

VicVets News and Results

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4 Victory Street,
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News and Results

PASSIVE
PICTURE

The Victorian Veterans' Athletic Club Inc.

July 2002

Country, VicVets and Athletics Victoria are United

With country and State championships opening the doors to over-aged athletes, the once sizable crevasse between open-age and Vets has all but disappeared. Examination of the results starting on page 13 reveal that our members are very active in open-age athletics all around the State, and often are successful at both age levels. In fact the National rankings (page 24) show that 31 Victorian athletes, who qualify as over-age, are ranked in the top 30 of their event in the country. For a measly 15 dollars over-age athletes can compete in any open-age competition in a year, and over-30s athletes can do the same in VicVets events for a couple of dollars more. Judging by the entries at the AV Cross Country and 10km Road titles, over-age athletes are running to join both organisations! It is good to see everyone working together for common good.



Wanna buy some dirty pictures of lady throwers? "Mr Weight Pentathlon" Roy Foley knows how to gain former multiple Australian champion and Australian Commonwealth Games World Championships rep hammer thrower Hans Lotz' immediate attention.

Caption inappropriate to our club image, particularly on page 1 ???

Remember...

Closing Date for World Master Games 5th August

World Championships in Puerto Rico are 12 months away

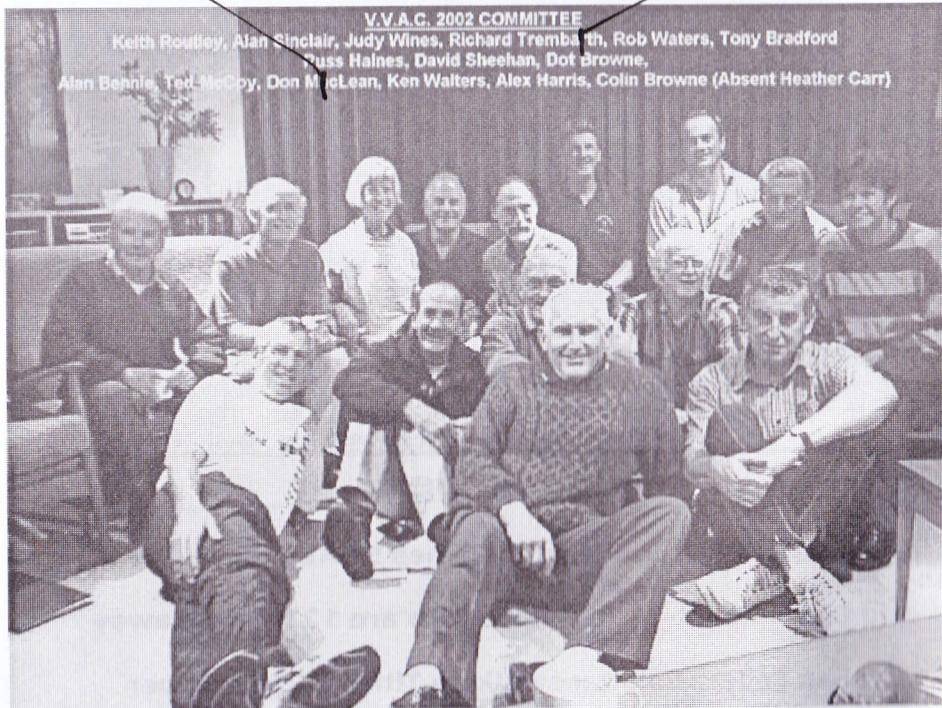
Australian Federation Racewalking Titles 1st September

Victorian Veterans Athletics Club Inc.

4 Victory Street, Mitcham, 3132, Victoria

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



Editorials

I am sick and tired of Masters versus Veterans nomenclature. And the division of people from this. How long will it last?

On the one side, there are the people who have been involved in an organisation that has built up a healthy 1,200 or so following, and are reasonably content with that. Call them stodgy, if you want.

The others are not satisfied, and presume that a simple change of name will change everything. How many of us know of a woman who changed when she married and took on the man's name?

The real truth is that any improvement needs effort. Maybe some are shirking at this. If I thought that a simple change of name will attract the younger set then I have found that secret many middle-aged men, like myself, will willingly trade for the sports car!

Athletics Victoria, in its wisdom, seems to be chuckling to themselves. They have more 30-45 year-olds than we do. And in their results they list them as "overage", the opposite of "underage". Who really thinks what they call you makes a scrap of difference, when you provide a full field and healthy competition against your peers?

The only way to get something done is to spit on your hands and do it.

I value the report, further in this issue, from Colin Browne regarding the activities of the National body. He has been involved at this level for many, many years - Dot and other Victorians as well - and, in my opinion, there is no better worker for Veteran/Masters athletics than Colin, throughout the whole of Australia. He thoroughly deserves his title of administrator of the year.

There are a few, like Colin, who serve both at the National level as well as in State matters and the grassroots weekly venue competitions. There are also a few who only serve on the National body and do not get involved in their local club. They have been filling positions for years, do little for the sport and leave the majority of the work to a few. No one opposes them and they seem to slip into positions by default, rather than by talent. This probably sounds familiar to most organisations.

Even at the VicVets level, it is hard to get a full committee, let alone attracting people that will put in a reasonable effort. No one is obliged to do anything. They pay their \$25 per year, have the option to turn up to as many venue nights or championships as they want, and enjoy midday runs or the session at the gym.

where ??

Offensive to women ??

Editorials

The good part is that there are a few benevolent people that help out - at venues carrying shot puts around, starters, raffle sellers, time recorders, etc. These people run the events, that make up championships, that build the sport of over-age athletics. We are all grateful to them.

From my knowledge, there are no people earning incomes from over-age athletics. In most cases, the aim is break even on a championship or over a financial year. We pay the minimal \$25 per year - run, jump and throw - and expect that all funds are used to cover costs or to provide new equipment. And I can tell you, from a Victorian point of view, all the funds are well-spent, even running close to a loss.

The Australian body, AMAI, is also manned by volunteers - whatever their motive for joining - and attracts a surcharge of \$7 per athlete throughout Australia (around 3,200 athletes). These funds are distributed into two main areas - travel and the National magazine. Other income is made up of sponsorship and surcharge paid by athletes competing in National and world championships.

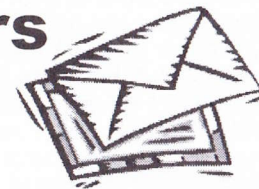
In these day and ages, all organisations - both profit-making and non-profit - are trying to reduce costs. AMAI has done this by eliminating the National magazine, at a cost of roughly \$2 per member per issue.

Travel is offered to State delegates to come to Melbourne to deliver a State report, vote on any issues tabled and go home the same day. Any one who works for a large company knows that considerable costs are saved by conference calling, that is getting everyone talking on a telephone call at the same time. The few hundred dollars for airfare is suddenly reduced to a few dollars for the same result.

Considering the demise of the National magazine due to costs and the potential to hold a conference call for State reports, you might start asking that the extra 28% that VicVets pay to AMAI is a bit extraneous and not required. AMAI is still populated by volunteers, who are unpaid, so you may ask what will the money be used for?

VicVets is considering raising their fees, or are getting very close to it. Any extra funds would be gratefully received to initiate promotional activities to attract a greater percentage of younger athletes to the sport and to further build on our older base. AMAI does no promotional work for the States to attract new members. Clyde Riddoch has his say on what he thinks may help improve membership later on in this issue. Let's put the money where it is doing the most good.

Your Letters



Club Name Change

Dear Colin,
Random thoughts on our change of name! No more will I look for a sit-down and rest in one of those homes with a large sign outside them reading "VET". Doggone it, you would be amazed at the catty remarks made to me at some of those places. Not sure of the reception that I'll get if I barge into the "MASTERS" room at any of the local schools?

Regards,
Andy Smith

The Masters Try Again

Dear Dot,
Once again, we have "The Masters" trying to take over our association. It happened at our third annual meeting and many times since, happily unsuccessfully. To get numbers, "The Masters" run all sorts of events, not just Olympic events and not just for elderly athletes. The benefits can not be proved, especially sponsorship, which has changed, according to a bowling sponsor, from "What they can do for us?" to "What can we do for them?".

My apology for not attending the Annual General Meeting but with age I do not like to drive at night and decided it was a bit far away.

If, unhappily, the vote is for "masters" then I'm sure we can still have some "veterans" events at the championships: "Wal Sheppard 1500m" and "Mike O'Neill 800m", perhaps others to use up the medals already purchased, and permission for uniforms already purchased to be usable for at least five years.

Congratulations on your continued efforts and my best wishes to Colin and yourself. Hope to see you occasionally during the year.

Yours sincerely,
Peter Colthup, OAM

More Communications

Dear Russ,
I agree with Ron Young's letter last month suggesting that better communications are needed within our club, and I am impressed by some of his ideas.

However, I don't agree that we need a small newsletter, in addition to News and Results (N & R). We just need N & R produced more often, that is every month, so that more information can be circulated, and more importantly, circulated more quickly. Many items from Vets committee meetings, and decisions made by AMA or WMA need to reach some of our members promptly. It is also helpful if N & R is produced monthly, in the period from Christmas until just after our annual Victorian Track & Field Championships, and AMA's National Track & Field Championships.

I would like to congratulate and sincerely thank Colin Browne for the entertaining, informative and high quality newsletters he has always produced, over many years. I'm sure our members have eagerly awaited the next N & R as much as I have. In addition, Col has always been exceptionally helpful to me as Records Officer, by including my reports of new records in every issue, and by including my lengthy list of Victorian club records every year or so.

However, some years ago a number of walkers, including myself, turned up for a club walk championship to find (later on) that it had been cancelled. Members who went to mid-week venues had been informed of this, but others who relied on N & R did not know. It is possible that if N & R was received monthly, this may not have occurred. Any communication issue for me has never been one of quality, just the time news/information took in reaching me.

More Letters

Having produced monthly athletic club newsletters myself, I understand what a time consuming job it is to produce them. Furthermore, N & R is produced in much greater numbers, and with a far wider distribution, than anything I ever attempted. We certainly should explore ways of minimising the workload on our guest editor/producer, Russ Haines. Perhaps Russ can provide a wish list for our Committee to consider.

Clyde Riddoch

Apology

Dear Russ,
Last issue, there was a letter from Ron Smith complaining that he did not get a run at the Parlouf or at the Landy Trophy nights. First of all I must admit that I probably made a mistake in passing that e-mail on to Russ as a letter for publication. Subsequently Ron has told me that he hadn't wanted it to be published. I have made this mistake before because I get letters to the editor and letters to the committee, and it is hard to tell the difference sometimes. And I don't mind a bit of controversy if it stirs people to write back and put their side of the argument. However, to the issue Ron raised, not getting a run at an inter-venue event. While realising that this would be disappointing to him, I feel that we must look at it from the venue managers' point of view. Those events are attempts to do something special, something that involves several venues, and as such there has to be advance notice and organisation if the events are to run well. In both cases there were entry forms at all venues for weeks ahead and notices in all our publications. Venue managers announced them and appealed to members to sign up. The organisers had to do a lot of preparation for the start marshalls. These are not the sort of events you can put on at five minutes notice. It would be nice if extra people turned up to a Parlouf in groups of five, but singles are hard to place. The Landy has to be handicapped and heats drawn, so latecomers

are hard to place. Of course our venue managers do their best to place casuals, but there are limits to what they can do. Let us look to find and notice people doing a good job rather than pick holes in their efforts. It does not take many knockbacks before volunteers will say "Stuff it. Let some other bunny do it."

Colin Browne

Albert Park Track Facilities?

To Councillor Peter Logan (a VicVet), I was very excited to read in the Port Phillip Leader about the State Government grant for a grass athletic track. I was just wondering if the provision of throwing facilities has been considered, such as a discus/hammer ring and a shot put ring.

I retired as a throwing coach after I coached Joanna Bradshaw to a shot put gold medal at the Sydney Para-Olympics. This was mostly for family and travel time reasons, so I would be very interested in helping athletes if the location was close by in Albert Park.

Yours sincerely
Clyde Riddoch

Response to above email:
Thanks for the email, athletes have active brains and active lives as well as active bodies!

Our club has been putting suggestions to various state governments since the mid 1980's including:
- Little Athletics/ Vets possibilities that a local low cost track can provide, and, secondly, closing the roads on weekends for cycling/running/walking etc. This idea came to me in the 70's from 50 mile events in Sydney that finished in Centennial Park.

The Little Aths track still has a way to go as Parks Vic are only offering oval 1 which is right on Fitzroy St and as it has a turf wicket is also used for cricket after 12:00 on weekends. Ron Clarke and Little Aths Vic are both saying this is ridiculous because a running track fits perfectly with soccer/rugby

More Letters

and of course needs jumps and throwing areas nearby. All of this can be accommodated in the tents only Grand Prix area. Such a simple concept so I can't see what the problem is. We have only been working on this concept since 1997 so can only say be patient! At least this government is listening and has put up the \$20,000 grant so when a suitable site is allocated by Parks Vic a club will be formed under the auspices of Little Athletics Victoria and dare I say it, this will open an opportunity for Masters/Vets. It would be excellent if some reflected attention could come from the World Masters so I am sending a copy of this email to Colin Browne.

Peter Logan

Oceania Starting Problems

Dear Russ,
Following the May issue of News and Results, I had a call from John Moss, who was starter at Geelong for the Oceania Games. He referred to John Waite's article on pp 19-20, in which the start of the 200m for younger women was described. There were eight attempts at a start, all caused by faults in the electronic timing apparatus. One of the NSW girls was going for a record. John Moss himself would have been quite upset, as he takes a pride in his work. Sometimes the electronics take things right out of the starter's hands. We saw a similar situation at the St Lucia track during the World Games in Brisbane last year. John Moss is a member of the Vic Vets, a trained AV official, and does our starts in championships. He will be working at the World Masters Games. He told me that starting for vets/masters is not identical with starting in open competition. The athlete of 40 and over does not have to do a crouch start, but those under 40 must have two hands, two feet and a knee touching the ground before "Set". Open athletes must be very still before the gun. Sometimes they seem to be held on "Set" for an interminable time. John does not hold the older athlete for a long time, and he will be tolerant to a bit of wobble if the runner is making an honest attempt.

It is interesting to hear the point of view of the starter in sprint events.

Colin Browne

The Rose's Travel Diary

Hi one and all,
This is just a short note to keep you up-to-date with our travels. (Has ended up a little longer than anticipated, sorry about that).

We arrived safely at Simone's in Newcastle after about 29 hours from take-off at Melbourne.

The weather in Newcastle was and still is as expected - rain/showers/sun/wind/etc in alternating cycles. When the sun shines it is beautiful and warm in Simone's conservatory - a glassed in room attached to many houses here.

We have just returned from Holland. The sun shone while we approached the harbour at Newcastle and by the time we had cycled the 15km or so to Sim's we arrived in the nick of time as there was a torrential downpour. This has now turned into showers alternating with sunshine.

We went over by overnight ferry from Newcastle to Amsterdam (Ijmuiden actually). We cycled to Amsterdam and then north onto Uitdam (a distance of a little over 50km from the ferry terminal) where we stayed in a hikers cabin for 4 nights - bunk beds and a table and chairs and a gas cook top. Basic but served us well as a base to explore from.

We spent the next three days cycling around the area. The first day we went to Hoorn and Enkhuizen and the cycling was a breeze. Our bottoms did not think so - we covered 135 km that day and these seats are not as comfy as those on our bikes back home. Next day was again sunny so off we set for Alkmaar where we arrived in time to see a Dragon boat race in the town centre - obviously on the canal. We met a Canadian couple cycling Holland. They had cycled the Australian east coast from Cairns to Tassie and along the way took part in the Great Victorian Bike Ride. We covered another 100km that day. These distances are nothing

More Letters

compared to what they must have done – but we don't know how long it took them. The third day we found that the cycling was not the breeze it was earlier as the breeze had sprung up and we seemed to be forever cycling into it. Then to add to that it rained. We still managed to cover 40km between the showers. The last day it took us about 60km to get back to the ferry via Amsterdam and Haarlem – the only place with anything resembling hills – coastal dunes where the wealthy live.

The cycle paths are really great here. The sign posts indicating shortest route (in red letters) or scenic route (in green letters) between towns were in general easy to follow except within some of the bigger towns where we lost our way at times.

On the weekend the paths were full of serious and recreational cyclists. Parents (often the female) have a child in a seat on the front handlebar and another on behind. Sprinkled amongst them were some roller bladders (in doublet or triplet formation) who were obviously training for ice skating on the smooth paths.

The canals and the draw-bridges are very picturesque but when you cycle into the country side and you are cycling between canals and all you see are canals, green pastures, cows (and the farm smells associated with that). One would eventually yearn for a bit of variation. One can have too much water. As with most places we visit – nice for a short visit but not to live permanently.

We are home (at Sim's) for a few days to wash gear, recuperate etc before we set off on Saturday (by train) for Edinburgh and then (by plane) to Ireland. We will be gone nearly 3 weeks. We have a hire car in Ireland so we should be able to cover a fair bit of ground.

Astrid & Graeme Rose

VVACI Name Change

To the editor,
The possibility of a name change for the club has resulted in the disruption of club operations in a number of areas. In particular the ordering of medals, the implementation of the Strategic Plan with regard to formalising the structure of the club and possible promotional activities. As the vote was very close no certainty exists for making decisions.

The issue of a name change is viewed as so important by the Incorporations Act that a majority of 75% is required to effect change, yet in our club less than 30% of members bothered to vote. This is shameful. How can your committee act with confidence for the whole club when less than 30% are interested in the outcome? It is probable that only the 30% read this newsletter so it is up to us to challenge the others to take an interest in their club. The issue needs to be revisited to get a clear majority. The name need not be a choice between "Veterans" and "Masters" but could be a hybrid "Vicvets Masters Athletes Club". Think outside the square! Talk to everyone you know, especially those members who may be currently inactive. Debate the issues through this newsletter or "Around the Grounds".

Don McLean

Right to Life Walk

120 people, ranging from 14-80 years old, took part in the Right to Life Walk from Hamilton to Melbourne, a distance of 245 kms over 8 days. The weather was warm and sunny and I was drinking 5 litres of water per day. We stopped for lunch in small townships, usually organised by the local Ladies' committees. The day finished around 5pm, very tired and hungry, and we were billeted with Christian families. After a good meal and shower, the lights went out at 8:30pm, ready for a 8am start the next morning.

I wasn't well in February, spending 25 days in Timboon hospital, but I saw this challenge as a way to help other people. I hope to walk from Foster to Melbourne in 2003!

Col Silcock-Delaney

Last Letter

Failed to Get a Run

Dear Dot and Colin,
We're sorry that Ron Smith 'failed to get a run' at the last two Parlouf nights at East Burwood. Apart from our annual Parlouf nights any VVAC club member, potential member or visitor attending EB is generally welcome to participate in most venue events and activities. However, as you know, the Parlouf evening is a bit different. The 1600m and 10km Parlouf Relays require either four or five team members respectively, usually representing particular venues. Obviously only complete relay teams can participate.

Although the organizers attempt to scrape together some 'ad hoc' teams and accommodate individuals turning up on the night, some, due to simple arithmetic (i.e. the need for multiples of four or five), miss out. Actually Ron's home venue (Croydon) entered two Parlouf teams, one of which captured the Fun Run Relay Trophy. Six walkers from Croydon participated in the 2km N.O.T. Walk – the opening event. (See report p.22 in January 2002 issue of *News And Results*.)

We hope that Ron makes it 'third time lucky' in November 2002 by either joining a venue team beforehand or even perhaps forming and organizing his own team.

Yours sincerely,
Bob Hayes

MISSING MEDALS

It has been an unfortunate year for the club with regard to medals. Due to an ordering miscalculation and to the possibility that our name would change, hence rendering the old medals redundant, we ran short of medals and now owe them to several members. The ordering has been done and delivery is promised promptly. However there is still some confusion as to who have not yet received the medals they have won. To sort this out, if we owe you medals, please fill in this form and post it to:

Tony Bradford
6 Merrett Avenue
Hoppers Crossing VIC 3030

and he will make sure that the medals are delivered.

Name:

Address:Postcode:

I qualified for a medal in the below event(s) and have not yet received it / them.

Event:Date: Placing: Age group:

Event:Date: Placing: Age group:

Event:Date: Placing: Age group:

Doug Orr Memorial Half Mile Handicap

Inter Venue Event

Conducted By Croydon venue and assisted By East Burwood venue

Each venue will conduct three heats, plus one final, during period of August to October, 2002 with the Grand Final to be held at EAST BURWOOD on THURSDAY 31st OCTOBER 2002.

Rules

- The first five finishers in each venue heat to compete in venue final. If a competitor finishing in first 5 in 2nd and/or 3rd heat has already qualified for venue final, then 6th-7th-8th etc. shall be elevated to ensure five new finalists.
- All competitors shall run full half-mile distance, off their allotted handicap time.
- First three competitors in each venue final shall represent their venue in the grand final.
- A competitor unable to compete in grand final may be replaced by an emergency competitor who competed in venue final, providing such emergency name is submitted to grand final handicapper PRIOR to FRIDAY 25TH OCTOBER 2002 together with ACTUAL Times run in venue heats and final.

Entries

All grand finalist names together with their actual times run in venue heats and final shall be forwarded to KEN WALTERS, 5 WARRA RD, UPWEY, 3158 or Email judynken@bigpond.com.

Entry fee is \$40 per venue. Cheques to be made payable to "Croydon Veterans". Entries for the grand final close on FRIDAY 25th OCTOBER 2002 with KEN WALTERS, with no exception nor refunds.

All finalists must be financial members of the VVACI.

Trophies

A fastest time trophy shall be awarded for the combined venue finals and grand final. All trophies for venue finals and grand final shall be provided by Croydon venue.

The fastest time trophy for this event shall be awarded using the following system. A person competing in a venue final and recording the fastest ACTUAL time without gaining a placing shall have his/her name and ACTUAL times run in heats and final submitted to our central handicapper KEN WALTERS.

From the venues entries as submitted the fastest OVERALL runner of those not having gained a placing in their Venue Final shall be invited to compete in the GRAND FINAL.

The person running the actual fastest time in the grand final shall be awarded the fastest time trophy.

KEN WALTERS
Race Organiser

Australian Masters Athletics Inc. AGM (AMAI)

by Colin Browne

The general member may not be aware of what our national body does. It is easy to complain that we pay \$7 a year capitation and get nothing for it. In fact you have many hard-working Board members and officers doing all sorts of things on your behalf.

On the weekend of June 15 and 16, at North Melbourne, ten people gave their weekend to heavy committee work, which only finished at 5pm on Sunday, because the interstateers had an aeroplane to catch. We did not finish the agenda. Additionally we had input from four visitors at various times over the weekend.

Some of the things we dealt with were:

Reports on the Nationals at Adelaide

There were some problems faced with the HyTek software, issues raised at the Athletes Forum, the running of the meet, the performance of the officials, sponsorship of \$10,000 from Telstra (which will be repeated in Perth in 2003), and the survey filled in by entrants after the event. The survey gave responses in the high 90s when rating the various aspects of the meet. Not bad for a state club of about 150 members who are mainly walkers and fun runners.

Puerto Rico 2003 World Championships

Stan Perkins described accommodation and costs at five levels:

Luxury	singles @ US\$180 per person per night
First class	singles @ US\$158 per person per night
Moderate	singles @ US\$144 per person per night
Tourist	singles @ US\$134 per person per night
University	singles @ US\$40 per person per night

These can be booked as two or four persons per room, in which case you divide the room cost by two or by four. Tipping is required for everything, usually at 10% of the tab, or a minimum of US\$1 a time. So the moderate level works out at about AUS\$300 per person per night.

Puerto Rico is not a tropical paradise. There are great variations between rich and poor. The climate is hot, humid, wet and changeable. Air conditioning is near essential. Wilma Perkins is going to Puerto Rico this week on competition matters, and will look at accommodation and report back.

Travel agents were discussed, and the offers to the fore were:

- #Jalpac, with the best offer coming from Japan Airlines,
- #QANTAS
- #Athletics Australia's corporate travel deal.

If we can swing it so that we are all considered to be AA registered, which we might obtain at a very low price, we could benefit by great reductions in both air flight and accommodation. We are investigating the best options before making a recommendation. It will not be compulsory to take the officially recommended package, but the more we get taking it, the more concessions we will win. This will then allow us to take doctors and managers and help us to support them.

Entries by Australians for the World Masters Track and Field Championships in 2003 in

Australian Masters Athletics AGM (Continued)

Puerto Rico. This is a big job that AMAI takes on. We have to validate every Australian entry, which involves checking it for accuracy and correct payment of a range of charges.

We have difficulties when some people respond by letter and others do it over the internet. The requirements are often not clear on the website, particularly to non-members of a state body.

Records

AMAI takes on the validation of records for all performances in track and field at Australian and World level. Clyde Riddoch does a great job on this, as well as at the Victorian level. He has recently compiled a set of meet records for the Nationals since their inception.

Oceania Games

These come into the ambit of AMAI too. In October 2004 the Oceania Games will be at Cook Island. Travel arrangements were discussed.

Australian Athletics Federation (AAF)

We are in the process of uniting with the open, the pros, the coaches, the schools, the little As and the fun runners in a federation of athletics across Australia. The benefits of this would be immense, even extending to (gasp)... funding. We may perhaps share an administrative officer paid by government funding with the pros. We would share in AA's insurance policy, including personal accident insurance, and their deals on travel and accommodation with the ACCOR group. We had talks with Margaret Mahony, who is our liaison with AA, and with David Gynther, who is AA's competition manager. He explained AA's position on veteran/masters events in the Telstra A Series each year.

Publications

We voted to discontinue the "Courier" and replace it with a few things:

- an annual handbook of information to all members,
- a quarterly enclosure from AMAI to be included in each state newsletter,
- a good website.

Uniforms and logo

The Australian uniform is now in great shape through the efforts of AMAI's Hazel McDonnell and Marge Coogan. We have an excellent logo, courtesy of Alice Scott. This transfers to our letterhead, our uniforms and our medals. These changes have been accelerated by our name change to Masters.

Documents

We also have three major documents in draft form following that change. Bob Banens led us through a very solid session of editing the new constitution and the new strategic plan. Ray Green has a draft of the handbook on organising a nationals championship, which will be presented to the AMAI Council at the AGM in Canberra on 31 August and 1 September.

The new constitution points out that the premier decision making body of AMAI is the Council, which comprises two delegates from each state. It is superior to the Board, which works on its behalf. Within the Board an executive of four can make decisions between Board meetings, but must report back. So the whole system is democratic, each state having an equal say.

After two solid days of meetings we all felt more or less brain dead. As we are all volunteers, we don't take kindly to people saying - "What's AMAI? It does nothing."

Results

Retireinvest Vic Country Athletics Championships 26-27 Jan 2002 At Bendigo

100 Metres

M40+			
1	Paul Turner	Corio	11.90
2	Steve Meads	Wodonga	12.61
3	William Barker	Wodonga	12.79
4	William Trew	South Bendigo	13.33
5	Greg Simpson	Wodonga	13.82
6	John Postma	Chilwell	14.78

M50+

1	Alan Bryant	Warrnambool	15.01
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W35+

1	Wendy Talbot	Corio	13.92
2	Bern Notman	Warragul	14.17

200 Metres

M40+			
1	Peter O'Donnell	Ballarat Harriers	23.99
2	Paul Turner	Corio	24.92
3	Gottfried Schutz	Geelong Guild	24.95
4	Jeff Sargent	Ballarat Harriers	25.04
5	Steve Meads	Wodonga	26.33
6	William Barker	Wodonga	27.09
7	William Trew	South Bendigo	28.17

M50+

1	Chris Colley	Geelong Guild	27.88
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W35+

1	Wendy Talbot	Corio	29.66
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400 Metres

M50+			
1	Colin McCurry	Ballarat Harriers	61.00
2	Steve Campbell	Bendigo YMCA	62.42

M40+

1	Peter O'Donnell	Ballarat Harriers	52.69
2	Terry Hicks	Eaglehawk YMCA	55.46
3	Kris Wolszczak	Sth Aust	56.71
4	Stephen Opie	Eureka	59.88
5	William Barker	Wodonga	61.21

W35+

1	Cathy Orelli	Chilwell	72.42
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800 Metres

M50+			
1	Neil Macdonald	Bendigo YMCA	2:21.15
2	Leon Gilbert	Bendigo YMCA	2:28.40
3	Chris Colley	Geelong Guild	2:32.23
4	Ray Terrill	Wodonga	2:46.29
5	Micheal Orelli	Chilwell	3:11.77

M40+

1	Terry Hicks	Eaglehawk YMCA	2:10.12
2	Kris Wolszczak	Sth Aust	2:11.28
3	Gottfried Schutz	Geelong Guild	2:11.59
4	John Bailey	South Bendigo	2:16.98
5	Gregory Whitecross	Wendouree	2:19.34
6	Brian Cornell	South Bendigo	2:37.48

W35+

1	Debbie Light	Sth Aust	2:30.90
2	Sandra Griffin	Eureka	2:40.87
3	Cathy Orelli	Chilwell	2:57.08

1500 Metres

M40+

1	Steven Quirk	Traralgon Harriers	4:27.24
2	Gary Zeuner	Sth Aust	4:28.66
3	John Bailey	South Bendigo	4:39.85
4	Paul Gibney	Wodonga	4:46.39
5	Paul Stewart	Bellarine	4:49.78
6	Rob Jones	Wendouree	4:52.79
7	Terry Crome	Eaglehawk YMCA	5:00.43
8	Gregory Whitecross	Wendouree	5:06.70
9	Tim Lawance	Bendigo YMCA	5:14.14

M50+

1	Neil Macdonald	Bendigo YMCA	5:03.56
2	Chris Colley	Geelong Guild	5:09.58
3	John Moore	St Josephs	5:22.49
4	John Justice	Bendigo YMCA	5:24.06
5	Ray Terrill	Wodonga	5:42.13
6	Micheal Orelli	Chilwell	6:31.59

W35+

1	Debbie Light	Sth Aust	5:08.88
2	Sandra Griffin	Eureka	5:38.17
3	Cinda Gomes	Chilwell	6:01.35

3000 Metres

M40+

1	Leigh Purtill	Bendigo YMCA	16:33.0h
2	Steven Quirk	Traralgon Harriers	17:03.6h
3	James Russell	Bendigo Univ	17:15.92
4	Charles Chambers	Bendigo YMCA	17:27.34
5	Paul Bennett	Bendigo YMCA	17:46.67
6	Rob Jones	Wendouree	18:07.89
7	Paul Stewart	Bellarine	18:39.53
8	Terry Crome	Eaglehawk YMCA	19:16.74

M50+

1	Leon Gilbert	Bendigo YMCA	11:19.52
2	Hank Pepplinkhouse	Eureka	11:42.02
3	Trevor Bish	Eaglehawk YMCA	12:17.59
4	William Pearce	Wodonga	12:24.61
5	Paul Martin	Bendigo YMCA	12:39.58
6	Geoff McDonald	Chilwell	12:46.57
7	Micheal Orelli	Chilwell	12:48.50
8	Ken Lancaster	Traralgon Harriers	12:51.89

W35+

1	Cinda Gomes	Chilwell	13:22.17
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10,000 Metres

M40+

1	James Russell	Bendigo Univ	36:06.33
2	Rick Jackel	Bendigo YMCA	38:34.36

M50+

1	Hank Pepplinkhouse	Eureka	43:30.81
2	Trevor Bish	Eaglehawk YMCA	44:00.80
3	Ken Lancaster	Traralgon Harriers	46:41.98
4	Paul Martin	Bendigo YMCA	48:55.30

3000 Metres Walk

M50+

1	Paul Martin	Bendigo YMCA	17:53.75
2	Geoffery Major	Eaglehawk YMCA	19:15.39

More Results

Vic Country Champs (Cont.)

5000 Metres Walk

M40+			
1	Rob Jones	Wendouree	25:16.84
2	Paul Rance	South Bendigo	25:45.45
3	Harold Boddy	Corio	29:25.55
W35+			
1	Jill Coyte	Geelong Guild	27:11.07
2	Annette Major	Eaglehawk YMCA	27:23.80

Short Hurdles

M40+			
1	Greg Simpson	Wodonga	21.66

Long Hurdles

M40+			
1	William Barker	Wodonga	77.65
2	Greg Simpson	Wodonga	78.79

Steeplechase

Men40+			
1	Gary Zeuner	Sth Aust	10:55.32
2	James Russell	Bendigo Univ	11:27.26
3	Rob Jones	Wendouree	12:41.67

4x100 Metres Relay

M40+			
1	Ballararat Harriers 'A' (Peter O'Donnell, Paul Mckenna, Jeff Sargent, Colin McCurry)		49.32
2	Wodonga 'A' (Greg Simpson, Ray Terrill, William Barker, Steve Meads)		54.00
3	Bendigo YMCA Harriers 'A' (Time Lawance, Paul Bennett, Leigh Purtill, Neil MacDonald)		55.03
4	South Bendigo 'A' (William Trew, Peter De La Haye, John Bailey, Robert Scholes)		58.09
5	Chilwell 'A' (Geoff McDonald, John Postma, Robert Robinson, Micheal Orelli)		59.19

M50+

1	Bendigo YMCA Harriers 'A' (Leon Gilbert, Paul Martin, Steve Campbell, Garnet Rodda)		58.29
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High Jump

M40+			
1	Robert Scholes	South Bendigo	1.44
2	William Barker	Wodonga	1.41
2	Tony Marks	Chilwell	1.41
4	Jim Baskin	Corio	1.38
5	Greg Simpson	Wodonga	1.35

Pole Vault

M40+			
1	Greg Simpson	Wodonga	2.45
2	Ivan Kitt	Bendigo YMCA	2.30

Long Jump

M40+			
1	Terry Hicks	Eaglehawk YMCA	5.50
2	Jim Baskin	Corio	4.87
3	Steve Meads	Wodonga	4.78

3	William Barker	Wodonga	4.78
5	Gottfried Schutz	Geelong Guild	4.57
6	John Postma	Chilwell	4.09
7	Greg Simpson	Wodonga	3.99
M50+			
1	Alan Bryant	Warrnambool	3.50

W35+

1	Wendy Talbot	Corio	4.09
2	Annette Smith	Mildura	3.33
3	Heather Daldry	Warragul	3.20

Triple Jump

M40+			
1	Robert Scholes	South Bendigo	10.26
2	William Barker	Wodonga	10.06
3	Greg Simpson	Wodonga	9.19
4	Tony Marks	Chilwell	8.40
M50+			
1	Bryan Whitecross	Wendouree	6.80

Shot Put

M40+			
1	John Donnellan	Wendouree	8.86
2	Tony Marks	Chilwell	8.73
3	William Barker	Wodonga	8.43
4	Robert Scholes	South Bendigo	8.20
5	Stephen Opie	Eureka	7.42
6	John Postma	Chilwell	7.15

M50+

1	John Reynolds	Warrnambool	10.02
2	Robert Robinson	Chilwell	8.89
3	Geoff McDonald	Bendigo YMCA	8.14
5	Neil Whitmore	South Barwon	7.68
W35+			
1	Heather Daldry	Warragul	6.84
2	Annette Smith	Mildura	6.08

Discus

M40+			
1	Robert Scholes	South Bendigo	24.36
2	William Barker	Wodonga	22.08
3	William Trew	South Bendigo	20.01
4	John Postma	Chilwell	19.01

M50+

1	John Reynolds	Warrnambool	35.90
2	Bryan Whitecross	Wendouree	25.98
3	Geoff McDonald	Chilwell	24.10
4	Neil Whitmore	South Barwon	23.99
5	Robert Robinson	Chilwell	23.05
6	Paul Martin	Bendigo YMCA	21.95

W35+

1	Wendy Talbot	Corio	17.93
2	Bernadette Notman	Warragul	17.10

Hammer

M40+			
1	John Donnellan	Wendouree	40.30
2	Tony Marks	Chilwell	22.53

M50+

1	Bryan Whitecross	Wendouree	34.82
2	John Reynolds	Warrnambool	34.60
3	Neil Whitmore	South Barwon	17.08
W35+			
1	Annette Smith	Mildura	15.91

More Results

Vic Country Champs (Cont.)

2	Heather Daldry	Warragul	11.90
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Javelin

M40+			
1	William Barker	Wodonga	36.28
2	Stephen Opie	Eureka	35.31
3	Stephen Ryan	Sandhurst	28.32
4	Brian Cornell	South Bendigo	23.31

M50+

1	Laurie Preston	Eaglehawk YMCA	36.99
2	Garnet Rodda	Bendigo YMCA	33.23
3	Robert Robinson	Chilwell	32.01
4	Alan Bryant	Warrnambool	31.37
5	John Reynolds	Warrnambool	28.08

W35+

1	Heather Daldry	Warragul	15.38
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2002 Victorian Open Championships
Melbourne
1st-3rd January 2002

(Apologies for lateness of these results and the truncation of the club names, AV only allowed for 12 characters, but most can be worked out.)

Women 100 Metre 40+

1	Barbara Courtney	Collingwood	13.93
2	Salli-Ann Lee	Mentone AC	14.16
3	Margaret Tweedie	Ringwood AC	14.29
4	Christine Bridle	Athletics Wa	14.83

Women 400 Metre 40+

1	Bronwen Loizou	Frankston AC	58.92
2	Margaret Tweedie	Ringwood AC	64.33
3	Steph Armstrong	St Stephens	65.55
4	Cathy Orelli	Athletics Ch	71.00

Women 800 Metre Run 40+

1	Bronwen Loizou	Frankston AC	2:20.6
2	Laura Campbell	Diamond Vall	2:24.6
3	Julie Braakhuis	Ringwood AC	2:24.7
4	Steph Armstrong	St Stephens	2:31.9
5	Cathy Orelli	Athletics Ch	2:46.6

Women 3000 Metre Run 40+

1	Sharon Higgins	Richmond Har	10:51.1
2	Lynette Davis	Diamond Vall	11:31.4

Women 3000 Metre Race Walk 40+

1	Carolyn Rosenbrock	Knox Sherbro	17:27.0
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Women High Jump 40+

1	Margaret Tweedie	Ringwood AC	1.35
2	Salli-Ann Lee	Mentone AC	1.30

3	Christine Bridle	Athletics Wa	1.30
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Women Long Jump 40+

1	Salli-Ann Lee	Mentone AC	4.52
2	Christine Bridle	Athletics Wa	4.11

Women Shot Put 40+

1	Christine Bridle	Athletics Wa	7.45
2	Salli-Ann Lee	Mentone AC	7.17

Women Discus 40+

1	Salli-Ann Lee	Mentone AC	19.09
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Women 100 Metre 50+

1	Judy Coram	Victorian Ve	17.38
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Women 3000 Metre Run 50+

1	Lavinia Petrie	Ringwood AC	11:43.6
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Women 3000 Metre Race Walk 50+

1	Heather Carr	Victorian Ve	16:14.7
2	Shirley Orr	Brunswick AC	21:36.0

Women Long Jump 50+

1	Judy Coram	Victorian Ve	3.25
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Women Shot Put 50+

1	Christine Schultz	Doncaster AC	13.21
2	Judy Coram	Victorian Ve	9.24
3	Kristine Bowles	Sandrigham A	7.96

Women Discus 50+

1	Christine Schultz	Doncaster AC	37.26
2	Judy Coram	Victorian Ve	23.26
3	Kristine Bowles	Sandrigham A	22.26

Men 100 Metre 40+

1	Glenn White	Box Hill AC	12.37
2	Colin Pocklington	Box Hill AC	12.45
3	David Cross	Box Hill AC	12.50
4	Phillip Coghill	Box Hill AC	12.51
5	Bernie Smith	Diamond Vall	12.58
6	Christopher Lang	Ivanhoe Harr	12.90
7	Grant Sargent	Collingwood	13.53
8	James Hill	Brunswick AC	14.05

Men 400 Metre 40+

1	David Cross	Box Hill AC	54.63
2	Phillip Coghill	Box Hill AC	55.52
3	Bernie Smith	Diamond Vall	55.58
4	Christopher Lang	Ivanhoe Harr	57.42
5	Gregory Moore	Keilor St Be	64.97

Men 800 Metre Run 40+

1	Steven Daniliuk	Keilor St Be	02:04.9
2	Trevor Smith	Richmond Har	02:05.2
3	Antony Milovac	Diamond Vall	02:06.0
4	Colin Page	Victorian Ve	02:09.3
5	Bert Pelgrim	Ringwood AC	02:12.3
6	Colin Kentish	Sandrigham A	02:12.9
7	Mario Muscara	Keilor St Be	02:15.3
8	Phillip Coghill	Box Hill AC	02:17.6
9	Christopher Lang	Ivanhoe Harr	02:21.3

More Results

Vic Open Champs (Cont.)

Men 3000 Metre Run 40+

1	Jeffrey Broderick	Athletics Nu	09:02.9
2	Peter Gaffney	Keilor St Be	09:14.1
3	Phillip Bowes	South Melbou	09:19.6
4	Bert Pelgrim	Ringwood AC	09:35.5
5	Patrick Thomas	Diamond Vall	09:47.6
6	Rob Wendel	Diamond Vall	09:48.7
7	Raymond Rossi	Williamstown	09:51.6
8	Paul Gibney	Woodonga AC	09:51.9
9	Mario Muscara	Keilor St Be	10:01.7
10	Gary Hammett	Diamond Vall	10:22.1
11	Paul Alsopp	Western Athl	10:33.2
12	Gregory Moore	Keilor St Be	10:57.9

Men 3000 Metre Race Walk 40+

1	Colin Heywood	Diamond Vall	14:03.6
2	Robert Jones	Wendouree AC	14:04.5
3	Harold Boddy	Corio AC	16:34.6

Men High Jump 40+

1	Trevor Smith	Richmond Har	1.44
2	Clyde Riddoch	Athletics Wa	1.32

Men Long Jump 40+

1	Glenn White	Box Hill AC	5.50
2	Christopher Lang	Ivanhoe Harr	5.50
3	Grant Sargent	Collingwood	5.43

Men Shot Put 40+

1	John Donnellan	Wendouree AC	8.75
2	Clyde Riddoch	Athletics Wa	7.42

Men Discus Throw 40+

1	Clyde Riddoch	Athletics Wa	29.80
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Men 100 Metre 50+

1	Graham Ford	Diamond Vall	13.36
2	John Neale	Preston AC	13.90
3	Gary Mahon	Victorian Ve	14.56

Men 400 Metre 50+

1	Peter Lamb	Bellarine AC	56.84
2	Graham Ford	Diamond Vall	60.38
3	Michael Cusack	Diamond Vall	62.51
4	John Neale	Preston AC	63.83
5	James Poulter	Doncaster AC	70.38

Men 800 Metre Run 50+

1	Alan Gibson	Vic Vets Ass	02:10.7
2	Michael Cusack	Diamond Vall	02:25.6
3	David Jones	Athletics Es	02:29.0
4	Michael Orelli	Athletics Ch	02:59.4

Men 3000 Metre Run 50+

1	Kevin Solomon	Richmond Har	09:49.1
2	Peter Moore	Richmond Har	10:25.9
3	George Rennie	Old Melburni	10:28.1
4	David Jones	Athletics Es	10:37.1
5	Robin Broberg	Diamond Vall	10:37.8

6	Norm Franzi	Collingwood	10:47.7
7	Jim Hopkins	Collingwood	11:18.1
8	Michael Orelli	Athletics Ch	12:16.6

Men 3000 Metre Race Walk 50+

1	Timothy Erickson	Coburg Harri	14:48.3
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Men High Jump 50+

1	Thomas Hancock	Ivanhoe Harr	1.41
2	Michael Cusack	Diamond Vall	1.38
3	John Neale	Preston AC	1.32

Men Long Jump 50+

1	James Poulter	Doncaster AC	4.70
2	John Neale	Preston AC	4.45

Men Shot Put 50+

1	Graeme Rose	St Stephens	12.47
2	Thomas Hancock	Ivanhoe Harr	10.81
3	John Reynolds	Warnambool	9.78
4	Robert Robinson	Athletics Ch	8.53
5	Morrie James	Ajax Maccabi	7.81

Men Discus Throw 50+

1	Thomas Hancock	Ivanhoe Harr	37.12
2	Graeme Rose	St Stephens	36.44
3	John Neale	Preston AC	33.86
4	John Reynolds	Warnambool	31.79
5	Morrie James	Ajax Maccabi	25.88

Those athletes, who were born more than 30 years ago, competed in the Open division and qualify as a veteran. Their year of birth is before the club name.

Women 800 Metre Run Open

Finals			
4	Kerri Jorgensen	'71 Box Hill AC	02:08.6
Preliminaries			
10	Sue Gloster	'71 Malvern Harr	02:15.4

Women 1500 Metre Run Open

8	Kerri Jorgensen	'71 Box Hill AC	04:30.8
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Women 5000 Metre Run Open

1	Sonia O'Sullivan	'69 Glenhantly A	16:00.9
2	Susan Michelsson	'72 Collingwood	16:27.4
4	Anne Lord	'61 Ringwood AC	17:11.2
5	Sue Clark	'61 Peninsula Ro	17:18.8
6	Carmel Papworth	'65 Richmond Har	18:14.8
7	Leanne Healey	'65 Melbourne Un	18:17.0
8	Kate Harris	'72 Glenhantly A	18:19.0
9	June Petrie	'64 Ringwood AC	18:21.2

Women 5000 Metre Race Walk Open

2	Wendy Muldoon	'71 Box Hill AC	23:51.6
7	Nadene Loveday	'72 Richmond Har	27:30.5

Women 100 Metre Hurdles Open

2	Kym Burns	'71 Athletics Es	14.21
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Women 400 Metre Hurdles Open

2	Stephanie Price	'72 New South Wa	58.5
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More Results

Vic Open Champs (Cont.)

Women Pole Vault Open

2	Irie Hill	'69 Melbourne Un	3.95
5	Dawn Hartigan	'56 Diamond Vall	3.40
10	Vivian Potiris	'67 Malvern Harr	2.80

Women Long Jump Open

1	Kym Burns	'71 Athletics Es	6.12
5	Mariklud Viduka	'72 Athletics Es	5.93

Women Triple Jump Open

1	Mariklud Viduka	'72 Athletics Es	12.34
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Women Shot Put Open

2	Christine Schultz	'51 Doncaster AC	12.45
4	Amanda Constable	'71 Sandrigham	12.21

Men 100 Metre Open

Preliminaries			
15	Steve Brimacombe	'71 Athletics Es	11.40
24	Louie Gonis	'69 Melbourne Un	12.08

Men 200 Metre Open

Preliminaries			
9	Dominique Meyepa	'72 Glenhantly	22.22
21	Louie Gonis	'69 Melbourne Un	24.38

Men 400 Metre Open

Preliminaries			
12	Brett Callaghan	'72 Mentone AC	51.17

Men 800 Metre Run Open

Finals			
7	Timothy Cherry	'67 Box Hill AC	01:53.0
8	Phillip Edwards	'69 Glenhantly A	01:54.4

Men 800 Metre Run Open

Preliminaries			
6	Timothy Cherry	'67 Box Hill AC	01:52.1
7	Phillip Edwards	'69 Glenhantly A	01:52.9
20	David Haigh	'69 Melbourne Un	01:55.4

2001 Victorian & Country Multi-Event Championships

Rieschiecks Reserve, Doncaster

15th - 16th December, 2001

(I presume these events are pentathlons)

Final 40+ Men's Multievent

1.	Mark Cauchi, Oakleigh Athletics	3194
2.	Clyde Riddoch, Athletics Waverley	3063
3.	John Neale, Preston AC	2868
4.	Greg Simpson, Wodonga AC	2232

Final 40+ Women's Multievent

1.	Christine Bridle, Athletics Waverley	2490
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21	Darren Stojanovic	'71 Western Athl	01:56.6
22	Grant Gibbs	'72 Peninsula Ro	01:56.6
24	Simon Lewin	'72 St Kevins AC	01:57.0
25	Peter Curtis	'65 Old Xaverian	01:57.1

Men 1500 Metre Run Open

Finals			
9	Travis Longmuir	'72 Doncaster AC	03:51.7
12	Richard Polkinghorne	'65 Doncaster	04:06.1

Men 1500 Metre Run Open

Preliminaries			
8	Travis Longmuir	'72 Doncaster AC	03:54.5
19	Tim Crosbie	'62 Malvern Harr	04:06.0
20	David Eadie	'70 Glenhantly A	04:06.2
22	Robert Jones	'71 Deakin AC	04:12.5

Men 5000 Metre Run Open

4	Nigel Adkin	'72 Doncaster AC	14:30.7
6	Craig Semple	'69 Glenhantly A	14:33.6
8	Justin Wilson	'68 Old Hailebur	14:53.5
9	James Atkinson	'66 Athletics Wa	14:55.1
12	John Meagher	'63 Box Hill AC	15:09.7

Men 5000 Metre Race Walk Open

3	Franklyn Bertei	'66 Athletics Nu	21:58.1
4	Michael W Harvey	'62 Athletics Wa	22:10.7
7	M Beaton-Wells	'69 Old Scotch	23:07.4

Men 3000 Metre Steeplechase Open

5	Andrew Leach	'72 Old Hailebur	09:34.8
6	Kynan Dawes	'70 Box Hill AC	09:38.0

Men Long Jump Open

1	Leigh Stuart	'71 Ringwood AC	7.65
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Men Triple Jump Open

1	Simon Jacotine	'70 Mentone AC	14.72
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Men Hammer Throw 7.26kg Open

7	Hans Lotz	'47 Mentone AC	44.75
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Men Javelin Throw 800gr Open

5	Andrew Farr	'49 Mentone AC	49.78
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Another Riddoch

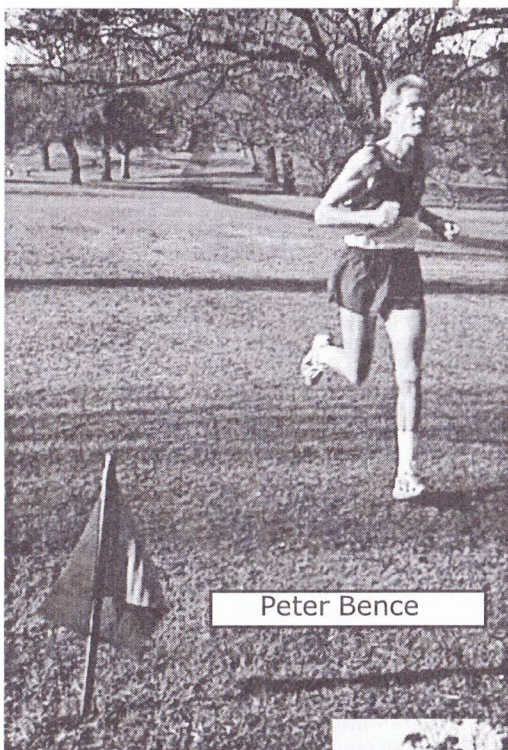
Rose and Clyde are pleased to announce the birth of their second daughter, Kathryn, at about 7pm last night, by Caesarean Section, after a sudden dash by ambulance to the Mercy hospital.

Rose is OK now, and the baby is a very robust 3.546 kg/8 lb (considering being 6 weeks prem).

Congratulations to both of them for this happy news. Maybe Clyde will cross-train using nappy changing as discus work!

VVACI 10km Cross Country Championships

Yarra Bend Park
Sunday, 16th June



Peter Bence

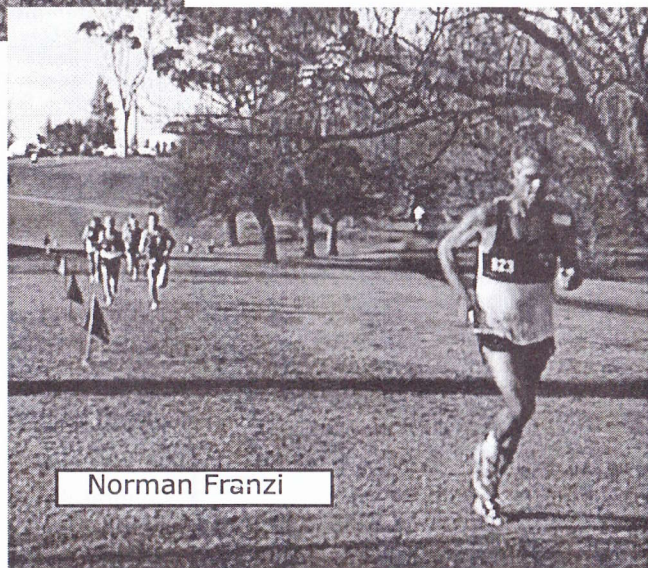
The conditions were perfect for a winter cross country event, with cool still weather, a bit of sun, good firm ground. We had an excellent entry, more than usual. Quite a few members came out of the woodwork to have a winter run, including David Innes of Bright, Ken Bunning, Julie Braakhuis and Tony Bradford, who are not usually seen here.

There were some newish members having a go for the first time, such as Dhanbir Tamang, Bronwen Cardy, Jenny Alexander and others, and they did very well. Bronwen kept the guys honest, finishing fifth overall. Phil Bowes was our overall winner.

Ron Young did a power of work behind the scenes, getting sponsorship from Bunnings, including give-away

bike bottles. He had to train up a new group of course markers and by the time he had been around about three times he was stuffed.

Thanks Ron and your team, you did a great job. It is our volunteers who hold our club together. Their motivation is given a huge boost if the event is well attended and goes well, so ... support them by turning up and entering.



Norman Franzi

VVACI 10km Cross Country Championships (Cont.)

Overall	Name	Time	Age	Place			
1	Phil Bowes	34-45	M45	1	42	Rob Barnes	46-30 M50 10
2	Mal Grimmett	36-15	M35	1	43	Lou Buccieri	46-36 M45 9
3	Greg Wilson	37-56	M50	1	44	Jenny Alexander	46-47 W40 3
4	Dhanbir Tamang	38-19	M35	2	45	Bob Lewis	47-07 M70 1
5	Bronwen Cardy	38-31	W50	1	46	Rob Baulch	47-35 M50 11
6	Russell West	38-42	M40	1	47	Randall Hughes	47-41 M75 1
7	Peter Bence	38-54	M50	2	48	Michael O'Brien	47-56 M45 10
8	Graeme Leticq	39-42	M45	2	49	Simon Tennant	48-17 M35 3
9	Andrew Holmes	39-57	M45	3	50	Coral Monk	48-28 W50 2
10	Joseph Campisi	39-59	M45	4	51	John Kneen	48-29 M55 9
11	Paul Twining	40-02	M50	3	52	Rob Waters	48-49 M55 10
12	David Innes	40-03	M50	4	53	Paul Milbourn	48-55 M50 12
13	David Jones	40-24	M50	5	54	Bob Hayes	49-05 M60 5
14	Norman Franzi	40-25	M55	1	55	Ron Little	49-20 M55 11
15	Alan Bennie	40-29	M55	2	56	Paul Lynch	49-42 M50 13
16	George Rennie	40-36	M60	1	57	Brian Lynch	49-56 M65 1
17	Peter Smart	41-00	M55	3	58	Kim Ludington	49-57 W35 1
18	John Newsom	41-16	M50	6	59	Keith Moody	49-58 M55 12
19	Robert Dunning	41-43	M45	5	60	Peter LeGet	50-42 M65 2
20	Sharon Higgins	42-25	W40	1	61	Lyn Arnel	51-16 W45 1
21	Graham Philpott	43-05	M55	4	62	Gary Bell	51-24 M45 11
22	Ken Bunning	43-17	M60	2	63	Bryan Kelly	53-13 M50 14
23	Shane Derby	43-20	M40	2	64	Al Willey	53-21 M60 6
24	Trevor Hawkesworth	43-26	M55	5	65	John Peacock	53-46 M65 3
25	Rod Neal	43-35	M45	6	66	Tony Bradford	54-23 M60 7
26	Murray Hutchison	43-50	M50	7	67	Steven Reghenzani	54-27 M40 5
27	John Bell	43-52	M55	6	68	Shirley Young	54-39 W70 1
28	Mick Carr	43-55	M45	7	69	Wasył Drosdowsky	54-51 M50 15
29	Westley Windsor	44-15	M55	7	70	Mark Benjamin	54-54 M65 4
30	Glenn Claiden	44-22	M45	8	71	John Mahony	56-45 M60 8
31	Tony Johnson	44-23	M60	3	72	Colin Miller	56-45 M55 13
32	Andrew Tunne	44-44	M40	3	73	Carmel Drennan	56-46 W40 4
33	Julie Braakhuis	45-03	W40	2	74	Ron Young	57-17 M70 2
34	Juan Perez	45-04	M60	4	75	Chas McRae	57-19 M65 5
35	Lavinia Petrie	45-13	W55	1	76	Tony Martin	57-37 M70 3
36	Rob Henderson	45-21	M55	8	77	Margaret Cassidy	57-50 W55 3
37	Petrina Trowbridge	45-28	W55	2	78	Paul Wright	58-16 M35 4
38	Kevin Cassidy	45-34	M40	4	79	Peter McGrath	58-30 M60 9
39	Ian U'ren	45-36	M50	8	80	Judy Wines	59-17 W60 1
40	Jim Hopkins	45-58	M50	9	81	Jack Gubbins	62-21 M70 4
41	Malcolm Wade (NZ)	46-11	M50	inv	82	Corrie De Groot	63-45 W70 2
					83	Philippa Spooner	67-16 W45 2
					84	Ben Morrey	69-27 M70 5

Changed IAAF rules

The IAAF Council has changed two new rules decided by the IAAF Congress in Edmonton last year:

1. Horizontal jumps runway - rule 184.2

The rule limiting the horizontal jumps runway to a maximum of 45 m has been removed and the old rule is reinserted saying that "where conditions permit the length of the runway shall be 45 m".

2. Hammer grip - rule 191.7

The new rule re the hammer grip is removed and the old rule is reinserted.

WMA will follow these revisions. *Torsten Carlus, WMA President.*

Relay for Life 16 and 17 March 2002

By Don Cameron, Caulfield Venue

Duncan Mackinnon Track was one of four *Relay for Life* venues held on 16 March by the Anti-Cancer Council. 3,000 runners were involved in raising \$360,000 for cancer research.

At Duncan Mackinnon, 43 teams raised \$70,000 from the 24-hour run. Jane Sturzaker had a team entered as "Jane's Girls" comprising 8 women and 2 men from the Caulfield Vets Venue. The decision to enter a team resulted from Jane and Judy Wines attendance at a fund raising breakfast for breast cancer in late 2001. Both are distance runners and managed to drag Kevin Browne into their team and encouraged 6 other new Veteran (young!) members (who train-with-Jane) to get the experience of running distance. They had only been running around 4-6 months prior to the Relay for Life event).

Motivating the rookies to attempt the 4, 5 or 6 half hour stints throughout the 24 hour period was quite an achievement, but completing the task and raising \$2,533 was nothing short of remarkable. Some idea of the enormity of their physical efforts can be gauged by perusing the table below. Total laps completed by Jane's Team:

Jane Stumaker (81 laps, 32.4 kilometres)	Gabby Barker (87 laps, 34.8 kms)
Karen Monohan (72 laps, 28.8 kms)	Judy Wines (71 laps, 28.4 kms)
Regina Simon (63 laps, 25.2 kms)	Anna O'Connell (55 laps, 22.0 kms)
Maria Davis (48 laps, 19.2 kms)	Veronica Meredith (46 laps, 18.4 kms)
Kevin Browne (41 laps, 16.4 kms)	Darrin (Visitor) (31 laps, 12.4 kms)

Plus extra laps when each person helped a team member.

The team got an enormous 'buzz' from their involvement and can't wait to front up again next year (if they have recovered from their injuries by then...). We hope to get a couple of extra teams from Caulfield entered for next year.

Whilst aware that fund raising is a matter for individual venues, I believe there would be strong support from the Vets members, if a more pro-active stance were adopted to Fund Raising for Charity, with both year round and ongoing goals. Any comments ?

Hair of Silver, Medals of Gold

By Richard Trembath

MIKE JOHNSTON is the opposite colour, the opposite sex and about 50 years older, but he's got something Cathy Freeman hasn't - a world record over 400 metres..! Sure, Cathy has an Olympic gold and a couple of World Championships and is Australia's leading lady of athletics. But she's had a few opportunities that he hasn't. Cathy has developed throughout her 20s but when Mike was in his 20s there was a war on and most of Australia's young men were involved in one way or another, Mike spending most of his time in the infantry in New Guinea and the islands. "I ran with Chelsea before the war," he recalls, "and for a little while afterwards but we didn't take it that seriously and just ran in a few club events. We didn't have the opportunity (to take it any further)."

At age 58, however, Mike Johnston was introduced to the world of Veterans' Athletics and his life has never been the same.

Today, at 80, Johnston is Australia's latest world athletics record holder, having run 400

Hair of Silver, Medals of Gold (Cont.)

metres in 74.5 at the recent Victorian Veterans' Athletic Championships at Aberfeldie before improving it to 72.85 at the Australian titles in Adelaide at Easter. Not to be compared on face value with the 50 seconds plus or minus a tick which Cathy runs, of course, but not real bad at an age when most blokes need a shopping trolley to hold them up and drag them along. Tall, white-haired, self-deprecating and as thorough a gentleman as you'd meet in sport, Johnston has gradually worked his way to elite level since his comeback to athletics and at last count had 17 world medals, including three individual golds, earned during seven trips to the World Championships, which are held throughout the world on a biennial basis. Last year in Brisbane as a 79-year-old, at the wrong end of his five-year age-group, Johnston ran 71.2 in his heat and 71.5 in finishing second in the finals- times which indicate that top level competition brings out the best in him.

Having first improved the world record in his new age-group only eight months later in a race which he won by a margin of 120 metres, it is not unreasonable to expect the challenge he's likely to face in the World Masters' Games in Melbourne in October might see him lower it yet again. And it's also reasonable to suggest that any octogenarian athletes who were hoping to have a nice quiet time at the Games might now have some rather unpalatable food for thought.

While Cathy Freeman 'did her time' working her way through the ranks, so too did Mike Johnston. "When I first got into Veterans' Athletics 22 years back, I just looked on it as a way to keep fit. For a start, I ran in the 5kms and those sorts of races and usually finished nearly last, then after a year or two I realised that if I went back to the shorter ones I'd probably keep up," Johnston reflects. "I took up the pentathlon and the jumps and set a couple of Australian records in the long jump." Johnston, in fact, still holds the records in both the M65 and M70 divisions of the long jump at 4.92 and 4.75 metres respectively, set in 1989 and 1991.

But it certainly doesn't end there. More recently, on the second day of the Victorian Championships in March, he obliterated the Australian record for 800 metres for men of 80 and over, running 3:05 to carve an incredible 21 seconds off the previous mark.

While the performance came as something of a shock to some of the spectators, it came as no surprise to Johnston or his mates from his home track, the Mentone venue, where he had run an unofficial 3:12 only a few weeks earlier. Johnston's next public appearance was a couple of weeks later at the Australian Masters' Championships in Adelaide, where he took out the titles in his age division in the 100, 200, 400 and 800 metres, setting an Australian record of 31.78 in the 200 and, of course, the world mark of 72.85 in the 400. His time for the 100, incidentally, was a creditable 15.79, while in the 800 he ran 3:10 in windy conditions.

Mike Johnston is never going to have his name up in lights, nor is he going to have the aura of a Cathy Freeman or whoever Australia's next big-name athletics star is going to be, but on the score of comparative talent he's right up there with them. Like most athletes he trains hard - six days a week, three of them on the track - and occasionally he's slowed down by injury.

But come October and the athletics division of the World Masters' Games at Olympic Park in Melbourne, Mike is confident he'll be there. And if he's there on 400 day, then those who are serious about the joy and exhilaration they get from seeing pure excellence in sport could do much worse than drop in and take a look. Cathy Freeman won't be there of course (unless she's looking for inspiration) but Mike Johnston will - and he's the real deal!

[Editor: I just heard from Ted McCoy that Mike won the Master's Award trophy for the best sportsperson in Victoria conducted by Vicsport. Congratulations Mike!]

Victorian Race Walking Club Inc.

By Russ Haines

This issue of *News and Results* is focussing on the Victorian Race Walking Club. This organisation has built up a solid reputation of providing top competitions and a number of experienced coaches. Many of its members are also VicVets and they know the perils of incorrect techniques and injuries. Talk to any of the people below; they will welcome you with open arms, even if you go for a few walks in a week and want to get a little better, come Championships time.

P.O. Box 5192AA, Melbourne, Clubrooms at Middle Park Bowling Club Complex
<http://www.geocities.com/Colosseum/5654/vicwalker.html>

Tim Erickson, Secretary, 9379-2065, terick@melbpc.org.au
 Harry Summers, President, hsummers@connexus.net.au
 Mark Donahoo, 9337-1550, mdonahoo@connexus.net.au

Some of VRWC's life members, who are well-known to VicVets:

1956 Frank McGuire	1964 George Knott	1983 Ray Smith
1987 Robert Gardiner	1990 Thomas Daintry	1990 Harold Summers
2001 Mark Donahoo		

VICTORIAN WALK COACHES

If you want to improve your walking, regardless of your age, a walking coach is essential. There are a large number of coaches in Victoria who cater for walkers, either as part of a wider coaching portfolio or as a specialist walking coach.

Russell McFarlane

Russell coaches all levels of walkers from beginners to National champions and National record holders. His squad has a wide range of ages and abilities so there is always someone your level to train with. Russell has produced a number of top walkers over the years.
 Location: Geelong (Landy Field)
 Contact: 5241-4151 mobile:0412 269313 email: russellmcf@bigpond.com

Jim Leppik

Jim is willing to coach walkers from average to elite level from about 14 years to senior level. He has been coaching walkers since 1985 and in that time has produced a number of national medallists including Australian champions. Coaching Philosophy: Two important keys to success are both a strong aerobic base and very sound core stability.
 Location: Geelong (Landy Field)
 Contact: Ph: 5243-6908 mobile: 0407905366 email: james.leppik@students.vu.edu.au

Harry Summers

Harry is a former Australian National Coach for Racewalking and has been competing since the 1950's and coaching for over 20 years. He has coached many of our top walkers, both at State and International level and also coaches younger walkers at the developmental stage. Harry is a level 3 coach with ATFCA and has also represented Australia himself at the International level.
 Location: group meets at the hockey ground in Elgar Rd Box Hill on Tuesday evenings at 5PM. Contact: 9890-9139 email: hsummers@connexus.net.au

Mark Donahoo

Mark coaches in the Aberfeldie (Essendon) area and has been a successful walking coach for a number of years. He is also a former Australian Representative racewalker so brings

Victorian Race Walking Club Inc. (Cont.)

that unique perspective to his coaching. He also conducts regular coaching sessions at the walkers club and is the VRWC Walks development officer. He is currently interested in coaching veterans and athletes over 21 yrs and preferably women.
 Contact: home 9337-1550, email: mdonahoo@connexus.net.au

Ron Stobaus

Ron is a very active coach in the northern and western suburbs and has a coaching career spanning many years. He coaches at various schools as well as at a club level. Ron is a level 3 coach with ATFCA as well as a qualified racewalking judge. He will coach at any level and currently has 1 walker amongst his squad members. Individual coaching is possible by arrangement. Locations: St Bernards College, Essendon 5:30-7:00 Mon and Thurs, 11:00-12:30 Sunday, Mowbray College, Melton by arrangement or Salesian College Sunbury 5:00-6:00 Wed Contact; PH: 9337-6921 Mob: 0418 107 983 email: RSTOBAUS@bigpond.com

Simon Baker

Simon is perhaps our most successful international walker ever. A former World Cup Champion and Commonwealth Games champion, he still competes in State League as well as being involved in various athletics related endeavours. Simon coaches predominantly in the Eastern Suburbs.

Coaching Philosophy - Enjoy yourself first, work hard at being your best, understand success. It is vital that you begin by knowing yourself, and understanding why you could possibly want to walk 50km (or even 20km)! Need to have a strong sense of self and belief in yourself, and I attempt to promote that the personal life of the athlete is integrated well with the physical demands of training. Use the Kenja training programs to improve my ability to do this. Contact Ph: 9905-5769 (Office) 9545-5605 (Home) Mobile 0419 599 472 FAX: 9905 4903 email: ST-baker@mail.earth.monash.edu.au

Alan Johnson

One of our most successful development coaches. So many of our top Vic walkers of today and past years have started off with Alan. He is a former IAAF Walking Judge and has been coaching for over 20 years. Alan offers both individual and squad training according to needs and coaches all levels of walkers. He is amongst our most respected coaches. Venues include Knox Track, Ringwood Track, Blackburn Lake (distance course on Sundays) Contact details Home 'phone 9762-2839 Mobile 0417 562 925

Frank McGuire

Frank McGuire is undoubtedly our most senior coach. I first read his book 'Training for Race Walking' in 1965 as a young walker and was helped by attending one of his walking seminars at the old VRWC clubrooms at Albert Park in 1967. He was one of the first people in the world to fully investigate race walking from a scientific perspective and his use of film was a forerunner of the modern approach taken to the sport. A life member of VRWC as well as a recipient of numerous awards acknowledging his outstanding contribution to Sport in Australia, he is still actively coaching even though in his eighties.

Venue: Mentone Athletics Track, Dolamore Oval, Second Street, Mentone.
 Times: Most Saturdays of the year. Contact Details: Home 'phone 9772-2026

Frank's group is strictly a coaching clinic as he thinks that all walkers should learn the fundamentals of walking so that if they get into trouble with judges, they can at least slow down and walk correctly.

Australian Ranking List 2002

This list is an extract from the official Athletics Australia rankings list, compiled by Paul Jenes AA statistician, and shows all Victorian athletics who qualify as "Veterans", that is over 30 years old, as at 11th June. Some are members of VicVets, others are very well known in athletics circles and certainly would be welcomed into our fold. Some of the performances appear to better our current records and I see no reason why these can't be recognised, as age is the only determining factor, and will provide an incentive for these athletes to compete amongst us.

The column headings are Australian ranking, performance, name, DOB (ddmmyy) and performance date.

MEN

200 Metres

29	21.60	Evan King	040371	19-Jan
30	21.61	Steve Brimacombe	070571	14-Feb

5,000 Metres

20	14.17.56	Craig Semple	221069	7-Mar
27	14.23.05	Steve Moneghetti	260962	19-Jan
28	14.27.41	David Eadie	211270	14-Mar
29	14.28.6	Rod De Highden	150169	14-Feb

10,000 Metres

8	29.34.33	Craig Semple	221069	12-Apr
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Half Marathon

2	1:04.33	Rod De Highden	150169	26-May
6	1:07.41	Craig Semple	221069	26-May

Marathon

2	2:17.24	Nick Harrison	181070	10-Feb
7	2:26.42	Magnus Michelsson	040968	14-Apr

110 Metres Hurdles

3	14.04	Kyle Vander-Kuyp	300571	13-Apr
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400 Metres Hurdles

5	50.96	Rohan Robinson	151171	10-Feb
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3,000 Metres Walk

6	12.41.0	Frank Bertei	190366	4-Apr
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5,000 Metres Walk

7	21.58.10	Frank Bertei	190366	2-Mar
9	22.10.68	Mike Harvey	051262	2-Mar
10	22.24.70	Mark Donahoo	270558	26-Mar
11	22.25.53	Andrew Jamieson	130646	26-Mar

10,000 Metres Walk

8	45.27.53	Frank Bertei	190366	8-Feb
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20km.Walk

6	1:34.43	Frank Bertei	190366	14-Apr
8	1:38.51	Mark Donahoo	270558	3-Feb

50km.Walk

5	4:19.28	Frank Bertei	190366	5-May
6	4:42.10	Mike Harvey	051262	5-May

Long Jump

7	7.61	Leigh Stuart	020171	3-Mar
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Triple Jump

8	15.35	Simon Jacotine	131070	9-Feb
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Shot Put

5	18.27	John Minns	310567	2-Apr
24	13.84	Russell Short	070569	16-Mar
26	13.71	Tobias Pallett	310367	23-Feb

Javelin Throw

18	62.13	Nick Baltas	200270	7-Jan
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Decathlon

12	6,242	Nick Foley	190669	12-Apr
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WOMEN

800 Metres

13	2.07.4	Kerri Jorgensen	060371	14-Feb
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1,500 Metres

15	4.26.2	Kerri Jorgensen	060371	26-Mar
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5,000 Metres

8	16.27.43	Susan Michelsson	290272	2-Mar
20	17.11.23	Anne Lord	160461	2-Mar
22	17.18.82	Sue Clark	271161	2-Mar
23	17.20.8	Sherryn Rhodes	101268	14-Feb

10,000 Metres

5	35.56.04	Susan Michelsson	290272	11-Apr
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Marathon

3	2:42.26	Sherryn Rhodes	101268	10-Mar
5	2:46.24	Susan Michelsson	290272	10-Mar

100 Metres Hurdles

5	13.81	Kym Burns	250271	16-Mar
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3,000 Metres Walk

3	13.46.4	Wendy Muldoon	270571	4-Apr
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5,000 Metres Walk

1	23.21.02	Wendy Muldoon	270571	26-Mar
9	24.39.9	Kylie Bonney	061171	21-Feb

20km.Walk

5	1:45.53	Wendy Muldoon	270571	14-Apr
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Pole Vault

19	3.50	Dawn Hartigan	131156	19-Mar
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Long Jump

9	6.16	Kym Burns	250271	14-Feb
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Shot Put

15	12.45	Chris Schultz	090151	2-Mar
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VICTORIAN VETERANS ATHLETIC CLUB Inc

10 km "Eric Greaves Memorial" Road Race Championship

Two laps of a fast and flat gravel road course through scenic parkland in

Braeside Park, Mentone (Melway Map 88 D8)

Sunday 21 July 2002

10.00 am Start

ENTRY FEE \$5.00 – enter on the day until 9.45 am

Club Competition uniform must be worn to be eligible for the specially struck memorial VVACI medals for winners and placegetters in each 5 year age division. Non Victorian Veteran members are welcome to run by Invitation

An Eric Greaves Memorial Trophy will be awarded to the most outstanding performance, based on age graded percentages

Ample car parking – picnic facilities available

Tea, coffee and biscuits after the race

Enquiries Ted McCoy 9583-3280 or Alan Bennie 9547-2978

ASICS Melbourne Marathon 2002

We invite you to be a part of the 25th ASICS Melbourne Marathon on Sunday 13th October 2002 by being a volunteer to assist us. VicVets will be rewarded with a donation per volunteer, a race t-shirt and the opportunity to win some great prizes.

If you are interested to earn a few dollars for us, as well as helping out this organisation, please contact the Volunteer Co-ordinator at once on 9381-4666 or volunteers@eventwizard.com.au.

Joe Murphy, Race Director.

Sportsmanship

By Alan Irwin

The 1956 Australian Championships were held at Melbourne's Olympic Park. One dramatic moment in the mile has been captured in a bronze statue entitled "Sportsmanship" recently unveiled across the road at Vodafone Arena. Ron Clarke fell in a bunched field with 650 metres to go. In trying to avoid the fallen runner John Landy's spikes grazed Clarke's shoulder. Instinctively Landy went back to see if he was unhurt, then having being satisfied chased the field and won the race.

The now Victorian Governor known for his modesty believes too much has been made of this incident. He said at the unveiling that the statue "was the glorification of a fiasco". Harry Gordon, then a Melbourne Sun sportswriter took a different view in the following open letter to John Landy published 12 March 1956. The words of the letter are reproduced on the base of the statue.

Senseless . . . But So Inspiring

Dear John,

The fellows In the Press box don't have many heroes. Often they help to make them - but usually they know too much about them to believe in them. Up in the press seats they don't usually clap. They are busy and they are used to big sport. Mostly, they've mastered the art of observing without becoming excited. On Saturday at 4.35 PM though, the sports writers forgot the rules. They had a hero . . . every one of them. And you were it.

Among the 22,000 who crammed into Olympic Park there was not a soul who was not thrilled and inspired by your effort. None of them will forget it. Yours was the classic sporting gesture. It was a senseless piece of chivalry - but it will be remembered as one of the finest actions in the history of sport. In a nutshell, you sacrificed your chance of a world record to go to the aid of a fallen rival. And In pulling up, trotting back to Ron Clarke, muttering "Sorry" and deciding to chase the field you achieved much more than any world record. Your action cost you six or seven seconds. And you sprinted round that last lap like a 220 runner to overhaul the field and win in 4 min, 4.2 sec.

You . . . the fellow who used to be called a mechanical runner without a finish!

A lot of people are wondering why you pulled up. The truth is, of course, that you didn't think about it. It was the instinctive action of a man whose mate is in trouble. In the record books it will look a very ordinary run for these days. But for my money, the fantastic gesture and the valiant recovery make it overshadow your magnificent miles in Turku and Vancouver.

It was your greatest triumph. And it is fitting that it took place in your home town.

Harry Gordon

New Victorian, Australian & World Records

Pending World Records:

W50 Pole Vault Dawn Hartigan Vic 3.50m 99% 19-3-02 Olympic Park

Victorian Records:

M30 1500m Tim Crosbie Vic 3:58.9s 91% 31-1-02 Olympic Park

Clyde Riddoch, AMA & VVACI Records Officer, clyder@netspace.net.au (Note change of email)
5/38 Bank Street, South Melbourne Vic 3205, 9204-7085(Work), 9690-2903(Home), 9204-5354 (Fax)

Norfolk Island Half Marathon and Ekiden

Saturday, 14 September 2002

The half marathon course will be two laps of a very hilly circuit. The Ekiden will be over the same course and will be run in conjunction with the half marathon. Teams are to have a minimum of three runners, running one leg of 10.5k and two legs of 5.25k. The maximum number in a team is eight, each running a 2.6k leg approximately. We will also run the Burnt Pine Mile during the same week. The exact date for this event has not yet been set.

For excellent travel and accommodation packages please contact The Travel Centre, Norfolk Island. Their email address is travel@travelcentre.nf. Entry is free. For further information, please contact Ian Anderson, Athletics Norfolk Island, P.O. Box 565, Norfolk Island, 2899 or email him at ian@worldtraders.nf.



Some of the VVACI engine!

Stan Nicholls

I was just wondering if you might have any records of any marathons that Dad did years ago please? Since he has that terrific list of records that Jack Stevens put in the N&R, he would like to make it complete by being able to add the marathons to it. He thinks he did one around 3hr 11min at Princess Park another around 3hr 12min? at Werribee and another 3hr 13min don't know where. (He's got the 3hr 17min 48secs age 66yrs, 1977 record). Alison Thompson. My address is 8 Smithfield Square, Wantirna 3152, 9801-4203

Annual Vic Vets Track & Field Championships

by Clyde Riddoch

I noted with interest the following comments in the April Committee minutes:

"The rank and file member was not interested in entering championships. We need to challenge the status quo by advertising and promotion. We need to devise ways of achieving higher participation in championship events."

To address these problems, I believe we should model our Championships on the following examples of successful track and field competition in Victoria:

1. **AV Inter-club Competition** - has long sustained a large base of loyal, mediocre athletes. These are club athletes with a strong team spirit who front up year after year to compete in inter-club grades. They rarely enter Track & Field Championships. They are soundly thrashed each week by the elite, but as long as they earn points, and their team and club have a reasonable chance of winning finals and pennants, they return next season keen as mustard.
2. **Professional Athletics** - still going strong after more than a century of handicap events and prizes.
3. **Victorian Veteran mid-week venue meetings** - continues to thrive, and collectively offers an experience unique in Australian athletics. We offer handicaps, trophies, inter-venue events, and a friendly cuppa and supper after competition has concluded.

We have a problem with athletes competing once or twice in our T & F Champs, and never returning. Or in the case of many of our mid-week members, never competing at all, because they perceive the competition to be elitist, or they don't want to risk being

unsuccessful or even humiliated. One solution is to convert our Championships into an exciting team competition, which attracts both our mid-week members and AV members. We don't want people to feel out of their depth, and unsuccessful. I also believe we don't sufficiently advertise ourselves or our Championships. So many athletes, and runners of all kinds, are completely unaware of us.

I wish to propose the following actions, and make myself available in any way to help implement these, or other similar solutions. We need to take action rather than just note the problem each year.

1. **Points scoring system** - Encourage a more extensive inter-venue team competition than at present, first by changing the points system. If athletes are earning more points for their venue they may be less concerned by their performances relative to the medallists. Points should be allocated in accordance with the number of finishers, e.g. 10 finishers mean 10 points for 1st, 9 points for 2nd, etc, down to 1 point for 10th. If there are heats, determine points by ranking performance. It would also help if progress points could be provided during both days of competition and at the end the first day.
2. **Inter-venue handicap competition** - Because the above points system favors numerically large venues, we need to have a points handicap trophy based on the previous years Championships. And if we have more than eight venues we have two grades. This is effectively a Most Improved Venue Award.
3. **Invitation entries** - Introduce non-championship, or invitation, on-the-day entries of \$2 per championship day, similar

Annual Vic Vets Track & Field Championships (Cont.)

to venue meetings. Invitation athletes are ineligible to win medals, however critically, they can earn points for their venue team. Obviously programming can be a huge problem with on-the-day invitation entries, but I would be pleasantly surprised if entries were large in the first year of a trial.

4. Awards - Encourage venues to make awards to their participating athletes and officials. In addition to the usual Best Athletes awards, we should have other less obviously elite awards: Most Events, Best Novice, Best Attempt, Most Versatile, Highest Points Scorer, Oldest, Most Courageous. And Humorous awards: Worst Finish, Biggest Fall, Biggest Dummy Spit, Worst Technique. Venue officials should also be recognized in some way.

5. Special day - Encourage venues to view our Champs as one of the year's meeting highlights, similar to Christmas break-up. Ideally venues could organize their own social events at the Champs during the two days. They could even use the competition to run a monthly or yearly special event, or handicap, and award trophy glasses, just like any other trophy night. Obviously the full support of Venue Managers is needed here to actively promote this competition to members.

6. Relays - Encourage inter-venue relays, or perhaps to start with, Victorian relay record attempts.

7. Eliminate anti-climaxes - To encourage people to stay to the end of competition and the supper, end each days competition with more exciting track events, such as relays, 400's or 800's. Move lengthy 5k runs and walks to a night time, and replace them with a 3k run, a 1500 walk for men and a 3k walk for women.

8. Name change - Rename our Champs to something less elite, such as Inter-Venue Track & Field Challenge.

9. Athlete and Venue Identity - Invitation athletes don't need to wear uniform, just numbers. However, we could encourage distinctive Venue ID, such as: T-shirts, tops or shorts. For example: Collingwood might print a magpie on the front and back of a T-shirt.

10. Advertise - We still don't advertise enough in the wider community. I suggest ads in local papers each year promoting both our mid-week meetings and our championships. Similarly we don't promote ourselves enough to Athletics Victoria inter-club members. We need full page ads in both AV Winter and Summer handbooks promoting both our mid-week meetings and our championships. We could also distribute pamphlets to all senior athletes at the four AV venues.

11. AV Lists - Create address lists of current registered senior AV athletes, and unregistered senior AV athletes from AV archive databases, and mail out comprehensive information about ourselves, all our championships and Venue meetings, and registration and entry forms.

12. Other Organizations - Contact other athletic organizations and arrange advertising in their newsletters. Perhaps arrange a reciprocal advertising agreement with those organizations.

To summarize: We need to generate a friendly rivalry between venues, and convince our members that our annual T & F Champs are special days, with lots of fun, handicaps, trophies and social interaction. We also need to promote ourselves and our championships much more than we presently do.

I am available to discuss this letter further, to be involved in any subsequent meetings or sub-committee, or generally assist in any way.

Minutes Of The VVACI Committee Meeting

held on Monday 3rd June, 2002

MATTERS ARISING FROM THE MINUTES:

Insurance cover Don Blyth is investigating our sharing in Athletics Australia's personal accident cover.
Dinner Dance David Sheehan and Judy Wines are organising the dinner dance. The possibility of a courtesy bus was to be explored.
Outstanding Medals A form will be published in this issue for those who were still owed medals.

CORRESPONDENCE:

Relays The club captain would consider the suggestion to invite entries from venues for relay teams at the track and field championships, linking the scores to the venue premierships held at that event.
Grand Prix A member suggested a handicap modification to the veteran events at the Telstra A-series.
ASICS Melbourne Marathon Asking venues to volunteer for jobs in return for a donation to the venue.
World Masters Games To all registered officials in the VVACI, asking them to offer their services.

TREASURER'S REPORT:

1093 paid members. Total income for the year to date was \$34230, total expenditure was \$19250.

CLUB CAPTAIN'S REPORT:

VVACI Half marathon at Maribyrnong River Path. There had been 59 entries which was a record entry for recent years.
VVACI Ten Miler A clash was pointed out between this event and the VRR half marathon at the same venue.

STRATEGIC PLAN SUB COMMITTEES:

Communications Colin Browne had called a meeting at the East Burwood venue with a view to informing venues of committee activities. A revision of the website. Ken Walters pointed out that "Around the Grounds" could only be successful if the venues all submitted material. He believed that most venues could afford to subsidise the publication and issue it free to those of its members who requested one.

VENUE REPORTS:

The September Venue Premiership will not be held this year. Smaller venues which do not indicate whether they are operating were a problem. It seemed pointless to publish their details if they were not offering any events.

PUBLICITY REPORT:

Richard Trembath reported that there had been very good stories and pictures placed in local newspapers at Manningham, Diamond Valley and Mentone. However, Richard was less happy about World Masters Games, which had failed to publish an article on Mike Johnston which he had submitted.

AMAI REPORT:

AMA magazine Following discussion of the non-publication of Courier for several months, VVACI will recommend to AMAI that the magazine be discontinued and be replaced by a quarterly insert in the state newsletters.
Puerto Rico David Sheehan requested information on the accommodation at Puerto Rico for the World Games in 2003.

GENERAL BUSINESS:

Rob Catherall was welcomed to the meeting, to advise us on his area of expertise, which was marketing, planning, public relations and communications. He felt that the pressing need of the club was to present an appropriate image. The emphasis should be not on the aged-wonders of veteran athletics, but on the vigorous performances of the younger age groups. We needed to attract people in the 30+ bracket for the long term good of the club.
Social David Sheehan had booked Friday, 15th November for the Dinner Dance at Hawthorn Receptions. The tickets would be at \$40 per head. A Square Dance had been organised at St Leonards Community Hall, Springvale Road, Glen Waverley, on Friday, 26th July. Tickets would be at \$10 each.
Membership Alan Sinclair noted the small representation in the younger age groups. He felt that the title "veterans" was our achilles heel. He recommended that the club follow up with a paid display in a newspaper. He noted that the website should be slanted towards the young as they are more likely to be the web users.

Next meeting on Monday 15th July, 2002

The Australian Masters 7th Winter Throwing Championships 28th - 29th September 2002 at Masson St., Turner, ACT

Program:

Sept 28th 10am Weight Pentathlon combining individual throws, 7pm BBQ
 Sept 29th 9.30am Heavy Weight Pentathlon, Super Heavy Weights

This year the long weekend is unavailable. Back to the usual period next year.

The innovation of the Heavy Weight Pentathlon consists of 5 different heavy weights. The heavy weight for your age group is thrown, plus the 2 next heavier and lighter weights. Championship records will be established.

The Weight Pentathlon will provide the usual three throws, and if you opt for entry in the individual event, you may have up to 6 extra throws in that section. The first three only, being counted for the Weight Pentathlon. You may enter individual events only, if you don't want to enter the Weight Pentathlon.

SEND THE ENTRY FORM BELOW (please print)

NAME

ADDRESS

PHONESEX

AGE GROUP..... DOB / /

ASSOCIATION

FEES	AMA FEE (Must be Paid)	\$5
	WEIGHT PENTATHLON	\$12
	HAMMER	\$6
	DISCUS	\$6
	JAVELIN	\$6
	SHOTPUT	\$6
	HEAVY WEIGHT	\$6
	REAVY WEIGHT PENTATHLON	\$12
	56lb SUPER HEAVY WEIGHT	\$6
	100lb SUPER HEAVY WEIGHT	\$6
	BBQ PER PERSON	\$10
	T-SHIRT	\$20
	T-SHIRT SIZE XXL, XL, L, M	
	TOTAL AMOUNT DUE

MAKE CHEQUES PAYABLE TO "ACT VETERANS ATHLETICS CLUB" and send to:

RAY GREEN, 34 URAMBI VILLAGE, CROZIER CIRCUIT, KAMBAH ACT, 2902,
(02) 6231-6712.

2002 World Masters Games – Athletics

**DRAFT Program
6-13th October 2002**

This draft program was found on the website - www.2002worldmasters.org - and should allow you to organise your events and fill in the entry form. Please remember that close of business on the 5th August is the final closing date and time for athletics entries. At this stage, they are not accepting late entries like the organisers did at the last World Championships.

Sun 6th	10km Road Race Race 1 (Men) Race 2 (Men) Race 3 (Women)	8am 9am 10am		
Mon 7th	100m Heats 800m Heats 100m SemiFinals Steeplechase	9am 12pm 2pm 3pm	High Jump M30 -M50 Shot Put M30 -M65 Javelin W30+ Triple Jump M30- M50 Hammer Throw (1)	9am-5pm 9am-5pm 9am-5pm 9am-3.30pm 11am-5pm
Tue 8th	Cross Country Long Hurdles Heats 100m Finals 800m Finals Long Hurdles Finals 200m Heats	8am -12.30pm 1pm 2pm 3pm 4.30pm 6-9pm	High Jump W30+,M55+ Shot Put W30+,M70+ Javelin M30+ Triple Jump W30+,M55+ Hammer Throw	1pm-9pm 1pm-9pm 1pm-9pm 1pm-7.30pm 11am-5pm
Wed 9th	200m Semi Finals 5000m Track Walks Div1: M30-50 Div2: M55-70 Div3: W30-55 Div4: W60+, M75+ 1500m Heats 200m Finals	9am 10am 1pm 2.30pm	Weight W30+, M30+ PentathlonW30+, M30+ Discus M30- M65	9am-5pm 9am-5pm 9am-5pm
Thu 10th	5000m Finals 400m Heats	9am-4.30pm 4.30pm	Discus W30+, M70+ Long Jump M30-M50	9am-5pm 9am-5pm
Fri 11th	Sprint Hurdle Heats 1500m Finals 400m Finals Sprint Hurdle Finals 4 x 100m Relays 4 x 400m Relays	10am 11am 1pm 2.30pm	Long Jump W30+, M55+ Pole VaultW30+, M30+ Weight Pentathlon	9am-5pm 9am-5pm 9am-5pm
Sat12th	Road Walks 10km/20km	8am		
Sun 13th	Half Marathon	8am		

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 the date, time and venue, before you turn up at the venue, to avoid your disappointment. g

2002

July

Sat 6th AV Cross Country, Bundoora
Sun 7th Gold Coast Marathon,
www.goldcoastmarathon.com.au

Sun 14th Thrower's Group
Hammerfest/Quadathlon

Sun 21st VRR CHC Coburg Half
Marathon, 9386-9251

Sun 21st VVACI 10km Road "Eric
Greaves", Braeside Park,
Mentone (Melway 88 D8),
10am, 9690-0272

Sun 28th Thrower's Group Heavy
weight & Javelin (Trophy
competition)

25th Jul-4th Aug Commonwealth
Games, Manchester, UK

August

Sat 3rd AV 16km Cross Country,
Brimbank

Sat 3rd VRR Tan Time Trial (4/8km),
7:30am, 9802-1220

Sun 4th Queen of the Lake(5/
10km), Albert Park, 9819-
9225

Sun 11th City to Surf, 14km, Sydney
Sun 11th Victorian Half of the Park,
5,10,15,21.1km), Carlton,
8am, 9381-4666)

Sun 11th VVACI Winter Weight
Pentathlon, Duncan
McKinnon Park,
Murrumbidgee (Melway 69
A9) 10am

Sat 17th VVACI 3 Miles Road Walk,
Albert Park (Melway 2K
F10), 2:45pm

Sat 17th Australian Cross Country
Championships, Nowra,
NSW

Sat 17th Australian Road Walking
Championships, Nowra,
NSW

Sun 18th VRR Princes Park Half
Marathon, 5,10,21.1km),

Sun 18th Parkville, 8:30am, 9802-
1220
VVACI 10 Miles Road Race,
Princes Park, Royal Parade
(Melway 2B C1) 10am

Sun 18th Docklands Stadium Run,
(3,10,21.1km), 9819-9225

Sun 18th VCCL George Perdon
Memorial Handicap (6.5 and
16km), Princes Park, 10am,
9690-0272

Sun 25th CHC Special Coburg Fun Run
(4,12km), Harold Stevens
Trk, 9am, 9386-9251

Sun 25th De Castella Yarra Bend Fun
Run (5,7.5,15km),Kew,
9am, 9859-4995

Sun 25th Thrower's Group Shot,
Discus & Heavy Weight
(Trophy competition and
American records)

Sat 31st AV 8km Cross Country,
Ballarat

Sat 31st University Half Marathon
(7,14,21.1km), Epsom,
Bendigo, 10am, 5439-6331

September

Sun 1st VVACI 20km Road Walk
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

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

Sun 14th Norfolk Island Half Marathon
and Ekiden(see page 27)

Sun 15th Thrower's Group Shot
Hammer & heavy weight
(Trophy competition)

Sun 15th AV Half Marathon, Burnley

Sat 21st VVACI Road Walk 10km
Men, 5km Women, Albert

What's On

21st to 29th Park (Melway 2K F10),
2:15pm men, 2:45pm
women
Asia Pacific Masters Games,
(07) 5564-8733,
www.mastersgames.com.au
28th & 29th WMA National Winter Weight
Pentathlon, Canberra
Sun 29th AV Mountain Run, Healesville
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

Sat 12th13th IAAF World Race Walking
Cup, Turin, Italy

Sun 13th 25th ASICS Melbourne
Marathon, Frankston to
Albert Park

19th-26th Alice Springs Masters Games
(08) 9851-6440,

www.alicespringmasters.nt.gov.au
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)

Sun 24th Thrower's Group, Heavy
Weight, Shot & Javelin

December

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

2003

March

22nd to 29th 1st Trans Tasman Masters
Games (TTMG), Newcastle
and the Hunter, NSW
Athletics program as well as
42 other sports.
1300-888-899 or email at
sparksc@nhevents.com.au
www.nhevents.com.au

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

August

16th-24th Mildura Masters Games,
Mallee Sports Assembly,
PO Box 2316, Mildura,3502
nwsport@hotmail.net.au

2004

2nd Trans Tasman Masters
Games (TTMG), Auckland,
New Zealand

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

3rd Trans Tasman Masters
Games (TTMG), the Hunter,
NSW

October

TBA WMA World Championships,
San Sebastian, Spain

2006

October

TBA Oceania Championships,
Christchurch, NZ