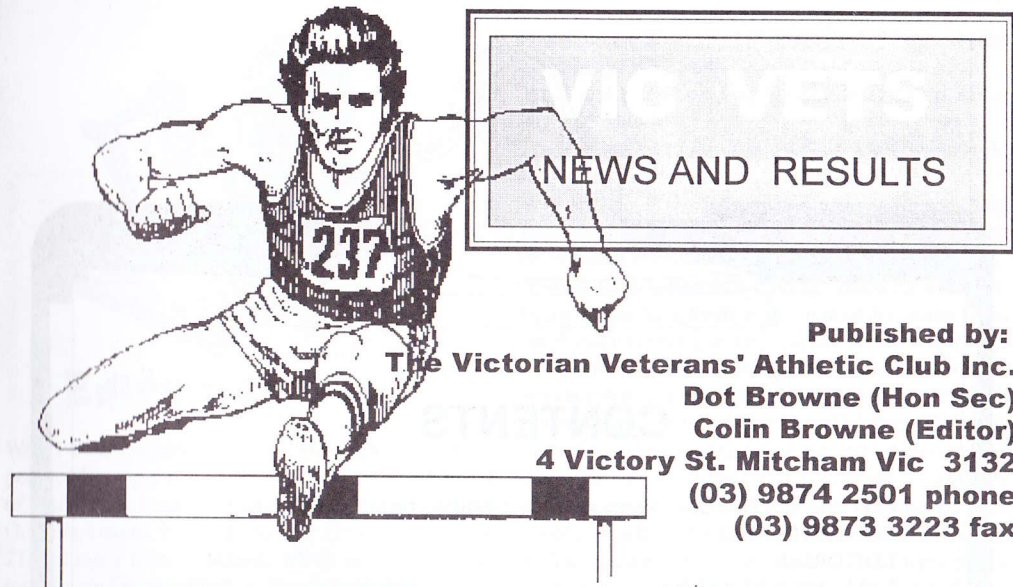


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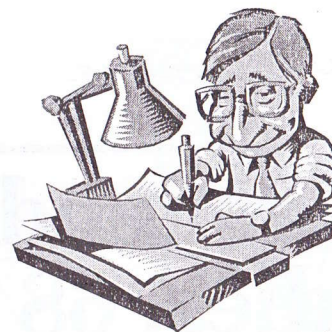
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The Victorian Veterans' Athletic Club Inc.
Dot Browne (Hon Sec)
Colin Browne (Editor)
4 Victory St. Mitcham Vic 3132
(03) 9874 2501 phone
(03) 9873 3223 fax**



Selecting the team and placing them at the Parlouf Relays at East Burwood.

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EDITORIAL

Well I hope you enjoyed the festive season, and are perhaps having a nice holiday period, although many of you may be back at work. Geelong are hosting the Oceania Games from 12th to 19th January. We have 276 entrants from Australia, which is our best ever total for an Oceania Games. However that still leaves many hundreds of Vic Vets not involved. If you are on holidays and not entered, why don't you go down to Geelong for the day and give them a bit of support. I reckon you would see some terrific performances.

The year 2002 will be a big one for us. We follow the Oceania Games with the Grand Prix night at Olympic Park, and once again hope to be allowed to showcase two 200m races for veteran men and women. Get there early to give them a yell. They usually come on at about 6.30.

Then we have our summer events. The pattern has changed this year, so read this carefully. The track and field championships for Vic Vets will be over two weekends and in two different venues. This came about for two reasons. Firstly, Ted McCoy, your Club Captain, convinced the committee to try the format of one Saturday and one Sunday on successive weekends. Arguments in favour of this were to enable recovery after a demanding day, and to help some members with club or Little Athletics or other commitments to participate. Secondly, the hire of grounds from councils has become very difficult with the rise of the Relays For Life, 24 hour events in aid of the anti-cancer appeal. Councils are giving them preference, which we can not argue with, and they tie up many of our most active members. So it was very difficult to get appropriate dates and grounds this year.

The nett result is:

Weight Pentathlon at Duncan McKinnon Park, Murrumbeena on Sunday, 24th February

Pentathlon at Duncan McKinnon Park, Murrumbeena on Sunday, 10th March

Track and Field Day 1 at Aberfeldie Track on Saturday, 16th March

Track and Field Day 2 at Duncan McKinnon Park, Murrumbeena on Sunday, 24th March.

Very tricky. Write it in your diary or you may find yourself at the wrong place at the wrong time. The entry forms for these events are in the middle pages.

At Easter the nationals are being hosted by Adelaide. Entry forms have been at the venues for some time, but if you have not got one, ring me on 9874 2501 and I will post you one. Closing date is the 8th March.

Another very big effort for the club will be the World Masters Games in Melbourne in October. Ted, Rob Waters and I have represented the vets on a combined committee with Athletics Victoria people for a couple of years now, getting this together. As this year advances we will be looking to more members to get in with us to take on jobs. We hope that the support will be there because we lay the reputation of the club on the line when we take on such a big responsibility. Committees are being set up for Information Technology, Administration, Relays and Presentations, Officials and Volunteers, and Technical. If you feel that you could help on one of these committees please let me or Rob or Ted know and we will give you more details. Then closer to the Games we will be asking for volunteers to work on the days of the Games themselves, staffing booths, packing showbags, officiating, lapscoreing, interpreting, hosting and so on. Remember the World Vets Games in Melbourne in 1987. The same sort of jobs will need to be done. People from fifty-odd nations will be here as our guests. It will take a lot of careful thought to get it right. Maybe some of you have some good ideas about it.

Talking of help and work for the club, it has been worrying me lately that many of our best workers have been carrying the load for too long. In theatre groups that I have belonged to, about seven years as a rule of thumb is as long as a group tends to last unless it replaces the old reliables with new blood. Long-lived companies make a point of giving new young people responsibility. The old standbys are there in the wings, ready to lend a hand, but new fresh ideas are coming forward all the time from the young ones. Our club is the same. We need new blood in our major positions. My position as editor is vacant. I have done it for eight years. If you want the job it is yours. You don't have to do it my way. Impose your own ideas on the job. There are some basic requirements, such as

giving notice of coming events and reporting on past events. But the style of presentation can be what you want to make it. And you get to publish your own opinions, which is quite a privilege.

Any takers?

Colin Browne

VALE JACK CLARKE

Although he has not been an active member of the Vic Vets recently, the longer term members will well remember Jack's great running, at 10km track titles in particular, and in many other club events. He was particularly well known and loved at Mentone venue. I remember the old aquathons that Ben and Jan Morrey used to have, and Jack was part of them. Ted McCoy recalls many things about Jack's involvement with the Mentone veterans and the other athletics clubs in Mentone. Ted says that he had a short six month experience with a rare cancer which got into his ribs. They knew of no chemotherapy to deal with it, and he had to lose ribs as the only method of remedy. The vets are proud to have been associated with him and will miss him greatly.

Bomber legend Clarke dies, 68



By LEN JOHNSON

One of Essendon's all-time greats, Jack Clarke, died in Melbourne yesterday after a six-month battle with cancer.

Clarke, 68, was born and grew up in Essendon, starting in the thirds at the age of 13. He played almost 400 games for the club, 263 with the senior side. He also played for Victoria 27 times, representing the state every year from 1953 to 1962, and won All-Australian selection three times.

Clarke was twice best and fairest (and runner-up six times) at Essendon, captained the club for seven seasons, including a premiership in 1962, and was coach from 1968 to 1970.

Courageous, well-balanced and skilful, Clarke was one of the 10 original inductees into the club's hall of fame and was named in the centre in Essendon's team of the century.

An architect by profession, Clarke attributed much of his original thinking on football to being trained to think creatively. He was one of the first players to wear low-cut boots and adapted his Essendon jumper to his own design — collarless and with elbow-length sleeves.

An innovative coach, Clarke adopted new training routines, including circuit training. He took Essendon to a grand final in 1968, when the Dons lost by three points to arch-rival Carlton.

Clarke's brother, Ron, also played in the Essendon reserves before going on to become Australia's greatest distance runner.



Essendon great Jack Clarke.

Just over three years younger than Jack, Ron Clarke yesterday recalled their childhood days in Essendon. "Jack took me everywhere, played footy and cricket with me and even taught me to run," Clarke said. "He'd say, 'Just watch my back', and off we'd go."

Jack Clarke was a promising athlete himself, finishing second in the sub-junior 880 yards title at the Australian junior championships held in St Kilda in 1948, behind another Essendon lad in Billy Kelly and ahead of one John Landy.

Clarke also played pennant squash and grade tennis. He later turned to triathlon with great success, winning several age-group titles and finishing third in his age group at a world championships in Perth.

Earlier this year Clarke experienced trouble breathing and X-rays of his ribs revealed a cancerous growth. One of his last public appearances was to present the Norm Smith Medal at this year's grand final.

Clarke leaves a wife, Joan, two children, Ian and Sue, and four grandchildren.



Dear Colin,

Thanks for keeping me informed: I write re. two letters to the Editor...

(1) Please let Jack Stevens know that the poem fits the survivors of the 1972 Tour - my warm regards to them.
(2) Gordon Burrowes enquires about the veteran who won three medals in one race. So I enclose a copy of page 58 from my book, "A Life On The Run" 1995. The original was written by myself and published in my "Veteran Athlete" - probably December 1975. So that solves that problem.

As you will see I still have books post-free for \$15. All the very best

Jack Pennington

P.S. Unfortunately that lovely man, George McGrath died last Christmas (2000) of lung cancer, yet he had been a lifelong member of a surf club and also had run to keep healthy. I introduced him to veteran athletics in 1973 when he was 53 years. He was almost immediately world M50 number one at 5km, 10km and marathon.

[ED: See over for Jack's article on George McGrath. Another of our historians, Keith Routley, was stirred into print by Gordon's letter.]

Dear Col,

I well recall the 1975 (Toronto) Veterans World Championships cross country results mix-up related by Gordon Burrowes in October "News and Results".

LETTERS TO THE EDITOR

The athlete so strangely treated was the remarkable George McGrath from Sydney of the 55 years age group.

A true sportsman George, the last thing that he would do would be to bitterly complain, and so he treated the whole thing as a great joke.

The official results book was duly printed and despatched uncorrected, to show George placing second to Bob Horman, an Aussie residing in USA at the time and not part of our team. George was faster than Bob over 10km by more than two minutes.

"Gentleman" George from Sydney was a late comer to athletics but had developed superb cardio respiratory efficiency through acting as a training partner for a mate, cross Channel star Des Renford.

George described his occupation as that of a chauffeur whilst in reality, I believe, he acted in the role of secretary to sundry NSW premiers.

A wonderful sportsman, modest and well-wishing to friend and foe, he was one of the superb bunch of 1970s Aussie veteran distance runners who beat the world, and that included the likes of Dave Power, Alby Thomas, Tony Blue, Noel Clough, Johnny Gilmore, Theo Orr, Jack Ryan, Trevor Vincent and Tom Roberts.

On another matter, would the enclosed "Age" letter copy awaken any despairing vets to life's boundless possibilities? It's never too late.

Regards

Keith Routley

Good vintage, great advantage

Why all this talk about replacing the weary middle-aged leaders with young blood?

Churchill was 65 when he was handed the toughest job in all history. Lincoln was 51 when he undertook the salvation of the union. Washington was 44 when he set out to defeat the British with a rag-tag army.

Bismarck united Germany and started the job at 55. Verdi and Wagner wrote their finest operas after reaching 45.

I'm 81 and I haven't done a damn thing yet — but just you wait and see!

George McGrath

In the 1973 City to Surf, I came through the King's Cross tunnel and saw ahead of me a runner who was obviously in my age group of 50 plus. I knew all the runners in the New South Wales Veteran Club, and he was not one of them. As I drew alongside, he speeded up, and not long thereafter I was forced to let him go. I then resolved to find him at Bondi Beach where we finished, and I did find him among a crowd of many thousands.

I introduced myself and said that I was impressed with his running. He turned out to be a very modest man of 53 years who had no background in athletics, but was a life-long Surf Club member, and he swam every day. He had also played football most of his life, and he had simply trained with his club mates to make sure he could finish the then 15km City to Surf. I was quite amazed by this, and told him he was clearly the number one veteran runner in the World. He was puzzled by this and asked how I would know this.

So I told him about the World Best Veterans at Cologne in the previous year, where I had placed second in the 1,500 and 5,000km.

I told him to get in touch with Logan Irwin of the Randwick Botany Club, and he would find a weekly race programme for veteran runners of all ages. Subsequently, he did this, easily winning his first race on the track, a 2 miles in 10m21sec.

Soon after I met him in a 1,500m race, and after tailing me for three laps, he put in a mighty finish to beat me easily.

George was very apologetic, and said that he did not know how fast he should run a 1,500mtrs. He simply followed me. So my prediction proved true. I was never able to beat George, and neither could anyone else in the World.

In one weekend at the age of 53 years, George won the 5km on Friday night in 15m54, a World record. Next day in Newcastle, he ran the marathon in 2hrs 41min, and the following day, on the Sunday, he was still fresh enough to win the 10km track in 34 minutes.

At the World Championship in Toronto in 1975, George won the Over 55 Years 10km track by a whole two minutes. However, a couple of days later, the cross-country World Championships had a combined age grouping of 50 and 55 year olds. George, rather bald, was about to enter the finish area in third place, when an official, believing no 55 year old could be so well placed, directed George to go round another lap. Lacking experience, George proceeded to run the extra lap. Fortunately, about 600mtrs later, his team manager turned him back, but by this time he was to finish third in his age group, and the first medal was given to the American he had previously beaten by two minutes.

A protest was made by the team manager, but George had already been awarded the third medal.

On return home to Sydney, George found a second place medal in the post. So now he had a second and third medal for a World Championship he should have won.

The following year, 1976, George decided to go to the Montreal Olympics, and also renew an acquaintance with the Canadian Veterans. Lo and behold, he was taken out to a special dinner by Don Farquarson, President of the World Veteran Athletic Association, and presented with the winner's medal for the 1975 World Cross-country. I should say here that I had previously written about George McGrath and his Canadian "bad luck" for Farquarson's magazine, and for "Veteris", UK.

Later, in the "Sydney Morning Herald", George acknowledged my part in discovering him in 1973, a meeting which changed his life.

A Life on the Run
by Jack Pennington



A Life on the Run

1933-1995

An Autobiography
by Jack Pennington
(Editor "The Veteran Athlete"
1971 - 1979")

Dedicated to John Gilmour
Foreword by Professor
Dick Telford

- * The Alternative to Lydiard
- * How the Champions Train
- * A History of Veteran Athletics
- * Cerutti Versus Stampf
- * Who Trained the Chinese Women in Canberra 1985?
- * An Experience in World War 2
- * 30 Photos including unpublished Bannister and Chataway May 6th 1954

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Interstate - \$30 (including postage) \$15.

New Zealand - \$A35

[ED: We in the Vic Vets offer honorary membership to members once they reach the age of 80. On writing to our over 80s recently, asking whether they were still interested in the club, I received some comments back from some of them. A few asked to be removed from the list as they were no longer active, but most wanted to be kept informed.]

Dear Colin,

At the moment I'm a non-starter. I'm using an oxygen backpack cylinder for all my activities but still have a go at shot put and discus at our venue at Altona, so who knows, I might still be in the team. I enjoy reading "News And Results" very much, a very well compiled booklet.

keep up the good work

Regards

Harry Preston

Jack Pennington's address is:

24 Alberga Street
Kaleen ACT
2617

Dear Dot and Colin,

What a marvellous night the Dinner Dance was on Friday - in fact it was excellent. The band and singers were about the best I have come across in my 63 years!! If one closed one's eyes, one would have thought it was Roy Orbison or Elvis Presley singing - so groovy, so romantic and just so good, with a sense of humour as well. The food was delicious and our table was well looked after by the waiters.

I am not going to use the word "fantastic" because I find it is an over-used word. This morning on my preferred choice of radio, 774-ABC, it was used 10 times within half an hour! I could say a "fabulous" or a "absolutely fabulous" night, but that was also over-used until "fantastic" came into vogue.

So, I will say it was a really superb evening and thanks to you Dot especially, for all the organisation you put into making it so successful, from all at Caulfield Venue who attended.

For those who do like using the word fantastic - it really was a fantastic night!!

Thank you,

Judy Wines

MORE LETTERS FROM OUR OVER 80s

Dear Colin,
Thanks for the letter. I do plan to compete in the 1500m and 5000m runs. I check regularly with my doctor and always get his recommendations and advice before racing.
Very happy Christmas to Dot and self,
Kindest regards

Peter Brownbill

Dear Colin,
Although I am most unlikely to compete again, I still attend various functions, and still appreciate minutes and magazines. This is a great idea...

[ED: the disclaimer asking members to declare that they are in good health and will be properly conditioned for activities with the club]...

I hope the members respond well to it. A Merry Christmas to Dot and yourself. I am having a successful year at bowls, competing in pennant and championships and handicaps together with Marge and young Peter (53 yrs). He is Chairman of selectors and in my opinion a class above all other members at the club. He has been champion for the past two years. I am delighted at the way you have kept the club going. Congratulations. The only thing I don't like is Stan Perkins push to Masters. It seems to be succeeding. However when I go to Caulfield and see the people enjoying themselves - what the heck! I'm writing this on a telephone book, hope you can read it.
Once again Merry Christmas and a Happy New Year
Regards

Peter and Marge Colthup

[ED: Thanks boss, and the same to you.]

Dear Colin,
After standing out in all weather over the past twenty-odd years assisting the Mentone Venue Managers with judging, time keeping and starting, etc. I decided early this year to call it a day, and terminated my association with the Vets and the Venue after the completion of the State Championships on Sunday the 1st of April. Since then I have not been to the venue or had any association with the Veterans other than to see a few at

Saturday interclub meetings, so I suggest you delete my name from the club's mailing list.
Wishing the club all the best in the future.
With kind regards

John C. Smith

Dear Dot and Colin,
Thank you for your letter. I do miss competing but there comes a time! However I look forward to reading your excellent publication with great interest. It keeps me in touch, albeit from the comfort of my home. I enjoy reading and seeing pictures of some of the oldies I knew who to their great credit are still competing.

Collingwood Vets invite Pat and me to their Christmas Party every year, which we thoroughly enjoy. It's great to meet up with many old friends who have meant so much to me over the years.

May you have a very happy Christmas and a year of good running,
Sincerely

Dick Kirkman

Dear Colin,
Thanks for your letter re the magazine. I do not compete but act as a club masseur and coach. I would still like to receive the magazine.

Thanking you,

Frank Kealy

Dear Colin,
Please remove my name from your mailing list. Due to health, I am unable to run or compete any more.
Kind regards

Orm Burton

[ED: Lovely, aren't they. The older generation have such good manners. Our club is an amalgam of our retired members and our present members.]

Mrs Dot Browne
Secretary
VVAC

17 December 2001

Dear Dot,

Reading the notes from Minutes of last meeting - Item 7.2 VVAC 10K Track Race and Louis Waser's letter on lack of supper provided.

It was mentioned that Kevin Browne and Kevin McGrath had provided ample food for the supper.

This information is misleading, in fact my wife Janet made up four loaves of bread into sandwiches and Kevin McGrath made 4 large cakes. This was initially for the officials at the end of the meeting. However, the Caulfield volunteers in the kitchen were not aware that this was for officials and when many of the runners came in for a cup of tea, they ate the food. Needless to say we were left without anything later on.

Fortunately one of our members had a large bag of buns/cakes, etc. which he was taking to his farm and he kindly donated this to us to use. Had we not had this food, it would have been rather sad. Everyone was delighted of course, that they were well fed!

Thanks should really have been given to Janet and Kevin McGrath for their efforts in providing their home-prepared goodies.

I do think that for such an event and having so many runners being at the ground from 6:00pm until 10:00 pm - supper should be provided for all concerned and paid for by VVAC. We would then buy the supplies and ask some of our good people to make sandwiches and provide biscuits which is all that is needed really.

Regards

Jim McLure
Manager, Caulfield Venue

Dear Colin

Hope things are well. I was wondering if you could put a small notice in the next journal.

I appear to have misplaced by Victorian Tracksuit top. Unfortunately I cannot locate it. Maybe another vet has picked it up by mistake. If so I can be contacted on 0407 301 p058.

Thank you
Yours

Sandra Howorth
Frankston Vets and Throwers Group

The Old Age Pensioner's version of "My Favourite Things" from "The Sound of Music"

Maalox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.

Cadillacs and cataracts and hearing aids and glasses
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favourite things.

When the pipes leak,
When the bones creak,
When the knees go bad,
I simply remember my favourite things,
And then I don't feel so bad.

Hot tea and crumpets, and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heat pads and hot meals they bring,
These are a few of my favorite things.

Back pains, confused brains, and no fear of sinned,
Thin bones and fractures and hair that is thinning,
And we won't mention our short shrunken frames,
When we remember our favourite things.

When the joints ache, when the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

Dear Dot and Colin,

Many thanks. received the cheques today. We are getting about 12 to 14 members per night. (Berwick venue). All the best for Xmas and the New Year. Stan (Miskin) told me to tell you to lay off the red wine. Once again many thanks.

Fred Brooks

Dear Colin,

Just an update on our progress with the Oceania Games. We have now received 498 entries from nine different nations and are still waiting for the Bolivians whom we have had trouble contacting through the various means.

Everything is in readiness for these games. The numbers have been ordered, the medallions are on the way, and all the uniforms for the official and athletes are in hand.

However, we have had a lot of calls about the regulation national costume. People wanted to buy some to conform to the Oceania Games rules but they have nowhere to go. I told some of these callers that it was golden tops and green shorts, only to be told that it is now gold tops and navy blue shorts.

This should be an issue for the Victorian council to take up with the National body to, a, advertise the proper uniform colour and shape, and b. tell the athletes where they can purchase these.

I have been to 14 International championships in my time and I have four different track suits and various singlets and shorts. It is time that the Australian veterans association standardises these and keeps them the same for a longer period of time. It would help.

Yours sincerely,

Rudi Hochreiter

Dear Colin,

Thank you for your enquiry about my membership of the Vets.

I had to retire from active running several years ago through polymyalgia. After that was cured it was impossible to start again without other problems, so now I'm limited to walking the dog!

I think one has to accept one's limitations, however much I would have loved to continue membership in the club.

Yours sincerely
Keith Mander

STRATEGIC PLAN

[ED] The committee and a couple of interested helpers has struggled for two years to produce a Strategic Plan, aimed at giving appropriate thought to the club's progress over the next five years or so. It has not been the most rewarding exercise. In the 90s strategic plans, mission statements, and such things were very familiar to people working in corporations, government bodies or local councils. On our committee, those who worked in that environment had a certain cynicism about such things, and those who didn't have the work experience were rightly wary of the unfamiliar jargon. But once we started on the process, we saw it through. So far its publication to the members via the venues has been met with roars of silence. Only two groups have actually responded. The finance sub-committee of the committee, led by Don McLean and Alex Harris, has jumped into it, and the Collingwood venue, led by Bill Ryan, has responded in writing. Here is Bill's set of responses:

Dear Dot

I refer to your letter dated 9/10/2001 regarding the Strategic Plan and your request to Borrow, Return and Respond.

I apologise at the time that has elapsed but I am now in a position to respond to the above plan. I have been able to obtain written responses from the following members:-

Mr Graeme Paul and Mr Keith Lodge.

I have also provided some comment.

I hope the information will be of some assistance although I would have appreciated more interest from the venue, but maybe people are happy as it stands or are more interested in running rather than getting involved in administration.

In addition I notice in the latest minutes some concern expressed in relationship of responsibility of venues to the central body. I have detailed for what's its worth how I as Co Manager at Collingwood Venue see the role of the venue.

Attached please find the written responses in relation to the Strategic Plan and also the comment on the venue.

PS Dot, the Dinner Dance was a great night and was thoroughly enjoyed by the Collingwood/ Coburg Group.

Regards

Bill Ryan

Co Manager, Collingwood Venue, VVACI

Dear Dot,

The Strategic plan makes sense but without definite goals can be filed away in the bottom drawer. The club is reliant upon membership of all ages from the minimum age upwards. The greater the membership, the more revenue, more competitors and/or officials, leading to a bigger base for championships and more interest at an administration level. While not all people are interested in championships I believe the greater membership base over all age groups would help to overcome the lack of numbers currently entering.

Publicity: In order to attract new members I believe the Club as a whole needs to place greater emphasis on publicity.

Publicity really needs to start with each individual who can attract friends, workmates etc. In addition Sporting Complexes, Councils, Retail Sport Stores and Health Practitioners can provide an avenue to publicise our club and its functions.

As a Venue Manager in the past a great source for quick publicity was a copy of "Around the Grounds".

* This provided an idea of "what they were up against" for the person starting out. It is comforting to find someone else of a similar standard.

* Other venues were listed with a contact name, telephone no and the time venues operated. Further a list of the make up of the committee was included.

* This provided a booklet that people could take away, study at their leisure and hopefully entice them to become a regular competitor.

The Victorian Road Runners produce a calendar of FUN RUNS and although the clubs events are restricted to members I believe inclusion on such a calendar would publicise our events to a wider net. Okay we may get non members but then the club would need to make an effort to make the membership attractive.

The club really needs to address what is available to attract people to become members of the club.

(a) Brochure of some sort - sub committee (could have some input from venue managers)

(b) Appeal to a cross section of the community - age groups, male and/or female, try before committing - sub committee (incl venue managers)

(c) Advertise programs more widely - internet, libraries, sporting complexes, sports stores, health rehabilitation centres - sub committee (incl venue managers)

I believe the committee in some instances may require

to come to the venues rather than just let things happen. An example of this would be a visit by a member of the committee to a venue that they have not seen in operation to review and collect ideas.

This would allow venue members to meet a committee member who could in a short speech promote the club with upcoming events, what's happening on committee and the future direction of the club.

Eg Promotion of Vic Championships, Where the money goes, Promotion of the Dinner Dance.

A great reliance is placed on Venue Managers to get the word across but quite often a new voice on a rare occasion would perhaps encourage greater participation.

Regards

Bill Ryan

VVACI patron

I feel it would be beneficial for the Victorian Veterans' Athletic Club to have a Club Patron of its own. Such a position would add prestige to the reputation of our Club and the Patron can obviously promote the Club in other arenas. I would suggest a high profile former athlete, Victorian based (if not also bred) and definitely not politically based. As AAVAC already has Ron Clarke as its Patron, I am thinking of someone of the ilk of John Landy. But maybe someone younger may help in relating to members of the younger age groups, e.g.: Rob DeCastella, Raelene Boyle, or Steve Moneghetti.

Advertising

The Club should canvass more advertising in its various publications to generate much needed income. Sponsorships could be created in conjunction with this advertising. Surely amongst our Members there must be someone with some experience in such matters

Medal Events

To encourage participation in medal events, offer a random prize(s), which could be arranged through a sponsor.

Graeme Paul.

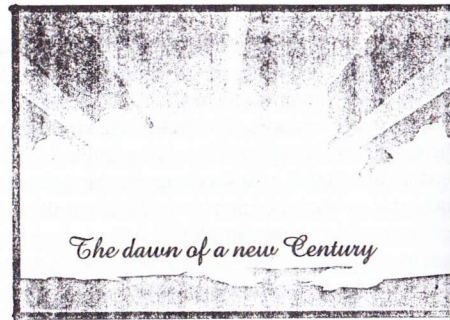
Bill,
 In my humble view the VVACI Strategic Plan is excellent, well constructed and illustrates heaps of work and thought.
 A few suggestions which may be considered include :
 I. The Mission Statement (page 7) could include some reference to competition such as ,
 "competitive activities for all levels of ability...."
 or perhaps
 " activities providing opportunity to measure ones personal level of improvement"

2. The Critical Component or Administration and Management section (page 9) could place more emphasis on plan implementation and management . The plan only has value if it demonstrates it will be strictly administered for both time and quality and not end up in the bottom drawer.
 The draft understandably has broad time lines. However the final plan would benefit and increase its credibility if times and management were more specific. Therefore it may include:

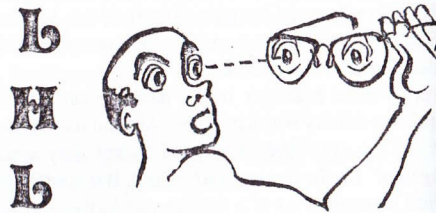
- (a) Appoint a Strategic Plan manager with sole responsibility for the planning process and reporting to VVACI committee.
- (b) Prepare a critical path schedule in graphic format showing all plan activities with the time frame and key dates for each activity.
- (c) The schedule would indicate actual dates for sub committee progress reports to confirm time lines, objectives, and end dates are on target . The schedule would clarify the critical relationship between dependant activities and their time allocation.
- (d) The schedule could incorporate a cash flow to match the requirements of any activities needing special funding.

3 . The plan refers to one of the probable key factors inhibiting the Vets' growth. The media giving major coverage to the old oldies 80s, 90s etc and ignoring the attraction and enjoyment of the sport to both men and women in the 40s, and 50s.
 Education of the media referred to in the plan is to be commended .
 Regards
 Keith Lodge

Copies of the STRATEGIC PLAN are available on request from Colin Browne 9874 2501



Vic Vets have a great record in the previous century, but you can't stand still or else you will stagnate. So we had an



...a long hard look at ourselves.

What we saw were

- S**strengths
- W**weaknesses
- O**opportunities
- T**threats

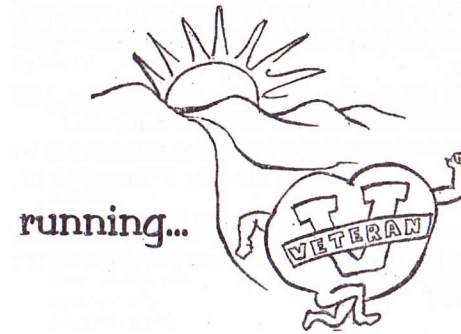
... and we have come up with



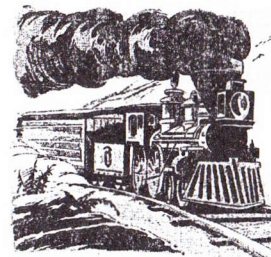
for the future.

**You're a Vic Vet
 Read it!
 Comment!**

**Join us to get it
 up and**



running...



**Come on
 board**

We need

- new members
- particularly women and younger vets
- business advisers
- coaches
- officials
- makers and doers
- editors of publications
- graphic designers
- sports management advisers
- or simply, willing helpers.

If you can see a way to help, contact your venue manager, or a committee member, or Dot or Colin Browne, 9874 2501

VETERAN RUNNER TAKES ON TWO YOUNG GUNS

by Russell Johnson

Recently I was asked to write a race report of some memorable running event I'd competed in. I've chosen the 2000 VICTORIAN CORPORATE GAMES 5 K Championship, as I felt it best captured the essence of true distance racing, head to head with others.

Having won the 10 K longer race option outright in 1999 , as well as my M 40 - 49 age category, it was time to give my running ego a youthful boost, by trying to also win the 5 K race outright .

The race started at the GRAND PRIX pit buildings at ALBERT PARK LAKE with a group of five running together over the first 2 K. Soon after there were only three of us . Running on the slowish, wet , gravel path I thought I could drop the two young bucks with me as they were dressed like flashy triathletes. Over the next kilometre, the two young bucks seemed to be doing it easy , as they were quipping wisecracks to each other and the Sunday joggers coming the clockwise direction toward us. Between 3K and 4K I put my race experience and mind, into cracking these blokes by surging slightly ahead between the gaps of the tailend runners from the 10K race , that had started three minutes before us. Because the Lake path is narrow in places, my surging in a direct line between runners caused the two young bucks to veer off onto the grass around the 10K runners. No sooner had I thought I had dropped these cocky young blokes, they then would kick up either side of me again, but tauntingly not move ahead into the lead.

Right now, I was breathing very heavily and the young guns were no longer in talking mode. " Perhaps I've got them now " - " Let's see how you blokes go now" I mused. Within seconds of my confident thoughts, young gun No.1 put in a massive surge where he charged away to a 30 metre gap over the next 100 metres. This bloke's feet were about six inches off the ground and his heels were practically grazing his buttocks on the down stride like how Cathy Freeman runs. His knee-lift also simulated a 400 metres runner , as he wound his way around the curvy home-ward stretch.

I felt some relief as my dream of consecutive outright wins was over in a matter of seconds. "Hold together"

I thought, as I should now try to beat young gun No.2, seeing as we were nearing the finish. About 300 metres later, he too kicked by me in his top gears. PAIN RELIEF this time, but wait, a quick squiz at my watch through squinted eyes, told me I have to keep "serving it up" to myself, if I want to break 17 minutes. Sprint to the FINISH, collapse on hands and knees, gasping, dry-reaching. Respectful pats on the back and handshakes from the young guns, for the 48 year old competitor, who took it up to them. Times 1st 16:36, 2nd 17:08, my time 17:10, new 40 to 49 age group record by over a minute on a slow track. At the Medal Presentations; the young guns were revealed to be two of the best middle-distance runners in Aussieland; namely Justin RINALDI and Paul BYRNE. HELL! these blokes have run about 3:40 for 1500 metres on the track.

2001 SEQUEL:

In the VICTORIAN CORPORATE GAMES 5 K Race, last years fastest runner, Justin RINALDI (dressed like a "mild mannered reporter from a large metropolitan Newspaper"), that is, he ran in a full business suit, shirt & tie, doing a CLARK KENT impersonation, won again, in very stylish fashion.

Once more, MFB man, Russell the Muscle, tried gamely to go with the Flying RINALDI into a strong northerly breeze, only to be blown away at about 3 K around the South Melbourne end of ALBERT PARK Lake.

Little did the Veteran runner know that the ANZ Bankman was really SUPERMAN in disguise!

Times 1st Justin Clark, Superman (whichever he is) 17:47, 2nd DAYLIGHT, officially 2nd Russell 18:15.

Spectators' Comment: "Russell 'the Muscle' better bring KRYPTONITE to next year's SHOWDOWN".

VICTORIAN CORPORATE GAMESEST.1997

RUNNING RECORDS

ALBERT PARK LAKE AROUND UNSEALED PATH ROUTE

10 Kms MEN

AGE U/ 30 Marcus TIERNEY 33:04 2001
30-39 Greg ANDREWS 38:01 1999.
40-49 Russell JOHNSON 34:59 1999.
50 + Hugh CREAMER 39:41 2000.

5 Kms MEN

AGE U/ 30 Justin RINALDI 16:36 2000
30-39 Rob SCHERKOLT 15:56 1999.
40-49 Russell JOHNSON 17:10 2000.
50 + Zoran LAZAREVIC 21:10 1999.

2001 RUN HIGHLIGHTS

Regular Runners finish times were generally slower than past years due to a stiff northerly breeze. Despite the wind, 3 new age category records were broken this year.

Marcus TIERNEY of PRICEWATERHOUSE COOPERS took exactly 1:00 minute off Andrew STOLZ's 2000 10 K. OPEN & Under 30 best ever course time.

Jenny RICHARDSON of MAROONDAH CITY COUNCIL reduced the 5 K. 30-39 years best, by 56 seconds.

Pat BURROWS of HEWLETT-PACKARD now has both the 10 K. & 5 K. records by taking 8:13 off the previous soft mark in the 50+ category.

In the 5 K. Race, mild mannered Justin RINALDI (ANZ) was doing an alias Clark KENT impersonation, racing in a full business suit & tie. Veteran athlete Russell JOHNSON (Melb.Fire Rescue) again tried to go with Justin, like last year, but didn't know the ANZ man was really SUPERMAN.

GUS THEOBALD RELAY

CAULFIELD VENUE - NOVEMBER 2001

A good night was had by all, especially Caulfield, winning the perpetual Trophy again! Unfortunately, due to the Mentone Track being renewed, their members are using another ground and there was insufficient time to get teams together. We hope this will be rectified next year. Our thanks go to Wendy Greaves and Ted McCoy for assisting and the Caulfield members who also did much to make this such a successful night.

A very special mention to our Super Supper Ladies, Shirley, Janet Marge, Anne and Joy, for the preparation and clean-up after serving a delicious supper. They all work very hard and don't even get "outworkers rates"! Thank you. The Fun Team people did a great job too. Also special thanks to Peter McGrath who has looked after this event for 11 years, and Jim McLure who does all the ground work putting it all together, ably assisted by his PA - Judy Wines!

GUS THEOBALD RELAY - CAULFIELD/SPRINGVALE/MENTONE - 20.11.01

3 LAPS OUTSIDE TRACK, (RUN) 3 LAPS GRASS TRACK (RUN) 4 .200 LAPS WALK TRACK, 4 LAPS RUN TRACK

A TEAMS

SPRINGVALE 1ST

J. NEWSOME (R)	12.54	1 LEG		
PETER FIELD (R)	22.05	2 LEG		
TONY DORAN (W)	31.42	3 LEG	Points	
KEN BOOCOCK	36.56	4 LEG	7	

CAULFIELD 2ND

JIM BERRINGTON (R)	13.22	1 LEG		
JEFF BOOT (R)	22.44	2 LEG		
JON HOLMES (W)	32.37	3 LEG		
DES MIDDLETON (R)	38.17	4 LEG	5	

MENTONE (No team)FOR A

WINNER OF GUS THEOBALD
TROPY FOR 2001 WAS
CAULFIELD VENUE

1ST = 7 POINTS
2ND = 5 POINTS
3RD = 3 POINTS

OVER 50 TEAMS

CAULFIELD 1ST

1 LEG PETER BENCE (R)	13.07		
2 LEG GRAHAM PHILPOTT (R)	23.00		
3 LEG RON BILSTON (W)	33.53	Points	
4 LEG RAY O'CONNOR (R)	39.54	7	

SPRINGVALE 2ND

1 LEG ROSS MARTIN (R)	13.47		
2 LEG B. LYNCH (R)	25.40		
3 LEG TONY JOHNSON (W)	35.12		
4 LEG JACK GUBBINS (R)	43.12	5	

MENTONE 3RD

1 LEG LOUIS WASER (R)	15.20		
2 LEG JOHN WAITE (R)	26.38		
3 LEG MAUREEN SEEDSMAN(W)	38.52		
4 LEG GRAHAM STOCKDALE (R)	45.18	3	

PLACE TEAM POINTS

CAULFIELD	19
SPRINGVALE NP	17
MENTONE	6

FUN TEAMS SAME DISTANCE AS ABOVE, BUT ONLY 2 LAPS OUTSIDE TRACK (FIRST LEG)

CAULFIELD 1ST

MICK CARUSO (R)	10.48	1 LEG		
GRAHAM PROSSOR (R)	21.04	2 LEG		
IAN CASSELL (W)	30.22	3 LEG		
GEORGE CHRISTOLOUDU	36.35	4 LEG		

CAULFIELD 4TH

RHONDA TRENGROVE (R)	11.38	1 LEG		
PAUL LYNCH (R)	23.14	2 LEG		
PETER BATTRICK (W)	35.42	3 LEG		
PAUL LYNCH (R)	42.10	4 LEG		

CAULFIELD 2ND

1 LEG ANDREW EDWARDS (R)	8.55		
2 LEG CHRIS BROWN (R)	19.41		
3 LEG ANNE BILSTON (W)	32.12		
4 LEG JIM ROUNTREE (R)	38.52		

CAULFIELD 5TH

1 LEG GABRIELE BARKER (R)	11.14		
2 LEG COLIN MILLER (R)	23.37		
3 LEG DOMENICO MORINA (W)	35.43		
4 LEG PAUL MEREDITH (R)	42.38		



VICTORIAN VETERANS ATHLETIC CLUB INC
2002 SUMMER EVENTS

DATE	EVENT	START TIME	VENUE	MELWAY MAP REF.	CLOSING DATE
Sun 24th Feb	Wt. Pentathlon	10.00am	CAULFIELD	(69,a9)	Wed 20th Feb
Sun 10th Mar	Pentathlon	12.30pm	CAULFIELD	(69,a9)	Wed 6th Mar
Sat 16th Mar	Track & Field	12.00nn	ABERFELDIE	(28,d6)	Wed 6th Mar
Sun 24th Mar	Track & Field	12.00nn	CAULFIELD	(69,a9)	Wed 6th Mar

Provisional Timetable for Track & Field :-

DAY 1 ABERFELDIE	DAY 2 CAULFIELD
Saturday 16th March	Sunday 24th March
12.00 5km Walk - Women and M75+	12.00 3/400m Hurdles
12.00 Sprint Hurdles	12.20 3km Walk - Men
12.45 100m Sprints	12.20 3km Walk - Men
1.30 1500m Runs	12.50 800m Runs
2.30 100m finals (if req.)	1.40 1500m Walk - Women
2.35 5km Walk - Men under 75	1.50 200m Sprints
3.15 400m Sprints	2.40 5km Run All Women
4.00 2km Steeple - Women and M60+	3.20 5km run M55+
4.15 3km Steeple - Men under 60	4.00 200m Finals (If needed)
	4.05 5km Run M30-54

Saturday 16th March	Sunday 24th March
	9.00 Heavy Wt W50, W30-49, M30-59, M70+
12.00 Long Jump W30+, M70+, M60/65 M50/55, M40/45, M30/35	12.00 Javelin M60/65, M50/55, M40/45 M30/35, M70+, W30-49, W50+
12.00 Shot Put M30/35, M40/45, M50/55 W60+, W50/55, W30-49 M60/65, M70+	12.00 Triple Jump M50/55, M30/35, M40/45 W30+, M60+
12.00 Hammer M50/55, M60/65, W30+ M30-49, M70+	12.00 Discus W50+, M70+, W30-49, M60/65 M50/55, M30/35, M40/45
1.00 High Jump M30/49, M50-69, W30+/M70+	1.00 Pole Vault W30+/M60+, M30/59

(Field Events are shown in proposed order of competing.)

Entries will be posted on the Club Website as soon as reasonable.

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

CONDITIONS OF ENTRY

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

POST ENTRIES TO :- John & Phyllis Gosbell
30 Penrose St, Box Hill Sth, 3128
(No later than March 6th)

VICTORIAN VETERANS ATHLETIC CLUB INC
2002 TRACK & FIELD ENTRY FORM

SURNAME _____ CALL NAME _____

ADDRESS _____

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

NORMAL MID-WEEK VENUE _____ (If you go to one)

PHONE _____

To select an event, please mark it with your recent best (or hoped for) time or distance. This will enable us to properly grade everyone in heats and divisions.

Saturday 16th March	Sunday 24th March
SH _____ Sprint Hurdles	LH _____ 3/400m Hurdles
1 _____ 100m Sprints	3W _____ 3km Walk - Men
15 _____ 1500m Runs	8 _____ 800m Runs
5W _____ 5km Walk	SW _____ 1500m Walk - Women
4 _____ 400m Sprints	2 _____ 200m Sprints
ST _____ 2/3km Steeple	5 _____ 5km Runs
LJ _____ Long Jump	TJ _____ Triple Jump
HJ _____ High Jump	PV _____ Pole Vault
SP _____ Shot Put	DT _____ Discus
HT _____ Hammer	JT _____ Javelin
	WT _____ Weight Throw

ENTRY FEES - TO BE ENCLOSED WITH THIS ENTRY.

Pentathlon @ \$5.00 _____

Wt. Pentathlon @ \$5.00 _____

Track and Field @ \$3.00 per event _____

TOTAL ENCLOSED \$ _____

(Please make cheques payable to Victorian Veterans Athletic Club.)
(Send to John & Phyllis Gosbell, 30 Penrose St, Box Hill Sth 3128)

CLOSING DATE - WEDNESDAY 6TH MARCH

SCRUB RUNNERS 36KM RELAY 2001

DEvised AND ORGANISED BY CROYDON VENUE

On Sunday 11th. November 13 Teams of three journeyed to Sylvan for the Annual Veterans Club Event. "The Scrub Runners Relay" 36km Relay 2001

The event is aptly named as the run is through parts of the Dandenong Ranges National Park, on tracks wide enough for free action running without the worry of motor cars with their foul smelling exhausts and constant noisy engines, or bitumen, injury causing surfaces, or the crowded boring atmosphere of the Melbourne Tan Track.

The 39 competitors taking part were able to enjoy the peace and quiet of the bush except for the noisy warbling of the various bird life and the laughing kookaburras.

The morning air was crisp and the few showers were enough to be a nuisance until the race got underway. Miraculously the rain clouds cleared and everyone enjoyed their runs of 2 x 6km "legs". Despite the few minor obstacles which nature put in their way, such as 2 fallen tree branches, a 50 metre wet slippery clay surface, plus a few wet and muddy puddles.

Thanks to the pre-race instructions by race organizer, Ken Walters, and the well-signed course with the famous Bush Ranges Classic arrows, no injuries, or wrong way excuses were forthcoming.

Although the teams entered the event as representing a Venue, the event is not an Inter Venue event. It is open to all Veterans Club financial members, who wish to make up their own teams, but not necessarily represent a Venue. The team of Jeff Boot, Graeme Philpot, and Peter Bence took the honors as fastest team and Peter also won the award for fastest 12Km overall.

Outstanding individual performances were achieved by Bob Lewis, Vin O'Brien and Corrie DeGroot, who are all over 70 years of age. Corrie ran 35.35 for her first 6k leg and doubled up with a 35.28. Bob ran 28.10 then an 39.15 and the evergreen Vin ran 28.32 for his first leg and followed up with brilliant 28.34. Other notable performances were the second 6Km of Jock Cravana who improved on his first leg by 1 Min 13 Secs as did Frank Tutchener another over 70 with a 1 min 8 secs improvement.

Two invitation teams took part after hearing of the event through a veteran club member friend and acquitted themselves well. Their verdict was, a great race, well organized and a friendly group of people to be associated with. Future club members?

So, to all of you other club members who for some reason have an excuse not to enter this event, wake up, get away from your usual hum drum Sunday morning training run or other such event and do something different. Be adventurous, come up to Sylvan next year, and get your lungs full of fresh air, and enjoy something different.

If your Sundays are to spend with your families, then bring them up with you. There is plenty for them to do whilst you run, with pleasant areas for having lunch afterwards.

Remember the first Sunday after Cup Day
Make it a date, Make up a team. You won't be sorry

Les Clark
Co Manager, Croydon



Veteran athletes



Race for time: Entrants in the 51.4 second sprint nominated their own starting position on a 400 metre track, and attempted to cross the finish line as close to the set time as possible.

SWAN Hill Veterans Athletics held a carnival on Sunday at the Ken Harrison Reserve. Around 55 people took part in the day's events, according to SHVA venue manager Bob Rogers.

Mr Rogers said a large bus load of competitors from Melbourne boosted numbers, and "they all thoroughly enjoyed it". With the weather holding off, the athletes competed in shot put, discus, walking, running

and sprint events, including an 800 metre secret time race in which entrants picked a time they thought they could complete the race in. The carnival was open to anyone over the age of 30.

SWAN HILL VENUE

Ken Walters had another of his bright ideas and convinced the committee to subsidise a bus trip to Swan Hill, a country venue that has struggled to get a group going, and could do with some support. The members they have are very keen, but there are not many of them. Working life in the wheat belt of the Mallee is demanding, there is very little time after work before dark to do athletics, they have no lights, so it is a summer sport at best. Nevertheless May and John Ward, Steven Pentreath, Bob Rogers and several others have kept the "Masters At Swan Hill (MASH)" going for a few years now. Dot and I, Gwen Davidson and the late Doug Orr were overcome by their hospitality when we initially went up to Swan Hill to help them get the venue going.

That tradition continued, and a full bus load of Melbourne Vic Vets enjoyed a great day, if a long one, on Sunday, 2nd December. A 7.00am pickup by a large comfortable Ventura bus, got us up there by the middle of the day, and a full venue meeting ensued. We had walks, sprints, throws, distance runs ... the whole bit. That was followed by a great barbeque, and a long quiet ride home (apart from Eddie Stack's soothing harmonica) to the suburbs, arriving after 10pm.

Ken has been asked by several of the people who went to organise it again next year. Maybe to Swan Hill again, or perhaps to one of our other country venues. He hopes the committee will subsidise it as it is of great value to the club from many points of view. Speak up and give your opinion.

EAST BURWOOD PARLOUF RELAY EVENING THURSDAY, 15 NOVEMBER 2001

Bob Hayes (East Burwood Co-Manager)

Members representing teams from six venues (Doncaster, Croydon, East Burwood, Knox, Southern Peninsular and Springvale) together with guest teams, from Waverley Basketballers, (introduced by Croydon's Terry Dunn) gathered for an exciting evening of keen competition on the 15th Annual Parlof Relay Evening at East Burwood. It was particularly pleasing to see Alan Radford's happy band from Tootgarook join us again this year. They were represented by three teams in the 10km Relay, winning the Challenge Section and running second in the Fun Run (N.T.T.) Section.

Alison Thompson (11m.5s.) was first across the line in the 2km (N.O.T) Walk. Although her time was only 5 seconds slower than predicted, Alison managed only fifth place in the event. Walkers are obviously good judges of pace. Trophy winner was George Simons who was 'spot on' by nominating exactly 17m from Shirley Coppock, 0.5s. fast.

Led by captain, Mike Hall, Frankston clearly won the Perpetual Trophy in the 1600m Relay ahead of Alan Sinclair's Doncaster No.1 team.

Southern Peninsular No.2, captained by Barry Fry, took away the Challenge Section 10km Perpetual Trophy. East Burwood, the only team to opt for 'fewer and longer' race legs (10 x 200m. instead of 20 x 100m. each) managed second placing on adjusted time.

The Fun Run 10km Relay was won by Ken Walter's Croydon 'F1' Team who covered the distance 24s. faster than predicted. Bernie Pownall's Southern Peninsular Team (45s. fast) was second.

In traditional fashion the 'serious stuff' was followed by East Burwood's magnificent pancake supper. Many thanks to Eric Davidson, for the great job he did in preparing for the supper and to him and his small band of assistants for arranging, mixing, cooking and generally helping on the night. Thanks also to Andrew Fraser for donating the delicious strawberries and also for arranging and obtaining the trophies and medals. Perpetual Trophy winning team members were all awarded medals as personal mementos of their success. Overall, many assisted in making the evening successful. Thank you to all contributors. We also appreciated those who offered pre, during and post-event **constructive feedback and suggestions**. It's amazing how much useful conversation actually takes place among competitors during 'brief spells' on or beside the track between relay legs.

Our current intention is to offer only ONE SECTION in the 10km Relay next year. It will be a N.T.T. event with the Perpetual Trophy being awarded to the outright fastest team. We'll continue with five members per team, each of whom must run at least four relay legs totalling 2000m. By far the most popular option continues to be (5 x 100m) x 20. The proposed date is 14 November 2002. In fact the event itself offers a great form of training - provided you are accustomed to some speed and interval work beforehand! We hope to see many more of you joining in. However please enter early and not literally at the 'last minute' as happened in far too many cases this year! Such slack and inconsiderate behaviour creates 'chaos' and far too much 'on the spot' stress for organizers and officials anxious to get events started efficiently and on time. Entry details and sheets were (and will be) sent to all venue managers at least six weeks prior to the event.

RESULTS

2km Nominate Own Time Walk

Fin.Ord.	Name	Age	Act. Time	Nom. Time	Place
1	Alison Thompson	48	11:05	11:00	5
2	Celia Johnson	54	11:54	11:38	7
3	Rod Neal	45	12:06	12:20	6
4	Terry Dunn	64	12:10	12:30	=8
5	Jan Watson	55	12:24	12:20	4
6	Ken Walters	69	12:51	13:12	10
7	Leo Watson	60	13:36	14:06	12
8	Colin Thompson	53	14:35	14:15	=8
9	Tina Baarslag-Leb	68	14:42	14:45	3
10	Marlene Petroff	59	14:48	15:15	11
11	Shirley Coppock	65	15:15.5	15:16	2
12	George Simons	66	17:00	17:00	1
13	Grace Smith	82	23:41	23:10	13

1600m Relay

Place	Team	Time	Members (captain first)
1	Frankston 1	3:45.5	Mike Hall, Terry Baldwin, Phil Lancaster, Peter Tuckett
2	Doncaster 1	3:56.2	Alan Sinclair, Rod Jellett, Con Matthews, Phil Rosovear
3	E.Burwood 1	4:10.9	Brian Tait, Ron Arthur, John Donovan, Gary Mahon
Inv.	Waverley Bask.	4:28.9	Adam Riemsill, Brooke Matthews, Anna Meldrum, Tess Meyer
4	E.Burwood 2	4:49.0	Ashley Ryan, Darren Arthur, Rob Baulch, Eddie Stack
5	Doncaster 2	5:18.1	Jan Burrows, Pat Andrews, Kath Cook, June Reeves

10km Challenge Relay

Fin.Ord.	Team	Act.time	Adj.time	Place	Members (captain first)
1	S.Penin. 2	25:55	25:55	1	Barry Fry, Bryan Baldwin, Michael Bentley, Alan Radford, Kevin Walsh
2	Wav.Basket.	26:44	26:44	Inv.	Tess Myer, Beth Edmonds, Rebecca Jennings, Brooke Matthews, Anna Meldrum
3	Croydon 1	28:03	28:03	3	Colin Page, Saul Bakaitis, Peter Gray, Neil Griffin, Rod Neil
4	E.Bur. N	28:34	27:29*	2	Ashley Ryan, Jeff Boot, Sam DeFanis, Graham Philpott, David Sheehan
5	S.Penin. 1	28:37	28:37	4	Kevin Radford, Denis Ardley, Bill Carr, Russ Christie, Doug Petroff

*EB Team N opted for 200m legs - time adjusted by factor of 0.962. All other teams ran 100m legs.

10km Fun Run Relay

Fin.Ord	Team	Act.time	Nom.time	Place	Members (captain first)
1	E.Bur. H	29:54	34:10	6	Gordon Stephen, Rob Baulch, Bob Hayes, Annette Pelgrim, Helen VanDerNagel
2	S.Penin.	32:54	33:29	2	Bernard Pownall, Lorraine Ardley, Julie Christie, Meredith Radley, Jackie Taylor
3	Croydon F1	34:56	35:20	1	Ken Walters, Anne Callaghan, Terry Dunn, Alison Thompson, Colin Thompson
4	E.Bur. 70+	35:52	39:35	5	Frank Tutchener, Corrie DeGroot, Bob Lewis, Tony Martin, Vin O'Brien
5	Springv. F	37:43	39:00	3	Peter Field, Mike Davin, Tony Doran, Jenny Field, Ross Martin
6	Knox K	45:08	43:45	4	Chas McRae, Brian Gridley, Peter Le Get, George Simons, Jan Watson

One Mile Challenge East Burwood

East Burwood will again host a Veterans' One Mile Challenge Event. It will take the form of a series of graded races, commencing at:

7:30pm on Thursday, 7 March 2002.

The event will present an opportunity for all runners to compete at their own level over a mile, to prepare for the Victorian Track and Field Titles and to see some of the fastest runners in the Club compete in the A Grade race.

Trophies will be awarded to the first female and male based on age graded percentage (WAVA standards). Spot prizes will also be presented to mile runners. Only one trophy or prize per person.

Further details will be available early in the New Year at the Venues and in "Around the Grounds".

NEW VICTORIAN & AUSTRALIAN RECORDS

Age	Event	Name	State	Performance	%Std	Date	Location
Australian Records:							
W70	Marathon	Shirley Young	VIC	4h 3m 52s	80%	14-10-01	Melbourne
W50	Discus	Chris Schultz	VIC	40.94m	77%	28-10-01	Murrumbidgee
M75	High Jump	Rudi Hochreiter	VIC	1.20m (=)	80%	3-11-01	Geelong
W60	5k	Theresia Baird	VIC	19m 21.3s	94%	28-11-01	Noble Park
M75	Discus	Rudi Hochreiter	VIC	35.77m	78%	15-12-01	Geelong

Correction from last report: Syd Elks (Vic) ran the M75 4 x 100 Relay, not Max McKay

Victorian Records:

M50	Decathlon	John Neale	VIC	5,275pts	62%	4/5-7-01	Brisbane
M75	300 Hurdles	Syd Elks	VIC	65.55s	80%	7-7-01	Brisbane
M55	400m	Keith Howden	VIC	55.78s	92%	12-7-01	Brisbane
M75	Shot Put	Rudi Hochreiter	VIC	10.80m	82%	27-10-01	Geelong
M75	Shot Put	Rudi Hochreiter	VIC	11.12m	84%	10-11-01	Geelong
M75	Shot Put	Rudi Hochreiter	VIC	11.56m	87%	17-11-01	Geelong

Important Notice to All - Before and After a Record

- Please be aware that you may need to alert track managers to the possibility of your breaking a record**, so that three time keepers can be organised, wind gauge operated if required, and if the event is 3k & over, a lap scorers sheet filled out. Note that for field events, throwing implements need to be weighed, and distances checked with a steel tape.
- Record application forms** are not absolutely necessary to claim a record, but if they are not used, there is a far greater chance that important information will be missed, and your claim rejected. Please ask your Venue Manager (or me) for forms.
- Don't assume I will be aware of your record performance.** If a record application form hasn't been sent to me, please alert me to your record, so that you can receive timely recognition in News & Results or the Courier, and receive a Record Certificate. A brief phone call or email will do. The Vic Vets Track & Field Champs is the only competition where you definitely don't need to fill out a form.
- Non-Veteran Club Competitions** - Please be aware that organisers of events not run by AMA or Vet clubs, may not be as careful about correct results and records as we are. You may also need to be much more pro-active in forewarning the organisers (eg insist on 3 timekeepers), or in obtaining satisfactory documentation.

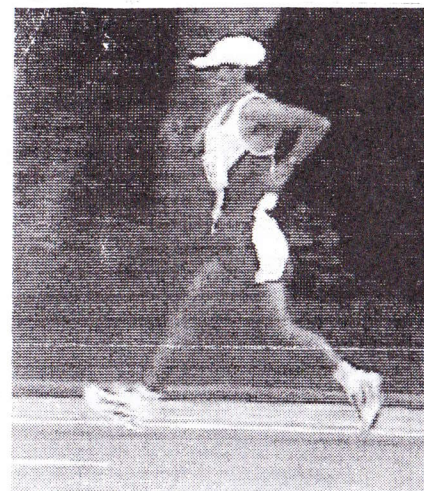
Missing Certificates

If you require a Record Certificate for any past Victorian, Australian or World records, set **before** the World Champs in Brisbane, please contact me.

Old Australian Championship Results

Does anyone have a complete set of results from the 1978 Australian Veterans Championships? I seem to be missing some events from my set. If you can lend them to me briefly, I will photocopy and return them.

Clyde Riddoch
AMA & VVACI Records Officer



The walker is Jefferson Perez at the USA Nationals in Niagara Falls, NY.

The caption reads: The start of the stride shows Perez just before contact with the swing leg. Notice that he has a slight flight phase, but this can only be detected in one frame of the stride and is not noticable to the human eye. Therefore he is legal.

(From Race Walk. Com
(<http://www.racewalk.com/perez/SingleJPG.htm>)

e-mail questions & comments to
Jeff Salvage.

The photo is from a series of five.

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 deserves and this is mainly brought about because of the introduction of the words (to the human eye) following a scientific study of race walking commissioned by the IAAF in 1989, when on its completion the scientists suggested that judging would be improved with the use of video filming.

The sport was introduced in the Olympic Games in 1908 at the White City London with G.E. Lerner of Great Britain winning both events. In 1912 walking was reduced to one 10.000 metres track event, but in 1920 restored - two track events over 3000 and 10.000 metres.

Frequent disqualifications in the earlier Olympics had led to many wondering if walking should remain on the programme, so in Paris in 1924 the 3000 metres was dropped and only the 10.000 metres track walk remained. Trouble arose over judging and the panel of judges resigned and walking was ruled out at the 1928 Olympics at Amsterdam.

The popularity of road walking had increased in Britain and a 50 kilometres race was conducted at both Los Angeles and Berlin and won by English walkers Tommy Green and Harold Whitlock.

After the second World War the 10.000 metres track walk was again introduced with Swedish walkers winning both events and the same events were on the Helsinki programme in 1952. The Swedish walker John Mikaelsson won the 10 kilos in Olympic record time and with Italian stylest Dordoni winning the 50 Km. However there was such a row about the judging that the track events were removed from the Olympic program. So walking had disqualified itself from track walking at the Olympic Games.

The 10.000 metres race for women has been replaced with a 20.000 metres road race at Sydney with walking generally raising media speculation over whether walking should be retained as an Olympic level.

The human eye is an imperfect instrument with many optical illusions, For instance when we view a movie the screen is in perfect darkness for half the time. This is made possible because of a Maltese Cross arrangement that blacks out the screen between frames - yet the audience sees the movement as unbroken.

INTERNET WEBSITES

VicVets has a strong interest in at least two websites on the internet.

There are also several others which are athletics based which you can access through the Links page on the VicVets website.

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

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

for our basic VVACI club information ,etc.

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

for the Around The Grounds results and ads for coming events.



Barry Brooks, who comes down from Ballarat from time to time to terrorise the Melbourne vets.

Victorian Veterans' Athletic Club Inc.

ANNUAL GENERAL MEETING

Monday, 22nd April 2002

Notice is hereby given that the 30th Annual General Meeting of the Victorian Veterans' Athletic Club Inc., will be held at Doncaster Venue, Rieschicks Reserve, George Street, East Doncaster, Melway 33 J11, on Monday, 22nd April 2002 commencing at 8:30pm (after the last athletic event)

Commencing at 8:30 pm

1. Confirm Minutes of last preceding AGM (and of any general meeting held since that meeting) ~6/(4)a
2. Presentation and receipt of the Annual report and audited financial statement- **Business, between 9:00 - 9:30 pm.** ~6/(4)b
3. Ballot for the election of the (named) Executive-positions and members of the General Committee ~6/(4)c
4. To receive and consider the statement submitted (by the Association'[Club]) in accordance with Section 30(3) of the act ~6/(4)d
5. Election of Auditor(s) ~6/(4)e
6. Declaration of result of election ballot of (named) Executive positions of the Committee.
7. Declaration of result of election ballot of members of the General Committee.
8. Declaration of result of election of other Executive positions of the Committee.
9. Election of Life Members. ~3/(4)
10. Presentation of special award trophies, (or similar. etc.)
11. Other general business of which notice has been duly given. ~6/(5)

NOTE: ~6/(5) etc., indicates the relevant Constitution Clause No.

Cut here and return to Hon Secretary

Victorian Veterans Athletic Club Inc.

Committee Nomination Form - 2002

Nominations close 8:00 pm 15th April 2002

Nomination for (insert position as listed below)**

Name of Nominee.. .. .

Signatures (3) .. . Proposer

.. .. .

Date .. . Seconder

.. . Nominee

** Insert one of the following:

President (1) Hon. Secretary (1) Hon. Assist. Secretary (1) Hon. Treasurer (1) Vice President (2)
Club Captain (1) Vice Captain (1) General Committee (7 positions) Hon. Auditor (2 max)

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.

2002

Thursday, 10th January, VRR Twilite Tan Time Trial (8km & 4km), near Government House Drive, 6.30pm (9802 1220)

Saturday, 12th January, Portsea Twilight Fun Run (6.75km & 2.8km), Mornington Peninsula National Park, Point Nepean, 6.30pm (9819 9225 w)

Saturday, 12th to Saturday 19th January, 22nd Thredbo National Running Week, Thredbo Alpine Village, Kozciuszko National Park. Brian Lenton PO Box 5 Duffy ACT 2611. Accommodation 1800 020 589 or www.thredbo.com.au

Sunday, 13th January, GGG and Cape View Hard-ware Cape Run, (8.4km), Watt Street, Wonthaggi, 9.00am (5674 4895 h)

Wednesday, 16th January, Super Sunset Series (8km & 4km), King's Domain Gardens, Tan Track, 7.00pm (9347 3532 w)

Oceania Veteran Championships, Geelong, January, 12 to 19 Contact Rudi Hochreiter for information. 0352 414 108 or contact Stuart Robley, Geelong Athletics Inc, PO Box 1819, Geelong 3220. robley@iaccess.com.au

Sunday, 20th January, CHC Coburg Special Fun Run & Walk (12km & 4km), Harold Stevens Athletics Track, Coburg, 9.00am (9386 9251 h)

:Rival's Triathlon Fun Run (5km), Geelong, 10.00am (0402 720 613)

Wednesday, 23rd January, VVACI Lindsay Thomas Memorial Run, (10km & 5km run/walk), Braeside Park, Mentone, 7.00pm (Alan Bennie 9244 8121 h)

Thursday, 24th January, Australia Day Fun Run & Walk, (6km), Linlithgow Avenue, King's Domain, 7.00pm (5224 2466 w)

Wednesday, 30th January, Runners World Twilight Run (8km & 4km), Yarra Bend, Melbourne, TBA (9819 9225 w)

Saturday, 2nd February, VRR Tan Time Trial (8km & 4km), near Government House Drive, 7.30am (9802 1220)

Wednesday, 6th February, VVACI Andy Salter Road

Relays, (and a walk relay too), Springvale Noble Park venue, Springvale (Melway 80 E12) 7.00pm (Alan Bennie 9244 8121 h)

Wednesday, 6th February, Super Sunset Series (8km & 4km), King's Domain Gardens, Tan Track, 7.00pm, (9347 3532 w)

Saturday, 9th & Sunday 10th February, AMAI (formerly AAVAC) National Decathlon and Heptathlon Championships, QE11 Brisbane, See ad in this magazine. (Wilma Perkins 07 3273 5792 or Judy Cooper 07 3341 2251)

Sunday, 10th February, CHC Coburg Special Fun Run & Walk (12km & 4km), Harold Stevens Athletics Track Coburg, 9.00am (9386 9251 h)

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

Thursday, 14th February, VRR Twilite Tan Time Trial (8km & 4km), near Government House Drive, 6.30pm (9802 2220)

Sunday, 17th February, Cubitt Classic (15km), Kevin Bartlett Reserve, Yarra boulevard, Burnley, 8.00am (9817 3503 w)

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

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

Saturday, 23rd February, Noorat Fun Run & Walk (6km), Noorat Hotel, 6.30pm (5592 1457 h)

Sunday, 24th February, VVACI Weight Pentathlon Championships, Duncan McKinnon Park, Murrumbeena, Melway 69 A9 10.00am (Graeme Rose 9836 2350) Entries this magazine p 16-19

Sunday, 24th February, VRR Yarra Bend (12km & 6km), Yarra Bend Park, (Melway 30 H 12), 8.00am (9802 1220)

:Rotary Bay Run (10km & 5km), Sandringham F C Beach Road, Hampton, 9.30am (0419 363 077)

Wednesday, 27th February, Runners World Twilight Run (8km & 4km), Royal Park, Melbourne, TBA (9819 9225 w)

Sunday, 10th March, VVACI Pentathlon, Duncan McKinnon Park, Murrumbeena, 12.30pm (Tony Bradford 9749 2248) Entries this magazine p 16-19

Saturday, 16th March, VVACI Track & Field Championships Day 1, Aberfeldie Track, Melway 28 D6, 12 noon, (Ted McCoy 9583 3280) Entries this magazine p 16-19

Sunday, 24th March, VVACI Track & Field Championships Day 2, Duncan McKinnon Park, Murrumbeena, Melway 69 A9, 12 noon, (Ted McCoy

9583 3280) Entries this magazine p 16-19

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>. Entry forms Colin Browne 9874 2501

Sunday, 25th August, Racewalking Ballarat 2002, Australian Federation Titles, Victoria park Ballarat, see ad in this magazine. (Russell Bourke 5332 3391 h, or Tim Erickson 9379 2065 h)

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.



Rod Neal, Bronwen Hanns and Brian Mee in one of our Maribyrnong River runs.

TENTH ANNUAL "TWILIGHT"

LINDSAY THOMAS MEMORIAL – 10Km RUN

"WEDNESDAY" 23 JANUARY 2002

BRAESIDE METROPOLITAN PARK – MELWAYS REF: 88 D7
(ENTRANCE – LOWER DANDENONG ROAD)

ENTRY FEE \$4.00 – PAYABLE ON THE NIGHT

OPEN TO REGISTERED VETERAN ATHLETES – VVACI MEMBERS (OR BY INVITATION)

PROGRAM

7.00pm	5km	Walk (One Lap of Park)
7.00pm	5km	Run (One Lap of Park)
7.00pm	10km	Run (Two Laps of Park)

AWARDS

10km RUN	5km RUN	5km WALK
First Male	First Male	First Male
Second Male	Second Male	Second Male
Third Male	Third Male	Third Male
First Female	First Female	First Female
Second Female	Second Female	Second Female
Third Female	Third Female	Third Female

Trophy for "First" 50+ Male & Female 10km Run (other than open placings)

- NUMEROUS SPOT PRIZES -

THE PERPETUAL TROPHY FOR THE 10KM RUN IN MEMORY OF
LINDSAY THOMAS IS HELD BY THE THOMAS FAMILY.

ORGANISED BY THE SPRINGVALE – NOBLE PARK VENUE OF THE
VICTORIAN VETERANS ATHLETIC CLUB INCORPORATED.

ENQUIRIES – KEN HOUGH- TEL. 9673 9869 (W) 9798 1231 (H)

PLEASE NOTE: The distances of all events have not been "wheel measured" in fact they area little bit longer than the advertised distance.

ANDY SALTER MEMORIAL ROAD RELAY
WEDNESDAY 6TH FEBRUARY 2002

Dear Venue Manager

Once again the Springvale/Noble Park venue is proud to host the running of the "Andy Salter Memorial Relay", a 4 x 3.1 km Intervenue Challenge Road Relay. The event will be held at the Springvale/Noble Park Venue, Memorial Drive, Noble Park on Wenesday 6th February, starting time 7.20 pm.

Again, as in the past, two divisions will be programmed. Division One is for the Challenge Trophy while Division 2 is a Fun Run Section.

DIVISION ONE teams must comprise four comprise including at least one female. The total combined ages of the team must be at least 175 years. Each team member must be a registered financial club member and a regular attendee at the venue they represent. Each venue may enter more than one challenge team. The winning team will be presented with the "Andy Salter Perpetual Trophy" to be held until the running of the following year's relay. Trophies will be awarded to the members of the first three challenge teams to finish.

DIVISION TWO teams must consist of fours runners of Veteran (30+) age and no other age restrictions apply. Teams may be mixed but it is not mandatory to have a female. Trophies will be awarded to the members of the first Fun Run team to finish.

The fastest individual male and female runners will also receive trophies.

For the walkers, the "Bert Warburton Memorial Walk Relay" will be held simultaneously and will be a 3 x 2 km Road Walk, estimated team time event.

Teams will comprise three financial club members of veteran age, of which one will preferably be female. There is not team age restriction. Upon entry, a total team time is nominated and trophies will be awarded to the team that finishes closest to their estimated time.

ENTRY FEES are \$8 per Road Run Team and \$6 per Road Walk Team.

REGISTRATION will be from 6.30 pm until 7.15 pm for a 7.20 pm start. Please be early as the events are held on public roads and for safety reasons it is imperative we start on time so that all runners and walkers complete their event before darkness.

On behalf of the Australian Masters Athletics Association Inc (formerly known as the Australian Association of Veteran Athletics Inc), Queensland Masters Athletics will conduct the first National Multi Event Championships during the 2001/2002 summer season.

NATIONAL CHAMPIONSHIPS DECATHLON AND HEPTATHLON

**For registered masters/veterans athletes
over the age of 30 years**

Be there to take part in our first national championship

- WHERE: State Athletics Centre Kessels Road Nathan Brisbane
- WHEN: 9th/10th February, 2002
- COST: \$15.00 plus \$5.00 ground fee (Total: \$20.00)
- EQUIPMENT: A number of poles will be available for use.
Size of spikes: 7mm for track and horizontal jumps
9mm for high jump and javelin
- ENTRY: Entries to be sent to Queensland Masters Athletics
P.O.Box 564 Rochedale Queensland 4123
Entries close on 26th January 2002. Queensland registered entrants
who pay an additional \$5.00 will have their performance included in
Queensland Multi Events Championships results and medal allocation.
www.mastersathletics.com.au
- the
- TIME: 9.00a.m. on Saturday 9th February (Sign in by 8.30a.m)
- DAY ONE:
- | | |
|-----------|----------------|
| Decathlon | Heptathlon |
| 100m | Sprint Hurdles |
| Long Jump | High Jump |
| Shot | Shot |
| High Jump | 200m |
| 400m | |
- DAY TWO:
- | | |
|----------------|-----------|
| Sprint Hurdles | Long Jump |
| Discus | Javelin |
| Pole Vault | 800m |

Javelin
1500m

ACCOMMODATION

Robertson Gardens Plaza Hotel & Villas
281 Kessels Road, Robertson
Ph: (07) 3875 1999
E-mail: robgard@powerup.com.au

Sunnybank Hotel
275 McCullough Street, Sunnybank
Ph: (07) 3345 1081

Dress Circle Mobile Village
10 Holmead Road, Eight Mile Plains 4113
Ph: (07) 3341 6133

Sunnybank Star Motel
223 Padstow Road, Eight Mile Plains 4113
Ph: (07) 3341 7488

Several Queensland Masters Athletics members have offered to provide accommodation at \$20.00 per night. Contact Wilma (07) 3273 5792 or Judy (07) 3341 2251

ENTRY:

Name _____ Age _____
Group _____

Association/Club of Registration _____ Date of Birth _____

Address _____

Phone _____ Email _____

Payment Details: I enclose a cheque for \$ _____ OR a money order
for \$ _____ OR debit my card \$ _____ Bankcard or Master Card or

Visa (circle). Card holder's
name _____

Card Number _____ Expiry Date _____

Signature _____

Post to: Multi Events, QMA, PO Box 564, Rochedale, Qld. 4123

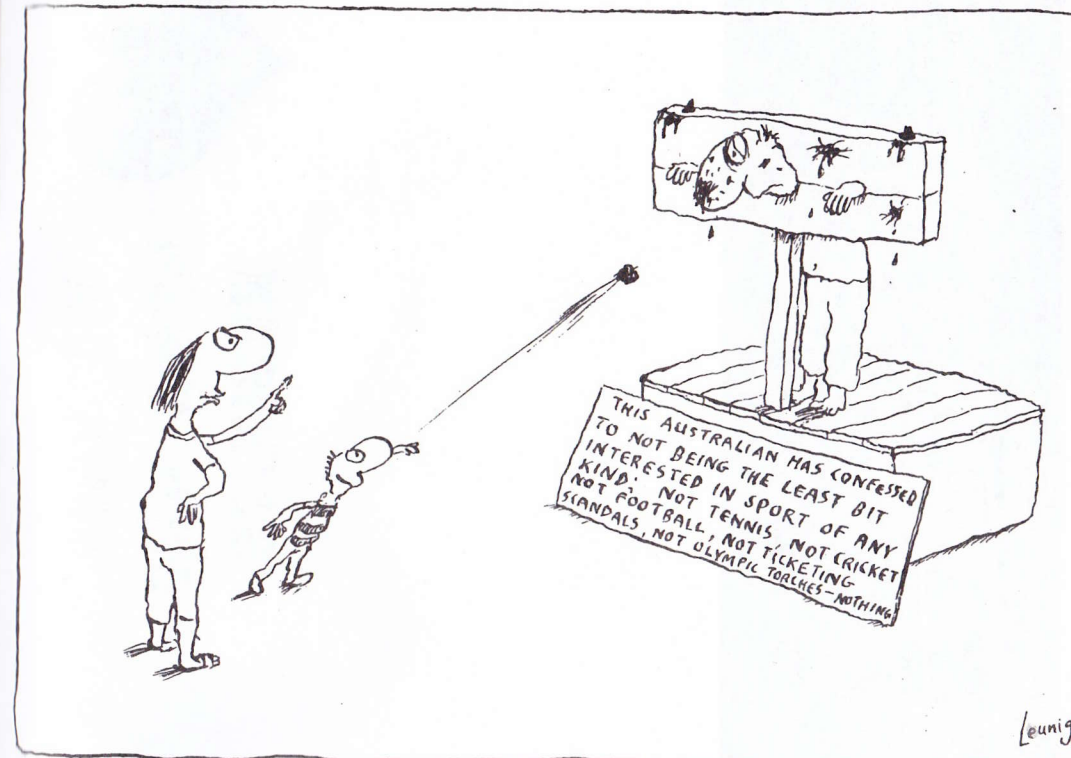
Racewalking BALLARAT 2002

Aust. Federation Titles August --25th.
 Held at Victoria Park Ballarat

Age groups	Distance	Time
Open M	20Km.	9-30 am.
Open F	10Km.	9-35 am.
U/17 M & F	5Km.	10-30 am.
U/16 M & F	5Km.	10-30 am.
U/15 M & F	3Km.	12-15 pm.
U/14 M & F	3Km.	12-15 pm.
Master M & F	5Km.	11-10 am.
U/12 M & F	1500m.	11-50 am.
U/10 M & F	1000m	12-00 pm.
U/8 M & F	1000m	12-00 pm.

INFORMATION CONTACT

Russell Bourke Ph: 5332 3391(hm)
 Tim Erickson Ph: 9379 2065(hm) Mob: 0412 257 496
 Includes Athletics Victoria & Ballarat Titles



THE WIZARD OF ID

by Brant Parker and Johnny Hart



The walk should be eliminated as a sports event; one only has to look at the controversy at the recent world championships. Judging in the walk is like the diving and gymnastics where perception is the key.

NOEL HOWARD, Epping

NON SEQUITUR

by Wiley

