.

I hope that I have given you a few ideas for the Masters, and maybe highlighted a few problem areas that your team might focus on, to avoid a similar result. The running of a Pentathlon rather than a Decathlon, will ease the burden somewhat. I know that there were a few other problems at the championships, particularly with the main call room, but you really need to speak with others, as I was not involved at the main stadium for competition.

Please feel free to contact me at any time if I can be of any further help.

Best wishes



Mark Cauchi  
Oakleigh AC

[Mark Cauchi is one of our M40 vets who does well in the multi events. His comments were sent to Don Blyth of AV with a view to ensuring that the athletics segment of the World Masters Games in Melbourne next year is well presented by the joint committee of AV and Vic Vets. Thanks Mark. ED]

Dear Dot,

The East Burwood Vets has struggled to find a Field Games expert who can coach at our venue on a Thursday night. Under the guidance of Ilmars Mancs we had a good attendance each week of people interested in Field Games. However since Ilmars passing numbers have declined.

We are keen to carry on the good work started by Ilmars but can only do this if we can attract someone interested in coaching. It has been suggested that an amount of \$50.00 be paid each week as an incentive for someone to take on this job.

I would appreciate your putting this request in your next magazine. Anyone interested in this position can contact me on 9726 8211 wk. or 5964 3391 ah.

Many thanks,

Andrew Fraser.

Dear Colin and Dot.

Please find enclosed cheque for \$500 which we discussed over the phone the club has also another chance for a smaller grant at a later date this is to help with postage and stationery etc..

The members have decided that this coming season they will have Thursday nights as the venue night this will probably help in getting members from other venues and also pick up members who live in the Berwick area who are associated with other venues.

Stan Miskin asked me to remember him to you, Stan will have been married 50 years on the 22nd. of September. Many thanks for all your help.

Fred Brooks and Stan Miskin are working hard to get a good venue going at Berwick. They have applications in to get an all weather track at the Edwin Flack Reserve which would benefit Little Aths, Open Aths and the veterans. They have been active in long distance walking too.

Yours in Sport

# Walking away with records

By Jodie Keyzer

TRAINING partners and Berwick neighbours Fred Brooks and Stan Miskin are two of a kind.

In the highly competitive world of veteran athletics they are strong competitors and will do their best to cross the line first. But off the track they are the best of friends.

While many people their age – and some half their age – are content to take life a little easier, Fred and Stan have hit the fast lane.

The two do not think twice about lacing up

their joggers and pulling on a pair of shorts as the sun rises. Their often vigorous training regime puts many people half their age to shame.

Over the years their homes have become like treasured monuments. Their studies are lined with medallions and trophies of all shapes, sizes and colours – testimony to their dedication to athletics and to maintaining good health and a "sound peace of mind".

"Veteran athletics is great for the heart and soul," said Fred. "It not only keeps us fit as we get



Fred and Stan get ready for another training session. The two often find themselves lining up side-by-side on the starting line but off the track they are the best of friends.



## COBURG 2001 PROVISIONAL RESULTS

Run 24 Hour: 1. Vlastic Skvaril 483 laps + 287m, 193.487km  
2. Jerry Zukowski 441 laps + 14m, 176.414km  
3. Howard Neville 427 laps + 40m, 170.840km

## WALK 24 HR

1. Michael Harvey 405 laps + nil m, 162 km  
2. Fred Brooks 403 laps + nil m, 161.2 km  
3. Stan Miskin 355 laps + 391m, 142.391km

## Female 24 hr:

1. Shane Dean 247 laps + 262m, 99.062km

A quick stop press to advise that the number of Australian Centurions has risen from 41 to 43.

Fred Brooks 06/01/134 22:31:15 C42  
Fred Brooks (06 Jan 1934) becomes our oldest Australian Centurion, at 67 years. His preparation for this walk was thorough - he had been doing long and consistent mileages with Centurion Stan Miskin. His eventual performance showed just how good that preparation had been. His 50 mile splits were very even and his final time of 22:31:15 (subject to final confirmation) was Excellent. It was a real strength walk.

Interestingly, Fred's performance may also qualify for new Australian Ultra records for the 65+ group for 12 hours, 50 miles, 100 km and 100 miles even though he walked rather than ran!

older but it also keeps us mentally alert."

But while they share a love for walking, they specialise in different fields.

Fred is the sprinter of the two. He likes nothing better than to challenge competitors in a sprint walk, which can often be several kilometres in length, while Stan shines in marathons (42-kilometre events) and ultra-marathons (which start from 50 kilometres).

"I've been doing marathons since I was 50," said Stan. "I think I've run about 103 marathons and walked countless

others. My best result for an ultra-marathon was when I covered just over 187 kilometres in 24 hours, but that was about 15 years ago."

Just last month both Fred and Stan took part in the Coburg 24 Hour Walk.

During the race they broke eight Australian age records.

Seventy-five-year-old Stan set new records for the 50 miles, 100 kilometres and 12 and 24 hours – completing the total distance of 144 kilometres in the 24 hours.

Fred, at the age of 67,

became the oldest Australian to walk 100 miles (161 kilometres) in 24 hours. He completed the walk in 22 hours and 31 minutes.

Fred also broke four Australian age records for running in the categories of 100 kilometres, 100 miles and 12 and 24 hours.

"We were really happy with our results," they said. "And we're looking forward to competing in many more events as the years go on. We're keeping healthy, we're keeping fit and we're definitely happy."

Stan Miskin (31 July 1925) is already an Australian Centurion, having qualified as C 23 in 1988. In the early 90's, he retired and moved from Melbourne to Queensland. Last year, he sold up and returned to Melbourne and found himself living near Fred Brooks. So it was back into the training shoes - he had already been toying with the idea of a final big walk. In October, he travelled to Adelaide and completed 120 km in the Sri Chimnoy 24 hour event. Then back to some more training and onto this event in April. His target - to break the Australian Ultra Distance records for the 75+ age groups. Of course, these are running records and Stan would be walking - but they seemed achievable targets.

And Stan was successful in his aim. His final distance was 142.391 km, blitzing the previous record of 132.8 km, held by Aussie running legend Drew Kettle. Along the way, he also broke Drew's records for 12 hour, 50 miles and 100 km. A fitting achievement at the age of 75!

# Veterans in starting blocks for world titles

by BELINDA-MACKOWSKI

MEMBERS of the Doncaster Veterans Athletics Club blitzed the field at the recent Australian Veterans Athletics Championships.

Half a dozen athletes from the club won gold medals at the national competition, held at Easter.

Twelve of them are now preparing for the 14th world championships next month in Brisbane.

Club president Richard Trembath said the club's representation at the highest level was remarkable, considering it had only about 30 members.

June Reeves and Petrina Trowbridge are among those who will join Mr Trembath at the world championships.

Ms Reeves, from Eltham, took up athletics at 44. Now 56, the sprinter has won a swag of medals and titles, including a world title for the 300m hurdles.

"This year will be my fifth world games, and I have competed in the state and national championships a number of times," Ms Reeves said.

But for Ms Trowbridge, this year will be the first time she competes at international level as a veteran.

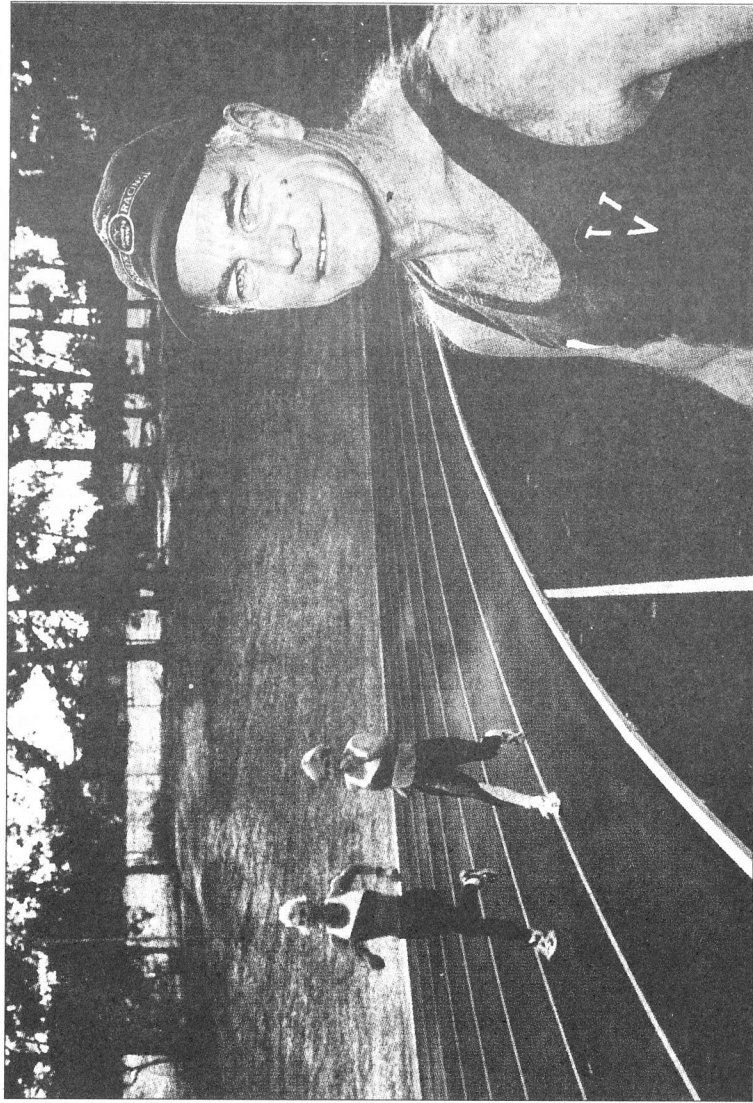
The Ivanhoe resident took up athletics at 35 in a bid to lose weight. Five years later she ran in the World Marathon Cup.

Ms Trowbridge has since switched from road racing to middle-distance running and has competed at the Australian championships for the past two years.

Mr Trembath, who holds three Australian veterans' records, will compete in several hurdles events at the world championships.

"The world games run over 11 days," he said.

"At the last three games there have



Athletes: June Reeves, Petrina Trowbridge and Richard Trembath on the training track.

been about 7000 athletes from 70 countries competing. It is the single biggest athletic event held in the world."

Mr Trembath said the standard at the veterans' games was high, despite

interested in joining the Doncaster Veterans Athletics Club was welcome to attend training sessions each Monday night at Rieschiecks Reserve, Doncaster, from 7pm. Details: 0409 369 944.

"That is phenomenal." Veterans' athletics is open to anyone, whatever their skill level, over the age of 35. Athletes compete in five-year age brackets in track and field events. Mr Trembath said anyone

## Granny-on the run...

It wasn't until she turned 45 that mother-of-six Rowena Barker took up running. That was 24 years ago and the Eltham long-distance runner hasn't stopped since. She has achieved remarkable success in veterans' events and is now in training for the 2001 World Veterans' Athletics Championships in July.



Picture: MIKE MARTIN



# Her quest for glory

SHE may be almost 70 but Rowena Barker's quest for glory is no less than Cathy Freeman's when she competed in the Sydney Olympics last year.

And when she steps out on to the track to compete for Australia at the 14th World Veterans' Athletics Championships in July, the Eltham grandmother will feel the same pride.

Mrs Barker, 69, who will be competing in the 65 to 69 age bracket of the 1500m and 10km race, is among 6000 people from more than 70 countries heading to Brisbane for the games. "This is something really special because you are competing for Australia," Mrs Barker said.

Age has not diminished her competitive spirit, and she has already started to size up the competition.

"Having done the 10km, I should do a spectacular 1500m because my legs will have the speed in them," she said. "I don't want to beat a 50-year-old - I don't expect to - but I do want to come first in my age bracket."

"I like competing. It brings more out of you than you think you've got because you are competing with



people who are as good as you, if not better. It's like a primal urge. It's going to be either you or them."

The mother-of-six has been in training for the competition since October, and runs about 65km a week.

Her coach Brian Schepisi, of Sporting Spirit, is confident she will do well at the championships.

"She's very focused and very determined. She is amazing for any level, but for her age she's just phenomenal," he said.

Mr Schepisi said Mrs Barker, this week's DV Leader Sports Star, also had the ability to inspire and motivate other athletes.

Proving it's never too late in life to rise to a new challenge, Mrs Barker was 45 when she first started running.

"It was just a hobby," she

said. "My only aim was to get fit, I had no competitive spirit."

"At first I couldn't even run around the track."

Six months later she entered her first marathon, running alongside one of her daughters. Together they scooped the mother and daughter trophy.

Since then she has gone on to win many races and the shelves of her Eltham home, packed with trophies, are testament to her achievements.

Among her successes Mrs Barker lists holding the Victorian 1998 5km track record for 65 to 69 year-olds.

She has also won Sydney's gruelling City to Surf and Lorne's Mountain to Surf race in her relevant age bracket.

The glow on her face when she talks about running reveals her obvious love of her chosen sport.

"It's just so fantastic, especially when you are running in the bush. It's like an overwhelming joy. You go beyond the pain of running and into another sphere," Mrs Barker said.

"As you get older, you think, use the time you have, I may never be able to run like this again," Mrs Barker said.

## VVACI CROSS COUNTRY CHAMPIONSHIPS - 10km

Yarra Bend Park, Sunday, 27th May 2001

The weather was cool and dry, after overnight rain. The course was well marked, a bit lush underfoot. Well organised by Collingwood venue. A combined event with the Cross Country League.

Overall placing	Name	Age	Time	Age group placing	Age	Name	Age	Time	Age group placing
1	Phillip Bowes	45	35-31 M45	1	47	Greg Mauldon	63	50-42 M60	5
2	Bert Pelgrim	44	38-33 M40	1	48	Michael Davin	50	51-02 M50	7
3	Paul Twining	51	39-04 M50	1	49	Anthony Doran	49	%1-02M45	13
4	Garry Barkla	46	39-11 M45	2	50	Len Hallett	51	51-10 M50	8
5	Dhanbir Tamang	36	40-05 M35	1	51	Bob Lewis	73	51-29 M70	3
6	Jeff Boot	45	40-16 M45	3	52	Bill Page	70	51-40 M70	4
7	Colin Heywood	46	40-31 M45	4	53	Gordon Proudfoot	57	51-42 M55	11
8	David Jones	50	41-25 M50	2	54	John Bennetts	64	52-25 M60	6
9	Ted McCoy	61	41-29 M60	1	55	Lyn Arnel	45	52-42 W45	1
10	June Petrie	Inv	41-31 Inv		56	Margaret Cassidy	57	53-40 W55	1
11	Gary Stewart	55	41-37 M55	1	57	Mitchell Smith	60	54-30 M60	7
12	Peter Smart	56	41-47 M55	2	58	John Peacock	64	54-57 M60	8
13	Chris Calamatta	48	41-51 M45	5	59	Tony Martin	72	56-23 M70	5
14	Brian Mee	63	42-36 M60	2	60	Jock Cravana	63	56-32 M60	9
15	John Newsom	49	42-50 M45	6	61	Tony Bowman	47	56-59 M45	14
16	Ken Senior	55	42-51 M55	3	62	Jack Gubbins	72	58-37 M70	6
17	Westly Windsor	57	43-05 M55	4	63	Bill Ryan	60	59-22 M60	10
18	Peter Weekes	47	43-24 M45	7	64	Denis Holden	48	59-31 M45	15
19	Paul Ban	46	43-40 M45	8	65	Charles McRae	68	60-05 M65	3
20	John Kneen	58	44-30 M55	5	66	Peter McGrath	61	60-12 M60	11
21	Kevin Armstrong	40	45-11 M40	2	67	Shirley Young	71	60-23 W70	1
22	Michael Bourke	47	45-18 M45	9	68	Col Silcock-Delaney	68	61-21 M65	4
23	Ray Commerford	57	45-47 M55	6	69	Roland Brown	60	61-27 M60	12
24	Roy Stanway	65	45-52 M65	1	70	Ben Morrey	72	64-24 M70	7
25	Mike Carr	47	45-58 M45	10	71	Heather Johnstone	57	64-57 W55	2
26	Mike Boylen	61	46-02 M60	3	72	Melva Black	54	65-35 W50	1
27	Juan Perez	61	46-27 M60	4	73	Anne Callaghan	63	67-46 W60	1
28	Chris Harrap	40	46-28 M40	3	74	Glenyse Brain	55	70-58 W55	3
29	Jim Hopkins	53	46-35 M50	3		Alan Bennie	54	DNF	
30	Bernie Leddin	53	46-36 M50	4		Unknown, not entered		44-26	
31	Glenn Claiden	47	46-59 M45	11					
32	Rob Waters	55	47-05 M55	7					
33	Ian Uren	50	47-23 M50	5					
34	Andrew Tunne	42	47-31 M40	4					
35	Keith Lodge	70	47-40 M70	1					
36	Lou Buccieri	45	48-06 M45	12					
37	Cheryl Humphries	42	48-28 W40	1	1	Chris Boylen	37	21-16	
38	Howard Ross	56	48-36 M55	8	2	Wayne Fitzsimmons	57	23-10	
39	Randall Hughes	77	48-41 M75	1	3	Graeme Paul	47	23-49	
40	Anne McPherson	44	49-08 W40	2	4	Peter Johnstone	64	26-13	
41	John Dean	56	49-15 M55	9	5	Wasył Drosdowsky	50	27-27	
42	Shane Derby	40	49-23 M40	5	6	Ben Field	13	28-42	
43	Robert Barnes	51	49-25 M50	6	7	Carol Ryan	56	41-12	
44	Ron Young	70	49-42 M70	2					
45	Keith Moody	57	50-17 M55	10					
46	John Howes	65	50-24 M65	2					

### NON SEQUITUR

by Wiley



WWW.NON-SEQUITUR.COM

WWW.NON-SEQUITUR.COM

**PRE-BRISBANE MEET AT DONCASTER****Sunday, 17th June, 2001**

After some bleak days of very wintry weather, we were lucky to get a lovely day with sunny breaks.

A very good number of entrants turned up to compete in a range of events.

Doncaster venue organisers, aided by many helpers from the VVACI club, ran an excellent meet.

The afternoon tea that followed was quite delicious.

Thanks to all who attended.

**Results.**

In finishing order

**5KM TRACK WALK**

1 Andrew Jamieson	M55	23-37
2 Heather Carr	W50	25-24
3 Murray Dickenson	M60	25-35
4 Kath Westhorp	W35	28-48
5 Celia Johnson	W50	29-28
6 Liz Feldman	W50	29-40
7 Robin Wood	M50	30-24
8 Sandra Howorth	W35	30-42
9 Lee Pownall	W55	31-02
10 Jean Albury	W70	31-08
11 Jayne Carter	W45	32-55
12 Denise Leggett	W40	33-11
13 Marg McCormack	W55	33-47
14 Margaret Beaumont	W60	34-00
15 Heather Lancaster	W40	35-17
16 Tom Albury	M70	35-40
17 Tina Baarslag Leb	W65	35-48
18 Don Graham	M50	36-36
19 Ian Beaumont	M65	37-24
20 Jenny Graham	W50	38-40

**SPRINT HURDLES**

Division 1

1 Salli-Ann Lee	W40	13.8
2 Greg Varigos	M40	19.8

Division 2

1 Gordon Gourlay	M70	16.3
2 George Goode	M70	18.8
3 Mark Cauchi	M40	20.8

**LONG HURDLES**

Division 1

1 Kimberley Crow	Jun	60.9
2 Richard Trembath	M55	66.0
3 Debra Tomsett	W40	69.3
4 Susan Guthrie	W45	78.8
5 Jan Lee	W40	93.6

Division 2

1 Mike Hall	M60	52.1
-------------	-----	------

**100 Metres**

Division 1

1 Greg O'Keefe	M40	11.3
2 Ian Marchesi	M40	11.7
3 Paul Turner	M45	11.7
4 Jeff Sargent	M40	12.1
5 Keith Howden	M55	12.4
6 Stephen Zimaris	M40	12.5

7 Rod Jellett M45 13.0

Division 2

1 Gary Barker	M55	12.6
2 Phil Rosevear	M50	12.7
3 Ross Kent	M55	12.8
4 Bronwen Loizou	W40	13.5
5 Salli-Ann Lee	W40	13.5
6 Stephanie Armstrong	W40	13.9
7 John Neale	M50	14.1

Division 3

1 Keith Piper	M55	13.9
2 Kathy Heagney	W50	14.0
3 Dawn Hartigan	W40	14.1
4 June Reeves	W55	14.5
5 Vivienne Cash	W45	14.6
6 Tony Bradford	M60	15.0
7 Nyala Miller	W55	15.3

Division 4

1 Liz Dodd	W35	14.0
2 Jack Buckingham	M50	14.3
3 Ron Smith	M50	14.6
4 Jill Allen	W60	15.2
5 Jan Lee	W40	15.4
6 Syd Elks	M75	15.7
7 Horacio Diaz	M55	16.1
8 Sue Dunbar	W50	16.6

Division 5

1 Wyvern Burke	M70	15.5
2 John Waite	M60	15.8
3 Gordon Gourlay	M70	16.0
4 Eddie Stack	M65	16.6
5 Nino Stankovic	M65	17.3
6 Stan Stankovic	M75	17.9
7 Kevin McGrath	M70	19.3
8 David Mather	M65	19.4

**200 Metres**

Division 1

1 Greg O'Keefe	M40	22.9
2 Ian Marchesi	M40	24.0
3 Jeff Sargent	M40	24.4
4 Keith Howden	M55	24.6
5 Paul Turner	M45	25.0
6 Andrew Watts	M45	25.0
7 Stephen Zimaris	M40	26.8

Division 2

1 Ross Kent	M55	26.5
2 Phil Rosevear	M50	26.8
3 Rod Jellett	M45	27.1
4 Phil Lancaster	M40	27.2
5 Bronwen Loizou	W40	27.3
6 Debra Tomsett	W40	28.0
7 Kathy Heagney	W50	29.0

Division 3

1 Liz Dodd	W35	29.2
2 Keith Piper	M55	29.5
3 Vivienne Cash	W45	30.5
4 Tony Bradford	M60	31.2
5 June Reeves	W55	31.4
6 Ron Smith	M50	31.4

7 Nyala Miller W55 33.1

Division 4

1 Jill Allen	W60	32.3
2 Gordon Gourlay	M70	33.1
3 Eddy Stack	M65	34.0
4 Horatio Diaz	M55	35.0
5 George Goode	M70	36.7
6 Lee Pownall	W55	38.8
7 Kevin McGrath	M70	41.0

**400 Metres**

Division 1

1 Greg O'Keefe	M40	53.6
2 Jeff Sargent	M40	55.5
3 Andrew Watts	M45	56.6
4 Tony Quinn	M45	58.4
5 Stephen Zimaris	M40	60.5
6 Richard Trembath	M55	61.8
7 Liz Dodd	W35	65.5

Division 2

1 Ross Kent	M55	60.3
2 Bronwen Loizou	W40	60.4
3 Phil Lancaster	M40	62.3
4 David Sheehan	M50	62.4
5 Stephanie Armstrong	W40	64.2
6 Kathy Heagney	W50	65.7
7 Andrew Fraser	M55	67.0

Division 3

1 Phil Rosevear	M50	65.0
2 Kevin Marion	M65	68.0
3 Tony Bradford	M60	69.8
4 Jan Morrey	W60	70.4

**800 Metres**

1 Robert McCubbin	M35	1:57.6
2 Colin Page	M45	2:08.4
3 Bert Pelgrim	M40	2:10.1
4 Dean Copland	M45	2:13.1
5 Neil Macdonald	M55	2:14.0
6 Peter Bence	M50	2:19.7
7 David Sheehan	M50	2:20.6
8 Barbara Blurton	W50	2:24.5
9 Anne Stobaue	W55	2:41.0
10 Jan Morrey	W60	2:41.5
11 Bob Hayes	M60	2:41.9
12 Andrew Fraser	M55	2:48.8
13 Pat Maye	M65	2:56.8
14 Bob Lewis	M70	3:07.8

**1500 Metres**

1 Bert Pelgrim	M40	4:33.8
2 Geoff Holden	M45	4:39.9
3 Rob Hendy	M55	4:58.1
4 Ray O'Connor	M60	4:59.3
5 Sharon Higgins	W40	4:59.5
6 Ann Holcombe	W50	5:04.2
7 Des Middleton	M50	5:09.9
8 Graham Philpott	M55	5:21.0
9 Louis Waser	M55	5:21.2
10 Petrina Trowbridge	W50	5:34.1

11 Paul Circosta M45 5:35.9

12 Ron Young	M70	5:42.3
13 Helen VanDerNagel	W40	5:55.0
14 Gordon Stephen	M45	5:55.8
15 Bob Lewis	M70	6:26.5
16 Margaret Cassidy	W55	6:31.7
17 John Peacock	M60	6:34.3
18 Ritchie Halford	M45	6:36.8

**5000 Metres**

1 Greg Lyons	M40	14-44
2 Antony Milovac	M40	15-50
3 Phillip Bowes	M45	16-17
4 Greg Wilson	M45	16-36
5 Martin Leggett	M40	16-40
6 Robin Broberg	M50	17-22
7 Colin Page	M45	17-43
8 Geoff Wheeler	M40	17-52
9 Peter Bence	M50	18-19
10 Greg King	M50	18-35
11 John Newsom	M45	18-49
12 Kevin Armstrong	M40	19-21
13 Graham Philpott	M55	19-33
14 Jim Hopkins	M50	20-08
15 George Christodoulou	M60	20-29
16 Lavinia Petrie	W55	20-44
17 Bob Hayes	M60	20-55
18 Frank Rollard	M55	21-24
19 Paul Circosta	M45	21-31
20 Gordon Stephen	M45	21-44
21 Annette Pelgrim	W45	21-49
22 Greg Mauldon	M60	21-53
23 Graeme Paul	M45	22-01
24 Lyn Arnel	W45	22-29
25 Brian Holcombe	M55	22-34
26 John Bennetts	M60	23-13
27 John Peacock	M60	23-14
28 Barbara Dalglish	W65	23-15
29 Anthony Bowman	M45	23-38
30 Peter Le Get	M65	27-20
31 Shirley Young	W70	25-53
32 Ben Morrey	M70	27-20
33 Ritchie Halford	M45	28-40
34 George Simons	M65	29-03
35 Vicki Thompson	W55	29-34

**JAVELIN THROW**

Women

W30 Kelly Carvill	1	30.54
W35 Anna-Lisa Whitehall	1	25.69
Jennifer Baldwin	2	22.69
Sandra Howorth	3	18.51
W40 Dawn Hartigan	1	30.65
W45 Vivienne Cash	1	19.69
W50 Chris Schultz	1	24.72
Judy Coram	2	21.81
Elizabeth Szczepanska	3	16.93
Sandra Middleton	4	14.00
Lorraine Musset	5	10.31
W55 Judy Hall	1	16.20

Men		
M40	Mark Cauchi	1 38.92
M50	Andrew Farr	1 53.20
	John Neale	2 25.56
	Des Middleton	3 21.94
M55	Graeme Rose	1 47.97
	John Reynolds	2 28.04
M60	Ron Stobaus	1 24.77
M65	Tom Hancock	1 38.01
	Wim Van Weenen	2 29.77
	George Knight	3 19.19
M70	Wyvern Burke	1 25.12
	Milton Ballantyne	2 19.43
M80	Royce Foley	1 13.15
M85	John Fraser	1 13.86

#### SHOT PUT

Women		
W35	Jenny Baldwin	1 8.11
	Anna-Lisa Whitehall	2 7.82
	Sandra Howorth	3 7.09
W50	Chris Schultz	1 13.00
	Elizabeth Szczepanska	2 10.71
	Judy Coram	3 9.45
	Lorraine Mussett	4 6.67
W55	Judy Hall	1 7.37
W65	June Preece	1 7.65
	Tina Baarslag Leb	2 5.38

Men		
M40	Mark Cauchi	1 7.10
M55	Graeme Rose	1 12.02
	John Reynolds	2 9.68
M65	Tom Hancock	1 11.70
	George Knight	2 8.98
	Nino Stankovic	3 7.84
	Alwyn Harbott	4 7.30
M70	Milton Ballantyne	1 9.70
	Wyvern Burke	2 8.96
M75	Stan Stankovic	1 7.64
M80	Royce Foley	1 6.96
M85	John Fraser	1 7.21

#### DISCUS THROW

Women		
W35	Sandra Howorth	1 23.41
	Anna-Lisa Whitehall	2 18.23
W45	Vivienne Cash	1 17.52
W50	Chris Schultz	1 37.92
	Elizabeth Szczepanska	2 27.81
	Judy Coram	3 23.72
	Sandra Middleton	4 18.44
	Lorraine Mussett	5 12.10
W55	Judy Hall	1 16.43
W65	Tina Baarslag Leb	1 11.03

Men		
M40	Mark Cauchi	1 24.60
M50	Des Middleton	1 22.07
M55	Graeme Rose	1 36.52
	John Reynolds	2 30.82
M65	Tom Hancock	1 42.02

George Knight	2 25.41	
Nino Stankovic	3 22.64	
M70	Wyvern Burke	1 26.00
	Gordon Gourlay	2 24.94
	Milton Ballantyne	3 24.15
M75	Stan Stankovic	1 23.78
M80	Royce Foley	1 20.36
M85	John Fraser	1 19.39

#### HAMMER THROW

Women		
W30	Kelly Carvill	1 35.20
W35	Sandra Howorth	1 30.23
	Anna-Lisa Whitehall	2 29.15
W50	Chris Schultz	1 37.01
	Judy Coram	2 32.73
	Elizabeth Szczepanska	3 29.71
	Sharon Reynolds	4 24.32
	Lorraine Mussett	5 19.09

Men		
M55	Graeme Rose	1 44.36
	John Reynolds	2 36.88
M60	Ken Readwin	1 45.53
M65	Wim Van Weenen	1 41.74
	Tom Hancock	2 41.18
	Alwyn Harbott	3 31.09
	George Knight	4 29.83
	Nino Stankovic	5 22.13
M70	Milton Ballantyne	1 29.53
M75	Stan Stankovic	1 25.00
M80	Royce Foley	1 21.30
M85	John Fraser	1 24.41

#### LONG JUMP

Women		
W40	Salli-Ann Lee	1 4.44
W55	Nyala Miller	1 3.71
Men		
M40	Mark Cauchi	1 4.72
M55	Horacio Diaz	1 2.62
M70	Wyvern Burke	1 3.75



## ERIC GREAVES MEMORIAL 10K

### INCORPORATING VVAC 10K ROAD CHAMPIONSHIP, BRAESIDE PARK

Sunday June 24 dawned fine and clear at Braeside Park, Dingley, but a very strong, almost gale force, NW wind ensured that it was going to be a tough day for all participants in the combined VCCL and VVAC 3<sup>rd</sup> Annual Eric Greaves Memorial 10K road race (incorporating the VVAC 10K road championship). For all distance running vets intending journeying to Brisbane for the forthcoming World Veterans Athletics Championships, this event was an ideal final hit-out before the trip north to take on the world.

The kind to aging joints and limbs gravel surface of the Braeside Park road circuit was the setting for some terrific individual performances that auger well for Australian performances in Brisbane. Despite the strong winds the times were a credit to the condition and talent of so many competitors. First across the line, competing in his first Vic Vets Championship event, was Greg LYONS (M40) in the outstanding time of 30-45. Greg, a former member of the Mentone A.C., has been one of Australia's leading distance runners for the past 10 years and his recent joining of Vic Vets has greatly strengthened our ranks. In 2<sup>nd</sup> place, and winner of the M45 division, was Philip BOWES with another excellent time of 33-48. The M55 division was a battle royal, only 3 secs separated the three placegetters with Gary STEWART (39-33) just prevailing over Ken SENIOR and Westley WINDSOR. Theresia BAIRD (W55) again led the women home with another outstanding time of 41-06.

Once again the VVAC and VCCL had collaborated in a tangible expression of the affection and respect that we all hold for the late, legendary Eccles. It was terrific to welcome Eric's Mum & Dad, Ted & Linda along with his sister and brother-in-law, Marilyn & Barry WELLS, who with Wendy presented the memorial medals to all age placegetters. The wonderfully Louis WASER crafted Eric Greaves Memorial Trophy for the most outstanding performance, based on age graded %, went right down to the wire with Greg LYONS just edging out Theresia BAIRD. Congratulations to both of them for their great performances.

Of course, as always, such an event can only be successful with the assistance of a great many helpers and this event was no exception. Many thanks to Louis WASER, Don McLEAN, Dick JEFFREY, John MARKHAM, John BECK, Wendy GREAVES, Mick COLGAN, Denis PHILLIPS, Ray HARBERT, Keith ROUTLEY, John KNEEN and Alan BENNIE - their efforts ensured a memorable occasion. Also many thanks to the Braeside Park rangers who could not have been more co-operative or helpful and who, without charge, supplied us with a generator so we could enjoy the essential post-race cuppa and associated post-race mortems.

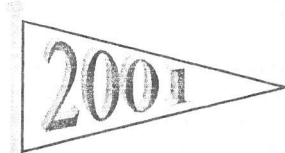
#### Ted McCoy

AGE GROUP	PLACE	NAME	AGE	TIME	AGE %						
						M45					
W45	1	Lyn ARNEL	45	50-09	64.9		1	Philip BOWES	45	33-48	86.7
	2	Helen SIMMONS	46	63-38	51.6		2	John DUCK	48	37-13	79.5
	3	Gary BARKLA	46				3	Gary BARKLA	46	37-26	77.8
W50	1	Coral MONK	53	45-54	76.3		4	Jeff BOOT	45	38-23	75.3
	2	Christine GRIFFITHS	52	86-33	40.1		5	John NEWSOM	49	39-31	75.4
W55	1	Theresia BAIRD	59	41-06	90.5		6	Garry GALE	45	39-41	72.8
	2	Margaret CASSIDY	57	53-11	68.5		7	Peter WEEKS	47	39-46	73.8
	3	Vicki THOMPSON	55	64-19	55.5		8	Chris CALAMATTA	48	40-17	73.4
W60	1	Dot BROWNE	60	52-06	72.2		9	Rob CLUTTERBUCK	48	41-05	72.0
	2	Anne CALLAGHAN	63	64-41	60.2		10	Tony DORAN	49	43-26	68.6
W70	1	Corrie De GROOT	73	58-46	75.8		11	Mick CARR	48	43-30	68.0
M35	1	Mark KING	39	39-01	70.9		12	Glen CLAUDEN	47	43-44	67.1
M40	1	Greg LYONS	40	30-45	90.9		13	Lou BUCCIERI	45	44-45	64.6
	2	Joe CAMPISI	40	39-07	71.2		14	Rod WADSLEY	48	45-01	65.7
	3	Ken BOCOCK	42	39-21	71.8		15	Ian KRASKA	46	45-25	64.0

M50	16	Adrian VALLANCE	49	46-57	63.5	M60	1	Ted McCOY	61	40-03	82.6
	17	Graeme PAUL	47	49-08	59.7		2	Brian MEE	63	40-06	84.1
	18	Gordon STEPHEN	47	51-31	57.0		3	John WAITE	60	42-17	77.5
	1	Paul TWINING	51	36-59	81.9		4	G.CHRISTODOULOU	61	43-03	76.8
	2	Alan BENNIE	54	40-46	76.1		5	Juan PREZ	61	43-36	75.9
	3	Jim HOPKIN	51	42-49	70.2		6	Malcolm BROWN	60	43-51	74.7
	4	T. HAWKSWORTH	54	43-26	71.5		7	Jim SMITH	60	44-23	73.8
	5	Howard REES	53	45-10	68.2		8	Paul MULLINS	60	44-35	73.5
	6	Ian UREN	50	45-29	66.0		9	Bob HAYES	62	44-51	74.5
	7	Len HALLETT	52	46-52	65.1		10	John ANDERSON	62	44-58	74.3
	8	Ian TREGEAR	51	50-09	60.4		11	Ashley PAGE	60	45-49	71.5
	9	Bill KENNEDY	51	51-09	59.2		12	Carl FAUVRELLE	60	46-03	71.1
	10	Don CORRIE	51	55-13	54.8		13	Jock CRAVANA	63	51-29	65.5
	11	Lindsay BEATON	51	58-45	51.5		14	Ian DENOVAN	61	52-48	62.6
M55	1	Gary STEWART	55	39-33	79.2		15	Bill RYAN	60	53-40	61.0
M55	2	Ken SENIOR	56	39-33	79.9		16	Roland BROWN	60	55-55	58.6
	3	Westly WINDSOR	57	39-35	80.5		17	Trevor JUPP	61	55-58	59.1
	4	Gabriel CARMONA	58	41-50	76.9	M65	1	Roy STANWAY	67	43-17	81.3
	5	Ken BUNNING	59	41-57	77.4		2	Peter LEGET	67	51-49	67.9
	6	Rob WATERS	55	45-17	69.1		3	Ron LEGGETT	67	54-27	64.7
	7	Ron LITTLE	58	46-33	69.1		4	Colin BROWNE	68	58-45	60.6
	8	Howard ROSS	56	47-17	66.8		5	George SIMONS	66	63-23	54.9
	9	Alan IRWIN	59	48-52	66.4	M70	1	Bill PAGE	70	46-55	77.7
	10	Ken HOUGH	56	49-18	64.1		2	Vin O'BRIEN	73	47-20	80.0
	11	Graeme STEVENS	59	49-38	65.4		3	Ray KEMP	72	50-21	72.4
							4	Ben MORREY	72	61-40	60.6
						M75	1	Vern GERLACH	76	57-56	68.2

The winner of the ERIC GREAVES MEMORIAL TROPHY for the most outstanding performance, based on age graded %, was Greg LYONS (M40 30-45 90.9%)

## VVACI Venue Premiership



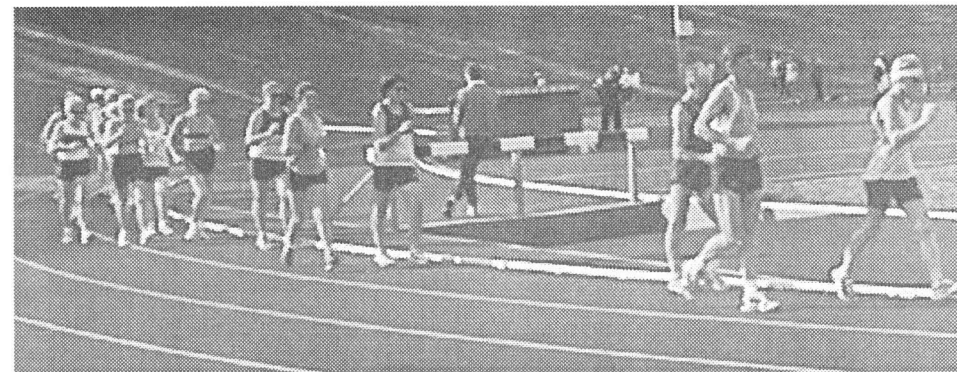
*The annual Venue Premiership is on again during September 2001*

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)



Walkers at the pre-WAVA Meet at Doncaster.

### WALK RESULTS

VVACI 5 KM WOMEN		Sunday 24 June 2001	
W80		W60	
Grace Smith	61.10	Sylvia Machin	30.11
W70		Aileen Love	30.58
Jean Albury	30.50	Marlene Stanway	31.19
Jean Knox	34.05	Marg Beaumont	34.04
W55		Bev Hugo	37.03
Gwen Steed	28.23	W50	
Lee Pownall	30.23	Heather Carr	25.14
W45		Jane Carter	32.46
Jill Coyte	26.58	Jen Graham	38.37
Marlene Gourlay	27.45	W40	
W35		Lil Kriegler	29.57
Annette Major	28.15	Denise Leggett	38.40
Kath Westthorp	29.39	Heather Lancaster	35.35
(Marg McCormack	W55 36.14 and Heidi Engel	W55	
	40.09 both DQ)		

### VVACI 5 KM Men

M75		M70	
Jack Kilfoyle	36.11	Gordon Gourlay	33.44
M65		Jim Machin	38.24
Geoff Major	29.10	M60	
Ian Beaumont	37.25	Murray Dickinson	25.15
M55		Tony Johnson	25.54
John Hallo	30.46	M50	
M45		Robin Wood	28.53
Clyde Riddoch	25.10	Geoff Barrow	29.21
M40		Don Graham	37.45
Mark Donahoo	22.06		

Weather was cool and fine. Thanks to all competitors and people who assisted with conduct of event. Jean Oneill, Mike Hall and Judy Walters from the Vets, and to the Judges, Starters, and the Victoria Road Walking Club for course layout and hospitality with food and canteen.

Peter McGrath

## Where Else? by Helen VanDerNagel (Burwood Venue)

I have just returned from the fourteenth World Veterans' Athletics Championships. Brisbane's weather was sublime and, needless to say, I had a wonderful time. During my stay I frequently asked myself the age old question "Where else....?"

Where else would you find a four year old boy yelling "Go Granny!" while women aged sixty and over conquer a 5,000 metre track race? A few minutes after the event I saw a proud, smiling woman accept a bunch of roses from her grand son. The boy was proud and smiling too.

Where else would you receive postcards of Portugal from a naked woman in the change rooms? Where else do panting New Yorkers hand out postcards of Manhattan? Where else would you find a forty-something man who openly says "If I'd had a sex change I'd win the 65 women's 10,000 metres!" Where else will waiters happily discuss the menu and their 400 metre splits?

Where else could the following conversation be overheard?

"Gee, doesn't that seventy year old look good in a body suit?"

"I wonder what effect she'd have at the Elderly Citizens Club?"

"She wouldn't join."

"Nah, too busy training!"

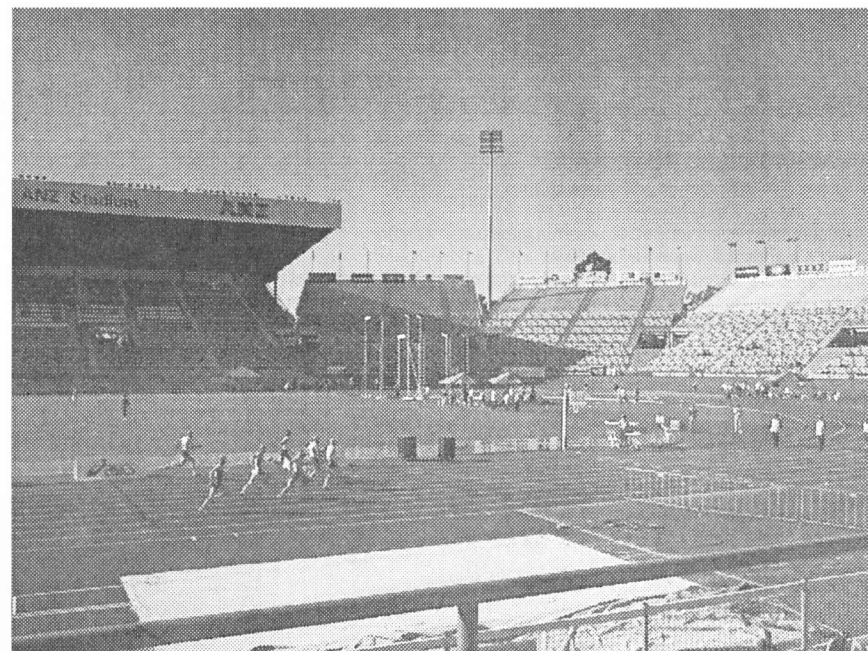
At the start of the 800 metre finals, that's where.

Where else would you meet a shot putter who cheerfully claimed "My rival from Germany coloured her hair overnight, after the semi final, so the next day I turned up as a brunette. That'll fix her!"

I met up with a male friend who introduced me to a woman who had run fifth in her event. "Where did you meet her?" I asked innocently. "I picked her up at brekkie and then we went for a run," was the reply. Where else could that sort of comment mean something quite different?

And where else can friends of like mind get together to see stunning athletic performances in all events in all age groups from 35 to 95? Brisbane's ANZ Stadium, the State Athletics Centre and the track at the University of Queensland - that's where.

Competing in the World Veteran Athletics Championships is as close to "elite" as I'll ever get. Marching in the opening ceremony is as close to the Olympics as I'll ever get. I wore my green-and gold Ozzie track suit proudly. It's the stuff of childhood dreams and every adult needs to dream. Puerto Rico in 2003? Dream on!



## WORLD BODY TAKES A NEW NAME

Our world body WAVA held a General Assembly meeting on Wednesday, July 11, a lay day in the WAVA World Veterans Athletic Championships that were held in Brisbane. The meetings outcome was:

1. We are no longer called WAVA. From now on, the correct name is WMA (World Masters Association). The vote to change "veterans" to "masters" was 93 to 16, after a passionate presentation by Non-Stadia VP Ron Bell who claimed that \$900,000 in potential sponsorship money has been lost due to the unpopularity of the term "veterans" with sponsors.

2. San Sebastian, Spain won their bid to host the 2005 WMA Championships, defeating Sacramento and Helsinki by a count of 63 to 26 to 29 respectively.

3. Rex Harvey was elected as new VP Stadia, defeating incumbent Jim Blair by a vote of 71 to 47.

4. Representatives from Kuala Lumpur made a presentation stating they are still ready and able to host the 2003 Championships. They further stated they did not understand why the meet was taken away from them. However, WMA President Torsten Carlius made it crystal clear that the Championships are now under contract with Puerto Rico (who made a presentation to the assembly touting

their capacity to successfully host the event).

5. Marina Hoenkei of Spain was elected as the next Women's Committee representative to the WMA council, defeating incumbent Bridget Cushen of the UK, Sharon Gibbons Australia, and Suzy Hess USA.

6. In an ambiguously worded amendment, athletes in the future will be encouraged/required to wear national team uniforms in all championships competitions.

7. Henceforth the cross-country distance at the championships will be 8km.

8. Argentina has withdrawn its bid to host the 2002 non-stadia championships, and six different countries were mentioned as possible replacements.

9. Auckland, NZ, will host the 2004 non-stadia championships.

10. WAVA posted a surplus of \$2,300 last year against a total operating budget of \$199,670.

11. The possibility of a World Masters Indoor Championships for 2004 was mentioned, but no potential sites were discussed.

These are the highlighted details that came out of the meeting and it is expected that a full set of minutes to be posted eventually on the official WAVA (WMA) web site.

**VVACI 10 MILES ROAD RACE**  
**PRINCES PARK, Sunday 12 August 2001**

This combined event with VCCL was run in beautiful weather. It was a surprisingly warm day for winter and the park looked lovely. VCCL runners seemed in the majority, but the vets fielded 41, of whom we seemed to lose two. Our best on the day was Bert Pelgrim who ran the ten miles in 58m 20s, an excellent performance. Next came Safet "Sonny" Badic, and Paul Twining. Two W45 ladies had a great battle. Sonya McLennan, 76m 05s, held off Anne McPherson, 76m 24s. Very good runs indeed.

Results, in finishing order.

Plac	Name	Age	Time	Group	Position
1	Bert Pelgrim	45	58-20	M45	1
2	Safet Badic	42	61-33	M40	1
3	Paul Twining	51	62-55	M50	1
4	June Petrie	37	64-46	W35	inv
5	Robert Dunning	44	65-30	M40	2
6	Sandra Iuliano	35	65-56	W35	inv
7	Gary Stewart	55	67-44	M55	1
8	Chris Calamatta	48	67-52	M45	2
9	Ken Senior	55	68-00	M55	2
10	George Christodoulou	61	70-09	M60	1
11	John Daniel	52	70-49	M50	2
12	Andrew Tunne	43	71-00	M40	3
13	Glen Claiden	47	71-11	M45	3
14	Peter Bence	51	72-36	M50	3
15	Juan Perez	62	74-44	M60	2
16	Frank Lang	30	75-22	M30	inv
17	Sonya McLennan	49	76-05	W45	1
18	Anne McPherson	45	76-24	W45	2
19	Ron Young	70	77-20	M70	1
20	Ashley Page	60	78-13	M60	3
21	Mick Davin	51	79-14	M50	4
22	Frank Rollard	57	79-25	M55	3
23	Bill Page	70	80-27	M70	2
24	Helen Stanley	45	80-45	W45	3
25	Vin O'Brien	73	81-51	M70	3
26	Coral Monk	53	82-56	W50	1
27	Barbara Dalglish	65	83-35	W65	1
28	Fred Brooks	67	85-19	M65	1
29	Tony Martin	70	86-26	M70	4
30	Al Willey	62	87-10	M60	4
31	Jock Cravana	63	88-37	M60	5
32	Shirley Young	71	88-48	W70	1
33	Bryan Johnston	66	92-14	M65	2
34	Roland Brown	60	93-15	M60	6
35	Corrie De Groot	73	97-26	W70	2
36	Vern Gerlach	76	99-26	M75	1
37	Debra Nash	43	103-44	W40	inv
38	Anne Callaghan	64	104-42	W60	1
39	Christine Griffiths	52	130-48	W50	2



Anne McPherson  
76m 24s

**VICTORIAN VETERANS' ATHLETIC CLUB INC.**

Club Records as at 21 June 2001

\* Australian Veterans Record/Best # World Veterans Record/Best

*Italics indicates record set when not a financial member.*

MEN				WOMEN			
100 METRES		DATE		100 METRES		DATE	
M30	*Marc Larose	11.0	20-Mar-93	W30	Lisa Ford	12.4	6-Dec-97
	<i>Ashley Rowan</i>	<i>10.70</i>	<i>14-Feb-99</i>		<i>Denise Boyd</i>	<i>11.6</i>	<i>7-Dec-83</i>
M35	Ken Bruce	11.1	18-Mar-89	W35	Debra Tomsett	12.3	19-Mar-94
	Terry Baldwin	11.33	11-Apr-98				
M40	Garry Barker	11.2	18-Mar-84	W40	Debra Tomsett	12.4	28-Mar-98
	Martin Hodgson	11.2	28-Mar-98	W45	Barbara Blurton	12.9	25-Mar-95
	Glenn White	11.2	8-Apr-00				
M45	*Bob Wishart	11.2	18-Mar-89	W50	Anne Stobaus	13.7	25-Mar-95
M50	Gary Barker	11.6	25-Mar-95	W55	Anne Stobaus	14.1	28-Mar-98
M55	Gary Barker	11.8	20-Mar-99	W60	Jill Cooper	14.8	20-Mar-99
M60	Rudi Hochreiter	12.5	1-Dec-86	W65	Gwen Davidson	15.6	1-Mar-90
M65	Rudi Hochreiter	13.2	19-Mar-94	W70	Gwen Davidson	15.9	20-Mar-93
M70	Rudi Hochreiter	13.6	3-Nov-96	W75	*Gwen Davidson	18.00	1-Sep-99
M75	*Mike Johnston	14.3	15-Mar-97	W80	Nance Jeffreys	24.18	21-Oct-89
M80	*Harry Gathercole	15.5	1-Mar-88				
M85	*Charlie Booth	16.98	1-Jul-89				
M90	Charlie Booth	23.03	7-Oct-95				
200 METRES				200 METRES			
M30	Terry Baldwin	22.4	24-Mar-96	W30	Lisa Ford	25.5	14-Dec-96
	<i>Peter Van Miltenburg</i>	<i>21.3</i>	<i>26-Nov-87</i>		<i>*Denise Boyd</i>	<i>23.09</i>	<i>20-Mar-83</i>
M35	Ian Anderson	22.3	23-Mar-85	W35	Chris McArdle	25.55	12-Jun-09
M40	Bob Wishart	22.0	14-Mar-82		Debra Tomsett	25.3	20-Mar-94
M45	Bob Wishart	23.4	1-Mar-88	W40	Judy Pollock	26.6	3-Apr-83
M50	Joe Tennant	23.4	30-May-74		Debra Tomsett	26.6	29-Mar-98
M55	Keith Howden	24.68	15-Apr-01	W45	Barbara Blurton	26.0	24-Mar-96
M60	Rudi Hochreiter	26.3	1-Mar-87	W50	Anne Stobaus	27.7	24-Mar-96
M65	David Mather	27.77	30-Mar-97	W55	Anne Stobaus	28.8	16-Mar-97
M70	Charles Scarff	28.1	20-Mar-94	W60	Jill Cooper	31.17	3-Aug-99
M75	*Mike Johnston	29.76	12-Apr-98	W65	Gwen Davidson	32.7	1-Mar-87
M80	*Harry Gathercole	32.14	1-Dec-97	W70	Gwen Davidson	34.6	11-Apr-93
M85	*Harry Gathercole	37.22	?	W75	Grace Smith	63.86	2-Apr-94
400 METRES				400 METRES			
M30	Mark McDowell	50.33	7-Oct-96	W30	Rhonwen Binney	58.3	1-Apr-90
	<i>Peter Van Miltenburg</i>	<i>48.0</i>	<i>21-Nov-87</i>		<i>*Raelene Boyle</i>	<i>51.08</i>	<i>9-Apr-82</i>
M35	Terry Baldwin	50.38	4-Apr-99	W35	Debra Tomsett	58.04	30-Mar-95
M40	*Noel Clough	49.5	13-Aug-77	W40	*Judy Pollock	57.0	2-Apr-83
M45	Max Warlow	53.5	19-Mar-94	W45	*Barbara Blurton	57.91	1-Jul-95
M50	Noel Clough	53.58	1-Dec-87	W50	Kathy Heagney	63.82	13-Apr-01
M55	Keith Howden	56.97	15-Apr-01	W55	*Anne Stobaus	64.2	16-Nov-96
M60	Reg McRae	60.0	16-Mar-86	W60	Jan Morray	70.4	17-Jun-01
M65	Mike Johnston	62.0	1-Mar-88	W65	Maisie Stevens	112.8	30-Sep-83
M70	Mike Johnston	66.02	1-Jul-95	W70			
M75	*Mike Johnston	68.57	11-Apr-98	W75	Arley Nicholls	123.2	1-Oct-89
M80	*Harry Gathercole	79.1	1-Jul-89				
M85	Andy Smith	137.5	31-Mar-01				



2,000 STEEPLECHASE							
M60	Bob Gardiner	7.38	29-Mar-97				
M65	Bob Gardiner	8.21	31-Mar-01				
M70	Peter Coutie	9.58.39	29-Jul-00				
M75	*Stan Nicholls	10.32.2	1-Nov-87				
M80	*Eddie Gamble	12.25	29-Mar-97				
M85	#Eddie Gamble	13.50.9	31-Mar#01				
110 METRE HURDLES (.991m)			100 METRE HURDLES (.84m)				
M30	*Terry Baldwin	15.1	23-Mar-96	W30	Jennifer Baldwin	16.9	28-Mar-98
	*Max Binnington	13.72	4-Oct-82		*Pam Ryan	12.5	28-Jun-72
M35	*Terry Baldwin	15.10	10-Apr-98	W35	Debra Tomsett	16.0	20-Mar-93
M40	Albert Latu	16.3	1-Apr-90				
M45	Ken Priestley	17.0	1-Apr-85				
100 METRE HURDLES (.914m)			80 METRE HURDLES (.762m)				
				W40	Salli-ann Lee	13.5	24-Apr-00
M45	Josian Phillipe	15.5	28-Mar-98	W45	Chris Battersby	14.4	1-Mar-90
M50	*Ted Barnard	15.03	7-Oct-95	W50	Gloria Seymon	15.1	1-Apr-90
M55	David Mather	16.63	18-Mar-89	W55			
M60	*David Mather	16.92	1-Apr-92			(.686m fr	
M65	*David Mather	18.24	28-Mar-97	W60	Bettina Woodburn	19.4	1-Apr-85
				W65	Gwen Davidson	20.09	1-Jul-89
90 METRE HURDLES (.84m)							
M55	Richard Trembath	13.8	20-Mar-99				
M60	Ken Priestley	14.8	8-Apr-00				
80 METRE HURDLES (.762m)							
M65	David Mather	14.0	20-Mar-99				
M70	Charles Scarff	14.79	7-Oct-95				
M75	Stan Stankovic	18.78	2-Apr-99				
		(.686m from 2000)					
M80	George Simpson	33.2	1-Dec-87				
400 METRE HURDLES (.914m)			400 METRE HURDLES (.762m)				
M30	*Michael Skerritt	57.0	29-Mar-98	W30	Rhonwen Binney	63.4	16-Mar-91
	Neil McGillivray	52.4	15-Feb-86		Kerry Soanes	62.0	21-Dec-89
M35	Terry Baldwin	57.1	29-Mar-98	W35	Mandi Cole	64.8	20-Mar-94
M40	*Noel Clough	54.3	?	W40	Debra Tomsett	67.6	17-Feb-01
M45	Graham Ford	62.5	14-Feb-96	W45	Chris Battersby	73.9	1-Apr-90
M50	Richard Trembath	62.6	7-Apr-96				
M55	Richard Trembath	62.60	4-Apr-99				
300 METRE HURDLES (.84m)			300 METRE HURDLES (.762m)				
M50	Mike Hall	44.3	19-Mar-89	W50	June Reeves	56.69	1-Aug-99
M55	*Richard Trembath	44.0	22-Jun-97				
		(.762m)				(.686m fr	
M60	Mike Hall	46.4	21-Mar-99				
M65	Charles Scarff	52.5	17-Mar-91				
		(.686m fro					
M70	Charles Scarff	53.8	20-Mar-94				
M75	Stan Stankovic	74.2	21-Mar-99				

1,500 METRES WALK				1,500 METRES WALK			
M30	David Long	9.35.9	18-Dec-99	W30	Sharon Schnyder	6.48	29-Mar-98
	Clyde Riddoch	6.11	3-Dec-83				
M35	Clyde Riddoch	6.29	3-Nov-88	W35	Sharon Schnyder	6.47	8-Apr-00
M40	Paul Kennedy	6.15	3-Feb-01	W40	Heather McDonald	6.45	1-Mar-90
M45	Clyde Riddoch	6.32	16-Mar-99	W45	Heather McDonald	6.49	23-Mar-86
M50	Andrew Jamieson	6.21.1	4-Mar-99	W50	Heather Carr	7.10.2	1-Apr-01
M55	Murray Dickinson	6.44.1	7-Oct-95	W55	Gwen Steed	7.50	8-Apr-00
M60	Terry Dunn	8.11	4-Mar-99	W60	Jean Albury	7.39	1-Mar-90
M65	Ken Walters	8.10.4	4-Mar-99	W65	Jean Albury	8.07.6	7-Oct-95
M70	Jack Kilfoyle	9.06	7-Oct-95	W70	Jean Albury	8.24	8-Apr-00
M75				W75	Dorothy Jack	10.58	7-Oct-95
M80	Eddie Gamble	10.49.2	7-Oct-95	W80	Nance Jeffreys	11.32	1-Mar-90
M85	George Knott	12.04.6	7-Oct-95	W85	Nance Jeffreys	13.44.3	7-Oct-95
3,000 METRES WALK				3,000 METRES WALK			
M30	David Long	19.19	9-Apr-00	W30	Alison Thompson	16.25	16-Mar-85
	*David Smith	11.00.56	24-Jan-87		Lorraine Jachno	12.48.76	25-Feb-92
M35	*Willi Sawall	11.28.2	15-Mar-80	W35	Patricia Baker	17.49	16-Mar-85
					Alison Baker	14.29.7	2-Dec-99
M40	#Willi Sawall	11.38.4	21-Feb-82	W40	*Heather McDonald	14.26	14-Jun-09
M45	*George White	12.58.2	17-Nov-90	W45	Heather McDonald	14.53.68	1-Oct-94
M50	Andrew Jamieson	12.59.5	27-Jan-00	W50	Celia Johnson	15.50.3	4-Apr-98
	*Willi Sawall	12.56	2-Dec-93				
M55	Murray Dickinson	13.50	26-Mar-95	W55	*Gwen Steed	16.34	7-Feb-98
	*Willi Sawall	12.44	14-Dec-96				
M60	#Murray Dickinson	14.16	21-Mar-99	W60	*Tina Leb	19.04	1-Oct-94
M65	#Tom Daintry	14.57	26-Mar-78	W65	*Betty Newman	18.49	1-Nov-90
M70	#Tom Daintry	15.51	10-Apr-82	W70	Jean Knox	19.56.29	7-Nov-98
M75	*Tom Daintry	17.07.8	5-Apr-87	W75	*Dorothy Jack	22.29	1-Oct-94
M80	#Tom Daintry	18.44	5-Apr-92	W80	Nance Jeffreys	24.00	?
M85	#Gus Theobald	19.31	10-Apr-82	W85	#Nance Jeffreys	27.36	1-Oct-94
M90	#Gus Theobald	21.21	5-Apr-87				
5,000 METRES WALK				5,000 METRES WALK			
M30	Kevin Cassidy	26.46	20-Mar-93	W30	Sharon Schnyder	24.42	28-Mar-98
	*David Smith	18.52.87	21-Feb-86		Lorraine Jachno	22.17.32	14-Jan-90
M35	Mark Donahoo	21.21	19-Mar-94	W35	Heather McDonald	24.56	1-Jun-89
	Simon Baker	19.57.43	12-Mar-94				
M40	#Willi Sawall	19.45.65	31-Mar-84	W40	*Heather McDonald	24.39.8	18-Jul-91
M45	Murray Dickinson	23.15.5	1-Apr-87	W45	Heather McDonald	25.04.5	1-Oct-94
	*Willi Sawall	21.12.19	31-Mar-90				
M50	Andrew Jamieson	22.19.3	22-Feb-01	W50	Heather Carr	25.24	17-Jun-01
	*Willi Sawall	21.38.3	19-Mar-92				
M55	Murray Dickinson	23.30.98	16-Oct-93	W55	#Jean Albury	26.46.92	1-Dec-87
	#Willi Sawall	22.11.5	26-Jan-97				
M60	*Murray Dickinson	24.26.94	3-Apr-99	W60	*Jean Albury	27.39	1-Mar-90
M65	*Tom Daintry	25.44	?	W65	#Jean Albury	27.57	6-Oct-95
M70	#Tom Daintry	26.49.3	10-Apr-82	W70	*Jean Albury	29.42.75	22-Apr-00
M75	*Tom Daintry	28.02.26	1-Dec-87	W75	*Nance Jeffreys	37.04	1-Apr-87
M80	*Gus Theobald	30.42	8-Aug-77	W80	*Nance Jeffreys	39.04	1-Apr-90
M85	#Gus Theobald	33.14.2	10-Apr-82	W85	*Nance Jeffreys	45.08	6-Oct-95
M90	#Gus Theobald	35.09.5	1-Apr-87				

The rest of the Victorian records will be published in the next issue of "News and Results". Full details of World, Australian and Victorian records are available electronically on request from Clyde Riddoch, e-mail <clyde.riddoch@auspost.com.au>



## 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, 26<sup>th</sup> August, Victorian Half On The Park**, (21.1km & 7km), Kings Domain, All details TBC (9486 6133 w)

**:CHC Special Coburg Fun Run**, (12km & 4km), Harold Stevens Athletics Track, Coburg, 9.00am (9386 9251 h)

**:Burke Hall DeCastella Fun Run**, (15km, 7.5km & 5km), Nolan Avenue, Kew, 9.00am (9859 4995)

**:Shepparton Runners Club Marathon** (42.2km, 21.1km & 10km), Princess Park, Shepparton, 8.00am (5822 1358)

**Saturday, 1<sup>st</sup> September, VVACI Road Walks** (10km for men) Albert Park, 2.15pm.

**:VRR Tan Handicap & Breakfast** (8km & 4km), opposite Swan Street Bridge, 7.30am (9802 1220)

**Sunday, 2<sup>nd</sup> September, Lauriston Fathers' Day Fun Run**, (10km, 5km, 3km) Enter 10 friends and it is Free. Around the Albert Park Lake. 9.30am. Katrina Southwood 9819 9225.

**Sunday, 9<sup>th</sup> September VVACI 25km Road** Footscray Boat House, 9.30am. Farnsworth Avenue, Footscray. Melway 42 B2.

**:Spring Into Shape Run Series** (10km & 5km), Alexandra Gardens, 9.00am (9819 9225 w)

**:University Half Marathon** (21.1km, 14km, 7km), Golf Links Road, Epsom (Bendigo), 10.00am TBC (5443 6820 h)

**:Ninety Mile Beach Fun Run** (8.2km), Golden Beach, Victoria, 10.00am (5146 3486) or 5146 3217h)

**:Killawarra Half Marathon** (21.1km), Killawarra Forest - near Wangaratta, 10.00am (5721 5693)

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

**Sunday, 16<sup>th</sup> September, David Ward Half Marathon** (21.1km), Kevin Bartlett Reserve, Richmond Boulevard, 8.00am (9817 3503 w)

**:Very Special Kids Pursuit Fun Run & Walk** (10km & 5km), Pit Bld 5 Albert Park, 9.30am (9819 9225 w)

**:Sri Chinmoy Marathon Warm-Up** (30km, 21.1km,

10km, 5km), Princes Park, Carlton, 8.00am (9650 0114)

**Sunday, 23<sup>rd</sup> September, AFL Fun Run & Walk**, (8km & 4km), TBC, 8.30am (9381 4666 w)

**:Mt Tassie King & Queen of the Mountain** (30km), Shakespeare Street, Traralgon, 10.00am (0419 353 096)

**:Australian Unity Triple Challenge Fun Run** (10km & 5km), Yarra Bend Park, 8.00am (9205 5522 w)

**Sunday, 30<sup>th</sup> September, CHC Special Coburg Fun Run** (12km & 4km), Harold Stevens Athletic Track, Coburg, 9.00am (9386 9251 h)

**Friday, 5<sup>th</sup> October to Sunday, 14<sup>th</sup> October, Australian Masters Games**, Newcastle NSW.

[www.nhevents.com.au](http://www.nhevents.com.au)

**Saturday, 6<sup>th</sup> October, VRR Tan Time Trial**, (8km & 4km), near Government House Drive, 7.30am (9802 1220)

**Sunday, 7<sup>th</sup> October, Run/Walk to the 'G'**, (8km & 4km), Brunton Avenue, adjacent to MCG, 9.00am (9819 9225 w)

**:Big River Nude Run**, (8km & 4km), River Valley Nudist Holiday Resort, Echuca, 10.00am (5482 6650)

**Sunday, 14<sup>th</sup> October, VVACI Marathon**, in the Melbourne Marathon, Frankston to Melbourne. 8.00am (9381 4666 w). Vic Vets must both (1)state that they are members of VVAC on the Melbourne Marathon entry form and (2)send back the entry form to Colin Browne which is in this magazine. Otherwise no medal!

**Saturday, 27<sup>th</sup> October VVACI 10km Track Race**, Caulfield venue. Three divisions. The entry forms are at the venues. Members with no venue can enter by phone to Ray or Anne Callaghan 9725 5376. See notes on page 35 of this magazine.

**Sunday, 4<sup>th</sup> November, International Year of Volunteers Fun Run/Walk**, (8km or 4km), Lillydale Lake, 9.00am (warm-up from 8.30) 9870 7822 Eastern Volunteer Resource Centre, or e-mail <eastvolr@smart.net.au>

**Sunday, 4<sup>th</sup> November, Zhejiang and Hangzhou International Marathon, China**. If interested contact Colin Browne, 9874 2501.

### 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. [robley@iaccess.com.au](mailto:robley@iaccess.com.au) See letter from Rudi on page 8-9 of this magazine. Entry

Vic Champs Sun, Mar 17, Sat, Mar 23.

Entry forms were in May "News and Results". More on request.

**Friday 29<sup>th</sup> March to Monday, 1<sup>st</sup> April, AAVAC Australian Veterans Athletics Championships**, Adelaide SA. Information... Colin Hainsworth 08 8258 1969, Frank Rogers 08 8332 8815. E-mail<[frogers@bigpond.com](mailto:frogers@bigpond.com)>.

**Fifth World Masters Games, Melbourne**. Athletics segment October.6 to 13. [www.2002worldmasters.org](http://www.2002worldmasters.org).

Entry books are out.

### 2003

Easter, 18<sup>th</sup> April to 21<sup>st</sup> April, AAVAC Australian Veterans Athletics Championships, Perth WA.

July, WAVA (now WMA) World Veterans (Masters) Championships, in Carolina, Puerta Rico.

### 2004

Oceania Veteran Championships, Raratonga in the Cook Islands.

### 2005

WMA World Championships, San Sebastian, Spain.

## INTERCLUB TEAMS IN ATHLETICS VICTORIA

The Vets have been fielding two teams in the AV Saturday competition for several years, in the summer season. Recently the numbers have been dropping off, and it would be really good if those who have battled to keep the teams going could get a bit of support.

There are two venues, Glenhuntly, which is Duncan McKinnon Park, cnr Murrumbeena and North Roads, Murrumbeena, and Knox, which is off Rushdale Street, Knoxfield.

Graeme Noden has been managing the Glenhuntly venue team for several years, and they had very good results this year. He would love to get some reinforcements. His number is 9555 3495.

At Knox we have had Judy Coram battling on doing the liaison and she really needs support or the few vets who have been attending are in danger of not having enough to form a team. It would be great if you would ring her and tell her you are interested. Her phone numbers are 9729 2935 or 0409 185 197.

You don't have to be brilliant. It is a very pleasant day's sport. Ask Graeme or Judy for more details of what is involved.

## PARLOUR RELAY

### Inter-venue Challenge

#### East Burwood

Thursday 15th November 2001

A great night is promised for everyone: sprinters, walkers, runners, spectators and pancake connoisseurs. The program will include a 2km nominate own time walk, a 1600m Parlour Relay and 10km Parlour Relays (Challenge and Fun Run Sections) followed by a fantastic pancake supper. Trophies or prizes for all events.

Please note that the 10km parlour is not only a race just for competitive or elite runners bent on running the fastest time. The **Fun Run Section** allows for teams of five to run an aggregate distance of 10km in a nominated team time with a minimum of three rounds (i.e. each team member must run at least three times). There is no need for Fun Run teams to do '100 metre sprints' like most of the challenge teams.

The program and race rules will be available at your venue by early October.

This is a great opportunity to get together with your fellow club mates to enjoy friendly competition and plenty of chat over fantastic pancakes. Please mark the date in your diary and start training now.



## VETS DINNER DANCE

HAWTHORN RECEPTIONS  
555 GLENFERRIE ROAD HAWTHORN

FRIDAY 16TH NOVEMBER

7pm to 12 midnight  
\$36 per head  
BYO drinks  
3 course meal  
Ticket secretary: Dot Browne 9874 2501

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 a table or two together with your friends.

### 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.

**VIC VETS 10KM TITLES - GRADED TRACK RUNS**  
AT:- CAULFIELD TRACK (Duncan McKinnon Reserve - Melway 69 A9)  
Day Of Race :- Saturday 27th October 2001  
Close of Entries :- Friday 26th October  
Cost :- \$5.00 to be paid on the night  
(Enter at Venue or Phone Entries to Ray or Anne Callaghan at 9725 5376)  
7.00pm C Division 45.00 and slower  
8.10pm B Division 40.00 to 44.59  
9.00pm A Division Faster than 40.00 mins

**Subject: Box Hill A.C. Gala / handicap**

**Date:** Wed, 15 Aug 2001 09:09:33 +1000

**From:** "WESTLY WINDSOR" <winclx@pipeline.com.au>

**To:** <cfbrowne@ozramp.net.au>

Dear Colin.

On Saturday the 6th of Oct. 01 Box Hill Athletic Club will host a gala day of fun and athletic activity.

The program will consist of Handicap races and pole vault competition.

We are planing to have stalls,rides and refreshment tents so that members of the public and athletes alike will be able to have an enjoyable day's entertainment.

Our objective is to fund raise for a shortfall of money to complete stage one of the club house re development.

As an inter club, Little Aths venue and track that attracts many schools the facilities have been less than comfortable for many years now and this up grade is long over due.

In order to help with this fund raising we have thought to have a day of athletics to include all competitive registered athletes. As part of this we have planed a 1500m handicap race for Veteran athletes, females 35+ and males 40+. we have attracted some sponsorship for a number of events and will hope to have the Veterans prize money in excess of \$100.00 but failing a specific sponsor a pool of that amount will be offered for 1st,2nd and 3rd.

Also a 3000m spiral handicap will be open to all athletes but will, being a well known event to Veteran athletes, be an event we expect to attractive to those over 40.

Entry fee of \$6.00 per event will be charged and payable to Box Hill Athletic Club by cheque or c/card by September the 28th.

the program of events as follows.

12mid day. 3000m handi cap.

12.25. pm. 400m White Horse Gift heats [3.30. final]

12.45 pm 4x 100m schools relay.

1.20pm Pole vault handicap [male and female]

2.10pm women's 800m handicap.

2.20pm 110m handicap, heats. [male and female] [3.20pm final]

3.00pm Veterans 1500m handicap [male 40+ and female35+]

3.20pm .110m handicap final.

3.30.pm White Horse Gift final.

At the end of this week we should have registration / entry form available and I will make sure we produce enough for each Vets. club if you can let me know how many would be needed.

Colin we would welcome a table for Vets. to hand out and give information on Vic. Vets if you think it would be a worth while.

Regards,

Westly Windsor.