

**VIC VETS
NEWS AND
RESULTS**

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**VIC VETS
news and results**



**October
2001**

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**The Victorian
Veterans'
Athletic Club Inc.**

Dot Browne
(Hon Sec)
Colin Browne
(Editor)

4 Victory Street
Mitcham VIC 3122

phone
(03) 9874 2501
fax
(03) 9873 3223

e-mail
cfbrowne@ozramp.net.au

website
vicnet.net.au/~vicvets/

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EDITORIAL

Dot, Tony Bradford and I went up to Sydney in September for the annual general meeting of the Australian Vets. This used to be called AAVAC, Australian Association of Veterans Athletics Clubs, but one of the decisions made at the meeting was to change the name of the body to AMAI, Australian Masters Athletics Incorporated. This was a direct follow on from the decision of the general assembly at the Brisbane World Veterans Championships in July to change the name of the world body from WAVA, World Association of Veteran Athletics, to WMA, World Masters Athletics. So at the top level "veterans" has been replaced by "masters". Remember all the agonised debate over this a few years ago. One state club in Australia, Queensland, has adopted "masters" in its title, but I am not aware of any other state moving to do so. We in Victoria do not feel pressured to change to "masters" at this stage.

An interesting, if frustrating, report from Brisbane told us that the results book for the Brisbane World Championships would be delayed. Apparently the computer program was not properly set up to produce the results book, many results of events were in confusion, the chief computer officer was not being co-operative or forthcoming with what was required, and so the Brisbane Masters were going to have to do a manual check on all the thousands of sheets of data to get it all right. Hence we can expect some delay in the publication of the results book.

The championships had cost over two million dollars to put on, and a break even result was the best expected. One major problem had been that, when the

contract had been signed with WAVA more than two years ago, the agreement was to pay WAVA in US dollars which were then worth about 70 Aus cents. By the time of the championships the rate had dived to 49 or 50 cents, which made our chances of making any profit at all remote. Some economies were made, and some Yank journalists were quick to criticise. They should have been the last to do so with the benefit they got from the exchange rate. They had a really cheap holiday. But the consensus was that Brisbane did a great job. I know we really enjoyed the event.

Looking to the future, we see that entries close for the Oceania Games at Geelong in November. We should get behind Geelong and support them by our presence. It promises to be an excellent set up for the Games. The entry forms were in the May News and Results, and will be reprinted here. The closing date is November 15th, an extension of two weeks.

The AMAI nationals are to be held in Adelaide in 2002, at Santos Stadium, Mile End. It will be a four day event over Easter. South Australia is a comparatively small veterans club but they have some excellent workers. I am sure they will put on a great carnival. I love Adelaide, and we have fond memories of previous nationals there, although at a different ground. Then in 2003, the nationals will be in Perth. In that year the WMA Championships will be held in Puerto Rico.

In October 2002 Vic Vets and Athletics Victoria will present the athletics segment of the World Masters Games. This will be a major operation on our part and we will be calling on all of you to support the club in its efforts there. Our working party has enjoyed great cooperation with Athletics Victoria, and there could be further spin off benefits in years to come as the two bodies develop more of a joint arrangement. We are working towards a situation whereby, for a very low price, members may be registered with both the vets and AV and participate in both fixtures.

I will include a slip in this issue which you should use to pay your subscription for 2002. It is due on 1st January, and is still \$25 for an individual and \$40 for a couple at the same address. Please turn it over and sign the disclaimer on the back. It is a reminder to members to watch their health and not take risks by competing when they are not well, or not fit enough for the effort required. Look after yourselves.

Cheers,

Colin Browne

LETTERS TO THE EDITOR

Dear Colin,

I wish to let you know that I was eventually very successful in obtaining the video I ordered and paid for from Story Line BBC Broadcasting Centre.

It was suggested by Stan Perkins that I write to the President of W.A.V.A. Torsten Carlus who apparently notified the Gateshead Council of my predicament.

Firstly I received a complimentary video of the highlights of the XIII World Veterans Athletics Championships - 1999 Gateshead. I wrote back thanking them but advised that I still required the ordered video. Another complimentary video of the highlights turned up, so I wrote back saying I had just received a second complimentary highlights video, but not the one I ordered.

Several months later I finally received the ordered video accompanied by a very nice apologetic letter from a lady at the Gateshead Council. I wrote back thanking her for her trouble.

I then notified both Stan Perkins and Torsten Carlus of my success and thanked them for their efforts on my behalf.

Yours faithfully
Pamela Mews

The Preservation of Man

The horse and mule live thirty years
and nothing know of wines or beers.

The goat and sheep at twenty die
with never a taste of scotch or rye.

The cow drinks water by the ton
and at eighteen is mostly done.

The dog at sixteen cashes in
without the aid of rum or gin.

The cat in milk and water soaks
and in only twelve short years it croaks.

The modest, sober, bone dry hen
lays eggs for nogs and dies at ten.

All animals are strictly dry;
they sinless live and swiftly die;

But sinful, ginful, rum soaked men
survive for three score years and ten;

and some of us, the mighty few,
stay pickled til we're ninety two.



Colin,

I did some cleaning out recently and, of course, I threw out some things I should have kept. There is a story about a VET athlete that I read in a running magazine years ago and which I have told many times but I always forget the details of name place and time. When I searched for my old copy of the magazine to check these these details - it was among the things I'd disposed of in the cleanout.

I wonder if any VET knows these details - it's a good story.

The VET who won GOLD, SILVER & BRONZE in the one race.

As I recall the story: It was an overseas VET's World Championship Cross Country race. The course included a loop at the end. This male Australian VET came in so far ahead of the field that the officials decided he had missed the loop and sent him around again. So he came in third and was officially awarded the BRONZE medal. Then there was a protest, second against first, and first was disqualified moving our man up to second. so he received the SILVER medal. Some time after he returned to Australia he received a letter telling him that the locals had reviewed the running of this race and decided that he should not have been sent around the final loop again. There in the envelope was the GOLD medal!

Among the things I did not throw away was this bit of trivia from Greek mythology which some VETS may relate to.

EOS loved TITHONUS so much she begged ZEUS to give him eternal life but forgot to ask for youth and so TITHONUS suffered an eternity of decrepitude until the gods took pity on him.

Gordon Burrowes

Dear Colin,

A few lines - not written by me - that maybe some of our oldies can relate to:-

WRITING A LETTER

Just a line to say I'm living: that I'm not alone or dead,
Though I'm getting more forgetful and more mixed up in the head.
Sometimes I don't remember when I stand at the foot of the stair,
If I must go up for something, or have I just come down from there?
And before the fridge so often my mind is filled with doubt:
Did I put the food away? Or have I come to take some out?
There are times when it is dark with my nightcap on my head
I don't know if I'm retiring or just getting out of bed.
So, if it's my turn to write to you, there's no need getting sore;
I may think that I have written and don't want to be a bore.
So, remember, I do love you and wish that you were here,
And now it's nearly mail time so I must say, "Goodnight, Dear."
There I stood before the mailbox, with my face so very red;
Instead of mailing you my letter, I opened it instead!
My bifocals I can manage; my dentures fit just fine;
I can even turn my hearing up; but how I miss my mind!

Regards

Jack Stevens

Dear Dot,

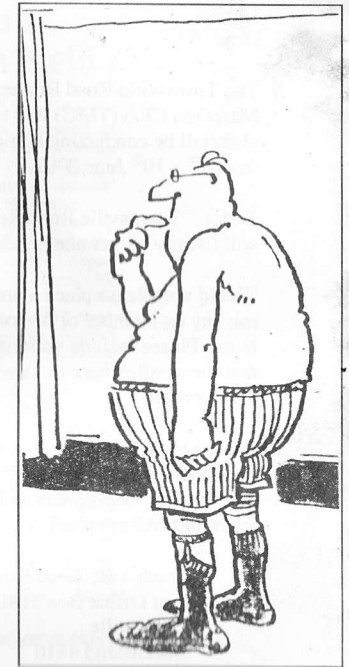
on Saturday 27th October, 2001 I was in Caulfield on the 10 KM championships. It was a perfect night for the runners and also the lapscoreers and helpers/visitors. I enjoyed myself very much to see and catch up with runners from different venues and noticed some new, younger members.

However, I cannot understand, that after 3½ hours of competition no decent supper could be supplied, which would be paid for by the club out of our members funds. This would be one way of returning something to the members. I do not expect the venue to undertake the task, as it always will fall onto the same people for no remuneration.

My suggestion would be, that the Victorian Veterans Athletic Club allocates a certain amount of money, say \$ 200 - \$ 300 to any venue which organises Victorian championships, or organises races/events for the Club (i.e. the Eric Greaves Memorial Run). It should be at the discretion of the venue concerned how to use the money, i.e. for in-house catering, or use an outside caterer.

Kind Regards,

(Louis Waser - Mentone Venue)



Dear *Mr. Dot*

The Townsville Road Runners Club (TRRs), formerly known as the Townsville Marathon Club (TMC) will turn thirty (30) years of age in 2002. To mark the event the club will be conducting a thirty years anniversary during the Queen's Birthday weekend from 7th - 10th June 2002.

Today, "Townsville Road Runners" is a vibrant club with over two hundred members and will usually attract one hundred runners along to weekly races from March to October.

Would you please place a notice in your own newsletter/publication or bulletin board and ask any ex-member or persons having any association with the TRRs/TMC club to write to us. Please include your name, address and phone number. Do we need to remind you that the weather here in Townsville at the time of the 30 years celebration should be just about perfect?

We are hoping to provide some billet accommodation to ex-members thus maximising the opportunity for socialising as well as assisting to reduce costs. So come on you old Townsville Roadrunners and Townsville Marathon Club members, don't delay, write a letter and address it to:

Townsville Road Runners 30th Anniversary Committee
Post Office Box 1840
Townsville
Queensland 4810

Yours Sincerely

Widge Rowden
Widge Rowden



Tribute: students Mary Ellicott and Nick Fraraccio with teacher Terry Dunn and the exhibit that is bound for Canberra.

21 LILYDALE YARRA VALLEY LEADER October 1, 2001

N13LE705

From local papers: **Terry Dunn**, page 6 bottom and page 7 top.
Frank McGuire, Andy Smith and Ralph Field below.

Cut out for fame

A LIFE-size cut-out of Mt Lilydale Mercy College teacher Terry Dunn for the Centenary of Federation's Peoplescape exhibition looks more like a tribute to sport than to one man.

Photos and drawings of football, cricket, badminton, weightlifting, netball, basketball and athletics adorn the cut out, each of them relevant to Mr Dunn's life.

Mr Dunn was nominated for the exhibition by Yarra Ranges councillor and former college student James Merlino.

"I nominated him because he is an institution in this area," Cr Merlino said.

"He has been sportsmaster at Mt Lilydale for years, and has been an active member of the community, helping a lot of people and sporting clubs."

In his years of sporting involvement, Mr Dunn, who has taught sport at the college for 30 years, has captained/coached Mt Evelyn Football Club, coached basketball and weightlifting at the school, was president of the Girls Netball Association, coached and umpired netball and football and played badminton in Kilsyth.

He has competed in three World Veterans Athletics Championships and plays veterans' cricket at Mt Evelyn.

"I'm thrilled to be nominated for the exhibition. You don't expect these sorts of things," Mr Dunn said.

The cut-out of Mr Dunn will be sent to Canberra and displayed at Parliament House alongside thousands of others.

■ Grades 5 and 6 students at Birmingham Primary School nominated 102-year-old Lilydale resident Leila Eales and Healesville's Ruby Resson for the exhibition. They finished decorating cut outs of the women last week, with the help of Mt Evelyn artist David Monks.

— GENEVIEVE DUNN

These Sporting Lives

A special Australian Sports Medal was struck in Year 2000 for outstanding contributions to sport, especially at the local level. Ann Coreoran presented medals to three Isaacs sportsmen.

Frank McGuire of Edithvale has had a long career in race walking, starting with the famous Collingwood Harriers Club in 1931. Now nearly 89 years of age, Frank still coaches a senior walkers group at Mentone Athletics Club.

Also at the Mentone Club, Ian Whittaker of Mordialloc has had a long record of success as an athlete, specialising in the triple jump, and as a coach, with his proteges in recent years including AFL footballer David Spriggs, golfer Geoff Ogilvy and 5 time gold medal paralympian athlete, Tim Sullivan.

William Duff of Bonbeach has had an outstanding career as an excellent Australian Rules Football player.

Above: Frank McGuire with his mates Andy Smith on the left and Ralph Field on the right



Grp	Event:	Name	Age	Hammer		Shot Put		Discus		Javelin		Weight		Total
				Distance	Points	Distance	Points	Distance	Points	Distance	Points	Distance	Points	
M30		Richard Bloch	33	30.78	363	9.23	440	32.54	515	42.85	484	6.48	258	2060
M60		Ken Readwin	60	46.97	937	9.80	685	34.48	635	19.61	316	16.12	946	3519
		Ken Priestley	63	39.22	756	9.33	646	30.33	542	28.60	522	14.81	858	3324
M65		Tom Hancock	65	42.99	954	11.62	947	42.52	932	42.04	942	15.02	953	4728
		George Knight	65	31.50	657	9.75	773	28.06	563	19.20	349	12.93	802	3144
		Wim van Weenen	69	40.87	899	9.50	750	32.33	670	27.54	561	15.48	986	3866
M70		Harry Wynhoven	71	35.53	754	9.09	709	29.15	674	20.96	445	14.46	877	3459
		Milton Ballantyne	72	30.42	624	10.29	820	25.67	577	23.14	506	11.26	656	3183
M80		Roy Foley	84	21.66	530	7.28	704	21.35	601	13.07	303	9.74	559	2697
M85		John Fraser	86	24.78	762	7.37	868	19.66	667	12.94	365	11.34	770	3432

Grp	Name	Age	Distance	Points	Distance	Points	Distance	Points	Distance	Points	Total
W30	Kelly Carvill	30	0	0	9.21	478	32	500	0	0	978
W35	Anna-Lisa Whittall	36	29.98	498	8.11	406	23.19	336	25.76	477	2244
W50	Judy Coram	51	30.88	631	9.42	626	23.58	498	20.9	484	3014
W55	Astrid Rose	57	30.4	701	8.31	635	21.64	521	16.42	423	2919
W65	Shirley McFarland	66	16.82	422	4.98	474	11.7	329	9.06	277	1922
W75	Gwen Davidson	78	20.89	721	6.22	863	15.88	646	10.75	470	3255

EVENT RESULTS

VVACI ROAD WALKS

10km walks for men, 1st September, 2001

M45	Ross Reid	50-15	M50	Tim Erickson	51-50
				Robin Wood	60-34
M55	Anthony Barrett	57-21	M65	Fred Brooks	65-32
	Ron Bilston	66-15		Ian Beaumont	79-59
M70	Gordon Gourlay	70-39			

3 mile "Lake Championships", 15th September, 2001

W45	Janet Holmes	28-59	W60	Sylvia Machin	30-03
				Aileen Love	31-11
W50	Celia Johnson	30-18		Marg Beaumont	34-04
	Christine Griffiths	38-14		Beverley Hugo	35-10
M40	Tony Doran	28-45	M45	Ross Reid	23-32
				Clyde Riddoch	25-40
M50	Tim Erickson	25-06	M55	Ron Bilston	30-10
	Geoff Barrow	28-12			
	Robin Wood	29-25	M60	Tony Johnson	25-51
	Alan Lucas	29-51			
M70	Gordon Gourlay	32-44	M65	Bob Gardiner	26-38
	Jim Machin	(37-46)			
M85	Andy Smith	45-15	M75	Allan Jones	42-18
				Frank Warren	(34-01)
				() = D.Q.	

Many thanks to Vic Road Walkers Club for their assistance and support, and to all who assisted with the conduct of the events. It is hoped that the 3 mile event will become a regular walk event for our club.

Peter McGrath



Vic Vets News and Results October 2001



VVACI 25km Road Race at Maribyrnong River Track, 9th September 2001

Conditions, cool and very windy.

In finishing order:

Place	Name	Time hr-min-sec	Age group	Place in age group
1	Colin Heywood	1-39-57	M45	1
2	Didier Martin	1-40-02	M40	1
3	Shaun Kemp	1-40-55	M35	1
4	Robert Dunning	1-42-50	M40	2
5	Peter Smart	1-47-39	M55	1
6	David Locke	1-48-30	M60	1
7	Bronwyn Hanns	1-50-32	W35	1
8	Neil Boyle	1-51-12	M45	2
9	Ken Senior	1-53-43	M55	2
10	Graham Philpott	1-54-27	M55	3
11	Juan Perez	2-01-32	M60	2
12	John Dean	2-02-00	M55	4
13	Ashley Page	2-03-39	M60	3
14	Sonya McLennan	2-05-19	W45	1
15	Bill Page	2-06-56	M70	1
16	Andrew Tunne	2-08-07	M40	3
17	Helen Stanley	2-08-40	W45	2
18	Vin O'Brien	2-08-43	M70	2
19	Kevin Chandler	2-09-39	M55	5
20	Stephen Barker	2-15-00	M55	6
21	Bob Lewis	2-15-18	M70	3
22	Jane Sturzaker	2-16-38	W45	3
23	Frank Furlan	2-17-35	M60	4
24	Rob Waters	2-17-44	M55	7
25	Boyd Yin	2-18-31	inv	

26	Dominic Morina	2-22-42	M60	5
27	Rex Young	2-22-58	M65	1
28	Peter McGrath	2-23-01	M60	6
29	Tony Martin	2-23-03	M70	4
30	Shirley Young	2-27-10	W70	1
31	Roland Brown	2-28-07	M60	7
32	Coral Monk	2-28-47	W50	1
33	Leo Jones	2-32-41	M60	8
34	Judy Wines	2-34-53	W60	1
35	Vern Gerlach	2-42-30	M75	1
36	Bryan Johnston	2-48-23	M65	2
37	Colin Miller	2-52-54	M55	8
38	Anne Callaghan	2-59-17	W60	2



VVACI MARATHON

in the Melbourne Marathon, Sunday, 14th October 2001.

Conditions were very wet and windy overnight and for the first part of the race. Improving as the day progressed.

VVACI members who were eligible for a medal if 1, 2 or 3 in their age group.

Overa Name	Time	Age	In group group
431 Thomas Boyd	3:34:43	M35	1
30 Didier Martin	2:49:00	M40	1
66 Robert Dunning	2:56:57	M40	2
133 Phil Kenington	3:09:51	M45	1
228 Neil Boyle	3:18:49	M45	2
425 Bruce Salisbury	3:33:58	M45	3
463 Graham Prossor	3:37:15	M45	4
490 Ross Martin	3:39:07	M45	5
833 Chris Brown	4:01:41	M45	6
935 Malcolm Bulafkin	4:11:28	M45	7
1073 Denis Thornton	4:26:43	M45	8
113 Peter Moore	3:05:37	M50	1
190 Ian Orr	3:15:09	M50	2
349 Jim Hopkins	3:28:25	M50	3
556 Peter Vince	3:44:01	M50	4
717 Vin Martin	3:54:54	M50	5
178 Peter Smart	3:14:15	M55	1
195 Graeme Hewitt	3:15:32	M55	2
201 Saul Bakaitis	3:16:20	M55	3
203 Graham Philpott	3:16:41	M55	4
321 Stan Belcher	3:26:52	M55	5
341 Bob Power	3:27:55	M55	6
597 Frank Rollard	3:47:00	M55	7
617 John Dean	3:48:42	M55	8
776 Ken Hough	3:57:59	M55	9
790 Stephen Barker	3:58:37	M55	10
1231 Brian Glover	4:57:42	M55	11
394 John Waite	3:31:51	M60	1
545 Ashley Page	3:43:13	M60	2
567 Juan Perez	3:44:46	M60	3
986 Peter McGrath	4:16:29	M60	4
1030 Bill Kyte	4:21:46	M60	5
1219 Roland Brown	4:52:32	M60	6
958 Mick Bridle	4:14:01	M65	1
1183 Ronald Leggett	4:44:39	M65	2
1204 John Howes	4:49:47	M65	3

Our masseur from Frankston venue and the throwers group, Sandra Howorth, donates two trophies for this event. They go to the first man and first woman over 42 years in the 42+km race. This year the winners are Didier Martin and Jane Sturzaker. Congratulations. And here is a plug for Sandra. Try her massage skills. Ring her on 0359 957 667.

What a remarkable run by Shirley Young! At age 71 to do 4:03:52. At first I thought it would have to be a world agegroup record. It certainly knocked a huge chunk off Shirley Brasher's Australian record of 4:32:08, done at Durban in 1997. But the world record is held by Pat Trickett of GBR in 3:48:14, done at Stone in 1993. Remarkable!

472 Bill Page	3:37:47	M70	1
1060 Antony Martin	4:25:44	M70	2
1262 Jack Gubbins	5:14:54	M70	3
1222 Vern Gerlach	4:52:58	M75	1
1264 Ken Matchett	5:14:59	M75	2
780 Kathryn Schlegel	3:58:09	W35	1
822 Sharon Grundy	4:01:09	W35	2
814 Helen VanDerNagel	4:00:24	W40	1
614 Jane Sturzaker	3:48:31	W45	1
721 Lynette Arnel	3:55:04	W45	2
831 Helen Stanley	4:01:33	W45	3
1238 Liz Feldman	4:59:58	W50	1
1185 Judy Wines	4:45:08	W60	1
855 Shirley Young	4:03:52	W70	1

Other Vic Vets who ran but did not enter the VVACI Marathon as they did not send the yellow entry form in to Colin Browne as notified in the last "News And Results". Some may have been medallists if they had done so.

130 Colin Heywood	3:09:23	M45
284 Robert Clutterbuck	3:23:50	M45
323 Terry Lia	3:26:58	M40
370 Ian Upton	0:146	M60
383 Brendan Phyland	0:1466	M40
438 Rod Bayley	0:1494	M55
526 John Hall	0:154	M50
562 Anna D'Albarto	3:44:28	W40
569 George Symons	3:44:56	M50
644 Neville Gardner	3:49:51	M55
698 Karl Fauvrelle	3:53:14	M60
798 Kevin Appleby	3:59:04	M40
1045 Tom Richardson	4:24:04	M45
1072 Stephen van Noote	4:26:42	M45
1135 Leo Jones	4:36:16	M60
1156 Peter Battrick	4:39:10	M55
1277 Paul Meredith	5:23:02	M40
1285 Roger Moodie	5:51:15	M50

...and there were others who either did not start or did not finish.



VVACI 10km TRACK RACE

at Duncan McKinnon, Saturday 27th October, 2001

It looked very unpromising at the start as we had had heavy showers, but in fact the rain held off and the conditions were perfect. Division 3 led off with the slower runners having first bite. Tony Johnson, who is not at all slow when he runs, or walks for that matter, had another engagement and streeed this field.

Adrian Vallance was not far behind. Smiling Jane Sturzaker, fresh from a very good Melbourne Marathon, again could not stop smiling as she ran very well. Dr Jock Cravana was in great form on the night. Sandra Howorth, more noted as a thrower, ran very well.

In the middle division, Shaun Kemp was a very strong performer, whilst Peter Bence and David Innes kept a tight group of leaders together for the 25 laps. In this event Theresa Baird had a remarkable run, knocking three minutes off the existing world's W60 record. Amazing!

In Division 1 we saw a match race between Martin Leggett and Bert Pelgrim going neck and neck lap after lap, Martin leading until the last and Bert winning by a second. There were many other excellent runs in this division, and it was pleasing to see some names in the list that we haven't noticed much before, names like Carl Leeworthy, Jeff Sharam and Ramon Plesier. To all who may have had their first taste of a medal run, welcome, and we hope you enter again often.

Venue	Points	Finishers
1 CAULFIELD	31	17
2 KNOX	23	9
3 SPRINGVALE/NP	16	8
4 E. BURWOOD	15	7
5 FRANKSTON	12	3
6 CROYDON	9	5
7 GEELONG	7	2
8 COLLINGWOOD	6	3
9 COBURG	4	1
10 ABERFELDIE	3	3
11 MENTONE	2	2
NON VENUE	11	5

**** 10KM VENUE CHAMPS ****

2001/2002 SEASON - VIC VETS 10KM TITLES AND INTERVENUE CHALLENGE
27/10/2001

CAULFIELD - DUNCAN MCKINNON TRACK

RESULTS IN OVERALL ORDER SHOWING AGE DIVISIONS AND PLACING

Overall Div Place	Age	Venue	Time	%	Age Grp+Pl.	Venue Points Scored
A 1	BERT PELGRIM	45 KNO	34m26.5	83.9%	M45 1 4	
A 2	MARTIN LEGGETT	44 FRA	34m27.6	83.2%	M40 1 4	
A 3	CARL LEEWORTHY	33 FRA	34m58.4	77.1%	M30 1 4	
A 4	PETER MAY	40 EB	36m13.7	76.9%	M40 2 3	
A 5	PAUL TWINING	51 KNO	36m25.6	83.1%	M50 1 4	
A 6	JEFF BOOT	45 CAU	36m33.7	79.0%	M45 2 3	
A 7	JEFF WALKER	54 GEE	36m38.9	84.7%	M50 2 3	
A 8	JEFF SHARAM	42 CIT	36m46.7	76.8%	M40 3 2	
A 9	RAMON PLESIER	31 CIT	36m48.0	73.3%	M30 2 3	
A 10	GARY STEWART	56 KNO	37m15.9	84.7%	M55 1 4	
A 11	JOHN NEWSOM	49 SPR	37m38.7	79.1%	M45 3 2	
B 12	SHAUN KEMP	39 SPR	37m50.5	73.1%	M35 1 4	
B 13	PETER BENCE	52 CAU	37m58.3	80.4%	M50 3 2	
B 14	DAVID INNES	50 PRO	38m00.7	79.0%	M50 4 1	
A 15	CHRIS CALAMATTA	48 KNO	38m13.9	77.3%	M45 4 1	
A 16	PETER WEEKES	47 MEN	38m16.5	76.6%	M45 5 1	
B 17	KEN SENIOR	55 COL	38m37.7	81.0%	M55 2 3	
A 18	KEN BOOCOCK	43 SPR	38m38.0	73.7%	M40 4 1	
B 19	JOHN DRISCOLL	40 ABE	38m44.6	71.9%	M40 5 1	
B 20	WESTLY WINDSOR	57 COL	38m47.8	82.1%	M55 3 2	
B 21	PETER SMART	56 MEN	38m49.9	81.3%	M55 4 1	
B 22	THERESIA BAIRD	60 SPR	39m21.1	95.5%	W60 1 4	
B 23	SAM DEFANIS	53 EB	39m28.2	78.0%	M50 5 1	
B 24	PETER FIELD	43 CAU	39m30.8	72.0%	M40 6 1	
B 25	GRAHAM PHILPOTT	58 EB	39m48.5	80.7%	M55 5 1	
B 26	ANDREW EDWARDS	48 CAU	39m52.4	74.1%	M45 6 1	
B 27	ROSS MARTIN	49 CAU	40m08.9	74.2%	M45 7 1	
B 28	DAVID LOCKE	60 CIT	40m10.6	81.5%	M60 1 4	
B 29	JIM PETERSON	43 CAU	40m33.1	70.2%	M40 7 1	
B 30	LAVINIA PETRIE	58 KNO	40m58.5	89.8%	W55 1 4	
B 31	MIKE BOURKE	47 COL	41m10.1	71.2%	M45 8 1	
B 32	MIKE McAVOY	67 GEE	41m11.1	85.4%	M65 1 4	
B 33	GLENN CLAUDEN	47 KNO	41m22.5	70.9%	M45 9 1	
B 34	ANDREW TUNNE	43 CRO	41m29.4	68.6%	M40 8 1	
B 35	GEORGE CHRISTODOULOU	61 CAU	41m30.5	79.6%	M60 2 3	
B 36	GRAHAM PROSSOR	47 CAU	41m45.0	70.2%	M45 10 1	
B 37	MICK CARR	48 KNO	41m45.7	70.8%	M45 11 1	
C 38	TONY JOHNSON	61 SPR	42m09.0	70.4%	M60 3 2	
B 39	FRANK ROLLARD	57 ABE	42m16.7	75.3%	M55 6 1	
B 40	JUAN PEREZ	62 SPR	42m37.4	78.3%	M60 4 1	
B 41	BOB HAYES	63 EB	43m49.3	77.0%	M60 5 1	
B 42	ROB WATERS	56 ABE	44m24.5	71.1%	M55 7 1	
C 43	ADRIAN VALLANCE	49 CIT	44m30.8	66.9%	M45 12 1	
C 44	ANDY CALLOW	50 CRO	45m59.6	65.3%	M50 6 1	
C 45	BOB LEWIS	73 EB	46m08.9	82.0%	M70 1 4	
C 46	VIN O'BRIEN	73 EB	46m30.1	81.4%	M70 2 3	
C 47	MICHAEL O'BRIEN	46 CAU	46m52.9	62.1%	M45 13 1	
C 48	KEN HOUGH	56 SPR	47m29.0	66.5%	M55 8 1	
C 49	JOCK CRAVANA	63 KNO	47m31.0	71.0%	M60 6 1	
C 50	JANE STURZAKER	48 CAU	48m23.6	69.0%	W45 1 4	
C 51	BARBARA DALGLIESH	65 COB	48m58.0	81.4%	W65 1 4	

C 52	PETER LE GET	67 KNO	48m59.0	71.8%	M65 2 3	
C 53	NORM CAMERON	57 CRO	50m36.0	62.9%	M55 9 1	
C 54	GABRIEL BARKER	33 CAU	50m37.0	59.1%	W30 1 4	
C 55	PETER BATTRICK	58 CAU	51m51.9	62.0%	M55 10 1	
C 56	ROLAND BROWN	60 SPR	52m43.0	62.1%	M60 7 1	
C 57	SANDRA HOWARTH	38 FRA	53m31.1	57.3%	W35 1 4	
C 58	PAUL MEREDITH	40 CAU	54m00.0	51.6%	M40 9 1	
C 59	JUDY WINES	63 CAU	54m19.4	71.6%	W60 2 3	
C 60	PETER MCGRATH	62 CAU	54m26.5	61.3%	M60 8 1	
C 61	COLIN MILLER	59 CAU	55m50.5	58.1%	M55 11 1	
C 62	GERRY CLARKE	65 EB	55m59.0	61.5%	M65 3 2	
C 63	ANNE CALLAGHAN	64 CRO	58m37.0	67.2%	W60 3 2	
C 64	CORRIE DEGROOT	73 CRO	58m39.8	75.9%	W70 1 4	
C 65	BEN MORREY	73 CAU	59m11.6	63.9%	M70 3 2	

(90 ENTRIES - 65 STARTERS)



Kevin McGrath, Caulfield venue manager, presents Jane Sturzaker with her gold medal for the W45 10km.

GOLD COAST MARATHON

Ken Matchett – Croydon Venue

Australia's most popular marathon was run on Sunday 24 June 2001 for the 23rd time. Also offered were a Half Marathon, 10 km run and a 10km walk. During the last few years this marathon has had a shaky start and even this year there were some doubts expressed as to whether it would get off the ground. (It was rescued last year by Ron Clark, before being taken over last January by Queensland Events.) This year the event was managed by the same team that was responsible for the 1994 World Masters Games, the Asia-Pacific Masters Games and the World Veteran Athletics Championships. It had many sponsors including Asics, the Queensland Government and the Gold Coast City Council.

The marathon course is flat and fast, the run starting at the Sports Super Centre at Runaway Bay, heading north for about 5 km to Paradise Point and then heading back south to Broadbeach. The return run passes through Surfers Paradise, Main Beach and Southport. For a considerable part of the course runners have a great view of the beach from Surfers Paradise, Marine Parade, Southport Bridge and Main Beach.

In order to achieve timing accuracy a championship chip (used each year since 1996) is loaned to each competitor until the finish line, when it is exchanged for a finisher's medal and finisher's T-shirt.

The entry form was particularly attractive and well-designed, entry fee for the marathon being a reasonable \$55, (\$44 for the Half Marathon and \$33 for the 10 km events). Age categories followed the Veterans' system of 5 year age divisions.

Upon receipt of the entry form by the organizers, each competitor was forwarded a comprehensive Race Guide complete with a set of maps showing the various routes, and details of the Asics sport and leisure expo.

Runners' requirements were well catered for. There were 17 Aid Stations and, for the marathon, 8 Refreshment Stations along the course, located approximately every 5 km, in addition to another 7 Water Stations. This year's marathoners were given the opportunity of arranging to have their own drinks accessible to them every 5 km of the course. Table arrangements for runners' drinks, official electrolyte drinks and water were very well done, and did much to obviate the usual crowding experienced at many marathons.

Although provisional results of the race were displayed on notice boards in the Expo pavilion these were also published in full in the following Tuesday's edition of the *Gold Coast Bulletin*. All finishers were posted a very fine quality Race Results booklet and a finisher's certificate.

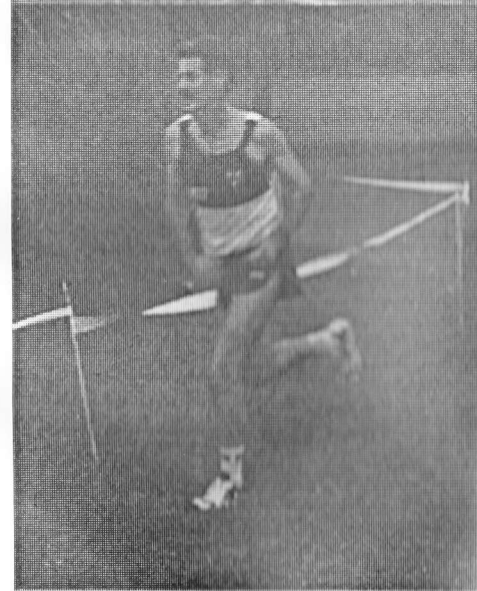
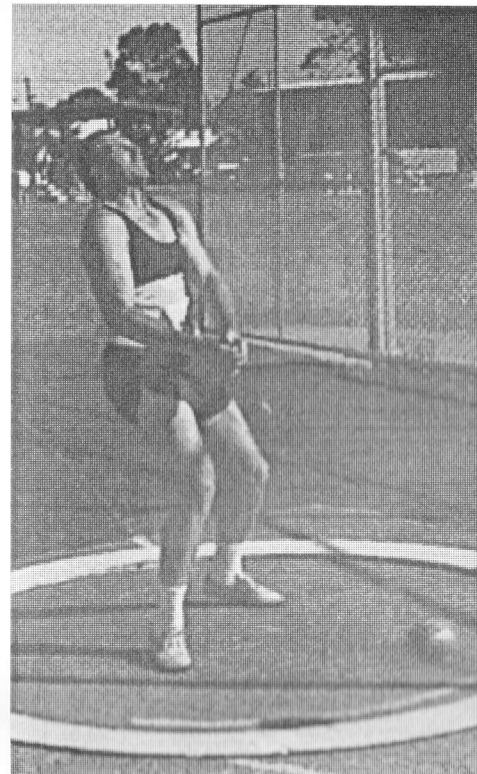
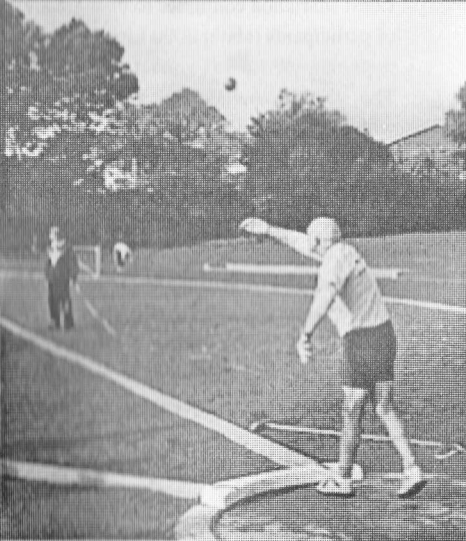
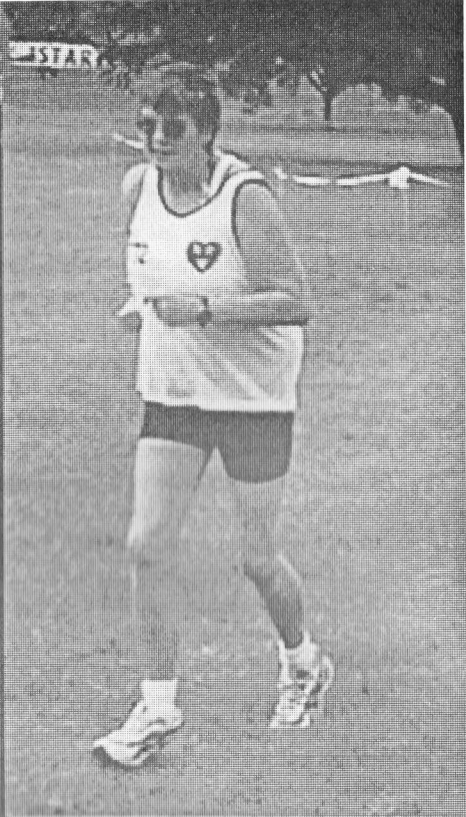
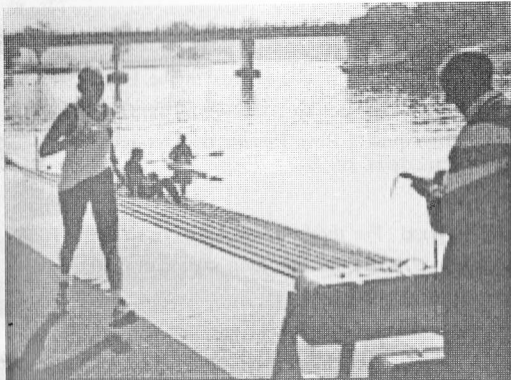
Conditions for the race this year were particularly good. For the first four hours or so the sky was overcast and there was only a gentle breeze. Since the marathon started at 6.50 a.m. both the temperature and humidity were comfortably low.

Race organisation was of a high standard, in particular the printed brochures dealing with race entry, race guide and race results. Race supervision and the role of both police and course volunteers were carried out excellently. Although shuttle bus arrangements to Runaway Bay and return were provided for a reasonable charge, there were many complaints about the lateness of buses getting runners to the starting point. I, like several others, ended up sharing a taxi. If I remember correctly there were similar problems last year with return bus arrangements. The Race Committee could also give some thought to the inclusion of a pasta party (conducted a few years ago at Sea World, which was highly successful), and perhaps a celebratory evening meal.

Many of us would love to see the race begin and finish at Southport, the original venue, rather than the more distant Runaway Bay, despite the facilities of the latter. These are also the thoughts of Dusty Lewis, the originator of the race and director for 22 years. The race this year was conducted by Dave Cundy, who most marathoners know as the brains behind the prestigious Canberra Marathon. But apart from these suggestions the Gold Coast Marathon continues to be a great event, as evidenced by the increase in the number of participants (about 8000 for all events).

This year's marathon was won by New Zealander Phil Costley (last year's runner-up) with a time of 2:13:38 over Woyecha of Kenya and Dale Warrander of NZ. First woman to finish in a time of 2:35:40 was Japan's dual Olympic medallist Yuko Arimori, who was the undisputed star of the elite field of runners. Before the race Arimori pledged, if successful, to donate her \$10,000 winner's cheque to a charity that helps Cambodian children injured by land mines. The first veteran over the finish line was Yoshihisa Hosaka (M50-M54 category) in the remarkable time of 2:35:37.

The Gold Coast Marathon offers a splendid opportunity not only to participate in this popular race but to enjoy the pleasant climate of the Sunshine State during the winter months. Next year's event is scheduled for Sunday July 7, 2002.



A Year's Events: Who can you name, and where did we hold these events?

VICTORIAN VETERANS' ATHLETIC CLUB INC.							
Club Records as at 21 June 2001							
* Australian Veterans Record/Best			# World Veterans Record/Best				
<i>Italics indicates record set when not a financial member.</i>							
MEN			WOMEN				
**N.B. Records for running, steeple, hurdles and the shorter walks were published in August "News and Results"							
10k ROAD WALK (BEST ON RECORD)			10k ROAD WALK (BEST ON RECORD)				
M30	*David Smith	38.20.9	15-Sep-85	W30	Annette Major	54.08	31-Mar-97
M35	Mark Donahoo	43.45	9-Apr-94	W35	Lorraine Jachno	45.25	19-May-91
M40	*Mark Donahoo	43.47.9	26-Jun-99	W40	Heather McDonald	50.51	1-Jul-89
M45	George Paton	48.27	11-Nov-87	W45	*Heather McDonald	49.37	16-Jun-90
M50	Andrew Jamieson	45.41	26-Jun-99	W50	Heather Carr	50.35	4-Jun-95
	*Willi Sawall	44.10.1	5-Jan-92				
M55	*Murray Dickinson	48.54	27-Mar-94	W55	*Gwen Steed	57.59	25-Jul-98
M60	*Murray Dickinson	49.35	29-Aug-98	W60	*Brenda Riley	57.13	24-Apr-00
M65	*R.H.Jones	55.23.4	?	W65	*Betty Newman	62.24	1-Apr-90
M70	#Tom Daintry	54.17	9-May-81	W70	*Jean Albury	62.31	24-Apr-00
M75	*Tom Daintry	64.39	22-Jul-90	W75	*Nance Jeffreys	74.48	1-Nov-87
M80	*Tom Daintry	64.23	25-Apr-93	W80	*Nance Jeffreys	77.32	1-Oct-89
M85	*George Knott	88.29	31-Mar-97	W85	#Nance Jeffreys	92.41	8-Oct-95
M90	#Gus Theobald	77.52	22-Jan-90				
20k ROAD WALK (BEST ON RECORD)			20k ROAD WALK (BEST ON RECORD)				
M30	*David Smith	1.19.22	19-Jul-87	W30	Sue Cook	1.41.13	14-Jul-80
M35	#Willi Sawall	1.24.04.3	23-Mar-80	W35			
M40	#Willi Sawall	1.21.36	4-Jul-82	W40	#Heather McDonald	1.42.22	24-Sep-93
M45	#Willi Sawall	1.25.03	27-Aug-88	W45	*Kathy Woodward	1.48.01	8-May-94
M50	*Andrew Jamieson	1.34.38	18-Jul-99	W50	Celia Johnson	1.53.05	16-Aug-98
M55	Murray Dickinson	1.39.43	24-Sep-93	W55	*Penny Hall	2.08.51	1-Sep-96
	#Willi Sawall	1.36.25	25-May-97				
M60	*Murray Dickinson	1.43.32	8-May-99				
M65	#Tom Daintry	1.51.18	13-Jan-81				
M70	*Tom Daintry	2.00.16	8-Apr-85				
M75	*Tom Daintry	1.59.20	22-Jun-86				
M80	*Gus Theobald	2.11.54.4	13-Aug-77				
M85	#Gus Theobald	2.26.07	21-Aug-82				
M90	#Gus Theobald	2.34.01	21-Apr-87				
HIGH JUMP			HIGH JUMP				
M30	*Terry Baldwin	1.90	2-Apr-94	W30	Glenis Johnson	1.47	1-Apr-90
M35	Brendan Leane	1.90	?	W35	Salli Ann Lee	1.55	5-Apr-92
M40	*Graeme Morrish	1.95	10-Apr-82	W40	Rosemary Wilson	1.45	19-Mar-94
M45	Julien Cosmos	1.70	14-Mar-82	W45	Chris Battersby	1.42	1-Jul-89
M50	Tom Hancock	1.61	1-Nov-87	W50	Chris Battersby	1.35	19-Mar-94
M55	Tom Hancock	1.60	23-Nov-91	W55	Barbara Brooks	1.05	1-Mar-90
M60	*Tom Hancock	1.54	?	W60	Bettina Woodburn	1.19	23-Mar-85
M65	Harry Logan	1.45	11-Dec-82	W65	*Gwen Davidson	1.22	1-Dec-87
	Gordon Gourlay	1.45	15-Oct-94	W70	*Gwen Davidson	1.16	10-Apr-93
M70	Gordon Gourlay	1.38	14-Apr-01	W75	#Gwen Davidson	1.12	1-Sep-99
M75	Werner Widera	1.15	28-Mar-98				
M80	Andy Smith	1.00	29-Apr-95				
M85	Vic Younger	1.00	31-Mar-01				

LONG JUMP				LONG JUMP			
M30	Terry Baldwin	6.48	19-Mar-94	W30	Glenis Johnson	5.55	10-Dec-88
	Roger Groppi	6.48	25-Mar-95				
	*Gary Honey	7.87	11-Nov-89	W35	Glenis Johnson	5.43	13-Feb-93
M35	*Russell Sarah	6.82	19-Mar-83	W40	Sue Haylock	4.76	19-Mar-94
M40	Russell Sarah	6.51	29-Mar-86	W45	Chris Battersby	4.76	1-Apr-89
M45	Graeme Noden	5.97	8-Dec-84	W50	Chris Battersby	4.39	8-Apr-95
M50	Graeme Noden	5.73	22-Nov-90	W55	Nyala Miller	4.01	1-Apr-90
M55	Graeme Noden	5.66	14-Dec-96	W60	*Bettina Woodburn	4.03	1-Apr-85
M60	Graeme Noden	5.21	8-Apr-00	W65	Gwen Davidson	3.62	1-Apr-90
M65	*Mike Johnston	4.92	1-Jul-89	W70	*Gwen Davidson	3.51	7-Mar-93
M70	*Mike Johnston	4.75	16-Oct-91	W75	*Gwen Davidson	2.79	28-Mar-98
M75	Stan Stankovic	3.96	8-Apr-00				
M80	Harry Gathercole	2.96	16-Oct-91				
M85	Vic Younger	2.59	4-Mar-01				
POLE VAULT				POLE VAULT			
M30	Terry Baldwin	3.65	?	W30	*Glenis Johnson	2.70	27-Oct-90
	Don Baird	5.36	9-Jun-83				
M35	Wayne Garth	4.05	1-Apr-88	W35	*Dawn Hartigan	3.00	9-Nov-96
	Andrew Stewart	4.65	12-Jan-91				
M40	Robert Huddle	4.00	8-Oct-95	W40	#Dawn Hartigan	3.45	20-Nov-99
M45	*Ken Priestley	3.92	26-Jan-85				
M50	Ken Priestley	3.58	19-Mar-89				
M55	*Rob Barclay	3.45	1-Oct-94				
M60	*Rob Barclay	3.30	14-Nov-98				
M65	Werner Widera	2.46	29-Mar-91				
M70	Werner Widera	2.33	9-Apr-93				
M75	*Werner Widera	2.16	29-Mar-98				
TRIPLE JUMP				TRIPLE JUMP			
M30	*Roger Groppi	13.10	30-Mar-97	W30	*Glenis Johnson	10.83	22-Mar-92
	Bohdan Babiczuk	14.83	20-Mar-83				
M35	*Russell Sarah	14.63	4-Apr-81	W35	Glenis Johnson	10.75	14-Feb-93
M40	*Russell Sarah	14.14	24-Jan-87	W40	Sue Haylock	10.20	1-Oct-94
M45	Russell Sarah	12.60	21-Mar-93	W45	Chris Battersby	9.71	1-Apr-89
M50	Russell Sarah	12.35	16-Mar-97	W50	Chris Battersby	8.57	20-Mar-94
M55	Jim Poulter	10.74	16-Mar-97	W55	Christine Dickie	8.28	26-Mar-95
M60	Cliff West	10.63	4-Apr-81	W60	Bettina Woodburn	7.02	31-May-87
M65	Harry Logan	10.16	19-Jan-83	W65	Gwen Davidson	7.95	1-Apr-92
	Mike Johnston	10.16	5-Apr-87	W70	*Gwen Davidson	7.46	21-Mar-93
M70	Mike Johnston	9.46	11-Apr-93	W75	Gwen Davidson	6.29	29-Mar-98
M75	Stan Stankovic	7.13	5-Apr-99				
M80	Andy Smith	5.65	26-Mar-95				
M85	Vic Younger	5.1	1-Apr-01				
SHOT PUT				SHOT PUT			
	(7.26 kg)				(4 kg)		
M30	Angelo Pagano	14.47	15-Feb-98	W30	Chris Schultz	15.71	18-Mar-84
	*John McNamara	18.15	11-Dec-93		*Gael Martin	18.52	28-Mar-87
M35	Angelo Pagano	14.59	6-Feb-99	W35	*Chris Schultz	15.41	5-Dec-87
	Ray Rigby	15.72	12-Dec-87				
M40	Sal Ungars	14.15	14-Mar-82	W40	*Chris Schultz	14.36	24-Mar-91
M45	Geoff Tyler	13.88	27-Jan-94	W45	*Chris Schultz	13.18	15-Feb-98
	(6 kg)				(3 kg)		
M50	Graeme Rose	13.91	6-Oct-97	W50	*Chris Schultz	13.62	11-Mar-01
M55	Graeme Rose	13.23	1-Aug-99	W55	Rhondra Dundas	10.35	28-Mar-00
	(5 kg)				(3 kg)		

M60	Aivars Pavulins	12.83	1-Nov-87	W60	Lydia Widera	8.70	1-Apr-90
M65	*Aivars Pavulins	13.02	1-Jul-89	W65	Lydia Widera	8.63	2-Feb-91
	(4 kg)		8-Nov-97		(3 kg)		
M70	Rudi Hochreiter	12.82	5-Apr-92	W70	*Lydia Widera	7.60	17-Mar-96
M75	Aivars Pavulins	10.25	17-Jan-00	W75	*Gwen Davidson	6.81	23-Aug-98
M80	*John Fraser	9.31	12-Mar-95				
M85	*John Fraser	7.94	2-Jul-00				
DISCUS				DISCUS			
	(2 kg)				(1 kg)		
M30	Roger Groppi	39.08	23-Mar-96	W30	Chris Schultz	50.04	30-Jan-85
	*Vlad Slavnic	60.72	4-Feb-89		Gael Martin	58.24	14-Mar-87
M35	Graeme Young	45.76	3-Jun-09	W35	*Chris Schultz	48.90	14-Jan-89
	Rod Guy	46.56	22-Feb-81				
M40	Geoff Tyler	48.14	16-Jan-93	W40	*Chris Schultz	48.52	18-Jul-91
M45	*Geoff Tyler	49.08	13-Mar-94	W45	*Chris Schultz	44.38	9-Jan-99
	(1.5 kg)				(1 kg)		
M50	Graeme Rose	44.80	16-Jul-95	W50	*Chris Schultz	40.91	13-Jan-01
M55	Graeme Rose	42.65	30-Jan-99	W55	Isabella Deneefe	32.34	19-Mar-89
	(1 kg)				(1 kg)		
M60	Tom Hancock	46.10	22-Mar-98	W60	Lydia Widera	25.62	1-Apr-90
M65	Rudi Hochreiter	42.76	1-Apr-92	W65	Lydia Widera	25.72	14-Mar-93
M70	Rudi Hochreiter	40.14	6-Dec-97	W70	*Lydia Widera	22.10	23-Mar-96
M75	*Roy Foley	35.50	1-Apr-92	W75	*Gwen Davidson	18.99	4-Apr-99
M80	John Fraser	25.70	2-Jul-95				
M85	*John Fraser	21.73	12-Dec-99				
HAMMER				HAMMER			
	(7.26 kg)				(4 kg)		
M30	Michael Fawkner	33.92	14-Mar-93	W30	Kath Newman	46.01	24-Oct-98
	*Hans Lotz	71.24	20-Feb-82		*Pam Matthews	49.9	4-Feb-93
M35	*Hans Lotz	67.92	8-Mar-87	W35	*Pam Matthews	48.14	3-Dec-94
	*Hans Lotz	73.8	25-Apr-83				
M40	*Hans Lotz	66.94	5-Dec-87	W40	Chris Schultz	41.56	2-Mar-91
M45	*Hans Lotz	59.62	16-Jan-94	W45	Chris Schultz	37.44	2-Nov-96
	(6 kg)				(3 kg)		
M50	*Hans Lotz	60.39	28-Mar-98	W50	Jan Davies	48.66	5-Apr-96
M55	*Ken Readwin	49.34	6-Apr-96	W55	*Jan Davies	46.90	2-Nov-96
	(5 kg)				(3 kg)		
M60	*Wim Van Weenen	50.62	17-Dec-94	W60	Val Worrell	32.67	26-Jul-98
M65	*Wim Van Weenen	50.38	15-Feb-97	W65	*Lydia Widera	33.00	16-Mar-91
	(4 kg)				(3 kg)		
M70	#Roy Foley	47.84	5-Apr-87	W70	*Lydia Widera	28.36	23-Mar-96
M75	#Roy Foley	43.10	5-Apr-92	W75	#Gwen Davidson	23.82	23-Aug-98
M80	#John Fraser	37.18	23-Mar-96				
M85	#John Fraser	27.51	12-Dec-99				
JAVELIN				JAVELIN			
	(800 g)				(600 g)		
M30	Terry Baldwin	48.52	3-Apr-94	W30	Chris Schultz	40.50	18-Mar-84
	*Robert Lethbridge	67.32	13-Feb-88		*Petra Rivers	64.18	19-Mar-83
M35	Manfred Rohkamper	60.70	1-Apr-90	W35	Chris Schultz	39.08	16-Mar-86
	*Manfred Rohkamper	69.32	26-Oct-89				
M40	Graeme Rose	55.48	29-Mar-87	W40	Chris Schultz	37.32	7-Oct-95
M45	Graeme Rose	54.82	16-Oct-91	W45	Chris Schultz	32.12	5-Apr-96
	(700 g from 2000)				(600 g from 2000)		
M50	Andrew Farr	53.2	17-Jun-01	W50	Chris Battersby	28.94	30-Mar-97
M55	*Graeme Rose	50.38	13-Apr-01	W55	Chris Battersby	24.53	21-Mar-99
	(600 g)				(400 g)		
M60	Tom Hancock	43.46	30-Mar-97	W60	Bettina Woodburn	24.24	1-Apr-87
M65	*Aivars Pavulins	45.00	1-Jul-89	W65	Bettina Woodburn	22.08	16-Mar-91

	(500g from 2000)				(400g)		
M70	*Rudi Hochreiter	37.00	21-Jul-00	W70	*Lydia Widera	19.36	30-Mar-97
M75	*Aivars Pavulins	29.97	18-Jan-00	W75	Gwen Davidson	14.82	2-Apr-99
	(400g from 2000)						
M80	Harry Gathercole	18.18	1-Nov-87				
M85	Vic Younger	18.40	11-Mar-01				
HEAVY HAMMER				HEAVY HAMMER			
	(15.88 kg)				(9.072 kg)		
M30	Mike Fawkner	10.49	14-Mar-93	W30	Sharon Clayton	11.57	5-May-96
M35	*Roger Glass	13.92	27-Mar-88	W35	*Christine Schultz	12.79	1-Apr-87
M40	*Hans Lotz	16.60	1-Apr-92	W40	*Christine Schultz	12.44	1-Oct-94
M45	*Hans Lotz	15.70	2-Apr-95	W45	*Christine Schultz	13.57	29-Mar-97
	(11.34 kg)				(7.258 kg)		
M50	*Hans Lotz	19.71	29-Mar-98	W50	Jan Davies	14.77	5-Apr-96
M55	*Graeme Rose	17.84	21-Mar-99	W55	Jan Davies	14.58	20-Mar-99
	(9.072 kg)				(5.449 kg)		
M60	*Willem Van Weenan	17.65	5-May-96	W60	Val Worrell	12.49	1-Oct-97
M65	*Willem Van Weenan	18.57	29-Mar-97	W65	Val Worrell	11.47	15-Apr-01
	(7.258 kg)						
M70	*Roy Foley	17.24	1-Dec-87		(5.449 kg)		
M75	*Roy Foley	14.81	?	W70	*Gwen Davidson	10.10	2-Oct-94
	(5.449 kg)			W75	*Gwen Davidson	10.30	28-Mar-98
M80	*John Fraser	15.10	8-Oct-95				
M85	*John Fraser	12.99	8-Apr-00				
WEIGHT PENTATHLON (1996 Tables)				WEIGHT PENTATHLON (1996 Tables)			
M30	Terry Baldwin	2,243	2 Apr 96	W30	*Kelly Carvill	2,892	11-Mar-01
M35	Roger Glass	2,838	27 Mar 88	W35	*Christine Schultz	3,895	7-Dec-87
M40	*Hans Lotz	3,650	11 Apr 92	W40	*Christine Schultz	4,071	24-Feb-91
M45	*Rod Guy	3,788	11 May 91	W45	*Christine Schultz	4,492	26-Jul-97
M50	*Graeme Rose	4,366	22-Jul-95	W50	Christine Schultz	4,003	11-Mar-01
M55	*Graeme Rose	4,582	4-Jul-99	W55	Jan Davies	4,150	5-Apr-99
M60	*Tom Hancock	4,370	22-Mar-98	W60	Val Worrell	3,546	26-Jul-98
M65	*Willem Van Weenan	4,527	1997	W65	Lydia Widera	4,147	14-Mar-93
M70	Aivars Pavulins	4,251	8-Jan-95	W70	*Lydia Widera	4,120	17-Mar-96
M75	*Roy Foley	4,331	11-Apr-92	W75	*Gwen Davidson	4,041	23-Aug-98
M80	*John Fraser	3,516	1995				
M85	*John Fraser	3,727	12-Dec-99				
PENTATHLON (w/Discus)		AAVAC Scoring		PENTATHLON (w/Discus)		AAVAC Scoring	
		IAAF Scoring below				IAAF Scoring below	
M30	*Terry Baldwin	3,808h	3 Mar 96	W30	*Jennifer Baldwin	3,260h	8-Apr-96
		3,121				2,870	
M35	#Terry Baldwin	4,090h	1 Mar 98	W35	Jennifer Baldwin		
		3,586				2,711	15-Apr-01
M40	Ray Mooney	3,400e	3 Dec 87	W40	Chris Battersby	2,955h	19-Mar-88
		3,309				2,826	
M45	David Sheehan	3,314e	12 Apr 93	W45	Chris Battersby	3,628h	15-Oct-91
		3,217				3,615	
M50	Rudi Hochreiter	3,881h	8 Aug 77	W50	Chris Battersby		
		3,592				3,505	1-Apr-94
M55	Rudi Hochreiter	4,016h	1 Jun 85	W55	Margaret Dunbar	2,680e	12-Apr-93
		3,767				2,848	
M60	#Rudi Hochreiter	4,471e	3 Dec 87	W60	Bettina Woodburn	2,610h	21-Apr-87
		4,091				2,626	
M65	*Rudi Hochreiter	4,602e	28-Mar-92	W65	Lydia Widera	3,528h	1-Mar-91
		4,035				3,462	
M70	*Mike Johnston	4,651h	15 Oct 91	W70	*Gwen Davidson	2,798h	7-Mar-93
		3,987				3,314	

M75	Stan Stankovic	3,321h	7-Mar-99						
		2,952							
M80	Harry Gathercole	2,360h	1-Oct-91						
M85	Vic Younger								
		1,724	4 Mar 01						
PENTATHLON (w/ShotPut)		WAVA/IAAF		PENTATHLON (w/ShotPut)		WAVA/IAAF			
M30	*David Lynch	3,029	4 Apr 99	W30	*Jennifer Baldwin	2,687	13-Apr-98		
M35	Russell West	2,100	31-Mar-97	W35	Cathy Orelli	1,965	31-Mar-97		
M40	John Creek	3,062	4-Apr-99	W40					
M45	Tom Gerrard	2,810	31-Mar-97	W45	Kathy Heagney	2,740	1-Oct-98		
M50	Peter Young	2,491	31-Mar-97	W50	Chris Battersby	3,017	31-Mar-97		
M55	Graeme Noden	3,221	28-Oct-97	W55					
M60	Graeme Noden	3,439	13-Apr-98	W60					
M65	Alex Harris	2,982	31-Mar-97						
M70	*Stan Stankovic	3,075	31-Mar-97						
M75	Stan Stankovic	2,233	4-Apr-99						
M80	Andy Smith	1,315	31-Mar-97						
DECATHLON		WAVA/IAAF		HEPTATHLON		WAVA/IAAF			
M30	Terry Baldwin	6,387	22-Dec-96	W30	Jennifer Baldwin	3,475e	21-Jan-98		
	*Chris Bradshaw	7,064e	9 Mar 93		*Carolyn Fox	4,448	20-Dec-98		
M35	*Peter Urban	6,336	10-Jan-88						
M40	*Clyde Riddoch	4,599e	14-Jul-95	W45	*Chris Battersby	5,211e	28-Jul-89		
M45	John Neale	4,086e	27-Jan-01	W50	Gloria Seymon	3,794e	18-Jul-91		
M50	Terry Dunn	5,119e	28-Jul-89	W65	*Gwen Davidson	4,690e	28-Jul-89		
M60	*Rudi Hochreiter	7,437e	27-Jul-89						
M65	Norm Keith	3,916e	14-Jul-95						
Note: - For Pentathlon, Decathlon and Heptathlon scores, "h" & "e" denotes hand & electronic timing respectively.									
- For other events, a second decimal place indicates electronic timing to 1/100 of a second.									
Prepared by the Victorian Records Officer, Clyde Riddoch, 1/104 Coventry Street, Southbank Vic 3006.									
Tel: 03 9690 2903 (H), 03 8371 6387 (B), Fax: 03 9204 5354, Email: clyde.riddoch@auspost.com.au									
Full details of World, Australian and Victorian records are available electronically on request from Clyde.									

NEW VICTORIAN, NEW AUSTRALIAN & PENDING WORLD RECORDS

Age	Event	Name	State	Performance	%Std	Date	Location
Pending World Records:							
	W40 Heptathlon	Marie Kay	NSW	5,995 pts	76%	4/5-7-01	Brisbane
	W60 400	Anne Stobaus	VIC	67.30s	91%	10-7-01	Brisbane
	W50 Weight Pent	Chris Schultz	VIC	4,455 pts	75%	13-7-01	Brisbane
	M55 20k Track Walk	Andrew Jamieson	VIC	95m 12.7s	96%	18-8-01	Coburg, Vic
	W60 10k	Theresia Baird	VIC	39m 21.1s	96%	27-10-01	Murrumbidgee
Australian Records:							
	W55 Weight Pent	Mary Thomas	NSW	4,482 pts	?	17-1-00	Norfolk Island

M75	Shot Put	Jim Peridis	NSW	11.64m	88%	13-4-01	Bankstown
W30	Triple Jump	Sue Ward	NSW	10.91m	72%	15-4-01	Bankstown
W40	20k Road Walk	Lynne Ventris	WA	1h 39m 26s	97%	13-5-01	Middle Park
W40	High Jump	Marie Kay	NSW	1.64m	90%	4-7-01	Brisbane
M55	5k Walk	Andrew Jamieson	VIC	22m 40.11s	96%	4-7-01	Brisbane
W85	5k Walk	Margaret Russell	QLD	44m 52.07s	83%	5-7-01	Brisbane
M80	5k	John Gilmour	WA	25m 00.81s	84%	6-7-01	Brisbane
W50	Shot Put	Chris Schultz	VIC	14.39m	82%	6-7-01	Brisbane
M80	Javelin	Kevin Hopkins	NSW	28.07m	74%	6-7-01	Brisbane
W85	100	Margaret Russell	QLD	56.45s	33%	7-7-01	Brisbane
M60	300 Hurdles	Michael Stevenson	TAS	46.23s	91%	7-7-01	Brisbane
W80	800	Marion Skarratt	TAS	4m 02.88s	75%	9-7-01	Brisbane
W60	800 (=)	Jan Morrey	VIC	2m 41.20s	92%	9-7-01	Brisbane
W40	Triple Jump	Glynis Cearns	QLD	11.45m	84%	9-7-01	Brisbane
M70	Javelin	Colin Murraylee	QLD	39.19m	81%	9-7-01	Brisbane
M45	10k	Ron Peters	QLD	31m 48.69s	93%	10-7-01	Brisbane
M60	Discus	Warwick Selvey	QLD	49.43m	79%	10-7-01	Brisbane
W50	Triple Jump	Margaret Taylor	ACT	10.59m	96%	10-7-01	Brisbane
W60	Triple Jump	Una Lund	QLD	8.80m	89%	10-7-01	Brisbane
W60	80m Hurdles	Una Lund	QLD	14.24s	94%	12-7-01	Brisbane
W40	80m Hurdles	Glynis Cearns	QLD	11.77s	92%	12-7-01	Brisbane
W60	Long Jump	Una Lund	QLD	4.16m	85%	13-7-01	Brisbane
W40	Long Jump	Glynis Cearns	QLD	5.77m	89%	13-7-01	Brisbane
W60	10k Road Walk	Brenda Riley	VIC	56m 26s	94%	13-7-01	Brisbane
W85	400	Margaret Russell	QLD	4m 06.75s	39%	13-7-01	Brisbane
M65	400	Hugh Coogan	QLD	59.35s	95%	13-7-01	Brisbane
W70	400	Ann Cooper	SA	84.19s	85%	13-7-01	Brisbane
W50	Javelin	Chris Schultz	VIC	32.18m	59%	13-7-01	Brisbane
M55	Long Jump	Murray Tolbert	WA	5.89m	91%	14-7-01	Brisbane
W55	2k Steeple	Marge Allison	NSW	9m 03.34s	86%	14-7-01	Brisbane
M75	2k Steeple	Max McKay	NSW	10m 31.21s	86%	14-7-01	Brisbane
W70	Marathon	Shirley Young	VIC	4h 18m 15s	76%	14-7-01	Brisbane

M45	4x100 Relay	Martin Lynch NSW, Philip Lyons NSW, James Furlong QLD & Arch Moore QLD		45.35s		14-7-01	Brisbane
M55	4x100 Relay	Heinz Steinmann QLD, Neville McIntyre NSW, Fred Turner NSW & John Wight QLD		47.46s		14-7-01	Brisbane
M75	4x100 Relay	Maurice Dauphinet QLD, Mike Johnston VIC, Max McKay NSW & Fred O'Connor NSW		61.25s		14-7-01	Brisbane
M85	4x100 Relay	Andy Smith VIC, Leonard Foulser NSW, Eddie Gamble VIC & Vic Younger VIC		1m 39.73s		14-7-01	Brisbane
W40	4x100 Relay	Marie Kay NSW, Kim Mansell QLD, Cherie Smees NSW & Glynis Cearns QLD		49.27s		14-7-01	Brisbane
W55	4x100 Relay	June Reeves VIC, Marge Allison NSW, Peggy MacIver WA & Susan Hanek TAS		57.64s		14-7-01	Brisbane

W60 4x100 Relay	Diana Allen VIC, Annette Horsnell QLD, Jan Morrey VIC & Una Lund QLD	59.48s	14-7-01	Brisbane	
W65 4x100 Relay	Josephine Moar NSW, Daphne Pirie QLD, Anna Zeitzen-Vanderb TAS & Ann Cooper SA	68.73s	14-7-01	Brisbane	
M65 4x400 Relay	Noel Garvey QLD, Hugh Coogan QLD, Kevin Marion VIC & John Howes VIC	4m 23.50s	14-7-01	Brisbane	
M85 4x400 Relay	Andy Smith VIC, Leonard Foulser NSW, Eddie Gamble VIC & Vic Younger VIC	10m 32.60s	14-7-01	Brisbane	
W35 4x400 Relay	Jennifer Clancy NSW, Jennifer Baldwin VIC, Gianna Mogentale NSW & Cherie Smee NSW	4m 02.04s	14-7-01	Brisbane	
W40 4x400 Relay	Bronwen Loizou VIC, Marie Kay NSW, Leanne Smith QLD & Glynis Caerns QLD	3m 57.28s	14-7-01	Brisbane	
W50 4x400 Relay	Wilma Perkins QLD, Katheryn Heagney VIC, Judy Casey NSW & Barbara Blurton VIC	4m 24.92s	14-7-01	Brisbane	
W55 4x400 Relay	Marge Allison NSW, Anne Stobaus VIC, Susan Hanek TAS & Peggy Macliver WA	4m 39.31s	14-7-01	Brisbane	
W60 4x400 Relay	Corinne Collins NSW, Jan Morrey VIC, Margaret Robinson WA & Miriam Cudmore SA	5m 14.60s	14-7-01	Brisbane	
W65 4x400 Relay	Shirley Brasher TAS, Daphne Pirie QLD, Anna Zeitzen-Vanderb TAS & Ann Cooper SA	6m 48.42s	14-7-01	Brisbane	
M60 Discus	Warwick Selvey QLD	53.43m	86%	12-8-01	Gold Coast
M65 Weight Pent	Tom Hancock VIC	4,728 pts	77%	12-8-01	Murrumbreena
M35 Shot Put	Stuart Gyngell NSW	16.84m	76%	27-10-01	Sydney

Australian Championship Record:

There was an error in my list of new Australian Championship Records from Bankstown Easter 2001: Sharon Gibbins set a record of 11.78m in the W40 Weight Throw, during the W40 Weight Pentathlon, the day before Heike Forth threw 10.82m.

Victorian Records:

W65 1500	Barbara Dalgleish	6m 21.7s	83%	26-4-01	Coburg
W65 800	Barbara Dalgleish	3m 13.1s	81%	3-5-01	Coburg
W65 Half Marathon	Barbara Dalgleish	105m 52s	82%	5-5-01	Footscray
W60 400	Jan Morrey	70.4s	89%	17-6-01	Doncaster
W50 800	Barbara Blurton	2m 24.5s	93%	17-6-01	Doncaster
M50 Javelin	Andrew Farr	53.20m	81%	17-6-01	Doncaster
W50 Weight Pent	Chris Schultz	4,043 pts	69%	10-6-01	Murrumbreena
W60 400	Jan Morrey	69.89s	89%	1-7-01	Gold Coast

W35 Heptathlon	Jennifer Baldwin	3,906 pts	62%	4-7-01	Brisbane
M55 Decathlon	Jim Poulter	4,944 pts	61%	4-7-01	Brisbane
M75 Decathlon	Syd Elks	4,899 pts	59%	4-7-01	Brisbane
M85 Long Jump	Vic Younger	2.70m	73%	6-7-01	Brisbane
M85 Javelin	Vic Younger	19.91m	67%	6-7-01	Brisbane
M50 Javelin	Andrew Farr	54.79m	55%	7-7-01	Brisbane
W55 300m Hurdles	June Reeves	64.13s	73%	7-7-01	Brisbane
W65 10k	Barbara Dalgleish	48m 42.87s	82%	9-7-01	Brisbane
M65 Discus	Tom Hancock	44.25m	78%	10-7-01	Brisbane
M75 Triple Jump	Syd Elks	8.39m	85%	10-7-01	Brisbane
W50 400	Barbara Blurton	61.11s	92%	13-7-01	Brisbane
M55 400	Keith Howden	56.83s	90%	13-7-01	Brisbane
M40 1500	Greg Lyons	3m 56.99s	92%	13-7-01	Brisbane
M85 Pole Vault	Vic Younger	1.60m	73%	13-7-01	Brisbane
W50 2k Steeple	Janis Wright	8m 30.10s	85%	14-7-01	Brisbane
W65 2k Steeple	Pam Mews	12m 04.37s	75%	14-7-01	Brisbane
M65 2k Steeple	Bob Gardiner	7m 51.48s	94%	14-7-01	Brisbane
M60 Marathon	Barry Brooks	2h 57m 25s	86%	14-7-01	Brisbane
W55 Half Mara	Theresia Baird	86.21	94%	5-8-01	Echuca

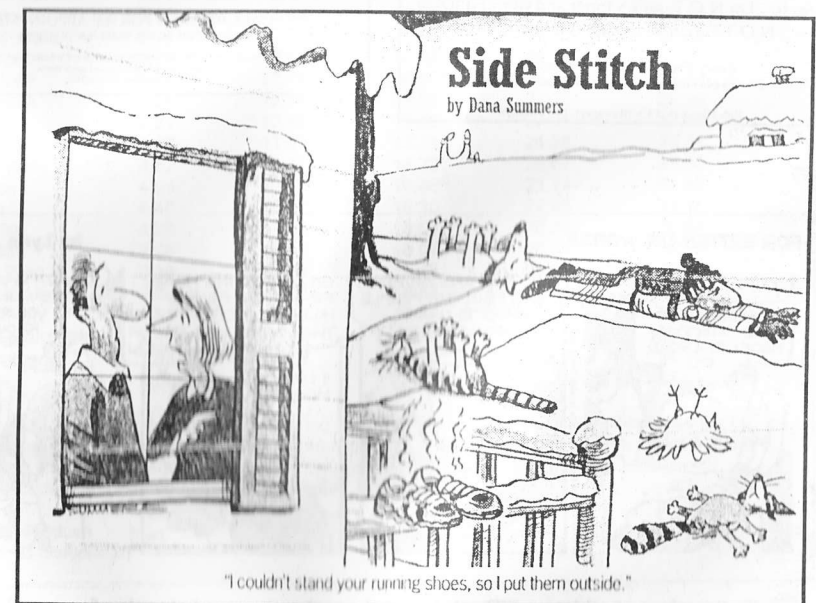
Please note - Results from the World Championships in Brisbane were incomplete on the web site when I compiled this list, so please contact me if you think a record has been omitted, and it will be included in the next edition of News & Results.

Clyde Riddoch

AAVAC & VVACI Records Officer

5/38 Bank Street, South Melbourne 3205

Telephone 03 9204 7085(B), 03 9690 2903(H), Fax 03 9204 5354, Email clyde.riddoch@auspost.com.au



PARLOUF RELAYS & NOMINATE OWN TIME WALK

Inter-venue Challenge

East Burwood

Thursday 15 November 2001

PROGRAM

- 6:40pm Registration of Teams & Walk Entries
- 7:05pm 2km Walk (Nominate Own Time)
- 7:30pm 1600m Parlouf Relay
- 7:50pm 10km Parlouf Relays

Followed by PANCAKE SUPPER & Presentations

A great night is promised for everyone, athletes, walkers, runners, spectators and pancake connoisseurs.

AWARDS

Perpetual Shields & medals to the winning 1600m and 10km Challenge team members.
Trophies to 2km N.O.T. walk winner and winning 10km N.O.T.T. Fun Run team members.

Entry Fee: \$2.50 per person.
(Your venue manager has all race details and rules)

Bob Hayes (EB Co-Manager) Ph. 98826387

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CAN YOU HOLD YOUR FORM WITH AGE?

Comparison of Performance Change in Different Events

I doubt if many of our members have access to WAVA's Age Graded Tables book, so I thought they might be interested in a table comparing percentage decline in performances of different events, from 30 years of age, to 40, 50, 60, 70 & 80 years of age. The table is based on the men's Age Graded Tables, but women should have similar results. It should also be noted that the figures are based on the 1994 (Revised) Tables, which are currently being revised a second time. Most events are listed in order of % change at 40 years, but some at 50 years, descending from greatest to least.

cs indicates changed specifications, such as lighter implements or lower hurdles.
indicates change at only 59 years, due to changed specification at 60 years.
* indicates change at only 49 years, due to changed specification at 50 years.

Event	At 40 years	At 50 years	At 60 years	At 70 years	At 80 years
	%	%	%	%	%
Javelin Throw	18.29	42.85	#58.93	cs	cs
Hammer Throw	10.92	*33.92	cs	cs	cs
Pole Vault	14.99	32.23	52.05	74.85	101.06
Weight Throw	12.28	*29.15	cs	cs	cs
Shot Put	6.00	*28.90	cs	cs	cs
Long Jump	12.65	28.88	47.46	68.71	93.02
High Jump	12.98	25.55	39.52	55.05	72.31
Triple Jump	7.81	24.57	43.93	66.31	92.16
Discus Throw	0.00	*19.55	cs	cs	cs
400m Hurdles	7.74	15.36	#23.66	cs	cs
3k Steeple	7.09	15.76	#23.95	cs	cs
110m Hurdles	6.74	*14.28	cs	cs	cs
400m	6.16	12.49	19.27	26.94	36.12
1500 Walk	6.14	12.94	20.10	27.92	36.38
800m	6.11	12.84	20.02	28.09	37.67
3k Walk	6.04	12.74	20.00	27.82	36.28
5k Walk	5.94	12.64	19.90	27.72	36.18
1500m	5.21	12.12	19.48	27.73	37.49
200m	5.12	11.60	17.74	24.75	33.34
10k Walk	4.62	11.37	18.72	26.67	35.30
100m	4.58	10.70	16.48	23.13	31.36
50m	4.40	10.52	16.30	22.95	31.18
3000m	4.26	11.17	18.53	26.78	36.54
5000m	3.76	10.69	18.07	26.34	36.12
20k Walk	3.46	10.49	18.12	26.35	35.26
50k Walk	3.30	10.77	18.84	27.51	36.86
10,000m	3.21	10.20	17.64	25.97	35.81
Half Marathon	2.49	9.95	16.96	25.31	35.17
Marathon	1.65	8.70	16.20	24.59	34.49
100k	0.09	7.18	14.72	23.15	33.09

It is no surprise to find that events requiring the most explosive or elastic qualities head the list, and long distance events are at the bottom. However, it is strange that the 50m, 100m & 200m change less than the 400m, 800m & 1500m. I suspect this is due to anaerobic function deteriorating at a slightly faster rate than pure speed as we age.

Clyde Riddoch
AAVAC Statistician

FOR BETTER OR WORSE

by Lynn Johnston



To the wives of athletes: "That's better than when he says he's going for a run!"

RACE WALKING - A SHORT HISTORY - FROM FRANK McGUIRE

Race walking is, without doubt, one of the toughest events on the Olympic programme, yet because of its judging problems the sport does not enjoy the popularity it richly deserves. There is lots of talking on the subject but few of the judges take the time to study video, the only scientific material available at the moment, however Bob Cruise, Australia's representative on the IAAF Walking Committee and our judge at the Sydney Olympics has said: "Given the changing technique and increased leg speed of walkers, walk judging is fast approaching the realism of subjectivity where as in the past, objectivity was largely applicable."

"With increased walker leg speed, - the introduction of electronic means for judging is inevitable. - and desirable. Failure to do so may increase the level of controversy and ultimately lead to walking's elimination from major international athletic calendars."

All of us, although we can't remember it have gloried in the moment when we first walked unaided while still infants. All humans have to learn to walk and maintain balance. A child will take its first steps with legs wide apart because of its undeveloped skill in balancing. However the natural vitality of most youngsters soon leads to improvement until balance is maintained and the feet are brought together. So the phase 'finding one's own feet' must truly have an international significance in the deep-seated competitive spirit of mankind in racing and racing against time.

Race walking itself dates way back and before the time of King Charles II, who was noted for his walking powers, and his interest in the sport, watched Lord Digby attempt to walk five miles within the hour for a wager of fifty pounds in October 1670 - and failed by half a minute, walking barefooted!

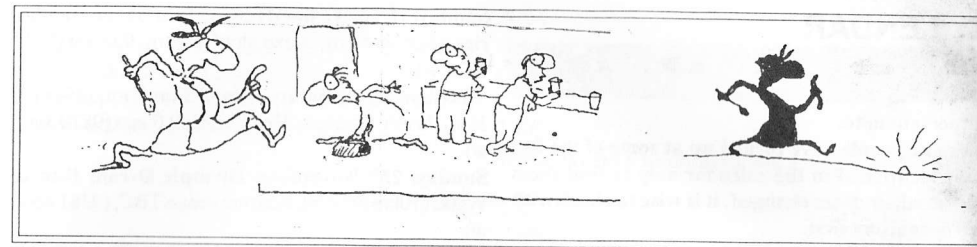
In the early 17th century athletics including walking matches were part of the English fairs and festivals and at the same time a class of professional pedestrians grew up in the service of the aristocrats who employed 'footmen' to deliver messages or run or walk ahead of the family coach on the terrible roads of the time. This led to the gentility matching one footman against another in walking matches.

I have a book published in 1903 titled 'Walking' by C. Lang Neil, price 1/6 containing 125 pages including amateur walking records back to 1883, with the British Amateur Athletic Association being formed in 1880 following the first club for amateur athletics being formed in England in 1863.

The first walking group to be formed in England was the Southern Counties Road Walking Association in 1907. The best known track walker about that time was Bill Sturgess who won the four mile AAA Championship 1895-1900 and the two and seven miles titles 1902. Mention is made in Neil's book that some of the finest walkers, like 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 I discovered in the 1960's that the best judging position of all was from a rear angle position, so it seems the early judging advice from 1903 created a fallacy that has continued through to the end of the century, as side viewing is not reliable.

So it seems that a million or so people could see walkers lifting at the Olympic Games yet the walking judges don't see many of the infringements. So perhaps Leunig, Age cartoonist is right with his theory about how Power Walking started. When Mrs Gladys Power was cooking sausages for breakfast and found out that her husband had sneaked over to the Mitcham pub. So with a sausage in one hand and a large spoon in the other she went after him. So forceful was her stride that its essence passed on to the collective unconscious and emerged years later in a pure form?



deep water running

A sensational and effective method of maintaining running fitness, while remaining injury free. Working out in the water develops strength, endurance and cardio vascular outputs. Running in the water has many benefits and those with injuries, it is the perfect medium to maintain and increase your fitness. It has no impact or jarring on the joints. As you move your arms and legs through the water, resistance is encountered. This resistance can be used to repair and strengthen muscles and joints. The faster you move your arms and legs, the greater the resistance and therefore the harder the work out and the greater the strength gains.

As an experienced runner/jogger of twenty years and experiencing running injuries, I know first hand the benefits of deep water running. I am a qualified Fitness instructor, specialising in Aqua aerobics for the past seven years. I offer to your group or individuals an opportunity to build deep water running into your training regime. There are opportunities for weekly sessions or a one off session.

The class is one hour in duration, a warm up, followed by a 40 - 50 minute water running session. A buoyancy belt is used, allowing the non-swimmer to participate. The classes are conducted to music providing the stimulation needed to focus on reaching potential. We practice taking our pulse rates. We attempt to work within the heart rate training zones, enabling participants to work towards peak fitness.

Definitely a work out that will give results without injuries, plus add to your present fitness levels.

WHEN? EVERY TUESDAY NIGHT 6.15 - 7.15 PM

AT NUNAWADING AQUATIC CENTRE.

FRASER PLACE, FOREST HILL.

FURTHER INFO CALL Jenny Merrick, Aqua Instructor.

0409010824 OR 9879 8990

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

Saturday, 3rd November, VRR Tan Time Trial, (8km & 4km), near Government House Drive, 7.30am (9802 1220)

:Bright Alpine Climb 4 Peaks, from November 3 to 6 (various distances), Bright/harrierville, various starts (5755 1507 h)

:Bright Spring Festival Fun Run (6km), Porepunkah general Store, 2.00pm (5755 1261 h)

Sunday, 4th 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

:Coronet Bay Fun Run (3km & 5km) Contact Lawrie Black, Vic Vets member, 5678 0102 or 0401 221 267
C.H.C. Special Coburg Coburg Fun Run, (12km & 4km), Harold Stevens Athletic Track, Coburg, 9.00am (9386 9251 h)

:Arthurs Seat Challenge (7km), Rosebud Foreshore, 8.00am (9819 9225 w)

:Portland Three Bays Marathon (42.2km & 21.1km), Hanlon Park, Portland, 8.00am (5521 7980h)

Tuesday, 6th November, Cup Day Family Fun Run, (10km & 3km), Knox Park, Rushdale Street, Scoresby, 9.00am (9803 6894 h)

:Mansfield High Country Festival Fun Run, (8.5km, 3.5km & 1km), all details TBC (5779 1599w)

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

Sunday, 11th November, VRR Jells Park, (15km, 10km & 5km), Ferntree Gully Road entrance, 9.00am (9802 1220)

:Sri Chinmoy Como Landing Fun Run, (10km & 5km), Alexandra Avenue, 8.00am (9650 0114)

:Eltham Fun Run & Walk, (8.8km & 6km), Eltham Leisure Centre, 9.00am (9439 2266 w)

:Healesville to Mt. St. Leonard Mountain Run, (13.5km), Maroondah Reservoir Park, 10.00am (5962 6228 w)

Sunday, 18th November, Spring Into Shape Run Series, (8km & 4km), Alexandra Gardens, 9.00am (9819 9225 w)

:Marlborough Primary School Fun Run, (10km & 3km), Hardy Crescent, Heathmont, 9.00am (9870 3468 w)

Sunday, 25th November, Olympic Dream Run & Walk, (10km & 6km), Starting venue TBC, (9381 4666 w)

Saturday, 1st December, VRR Tan Handicap & Breakfast, (8km & 4km), opposite Swan Street Bridge, 7.30am (9802 1220)

Sunday, 2nd December, Coburg Lake Classic, (10km & 5km), Harold Stevens Athletics Track, Coburg, 9.00am (9386 9251 h)

:Sri Chinmoy Two Bridges Fun Run, (12km & 6km), Gosch's Paddock, Swan Street, Melbourne, 8.00am (9650 0114)

Wednesday, 12th December, Sporting Chance Christmas Run, (10km & 5km), Albert Park Lake, 6.30pm (9819 9225 w)

Thursday, 13th December, VRR Twilite Tan Time Trial, (8km & 4km), near Government House Drive, 6.30pm (9802 1220)

Sunday, 23rd December, Post Office Dash & Walk, (9.2km & 4.6km), Sorrento PO & Blairgowrie PO, both 8.00am (5985 5989 h)

Tuesday, 25th December, Christmas Breakfast Run from Brownes, 4 Victory Street, Mitcham, 7.00am, bush run and champagne breakfast (9874 2501)

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

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

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

Friday 29th March to Monday, 1st April, AAVAC Australian Veterans Athletics Championships, Adelaide SA. Information... Colin Hainsworth 08 8258 1969, Frank Rogers 08 8332 8815. E-mail <frogers@bigpond.com>. See accommodation options on page 35 of this magazine.

Fifth World Masters Games, Melbourne. Athletics segment October 6 to 13. www.2002worldmasters.org. Entry books are out.

2003

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

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

2004

Oceania Veteran Championships, Raratonga in the Cook Islands.

2005

WMA World Championships, San Sebastian, Spain.

MASTERS ATHLETICS SWAN HILL

Members of the Swan Hill Veterans Athletics group recently competed in the Anti Cancer Council's Relay for Life event. While the group only consists of 6 members they were able to rally together another 13 people to keep the baton in motion for 24 hours. Some members ran, others walked and in the process managed to raise over \$2000 for the Anti Cancer Council.

Competitors braved freezing conditions during the night while doing the laps of the 400m track in coats, gloves and beanies. Some of the more conditioned runners decided to put their stamina to the test to see how many laps they could do. Rex Joliffe did 100 laps, Andrew Downes 200 and John Kelly chalked up over 250 during the 24 hours which included 35 laps in one hour.

At the end of the weekend the baton did 567 laps, while the total laps completed by all members totalled over 1100.

On **Sunday 2 December** the Swan Hill venue will be holding a Vets day. A bus will be travelling from Melbourne for the event. It will be full of enthusiastic vets from Melbourne, who will participate and assist in organising the events. A great fun day is anticipated. Members will be of greatly varied ability and will have a go in most events. Small prizes will be awarded.

A Vic Vet track suit will be raffled and drawn at the BBQ to finish off the day. Enjoy some true country hospitality with the young Swan Hill club.

The bus from Melbourne is pretty well booked out, but try Ken Walters for a seat. Phone 03 9752 5977. If you can get there under your own steam please do so. Country members are known to travel many miles, so how about it Bendigo and district people.

Entry is only \$2 on the day. Further information from May Ward 0418 547 433 or Bob Rogers 0350 324 999

Venue: Harrison Recreation Reserve
Yanna Street Swan Hill

Program, commencing at 1.00pm

Walk 1200m Walk 2km & 4km
Run 4/6/8/10km Nominate your own time for 6km run.
Sprint 100m fastest time 800m secret time
Shot Put
Discus



**VETS
DINNER
DANCE**

**FRIDAY,
NOVEMBER 16th**

**HAWTHORN
RECEPTIONS
555 Glenferrie Rd
Hawthorn**

**Great Band
\$36 per head
3 course meal
BYO drinks**

AUSTRALIAN VETERANS ATHLETICS CHAMPIONSHIPS

29th March to 1st April 2002 - Adelaide, SA

South Australia will be hosting the 2002 National Championships and the Organising Committee is working hard to ensure that these Championships are a great success. The track and field program will be held at the new Santos Stadium which is very close to the city. The Cross Country and the Road Walks courses will also be very close to the city and easy to get to for visitors.

The "Athletes Forum" will be held at St Aloysius College which is in the city and the Dinner Dance is at the world famous and beautiful Adelaide Oval. During Nov/Dec Entry Forms will be sent to all States organizations for distribution, and as well the Entry Form will appear in the Jan/Feb issue of the "Courier".

For those visitors who would like to make early accommodation bookings the list below may help. Most of these are in the "budget" class. Accommodation is not readily available in the suburbs close to Santos Stadium but as this Stadium is not far from the city centre the accommodation listed in the city should suit.

The prices shown were as advised during June 2001 and may not still apply at Easter 2002.

- (a) **Budget accommodation within Adelaide CBD (all close to restaurants/hotels and transport)**
- | | | | |
|---------------------------|-------------------------------|--------------|---|
| Motel (Adjacent) Casino | 25 Bank St, Adelaide | 08 8231 8881 | \$65 single, \$65 budget twin. |
| | | | \$69-\$85 double, \$120 triple. |
| Princes Arcade Motel | 262 Hindley St, Adelaide | 08 8231 9524 | \$20 single, \$45 double/twin |
| | | | in basic rooms up to \$70 double in motel. \$150 for 5 x singles. |
| City Central Motel | 23 Hindley St, Adelaide | 08 8231 4049 | \$60 single, \$68 double/twin |
| | | | \$84 triple, \$95 family. |
| Plaza Hotel | 85 Hindley St, Adelaide | 08 8231 6371 | \$44 single, \$55 double. |
| Ambassadors Hotel | 107 King William St, Adelaide | 08 8231 4331 | \$60 single, \$44 twin, double, |
| | | | triple, quad (all per person/night) |
| Clarice Motel/Guest House | 220 Hutt St, Adelaide | 08 8223 3560 | Motel: \$70 single/double, |
| | Guest House: | | \$43 single, \$60 double, \$69 triple. |
- (b) **More upmarket within Adelaide CBD.**
- | | | | |
|------------------------|-------------------------|--------------|--------------------------------|
| Adelaide Paringa Motel | 15 Hindley St, Adelaide | 08 8231 1000 | \$95 single, \$115 double/twin |
| Festival Lodge Motel | 140 North Terrace | 08 8212 7877 | \$90 single, \$110 double/twin |
| Adelaide Riviera | 31 North Terrace | 08 8231 8000 | \$120 per room upwards |
| Grosvenor Vista Hotel | 125 North Terrace | 08 8407 8888 | \$120 per room upwards |
- (c) **Budget accommodation on outskirts of CBD (not necessarily close to restaurants etc)**
- | | | | |
|-----------------------|---------------------------------|--------------|---|
| Kent Town Lodge Motel | 22 Wakefield St, Kent Town | 08 8332 7571 | \$39 to \$61 single. |
| | | | \$72 twin/double, \$82 triple, \$88 family. |
| Country Womens Assoc. | 30 Dequetteville Tce, Kent Town | 08 8332 4166 | About \$35 per person in |
| | | | various types of rooms and with various facilities. |
| Princes Highway Motel | 199 Glen Osmond Rd, Frewville | 08 8379 9253 | \$55 single, \$60 double/twin. |
| Tollgate Motel | 20 Mt Barker Rd, Glen Osmond | 08 8379 1651 | \$55 single, \$65 double/twin |
| Jasper Motor Inn | 17 Jasper St, Hyde Park | 08 8271 0377 | \$77 single/double |
- (d) **In the Glenelg seaside area**
- | | | | |
|----------------------------|----------------------------|--------------|---|
| Glenelg Beach Resort | 1 Moseley St, Glenelg | 08 8376 0007 | \$40 single, \$50 twin. |
| Corfu Holiday Units | 35 Moseley St, Glenelg | 08 8295 2345 | \$80 to \$100 for 2 rooms. |
| Martimo Holiday Units | 15 Colley St, Glenelg | 08 8295 6780 | \$50 to \$160 for 1 to 4 rooms. |
| Taft Motor Inn | 18 Moseley St, Glenelg | 08 8376 1233 | \$85 single, \$90 double |
| Atlantic Tower Motor Inn | 760 Anzac Highway, Glenelg | 08 9294 1011 | \$77 to \$99 double |
| Bayview Seaside Apartments | Anzac Highway, Glenelg | 08 8294 9666 | \$62 to \$138 double |
| | | | Some apartments accommodating up to 7 persons |
| Esanda Motor Inn | 13 Colley Terrace, Glenelg | 08 8294 5822 | \$85 to \$104 double |
- (e) **Caravan Parks:**
- | | | | |
|-------------------------|-----------------------------|--------------|--------------------------------|
| Adelaide Caravan park | Richmond St, Hackney | 08 8363 1566 | \$47 vans, cabins \$75 upwards |
| West Beach Caravan Park | 1 Military Rd, West Beach | 08 8356 7654 | \$54 vans, cabins \$73 to \$93 |
| Brownhill Hill Creek CP | Brownhill Creek Rd, Mitcham | 08 8271 4824 | \$49 vans, cabins \$72 to \$83 |

For enquiries, please contact the following members of the Organising Committee:

Colin Hainsworth	(Dep. Convenor)	08 8258 1969	colinhai@senet.com.au
Arthur Jones	(Director, Registration)	08 8289 1164	ajones@ajsa.net.au
Frank Rogers	(Secretary)	08 8332 8815	fringers@bigpond.com