

Vic Vets News and Results

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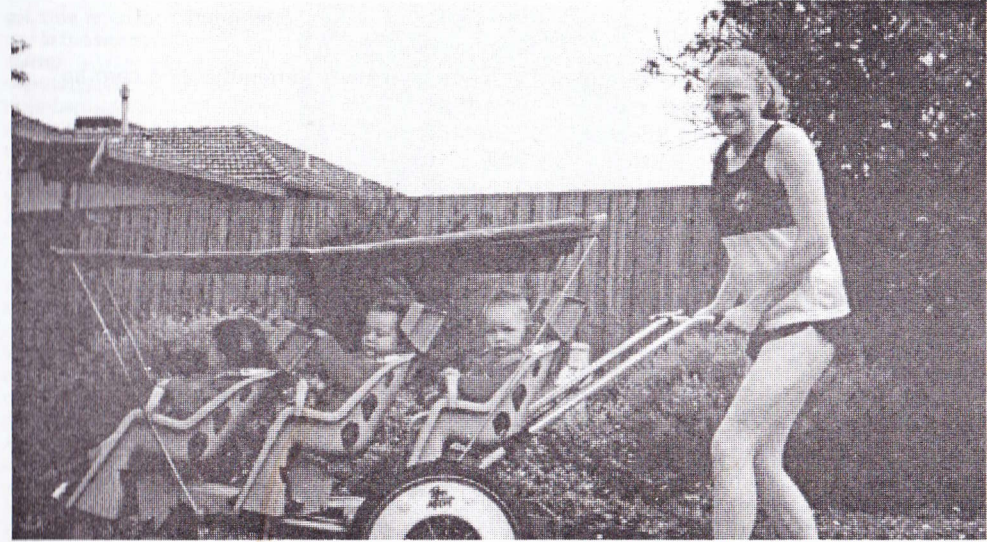
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News and Results

The Victorian Veterans' Athletic Club Inc.

September 2002

Pushing to the Limits!!



Reminders...

World Championships in Puerto Rico are only 10 months away

Dinner Dance on 15th Nov

Volunteers needed for the Melb. Marathon and World Games in October

Parlour relay starts 14th Nov

Next Australian Masters Champs in Perth next Easter

Karen Archer is a 39 year old mum who has two loves, running and her family. Not that one conflicts with other - just a matter of fitting both into a busy schedule. She started running with Little Athletics, then with the Diamond Valley club in open competition but then there was an eight years gap while she got married and had three children - all at once! Our roving reporters, Dot and Colin Browne, caught up with Karen and ask her about her running and her life, and how difficulties are overcome. (pages 3 and 4).

Victorian Veterans Athletics Club Inc.

4 Victory Street, Mitcham, 3132, Victoria

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Reference Websites

www.vicnet.net.au/~vicvets/
www.users.bigpond.com/judyynken/atg
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VicVets

Around the Grounds (VicVets)
Athletics Victoria
Victorian Athletic League
Victorian Race Walking Club
Athletics Australia
IAAF
Australian T&F Coaches Assn
Int. Marathons & Road Races
Aust. Ultra Runners' Assn
Best Australian Runners Site
Australia's Runners World
Australian Sports Drug Agency
ACTVAC and others
Qld Masters Athletics Assoc.
Sth Aust. Masters Athletics
WA Veterans Athletics Club
2002 World Masters Games
Alice Springs Masters Games
Athletics Australia
2003 WMA Championships
World Masters Athletics (WMA)
Masters T&F Magazine
Best Masters Site
Asia Pacific Masters Games

Karen Archer

Interviewed by Colin Browne

Colin Three children all at once must have been a bit of a shock to the system.

Karen It was, yes. We had no idea it was three until the first scan. We didn't sleep for nights. Worried about - how do you cope with three?

Colin What does your husband do?

Karen He's a carpenter. He works for Landmark Builders. They do architect designed renovations in the city area.

Colin I suppose you haven't got time to go to work. Were you in the workforce?

Karen I was, yes, I was a secretary/office manager for three barristers in the city. One was a QC and the other two were senior barristers.

Colin Well you must be a very competent worker.

Karen I was well organised. I think that God gave me triplets for a reason.

Colin This being organised also includes getting your running in these days. You are in the Vets now and you come up here every Tuesday. How often do you run and how do you get your run in?

Karen I'm running four times a week, mostly early in the morning. After the girls wake from their overnight sleep they have a drink of milk and we go out for our run. Mostly between 6.00 and 7.30 in the morning.

Colin Why do you go so early?

Karen That's when they wake. When we get back from our run, that's when they have their breakfast.

Colin Is this a run or a walk with a pram?

Karen It's running with a pram.

Colin Tell us about this pram. It must be a bit of an item.

Karen Yes! It's a triplet jogger pram, three in a row, instead of the three wide. It's been imported from America by another triplet couple. They went overseas to live and we were lucky enough to get this pram, for nothing. And it's like, the seats are tiered so that each baby can see where they are running. It's got a sunshade and a rain cover so we go out in all sorts of weather.

Colin Does it move easily?

Karen Yes.

Colin So it can go that easily you can actually run behind it?

Karen Yes. I've actually done some training on the track here with it. 400s. It's hard work, but we did it.

Colin And how long do you stay out for?

Karen Anything up to an hour.

Colin So are you a distance runner, or a middle distance runner, or a sprinter?

Karen I don't know what I am any more, but I used to be a middle distance runner.

Colin So your best distances were what?

Karen 800s and 1500s. That's what I ran, but just at the moment it seems to be the longer stuff.

Colin What were your best performances over those 800s and 1500s?

Karen Well my best in the 800 is 2:12, and 1500 is 4:32.

Colin That's great. How old were you when you did those?

Karen I was 31 when I did the 4:32 in the 1500. Actually the 800 as well. 31.

Colin Have you ever run at a higher level than interclub?

Karen Yes, I have run State.

Colin Have you got ambitions of improving your running once these kids get a bit more independent?

Karen I have, yes. I've entered the Masters (WMG) in October. I've entered the 800, 1500 and 5000. But at this stage I'm just aiming just to compete. Eventually I'd like to get my times down.

Colin How did you get into the vets?

Karen It was advertised in one of the Council magazines they put out.

Colin So you just took the initiative and came along here to Croydon.

Karen Yes.

Colin And what do you think of us?

Karen I love it. Everyone's just so friendly. It's a really relaxed atmosphere. It doesn't matter how good or how slow you are, you just get out there and have a go. It's just

a matter of doing it. And I really enjoy it.

Colin I think a lot of young people of your age that have got a young family would be interested to know how you organise being active in the vets and having a family and everything. Does your husband help you much?

Karen He tries to, yes.

Colin Are the kids asleep now?

Karen Yes. They have to be in bed before I come down here. It's a bit hard to put them to bed on your own so he likes me to put them to bed before I come down. My husband's a good help, but unfortunately with his job he's gone from about six in the morning til about about five or six at night.

Colin He'd have his own tiredness to worry about I suppose. It would be a pretty physical job that he does.

Karen Yes.

Colin Does he mind you running? Support you?

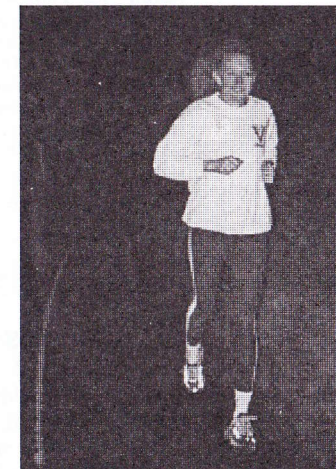
Karen He's all for it.

Colin I think that's essential really, to have a partner that is in favour of you doing the running. We have seen quite a few that think that the other one spends too much time at the running. Does he do any sport himself?

Karen No. Oh, motorbike riding.

Colin You haven't been in the vets long enough to go in any championships, but around about Easter we will have the State track and field. You will have your choice

(Continued next page)



Karen Archer (Cont.)

of middle distance events in that. I suppose it might be a few years before you can get away to go interstate to go in the Nationals. However, one of these days.

We are sort of looking towards people like you as a sort of a role model for other younger people. At the moment we have recruited about 140 Athletics Victoria people on a dual membership arrangement. They are both in the vets and in their AV club. We're not poaching them from the AV club. Just offering them what both organisations have go to offer. So you might get back to your own Diamond Valley one of these days.

Karen Nice, yes.

(enter Dot)

Dot I find it incredible that you can manage to still keep up your standard of running with your little ones. What do you do for baby-sitting?

Karen Oh we don't have one. We don't go out. When I go out running they come with me in the jogger pram. Tonight is the only night I get to run without the pram. Occasionally my husband might come out for a walk and

he'll push the girls in the pram while I run. But that's not very often because he works six days a week as well.

Colin You seem to be running very well around the track here.

Dot Oh, you do.

Colin Giving the men a bit of curry as you go around.

Dot Yes, it's wonderful.

Karen I really enjoy running around here with everybody, it's real fun.

Dot Even though some of us are older?

Karen Yes, I love it. It's nice and relaxed.

Dot I think the youngies do fit in very well. I mean there is a huge range of ages here isn't there. There's never any conflict. The venue managers do a great job with the venue don't they? The variety of novelty events that they have. It keeps people's interests. There's not the pressure of being brilliant. You can just jog down the back if you don't feel like pushing yourself or you can have a hitout. It's just up to you.

Karen Yes, that's right.

\$\$\$ VicVets Save Thousands \$\$\$

A memo was sent to all people on our membership list who have email facility. We are always trying to cut costs and reduce the workload for those (few and far-between) volunteers. At the moment, to get six physical copies of News and Results mailed to you costs over \$10 per annum and a couple of days work. We could better use some of that money and personal time to promote our sport and head in new directions.

What we are proposing is to send a copy of News and Results via e-mail as soon as it is published. The format would be industry-standard PDF and we will tell you how to read it.

The immediate benefits are:-

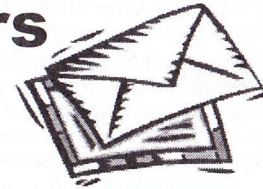
- You get News and Results far quicker
- You can store a copy on your computer
- You can send a friend or potential joining member a copy
- You can print off entry forms as many times as you wish
- You get News and Results in COLOUR!
- You save the environment by reducing printing on paper
- You can cut and paste articles into your documents, or send it to someone via email
- You receive immediately any urgent news or changes to events

Already, many companies and sporting organisations are heading in this direction. We want to keep the subscriptions the same but costs are rising. For the September issue, we are sending it out to those we notified and who agreed, which is currently at 100%!

Please note that if you have not been contacted, you will still receive a printed copy. Nothing will change. There are a few people whose email addresses are incorrect or those that have email and haven't let us know. Let Astrid know as soon as possible. Thanks for your cooperation.

Editor

Your Letters



Get Records Recognised

When you included a list of Victorians in the Athletics Australia Australian Ranking List 2002 in the July News & Results, you mentioned that some of the performances appeared to better our current records. True - four of them! This anomaly occurs because AMAI only recognizes performances by current financial members. Too bad if you break a record then join us the next day! Or you forget to pay your subs, and better a record.

In his report of the June meeting of the AMAI Board in the July News & Results, Colin Browne stated that "AMAI takes on the validation of records for all performances...". Unfortunately this is not strictly correct. If you are not a financial member of a veteran/masters club, you cannot claim an AMAI record. Sounds reasonable, but it means that there are now many performances from IAAF sanctioned meetings, recognized every year by Athletics Australia in their official rankings lists, but not accepted by AMAI as records. Stranger still, WMA recognizes some of these as World records, but they are not Australian "Club" Records.

To overcome this problem, last year I decided to insert superior "non-financial" records in italics on the line below the club records, in my official list of Australian & World Records. Below is a note of explanation, which was to have been in the now defunct AMA magazine. However, I was recently directed by the AMAI Board to remove them, and I have complied.

CLUB RECORDS

Financial membership is an underlying criteria for the awarding of club records. I therefore wish to address recent concerns regarding my inclusion of performances by people who were not financial members of a veteran club, into the Victorian and Australian veteran record lists.

The reasons for their inclusion in italics, on the line below existing club records, are as follows:

1. Each performance is better than the existing club record. This occurs predominantly in the 30 to 45 age group, but there are instances in older age groups.
2. There are many people over 30 years of age performing at elite level who are not financial members of veteran athletic clubs.
3. There have been cases of people who had been veteran club financial members for many years, ceased membership, and then bettered Victorian, Australian and World club records.
4. WAVA (WMA) established a precedent, years ago, by including many performances in their World record lists by people, such as Merlene Ottey, who were not financial members of veteran clubs (and probably never will).
5. WMA records also include several Australians who were not financial members. It will be bizarre if these Australians are recognized by WMA, but not by AMAI.
6. When the new Federation of Australian Athletics takes control, we may find ourselves in a similar situation to USA, where you can claim a veteran/masters record if you are a member of the USATF, even if you are not a member of a veteran/masters club. This is why WMA includes Americans, such as Steve Scott, in their lists.
7. People from the athletic world, and the general public, view the Victorian Veterans' Athletic Club Inc, the AMAI, and the WMA as representing the structure through which veteran athletics is organized. And as the legitimate custodians of veteran records.
8. Those people contact me and ask for Victorian and Australian veteran records. Often they don't ask me for CLUB records. They want to know the BEST ever performances.
9. I may be seen to be misrepresenting my role as an accurate source of information regarding Victorian and Australian veteran record lists if I don't make available the best ever performances. The world outside of veterans athletics, particularly the media, may not be impressed if we only recognize club records.

More Letters

The solution is simple. Include both types of records in the lists: Club records, and any better unfinancial records. Or All Comers or Open Veteran records, or whichever name you prefer to call them. I believe WMA should list both also, rather than replacing club records with anything superior.

Our club members will still strive to break club records, and be recognized and rewarded with listing as a club record holder in record lists and in our veteran/masters newsletters. They will also receive record certificates to hang proudly in lounge rooms or on office walls. People who are unfinancial at the time of a record performance do not receive veteran club record certificates.

By adding superior unfinancial records to the lists, we can also recognize the absolute best performances ever. In doing so we acknowledge the legacy of great Australian athletes such as: Steve Moneghetti, Raelene Boyle, Shirley Strickland, Pam Ryan, Judy Pollock, Denise Boyd, Lisa Ondieki, Steve Austin, Pat Scammell, Willi Sawall, David Smith, Kerry Junna-Saxby, Anne Cross, Margaret Crowley, Max Binnington, Simon Arkell, Andrew Murphy, Shaun Creighton, and many more.

Clyde Riddoch

VicVets Payment to AMAI

Regarding your July editorial, I am equally concerned that the AMAI chooses to spend much of our \$7 capitation fee on Board or State delegate travel expenses rather than on a national newsletter. I work for a large corporation which saves \$10,000's in travel costs every year by extensively using tele and video conferencing. In addition, before people even get together by tele or video conferencing, much time is saved over lengthy documents by using emails to bounce ideas and comments back and forth, and by emailing reports.

I note Colin Browne's comment at the end of his AMAI report about Board members being volunteers, and "we don't take kindly to people saying - "What's AMAI? It does nothing." I don't dispute the importance and difficulty of their work, but we need to get our priorities right, use

technology to work smarter, and not spend money we might use for an issue of a national newsletter.

AMAI plans to produce an annual handbook, similar to the Oceania handbook. At what cost? I believe most of the handbook's content will be irrelevant to a majority of our members, particularly mid-week venue members in Victoria. Quarterly national enclosures are also planned to be included in State newsletters. Will AMAI pay the States for that? Or our capitation fee decrease? An enclosure means someone still has the job of editing material then arranging for it to be inserted into seven different State newsletters. Shouldn't AMAI be promoting a reduction in duplication?

I have always found other State's newsletters extremely interesting. Instead of eliminating our national newsletter, why can't we do the opposite: produce monthly national newsletters with low cost printing, include far more State material, which may reduce or even eliminate the need for frequent State newsletters. Perhaps we can even fund national newsletters from capitation fees at the same time as we reduce State newsletter costs. We can certainly fund one issue by eliminating one AMAI meeting.

Otherwise our members may well ask "What do I get for my \$7?".

Clyde Riddoch

Proof of Concept

Regarding the ongoing debate Veterans V Masters, it seems to me that the name of Alan Sinclair always seems to be behind the change of name. While Alan has a right as a member to his opinion, has he ever brought to the committee concrete proof that warrants the name change. First of all Alan here are facts. Every sporting body and social club that you could name are lacking new members. This has come about by changes to the social climate. Whether we like it or not, in the field of Veteran Sports, Fun Runs, Ultra Running, or Marathons, the heady days of the seventies and eighties have gone sadly for ever. Proof. The large fields in the Melbourne Marathon, large fields in Ultra Running, also in most forms of Athletics, even crowds watching sporting events, have dropped off alarmingly in the past few years. In the Veterans we have seen the demise of the Victorian Masters Games, the Tasmanian Masters Games, the athletic component

More Letters

in the South Australian Masters Games, and recently the Masters Games in Alice Springs has also lost its major sponsor Honda. If you notice Alan these are all games with the name of Masters in them.

We should not change the name of the club because it's the fashion. Do we want to Americanise our name. The British Veterans don't seem in a hurry to change their name. So I am asking all members to think twice before you vote on a name change as this issue will certainly arise next year, and don't be complacent in voting. This is your club and your vote is vital if the club is to succeed and overcome the difficulties that we are facing in the present climate.

Fred Brooks, Berwick Manager

Name Change

It is tempting to personalise the debate over the possibility of a name change because some members are more vocal than others are. But no member, however vocal, will materially alter the vote if his or her arguments for or against are not valid.

It is accepted by most that a name change is not, in itself, a cure all. We who have grown old with the "Veterans" would miss the comfort of the name. Some old traditions would be lost, new traditions would need to be made. It would take some time before the new "clothes" had the comfortable feel of the old.

The future of the club lies with the younger members. If the "Masters" title has more appeal to them they are the ones who must carry the responsibility of maintaining the viability of the club.

I think it fair to say that the public has been conditioned to the name "Masters" due to the adoption of the name by most other sporting bodies. From that public we need to gain our future new members who may be more inclined to join a club with the "Masters" title. Similarly corporate acceptance, while no certainty at any time, may be more likely with the "Masters".

Don McLean

Correcting the Multi Results

Just correcting the results (p17) in the recent newsletter. The AV multi-event championships were all decathlons and heptathlons. AV and AA do not run pentathlons for open and overage competition. Maybe the score threw you. However, the points were too high for pentathlons. AV don't recognise age-graded tables or age-factoring. They use the IAAF points tables directly and that results in quite low scores for overage athletes across the ten/seven events. To put it in perspective, Clyde broke the Victorian M45 record with his score of 3063. I would have achieved this had I been 6 months older.

Mark Cauchi

Walkers Update

At the recent Interstate walks titles The 36th Annual Lake Burley Griffin (LBG) titles on Queens Birthday weekend attracted 250 entries.

Andrew Jamieson (167min 48sec) won the open 20 miles (32kms) from Qld's 50km champion Peter Bennett with Mark Donahoo (Vic 183m 58s) in third place. Duncan Knox (Vic) won the Handicap and Robin Whyte (ACT) was the oldest to finish (at 60 years) and he has started in every 20 miles since the inaugural one in 1967.

Qld's Judy Moller was first Vet in seventh place in women's 16kms (one lap around LBG) Anne Staunton eighth, former Aust rep Anne Weekes (nee Ryan) ninth, 62 year old Val Chesterton 14th and Noela de Chazal 16th.

Former Commonwealth Games medallist (1978) Tim Erickson won the open 10miles (16kms) in 84m 59s, second to Kurt Rose Qld John Stenhouse was third. They were followed in by Keith Knox, the 1964, 1968 and 1972 Olympian Bob Gardiner, centurion Clarrie Jack. Harold Body, Jim Schmidt Mark Worrall and Ken Smith.

In the womens 5,000m, Ann Staunton (W35) was the first Vet in 12th place followed by Helen Bialecki 13, Judy Moller 16th. Anne Weekes 19th, Noela McKinven 21st, Joan Purcell in 24th place.

Peter Waddell

Vic Vets
Dinner Dance
 Hawthorn Receptions
 Glenferrie Road
 Friday 15th November
 \$40 per head.
 Get a table together.
 It is always a great night.
 David Sheehan 9754 4405 Judy Wines 9561 7224

VVACI members with Dual AV Registration.

There are now many Vic Vets who have taken out registration with Athletics Victoria. (It is still available to our members at \$15 for the rest of the year to March 31st.) There are also many members of AV clubs who now have dual membership with the VVACI, also at \$15. We need to know what the intentions of such people are with regard to the Summer Season of AV, starting in October. Our AV Liaison Officer is Graeme Noden, and he needs to know who is available to go in VVACI teams. We anticipate having teams at Glenhuntly and Knox. But there may be other options if the numbers are there.

Please fill in this form ASAP and send it back to

Colin Browne
 4 Victory Street
 Mitcham 3132
 phone 9874 2501

or to

Graeme Noden
 21 Narooma Street
 Moorabbin 3189
 phone 9555 3495

Name: _____

I have Athletics Victoria registration for the Summer Season 2002 - 03.

I will be available to join a VVACI team in interclub for that season.

My preferred venue would be _____

My contact details are _____

New Australian and Victorian Records

Age	Event	Name	State	Perf	%Std	Date	Location
Australian Records:							
W60	Pole Vault	Val Chesterton	ACT	1.74m	62%	20-12-01	AIS, ACT
W35	Weight Throw	Jayne Hardy	ACT	13.89m	99%	10-1-02	AIS, ACT
W40	Weight Throw	Sharon Gibbins	ACT	13.22m	101%	24-1-02	AIS, ACT
W60	Pentathlon	Fran Harris	ACT	3,258 pts	63%	21-2-02	AIS, ACT
M30	Discus	Warren Evans	Qld	44.43m	62%	2-3-02	QEII, Qld
M60	High Jump	John Hunt	ACT	1.57m	89%	14-3-02	AIS, ACT
W60	300m Hurdles	Fran Harris	ACT	60.07s	82%	17-3-02	AIS, ACT
W30	Pentathlon	Lynette Smith	NSW	2,916 pts	62%	1-4-02	Adelaide
M65	Marathon	Colin McLeod	Qld	2:57:06	90%	14-4-02	Canberra
W70	Half Mara	Rowena Barker	Vic	1:53:20	82%	7-7-02	Gold Coast
W60	20k Walk	Noela McKinven	Qld	2:18:45.07	80%	14-7-02	Lytton, Qld

Victorian Records:

W60	Triple Jump	Nyala Millar	Vic	8.04m	82%	31-3-02	Adelaide
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Clyde Riddoch, Vic Vets & AMA Records Officer, 5/38 Bank Street, South Melbourne Vic 3205

Telephone 03 9204 7085(B), 03 9690 2903(H), Fax 03 9204 5354, Email clyder@netspace.net.au

Clyde Riddoch, our very hardworking Victorian and National Records Officer, has asked me to include, at least, some of the current records in this issue, and stagger the rest over the next few months. Unfortunately, like always, we have run out of space. As a service to the athletes, I will send out a copy of all records free to anyone who asks. Email me, call me or post me a memo to 11 Ripley Crt, Ringwood, 3134.

VVACI Winter Weight Pentathlon

11th August 2002, Duncan McKinnon Reserve

			HT	SP	DT	JT	WT	Total	Place
PVet	Johan Amerasekera	29	38.23	13.40	45.74	38.78	9.43	2801	1
M30	Richard Block	34	31.30	9.62	35.44	40.87	9.43	2282	1
M40	Steve Dorman	41	38.04	10.63	31.80	32.96	10.59	2595	1
M45	Clyde Riddoch	49	22.72	7.69	30.17	34.22	7.90	2209	1
M55	Peter Young	55	26.63	12.48	36.82	34.75	11.39	3414	2
	Peter Vryonis	57	17.04	7.28	19.05	18.26	6.97	1682	3
	Graeme Rose	58	41.34	11.53	33.72	41.20	15.70	4041	1
M60	Billy Binks	61	37.13	10.45	33.88	23.21	14.69	3313	1
	Morrie James	61	22.41	7.33	23.31	18.84	9.40	2038	2
	Geo Christodoulou	62	20.70	6.56	20.43	14.97	7.22	1650	3
M65	Tom Hancock	66	40.19	11.93	42.15	36.17	14.78	4500	1
	George Knight	66	32.86	8.97	27.23	20.24	11.85	3035	2
	Alwyn Harbott	69	23.58	7.16	24.41	15.32	7.03	2101	3
M70	Harry Staecker	71	30.20	8.27	24.69	22.04	9.25	2793	1
M85	Roy Foley	85	18.25	5.76	19.82	9.74	8.15	2610	2
	John Fraser	87	24.37	7.12	20.16	11.03	10.52	3267	1
W45	Merle Williams	45	12.9	7.34	16.71	19.47	5.05	1747	1
W50	Judy Coram	52	34.93	9.07	24.04	23.47	10.3	3100	1
	Lorraine Mussett	53	16.77	6.41	12.92	11.25	5.5	1436	2
W65	Shirley McFarland	67	17.63	5.17	11.88	7.81	7.76	2013	1

Caufielders at the Comrades Marathon

This is a story on some of our proud Caufield venue participants in the Comrades Marathon who recently returned quite elated! They are – Jane Sturzaker, Peter Field, Ross Martin, John Anderson, Rob Clutterbuck, Robin Broberg, Stephen Barker and Steven Barker. (With support from Ann-Marie Lang, Tony Doran and Bruce Humphries).

By Robert Sturzaker, husband of Jane

Race day has been and gone and Jane is alive and well. She ran 10h 54m14s which is bloody close to the cutoff of 11 hours!!! She has her Comrades Marathon medal and is as proud as punch (as I am as well). The race is run on a fearsome course of 6000ft uphill and 3000ft downhill, there is no flat running at all except the last 200m. There were 8 runners in our group with 200 marathons between them and they all rate this the hardest run they have ever done by a considerable margin.

I monitored the race via mobile phone and received the runners' times at 15km, 43km, 80km and the finish. All runners passed through the 15km mark close to their estimated times and I was pleased that they all got off to a good start. At 43kms they were spread out between 3h 45m – 5h 20m (Jane at 5h 20m just beat the cutoff at halfway of 5h 30m. At this point I was confident Jane would do well and could do the next 43kms on the less hilly part of the course in about 5hrs – 5h 20m (after all it is only another marathon).

Our fast runner (Robin Broberg) came in at 7h 49m, a great achievement and it was worrying that he said it was very hard and he had to lie down before he dropped. Rob Clutterbuck next runner walked through and covered the finish stretch even though he had cramped at 60kms and had to be taken by car driven by Bruce Humphries to the finish. As he entered the straight in front of the grandstand he was announced as a finishing Australian as he crossed the line, name and all, so it was a little embarrassing for him.

Ross Martin was expected at 9 hrs but he was not in sight when Steve Barker crossed at 9h15m and Peter Field at 9h 45m. By this time I was worried and Rob Clutterbuck said he saw Jane and Stephen Barker and that he thought they were running behind the cutoff mark time and they were only just past halfway! I was now very worried that Jane had been removed from the race which would be heartbreaking.

Still Ross Martin, expected at 9hours, had not appeared and it was getting on for 10hrs. Runners were collapsing on the track and being helped and carried to the finish. One guy piggybacked a woman the last 1km after running 85kms!! Madness. When John Anderson came past us at the finish he was looking very pleased with himself albeit a little weary. A measure of the difficulty is indicated by his splits of 4½ hrs and 10hrs. A comfortable 4½ hour marathon followed by a very grueling 5½ hours marathon!

At 10h 37m Ross came in in a bad way having run 4h 26m for the first 43km and 6h 11m for the next 43km and he is a good runner!! At this stage there was no registration for Jane or Stephen at 80kms so I was beginning to think they had been removed from the track and I felt terrible. I could hear some people in the background saying they did not think they could make it in the time and with the announcer building up the drama I could have used the trusty shotgun to quiet the doubters. Peter Field came and said I should remember to tell Jane I did not give up on her and I replied that I would be there till she came in! The announcer was not helping as he had been counting down the minutes from 10h and now there was only 6m to go.

I was praying for a miracle when one of our team of supporters spotted Jane. I saw her pass and she was able to smile and was trotting along. I had been standing on a chair for 2 hrs at this stage taking pictures of them and had to get down before I fell. I did not have the presence of mind to take any pictures of Jane.

Comrades Marathon (Cont.)

A fantastic achievement for them all. It is impossible to describe how hard this course was in 27 degrees and on a course, which has to be seen to be believed. The man who ran second overall **walked** up part of the last big hill!!!

They have all done well including Stephen who made it to within 3kms at 11h 11m and had to catch the bus. Jane's African friend who wanted to do 9h 30m ran 10h 54m 19s - 5 seconds after Jane. Not one person said it was easy, and I think Jane summed it up well when she said that the first 43kms she had to push hard to get there before the cutoff at 5h 30m. In Melbourne in 2001 she ran the marathon in 3h 48m. So rather than having oodles to spare she was under stress from halfway. With this behind them ordinary runs will be a let down.

As we got into the bus for the return journey it was quite amusing to see these marathon running heroes as they all had to be helped up the steps of the bus. Once in the bus the three supporters among 50 runners realized that they did not smell very nice! Halfway back we had to stop as one competitor got out, fell to all fours and threw up. Not one of ours I am happy to say. Now it is time for celebration and Comrades Marathon stories.

Finishing times were:

Robin Broberg	7.49.31
Steven Barker	9.17.33
Peter Field	9.52.55
John Anderson	10.03.26
Ross Martin	10.34.38
Jane Sturzaker	10.56.15

The finishing line, taken by a webcam at 10h3m26s (is this John?)



How it all began

Arguably the greatest ultra marathon in the world, this event owes its beginnings to the vision of one man, Vic Clapham, a Londoner, who emigrated to South Africa with his parents. He served, at the age of 13, in the South African War as an ambulance man and later. He later moved with the 8th South African Infantry in the Great War 1914-1918.

The pain, agonies, death and hardships of his comrades which he witnessed during those awful days left a lasting impression on the battle hardened soldier, especially the camaraderie engendered among the men in overcoming these privations. Thus when peace was declared in 1918, Clapham felt that all those who had fallen in this catastrophic war should be remembered and honoured in a unique way, where an individual's physical frailties could be put to the test and overcome. Remembering the searing heat and thirst of the parched veld through which he had campaigned, he settled on the idea of a marathon and he approached the athletic authorities of the day to sound their views. His enquiry led him to the doors of the "League of Comrades of the Great War" a corpus of ex-soldiers who had formed an association to foster the interests of their living companions who had survived the War.

Clapham asked for permission to stage a 56-mile race between Pietermaritzburg and Durban under the name of "the Comrades Marathon" and for it to become a "living memorial to the spirit of the soldiers of the Great War" This was strenuously resisted by the League, but Clapham persisted maintaining that if a sedentary living person could be taken off the street given a rifle and 60lb pack and marched all over Africa then surely a fit and able athlete could complete the distance. Applications in 1919 and 1920 were refused but in 1921 the League relented and gave permission and £1 for expenses which was refundable.

The first Comrades Marathon took place on 24th May 1921, Empire Day, starting outside the City Hall in Pietermaritzburg with 34 runners. It has continued every year since with the exception of the war years, with the direction alternating each year between Pietermaritzburg and Durban, the so called "up" & "down" runs.

Courtesy www.comrades.com

THE LANDY TROPHY

RULES & CONDITIONS

1. To be run annually on February 14 or the first Monday thereafter at Rieschieck's Reserve, Doncaster.

2. Each entrant to contest two heats, over 200 metres and 1000 metres, from handicaps calculated from the Age-Graded Percentage Table, as adapted for The Landy Trophy.

3. The event to be open to runners and walkers although all entrants will be handicapped as runners for their 200m heats and, if necessary, for the 400m final. Those who do not specifically indicate at the time of entry that they wish to compete as walkers will be deemed to be runners and will be handicapped as such for their 1000m heats.

4. Those who enter as walkers will contest the final heat of the 1000m division, which will be limited exclusively to walkers, all of whom will contest this heat, regardless of number.

5. Heats for all events and lanes for 200m and 400m events will be allotted by ballot, with the proviso that the organisers, at their discretion, may elect to seed up to eight competitors in such a way that they do not meet each other in the heats.

Seeded runners (up to a maximum of eight) will be determined as follows:

- Previous year's finalists.
- Winner of previous year's 'B' final.
- Any previous winner of The Landy Trophy who does not qualify under conditions (a) or (b).
- Second placegetter in previous year's 'B' final.
- Third placegetter in previous year's 'B' final.
- Any other runner at the discretion of the organisers.

6. Points to be awarded according to finishing positions in heats, from 1st to 8th, on the basis of 10, 8, 7, 5, 4, 3, 2, 1.

7. The final of The Landy Trophy, plus a 'B' final, to be run over 400m, with fields to be determined as follows:

The Landy Trophy final:

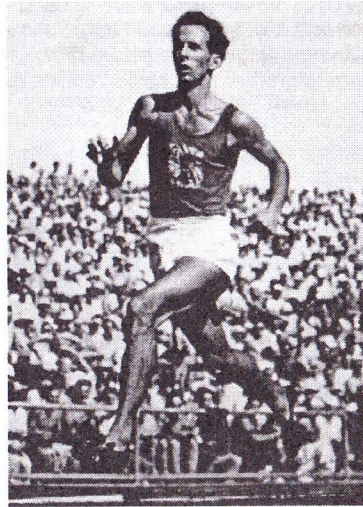
(a) The top eight points scorers or the number being less than eight which includes all those contestants who have points scores exceeding or equalling the score-line immediately above the line whose inclusion would cause the number to exceed eight.

'B' final:

(a) Contestants who, despite having recorded the fastest individual time in the 200m heats or in the 1000m heats (including the heat restricted to walkers), did not qualify for the final of The Landy Trophy.

(b) Sufficient contestants to take the field size to eight or the number being less than eight which embodies the conditions laid down for field selection for The Landy Trophy final.

8. The winner of the final to hold The Landy Trophy for one year, or nominate a member of the Doncaster venue to hold it for them.



Landy, Cerutti's "How to be a Champion"

NEW DEAL FOR WALKERS in the LANDY TROPHY

New conditions for 2003 edition of The Landy Trophy will see all walkers contest the same 1000 metre heat instead of competing against the runners, as has been the case in the past. The condition is one of several refinements made by Doncaster venue officials in their bid to make the popular event even more so.

The Landy Trophy is conducted at Doncaster in mid-February each year and sees competitors each contest a 200 metre heat and a 1000 metre heat, earning points which decide the field for the final, which is run the same night over 400 metres. The event is a handicap with all heats and finals run from marks which are determined from the Age-Graded Percentage scale.

Next year's will be the fourth running of the event and it has been decided that in future there will also be a 'B' final, to be contested by those competitors whose points scores see them just miss out on the top eight qualifiers for the final. All contestants, runners and walkers, will be handicapped as runners for both the 200 metre heats and for the finals but those who enter as walkers will be handicapped as such for their 1000 metres, which will be the last heat. The running of the 'B' final immediately after the conclusion of the heats will also allow more recovery time for those finalists who contest the later heats of the 1000 metres.

The Landy Trophy, an ornately framed action picture of Australia's first sub-4:00 miler John Landy now has a little extra prestige, recently having been autographed by Landy, who is now Governor of Victoria. It is a perpetual trophy and is currently held by Ross Kent, of Mentone. Governor Landy has also agreed to present the trophy next year if his commitments permit him to do so. If not, he will have a worthy replacement in another former champion distance runner, Ron Clarke, who has undertaken to be on standby if the Governor is unable to attend.

Previous presenters have been Olympic silver medallists Peter Norman (Mexico City 1968) and Gary Honey (Los Angeles 1984) plus Ray Weinberg, who represented Australia in the sprint hurdles in London in 1948 and Helsinki in 1952, finishing fifth in the final on the latter occasion. Weinberg was honored in the recent Queen's Birthday honors list. Next year's event will be run on Monday, February 17 and intending participants are reminded that entries close a week beforehand. They may be lodged with any venue manager.

20 years ago

1982 Victorian Walking State titles

3,000m	1 David Smith 11:30.7, 2 Willi Sawall 11:38.4, 3 Tim Erickson 12:16.5
20 kilometres	1 Willi Sawall 1:21.36, 2 David Smith 1:24.43, 3 Tim Erickson 1:29.15
30 kilometres	1 Willi Sawall 2:08.01, 2 Tim Erickson 2:19.40, 3 Bill Dyer 2:20.01
50 kilometres	1 Keith Knox NSW 4:30.38, 2 Col Donald 4:35.24, 3 Jack Clarrie 4:39.50

50 years ago

1952 Victorian State titles

One Mile	Don MacMillan MUAC 4.13.4 2 John Landy Geelong Gld 4.13.4 3 Les Perry W'town 4.14.0
120 Yd Hurdles	Ray Weinberg SSH 14.0 2 Peter Gardner Old Melb 14.2 3 Ken Doubleday S'ham 14.5

VOLUNTEERS! VOLUNTEERS!

Once again the call goes out to members to support the sport that gives you so much by putting a bit back in. There are two main calls for volunteers at the moment, and to some extent, they conflict, but it would be possible to do both.

World Masters Games

The Vic Vets and Athletics Victoria have combined to organise the athletics segment of the WMG. It has been a harmonious alliance, historic in a sense. Now that we are on the doorstep of the Games we need volunteers to do all the nitty gritty jobs of supporting an athletics carnival, such as raking pits, measuring throws, running results from place to place, packing bags, manning information desks, lap scoring, helping overseas entrants to find their way around, etc. etc. Ted McCoy has sent out to venues sheets asking volunteers to nominate times when they are available in the period October 6 to 13. A form is opposite for those who may not go to a venue. Please respond to Ted quickly.

Melbourne Marathon

Joe Murphy has been good enough to allow us to use the Melbourne Marathon as our club marathon. He gives us co-operation in taking entries and sorting our results for us. In return he asks athletics clubs to man, (sorry person) the course. The police will not allow the event to start until every intersection has a marshal on it. Drink stations need to be staffed. There is a major panic as the main wave of runners comes through and water cups have to be filled and re-filled, tubs of water get empty and have to be re-filled from garden taps, and then when the runners have gone, there are thousands of drink cups to clean up. It is good fun. You can help your club by participating as Joe gives a donation per volunteer to the club and a race shirt each.

Contact the Volunteer Co-ordinator on 9381-4666 or at volunteers@eventwizard.com.au
The date is Sunday, October 13th, 2002

**KNOX VENUE
ANNUAL HANDICAP HALF MARATHON
[Run on scenic Bike Track]**

**INDIVIDUAL AND TEAM (of 3) EVENTS
[Trophy for first 3 finishers on handicap]
Trophy for fastest male and female]
[Trophy to the Venue with 3 top finishers]**

**WEDNESDAY
11TH DECEMBER 2002**

**6.15 pm START
Supper provided afterwards, spot prizes**

CONTACT: CHAS McRAE – Tel: 9779 3670



**2002 WORLD MASTERS GAMES
5 – 13TH OCTOBER
MELBOURNE**



ATHLETICS VOLUNTEERS AVAILABILITY FORM

PLEASE RETURN THIS FORM TO:

Ted McCoy (Club Captain),
24 Blackwood Avenue,
Mentone 3194
Telephone: 03 9583-3280

(Please return by as quickly as possible)

NAME: _____ PHONE(H) _____ (B) _____

ADDRESS: _____

POSTCODE: _____ EMAIL: _____

DO YOU HAVE ANY EXPERIENCE IN ATHLETICS: _____

Please indicate below which days you would be available to volunteer (please tick)

I am available every day during the Games (6th – 13th October) _____

I am only available on the following days:

Sunday 6th October 10km Road Race – Albert Park _____

Monday 7th October Track & Field – Olympic Park _____

Tuesday 8th October Cross Country – Yarra Bend _____

Evening Track & Field – Olympic Park _____

Wednesday 9th October Track & Field – Olympic Park _____

Thursday 10th October Track & Field – Olympic Park _____

Friday 11th October Track & Field – Olympic Park _____

Saturday 12th October Road Walks – Albert Park _____

Sunday 13th October Half Marathon – Princess Park / Royal Park _____

Thank you for taking the time to complete this form. We look forward to having you on board!

AV Ballarat University Cross Country Open & Overage 6km Cross Country Championship

Saturday 31st August 2002

(Overall placing first, then age group placing)

20	1	Colleen Stephens	24:58.0	W45	146	12	Robin Broberg	32:16.4	M50
23	1	Sharon Higgins	25:29.0	W40	148	15	Gary Hammett	32:23.1	M40
24	2	Heather Klearle	25:39.0	W40	149	16	Graeme Macdonald	32:28.8	M40
25	3	Julie Braakhuis	25:40.0	W40	152	13	Peter Moore	32:36.9	M50
30	4	Christine O'Halloran	26:03.0	W40	153	17	Mark Bartholomeusz	32:38.8	M40
32	2	Megan Sloane	26:25.0	W45	155	14	Michael Fenelon	32:46.8	M50
38	3	Petrina Trowbridge	26:56.0	W45	160	18	Warrick Erwin	32:52.4	M40
41	4	Anne Ziogos	27:01.0	W45	161	13	Peter Risk	32:52.7	M45
44	5	Lynette Davis	27:35.0	W45	162	15	Peter Armistead	32:53.2	M50
47	5	Janette Chapman	27:48.0	W40	163	16	Peter Bence	32:54.7	M50
51	6	Annette Pelgrim	28:23.0	W45	167	19	John Moir	33:01.8	M40
56	7	Helen Vandernagel	29:30.0	W45	169	20	Mark King	33:08.8	M40
57	8	Barbara Fay	29:33.0	W45	170	14	John Williams	33:10.1	M45
61	6	Susan Chapman	30:19.0	W40	171	21	Barry Schuurs	33:11.6	M40
62	7	Angie Kent	30:40.0	W40	172	22	Percy Lanciana	33:13.0	M40
63	9	Susan Guthrie	30:42.0	W45	174	17	Len Johnson	33:20.7	M50
66	8	Lois Augustyneek	31:34.0	W40	175	23	Paul Stewart	33:21.1	M40
69	9	Carmel Drennan	33:28.0	W40	177	18	David Jones	33:26.5	M50
					178	15	John Moloney	33:34.0	M45
13	1	Greg Lyons	26:16.2	M40	179	24	Malcolm Dowler	33:34.7	M40
17	2	Peter Fitzgerald	26:25.3	M40	180	25	Christopher Murphy	33:39.8	M40
35	1	Phillip Bowes	27:52.3	M45	182	19	Michael Lynch	33:47.4	M50
53	2	Peter Gaffney	28:43.4	M45	183	16	Ivor Carter	33:49.5	M45
58	3	Steven Quirk	28:53.3	M40	185	26	Mark Davis	33:53.8	M40
64	4	Dennis Boyle	29:08.5	M40	186	27	John Kondogonis	33:54.2	M40
66	3	Bert Pelgrim	29:14.4	M45	187	17	Bruce Salisbury	33:55.8	M45
68	5	Clive Kempson	29:25.0	M40	188	20	Peter Smart	34:00.8	M50
74	6	Christopher O'Connor	29:36.3	M40	189	18	Geoff McGowan	34:01.0	M45
75	7	Frank Shevlin	29:40.3	M40	190	19	David Armstrong	34:05.7	M45
80	8	Julian Callahan	29:53.0	M40	191	21	Clive Davies	34:11.9	M50
81	9	Donald Nicholas	29:55.0	M40	192	22	Norm Franzi	34:14.8	M50
82	10	Andrew Edwards	29:56.4	M40	194	23	Brian Woodruff	34:27.8	M50
84	4	Charles Chambers	29:57.8	M45	195	24	Gabriel Carmona	34:29.7	M50
85	5	Vincent Duffy	30:02.3	M45	196	25	Ian Rands	34:32.6	M50
88	1	Anthony Bird	30:07.3	M50	197	26	Gregory Moore	34:41.4	M50
102	6	Kenneth Duxbury	30:36.1	M45	198	20	Bernard Payne	34:42.9	M45
103	7	Geoffrey Purnell	30:37.9	M45	199	21	Wayne Allen	34:45.8	M45
106	11	Mario Muscara	30:43.0	M40	202	22	Neil R Macdonald	34:52.8	M45
108	2	Garry Roden	30:45.1	M50	204	28	Christopher Worsnop	35:06.5	M40
109	8	Rob Wendel	30:46.1	M45	205	27	Peter Hannaford	35:10.8	M50
110	3	Geoff Clark	30:48.6	M50	206	23	Greg Schofield	35:12.0	M45
114	9	Steven Daniliuk	30:54.6	M45	207	28	Brian Mee	35:15.6	M50
115	10	Ian Twite	31:03.5	M45	208	24	Gerard O'donnell	35:20.1	M45
119	4	Robert Gray	31:14.7	M50	209	29	Peter Rau	35:23.8	M40
122	11	Paul Kennedy	31:26.2	M45	210	25	Zane Brache	35:25.4	M45
125	12	Arthur Verwey	31:34.0	M40	211	26	Michael Hart	35:26.7	M45
126	5	Brian Harrison	31:34.8	M50	213	29	Michael Bennion	35:31.0	M50
127	13	Jeffrey Crawley	31:38.4	M40	214	30	Bruce Humphrey	35:32.4	M50
130	6	Ken Hall	31:48.5	M50	215	27	Robert Mandile	35:35.4	M45
131	13	Marc Collister	31:50.1	M40	217	28	Russell Barrett	35:37.7	M45
133	7	Paul Twining	31:54.3	M50	218	31	Ron Finn	35:38.5	M50
137	8	Maxwell Little	32:07.3	M50	219	29	Robert Jones	35:40.9	M45
138	12	Gavan Walsh	32:07.9	M45	220	30	Shane Derby	35:45.0	M40
139	9	Ernie Stewart	32:09.1	M50	221	30	Martinus Kok	35:53.6	M45
142	10	Dennis Stevens	32:11.9	M50	222	32	Robert Hendy	35:56.4	M50
144	11	Peter Tiktikakis	32:13.8	M50	223	31	Peter Sutherland	36:10.3	M40
145	14	Anthony Cant	32:16.0	M40	224	33	Terry Hammond	36:12.4	M50

AV Ballarat University Cross Country Open & Overage 6km Cross Country Championship (Cont.)

226	34	Jim Hopkins	36:30.8	M50	259	51	Randall Hughes	39:29.7	M50
229	35	Dennis Ardley	36:41.5	M50	261	39	Lisa Nicholson	39:34.7	M40
230	36	Kenneth Mcleod	36:45.3	M50	262	38	Lyal Douglas	39:46.5	M40
231	31	Wayne Hogan	36:49.9	M45	263	32	Andrew Moore	39:51.5	M45
233	37	John Kneen	36:59.2	M50	264	52	Gordon Proudfoot	40:17.2	M50
234	32	Robert Sutton	37:05.7	M40	266	53	Boguslaw Frackowiak	40:31.9	M50
235	33	David Appleby	37:08.9	M40	267	54	Alan Irwin	40:46.1	M50
236	34	Christopher Hurray	37:11.6	M40	268	55	James Summersg	40:59.9	M50
237	35	Mark Law	37:18.9	M40	270	39	Peter Westwood	41:15.0	M40
240	38	Maxwell Balchin	37:42.5	M50	271	56	Michael Davin	41:26.3	M50
241	39	George Eppingstall	37:48.6	M50	274	40	John David	42:17.6	M40
244	36	Steven Warrington	38:03.2	M40	276	57	Peter Battrick	42:50.6	M50
245	40	Jan Upton	38:03.5	M50	277	58	Phillip Hutton	43:11.2	M50
246	41	Michael Whiteoak	38:10.7	M50	278	59	Daryl Shipham	43:24.3	M50
248	42	Robert Barnes	38:26.7	M50	281	60	Warren McCullough	44:21.3	M50
249	37	Daryl Talbot	38:33.1	M40	282	41	Greg Rundle	44:28.7	M40
250	43	David Goddard	38:34.9	M50	283	61	Peter Buller	44:51.3	M50
251	44	Steven Stern	38:40.1	M50	285	62	Bryan Whitecross	45:36.1	M50
252	45	Robert Gardiner	38:40.6	M50	287	42	Christopher Lang	46:24.6	M40
254	46	Keith McIntosh	38:46.0	M50	289	63	John Fay	47:50.5	M50
255	47	Anthony Doran	38:49.6	M50	291	43	Paul Meredith	49:29.7	M40
256	48	Ian Duthie	38:55.4	M50	292	64	Denis Sinnott	50:10.9	M50
257	49	Lawrence Woodman	39:00.3	M50	293	33	Kenneth Carter	52:33.6	M45
258	50	Michael Cusack	39:04.7	M50					

PARLOUF RELAY

Inter-Venue Challenge

EAST BURWOOD

Thursday 14th November 2002

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

This year the 10km Parlouf will be a Nominate Team Time event for all teams. There will be a trophy for the team finishing closest to their nominated time. However the traditional Challenge Trophy will be awarded to the outright fastest team. 10km teams will have five members with no age or gender restrictions. Trophies will be awarded to teams containing only financial VVAC members. A team can only win one trophy. Each team member must run at least four times and complete a total distance of 2000m. There is no need for teams to attempt '100 metre sprints'.

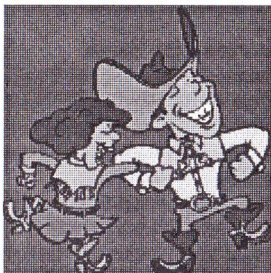
The program, race rules and entry forms will be available at venues by early October. Please have your team(s) fully organized before you arrive on the night and send your entries in early. This is a great opportunity to get together with your fellow club mates to enjoy friendly competition and plenty of chat over fantastic pancakes. Please mark the date in your diary.

Square Dancing is Fun !

Sharing a love of action and teamwork. Square Dancing is movement set to music. It is done in couples, with teams of four couples. Not a spectator sport, Square Dancing is for the **active** in heart and mind. And so we found out, on Friday 26 July at the Vets Annual Square Dance arranged and organised by the inimitable David Sheehan.

This is a bird's eye view (pun intended!) from the Caulfield Venue. When trying to get "the team" to attend this function, most said, "No, I don't know how to square dance", "No, what would I wear – no suitable gear" etc. etc. However, after convincing them that we were all 'in the dark' – about 15 – 20 decided to attend. Some with partners, some without.

I myself agonised over what to wear, asked a few people for suggestions, went in on the internet to find that skirts with petticoats and off-the-shoulder blouses were the go for the women and jeans and long sleeve shirts for men (definitely long sleeves as the blokes get sweaty!) were the go. I could not cope with the flowing skirt, and opted for the jeans and off-the-shoulder top, which was just as well, as all of the gals wore jeans and pretty shirts. This was a very good idea, because if you fell over (which some people did – probably the sprinters as they were going too fast!) then your skirt would fly up above your waist!



Well, it was a really tremendous night with around 80 people in attendance from all venues, and at all times, every person was on the floor in their teams of eight. We had a couple of women acting as the male partner, but this was pretty rare as the balance of male to female was almost 50-50.

A great caller who taught us how to swing your partner, promenade around the ring, four men make a right hand star, dosado and elbow round...da da da da. By the end of the night, we were all with it and really having lots of fun, changing partners at various times and, by midnight, we were all ready to go home.

This Square Dancing is really good for exercising the legs, as well as the arms, and such an inexpensive social night! Now if you want to experience another good night, Croydon Venue is holding their Annual Square Dance in December, so they would love to see you there. Thanks David!!

Judy Wines

MINUTES OF THE VVACI COMMITTEE MEETING MONDAY 15th JULY 2002

MATTERS ARISING FROM THE MINUTES:

Insurance cover. The copy of Athletics Australia's insurance policy with Horsell, in which VVACI shares, had arrived. Copies had been made available to venues from Colin Browne. It was noted that club members up to the age of 75 were now covered for personal accident under the policy of AA and AV. Unpresented medals. Tony Bradford had received many applications for unpresented medals. He was still waiting on stocks of gold medals.

Smaller venues. Colin Browne reported that he had written to the smaller country venues. Berwick, Gippsland and Swan Hill were alive and in recess over winter, but others were not responding.

CORRESPONDENCE

Bunnings gave free use of a line marking machine and free paint to use with it. They also donated 70 drink bottles to give away at the cross country at Yarra Bend. This was obtained through the efforts of Ron Young. Athletics Victoria, listing the 143 new members from AV clubs who had accepted the \$15 offer of dual membership with VVACI.

TREASURER'S REPORT

Income YTD was \$37,356, expenditure \$22,164. Membership was 1109, excluding provisional members.

CLUB CAPTAIN'S REPORT

Track and Field Championships 2003 Day 1 three weeks prior to the nationals, and Day2 two weeks prior to the Nationals at Duncan McKinnon Park. In discussion, Ken Walters suggested that we investigate combining our track and field championships with the AV multi championships.

Walk events. Ted said that we need a walks co-ordinator to replace Peter McGrath. Heather Carr accepted the responsibility.

VicSport award. Mike Johnston had been presented with the award for Masters Athlete of the Year at the prestigious VicSport awards presentation night.

Ballarat Walk Events. These were VVACI medal events. Confusion about entry conditions arose from the entry form about the conditions would be "open to ages 30 and over, enter on the day".

STRATEGIC PLAN SUB COMMITTEES

Finance. Don McLean stated that the venues were now due to submit financial reports to him.

Communications. Colin Browne expressed satisfaction with the second publication of "News and Results" by new editor, Russ Haines. This was challenged by Alan Sinclair who had criticisms of the July issue. Moved that a sub committee offer a critical contribution on "News and Results" to the editor. The sub committee of Alan Sinclair, Richard Trembath, Rob Waters and Colin Browne appointed.

AMAI REPORT

Colin Browne reported that AMAI had struck a problem in that the name "Australian Masters Athletics" was not available to them, as a company of that name was already in existence. This impacted on the production of uniforms and medals. It was unlikely that uniforms would be on sale before the World Masters Games unless this problem was quickly resolved.

GENERAL BUSINESS

Bereavement. Dot Browne informed the members that Ian Matthews of Bundoora had passed away, aged 59, leaving a wife and three children. He had died of leukaemia.

VVACI awards. Following criticism from Leo Charles about the criteria for club awards, Rob Waters had drafted a statement explaining the criteria and appropriate purposes of club awards which will be incorporated in the Venue Managers handbook. (See next page for this draft).

Name change. Don McLean said that, should the issue of a name change be re-visited, ensuring that there was a full debate. A sub-committee was set up, to consider the mechanics of a possible name change for the club, comprising of Don McLean, Tony Bradford, Alex Harris and Rob Waters.

VVACI COMMITTEE MEETING - 15th July (Cont.)

The club will take steps to have the track at Duncan McKinnon Park marked in a standard befitting championships.

AMAI annual general meeting. Previous AGMs had allowed a motion to lay on the table. It concerned the request that WMA reduce multi events at world championships for over 60s to pentathlons.

Square Dance. David Sheehan said that 5 venues had responded and costs would be covered.

Next Meeting on 25th August (Minutes on pages 28 and 29 of this issue)

VVACI - Dedicated service award

The shield awarded at AGMs for this award as engraved states, "for dedicated service to the Victorian Veterans' Athletic Club Inc". As such it is for service to the Club, not merely for service at a Venue level. For Venue level awards we have certificates.

Criteria for award

- * The shield is awarded to Venue Managers and others for their service to the Club as the "Venues" are an integral part of the strength of our Club.
- * Awards can also be considered for personnel who contribute to more than one venue provided that it meets the criteria as service to the Club.
- * Awarded to non-members for service to the Club.
- * Persons nominated to be checked by nominators to ensure that the nominee fulfils the "Club" requirement and not merely dedicated Venue service.
- * Sub committee of three (at Committee level) to ultimately adjudicate whether the nominee becomes a recipient.

Rob Waters, V.V.A.C.I. President

Beach House for Rent

Comfortable house at Coronet Bay on Westernport Bay, 200m to beach, three bedrooms, includes all bedding and appliances, TV/Video. Call Laurie Black (Ex-Croydon) on 5678-0102, for enquiries.

The National Magazine

From Stan Perkins, President, AMA

(Having the benefit of previously being the editor of the national magazine and now VicVet's News and Results, I have included a few comments. May I add that I enjoyed both editorships for different reasons but I feel concerned for the athletes, who pays \$7 to AMA each year from their VicVets subs and I presume that they want to see something for their money - Russ H.)

The Board has always been supportive of a national publication to ensure that all members of our sport throughout Australia were kept aware of what was happening within our sport. There had been several years of effort that led to the eventual development of the newsletter, however in the last year the ability to continue to maintain the publication has demanded our attention.

The issues can be summarised as follows:

1. Is the magazine the best way to communicate with the membership?
2. Are the costs of preparing, printing and distribution justified?

The National Magazine (Cont.)

3. Can the Association continue to justify the publication of the magazine?
4. If the answers to above are NO, what alternatives are available?

The Board has come to the following conclusions –

1. Whilst the newsletter has been an effective communication tool, the most effective method of communication still remains the newsletters issued by each State. In many ways it has been a duplication of these newsletters.

(Our sport has always grown from the hard work of the States with no development work being done by the National body. The purpose of the National magazine was to document national and international performances by Australians, Board reports, entry forms for the National and World Championships, national calendar of events, President's report and other national and international level information. The State newsletters report on State activities and there was never duplication because all the editors got together and understood the deliniation of communication.)

2. The costs of the National magazine, based on four issues per annum, was budgeted at \$15,000 per annum. However recent estimates indicate that the expected costs will exceed \$20,000 per annum. This figure exceeds the total income from capitation fees per annum. Distribution has also been a problem.

(The President was informed of various methods of reducing costs but they were never adopted. One of these was the use of email distribution, which has been quickly given the green light in Victoria, resulting in a potential saving of around \$3-4,000. This saving, nationally, would be around \$6-7,000 per annum. Distribution was never a problem as the (Victorian) volunteers continued to offer their services.)

3. To continue to produce this publication at the rate of 4 issues per annum would require an increase in capitation fees, just to meet present costs. The alternative would be to delve into accumulated funds and over time this would severely deplete our financial reserves.

(There would be no increase in fees if the cost saving guidelines were adopted. In Victoria, the newsletter is A5 and 36 pages in order to minimize printing and postage.)

4. There are several alternatives under consideration. These include -

- A one or two page news release to each Association for inclusion in their monthly newsletter
- The development of an Association Handbook on an annual basis that will be issued to every registered member. This Handbook will contain all the important information about our Association, championships, rules, uniforms, contacts, etcetera.
- The development of a website through the Australian Athletics Federation that will provide on-going, up to date information
- Inclusion of information in Athletics Australia publications – with plans for a whole of sport information service.

(The Board needs to consider that only around 30-40% of athletes have email and web access (higher in ACT at around 60%) and that only a minority get Athletics Australia publications. A handbook is a annual publication and is very limited as a communication vehicle. Lastly, if AMA requests the States to publish their information then the question arises if they have space in their publication and, secondly, why the States should be paying for AMA communications when they already pay them \$7 per athlete to do so. I suppose the question eventually comes up what the ordinary athlete gets for their \$7 and what happens to the money intended to be spent on the National magazine? For an organisation that gets over \$21,000 from athletes around our country, sponsorship money and a percentage of taking from events such as the World Championships, AMA really has to do more for you and me, rather than leaving it up to the States to run the sport.)

The decision not to authorise any further publication was not taken lightly and it is subject to the considerations and final decision of the Council (that is your representatives) at the AGM in August.

Eric Greaves Memorial 10km Road Race

Sunday 21st July 2002, Braeside Park, Mentone

by Colin Browne

The morning was perfect for a run with no rain and crisp cool weather. Race organiser Ted McCoy had crossed all the Ts and dotted all the Is in his preparation for the event. He had volunteers aplenty and he knew just where he wanted to place them. As a result the event, quite a big one, went very well. I don't know how many VCCL pros ran, but the WVACI vets had 117 starters.



President Rob Waters in the 45 minute bunch

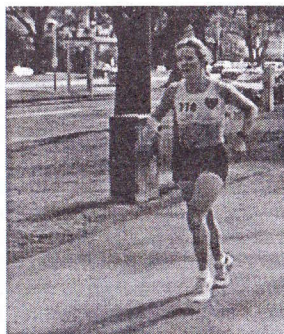
As they came through the first of the two lap circuit of the park, it was obvious at the top of the race that the pros were younger and faster than the vets, but maybe that is to be expected. The first two to come through were Sean Quilty and Dean Paulin. It was close and exciting. They had the same margin at the end.

Our best vets were Bert Pelgrim, 46, in 35m 58s, Mario Muscara, 40, in 36m 20s and Jeff Boot, 46, in 36m 45s. Peter May and Bruce Salisbury were close behind. Then came an amazing performer. Bronwen Cardy, 50, finished sixth overall in 37m 11s. In age graded percentages that run was worth 91.5%, and under the terms of the race conditions, she won the "Eric Greaves Memorial" trophy. Age graded percentages are a good way to see where the great performances are, as the age of the competitor comes into the equation.

The top ten vets on this basis were Bronwen Cardy (50), Bob Lewis (74), Barry Brooks (62), Roy Stanway (68), Brian Mee (64), Bruce Salisbury (50), Petrina Trowbridge (55), Peter Bence (52), Bert Pelgrim (46) and Greg Lovejoy (60). So even if you can't beat the young bloods home, you can put in an effort that is better than theirs on age graded percentages.

The race was an excellent event from every point of view. Not the least was the effort put in by many members to travel long distances to be in it. The Southern Peninsula vets were very well represented. Bruce Salisbury came from Traralgon, Barry Brooks came from Ballarat, Peter Maddigan from Rhyll on Phillip Island, Tony Bradford from Hoppers Crossing, and many more from the western and northern suburbs, quite a long drive.

The club appreciates your participation. Thanks folks for putting in to remember our great mate and former Club Captain, Eric Greaves.



Bronwynn Hanns, W35 winner and 2nd fastest woman

Grp	Name	Age	Time	AGT%	Place	
W35	Bronwynn Hanns	39	41-51	74.0%	1	
	Anna O'Connell	37	50-46	60.0%	2	
	Maria Davis	39	59-47	51.8%	3	
W40	Jenny Alexander	44	43-59	73.4%	1	
	Carmel Drennan	43	53-02	60.3%	2	
W45	Anne McPherson	45	44-03	73.9%	1	
	Lyn Arnel	46	48-39	67.5%	2	
	Jane Sturzaker	49	52-00	65.1%	3	
W50	Helen Simmons	47	63-37	52.1%	4	
	Bronwen Cardy	50	37-11	91.5%	1	
	Heather Carr	52	47-32	73.0%	2	
W55	Coral Monk	54	49-13	71.8%	3	
	Lyn Batchelor	53	52-34	66.6%	4	
	Petrina Trowbridge	55	43-55	81.3%	1	
W65	Jaquie Taylor	55	49-42	71.8%	2	
	Margaret Cassidy	58	53-59	68.2%	3	
	Helen Myall	59	54-14	68.6%	4	
W70	Judy Davison	65	56-58	70.0%	1	
M30	Corrie De Groot	74	59-42	75.8%	1	
M35	Pete Morrissey	34	44-16	60.9%	1	
M40	Patrick Herft	39	41-24	66.8%	1	
	Mario Muscara	40	36-20	76.7%	1	
M45	Peter May	41	36-50	76.2%	2	
	Shaun Kemp	40	37-20	74.6%	3	
	Mark King	41	38-02	73.8%	4	
	Chris Murphy	44	40-53	70.2%	5	
	Russell West	43	41-22	68.8%	6	
	Andrew Tunne	43	42-55	66.4%	7	
	Michael Alevras	40	43-29	64.1%	8	
	Kevin Cassidy	41	44-53	62.5%	9	
	Peter Doran	44	46-42	61.5%	10	
	S Reghenzavi	43	50-21	56.6%	11	
	Bert Pelgrim	46	35-58	81.0%	1	
	Jeff Boot	46	36-45	79.2%	2	
	Graeme Leticq	47	37-50	77.6%	3	
	Phil Kenington	46	39-54	73.0%	4	
	Bruce Rattenbury	49	40-47	73.1%	5	
Mick Carr	49	41-21	72.1%	6		
Joe Campisi	45	41-43	69.3%	7		
Ian Cassell	49	44-19	67.2%	8		
Lou Bucciari	47	44-48	65.5%	9		
Michael O'Brien	47	45-11	64.9%	10		
Ian Kraska	47	45-31	64.5%	11		
Rod Wadsley	49	45-47	64.8%	12		
Denis Thornton	47	46-09	63.6%	13		
Ron Gregory	49	48-04	62.0%	14		
M50	Bruce Salisbury	50	36-54	81.4%	1	
	Peter Bence	52	37-35	81.2%	2	
	Paul Twining	52	39-26	77.4%	3	
M55	Murray Hutchison	53	41-36	74.0%	4	
	Ian Orr	51	42-02	72.0%	5	
	Bernie Leddin	54	42-25	73.2%	6	
	Ian U'Ren	51	43-57	68.9%	7	
	Jeff Elliott	51	44-33	68.0%	8	
	David Wear	55	44-51	69.8%	9	
	Rob Baulch	54	45-02	68.9%	10	
	Howard Rees	54	45-34	68.1%	11	
	John Moore	52	45-41	66.8%	12	
	Tom Gallagher	54	46-51	66.3%	13	
	Wasył Drosdowsky	51	50-34	59.9%	14	
Don Corrie	52	56-31	54.5%	15		
M60	Alan Bennie	55	39-16	79.7%	1	
	Tom Doherty	55	39-26	79.4%	2	
	Gary Stewart	56	39-52	79.2%	3	
M65	Ken Senior	56	40-14	78.5%	4	
	Westly Windsor	58	40-43	79.0%	5	
	John Kneen	59	41-41	77.8%	6	
	Trevor Hawksworth	55	42-03	74.5%	7	
	John Bell	57	42-13	75.5%	8	
	Rod Bayley	56	42-21	74.6%	9	
	David Rolfe	56	43-29	72.6%	10	
	Dennis Ardley	55	43-42	71.6%	11	
	Barry Fry	59	44-25	73.0%	12	
	Rob Waters	56	45-37	69.2%	13	
	David Sheehan	55	46-18	67.6%	14	
	Howard Ross	57	46-42	68.2%	15	
	Bernard Pownall	56	51-23	61.5%	16	
	Ken Taylor	56	51-33	61.3%	17	
	Bob Thomas	59	51-35	62.9%	18	
	Colin Miller	59	51-35	62.9%	19	
	M70	Barry Brooks	62	39-46	84.0%	1
Greg Lovejoy		60	40-55	80.0%	2	
M75	Brian Mee	64	41-12	82.7%	3	
	Tony Johnson	62	42-08	79.3%	4	
	Juan Perez	63	42-47	78.9%	5	
	John Waite	61	43-10	76.6%	6	
	Jim Smith	61	45-45	72.3%	7	
	Paul Mullins	61	46-12	71.6%	8	
	Karl Fauvreille	61	46-16	71.5%	9	
	Graeme Stevens	60	46-33	70.4%	10	
	Peter Maddigan	60	48-12	67.9%	11	
	Allan Bashford	63	49-14	68.5%	12	
	Domenico Morina	63	50-38	66.6%	13	
	Tony Bradford	62	51-42	64.6%	14	
	Al Willey	63	52-18	64.5%	15	
	John Mahony	62	53-45	62.1%	16	
	Roland Brown	61	58-33	56.5%	17	
	M80	Roy Stanway	68	42-59	82.8%	1
		Tom Davison	69	47-33	75.7%	2
Max Brook		66	47-56	72.6%	3	
John Howes		66	49-32	70.3%	4	
Ron Boyne		68	50-35	70.4%	5	
Peter Le Get		68	50-56	69.9%	6	
Mark Benjamin		65	51-09	67.3%	7	
Gerry Clarke		65	51-33	66.8%	8	
Kevin Browne		65	52-04	66.1%	9	
Peter Johnstone		65	52-04	66.1%	9	
Chas McRae		69	54-04	66.6%	11	
Ron Leggett	68	56-18	63.2%	12		
M85	Bob Lewis	74	44-53	85.5%	1	
	Bill Page	72	48-03	77.8%	2	
	Vin O'Brien	74	48-46	78.7%	3	
	Tony Martin	74	53-11	72.2%	4	
	Ben Morrey	73	62-58	60.1%	5	



Bronwen Cardy, winner of the Eric Greaves Memorial trophy

WVACI 10 Miles Run

Princes Park, Carlton, Sunday, 18th August 2002

Report from Colin Browne

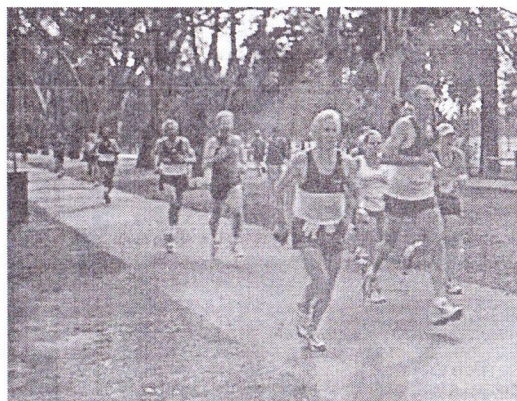


The race for position at the start.

Princes Park was absolutely choc-a-bloc with runners this morning. From 8.30 when the VRR started their half marathon, all through the morning until Vic Vets and the Cross Country Club had finished their ten-miler, the paths were packed with runners. Then there were the hundreds of casual runners, walkers, strollers and dog walkers. The weather was great. Nice and sunny on a winter's morning.

Vic Vets had dozens of entrants in the Road Runners half marathon and other distances. Many of the VCCL runners are also members of the Vic Vets. It all goes to show that various clubs are offering opportunities in the sport, there is no animosity, no poaching, and the runner gets the benefit by having various choices to suit his or her training needs. That is the way we want it, and that is the way it is going with our partnerships.

Our dual membership arrangements with AV are another facet of the whole. I gave Mal Grimmert, who won the Vic Vets section of the 10 miler, a lift before the race. It was interesting to hear him tell of his running program, which includes runs with AV club Waverley, the Vic Vets and the Associated Public Schools, plus the occasional AURA ultra event. A very healthy situation for the sport. Mal was the first male for the vets and Bronwen Cardy was outstanding again as the first woman. In the middle of the field there were some very happy runners who did as well as they could have hoped. One of these was Andrew Tunne who did a PB to win silver in the M40s. Others, like Sonya McLennan, who have battled injury, were very content to get around in a respectable time.



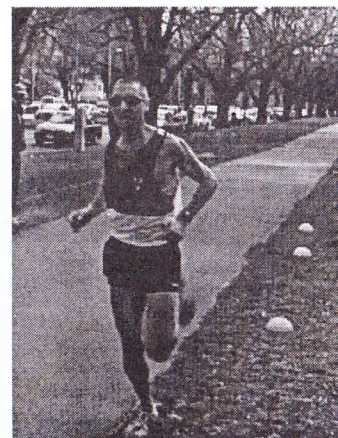
Ken Senior and John Driscoll leading the pack.

These mixed venue, mixed club events add a nice dimension to WVACI program. Thanks to the volunteers, led by Ted McCoy and Rob Waters, who gave their morning to organise the event. It was very satisfying.

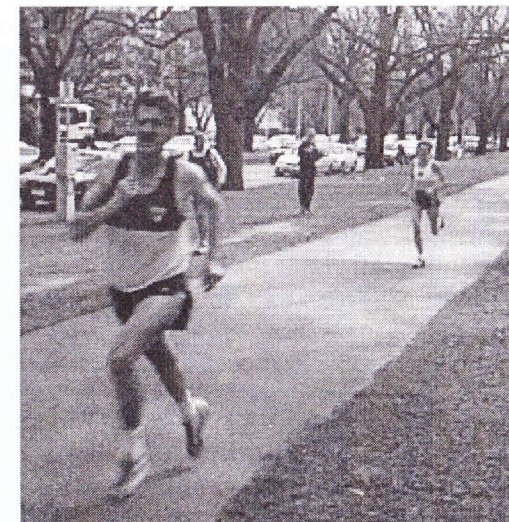
WVACI 10 Miles Run (Cont.)

Results

Overall Place	Age	Time	Grp	Grp Pos.	Name	Age	Time	Grp	Grp Pos.		
1	Mal Grimmert	36	0:57:25	M35	1	22	John Pocock	59	1:11:45	M55	5
2	Murray Johnson	39	0:59:47	M35	2	23	Jenny Alexander	44	1:11:49	W40	1
3	Greg Wilson	50	1:00:35	M50	1	24	Michael Gregory	38	1:12:54	Inv	
4	Paul Twining	52	1:00:50	M50	2	25	Anne McPherson	46	1:13:07	W45	1
5	Bronwen Cardy	50	1:00:52	W50	1	26	Mal Brown	61	1:14:11	M60	3
6	Graeme Leticq	47	1:01:50	M45	1	27	David Weir	56	1:14:29	M55	6
7	Peter Bence	52	1:02:01	M50	3	28	Bob Lewis	74	1:14:38	M70	1
8	Dhanbir Tamang	37	1:02:08	M35	3	29	Rob Baulch	54	1:14:39	M50	5
9	Ken Senior	56	1:05:34	M55	1	30	Simon Tennant	35	1:15:41	M35	4
10	Gary Stewart	57	1:05:41	M55	2	31	Nancy Chorley	55	1:16:10	W55	1
11	John Driscoll	41	1:05:44	M40	1	32	Bill Page	71	1:17:25	M70	2
12	Peter Smart	57	1:06:00	M55	3	33	Rod Neal	45	1:17:54	M45	5
13	Saul Bakaitis	57	1:06:42	M55	4	34	Madeline Fort	37	1:18:09	Inv	
14	Paul Ban	47	1:06:44	M45	2	35	Gabbi Simon	34	1:18:22	W30	1
15	Brian Mee	64	1:06:48	M60	1	36	Sonya McLennan	50	1:18:56	W50	2
16	Mick Carr	49	1:07:19	M45	3	37	Jock Cravana	64	1:20:07	M60	4
17	Bronwynn Hanns	39	1:07:55	W35	1	38	Ian Morgan	56	1:24:43	M55	7
18	Ian U'ren	51	1:09:14	M50	4	39	Tony Bradford	63	1:25:15	M60	5
19	Andrew Tunne	44	1:10:28	M40	2	40	Shirley Young	72	1:25:23	W70	1
20	Tony Johnson	62	1:10:37	M60	2	41	Chas McRae	69	1:26:11	M65	1
21	Glen Claiden	48	1:11:38	M45	4	42	Al Willey	63	1:29:10	M60	6
						43	Steve Reghazani	43	1:31:36	M40	3
						44	Ron Young	71	1:32:18	M70	3
						45	Tony Martin	74	1:37:46	M70	4
						46	Ken Matchett	80	1:39:17	M80	1



Mal Grimmert, winner of the men's section.



Paul Twining and Bronwen Cardy, with only seconds dividing them at the finish-line.

More 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, Victoria, 3030 and he will make sure that the medals are delivered.

Name:

Address: Postcode:

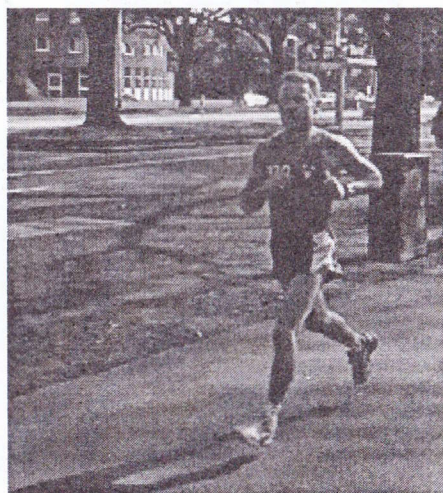
I qualified for a medal in the below event(s) and have not yet received it / them.

Event:Date: Placing: Age group:

With all the problems the club has had this year because of an under-supply of medals, it was satisfying at the 10 Miler at Princes Park to catch the committee on the spur of the moment to finally supply a missing medal to Saul Bakaitis. He had entered the Melbourne Marathon last year without much training and had come third in his age group, M55. For an ex-sub-2:30 marathoner, it was rather an ironic award for Saul, but he thought he may as well have it.

So we set up the impromptu dais at the 10 Miler and called on Vic Vets Hon Sec Dot Browne to present it. If we owe you medals, please fill in the form above and send it on to Tony. At time of writing, the suppliers were still making promises but not delivering. However...soon.

Saul Bakaitis proves his Mettle



Saul running the 10-miler at Princes Park

VVACI 3 mile Racewalking Championship

Saturday 17th August at Albert Park

by Heather Carr

A very pleasant Saturday afternoon saw the three mile Veteran Racewalking Championship held at Albert Park. The course was comprised of a mile loop which competitors travelled three times. An attractive, fast course meandered between the light rail line, the golf driving range, children's playground, Middle Park Bowling Club and tennis courts! The Victorian Race Walkers Club shares facilities with Middle Park Bowling Club and from this venue we are indeed fortunate to have all officials provided - time keepers, recorders and judges. We are extremely appreciative for all the work VRWC assisted us with, ultimately lessening the workload for VVAC on the day.

Many outstanding performances were noted from the 18 women and nine men who completed the three mile course. Ross Reid M45 was the first athlete over the finish line in 24-06, followed by a close battle between M50 athletes, Tim Erickson in 24-27 and newcomer, John Bunker in 24-39. Heather Carr W50 was the first of the women in 24-50.

Brenda Riley W60 walked brilliantly in a winning time of 26-19. Providing strong competition was Gwen Steed in 27-43 and Marlaine Stanway in 31-41. Margaret Beaumont 34-26 and Heidi Engel 41-29 finished fourth and fifth respectively. The W50 field was the largest with six competitors. Marlene Gourlay 27-01

and Celia Johnson 28-30 completed the trifecta with Heather Carr, whilst Sonia McLennan 29-50, Annette Hawkins 37-16 and Jennifer Graham 39-55 were valued opponents.

Lee Pownall W55 in 30-17, Tina Baarslag-Leb W65 in 33-46 and Jean Knox W75 in 34-27 finished first in their respective divisions, whilst strong walking from Janet Holmes saw her finish first W45 in 27-52, followed by Lili-Ann Kriegler in 29-25. Newcomer Amanda Emmett, W35 in 26-57 was chased by Sandra Howorth 29-13.

Relatively few men competed with several age groups not represented. Following Ross Reid was Andrew Cochrane in 26-09. Don Graham M50 did 36-27 (ahead of wife Jennifer). Staunch racewalker and revered coach, Ken Walters was first M65 in 29-37, with Colin Silcock-Delaney in 33-50 and Ian Beaumont (finishing behind wife, Margaret) in 37-18. Gordon Gourlay was a solid contestant, first M70 in 33-21.

Presentation of certificates (in lieu of medals) was held at the Middle Park Bowling Club with video coverage of the 3 Mile Race provided by VRWC. A very satisfying afternoon particularly after the judges sheet declared "ALL CLEAR".

Results

	Time	AgeGrp	Plc	AGT%
Ross Reid	24-06	48 M45	1	85.3%
Andrew Cochrane	26-09	47 M45	2	78.1%
Tim Erickson	24-27	51 M50	1	86.2%
John Bunker	24-39	52 M50	2	86.1%
Donald Graham	36-27	54 M50	3	59.3%
Ken Walters	29-37	69 M65	1	84.3%
C Silcock-Delaney	33-50	69 M65	2	73.8%
Ian Beaumont	37-18	66 M65	3	64.8%
Gordon Gourlay	33-21	73 M70	1	78.4%
Amanda Emmett	26-57	39 W35	1	79.7%
Sandra Howorth	29-13	39 W35	2	73.5%
Janet Holmes	27-52	49 W45	1	83.4%
Lili-Ann Kriegler	29-25	45 W45	2	76.4%
Heather Carr	24-50	53 W50	1	96.9%
Marlene Gourlay	27-01	50 W50	2	86.7%
Celia Johnson	28-30	54 W50	3	85.2%
Sonia McLennan	29-50	50 W50	4	78.5%
Annette Hawkins	37-16	51 W50	5	63.4%
Jennifer Graham	39-55	52 W50	6	59.7%
Lee Pownall	30-17	59 W55	1	84.1%
Brenda Riley	26-19	62 W60	1	99.9%
Gwen Steed	27-43	60 W60	2	92.8%
Marlaine Stanway	31-41	64 W60	3	84.7%
Marg Beaumont	34-26	64 W60	4	78.0%
Heidi Engel	41-29	60 W60	5	62.0%
Tina Baarslag-Leb	33-46	69 W65	1	84.3%
Jean Knox	34-27	75 W75	1	89.1%

MINUTES OF THE COMMITTEE MEETING of the VVACI Held on Monday 25th August 2002

MATTERS ARISING FROM THE MINUTES:

T&F Championships 2003. At Duncan McKinnon Park: Day 1 of T&F would be Sun March 30th, Day 2 on Sat April 5th, the Weight Pentathlon on Sun March 23rd and the Pentathlon on Sun March 17th. Doug Orr Half Mile Handicap. Eight venues would be taking part.

CORRESPONDENCE

Incoming: AMAI annual general meeting, Richard Trembath, outlining criticisms of July "News and Results", which had been passed on to Russ Haines, who had taken note of the points.

TREASURER'S REPORT Don McLean

We have 1127 members. Analysis of the income and expenditure for the medal events the Half Marathon, the 10km Cross Country and the "Eric Greaves" 10km Road Race and the 10 Mile Road Race showed a gain of \$492 overall on the four events had been made. Don was commended on this type of report.

CLUB CAPTAIN'S REPORT: Ted McCoy

Eric Greaves 10km. Very successful, having over 140 VVACI entrants as well as many from the VCCL. 10 Miles Road Race at Princes Park. Good entries from VVACI and VCCL runners. Three Mile Walk. This event had been successfully held at Albert Park. Marathon. It was decided to again have the VVACI Marathon within the Melbourne Marathon on October 13th. To qualify for a medal, members must fill in the form in the next News and Results and post it to the Assistant Secretary, as well as completing the official entry with Melbourne Marathon.

STRATEGIC PLAN SUB COMMITTEES

Finance. Treasurer to follow up venues re the naming and signatories of the venue bank accounts. Communications. Colin Browne reported that the publication of results was being handled promptly and efficiently by Gordon Stephen, Russ Haines and Ken Walters in their various publications.

VENUE REPORTS

Croydon. The "Betty Leigh" 3km Walk in aid of cancer research would be attended by several venues. The "Doug Orr" Half Mile Handicap, an inter-venue event, was in preliminary heats stage.

PUBLICITY REPORT

Richard Trembath said that he had had no response from WMG to his offer of articles. Shirley Young and Robert De Castella had featured in an article in the Herald Sun. Con Matthews had been named as Diamond Valley Sports Star. Liz Feldman featured in a South Melbourne paper, Andy Smith in another local paper. It was suggested that venues get their results into their local paper. Richard was asked to enquire as to the process of getting VVACI medal event results into the main newspapers.

AMAI REPORT

The club appointed Dot Browne and Don McLean as their delegates to the AGM of AMAI Council on the following weekend. They were instructed to vote against the motion to change the long walk for men over 60 at the National Championships from 20km to 10km. The opinion was that as the 20km is still a World Games event it should remain. If a 10km walk for men were to be introduced it should be on a different day so that walkers could do both if they wished. Voting on the notices of motion regarding the new constitution was left to the delegates as they evaluated the discussion of the draft.

The name "Australian Masters Athletics" was the subject of negotiation by the AMAI executive as the name was currently held by another company. This impediment was holding up progress on the uniforms, the medals and the logo.

Nominations for Masters Athlete of the Year and Masters Team of the Year awards by SIA had been made for Chris Schultz and the W50 4X400m Relay Team which won at Brisbane. These were in competition with nominations from various other sports.

VVACI COMMITTEE MEETING - 25th August (Cont.)

GENERAL BUSINESS

"News and Results" by e-mail. Russ Haines explained that this offer was on option, not compulsory. There were many advantages to it. Many people had already responded favorably to the suggestion. He would have to revise the list of e-mail addresses as some had changed.

Public Liability Insurance. A condition of being covered for public liability is that the organization has a risk management policy. The venues were asked to begin to identify areas of potential risk and to propose warning measures and the like. The insured club must be seen to be doing the right thing. First aid kits must be on site. The boundaries of the venue must be defined. This requirement poses a problem in trail events such as the 25km. The sub committee, dealing with insurance, were asked to list the parameters of a risk management policy so the club may advise the venue managers.

Electronic timing and wind gauge for championships. A sub-committee will investigate the possibility hiring or borrowing a wind gauge and using electronic timing systems.

Retirements. Colin and Dot Browne announced that they would retire from their office bearers' positions at the next AGM. The club should begin to seek their replacements.

Funding. Richard Trembath tabled an application for funding for projects to be addressed to the Australian Sports Foundation. It had come from Kevin Andrews, the Minister for Ageing.

Next meeting on Monday 14th October 2002, at 7.45pm

Tom Daintry

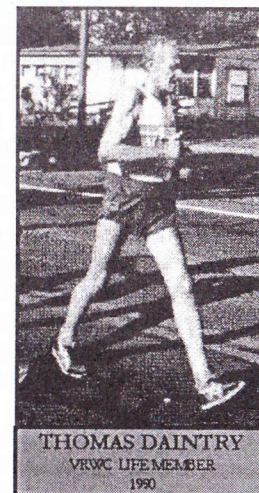
One of our oldest and most famous veterans died at the age of 91 in the weekend. He was Tom Daintry, our world class walker of the seventies and eighties, who used to live in East Doncaster but who moved to the Gold Coast several years ago. When he was in Melbourne Tom was at the centre of racewalking in the state. He was still walking classically in his eighties.

Tom was voted a life member of the Victorian Race Walkers Club in 1990. See the VRWC website for a very comprehensive life story at www.geocities.com/Colosseum/5654/vicwalker.html. Tom represented 3 states - NSW, Qld and Vic. The Tom Daintry Trophy was instituted in 1976 by AV for the best U14 first year girl walker.

His performances as an over sixty walker have never been equalled by Australians. He still holds two world best times as well as thirteen Australian bests. Tom passes away undefeated over these distances:

M65	3km walk	14m 57s in 1978	M70	3km walk	15m 51s in 1982
M75	3km walk	17m 07.8s in 1987	M80	3km walk	18m 44s in 1992
M65	5km walk	25m 44s in 1979	M70	5km walk	27m 02s in 1982 (WR)
M75	5km walk	28m 02.26s in 1987	M70	10km walk	54m 17s in 1981 (WB)
M75	10km walk	64m 39s in 1990	M80	10km walk	64m 23s in 1993
M65	20km walk	1h 51m 18s in 1981	M70	20km walk	2h 00m 16.1s in 1985
M75	20km walk	1h 59m 20s in 1986			

Tom is dearly remembered by the racewalking fraternity and rated by Bert Gardiner rated him as one of the best stylists in Australian walking circles. We pass our condolences on to all of his friends.



THOMAS DAINTRY
VRWC LIFE MEMBER
1990

SPRINT HURDLES in Veterans' Athletics

(A few thoughts from RICHARD TREMBATH)

Obviously a hurdle race should advantage those who are skilled at hurdling, just as the high jump advantages those who can jump high and the pole vault advantages those who are technically able to do what is required. But there is not much point to it if even those who *can* hurdle cannot handle the specifications set out under the rules. Mostly sprint hurdles specifications as they are at present are *just too difficult* for almost everyone.

In my view, if an athlete has established in his younger days (i.e. at school or in club competition) that he is an adequate hurdler, who can maintain a three-stride pattern and race competitively, he should be able to handle the specifications of veterans' sprint hurdles events as he progresses through the age groups, given, of course, that he has maintained or achieved a good level of fitness.

If it becomes apparent that someone who has proven himself as a hurdler can no longer maintain proper technique over the specifications applied to his age group, then I believe it is time to question the suitability and fairness of those specifications. We all know that with advancing age we lose speed, flexibility and stride-length regardless of what measures we take to try to avoid doing so.

The age-graded percentage table is one instrument which gives some guide as to the percentage rate of decline. It follows that as a sprint hurdler becomes older and slower, the hurdle specifications should keep pace with his rate of decline so that someone who was a good hurdler at age 20 should still be able to be a good hurdler at age 60, so long as his training regime is appropriate. I believe, however, that in most instances, this is not the case and that the reason it is not the case is that the easing in the degree of difficulty of the specifications has not kept pace with the ageing process.

I believe that sprint hurdles (done properly) is the *only* event in athletics which does not cater for athletes with much less than elite ability.

Anyone can go to the start of a 100 metre race or a 5000 metres and run to the finish. The elite athlete will get there first and the 'ordinary' competitor will get there in a slower time. Similarly anyone can contest the high jump or the javelin, their performance being limited only by their ability to perform that discipline. The point is that they can have a go. They can also contest the long hurdles, where the number of strides between barriers is not an issue.

With sprint hurdles, however, there are many athletes of non-elite standard who would like to contest the event but who cannot do so simply because they *know* what is required is beyond their capacity.

These statements are made, obviously, on the assumption that a sprint hurdle race is one where every competitor who lines up has the intention to maintain a three-stride pattern for the distance and the belief that he can do so.

Hurdle races which are contested by (and even sometimes won by) competitors who take four or five strides between barriers cannot be taken seriously in the context of this discussion. They are, at best, novelty events and, at worst, extremely dangerous – accidents looking for somewhere to happen. Certainly people can, and do, do them for fun, just as they go to their kids' sports and compete in the parents' sack race or three-legged race for fun. It might be fun but it can hardly be looked upon seriously.

If you watch a sprint hurdles race run at anything from club A-grade level to Olympic level, you will hardly ever see a runner take anything but three strides between hurdles.

SPRINT HURDLES in Veterans' Athletics (Cont.)

In veterans' athletics at anything short of World Championship level, however, the hurdler who takes only three strides all the way is a rarity.

They shouldn't be a rarity, which suggests to me that in most cases the specifications are simply too difficult for any but the elite competitor to handle.

Consider the situation if restrictions were introduced for either the high jump or the pole vault. You may well have a talented veteran high jumper who is technically correct and can get over, say, 1.50m. If there is a rule, however, that the competition must start at a minimum bar height of 1.55m he will not be able to compete because that specification makes the event beyond his scope. If this figure means there are only a dozen jumpers in the world who can compete, then it needs to be adjusted to accommodate a greater number of potential competitors.

Similarly, hurdles dimensions need to be adjusted to attract more runners. There are quite a number of veteran athletes who have reasonable sprinting speed and adequate (or good) hurdling technique, who do not contest the sprint hurdles because they cannot physically handle the specifications. They might be excellent competitors when the hurdles are, say, 8m.apart but totally unable to handle gaps of 8.5m. Non-hurdlers will think that doesn't sound much, but it makes all the difference in the world.

I believe if you did a study, you would find there are far more 'hurdlers' who find the spacing beyond their capacity than those for whom the problem is hurdle height. Then, of course, there are going to be those who have a problem with both.

I am pretty sure that if, *hypothetically*, veteran sprint hurdlers were allowed to run the allotted distance but place the specified

number of hurdles *according to spaces which suited them*, you would find a dramatic increase in the number of participants. And, I believe, you would find that about 95% of them would put the hurdles closer together rather than further apart.

Obviously this is impractical and I am not suggesting it as a solution, but merely an expression of my opinion that for most potential participants, the hurdles are *too far apart*.

There will, of course, be those who have a problem with hurdle height and I think this, too, needs to be addressed on the basis of matching the specification to the extent the average athlete has been affected by the ageing process.

The main observation I would make on this aspect of the discussion is that we must guard against dropping the hurdle height too low as the event is, after all, designed to identify the best *hurdler* as opposed to the fastest runner. It is obvious that the lower the hurdle height, the greater the advantage given to the speedster who may not necessarily have a particularly good hurdling technique. The good hurdler must be rewarded for his hurdling excellence – that is what the event is about.

It is worth considering, though, that the lower the hurdles, the faster the athlete can run. And the faster he can run, the further he is going to be able to maintain his momentum and thus his three-stride pattern. It is only when he slows down or loses momentum because he is 'bounding', rather than running, to reach the next hurdle (because it is too far away) that he gets into trouble.

Momentum can also be lost, of course, by faulty clearance of a hurdle and this usually will produce a 'snowball' effect for the rest of the race with mistakes causing a loss of momentum and that loss causing further mistakes.

SPRINT HURDLES in Veterans' Athletics (Cont.)

I believe what we should be aiming for is to get good, fast races contested by runners using three strides between hurdles.

There is no easy answer but I agree there is a major problem and that unless it is fixed we will finish up having about a dozen sprint hurdlers *worldwide* in each age group and will never have full fields at any event at a lesser level than the World Championships.

In the short term, my suggested solution would be to immediately consider shortening the spaces between hurdles, probably for all age groups. Some relatively simple mathematics ought to expose where the most glaring anomalies lie.

Editor:-

Richard Trembath's article above is certainly thought provoking. As we age, certain techniques - three stride hurdling, shot put glide, getting over the fixed height of a steeple in the steeplechase - become increasing difficult to do as shown in the athletic coaching manuals. Some adjustments have been made to reduce the weight or height of equipment by the organisers but, in many cases, the event is reliant on a minimum level of athletic strength and power.

The over-age athlete is then faced with a situation where he or she has to call on the experience gained from being a former "Master" athlete or being a "Veteran" of the sport, and make adjustments to, say, five step hurdling rather attempting to push it at three steps. Earl Fee in his very fine book *How to be a Champion from 9 to 90* sets out alternate training for variations of the number of strides between hurdles in both the shorter and longer events. A point he makes is that "to gain proficiency in hurdle rhythm the stride pattern must be 'grooved in' mentally and physically." This involves making adjustments on race day, proficiency with hurdling with either leg and to stop practicing when form deteriorates or feeling overly tired.

As a result, hurdling is an exciting event that benefits by being a thinking athlete, not just one with all raw power, who can make modifications when the situation warrants it, yet look as balanced as ever to the casual observer.

In the long term, however, I believe either the Australian body or the world authority should consider contacting the Applied Science Department at a major university with a view to finding a student studying Human Movement who would be willing to research the subject with a view to using it for his thesis.

There are plenty of athletes among university students throughout the world and somewhere there has to be one who would be grateful for the suggestion and the opportunity. We would then have some meaningful data on which to base our decisions, rather than having them made by committees of people, some of whom have never been over a hurdle in their lives.

**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

(Note that members who pay between now and December will be counted as financial for 2003 as well as the remaining part of 2002)

What's On

To avoid disappointment, please check with organisers, confirming the date, time and venue, before you turn up at the venue. €

Whilst this list tends to concentrate on events in Victoria, there are many other competitions in other States or overseas. If you are holidaying you may want compete while you're away; contact the editor by mail or email for information.

2002

September

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) (Including hammer coaching by Hans Lotz)

Sun 15th AV Half Marathon, Burnley
Sat 21st VVACI Road Walk 10km Men, 5km Women, Albert Park (Melway 2K F10), 2:15pm men, 2:45pm women

21st to 29th Asia Pacific Masters Games, (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

Sat 12th Dinner with the Stars (Thrower's group - contact Astrid Rose)

Sun 13th 25th ASICS Melbourne Marathon, Frankston to Albert Park includes VVACI Marathon titles. Please fill out VVACI entry as well and return to Col Browne, else we can't identify you as a Vet.

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

www.alicespringsmasters.nt.gov.au
Sat 26th VVACI 10km Track Races, 3 Divisions, Dolomere Oval, Mentone (Melway 87 B6)

Sun 27th Thrower's Group, Hammer & Discus (Ilmars Manc Trophy)

November

Sun 10th Thrower's Group Weight Pentathlon (Trophy)

Thu 14th AV State League begins
Fri 15th VVACI Annual Dinner Dance (see ad in this issue)

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

December

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

Wed 11th Knox Venue Half Marathon, contact Chas McRae on 9779-3670, 6:15pm start

14th Zatopek
14-15th AV Multievent and Relay Championships

2003

January
25-26th AV Country Championships (will include over-age events for those who live in the country)

February

Mon 17th The Landy Trophy (heats 200 & 1000, final 400), Doncaster venue 7pm

What's On

(Continued)

(entries close Feb. 10).
Contact Richard Trembath

March

Thu 6th Melbourne Track Classic (Grand Prix event for T&F)

Sun 17th VVACI State Pentathlon Championships, noon start, Duncan McKinnon Reserve

Sun 23rd VVACI State Weight Pentathlon Championships, 10am start, Duncan McKinnon Reserve

Sun 30th VVACI State Championships, Day 1 - 10am start, Duncan McKinnon Reserve

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

3rd-6th Australian Championships, Brisbane

Sat 5th VVACI State Championships, Day 2 - 10am start, Duncan McKinnon Reserve

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

July

2nd-13th 15th WMA World Champs, Carolina, Puerto Rico, www.puertorico.2003.org Entries must be made to Australian Master Athletics via Colin Browne (address on Page 2)

26th-Aug 3rd Pan Pacific Masters Games, Sacramento, California, USA (contact Stan Perkins)

August

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

Sun 24th VVACI Winter Weight Pentathlon Champs

October

4-6th WMA National Winter Weight Pentathlon, Canberra

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. T&F at the Tereora National Stadium and may be held in cooler parts of the day. Plenty of accommodation.

2005

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

July

7th-16th 16th WMA World Championships, San Sebastian, Spain

2006

October
TBA Oceania Championships, Christchurch, NZ

TBA

WMA World Non-Stadia Championships (Vancouver, Canada is only bid as yet)

2007

TBA 17th WMA World Stadia Championships (Current bids are Riccione, Italy and Rio der Janeiro, Brazil)