

News and Results

The Victorian Veterans' Athletic Club Inc.

May 2002

VicVets -Top Club at Aussie Champs

Victoria topped the medal count at the National Masters Athletics Championships held over the Easter break at the Santos Stadium in Adelaide. Overall Victoria won 153 gold, 79 silver and 76 bronze, followed by NSW with 100 gold and the home state with 66 gold.

The weather was bright and sunny; ideal conditions for an enjoyable meet and for those who wished to enhance their visit by savouring the fine foods, wine and culture of South Australia.

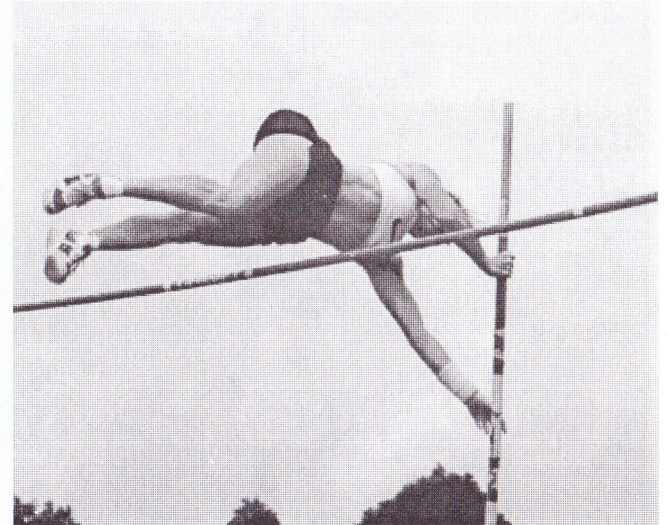
The host state did a fine job of organising a three days of competition in conjunction with Athletics SA offi-

cial.

Mike Johnston broke the only World record at the Champs with a smart time of 72.85 in the M80 400 metres, bettering his record he set at Aberfeldie the previous month. He followed this with an Australian record of 31.82 in the 200 metres.

Bronwyn Cardy was the only other Victorian to break a National record, with a performance of 17:44.75 in the W50 5km. 10 state records were broken.

Victorian Andy Smith attended his 30th consecutive Australian Championship, the only person to have that honour. He did it in a fine manner by winning seven gold medals.



Don't Forget...

**Racewalking
Aust. Federation
Titles,
25th August
Victoria Park,
Ballarat**

**World Masters
Games
Entry Closing
Date
5th August**

Dawn Hartigan, current World Champion and record holder, missed out a new World record by 5cms at the Victorian Championships, jumping 3.40 metres.

VicVets

News and Results

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Victorian Veterans Athletics Club Inc.

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	www.users.bigpond.com/judynken/atg (Around the Grounds)	



Your Letters



Better Communications Needed

Dear Dot and Colin,
Early last December Bill Ryan returned his report on the club's strategic plan to you. Bill and I had many discussions regarding the topics in the strategic plan and he compiled what I believed to be quite a good report covering many aspects of the plan. He also included some input from Graeme Paul and Keith Lodge. However, as often happens, after he sent the report to you we continued to have discussions about another matter which we both believe to be an area that Vic Vets need to look at seriously and probably should have been included in his report.

We both feel that VicVets needs to take serious steps to improve communication, between members, between venues and between committee and members.

The only communication we have between members right now is through Colin's "News and Results", which he produces every couple of months. These days "Around The Grounds" is virtually only a record of results from the various venues and virtually doesn't carry any news items at all. I don't know what the answer is right now but maybe we need to produce a small but informative newsletter that can be circulated to all venues on a regular basis. Maybe it could be distributed soon after the Vets committee meeting, reporting on items that need to be conveyed to members, such as dates of coming events, decisions made at committee meetings, news of inter-venue events, and most of the information that appears in the minutes of committee meetings that are distributed to all venue managers.

We also believe that there is a lack of communication between committee and venue members. In fact, I believe that

the majority of members would not even know who the club's office bearers are.

Bill and I thought that one of the things that might help solve this problem is if the committee gives consideration to holding their monthly meetings at a different venue each month on the venue's regular competition night. This would allow the committee to see the venue operating first hand and would also give the venue members a chance to meet the people who represent them on the committee. With the number of metropolitan venues we have operating at the present time it would mean that each venue would have a visit from the committee approximately every 14 months.

If it is not possible to get a small newsletter operating maybe the same result could be achieved by having each member of the committee attending a different venue after the committee meeting had been held and relaying decisions made by the committee, dates of coming events, inter-venue news and any other items of interest arising from the meetings that should be conveyed to the members of the club. I believe it would have far more impact on the members of a venue to hear this news directly from a member of the club's executive reporting back to them, rather than have the venue manager try to include these items of news in his weekly talk and sticking a copy of the minutes of the committee meeting on the notice board.

These are just a few of the things that Bill and I felt might solve or address some of the communication problems within the club. Some may not be practical to put into operation, some may thought to be garbage by the committee and other members, but I only hope to stir up enough interest and comments to make other concerned members act and, hopefully, come up with a feasible solution to what I believe has become a serious problem within the large membership of our club.

Ron Young,
a concerned life member.

Can I get a Run at the Venues?

Dear Dot and Colin,
What is wrong with the veteran athletics? I have been to three meetings of other venues and have failed to get a run, the last two parlour nights at East Burwood and the other night at Doncaster. At least at Croydon you can get a run even if you are not a financial member. Surely, a financial member of the vets can get a run even if the competition seems to be for a sheep station. I would be prepared to run even if I am ineligible for a prize. What made it worse last night is I gave up a night of umpires' training to get fit with a bit of fun. Richard Trembath from Doncaster has informed me I won a prize when I went there a couple of weeks ago but I don't feel like going back there now to pick up the prize. Hoping to hear back from you.

Regards,
Ron Smith

Collingwood Venue

Dear Dot,
I am writing to let you know that both Ron Young and I have stepped down as co-managers of the Collingwood Veterans venue. You are obviously aware of Bill Ryan's decision to do likewise at the end of last year. After seven years, both Ron and I thought that it was time for a change and that someone else should take over and bring in some fresh ideas.

We had our elections last Tuesday night (although I should say there was only one set of nominees) and Graeme Paul and Wasyl Drosdowsky have now taken over as venue managers at Collingwood. Both Ron and I will still be involved with Collingwood venue and will no doubt continue to help out there. In the fifteen years that I have attended Collingwood, it has been an excellent venue with a very friendly atmosphere. I am sure that with Wasyl and Graeme in charge the venue will continue to prosper.

I realise when Bill Ryan stepped down that he pointedly said that he did not want any recognition from the Veterans Club for his efforts as manager at Collingwood. However, Ron and I would like to acknowledge that a large part of the success of the Collingwood venue in the last seven years has been due to Bill's direction and the hard effort put in by Carol Ryan.

Kind regards,

Keith Moody

Moving On

Dear Dot,
It is with regret that I tender my resignation from the Club. I have taken up powerlifting and I find that cannot combine the two activities. There are not enough days in a week!

I really enjoyed my six and a half years race-walking and made many good friends, whom I will miss a lot. I wish the Club well in the future and please accept my special good wishes to you and Colin.

Elaine Rutherford

Vet's Marathon Medals

Dear Colin,
As you may remember, I have already spoken to you on the subject of the medals for last year's Vets Marathon run in conjunction with the Melbourne Marathon. The Victorian Road Runners, who also run their marathon in conjunction with the Melbourne Marathon have, some time back, presented their medals to the age place getters with names, age group etc. inscribed on the back.

Last year, we went to the trouble of filling out the necessary paper, marked the appropriate box on the entry form, wore the Red Heart, and for what? I continually have members asking me if I have received my medal, because they haven't

received theirs. And nor have I.

Perhaps someone can let us know if there are to be medals or not? This proves once again that the Victorian Road Runners are more efficient than the Vic Vets.

Yours sincerely,
Vern Gerlach

Running With A Watch

The *Nike Triax* Ballistic running watch is a useful traveling/racing aid for serious runners. I bought one in Geelong at a pre-sale price of \$100, normally \$120. The watch has five modes: Time, Chronograph, Data, Timer and Alarm. The Timer mode is the one I was primarily interested in. It offered a repeating countdown timer. That is, the watch can be set to chime at the end of a set time (e.g. at 10secs, 22secs, 55secs etc). The chime doesn't last long and isn't very loud, yet it can be heard quite clearly while running. This watch has 15 cycles, whereas more expensive models have more cycles.

I used the watch in a 1500m race at Landy Field, Geelong for the first time. I set the timer at 20 seconds. My intention was to run each 100m of the race at this time. My finish time would be 5 minutes (20secx15=3000sec). Alas, the plan worked well for two laps (8 cycles) but I didn't have the stamina to sustain it. I gradually slipped further behind the chime until finishing with 5 minutes 16 seconds.

A positive outcome from this race was the knowledge that I could technically use the watch. The salesman took a long time to understand its operation and explain it to me. Other sales people in Melbourne (at Nike's Melbourne city outlet) could not work it out!

Another positive outcome was that it provided me with a true indication of my fitness. My stamina needs to improve if I am to set and attain realistic goals.

During the first two laps of the race I felt

fine. I virtually ignored the other runners as I concentrated on my own 100m goals. However, when tiredness set in, the chime became a source of annoyance, not satisfaction, as I heard the chime gradually sound ahead of the designated 100m. This was the only negative outcome from the race. However, I will use it in the future to motivate me to train harder.

My next step is to set an achievable goal and reach it successfully via the watch.

My coach (Mandi Cole) set 3x600m as part of my Tuesday training in the week prior to the Vic Vets titles in Melb. The target time for each 600m was 1 min 48sec. The outcome was pleasing. Using the watch set at 18sec/100m, I ran 1.48, 1.47.5 and 1.47.5. These times would set me up for a good 800m.

Mandi has stressed to me that a good runner should be able to run without a watch. However, if a runner has trouble developing a sense of pace then a watch might be the answer. Russell Johnson, who contributed an article to *VicVets News and Results*, (Jan 2002) told me he was amazed that timer watches weren't used more often, especially on the track. In 1999 he set a Geelong Residential Record when he ran 32m52.06 for 10km the 45-50 age group!

Chris Colley

Strategic Plan and Finances

To the editor,
There have been some queries about the changes taking place within the club as a result of the Strategic Plan. It was the view of the committee that administrative, legal and financial matters should be dealt with first. This would provide stability and allow the club to present itself correctly to outside parties. The audit carried out on the venues shows that some changes will be necessary to the naming of bank accounts etc. Uniformity is being pursued in all matters so that both athletes and outside parties will find

the same conditions applying at all venues. The VVACI is the incorporated body that is responsible for the venues and the athletes. Administratively this means that the venues need to report periodically to the committee so that the committee is kept informed. This includes financial information the VVACI must consolidate in a return to the Office of Fair Trading that administers incorporated bodies. The VVACI has Public Liability insurance. This does not cover an athlete who injures him or her self. It was therefore necessary to add a disclaimer to our subscription forms to draw attention to this fact. These disclaimers are the norm for athletes entering any publicly sponsored events. A number of questions have been asked and the committee is now re-investigating these and other insurance aspects. Once administrative matters are in place, other issues will be addressed.

Don McLean,
Treasurer

Frank McCaffrey MBE

Frank was one of the founder members of Veteran Athletics, which met in a small group at the Randwick Botany track, at Easter in 1971. He was also the editor of The Harrier magazine, which he published in the 1960s, and later was the roving reporter for the Fun Runner magazine. He spent his post-WW2 life promoting distance running. Sadly, all good things must come to an end, and at the age of 82, Frank suffered a stroke and was buried in Sydney on March 22nd 2002. He was one of the first Australian Veterans to compete in the World Veteran marathon in Holland in 1968, but his main love was fun running.

He was in the British navy in WW2 and was captured on the island of Crete by German paratroopers, and spent four years in Germany. Ironically, he was employed to clean the Berlin Olympic Stadium after football matches, having been

a spectator there at the 1936 Olympics. Frank has no relatives in Australia, but he made many friends in athletics as a coach and administrator, and while in the navy at Nowra, he formed the Nowra Athletic Club. My own memory goes back to the 1959-60 cross-country season, when I was 38 years and he was 40 years, and I believe he beat me in the NSW Country championship. He had a great admiration for Percy Cerutti and his training methods, and I know he was coach to more than one NSW champion. Running was his life and he enjoyed it to the full.

Jack Pennington

Cliff Young

I have good news of Cliff Young. Cliff in 1983, was the toast of Australia, because at the age of 61, he won the Sydney to Melbourne Ultra marathon. He did it by running through the night while others slept, and he completed the journey in five and a half days, only sleeping three hours per night. He became Sports Person of the Year, and was then married to 23 years old Mary, on television, to the delight of all Australia. It was claimed that he was unknown, but I was a member of the M55 winning World veteran cross-country team in 1981 and Cliff was a teammate. Last year Cliff had two strokes, and he has been rehabilitated by his ultra-marathon crew, Mr and Mrs Powers and their two adult twin daughters. Cliff now lives with them at Caloundra on the Sunshine coast, and acts as a surrogate grandfather. He now walks 10km per day, and will be happy to be non-competitive. In his late seventies, he made two aborted attempts to run round Australia, the first from Sydney to Darwin and the second from Woolongong to Broome, each time crewed by the Powers family who clearly deserve some recognition.

Jack Pennington

Interviewees Wanted

Research student Matthew Hanrahan is looking for Veteran athletes to interview for a film documentary about physical and emotional well-being of Australians over 30. If you have an interesting story to tell, have undertaken sport for health reasons, or are a latecomer to the sport, please contact him for a brief interview. He is also interested in former elite athletes who now compete for fun, or those who have had considerable success in their sport.

His details are:

Matthew Hanrahan,
14 Robross Street,
Cheltenham, 3192,
9583-5518 or 0419-693-375
matthew_hanrahan@hotmail.com

Memories

To all Veterans,

'Bomber Clarke dies, 68'. Strange to find that in a Veteran's paper but you forgot to mention that he ran around the two lakes, one year, and won a medal and a sash. After the race, I told him he could now tell Ron Clarke that he'd won a Veteran's sash. He said he could always beat Ron.

On page 5, Keith Routley says he is 81 and has not done a thing yet. Well next year Bridget Cushen will be staying for a year with me. After the cold of London, this will be a pleasant change. I am 92 now and Keith can kindly drive Bridget to North Road. Look out, some things have to be fixed.

Tom Roberts - a great worker and good athlete. He told me he must have introduced between 75,000 and 80,000 babies into the world and was sick of it. That was probably a World Record! When in London, he called in to see Bridget Cushen in Surrey, South of London.

Graeme Paul is talking on page 11 of a patron. John Landy will not do as twice an Irish man beat him over 200 and 400 metres if I remember rightly.

Raylene Boyle worked for Prahran Council and exercised two big dogs in Fawcner Park each night. She has cancer and is now living in North Tullamarine, still with the two dogs whilst the cancer is in remission. I first met Teresia Baird on a run just below the Flemington racetrack. I took her time and submitted it to Athletics Australia in St Kilda Road. They said they could certainly use her for Olympic Games but she knew she could not leave her private college at Warburton.

Work is more important than play. I ran my own factory in Brunswick and lived in the factory to save money. I bought hessian by the bale, had it coated with rubber, and cut it into strips. I soon had all the Myer workroom business. After the austerity of war, everyone wanted carpet in the house. If anyone wanted anything, I gave him or her the same reply, "Immediately after lunch." I imported steel balls for the bicycle trade and sold them in bulk in plastic packets. I invented a wooden machine that ran two lines of balls simultaneously. That was a real money-spinner. When I was 72, I retired and invested my money. I flirted with running for a time but a doctor cut my knee out and gave me an artificial knee 6 times as strong as steel. Veteran Affairs gave me a trolley and I push it miles and miles every day. I have had a good life and I'm not sick.

John Brown

This issue of *News and Results* has been under the editorship of Russ Haines, as guest editor, to give Colin a well-deserved break. Correspondence still goes to the Secretary.

The Stan Nicholls' World Records

Dear Colin,
The picture of Stan's daughter inspired me to get to work and compile the World records that he set along the way. He still holds three 2 mile, three 1 hour runs and nine of the twelve steeplechase records that he set. He was born on June 18, 1911 and received his Order of Australia (OAM) on 11 June, 1984.

Jack Stevens

At 62 years	3 km Steeple	12:45.0	1974
At 63 years	3 km	10:41.0	1974
	3 miles	18:15.0	1974
	5 km	18:15.0	1974
	10 km	38:28.0	1975
At 84 years	1 mile	5:25.4	1978
At 88 years	1 mile	5:37.2	1977
	3 km	10:47.8	1977
	5 km	18:10.0	1977
	8 miles	38:55.8	1977
	10 km	37:52.2	1977
	3 km Steeple	12:42.0	1978
At 67 years	6 miles	39:34.0	1978
	3 km Steeple	12:41.8	1979
At 68 years	3 km	11:41.6	1979
	1 hour run	14:39.2 km	1979
	3 km Steeple	13:07.4	1979
At 69 years	3 km	11:46.8	1980
	2 miles	12:55.8	1980
	6 miles	39:03.2	1980
	10 km	40:21.6	1980
	3 km Steeple	12:57.6	1981
At 70 years	3 km	11:51.6	1981
	2 miles	12:23.0	1981
	3 miles	19:08.0	1981
	6 miles	39:36.0	1981
	10 km	40:54.6	1981
	1 hour run	14:875 km	1982
	3 km Steeple	13:26.6	1982
At 71 years	3 km	11:47.4	1982
	2 miles	12:42.4	1982
	3 miles	19:09.0	1982
	3 km Steeple	13:03.0	1983
At 72 years	6 miles	42:04.8	1983
	10 km	43:28.8	1983
	3 km Steeple	13:43.0	1983
	1 hour run	13:899 km	1984
	5 km	20:48.0	1984
At 73 years	6 miles	42:08.8	1984
	3 km Steeple	14:12.8	1984
	10 km	43:27.0	1985
At 74 years	6 miles	42:53.6	1985
	10 km	44:18.6	1985
	3 km Steeple	14:56.8	1985
At 75 years	3 km Steeple	15:21.0	1986
At 76 years	3 km Steeple	17:04.8	1988

Gold, silver, records ... he can Matchett



Athletics

IT'S not just about establishing records — it's the satisfaction of competing that keeps Croydon Athletics Club's oldest member Ken Matchett coming back for more.

Last week the 80 year old returned home to Montrose with four gold and two silver medals at the Oceanic Veterans Athletics Championships in the 80-84 age group.

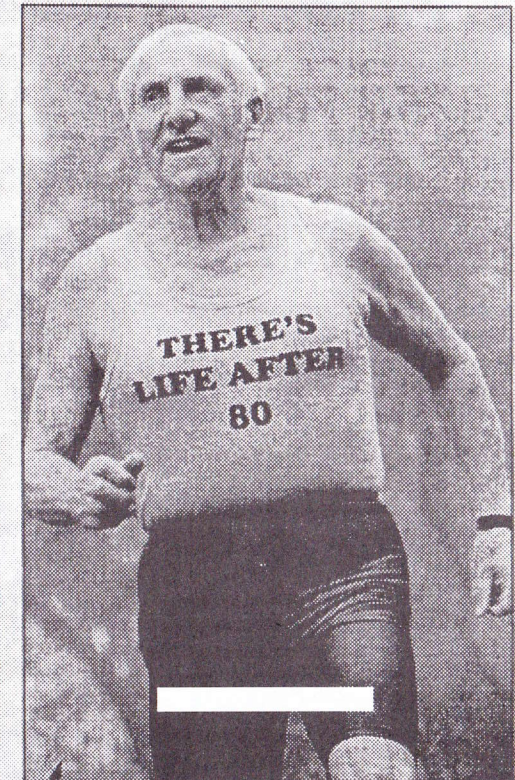
"I'm slowing down," Matchett said.

"A few years ago I held six world records for the 50km track and road races, and six-hour running events.

"My times are slow now, but the satisfaction of being able to compete at 80 years makes up for it."

■ Croydon Athletics Club meets every Tuesday at 7pm, at the athletics track next to Arndale shopping complex, Croydon.

New members are always welcome.



Veteran champ: Ken Matchett. Picture: Robert Carow

Free Advertising

Ken Matchett not only managed to get the above article in the local (Eastern suburbs) Maroondah Leader newspaper but he was the star interviewee of the very popular Today TV show. I believe he was heading for his 250th marathon and the interview was an excellent promotion for Veteran's athletics. He also was shown on TV finishing in the Puffing Billy race recently. Who needs name changes, sponsorships and marketing plans? Everyone reads the local paper and the media are always after a good story. These are free, in exchange for a small effort, and the Vets certainly have plenty of interesting stories to tell - and all good advertising!

1st Australian Masters Athletics Heptathlon and Decathlon Championships

State Athletics Centre, QEII Stadium,
Brisbane, 9th and 10th February 2002
(Vics Only)

M60 Decathlon			
1 Jim Poulter	VIC	5823	
M65 Decathlon			
2 Bryan Johnston	VIC	3353	
W35 Heptathlon			
1 Jennifer Baldwin	VIC	4161	
W40 Heptathlon			
1 Christine Bridle	VIC	3636	

The details of the individual events or
points scores are not available at this
stage.

30th Telstra Australian Masters Athletics Championships

	Gold	Silver	Bronze	Total
Vic	153	79	76	308
NSW	100	67	50	217
SA	66	66	52	184
ACT	48	48	31	127
Qld	39	36	21	96
NZ	12	1	1	14
WA	5	11	7	23
Tas	5	4	0	9

Events entered: 1729, competed: 1401
145 women 258 Men
Average events per competitor:
4.79 women 4.23 men

Results (Victorians Only)

100 Metres

W40			
1 KAY, Marie	NSW	13.66	
2 COURTNEY, Barbara	VIC	13.75	
4 BRIDLE, Christine	VIC	14.47	
W45			
1 LEE, Salli-Ann	VIC	14.00	
W50			
1 TAYLOR, Margaret	ACT	14.40	
8 CORAM, Judy	VIC	17.36	
W55			
1 REEVES, June	VIC	15.04	

W60			
1 MORREY, Jan	VIC	15.13	
2 MILLAR, Nyala	VIC	15.48	
3 STOBAUS, Anne	VIC	15.57	
4 ALLEN, Jill	VIC	16.18	
W65			
1 COOK, Kathleen	VIC	17.21	
W75			
1 DAVIDSON, Gwen	VIC	19.52	
M35			
1 BALDWIN, Terry	VIC	12.66	
M40			
1 ISACKSON, David	NSW	11.92	
3 TUCKETT, Peter	VIC	12.16	
M45			
1 LYONS, Phil	NSW	12.42	
3 HICKS, Terry	VIC	13.18	
M55			
1 WIGHT, John	QLD	12.43	
3 HOWDEN, Keith	VIC	13.41	
M60			
1 KENT, Ross	VIC	13.13	
5 NODEN, Graeme	VIC	13.89	
8 BRADFORD, Tony	VIC	15.10	
M65			
1 McPHAIL, Bruce	NZ	13.14	
4 HOWES, John	VIC	14.88	
7 BROOK, Max	VIC	15.60	
8 STACK, Edmund	VIC	16.79	
M70			
1 THACKRAY, Jack	ACT	14.72	
3 COFFEY, Leo	VIC	16.25	
M75			
1 STANKOVIC, Stan	VIC	19.32	
2 RIVIELLO, Gerardo	VIC	24.43	
M80			
1 JOHNSTON, Mike	VIC	15.79	
M85			
1 SMITH, Andy	VIC	24.88	
"Sunsmart" Champions Handicap			
1 WIGHT, John	QLD	10.63	
3 JOHNSTON, Mike	VIC	10.87	
4 KENT, Ross	VIC	11.11	
6 STANKOVIC, Stan	VIC	12.76	
"Sunsmart" Champions Handicap			
1 COOPER, Ann	SA	11.63	
2 MORREY, Jan	VIC	12.04	
4 LEE, Salli-Ann	VIC	12.59	
5 DAVIDSON, Gwen	VIC	12.74	
6 REEVES, June	VIC	12.87	
7 COOK, Kathleen	VIC	13.23	
200 Metres			
W35			
1 MOGENTALE, Gianna	NSW	26.23	
3 BALDWIN, Jennifer	VIC	27.89	

W40			
1 KAY, Marie	NSW	27.00	
2 LOIZOU, Bronwen	VIC	27.19	
3 COURTNEY, Barbara	VIC	27.91	
5 BRIDLE, Christine	VIC	29.42	
W50			
1 TAYLOR, Margaret	ACT	29.21	
2 HEAGNEY, Kathryn	VIC	29.36	
W55			
1 REEVES, June	VIC	31.20	
W60			
1 STOBAUS, Anne	VIC	31.00	
2 MORREY, Jan	VIC	31.15	
3 MILLAR, Nyala	VIC	32.18	
W65			
1 COLLINS, Corinne	ACT	34.26	
2 COOK, Kathleen	VIC	34.73	
M35			
1 McCUBBIN, Robert	VIC	23.18	
2 BALDWIN, Terry	VIC	25.02	
M40			
1 ISACKSON, David	NSW	24.03	
3 TUCKETT, Peter	VIC	24.45	
M45			
1 LYONS, Phil	NSW	25.45	
3 HICKS, Terry	VIC	26.33	
5 LANCASTER, Phil	VIC	26.98	
M55			
1 WIGHT, John	QLD	25.47	
3 HOWDEN, Keith	VIC	25.70	
M60			
1 KENT, Ross	VIC	26.86	
6 BRADFORD, Tony	VIC	30.56	
M65			
Heats			
1 AUSTIN, Reg	NSW	29.01	
2 HOWES, John	VIC	30.08	
4 KAKRIS, Lucas	VIC	30.89	
8 BROOK, Max	VIC	32.40	
9 STACK, Edmund	VIC	34.59	
Finals			
1 COOGAN, Hugh	QLD	27.08	
3 HOWES, John	VIC	29.31	
5 KAKRIS, Lucas	VIC	30.93	
7 BROOK, Max	VIC	31.80	
M70			
1 THACKRAY, Jack	ACT	30.16	
4 HARRIS, Alexander	VIC	33.17	
M75			
1 STANKOVIC, Stan	VIC	39.46	
3 RIVIELLO, Gerardo	VIC	66.29	
M80			
1 JOHNSTON, Mike	VIC	31.82	
M85			
1 SMITH, Andy	VIC	52.93	

400 Metres			
W35			
1 MOGENTALE, Gianna	NSW	59.41	
3 BALDWIN, Jennifer	VIC	61.27	
W40			
1 LOIZOU, Bronwen	VIC	58.60	
3 BRIDLE, Christine	VIC	66.28	
4 ORELLI, Cathy	VIC	69.82	
W50			
1 HEAGNEY, Kathryn	VIC	65.42	
W60			
1 STOBAUS, Anne	VIC	68.02	
M35			
1 McCUBBIN, Robert	VIC	49.46	
4 BALDWIN, Terry	VIC	53.66	
M40			
1 TUCKETT, Peter	VIC	53.96	
M45			
1 HICKS, Terry	VIC	56.03	
M55			
1 HOWDEN, Keith	VIC	57.45	
M60			
1 KENT, Ross	VIC	60.13	
3 BRADFORD, Tony	VIC	68.29	
M65			
1 COOGAN, Hugh	QLD	61.33	
3 HOWES, John	VIC	65.07	
4 KAKRIS, Lucas	VIC	70.36	
5 BROOK, Max	VIC	73.68	
7 STACK, Edmund	VIC	78.15	
M80			
1 JOHNSTON, Mike	VIC	72.85	
M85			
1 SMITH, Andy	VIC	2:35.87	
800 Metres			
W35			
1 PETRIE, June	VIC	2:23.52	
3 GORE, Laurel	VIC	2:26.78	
5 BALDWIN, Jennifer	VIC	2:34.31	
W40			
1 LOIZOU, Bronwen	VIC	2:19.94	
3 HIGGINS, Sharon	VIC	2:29.74	
4 ORELLI, Cathy	VIC	2:46.79	
W55			
1 THOMPSON, Vicki	VIC	3:57.14	
W60			
1 STOBAUS, Anne	VIC	2:43.29	
M30			
1 WILSON, Paul	VIC	2:09.54	
M35			
1 McCUBBIN, Robert	VIC	1:58.46	
M40			
1 McCOMBIE, Will	SA	2:09.76	
3 KENTISH, Colin	VIC	2:13.19	
M45			
1 HICKS, Terry	VIC	2:08.32	

3	PAGE, Colin	VIC	2:09.41	M60			
4	PELGRIM, Bert	VIC	2:13.14	1	CARSE, Bert	WA	4:40.11
	M50			4	WAITE, John	VIC	5:41.52
1	PEARCE, Bob	SA	2:12.07	M65			
2	GIBSON, Alan	VIC	2:12.09	1	CARR, David	WA	5:30.13
	M55			2	BROOK, Max	VIC	5:45.79
1	GILLIES, Leslie	NSW	2:15.56	4	PEACOCK, John	VIC	6:36.37
6	PHILPOTT, Graham	VIC	2:36.14	M70			
7	PIESSE, Richard	VIC	2:59.53	1	YOUNG, Ron	VIC	6:03.24
8	ORELLI, Michael	VIC	3:01.83	3	MORREY, Ben	VIC	7:16.39
	M60			5,000 Metres			
1	SANDERY, Peter	SA	2:24.00	W35			
6	WAITE, John	VIC	2:50.28	1	PAPWORTH, Carmel	VIC	18:04.16
	M65			2	WILSON, Susanne	VIC	18:13.26
1	COOGAN, Hugh	QLD	2:25.57	3	PETRIE, June	VIC	18:13.65
3	BROOK, Max	VIC	2:47.18	W40			
	M75			1	HIGGINS, Sharon	VIC	18:13.26
1	McKAY, Max	NSW	3:43.38	W45			
3	RIVIELLO, Gerardo	VIC	7:11.60	1	PELGRIM, Annette	VIC	20:45.19
	M80			W50			
1	JOHNSTON, Mike	VIC	3:10.00	1	CARDY, Bronwen	VIC	17:44.75
	1500 Metres			4	GRIFFITHS, Christine	VIC	32:41.34
	W35			W55			
1	WILSON, Susanne	VIC	4:51.76	1	PETRIE, Lavinia	VIC	19:53.32
2	PETRIE, June	VIC	4:53.48	2	THOMPSON, Vicki	VIC	30:18.62
3	DICKER, Sharee	VIC	5:11.66	W60			
	W40			1	RILEY, Brenda	VIC	21:10.04
1	HIGGINS, Sharon	VIC	5:02.79	W70			
	W45			1	YOUNG, Shirley	VIC	23:56.54
1	PELGRIM, Annette	VIC	5:27.96	M30			
	W50			1	WILSON, Paul	VIC	15:08.60
1	CARDY, Bronwen	VIC	5:08.30	M35			
4	WRIGHT, Janis	VIC	6:08.40	1	GRIMMETT, Mal	VIC	16:36.00
	W55			M45			
1	PETRIE, Lavinia	VIC	5:35.23	1	BOWES, Phillip	VIC	16:05.87
2	THOMPSON, Vicki	VIC	8:17.50	2	PELGRIM, Bert	VIC	16:53.56
	W70			M50			
1	YOUNG, Shirley	VIC	7:05.88	1	SOLOMON, Kevin	VIC	17:01.40
	M30			7	BISH, Trevor	VIC	21:03.85
1	WILSON, Paul	VIC	4:18.09	M55			
	M40			1	FRANZI, Norman	VIC	19:24.13
1	FLETCHER, Nick	NSW	4:32.61	2	PHILPOTT, Graham	VIC	19:57.27
2	KENTISH, Colin	VIC	4:35.90	4	WATERS, Rob	VIC	20:26.63
	M45			5	PIESSE, Richard	VIC	21:55.56
1	PATERSON, Stuart	NSW	4:24.40	6	ORELLI, Michael	VIC	21:59.18
2	PAGE, Colin	VIC	4:27.63	M60			
3	PELGRIM, Bert	VIC	4:28.80	1	SANDERY, Peter	SA	17:05.17
	M50			5	WAITE, John	VIC	20:42.27
1	SOLOMON, Kevin	VIC	4:29.63	M65			
6	GRAY, Neil	VIC	5:27.25	1	MARTIN, John	SA	22:42.45
	M55			2	PEACOCK, John	VIC	23:42.67
1	GILLIES, Leslie	NSW	4:46.72	4	SIMONS, George	VIC	28:48.53
3	FRANZI, Norman	VIC	4:55.45	M70			
5	PHILPOTT, Graham	VIC	5:12.18	1	PADGET, David	SA	22:07.91
7	WATERS, Rob	VIC	5:26.79	2	YOUNG, Ron	VIC	22:54.15
8	ORELLI, Michael	VIC	5:48.50	4	MORREY, Ben	VIC	27:16.28

8k Cross Country							
W35							
1	WILSON, Susanne	VIC	31:53				
2	DICKER, Sharee	VIC	33:09				
	W45						
1	PELGRIM, Annette	VIC	37:23				
	W50						
1	CARDY, Bronwen	VIC	30:44				
	W55						
1	THOMPSON, Vicki	VIC	56:03				
	W60						
1	BROWNE, Dot	VIC	43:06				
	W70						
1	YOUNG, Shirley	VIC	42:18				
	M30						
1	WILSON, Paul	VIC	27:19				
	M35						
1	GRIMMETT, Mal	VIC	28:34				
	M45						
1	BOWES, Phillip	VIC	27:35				
2	LONG, Allan	VIC	28:59				
3	PELGRIM, Bert	VIC	29:58				
5	PAGE, Colin	VIC	30:42				
	M50						
1	STANDEVEN, David	SA	30:13				
5	BISH, Trevor	VIC	37:35				
	M55						
1	ROSE, Wayne	SA	34:20				
2	PHILPOTT, Graham	VIC	34:58				
3	LAWFORD, John	VIC	35:13				
4	WATERS, Rob	VIC	35:15				
5	ORELLI, Michael	VIC	38:38				
7	PIESSE, Richard	VIC	39:36				
	M60						
1	SANDERY, Peter	SA	29:49				
5	WAITE, John	VIC	35:29				
8	CHRISTODOULOU, G	VIC	48:42				
	M65						
1	ROGERS, Frank	SA	38:44				
4	ONLEY, Kevin	VIC	45:34				
5	BROWNE, Colin	VIC	48:40				
9	SIMONS, George	VIC	53:08				
	M70						
1	PADGET, David	SA	37:44				
2	YOUNG, Ron	VIC	39:29				
4	MORREY, Ben	VIC	53:11				
	M75						
1	CAMPBELL, Bruce	TAS	47:50				
2	SINCLAIR, Jim	VIC	1:01:30				
	10,000 Metres						
	W50						
1	CARDY, Bronwen	VIC	38:45.83				
	W55						
1	PETRIE, Lavinia	VIC	41:32.80				
	W70						
1	YOUNG, Shirley	VIC	50:27.80				

	M30						
1	WILSON, Paul	VIC	31:50.16				
	M35						
1	GRIMMETT, Mal	VIC	34:29.41				
	M45						
1	BOWES, Phillip	VIC	33:25.61				
	M50						
1	STANDEVEN, David	SA	36:58.01				
4	BISH, Trevor	VIC	43:58.91				
	M55						
1	MILLER, Trevor	SA	43:00.70				
3	LAWFORD, John	VIC	56:26.50				
	M60						
1	SANDERY, Peter	SA	36:54.30				
3	WAITE, John	VIC	44:22.00				
	M65						
1	STUART, Ron	NSW	51:25.40				
2	ONLEY, Kevin	VIC	53:58.50				
	5,000 Metres Walk						
	W35						
1	MAJOR, Annette	VIC	29:29.96				
3	HOWORTH, Sandra	VIC	31:30.24				
	W45						
1	COYTE, Jill	VIC	27:44.79				
3	LANCASTER, Heather	VIC	35:30.78				
	W50						
1	SURIDGE, Helen	SA	30:56.28				
4	GRIFFITHS, Christine	VIC	37:58.14				
	W55						
1	STEED, Gwen	VIC	29:33				
	W60						
1	RILEY, Brenda	VIC	27:56				
2	MACHIN, Sylvia	VIC	30:50				
	M40						
1	DONAHOO, Mark	VIC	23:29.34				
2	RANCE, Paul	VIC	26:48.40				
	M60						
1	DICKINSON, Murray	VIC	26:17				
3	JOHNSON, Tony	VIC	28:02				
	M65						
1	MAJOR, Geoff	VIC	29:44				
5	BEAUMONT, Ian	VIC	37:49				
	M75						
1	PASH, Fred	SA	41:41				
3	JONES, Allan	VIC	45:02				
	M85						
1	SMITH, Andy	VIC	58:03				
	10,000 Metre Walk						
	W35						
1	GOODGER, Dian	SA	1:04:33				
2	HOWORTH, Sandra	VIC	1:04:34				
3	MAJOR, Annette	VIC	1:06:14				
	W45						
1	MOLLER, Judy	QLD	1:01:31				
2	HOLMES, Janet	VIC	1:04:01				
3	LANCASTER, Heather	VIC	1:12:43				

W50				2 HARRIS, Alexander	VIC	60.00
1 JOHNSON, Celia	VIC	1:04:14				
4 GRIFFITHS, Christine	VIC	1:18:24				
W55				Steeplechase		
1 STEED, Gwen	VIC	1:03:08		W35		
W60				1 GORE, Laurel	VIC	12:49
1 RILEY, Brenda	VIC	58:51		W50		
2 MACHIN, Sylvia	VIC	1:03:48		1 DAVEY, Irene	QLD	no time
				1 WRIGHT, Janis	VIC	no time
20,000 Metre Race Walk				M45		
M40				1 LONG, Allan	VIC	10:34.32
1 DONAHO, Mark	VIC	1:42:36		2 PELGRIM, Bert	VIC	11:00.67
2 RANCE, Paul	VIC	2:02:46		M50		
M50				1 COLLEY, Chris	VIC	12:40.41
1 WOOD, Robin	VIC	2:12:46		M55		
M60				1 SMART, Doug	SA	15:40.07
1 DICKINSON, Murray	VIC	1:55:29		M60		
M65				1 CARSE, Bert	WA	7:32.30
1 MAJOR, Geoff	VIC	2:26:23		5 WAITE, John	VIC	9:18.49
				M65		
Short Hurdles				1 STUART, Ron	NSW	9:39.19
W35				7 SIMONS, George	VIC	11:44.96
1 McRAE, Sue	SA	17.24		4x100 Metre Relay		
3 BALDWIN, Jennifer	VIC	19.41		W160+		
W40				1 Victoria B		52.60
1 KAY, Marie	NSW	13.31		(LEE, COURTNEY, BALDWIN, LOIZOU)		
3 BRIDLE, Christine	VIC	16.50		5 Victoria A		60.47
M35				(MILLAR, STOBBAUS, REEVES, MORREY)		
1 BALDWIN, Terry	VIC	16.94		4x400 Metre Relay		
M60				W160+		
1 MAMALIS, Greg	NSW	17.65		1 South Australia A		4:33.98
2 TREMBATH, Richard	VIC	18.10		2 Victoria A		4:41.26
3 PRIESTLEY, Ken	VIC	20.39		(BRIDLE, BALDWIN, PELGRIM, ORELLI)		
M65				4x100 Metre Relay		
1 McENEARNEY, Peter	NSW	21.33		M150+		
2 CUNCLIFFE, Roy	VIC	21.44		1 New South Wales B		46.40
4 BROOK, Max	VIC	26.21		2 Victoria A		47.73
				(TUCKETT, BALDWIN, LANCASTER, HOWDEN)		
Long Hurdles				4x100 Metre Relay		
W35				M200+		
1 BALDWIN, Jennifer	VIC	72.05		1 South Australia B		49.25
W40				6 Victoria A		57.38
1 KAY, Marie	NSW	69.35		(KENT, BROOK, KAKRIS, HOWES)		
3 BRIDLE, Christine	VIC	1:25.76		4x400 Metre Relay		
M35				M200+		
1 BALDWIN, Terry	VIC	62.34		1 South Australia A		3:51.59
M45				2 Victoria A		4:38.07
1 HICKS, Terry	VIC	71.64		(KENT, BROOK, HOWES, JOHNSTON)		
M60				4x400 Metre Relay		
1 TREMBATH, Richard	VIC	46.89		M200+		
3 HALL, Mike	VIC	54.52		1 South Australia A		3:51.59
M65				2 Victoria A		4:38.07
1 McENEARNEY, Peter	NSW	55.70		(KENT, BROOK, HOWES, JOHNSTON)		
2 CUNCLIFFE, Roy	VIC	58.79				
3 BROOK, Max	VIC	63.41				
M70						
1 COFFEY, Leo	VIC	59.18				

High Jump				3 YOUNG, Peter	VIC	4.45
W30				4 PHILPOTT, Graham	VIC	4.07
1 McMURDY, Leanne	QLD	1.35		M60		
2 SANDERSON, Jenny	VIC	1.30		1 NODEN, Graeme	VIC	5.02
W35				M65		
1 BALDWIN, Jennifer	VIC	1.25		1 STURZAKER, John	NSW	4.13
W40				2 STANKOVIC, Nino	VIC	3.11
1 BRIDLE, Christine	VIC	1.35		M75		
W45				1 HOCHREITER, Rudi	VIC	3.51
1 LEE, Salli-Ann	VIC	1.35		3 STANKOVIC, Stan	VIC	1.69
M35				M85		
1 BALDWIN, Terry	VIC	1.70		1 SMITH, Andy	VIC	1.13
M55						
1 MAHER, Garry	ACT	1.35		Triple Jump		
2 YOUNG, Peter	VIC	1.30		W30		
M60				1 SANDERSON, Jenny	VIC	8.78
1 MAMALIS, Greg	NSW	1.45		W35		
4 BRADFORD, Tony	VIC	1.10		1 MOGENTALE, Gianna	NSW	10.54
M75				2 BALDWIN, Jennifer	VIC	9.68
1 HOCHREITER, Rudi	VIC	1.10		W40		
3 STANKOVIC, Stan	VIC	0.95		1 ALLEN, Debbie	SA	9.45
				3 BRIDLE, Christine	VIC	8.72
Pole Vault				W45		
W35				1 LEE, Salli-Ann	VIC	9.93
1 POTIRIS, Vivian	VIC	2.80		W50		
M35				1 TAYLOR, Margaret	ACT	9.02
1 BALDWIN, Terry	VIC	3.00		2 CORAM, Judy	VIC	6.37
M60				W60		
1 SENIOR, Brian	NZ	2.30		1 MILLAR, Nyala	VIC	8.04
2 HALL, Mike	VIC	2.20		M35		
M75				1 SMITH, Ian	VIC	12.56
1 HOCHREITER, Rudi	VIC	1.70		M55		
				1 MAHER, Garry	ACT	8.67
Long Jump				2 YOUNG, Peter	VIC	8.58
W35				M60		
1 MOGENTALE, Gianna	NSW	4.98		1 JACOTINE, Julian	VIC	10.17
2 BALDWIN, Jennifer	VIC	4.77		M65		
W40				1 STURZAKER, John	NSW	9.16
1 KAY, Marie	NSW	5.24		2 STANKOVIC, Nino	VIC	6.28
4 BRIDLE, Christine	VIC	3.89		M70		
W45				1 COFFEY, Leo	VIC	7.94
1 LEE, Salli-Ann	VIC	4.57		M75		
W50				1 HOCHREITER, Rudi	VIC	7.63
1 TAYLOR, Margaret	ACT	4.67		2 STANKOVIC, Stan	VIC	3.77
3 CORAM, Judy	VIC	3.31		Shot Put		
W60				W35		
1 MILLAR, Nyala	VIC	3.77		1 McCAHILL, Christine	NZ	13.23
2 MORREY, Jan	VIC	3.50		3 BALDWIN, Jennifer	VIC	8.40
M35				W40		
1 BALDWIN, Terry	VIC	6.09		1 GIBBINS, Sharon	ACT	9.32
2 SMITH, Ian	VIC	5.85		5 BRIDLE, Christine	VIC	7.48
M40				W45		
1 TUCKETT, Peter	VIC	4.55		1 TREGONING, Jenny	SA	7.31
M45				2 LEE, Salli-Ann	VIC	6.94
1 HICKS, Terry	VIC	5.17		W50		
M55				1 SCHULTZ, Chris	VIC	12.96
1 TAYLOR, Grahame	ACT	5.09				

3 CORAM, Judy	VIC	9.15	W75		
6 MUSSETT, Lorraine	VIC	6.94	1 DAVIDSON, Gwen	VIC	17.02
W55			2 VICKERS, Mary	QLD	9.98
1 THOMAS, Mary	NSW	10.11	M40		
2 DUNDAS, Rhondda	VIC	8.89	1 CUMMING, Mark	NZ	32.44
4 ROSE, Astrid	VIC	8.33	2 SCOTT, Sandy	VIC	22.14
W75			M55		
1 DAVIDSON, Gwen	VIC	6.28	1 GREEN, Ray	ACT	40.42
M40			2 YOUNG, Peter	VIC	37.56
1 CUMMING, Mark	NZ	10.85	3 ROSE, Graeme	VIC	35.46
2 SCOTT, Sandy	VIC	7.46	4 REYNOLDS, John	VIC	34.78
M55			M60		
1 ROSE, Graeme	VIC	12.24	1 SELVEY, Warwick	QLD	47.28
1 YOUNG, Peter	VIC	12.24	5 READWIN, Ken	VIC	31.26
4 REYNOLDS, John	VIC	9.56	7 JAMES, Morrie	VIC	26.62
M60			8 BRADFORD, Tony	VIC	23.78
1 KOCH, Barrie	SA	12.61	9 STOBOUS, Ron	VIC	18.72
8 JAMES, Morrie	VIC	7.66	M65		
M65			1 STURZAKER, John	NSW	34.66
1 STANKOVIC, Nino	VIC	8.03	3 CUNCLIFFE, Roy	VIC	27.96
2 HARBOTT, Alwyn	VIC	7.29	4 STANKOVIC, Nino	VIC	24.52
M70			M70		
1 VAN-WEENEN, Wim	VIC	10.73	1 VAN-WEENEN, Wim	VIC	32.98
M75			2 WYNHOVEN, Harry	VIC	30.40
1 HOCHREITER, Rudi	VIC	10.79	M75		
4 STANKOVIC, Stan	VIC	7.71	1 HOCHREITER, Rudi	VIC	31.34
"Sunsmart" Champions Handicap			4 STANKOVIC, Stan	VIC	24.28
1 VICKERS, Ted	QLD	18.12	M85		
4 ROSE, Graeme	VIC	17.30	1 SMITH, Andy	VIC	5.54
"Sunsmart" Champions Handicap			Hammer		
1 THOMAS, Mary	NSW	15.99	W35		
3 DAVIDSON, Gwen	VIC	15.42	1 McCAHILL, Christine	NZ	49.54
3 SCHULTZ, Chris	VIC	15.42	3 HOWORTH, Sandra	VIC	30.24
Discus			W50		
W30			1 PALMER, Denise	NSW	39.02
1 SMITH, Lynette	NSW	32.00	2 SCHULTZ, Chris	VIC	36.20
3 SANDERSON, Jenny	VIC	21.00	4 CORAM, Judy	VIC	32.50
W35			5 REYNOLDS, Sharon	VIC	24.66
1 McCAHILL, Christine	NZ	38.02	6 MUSSETT, Lorraine	VIC	18.32
3 BALDWIN, Jennifer	VIC	30.04	W55		
4 HOWORTH, Sandra	VIC	25.10	1 PARVIAINEN, Marja-L	NSW	47.98
W40			3 DUNDAS, Rhondda	VIC	32.84
1 GIBBINS, Sharon	ACT	29.64	4 ROSE, Astrid	VIC	31.48
4 BRIDLE, Christine	VIC	13.08	W75		
W45			1 DAVIDSON, Gwen	VIC	22.74
1 TREGONING, Jenny	SA	27.94	M40		
3 LEE, Salli-Ann	VIC	16.96	1 CUMMING, Mark	NZ	44.66
W50			2 DONNELLAN, John	VIC	40.94
1 SCHULTZ, Chris	VIC	36.68	M55		
4 CORAM, Judy	VIC	20.42	1 ROSE, Graeme	VIC	45.10
7 MUSSETT, Lorraine	VIC	12.92	3 REYNOLDS, John	VIC	36.96
W55			M60		
1 PARVIAINEN, Marja-L	NSW	30.50	1 READWIN, Ken	VIC	45.10
3 DUNDAS, Rhondda	VIC	25.48	3 PRIESTLEY, Ken	VIC	39.80
5 ROSE, Astrid	VIC	21.66	8 JAMES, Morrie	VIC	25.62
			9 STOBOUS, Ron	VIC	20.06

M65			W55					
1 HARBOTT, Alwyn	VIC	25.84	1 THOMAS, Mary	NSW	35.42			
2 STANKOVIC, Nino	VIC	23.40	2 ROSE, Astrid	VIC	21.10			
M70			3 DUNDAS, Rhondda	VIC	20.38			
1 VAN-WEENEN, Wim	VIC	46.82	Weight					
3 WYNHOVEN, Harry	VIC	34.46	W50					
M75			1 SCHULTZ, Chris	VIC	14.11			
1 JEKABSONS, Felix	QLD	32.38	3 CORAM, Judy	VIC	10.46			
2 HOCHREITER, Rudi	VIC	30.70	5 REYNOLDS, Sharon	VIC	7.69			
4 STANKOVIC, Stan	VIC	26.26	6 MUSSETT, Lorraine	VIC	6.20			
Javelin			W55					
W30			1 RUDOV, Raylea	ACT	11.78			
1 SMITH, Lynette	NSW	34.94	2 ROSE, Astrid	VIC	10.54			
2 SANDERSON, Jenny	VIC	17.48	W75					
W35			1 DAVIDSON, Gwen	VIC	6.76			
1 HARDY, Jayne	ACT	38.88	M55					
2 BALDWIN, Jennifer	VIC	25.24	1 ROSE, Graeme	VIC	16.29			
W40			3 REYNOLDS, John	VIC	13.26			
1 HARDY, Deb	SA	23.88	M60					
5 BRIDLE, Christine	VIC	21.48	1 PRIESTLEY, Ken	VIC	15.53			
W45			6 JAMES, Morrie	VIC	10.74			
1 TREGONING, Jenny	SA	25.48	M65					
2 LEE, Salli-Ann	VIC	18.38	1 LITCHFIELD, Jim	SA	9.82			
W50			2 HARBOTT, Alwyn	VIC	9.33			
1 SCHULTZ, Chris	VIC	28.96	M70					
3 CORAM, Judy	VIC	25.18	1 VAN-WEENEN, Wim	VIC	16.73			
7 MUSSETT, Lorraine	VIC	12.96	2 WYNHOVEN, Harry	VIC	14.93			
Pentathlon								
			Points	200	JT			
					DT			
					LJ			
					800			
W35								
1 BALDWIN, Jennifer	Vic	2824	27.84	26.46	26.78	4.72	2:37.88	
W40								
1 ALLEN, Debbie	SA	2624	28.21	20.12	23.66	4.28	2:54.78	
4 BRIDLE, Christine	Vic	2334	29.21	19.74	15.20	4.16	2:55.21	
5 ORELLI, Cathy	Vic	1958	31.67	17.56	18.06	3.60	2:58.66	
W50								
1 CORAM, Judy	Vic	1295	43.33	20.38	21.44	2.95	5:00.35	
			Points	LJ	JT	200	DT	1500
M55								
1 TAYLOR, Grahame	ACT	3246	5.06	40.68	27.17	23.76	6:22.19	
3 YOUNG, Peter	Vic	2128	3.83	36.74	32.71	30.82	DNF	
M60								
1 BRADFORD, Tony	Vic	2368	3.09	27.82	29.82	26.00	6:31.81	
M65								
1 STURZAKER, John	NSW	2710	3.85	25.22	31.36	33.44	7:44.40	
2 BROOK, Max	Vic	2471	3.50	17.44	31.22	20.68	6:09.35	
3 STANKOVIC, Nino	Vic	1882	3.02	20.84	36.10	25.48	7:35.19	
M70								
1 BURKE, Wyvern	Vic	2708	3.61	23.66	33.42	23.48	7:16.90	
2 HARRIS, Alexander	Vic	2499	3.38	21.36	32.82	21.72	7:30.80	
M75								
1 MCKAY, Max	NSW	2451	3.42	18.62	37.86	21.72	8:05.09	
2 STANKOVIC, Stan	Vic	1637	2.63	22.94	44.95	23.42	DNF	

Weight Pentathlon

			Points	HT	SP	DT	JT	WT
W35								
1	McCAHILL, Christine	NZ	3884	44.98	13.28	38.60	26.26	16.29
3	HOWORTH, Sandra	Vic	2248	30.76	7.58	25.10	19.04	9.78
W50								
1	SCHULTZ, Chris	Vic	3939	32.06	12.93	37.64	25.66	12.51
3	CORAM, Judy	Vic	2924	33.72	9.31	21.48	20.70	10.03
6	REYNOLDS, Sharon	Vic	2078	24.56	6.76	18.10	16.30	7.50
7	MUSSETT, Lorraine	Vic	1523	17.08	6.38	12.54	12.82	6.13
W55								
1	THOMAS, Mary	NSW	4118	29.64	10.96	28.80	36.58	10.25
2	DUNDAS, Rhondda	Vic	3080	31.72	8.75	23.78	13.98	9.97
5	ROSE, Astrid	Vic	2993	32.50	8.30	19.58	18.62	8.93
W75								
1	DAVIDSON, Gwen	Vic	3408	21.40	6.04	15.66	12.08	8.35
M30								
1	BLOCK, Richard	Vic	2148	28.96	9.19	32.84	42.28	8.52
M55								
1	ROSE, Graeme	Vic	4327	44.16	12.31	37.42	44.42	15.55
3	YOUNG, Peter	Vic	3468	27.40	12.66	36.22	39.18	10.41
4	REYNOLDS, John	Vic	3195	36.54	9.48	34.72	24.48	12.73
M60								
1	JAMES, Keith	NSW	3955	36.94	11.68	42.20	38.32	14.68
4	READWIN, Ken	Vic	3369	45.02	9.69	34.26	20.32	14.57
8	JAMES, Morrie	Vic	2383	25.92	7.85	29.54	20.84	10.03
9	PRIESTLEY, Ken	Vic	2308	Foul	8.73	26.92	21.74	15.17
M65								
1	STURZAKER, John	NSW	2715	20.26	7.64	33.28	25.74	9.47
3	STANKOVIC, Nino	Vic	2470	22.84	8.14	25.76	20.90	8.85
4	HARBOTT, Alwyn	Vic	2274	25.92	7.30	23.84	19.00	7.40
M70								
1	VAN-WEENEN, Wim	Vic	4232	44.24	9.29	34.08	29.58	16.54
2	WYNHOVEN, Harry	Vic	3141	33.10	8.81	27.12	19.64	12.48
M75								
1	JEKABSONS, Felix	Qld	3374	31.66	9.54	27.84	20.24	9.27

Australian Masters Athletics Marathon Championships

14th April 2002

(Incorporated in the New Balance Canberra Marathon)

M30 1	Dave Hromow	ACT	3:18:56	M55 1	Robbie Costmeyer	ACT	3:14:02
M35 1	Mal Grimmett	VIC	2:40:17	2	Peter Smart	VIC	3:18:48
W35 1	Bronwyn Hanns	VIC	3:11:46	W55 1	Janet Upcher	TAS	3:18:09
M40 1	Gerry Oldfield	TAS	2:32:16	M60 1	Harold Haldane	QLD	2:56:03
W40 1	Kumi Kato	QLD	3:06:04	M65 1	Colin McLeod	QLD	2:57:06
M45 1	Stephen Bradford	ACT	2:51:38	2	Kevin Browne	VIC	4:35:43
W45 1	Catherine Montalto	ACT	3:30:09	M70 1	Julius Keller	QLD	3:47:24
M50 1	Trevor Jacobs	ACT	2:45:32	M75 1	Bruce Campbell	TAS	5:36:15
W50 1	Sue Archer	ACT	3:47:35	M80 1	Ken Matchett	VIC	5:18:43

Oceania Championships

By John Waite

Geelong's 2002 Oceania Track and Field Titles at Landy Field were a great success. Full marks must be given to the organisers, all of whom generously gave of their own time to ensure the meet progressed through the programme with a minimum of fuss.

The large Kiwi contingent could be excused for wondering why the New Zealand numbers seemed to exceed the local Victorians. Why then did the Victorians, in particular, fail to show? Was the low Victorian registration a result of a lack of publicity? Are there too many competing local alternatives? Are Victorians keener to travel interstate, rather than an hour or two, to compete once or twice? Is the mid-January date the best time for this international event? Was the cost of registration and entry too high? Would Aucklanders, for example, not participate if the Oceania titles were held in Hamilton? All these questions seem to be possible reasons for the perceived lack of interest by Melbourne Vets, generally speaking. Most of these questions could also be targeted at the other Australian States, which provided only a handful of competitors.

It was of interest to then discover active Melbourne Vets who, after travelling down to Geelong for the day and watching activities, wished that they had made the effort to join in. Others claimed Geelong lacked the exotic status of Brisbane's World Championships or the opportunity for combined holiday to a distant Pacific island. Therefore, Cook Island's 2004 is already creating a positive response. The two factors, competition and a romantic Pacific island image, are an attractive proposition.

Weather-wise, Victoria's usual summer

of high temperatures did not eventuate. Mild temperatures, similar to those days experienced at the Hastings Oceania Championships prevailed. For the endurance events, held mainly early in the day, overcast skies and cool breezes proved to be a godsend. Bush flies, as promised in an earlier report, were out in numbers but not as prolific as expected.

To the cynic these Games have become a minor international match between Australia and New Zealand. Had the meeting been structured on a national points basis rivalry would be more intensive.

New Zealanders made no issue of the rag-tag "uniforms" of those who claimed to be running for Australia. New Zealanders have every reason to be pleased with their uniform turnout. Most uniforms appeared to be consistent in every respect, tracksuit, shorts and tops alike. The Australians, by contrast to New Zealanders, Norfolk Islanders and New Caledonians, wore a range of golden hues - shorts of many colours, tops bearing images from boxing kangaroos to the stars of the Southern Cross. In the uniform contest - New Zealand one, Australia nil.

Organizers for the next Games may wish to consider the Championship length. Some thought the meet was a day too long. It did, however, give Kiwis, at least, a chance to attend the infamous One-Day cricket stoush at the Melbourne Cricket Ground when Australia succumbed to the New Zealanders. Kiwi Vets who were close to the crowd misbehaviour claimed it would never have happened at Eden Park. Others spent a day at the Australian Tennis Open. There is a case for a rest day when alternative tourist attractions are at hand.

Geelong's officialdom was certainly

(Continued next page)

**MINUTES OF ANNUAL GENERAL MEETING
OF THE VICTORIAN VETERANS' ATHLETIC CLUB INC.
HELD AT DONCASTER, MONDAY 22nd APRIL, 2002**

PRESENT 78 members attended.

FINANCIAL REPORT

The treasurer, Don McLean, had supplied a six page financial report. The auditors, Keith Routley and Peter Le Get had found the books and accounts of the club to be in accordance with the report. The president thanked the treasurer for a thorough and succinct report.

ELECTION OF OFFICE BEARERS

The committee for the year to come, 2002 - 2003, was as follows elected and is shown on page 2 of this issue.

Retiring committee persons, Peter McGrath, Greg Mauldon, Ashley Page, Astrid Rose and Sonya McLennan were thanked for their great contributions to the club with their work on committee.

LIFE MEMBERSHIPS AND AWARDS OF MERIT.

The meeting heard tributes and motions for the awards of special honours to the following members.

Life Membership Anthony Bradford

Outstanding Service to the Club

Milton Ballantyne	Don Cameron	Alwyn Harbott
Robert Lewis	Kath Prestegar	Ken Priestley

NOTICE OF MOTION

The following special resolution had been received by the secretary, communicated to all members, and the offer of proxy votes announced, all more than 21 days previously. Moved and seconded that:

"the name of the Club be changed to the "Victorian Masters Athletic Club Incorporated", replacing the name of" Victorian Veterans' Athletic Club Incorporated"".

Debate followed, speakers for and against the motion speaking in turn. A motion by Alex Harris that the motion be amended was not accepted by the chairman. To pass such a special resolution, the act governing such matters required a majority of 75% in favour of the resolution. A secret ballot was taken, scrutineers appointed, the proxy votes added to those received from the floor and a count made. The decision was so close that the chairman called for a re-count, including a check on the eligibility to vote of all who had done so. Those eligible included members financial in 2001 and/or 2002. Seven days later, the scrutineers re-assembled to report that the motion was lost, there having been 74.07% in favour of the resolution. The votes were: For 240, Against 84 out of 324 validated votes.

GENERAL BUSINESS

Dual membership. The various categories and options available to athletes to become dual members of both Athletics Victoria and VVACI were explained.

**4th 2002 Australian Masters
Athletics Awards**



Awards finalist Tom Hancock at the recent Victorian Championships

The awards were presented at the Australian National Championships in Adelaide and based on athletics performances achieved in 2001. Consideration was given to all outstanding performances, whether they were achieved at local, state, national or international competitions.

The successful Victorians were:-

**Middle Distance/
Steeplechase**

Our recipient has maintained a very high standard for a number of years. Outstanding performances at the World Championships resulted in a gold medal in the 400m, silver in the 800m, silver in the 1500m, gold in the steeplechase, silver in the 4 x 100m and silver in the 4 x 400m.

Winner **W60 JAN MORREY VIC**

Throws

Finalists: Chris Schultz (Vic.), Tom Hancock (Vic.), Graeme Rose (Vic.), Lisa Kirsch, Helen Searle

Our recipient for the throws completed a very busy year from competitions at local level through to State and National Championships and then at the World Championships in Brisbane. He had already served a two-year apprenticeship in this age group and still managed to set an Australian record during the year in javelin. At the 2001 National Championships he won four of the throwing events and gained silver in the other two throws as well as setting two Championship records. At Brisbane he won silver and bronze throwing medals as well as coming fourth in two others.

Winner **M55 GRAEME ROSE VIC**

Multi Events/Relays

Finalists: Tom Hancock (Vic.), W50 4 x 400m team, Marie Kay
Winner **W40 MARIE KAY NSW**

4th 2002 Australian Masters Athletics Awards (Cont.)

Administrator/Official Award

This is the first year that AMA have included this award and it is a pleasure to be able to recognize this particular contribution made to our sport. Our recipient is a person who undertakes an incredible amount of work behind the scenes. He was responsible for a very time consuming job in 2001 that required accuracy and dedication. Each World Championship Australian entry, of which there were about 1400, had to be checked and processed. Every error by an entrant had to be followed up and corrected.

As well as this bonus work, our recipient continued to maintain the national registrations for our sport. At the same time he has worked tirelessly for athletics in Victoria.

Winner **COLIN BROWNE**



Colin Browne

Most Outstanding Female Athlete

This recipient is well known throughout Victoria as an athlete who can compete with distinction in both Masters Athletics and Open Athletics. Australian Masters Athletes know her as an athlete who is willing to travel to competitions where ever they may be held, who enjoys the camaraderie of the athletes and the challenge of the competition. Every five years see her re-writing our Australian records in shot, discus and the weight pentathlon. 2001 saw our recipient once again repeat this pattern. At the World Championships she collected gold in shot, discus and the weight pentathlon as well as finishing fourth in the hammer. The weight pentathlon was also achieved with a World Record point score.

Winner **W50 CHRIS SCHULTZ VIC**

Distance

Finalists: Bronwen Cardy (Vic.), Shirley Young (Vic.), Colin McLeod, Ron Peters

Winner **M45 RON PETERS QLD**

Walks

Finalists: Andrew Jamieson (Vic.), Dick Keatinge, Lyn Ventris

Winner **W40 LYN VENTRIS WA**

Jumps

Finalists: Murray Tolbert, Margaret Taylor

Winner **W50 MARGARET TAYLOR ACT**

Summary of the VVACI Committee Meeting 18th March

From the Dept of Human Services had approved a grant of \$100 for Seniors Week to assist the Victorian Championships.

From Clyde Riddoch suggesting yearly awards to selected members for various services and performances, awarded at a presentation function and published in "News and Results". He suggested rewards for excellence as the USA Masters do. A committee member or sub-committee should have the duty of reminding office-bearers and venues of the awards available each year and ensuring that they are claimed. The editor should publish them.

From Ron Young, following up on the strategic plan and voicing areas of concern. (see Page 3). In particular, communication was a concern. He suggested a number of things, such as rotation of committee meetings around the venues, visits by committee members to venues other than their usual ones to explain areas of activity or concern, and other ideas. The committee agreed to take future action.

Two excellent veterans' 200 metre races had resulted at the Melbourne Grand Prix meet at Olympic Park after men and women sprinters were invited.

Treasurer Don McLean distributed a statement of income and expenditure for the year to date, 15/03/02, which showed total income of \$26673 and total expenses of \$8642. The club has 909 financial members, similar to this date last year.

Track and Field Championships. The day had been fine, there had been early problems setting up but once events got under way it had been a successful day. They had run out of gold medals, apologies were offered and the medals would be given to the winners either at their venues or by post.

Tony Bradford reported that the pentathlon had been very successful. 25 participated and there had been 19 officials. Astrid Rose said that the weight pentathlon had also been successful and she thanked those who had come along to help.

Doncaster reported that they had a very good night for the Landy Trophy, won this year by Ross Kent. The venue members were pleased to receive the pennant for the venue premiership.

Dual membership with Athletics Victoria. At the moment, the fee remains at \$15. AV registration forms and fixtures were to be sent to all members, giving them the opportunity to register with AV. Committee would need to devise a recording system for dual membership.

Thefts at venues and fun runs have been reported. Members driving cars to such events should lock their valuables in the boot, not leave them visible in the car. They should not take things of value into the clubrooms.

The committee expressed a vote of thanks to Astrid and Graeme Rose for their hospitality in hosting the committee meetings over recent years. Astrid retired from committee.

NEW VICTORIAN, AUSTRALIAN & WORLD RECORDS

By Victorians Only

Age	Event	Name	State	Perf.	AGT%	Date	Location
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Pending World Records:

M80	400m	Mike Johnston	Vic	74.5s	91%	16-3-02	Aberfeldie
M80	400m	Mike Johnston	Vic	72.85s	93%	1-4-02	Adelaide

World Records superseded, or not yet recognized by WAVA:

W75	Weight Pent	Gwen Davidson	Vic	4,041 pts	69%	23-8-98	Murrumbeena
W75	High Jump	Gwen Davidson	Vic	1.12m	96%	26-9-99	Adelaide
M75	Hammer	Roy Foley	Vic	40.88m	84%	5-4-92	Murrumbeena
M75	Hammer	Roy Foley	Vic	43.10m	88%	11-4-92	Murrumbeena
M80	Hammer	John Fraser	Vic	37.18m	91%	23-3-96	Murrumbeena
M85	Hammer	John Fraser	Vic	27.51m	74%	12-12-99	Murrumbeena

Australian Records:

W60	800m	Anne Stobaus	Vic	2m 40.28s	91%	9-7-01	Brisbane
M65	Weight Pent	Tom Hancock	Vic	4,750 pts	77%	6-1-02	Murrumbeena
M65	Discus	Tom Hancock	Vic	46.79m	82%	12-1-02	Box Hill
M75	High Jump	Rudi Hochreiter	Vic	1.23m	82%	18-1-02	Geelong
M80	400m	Mike Johnston	Vic	75.64s	90%	18-1-02	Geelong
M70	Weight	Wim van Weenen	Vic	17.27m	84%	17-2-02	Murrumbeena
M80	100m	Mike Johnston	Vic	15.1s	95%	16-3-02	Aberfeldie, Vic
W75	5k Walk	Jean Knox	Vic	35m 29s	87%	16-3-02	Aberfeldie, Vic
M65	High Jump	Tom Hancock	Vic	1.47m (=)	88%	16-3-02	Aberfeldie, Vic
M80	800m	Mike Johnston	Vic	3m 05.6s	88%	24-3-02	Murrumbeena
M70	Weight	Wim van Weenen	Vic	17.96m	87%	24-3-02	Murrumbeena
W50	5k	Bronwen Cardy	Vic	17:44.75s	93%	31-3-02	Adelaide
M80	200m	Mike Johnston	Vic	31.82s	93%	31-3-02	Adelaide

Victorian Records:

W60	HalfMarathon	Theresa Baird	86m 16s	95%	12-12-01	Knox
M45	Decathlon	Clyde Riddoch	4,574 pts	61%	15/16-12-01	Doncaster
W30	10k Walk	Kylie Bonney	53m 01s	79%	17-1-02	Geelong
M70	2k Steeple	Peter Couttie	9m 56.27s	71%	17-1-02	Geelong
W35	2k Steeple	Laurel Gore	8m 13.56s	78%	17-1-02	Geelong
W65	400m	Barbara Dalglish	1m 28.32s	74%	18-1-02	Geelong
M85	400m	Jack Stevens	1m 50.87s	67%	18-1-02	Geelong
W60	Triple Jump	Nyala Millar	7.96m	81%	18-1-02	Geelong
W65	HalfMarathon	Barbara Dalglish	1hr 40m 37s	86%	19-1-02	Geelong
W70	HalfMarathon	Shirley Young	1hr 57m 42s	82%	19-1-02	Geelong
W35	Heptathlon	Jennifer Baldwin	4,161 pts	64%	10-2-02	Brisbane
W40	Heptathlon	Christine Bridle	3,636 pts	61%	10-2-02	Brisbane
W35	Pentathlon	Jennifer Baldwin	2,925 pts	61%	10-3-02	Murrumbeena
W60	100m	Jan Morrey	14.7s	92%	16-3-02	Aberfeldie
M85	400m	Jack Stevens	108.5s	68%	16-3-02	Aberfeldie
W65	400m	Barbara Dalglish	85.5s	76%	16-3-02	Aberfeldie
W70	400m	Margaret Dalheim	122.3s	59%	16-3-02	Aberfeldie
W50	1500m	Bronwen Cardy	4m 59.2s	90%	16-3-02	Aberfeldie
W35	2k Steeple	Laurel Gore	7m 59.9s	80%	16-3-02	Aberfeldie
W50	5000m	Bronwen Cardy	18m 28s	89%	24-3-02	Murrumbeena
W75	1500m Walk	Jean Knox	9m 55s	88%	24-3-02	Murrumbeena

More Records

M55	4x400m Relay	4m 09.5s	-	24-3-02	Murrumbeena	
					(Ross Kent, Ian McLeod, Keith Howden, Richard Trembath)	
M30	10k	Paul Wilson	31m 50.16s	85%	29-3-02	Adelaide
M30	5k	Paul Wilson	15m 08.60s	86%	31-3-02	Adelaide
W60	200m	Anne Stobaus	31.00s	88%	31-3-02	Adelaide
W45	Triple Jump	Sali-Ann Lee	9.93m	79%	31-3-02	Adelaide
M35	400m	Robert McCubbin	49.46s	93%	1-4-02	Adelaide
M60	400m	Ross Kent	60.13s	89%	1-4-02	Adelaide
M35	4x100m Relay	47.73s	-	1-4-02	Adelaide	
					(Peter Tuckett, Terry Baldwin, Phil Lancaster, Keith Howden)	
W35	4x100m Relay	Salli-Ann Lee,	52.60s	-	1-4-02	Adelaide
					(Salli-Ann Lee, Barbara Courtney, Jennifer Baldwin, Bronwen Loizou)	
W55	4x100m Relay	60.47s	-	1-4-02	Adelaide	
					(Nyala Millar, Anne Stobaus, June Reeves, Jan Morrey)	
W35	4x400m Relay	4m 41.26s	-	1-4-02	Adelaide	
					(Christine Bridle, Jennifer Baldwin, Annette & Cathy Orelli)	

2002 Vic Vets T & F Champs

It was most unfortunate we didn't have a wind gauge at the second day of our Track & Field Championships at Duncan McKinnon Park. The wind appeared to be in excess of 2 m/sec, so four possible Victorian 200m records have been disallowed: M60 Ross Kent 25.9s, M80 Mike Johnston 31.0s, W40 Bronwen Lorizou 25.9s, and W60 Jan Morray 30.3s. In addition, Mike's time was a second less than Harry Gathercole's Australian record.

3k & One Hour Run

I'm compiling Victorian and Australian records for 3k and One Hour Run, events for which WMA/WAVA already have records. Below is what I have for Victoria so far. As you can see, not much! Perhaps those of you with connections to local clubs (such as Glenhantly or Box Hill) can send me some club records. Or perhaps our enterprising Venue Managers can organise special 3k and Hour record attempt nights, similar to what John Gosbell did at East Burwood for the Mile and 1500m walk. Go for it!!

3,000 METRES **NEW**

M30	*Darren Lynch	7.45.53	20-Feb-99	W30	Anne Cross	8.53.17	26-Jul-95
M35	*Steve Moneghetti	8.09.47	10-Dec-97	W35			
M40	Carl Stevenson	9.09.5		W40			

3,000 METRES **NEW**

W45	*Trish Wallace	9.56.721	Oct-95
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* denotes Australian record. *Italics* denote non-Vet member records.

ONE HOUR RUN **NEW**

M30	John Duck	18,249	'83	W30		
M35	Peter Hannaford	18,304		W35		
M40	Peter Hannaford	17,719		W40		
M45	Peter Hannaford	15,907		W45		

New Address

Rose, Eleanor and I have moved 200 metres from Southbank to our new apartment in South Melbourne, so my address is now 5/38 Bank Street, South Melbourne Vic 3205. My telephone at home is still 9690 2903.

Clyde Riddoch, AMA & VVACI Records Officer

Email clyde.riddoch@auspost.com.au

The Tahiti Marathon

By Ken Matchett

The Tahiti Marathon has been advertised as the most exotic marathon in the world, and after experiencing nearly two weeks in this tropical paradise one just has to agree. The main island, Tahiti, is one of 118 islands that make up French Polynesia, a Pacific island group lying northeast of the Cook Islands.

The actual marathon takes place not on Tahiti itself, but on the island of Moorea, some 17 kilometres to the west and accessible by ferry, aeroplane or catamaran. Moorea is a small island, only some 30 km across but characterised by high craggy mountain peaks and dense luxuriant tropical vegetation. The 10 Tahiti Nui Marathon, which was run on Saturday 9th February 2002, started on the north side of the island at the village of Papetoai. The runners, after performing a half marathon loop to the west, return to the starting point and run another half marathon to finish on the eastern side of Moorea at the Public Beach, an area of white sand lapped by the warm waters of the lagoon. The route follows the coastal road and must be one of the most beautiful in the world, with the lagoon on one side of the road and towering mountain scenery on the other. Except for a hill at about the 30km mark, the course is entirely flat. Each runner, as well as being issued with a race number, was given a wristband containing a computer chip that in turn contained the runner's details. Each runner's chip had to be electronically recorded at the start line. Also at the turn-around loop each runner received an identifiable armband before turning to complete the homeward leg.

The average temperature on Tahiti is 28°C with the waters of the lagoon 27°C, there being very little variation between night and day temperatures. The race started at 5 am, not to avoid the air temperature but to gain a little respite from the sun, which can push temperatures to over 40°C from the unusually high shade temperature of 30°C on the day of the race. There was virtually no cloud cover for the entire distance. The temperature was so high that one could actually feel the heat being radiated upwards from the black bitumen road that covered about the entire 42.2 km route. Humidity was high, as one might expect, the wet humid season ranging from November to March. I wore a cotton shirt rather than a singlet or T-shirt and protected my Deck and back with a safari cap that I kept moist at all times. My shirt could have been wrung out after the first 10 minutes of the race.

It seems unnecessary to state that this marathon is a very tough one, and I certainly found it so. It was not as though I was inexperienced in running marathons in hot conditions; I had previously run many Gold Coast marathons, as well as those in Alice Springs, Honolulu and Fiji; but I did not expect such extreme conditions in Tahiti. During the last 8km or so I felt

Continued next page

The Tahiti Marathon

(Continued)

somewhat like Burke and Wills making a very hard time of it and pushing one foot in front of the other. I vowed that should I ever have the good fortune to return to this tropical paradise I'd be entering for the half-marathon! The winning time was 2:37:50, the first woman finishing in just over three hours. Only three runners beat less than three hours, and two thirds of the field ran for four hours or more.

Race organisation was very good, but it would have been easier to register for the race had I not forgotten so much of my schoolboy French. Entry for the race was 2,500 cpf (French Pacific francs), equal to about \$A38, which, considering the cost of holidays in Tahiti, was very reasonable. Unlike other years there were very few American or Japanese runners, yet another legacy of the September 11 disaster. Prize money was nearly \$4000 for both male and female runners, which was very good considering the relatively small field. Transfers to the start from the hotels were arranged, and water stations set up every 2 112-km, food such as tropical fruits at every 5-km. The race was well marked at every kilometre. There was also plenty of encouragement en route. Shouts of 'Allez! Allez!' together with the music makers gave much-needed encouragement to all runners, no less than to this 80 year old. At the finish Tahitian girls (vahines) hung brightly-coloured leis of native flowers around the neck of each male finisher and presented him with a mother-of-pearl finisher's medallion. Tahitian men (tanés) performed the same routine for the female finishers. Of the 149 marathon starters, 122 finished the race; each being awarded a T-shirt and certificate. There was much celebration, with music, dancing and even a grand fireworks display. There was no doubt that here was an event that involved the whole community, for in addition to the marathon there was a popular half-marathon, a school relay marathon, a 6.7-km run/walk and a series of children's races.

Formerly a French colony, French Polynesia is now a French Overseas Territory. A valid passport is necessary but a visa is no longer required provided that the visit is a short one. With the value of our Australian dollar as low as it is, make sure that, should you decide to make the trip, you remember the first rule for any overseas traveller, 'Reduce your luggage by half but double the size of your wallet'. Tours of both Tahiti Island and Moorea are easily arranged on the islands and these costs are not excessive. The nautical experience of snorkelling with stingrays and tame sharks (of only moderate size) in crystal clear coral waters, the magnificent scenery, the friendliness of the Tahitians and the utter peacefulness of the islands will forever be a wonderful memory of Tahiti.

Inter Venue T&F Challenge during the Vic Vets Titles

The list below shows the actual scores for the inter-venue challenge at the recent Victorian Veteran Championships.

Aths	Evnts	Club	1sts	2nds	3rds	Score
26	74	EAST BURWOOD	34	12	16	296
16	70	THROWERS	30	19	9	286
30	71	MENTONE	26	22	12	279
20	49	KNOX	27	8	8	216
28	58	CAULFIELD	16	12	19	193
13	39	DONCASTER	22	10	3	182
18	44	ABERFELDIE	15	16	4	171
21	37	COLLINGWOOD	15	10	5	147
19	32	FRANKSTON	17	8	3	144
17	34	CROYDON	17	5	7	141
10	27	GEELONG	11	6	3	103
14	20	SPRINGVALE/N.P.	5	3	2	56
3	10	TOOTGAROOK	4	4	1	43
4	10	COBURG	4	4	0	42
6	14	ALTONA	2	2	4	34
69	206	CITY (NO VENUE)	84	57	27	824
28	46	PROVINCE (NO VENUE)	18	14	8	186



Anne McPherson and Sharon Higgins lead the pack.

RACE WALKING TIP

By Frank McGuire BEM, Former National Coach and IAAF Judge

The jogging shoulder that pulls some walkers off the ground is usually caused by looseness of the hip girdle and should not be confused with full stride walking, with the fulcrum point of the stride at the spine rather than at the hips.

When executing the hip movement correctly, the walker will feel that he or she is walking with the hips and using the legs as extensions. At the same time the head and trunk will stay at the same height and general posture improves.

Peter Colthup 5 Miles Road Handicap Mentone, 10th April, 2002

The 8th annual running of the Peter Colthup 5 miles road handicap saw, as usual, vets from many venues joining Mentone venue members to compete for the most handsome trophy in veterans athletics, beautifully crafted by Mentone's Louis Waser. The event, of course, is to honour Peter Colthup's tremendous contribution to VicVets and, although, Peter has slowed a bit it was great that he could be present, with Marj, to soak up the atmosphere and present the trophies.

Perfect autumn conditions prevailed which meant that the backmarkers were going to find it a tough assignment and so it proved to be. Ian Cassell running (as distinct from walking-Ian has been one our top racewalkers at Mentone for many years) from a middle mark of 13:00 held off a fast finishing Andrew Edwards (15:30) to win narrowly by 7 sec. with Colin Miller (7:00) holding on for 3rd place. Bronwen Cardy (19:45), a visitor from Great Britain, and fresh from an extremely successful campaign at the 2001 World Vets Games winning 2 gold and 2 silver medals, ran brilliantly to record the fastest W35+ time of 29:26 which was also a new venue record. Russell Johnson (20:45) recorded his 7th M40+ fastest time in the event to run 28-45.

Special thanks to Louis and Linda Waser, Bruce Humphries, Ashley Page, Greg Mauldon, Anne Nicholls and Bob Wishart for help in conducting the night's events and to Nancy Wallace and her team in the kitchen for organizing the generous supper provided by the Mentone vets.

Ted McCoy

Results

(Place, Name, GO Time, Finish Time and Actual Time)

1	Ian Cassell	13:00	47:54	34:54	2	Andrew Edwards	15:30	48:01	32:31
3	Colin Miller	7:00	48:14	41:14	4	Laurie Collard	15:30	48:16	32:46
5	Stephen Young	13:00	48:45	35:45	6	Phil Dunshea	15:30	148:50	33:20
7	Bronwyn Cardy	19:45	49:11	29:26	8	Russell Johnson	20:45	49:30	28:45
9	Brett Currie	13:30	49:56	36:26	10	Rob Waters	15:30	50:06	34:36
11	Chris Rabl	17:00	50:28	33:28	12	Ken Hough	12:30	50:30	38:00
13	John Waite	13:30	50:39	37:09	14	Peter McGrath	7:00	50:51	43:51
15	Case Huysmans	13:30	50:54	37:24	16	Ken Boocock	19:30	51:06	31:36
17	John Moore	15:30	51:17	35:47	18	Jim McLure	16:30	51:28	34:58
19	Karl Fauvrelle	15:30	51:35	36:05	20	Col Waring	19:30	51:42	32:12
21	Jane Sturzaker	11:30	52:14	40:44	22	John Kneen	15:30	52:17	36:47
23	Ben Morrey	5:00	52:44	47:44	24	Brian Delmas	14:15	52:50	38:35
25	Maria Davis	4:00	53:00	49:00	26	Judy Wines	7:00	53:14	46:14
27	Doug Wallace	11:30	53:16	41:46	28.	Juan Perez	16:30	54:36	38:06

New WMA Rule

The recent WMA Council meeting held in Puerto Rico, the Council decided to amend Rule of Competition 8(8). As a consequence, in the Non-Stadia team events for Marathon, Cross-Country and Race Walking, competitors may no longer step down in age groups and must remain in their own age groups. This applies to all World Championships commencing with the 2002 Non-Stadia Championships in Riccione, Italy. The Aust. Team Managers can't recall any instance of "stepping down" in the last World Championships, at the jeopardy of an individual medal.

Graham Kipp 1946 – 2002

It is very sad to hear that Graham Kipp has passed away. Those of us who were in the Vic Vets in the days when Trevor Vincent was our star, Jimmy Seymon was running himself into the ground and Eric Greaves was rubbishing everybody, remember Graham as an indestructible star. Jimmy used to tell us about the lunchtime runs with Peter Noordhoff and others and then going to sleep at his desk in the afternoon. Kippy always figured largely in the exploits of these legendary runners.

Many Vic Vets ran with Graham in St Stephens Harriers or in Corporate Cup, including Ron and Shirley Young, Don McLean, Gordon Noble, Brian Mee, John Waite , John Kneen and George Rennie.

He went off the scene for years, and I didn't know that he was battling cancer. But he seemed to beat it for a while. He turned up at the Vic Championships in 2001, winning silver in the M50 1500m and 5000m. When I gave him his number I almost didn't recognise him as he looked older and did not have his old colour. But he was feeling better and giving it another go. In fact he had come back on committee and was editing the newsletter at St Stephens.

So now he has gone. All the Vic Vets who knew him will be very saddened to hear it.. We send our warmest wishes to his family. Go Kippy go. **By Colin Browne**

New Age Graded Tables

Torsten Carlius, president of World Masters Athletics, has announced that work is complete on the new Age-Graded Tables — the set of formulas and factors that allow athletes of different ages and gender to be compared.

The Council approved with very great appreciation Rex Harvey's proposed new age-grading system. The one that we have used the last years is seven years old and the performances have improved very much. The new system takes this development into account and it will soon be available on the WMA website, as well as printed.

Oceania AGM

The General Assembly was well attended in the Board Room at John Landy Field 16 January during the recent Oceania Championships. It was agreed that the relay composition and the combining of grades in non stadia team events be looked at with a view to improving current procedures. It was also agreed that ways of ensuring athletes compete at the championships as per the ruling of wearing national uniforms must be put in place.

Rarotonga was confirmed as the venue for the October 2004 OAVA Championships and Christchurch New Zealand the 2006 venue timed for January that year. The LOC of the 2002 Championships were congratulated on the success of the meet in progress which was noted as being the first stand alone championships held on Australian soil. The election of officers saw Jim Tobin stand down as President and Ian Anderson, Norfolk Island, was elected to this position.

Victorian Veterans' Athletic Club Inc. MEMBERSHIP APPLICATION FORM

Name

Address

Post Code Telephone

Date of Birth Email

(please print clearly)

I desire to become a member of the **VICTORIAN VETERANS' ATHLETIC CLUB INC.** In the event of my admission as a member, I agree to be bound by the rules of the Club in force at the time.

Signature of Applicant: Date

I hereby declare that I am in good health and will be properly conditioned for the activities that I will enter with the Victorian Veterans' Athletic Club during the year 2002. I absolutely relieve the Victorian Veterans' Athletic Club of any responsibility for any injury or damage to myself that I may sustain in the course of competing in events organised by that club.

Signed

If a second member of the household is also included in the subscription, that person must also sign.

Signed

ANNUAL SUBSCRIPTION (Current rate):

Single : \$25.00 Two at the same address: \$40.00

Cheques payable to "VVACI". Subscriptions are due in January of each year.

Post to the following address:

SUBSCRIPTION SECRETARY: Astrid Rose, 71 Union Rd, Surrey Hills, 3127 Telephone 9836-2350

What's On

Please check with organisers, confirming date, time and venue, before turning up at the venue to avoid your disappointment.

2002

May

- Sat 4th VRR Tan Time Trial, Cnr Gov. House Drive and Birdwood Ave 4/8km, 7:30am
- Sat 4th AV Cross Country Relays, Brinbank
- Sun 5th Thrower's Group, Javelin, shot & heavy weight (American records)
- Sun 5th VVACI Half Marathon, Footscray Boat House, (Melway 2S G3), 9:30am
- Sun 5th CHC Coburg Fun Run/Walk, Harold Stevens Athletics Track, Coburg 4/12km, 9am, 9386-9251
- Sun 5th Run/Walk for Vision, 5/10km, Kooyong, 9am, 9822-1111
- Sun 5th VCCL Moran Stable 10km Handicap, Two Bridges, 10am, K. Lofthouse, 9690-0272
- Sun 12th Mothers Day Classic, The Tan, 4/8km, 9819-9225
- Sun 19th Chiropractors Run for Health, Yarra Bend, 4/8km, 9819-9225
- Sun 19th Throwers Group, Weight Pentathlon (Trophy competition)
- Sun 26th Runner's World Half on the Harbour, Docklands, 5/10/21km, 9819-9225

June

- Sun 2nd Thrower's Group Shotarama/ Discus
- Sun 16th New Balance Lap of the Lake, Albert Park Lake, 4.8/9.6km, 9819-9225
- Sun 16th VVACI 10km Cross Country, Yarra Bend, Fairfield (Melway 30 G12), 10am
- Sun 23rd Thrower's Group Weight Pentathlon (Trophy competition)

July

- Sun 7th 2002 Gold Coast Marathon, www.goldcoastmarathon.com.au
- Sun 14th Thrower's Group Hammerfest/Quadathlon
- Sun 21st VVACI 10km Road "Eric Greaves", Braeside Park, Mentone (Melway 88 D8), 10am
- Sun 28th Thrower's Group Heavy weight & Javelin (Trophy competition)
- 25th Jul-4th Aug Commonwealth Games

August

- Sun 11th City to Surf, 14km, Sydney
- Sun 11th VVACI Winter Weight Pentathlon, Duncan McKinnon Park, Murrumbeena (Melway 69 A9) 10am
- Sat 17th VVACI 3 Miles Road Walk, Albert Park (Melway 2K F10), 2:45pm
- Sun 18th VVACI 10 Miles Road Race, Princes Park, Royal Parade (Melway 2B C1) 10am
- Sun 25th Thrower's Group Shot, Discus & Heavy Weight (Trophy competition and American records)
- Sun 25th Racewalking Ballarat 2002, Australian Federation Titles. Includes AV & Ballarat titles, Victoria Park, Ballarat, Master Men & Women 5km 11:10am. Russell Bourke 5332-3391, Tim Erickson 9379-2065

September

- Sun 1st VVACI 20km Road Walk Men, 10km women, Victoria Park, Ballarat
- Sun 8th Thrower's Group Weight Pentathlon (Venue premiership)
- Sun 8th VVACI 25km Road Race, Footscray Boat House (Melway 2S G3), 9:30am
- 12th to 15th NSW Masters Games, Coffs Harbour, PO Box 263, Coffs Harbour, NSW, 2450, (02) 6648-4950, \$5 per event, www.nswmasters.com.au

What's On

- Sun 15th Thrower's Group Shot Hammer & heavy weight (Trophy competition)
- Sat 21st VVACI Road Walk 10km Men, 5km Women, Albert Park (Melway 2K F10), 2:15pm men, 2:45pm women
- 21st to 29th Asia Pacific Masters Games, www.mastersgames.com.au
- 28th & 29th WMA National Winter Weight Pentathlon, Canberra
- Sun 29th Thrower's Group Weight Pentathlon

October

- 6th-13th Fifth World Masters Games, Melbourne - T&F (Olympic Park), Road & Walk (Albert Park), Cross Country (Yarra Bend), Half Marathon (Princes Park). Age at 6 October, M/W 30 and up, Closing date 5th August at 5pm, Entry Fee \$165 plus \$25 refundable deposit if over 5 events. www.2002worldmasters.org, Games Office 8620-2002
- Sun 13th 25th ASICS Melbourne Marathon, Frankston to Albert Park
- Sat 26th VVACI 10km Track Races, 3 Divisions, Dolomore Oval, Mentone (Melway 87 B6)
- Sun 27th Thrower's Group, Hammer & Discus (Ilmars Manc Trophy)

November

- Sun 10th Thrower's Group Weight Pentathlon (Trophy competition)
- Sun 24th Thrower's Group Heavy Weight* Shot & Javelin *American records

Cerruty once said, "Success in athletics is the result, primarily, of certain states, intermixed as variables. These are:

(1) High intelligence (2) Inborn intrinsic worth (3) Natural gifts (4) High-level tuition."

Extracted from *Athletics: How to become a champion* by Percy Cerutti

December

- Sun 8th Thrower's Group Weight Pentathlon (Trophy competition) noon start

2003

April

- 18th to 21st AMAI Australian Masters Athletics Championships, Perth, Western Australia, Hosted by WAVAC, PO Box 672, Fremantle, WA, 6959

July

- TBA WMA World Championships, Puerto Rico

2004

April

- 18th-24th Masters' Long Distance World Championships, Auckland, NZ. 18th (Cross Country Teams Race), 19th (50km Road Race Walk), 20th (Ekiden Road Relay), 22nd (10km Road Races), 23rd (20-30km Road Walks), 24th (Half Marathon)

October

- TBA Oceania OAVA Championships, Rarotonga, Cook Islands

2005

October

- TBA WMA World Championships, San Sebastian, Spain

2006

October

- TBA Oceania OAVA Championships, Christchurch, NZ