

News and Results

The Victorian Veterans' Athletic Club Inc.

December 2002

World Games in Melbourne

The 2002 5th World Masters Games has come quickly and gone just as fast, with 27,387 competitors from 97 countries. This makes it the biggest ever multi-sport event in the world.

The Patron, John Landy AC MBE, lit the flame to open the Games. John is well known in athletic circles and is honoured by the John Landy trophy as a part of our VicVets competition.

Many of our Victorian World Champions and World Record Holders competed in the athletics section. One pleasing aspect of the competition is that the age groups were lowered to 30 year olds which attracted a number of athletes from local athletics clubs.

Reminders...

World Championships in Puerto Rico are only 7 months away. No entry forms at this stage, accommodation is very expensive. Information is scarce, see page 18.

Next Easter's **Australian Masters Championships** in Perth - entries close on 24th March 2003. Entry forms enclosed.

Australian Masters Decathlon/Heptathlon Championships at Qld State Athletics Centre on 22nd/23rd February 2003. Entry forms enclosed.

Victorian Track and Field Championships on 16th Mar (Pentathlon), 23rd Mar (WP), 30th March and 5th April (Day 1 & 2) at Caulfield. Entry forms enclosed.

Subs for 2003 are due - see page 33.



Glenn Claiden a regular competitor at both Knox and Croydon venues and one of the quiet achievers of our club. He competes in most of the club special events and helps out behind the scenes at venue level. He is also the current treasurer at the Knox venue.

Victorian Veterans Athletics Club Inc.

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Thrower's Group			

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VicVets

VicVets "Around the Grounds"
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
"The" Masters Site

Your Letters



Wind Readings and Records

As Victorian Records Officer, no task is more disappointing than disallowing a record on the grounds that a wind reading was not taken. As a competing athlete for 27 years, I know how hard it can be to produce your best at precisely the right time. And I can understand how heart breaking it is to think you have broken a record, only to have it disallowed due to circumstances entirely beyond your own control. Probably as devastating as thinking you have won an important race walk, only to hear later you have been disqualified.

Since I became Records Officer about a decade ago, I have reminded our Vic Vets Committee on many occasions that we need a wind gauge at our annual Track & Field Championships. However, my reminders before the event, and/or complaints afterwards have met with little success. Until this year we have been lucky in the sense that performances were not record breaking, or there was no wind.

This year my predictions of doom finally came to pass. We had a wind gauge on the first day of our 2002 Track & Field Championships, at Aberfeldie, but there was no wind, and it wasn't used. Unfortunately, on the second day at Duncan McKinnon Park, when there was a breeze blowing, we didn't have one. The breeze wasn't strong, but I could not honestly claim an assisting wind exceeding 2 metres per second was not possible. Four Victorian and one Australian 200m record times were bettered, but without wind readings I had to disallow them. Wind may have been much less than 2m/s, such as 1m/, but we will never know.

I wish to advise everyone, particularly our Committee, that if no wind readings are taken, I will disallow records. The only exception will be for Victorian and Australian records: only if I am in attendance at the event, and only if I am 100% certain the wind is not even close to being excessively assisting (perhaps +0.5m/sec). World records cannot be allowed without wind readings under any circumstances.

Clyde Riddoch

Vic Vets & AMA Record Officer

(Editor:- Again this issue was brought up at the last VicVets Committee meeting, prompted by a letter from an athlete disallowed of a record because a wind gauge was not present. Of course, you guessed it, the person was not happy. I wouldn't be either, if ever I had the talent to get to such a position. Equally disappointing is that our records officer Clyde is placed in the hot seat to make a decision. Rules are set for these situations - no wind reading, no record. I'm sure that Clyde would hate to give a "gut feel" of the wind reading, and VicVets wouldn't be pleased to put him in that position.)

We are now professing to be an extension of athletics clubs, for those athletes who over 30. Mind you, some over 30s are current World record holders over the globe. We hold at least four weekends of State track and field titles, and that isn't including regular venue nights, pre-World Championships competitions and other promotion meets. We have a membership of well over 1,000 athletes. Yet we don't own a simple wind gauge! Those "young" athletes might be scratching their heads asking what the Vets really means. All glory and no records! It's not because of lack of finance nor is it wanting of operators, as the training requires all of 30 minutes instruction. There was talk of setting up a "sub-committee" to investigate buying a wind gauge in the meeting before last. That died quicker than a tail wind. Let's not beg, borrow nor steal for one, just go out and buy one before we lose too many other records, and maybe athletes who thought that Veterans are reasonably professional.)

More Letters

Sprint Hurdles Considerations

In response Richard Trembath's letter.

Most of Richard's comments are I believe, an accurate assessment of the current state of sprint hurdles in Australia. The topic is long overdue for discussion, particularly among those who have the authority to actually bring about changes to the rules of competition.

There is no doubt that with advancing age we lose speed, flexibility and stride length. Masters hurdles specifications quite simply do not mirror this physical rate of decline. I would agree with Richard in that the sprint hurdles is the only event that does not cater for athletes with much less than elite ability, if it is to be performed correctly. The key to a successful sprint hurdles race is the three-stride pattern.

I do disagree with Richard's claim that athletes taking 4 or 5 strides cannot be taken seriously and that these efforts amount to extremely dangerous novelty events which can only result in an accident. I know several hurdlers who take their event very seriously and are competent in technique, but are physically unable to 3-step hurdle. For some, a 4-step pattern is an option but one needs considerable natural ability to hurdle competently using both legs leading. Advice given to me by a nationally recognised coach was that unless you have been lead hurdling with both legs from a very early age, then the technique on your non-preferred leg is generally far weaker and of little use. Most of us would agree with that comment.

Outside world level championships, hurdlers using 3 strides all the way, particularly in the 40-49 age groups, are a rarity. If you look at the Australian Masters men's specifications, the 30-49 year olds all run 110m at 99.1cm. In other words, a 30 yo uses the same specifications as a 49 yo; that's a 20 year, age difference. Thereafter, they are eased at 10 year intervals. At least with the women, the specifications are eased for the W40's. The solution may be

a modification of specifications at 5 year intervals rather than the 10 or even 20 years as it is now.

The high jump qualifying standard that Richard used is a very useful analogy to demonstrate the difficulty posed by the current hurdle specifications. Half a metre reduction in hurdle spacings could make all the difference for the majority of athletes who are physically unable to perform using a 3-stride pattern. Allowing an athlete the responsibility of placing the hurdles at settings which suits their individual abilities is the ideal solution but one which is totally impractical in terms of organising races on competition day.

Hurdle height is also a consideration, but I believe this is only secondary to the issue of hurdle spacing. Nevertheless, if you ask any M45 if he thinks 99.1cm is too high for this group, I'm fairly sure that the majority would agree.

We are currently faced with dramatically declining fields in the sprint hurdle races. For example, in both the Oceania and the Victorian Championships of 2002, I was the sole competitor for M40. Again, at the World Masters, only 7 crossed the finish line in the M45, this being the largest hurdles field at arguably one of the top masters competitions in the world.

The problem as I see it is that we are using IAAF specifications and adapting them ad hoc to suit masters athletes. I agree with Richards's suggestion that a study of human movement applied to hurdling techniques may be the only appropriate way to solve this problem. However, I'm sure the solution will be to abandon the IAAF spacings in favour of specifications drawn from a detailed study into the capabilities of ageing athletes. Many elite athletes and the anti-reformists will no doubt be against such improvements but as Richard points out, if the reform of the specifications does not happen soon, then there may be no hurdlers other than those elite. Let's hope that sanity prevails and that the day does not come when we only see hurdles races conducted at the very major of championships.

Mark Cauchi

Editorial

A close friend and athlete from the beautiful island of Tasmania sent me an email, which he regularly does from time to time, just to touch bases and see how each other is, and compare the state of veteran athletics in each other's part of the world. He is a grassroots sort of a guy - a typical Aussie - who on the one hand can floor you with his upfront honesty and, just when you start to categorize him as having as much feeling as a pebble cemented into a path, he offers his right leg to you for no charge!

The subject eventually got around to athletics, and that eternal conflict of Veterans versus Masters. There are only a few states which haven't jumped on the bandwagon. He's faced with (another) AGM where, without doubt, the subject will be re-addressed. He is not for retaining "Veterans", and certainly not for "Masters", but will compromise with anything that looks like it will do good for athletics. I scratch my head sometimes why he brings these issues up. Over the last 12 months he has gone through serious illness and loss of job, and I would have thought that athletics would be a lower priority.

He asked what "Masters" has done for the other states and I honestly have to say "nothing". Masters of Tasmania and South Australia have the same numbers, Queensland have the same level of talent and Western Australian Vets continues to have sponsors for its newsletter. No difference between Masters or Veterans. Coca Cola decides to put lemon in its drinks, a bit of a flutter on the market but people return to the product that they know.

I said to him I observed two things at a local committee that shook me and brought me to reality that a label means very little. The first was that VicVets, for both the Landy Trophy and our State Championships, managed to get sponsorship for a sizable amount from Advantage Australian Credit Union. This happened because someone bothered, and I'll name him - Richard Trembath - who went and talked to a business and worked out what each party could do for each other. No high expectations, nor con-tricks about a sport we're not. Just talking and compromising.

The second incident was a call to help at a committee meeting for the 2004 Australian Championships in Melbourne. Now I don't know who were Veterans or who were Masters on the floor but there was more silence than a Tibetan monk order. Apathy in its purest form.

Anyone with an ounce of insight can pick the world class athlete and the type of people who drive this sport to the fore. No Veteran nor Masters label, just people doing something for the sport they love. Simply doing it.

ANDY SALTER MEMORIAL RELAY

Wednesday, 5th February 2003 at Ross Reserve, Memorial Drive, Noble Park

The **Andy Salter Relay** has been a highlight of the Springvale /Noble Park calendar for many years. Also now held on the same night is the **Bert Warburton Memorial Walk Relay**.

The Andy Salter Relay is run over a 3.1km road course, with four runners in each team completing one lap of the course. There are two divisions, one for Challenge teams and the other for Fun Run teams.

Challenge teams must consist of three men and one woman and the total combined age of the team must be at least 175 years. The winning team will be presented with the "Andy Salter Perpetual Trophy" to hold for 12 months. The members of the first three teams receive trophies. Fun run teams consist of four runners but there are no age (other than runners being of Veteran age) or sex restrictions. There will be trophies for members of the first team to finish.

The Bert Warburton Walk Relay is over a 2 km course with each walker completing one lap. Team of three walkers of veteran age (male, female or mixed teams) will compete on an estimated time basis. Upon entry, teams nominated an estimated total team time. The team that finishes closest to their estimated time will receive trophies. Obviously no watches allowed for the walkers.

Entry fee is \$8.00 per run team and \$6 per walk team, payable on registration between 6.45 pm and 7.15 pm on the night. The program for the night is:-

7.15 pm 100 metre sprint

7.20 pm Andy Salter relay/Bert Warburton Relay

There will be a 3km track run after the relay for the truly dedicated, followed by supper and presentations. Come along and have a great night.

Arley Nicholls

Friends of Alison and Colin Thompson and long term members of the Vic Vets who knew Stan Nicholls will be sad to learn that Arley Nicholls has died. She was 89 and had not been in good health for some time. Arley herself was active in the vets for some time in her later years and still holds Victorian records for W75 in 400m, 800m and 1500m. She and Stan enjoyed 60 years of marriage, which is quite a record in itself. She was the mother of Alison and Graeme, and mother-in-law of Colin. The funeral was held at Ballarat where Arley and Stan lived for most of their married life.

It's been a big week..

one way and another for Doncaster. First we got the \$1500 sponsorship from Advantage Australian Credit Union for The Landy Trophy, then on Monday night it was announced we had won the Westfield Shoppingtown division of the Support Your Sport promotion, for which we win a prize of Reebok merchandise to the value of \$15,000.

The Landy Trophy will be run on Monday, February 17 and entries will close a week earlier. This time a few things will be different and because of the more demanding nature of the preparations, there will be absolutely *no late entries*.

Don't forget the Landy Trophy, mark it in your calendar now!

Medals

Tony Bradford sends his apologies for any place-getter not receiving medals at any of our recent title races. Please contact him on 9749-2248 if you are still waiting on a medal.

News from Around the Globe

Athletic Veterans of Hong Kong

A one-stop-shop for Veteran sport is Hong Kong, where members organise and take part in Track & Field, Distance Running, Swimming Training & Masters Meets, Triathlon & Multisport, Cycling Events, Fun Runs & Social Meetings. Looking at the topography of the islands of Hong Kong, any long distance sport will be challenging. Their fees are \$HK75 for associates (under 35), \$HK150 for regular veterans and \$HK75 for veterans 60 and over. For the betting man, they also have a life membership at \$HK1,000. For your money, they organise 10 running events per year. Visit them at www.avohk.org.

Compare Other Subscriptions

ACT \$34 single/\$57 double

Qld \$40 single/\$70 double

SA \$40 single

Great Britain varies but is generally around \$A25-30 single.

USA also varies at around \$44 single.

Canada is around \$A40.

So Victoria, even with the increase, looks very competitive at \$35.

1st WMA World Masters Athletics Championships 100K

The WMA General Assembly in Brisbane last year decided to add 100K to the world championships programme for masters. The 1st WMA World Masters Athletics Championships 100K will be organized next year, 2003, in Zan-en Dam, Taipei, on November 16 by IAU (International Association of Ultrarunners). Check out the IAU website www.iau.org.tw for more information.

The race will consist of 2 laps of an undulating out and back 20km course. The entry cost is \$50 (US dollars, I presume). Frank Kuo of Taiwan is the contact at kfc@cis.scu.edu.tw.

Incorrect uniform AND no singlet number

We were amused to find a court in Melbourne heard a case against storeman Raymond Fithall who parked in Marine Parade, St Kilda, hid in bushes and then removed his clothes and ran naked along the foreshore towards the Upper Esplanade before a passing couple chased and threatened him with a piece of wood.

Defence counsel told the court Fithall was vehement in his belief in naturism and nakedness for the sake of nakedness: "What started out as the thrill of running along at 1am in no clothes ended up a terrifying event."

Consultant psychiatrist Dr Lester Walton said Fithall found nude beaches geographically inconvenient; he seemed to make some effort by largely confining his activities to late at night.

Magistrate Nunzio La Rosa fined Fithall, who pleaded guilty to a charge of offensive behaviour, \$900.

World Championships Bidders

The only bidders for the upcoming World Championships are:

2006 Non-Stadia Championships Vancouver, Canada

2007 Stadia Championships Riccione, Italy

Gus Theobald Relay

Held at Caulfield 19th November 2002

FIRST LEG OUTSIDE (3 LAPS), 2ND LEG, 2629 MTRS GRASS & TRACK 3RD LEG 1800 MTRS (WALK) 4TH LEG 1600 MTRS RUN TRACK

OPEN MEN

CAULFIELD (1ST)

DAVE SPACKMAN	12.43	12.43
JEFF BOOT	9.04	21.47
DES MIDDLETON	9.34	31.21
JIM BERRINGTON	5.20	36.41
Points		7

OVER 50

SPRINGVALE (1ST)

ALAN BENNIE	13.24	13.24
ROSS MARTIN	9.11	22.35
TONY JOHNSON	9.26	32.01
JOHN NEWSOM	5.37	37.38
Points		7

ALL WOMEN

CAULFIELD (1ST)

CARMEL PAPWORTH	14.12	14.12
JENNY STEVENS	10.06	24.18
SANDRA MIDDLETON	10.34	34.52
ANN HOLCOMBE	5.40	40.32
Points		7

TOTAL POINTS

CAULFIELD = 19 SPRINGVALE = 17

MENTONE = 9

OPEN MEN

SPRINGVALE (2ND)

D. COPELAND	13.18	13.18
PETER FIELD	9.11	22.29
TONY DORAN	9.32	32.01
KEN BOCOCK	5.28	37.29
Points		5

OVER 50

CAULFIELD (2ND)

NORM FRANZI	14.00	14.00
PETER BENCE	9.31	23.31
RON BILSTON	10.54	34.25
GRAHAM PHILPOTT	5.40	40.09
Points		5

ALL WOMEN

SPRINGVALE (2ND)

THERESIA BAIRD	14.35	14.35
LYN ARNEL	11.32	26.07
CELIA JOHNSON	10.06	36.13
ANN DEVINE	7.17	43.3
Points		5

OPEN MEN

MENTONE (3RD)

PETER WEEKS	12.53	12.53
LAURIE COLLARD	10.10	23.03
IAN CASSELL	9.42	32.45
PHIL DUNSHEA	5.30	38.15
Points		3

OVER 50

MENTONE (3RD)

JAMES O'BRIEN	13.12	13.12
LOUIS WASER	10.36	23.48
JOHN MORRISON	10.29	34.17
JOHN KNEEN	6.52	41.09
Points		3

ALL WOMEN

MENTONE

MARLENE GOURLAY	15.58	15.58
SONYA MCLENNAN	11.21	27.19
GWEN STEED	10.28	37.47
SYLVIA MACHIN	7.40	45.27
Points		3

Gus Theobald Relay (Cont.)

This was the 12th running of the Gus Theobald Relay between Mentone, Springvale and Caulfield Venues. John Kneen gave a short story on Gus for the newcomers and what a wonderful, helpful person he was to all those he came in contact with.

How time flies, many of the runners who ran in the Open Team section in the past are now competing in the Over 50 Years section of the relay. It was great to have Marg and Peter Colthup come along for the night, but sadly a few days later, Peter had a mild heart attack and spent a week in hospital, however, he is at home now and getting "back on track". Our best wishes to Peter for a quick recovery and we hope to have him back visiting us again soon.

Caulfield won the team relay, making it a hat trick of wins – will our luck last! Springvale took out the Over 50 Male Section. Eleven teams competed in the Fun Team event which was won by Bruce Humphreys, Graham Prossor, Domenico Morina and Denis Thornton in a very fast team effort. Well done to Sandra and Des Middleton who have competed in every Gus Theobald Relay event.

Thanks to Peter McGrath who has officiated at all 12 Relays and to the rest of the people who helped organise the event. A wonderful supper was shared by nearly 100 people and as always, the Supper Ladies deserve credit for the hard work they put in to make the night a success.

FUN TEAMS – FIRST LEG OUTSIDE (2 LAPS), 2ND LEG, 2629 MTRS GRASS & TRACK 3RD LEG 1800 MTRS (WALK) 4TH LEG 1600 MTRS RUN TRACK

CAULFIELD 1ST				CAULFIELD 2ND			
BRUCE HUMPHREYS	8.40	10.13		JIM PETERSON	8.45	8.45	
GRAHAM PROSSOR	10.13	18.53		ANDREW EDWARDS	9.34	18.19	
DOMENICO MORINA	11.13	30.06		PETER BATTRICK	11.47	30.06	
DENIS THORNTON	6.14	36.20		GABBY SIMON	6.41	36.47	
CAULFIELD 3RD				CAULFIELD 4TH			
CHRIS LORENZ	8.42	8.42		ANNA O'CONNELL	10.56	10.56	
ROY STANWAY	10.56	19.38		JAMES KIELTY	7.26	18.22	
MARLAINE STANWAY	11.29	31.07		JOAN CLARKE	13.32	31.54	
NEIL PILLING	6.04	37.11		DON PRITCHARD	7.49	39.43	
CAULFIELD 5TH				SPRINGVALE 6TH			
MICHAEL O'BRIEN	9.43	9.43		ROB CLUTTERBUCK	8.45	8.45	
PAUL LYNCH	11.37	21.20		D. RUELOT	12.09	21.54	
MAUREEN BINYON	11.49	33.09		MICHAEL DAVIN	12.59	34.53	
TERRY STUBBS	6.46	39.55		J. LEE	7.44	42.37	
CAULFIELD 7TH				CAULFIELD 8TH			
JULIA THORN	10.08	10.08		KEVIN BROWNE	11.47	11.47	
JEFF MARK	12.00	22.08		JANE STURZAKER	12.53	24.40	
VERONICA MEREDITH	13.24	35.32		ANNE BILSTON	12.14	36.54	
COLIN MILLER	7.45	43.17		PAUL MEREDITH	7.40	44.34	
CAULFIELD 9TH				CAULFIELD 10TH			
MARK BENJAMIN	11.37	11.37		BETTY MARK	14.08	14.08	
GERRY BLANCHFIELD	14.04	25.41		CYNTHIA ELLERY	13.40	27.48	
CHRISTINE GRIFFITHS	11.05	36.46		KAREN MONOHAN	14.00	41.48	
REGINA SIMON	8.34	45.20		RHONDA TREN GROVE	7.40	49.28	

Australian Masters T&F Championships Melbourne 2004

In Easter 2004 the VVACI, on behalf of Australian Masters Athletics Inc., have the responsibility of hosting and conducting the Track and Field Championships 2004. We require a Convenor to chair the organising Committee. Additionally we also ask for at least eight other personnel to assist the Convenor and form a 2004 Working Committee.

Guidelines set down by Australian Masters Athletics Inc., indicate that at this stage we are required to

- Propose dates and venues
- Book main track and field venue
- Plan and inspect Cross Country and Walks venues
- Plan and inspect venues for discussion forums and social events
- Obtain sponsors

At present we have an interim steering committee from VVACI Committee attending to the above, comprising:-

Rob Waters Interim Convenor and bookings

Don McLean Finance

Judy Wines Social events and forums

By late February (prior to Easter) we need to implement the following:-

- Publish dates, venues and accommodation to all states
- Devise entry forms
- Develop publicity strategy and implement

Volunteers with no prior experience have been the Convenor of successful championships of late. This has aided in there being a clear focus on the event, rather than politics and past experiences. We look forward to your input as either a volunteer for Convenor or as a volunteer for the Steering Committee.

Please feel free to telephone Rob Waters 9318-3802 or Colin Browne 9874-2501 if you can be a part of the team.

Peter Colthup

A report from Colin Browne

Our well known life member, Peter Colthup, christened 'Arthur Daley' by Eric Greaves, secretary of this club for 19 years, is back in the news.

He had a mild heart attack and was taken to Dandenong Valley Hospital. He was well enough to ring me on Tuesday 26 November and chat from his hospital bed. By the time you read this he will no doubt be home again.

I asked him how it happened and he told me that every morning he does some exercises. He decided to do 10 push ups a day. They were getting harder to do each day, until - bang - he woke up in intensive care. Maybe he will learn something from it.

From Insult to Injury

By Richard Trembath

I know writing about winning a gold medal at the World Masters' Championships sounds self-indulgent, but bear with me, it's not like that.

The fact is I've got no particular ambitions to show my medal to anyone other than my grandchildren. Except for one bloke!

Let me paint the scene:

We're back a couple of months before the Games and this particular morning I'm jogging through the leafy back-blocks of Eltham to the local oval to do some training on the grass.

A few hundred metres from the oval there's a tip-truck parked beside the track with the truckie obviously having his breakfast/morning-tea/lunch or whatever you call it when you're eating a pie about 10am. At a guess I'd say he's about half my age (i.e. about 30) and twice my weight (i.e. about 160kg) although perhaps that's a tad uncharitable, but not much. In any case, he's in proper truckies' uniform — big bushy beard, blue singlet, tatts etc. and obviously doesn't have anything particularly urgent to attend to at the time.

Anyway, it's a pretty quiet spot, there's no-one else around and as I jog past I offer the usual Australian greeting: "How are yer, mate..?"

Nothing. Not even a nod.

Now perhaps he was deaf and couldn't lip read, but I don't think so.

What I do think is that sometimes, despite the silence, you just know there's a thought-conversation going on.

And in this case it went something like this:

Truckie: Doddering old fool...

Me: Get stuffed. Fat slob.

Now even if he was a mind-reader, I was still going to be okay because he couldn't get his truck where I was going and I knew if it came to the worst, there was no way he could catch me on foot.

But I digress.

A short time later I arrived at the oval and was jogging quietly around the perimeter when, in the space of one stride, I was in mortal agony. Something had happened to my calf. I didn't know what but was pretty sure it was career-threatening, or possibly even life-threatening (as you do!). Ultimately it turned out to have been just a cramp, but that's not the point.

At the time I couldn't walk, let alone run, and I wasn't at all sure how I was going to get home, which was about a kilometre away.

As it was, after a bit of self-massage I set off, doing the best I could, knowing full well I had no choice. If I didn't, I would certainly die of exposure and my body wouldn't be found until the next time the local footy team played at home.

Ultimately, of course, as I limped painfully back the way I'd come, I rounded the bend to where, only a few minutes earlier, with long smooth strides, I'd swept past the truckie. He was still there.

This time I made no attempt at greeting, or even making eye contact. I didn't need to. He didn't say a word, but the mental telepathy began the instant I came into view.

HAH..! TOLD YOU SO. SILLY OLD PRICK...

Yes, I'd like to show him my medal!

Eric Greaves Memorial 5 km Handicap

The fifth annual Eric Greaves memorial 5 km handicap, run by the Springvale/ Noble Park venue was concluded on Wednesday 30th October. The event comprises a series of 3 heats, with points awarded according to finishing position. The top 20 point scorers then compete in the final.

The outmarker, Jack Gubbins, coming off a long triathlon season which may have told on him, was caught fairly early by Celia Johnson (better known as a walker). It looked like Celia may have had the race in her grasp as few of the middle markers were making any serious impression on her lead and the back markers were always going to struggle the way Celia was running. However John Anderson, having had 3 months to recover from the Comrades marathon in South Africa had the strength to reel Celia in and hit the lead at the top of the straight to record a narrow victory.

There was a gap to the rest of the field with a number of runners coming in close together. Ted Morrison held on for third place. The backmarker (and handicapper), Alan Bennie ran the fastest time, just ahead of Ken Boocock. Final results were:

1st – John Anderson – net time 21.09

2nd – Celia Johnson – net time 25.17

3rd – Ted Morrison – net time 22.13

Fastest time – Alan Bennie – 18.50

The event is very popular on the Springvale calendar and brings out the best in the runners, as it should being in memory of Eric. He was one runner you could guarantee would give 100% effort every time he went to the starting line.

You Know You're a Runner When...

- ...your toenails are black.
- ...your shoes have more miles on them than your car does.
- ...you need a magnifying glass to see your name in the paper.
- ...you have chafing in strange places.
- ...people say, "You run three miles...at once?"
- ...all your socks are either stained or torn.
- ...your underwear covers more than your uniform shorts.
- ...you run farther in a week than your bus travels for meets.
- ...the dogs have to hurry to keep up.
- ...the most enjoyable time you've had all month is a day off from practice.

ELEVENTH ANNUAL "TWILIGHT"

LINDSAY THOMAS MEMORIAL 10 KM RUN

WEDNESDAY 22 January 2003

BRAESIDE METROPOLITAN PARK - MELWAYS REF: 88 D7
(ENTRANCE LOWER DANDENONG RD)

3 EVENTS on the PROGRAM, all starting at 7 PM SHARP - 5KM WALK (One lap of the Park), 5 KM RUN (one lap of the Park) AND 10 KM RUN (Two laps of the Park). Note - Distances are actually a little longer than 5/10 km.

Entry fee is \$4 payable on the night and there are trophies for the first three males and females in each event plus numerous spot prizes. Non Veterans are welcome to compete by invitation.

Conducted by Springvale/Noble Park venue. Enquiries to Ken Hough tel 9798 1231 (AH) 9673 9869 (Bus)

**Ian Prestegar Memorial
"Nominate Own Time"
10km Run**

7.50 PM THURSDAY, 5th DECEMBER 2002

BILL SEWART ATHLETIC TRACK
EAST BURWOOD RESERVE

All VVAC members and former running mates, friends and colleagues of Ian, are invited to the East Burwood venue to recall memories of him in this very appropriate manner.

Perpetual Trophy awarded to winner. (Currently held by Peter Field, Springvale.)

The cost is \$2 (the usual club member contribution).

Had knee pain in the past?

Melbourne University needs under 40s who have pain around the knee cap, had no surgery nor physio work. They will test and assess you, and provide you with six 1 hour physiotherapy sessions - all for free. Call Margaret Duncan on 8344-8127, if interested.

USA Report on the World Games

"The meet – aka The Australian All-Comers Championships – apparently was held amid windy conditions, and many sprint finals were run into stiff headwinds. And since the meet was held very early in the Aussie track season, the marks are pretty fair. The Aussies' depth is awesome.

The organisers did a good job but the results on their website were inaccurate or had parts missing."

New Victorian, Australian & World Records

Minimum Requirements for a Record

Please be aware of the following minimum requirements to claim a record:

Distance - 3 watch times (notify the Chief Timekeeper before the start)

- Lap Scorers for 3k and upwards.

Sprints

- 3 watch times (notify the Chief Timekeeper before the start)

- Windgauge reading for less than 300m

- Electronic Timing for World Records

Long & Triple Jumps - Windgauge reading

Throws - Metal tape

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

W75	3k Walk	Lorna Thompson	Qld	20:42.15	86%	27-9-02	Griffith Uni, Qld
W45	5k Walk	Lyn Ventris	WA	24:09.44	94%	9-10-02	Olympic Park, Vic
M60	5k Walk	Gary Little	NZ	23:44.09	96%	9-10-02	Olympic Park, Vic
W55	Hammer	M. Parviainen	NSW	51.30m	118%	10-10-02	Olympic Park, Vic

Australian Records:

W35	Weight	Jayne Hardy	ACT	13.91m	101%	24-8-02	ACT
M30	Discus	Warren Evans	Qld	46.26m	65%	25-8-02	Ipswich, Qld
M30	Long Jump	Warren Evans	Qld	6.81m	76%	25-8-02	Ipswich, Qld
W55	800m	Ann Holcombe	Vic	2:25.0	96%	27-8-02	Murrumbeena, Vic
W30	High Jump	Deann Mayfield	Qld	1.66m	91%	7-9-02	QEII, Qld
W70	3k	Rowena Barker	Vic	14:48.5	81%	9-9-02	Doncaster, Vic
M30	Triple Jump	Warren Evans	Qld	13.12m	73%	16-9-02	QEII, Qld
M30	Shot Put	Dean Cowan	Qld	15.65m	71%	16-9-02	QEII, Qld
W75	5k Walk	Lorna Thompson	Qld	34:54.6	88%	21-9-02	QEII, Qld
M75	Javelin	Rudi Hochreiter	Vic	31.09m	68%	27-9-02	Griffith Uni, Qld
W40	High Jump	Deann Mayfield	Qld	1.71m	94%	28-9-02	Griffith Uni, Qld
W30	2k Steeple	Mary Fien	NSW	7:35.21	79%	7-10-02	Olympic Park, Vic
W80	Javelin	Marion Skarratt	Tas	12.64m	51%	7-10-02	Olympic Park, Vic
M35	100m	Peter O'Dwyer	Vic	11.04	91%	8-10-02	Olympic Park, Vic
M70	800m	David Carr	WA	2:26.93	96%	8-10-02	Olympic Park, Vic
W75	800m	Shirley Brasher	Tas	4:04.85	73%	8-10-02	Olympic Park, Vic
W55	300 Hurdles	Marge Allison	NSW	55.62s	87%	8-10-02	Olympic Park, Vic
W60	300 Hurdles	Frances Harris	ACT	59.35s	85%	8-10-02	Olympic Park, Vic
W75	5k Walk	Lorna Thompson	Qld	34:40.70	89%	9-10-02	Olympic Park, Vic
W35	Weight	Jayne Hardy	ACT	14.04m	101%	9-10-02	Yarra Park, Melb
W55	Weight	M. Parviainen	NSW	15.15m	116%	9-10-02	Yarra Park, Melb
M35	Weight	Stuart Gyngell	NSW	15.11m	66%	9-10-02	Yarra Park, Melb
M30	Pentathlon	Warren Evans	Qld	3,160pts	68%	9-10-02	Olympic Park, Vic

New Victorian, Australian & World Records (Cont.)

W75	400m	Shirley Brasher	Tas	1:41.56	73%	11-10-02	Olympic Park, Vic
M60	400m	Colin Buyers	Qld	57.88s	93%	11-10-02	Olympic Park, Vic
W55	1500m	Ann Holcombe	Vic	5:01.90	93%	11-10-02	Olympic Park, Vic
W75	1500m	Shirley Brasher	Tas	7:57.83	76%	11-10-02	Olympic Park, Vic
W55	Pole Vault	Hazel McDonnell	Qld	1.90m	63%	11-10-02	Olympic Park, Vic
M30	Weight Pent Y	Amerasekera	Vic	3,115pts	54%	12-10-02	Murrumbeena, Vic
M35	Shot Put	Stuart Gyngell	NSW	18.00m	82%	12-10-02	Murrumbeena, Vic
W75	10k Road Walk	L Thompson	Qld	72:49	86%	12—1-02	Middle Park, Vic
W70	Half Marathon	Rowena Barker	Vic	112:25.62	83%	13-10-02	Carlton, Vic
M35	Half Marathon	John Meagher	Vic	67:05.24	91%	13-10-02	Carlton, Vic
W75	3000m	Lorna Thompson	Qld	17:46.0	73%	2-11-02	QEII, Qld

Victorian Records:

W35	2k Steeple	Laurel Gore	Vic	7:48.34	82%	7-10-02	Olympic Park, Vic
W45	Javelin	Dawn Hartigan	Vic	33.73m	63%	7-10-02	Olympic Park, Vic
W70	800m	Rowena Barker	Vic	3:52.11	73%	8-10-02	Olympic Park, Vic
M60	300 Hurdles	Richard Trembath	Vic	46.59s	90%	8-10-02	Olympic Park, Vic
W50	Triple Jump	Sue Haylock	Vic	9.14m	80%	8-10-02	Olympic Park, Vic
W30	Discus	Y Amerasekera	Vic	46.20m	65%	9-10-02	Olympic Park, Vic
W65	400m	Lorraine Woodman	Vic	1:23.41	78%	11-10-02	Olympic Park, Vic
W70	400m	Rowena Barker	Vic	1:36.52	76%	11-10-02	Olympic Park, Vic
M30	400m	Andrew Wilcox	Vic	49.41s	89%	11-10-02	Olympic Park, Vic
M35	400m	Peter O'Dwyer	Vic	48.69s	92%	11-10-02	Olympic Park, Vic
M35	1500m	Dean Paulin	Vic	3:56.45	90%	11-10-02	Olympic Park, Vic
W45	80 Hurdles	Joanne Russell	Vic	13.30s	86%	11-10-02	Olympic Park, Vic
W75	10k Road walk	Jean Knox	Vic	74:27	84%	12-10-02	Middle Park, Vic M30
	Weight Throw	Y Amerasekera	Vic	12.63m	51%	12-10-02	Murrumbeena, Vic
M65	Half Marathon	Tony Berry	Vic	86:07	90%	13-10-02	Carlton, Vic
M80	Half Marathon	Ken Matchett	Vic	143:08.04	64%	13-10-02	Carlton, Vic

Notes:

1. Not all results from the World Masters Games have been checked. Please contact me immediately if your performance was a record.

2. The following two people are unknown, but are possible Victorian record breakers:

Louise Fairfax W51 - 2k Steeplechase 8m 24.33s & Half Marathon 1hr 25m 15.77s

Monica Osborne W80 - 400m 2m 34.67s

If anyone knows anything about them, I'd greatly appreciate a call.

Clyde Riddoch

AMA & VVACI Records Officer

5/38 Bank Street, South Melbourne Vic 3205

Telephone 03 9204 7085(B), 03 9690 2903(H), Fax 03 9204 7080, Email clyder@netspace.net.au

Summary of the Minutes of the Committee Meeting of the Victorian Veterans' Athletic Club Inc.

held on Monday 14th October and 2nd December 2002

CORRESPONDENCE

Minutes of AGM of Australian Masters Athletics Inc. Tony Bradford noted with regret that the advertisement for team managers for Puerto Rico had not been publicised in Victoria, and that applications seemed to have closed.

The finance sub-committee had circulated a letter making a case for the increase of subscriptions from 1 January 2003. Some arguments in favour were:

The three years 1999 - 2001 had produced a combined loss of \$5805. Although this year would break even because of a saving of \$2000 on insurance and receiving \$2200 in membership subscriptions from AV, the average loss per year, over the last four years was \$1451. New brighter medals would cost more. E-mailing "News and Results" would save \$2500, but on the other hand postage was predicted to rise, and the increased number of dual members could cost \$1570 to service with "News and Results". Other costs can be expected to rise with inflation. The strategic plan proposes that we increase our spending on promotion and marketing. Other states have subscription rates much higher than Victoria, except for NSW, which has no program for its members apart from what Athletics NSW offers. The recommendation of the finance sub-committee was that subscriptions be increased by \$10 per single member to \$35 p.a., and by \$15 per couple to \$55, with over 80s still free, and AV dual new members still \$15. This was approved and subscriptions for 2003 are \$35 and \$55 for singles and couples respectively.

CLUB CAPTAIN'S REPORT

The 25km from Footscray Boat House had been quite successful, drawing 45 entrants, up on last year which had 32. The BBQ lunch went well. Thanks were expressed to Altona and Aberfeldie members for setting up and organising.

It was suggested that we introduce coloured number plates to distinguish the age groups both for the spectators and the contestants. This will be effective in our next State Championships.

Fixture 2003. This was in preparation, some dates being known, others depending on liaison with VCCL, and availability of grounds. It was decided to put on a pre-World Games meet, probably on Sunday June 22nd at Doncaster.

It was suggested that at the long distance medal runs there should always be a shorter non-medal fun run to cater for more members and friends of the medal contestants. This suggestion was approved.

PUBLICITY REPORT

Richard Trembath said that it had been a breakthrough to place VVACI results in the main daily newspapers through AAP. We should put in the VVACI age group winners from the Melbourne Marathon and the age group winners from the 10km Track Runs.

A full page report with photo in the local press had reported Rowena Barker's Australian record for W70s over 3000m.

The veterans/masters movement had received excellent exposure in the media during the World Masters Games. It was suggested that we obtain a listing of Victorians in the WMG athletics and ask non-members to join the club. This is being followed up by the Secretary and Assistant Secretary.

Some discussion took place regarding an article in the Herald/Sun that attempted to belittle the World Masters Games and the standard of athletics. The Publicity Officer has written a letter of rebuff to the reporter and the editor.

Summary of the Minutes of the Committee Meeting (Cont.)

Sponsorship has been arranged with Advantage Australian Credit Union for both the Landy Trophy and the State Track and field Championships. This involves, on our part, to allow some advertising signs to be displayed at the venue on the days of competition, provide a small table to display literature and, lastly, to have the name of the Credit Union on of singlet numbers.

AMAI AGM

The motion to replace the 20km road walk with a 10km road walk for over 70s had been successful, despite our delegates arguing against it.

The motion to replace the heptathlon/decaathlon with pentathlons for over 60s at the World Games had been defeated. The way was now clear for the Australian body to claim the name "Australian Masters Athletics Inc.". A new logo, new medals and new uniforms had been designed and could now be produced.

The "Courier" was to be no longer published but replaced with an annual handbook, a website and inserts from AMAI in the state newsletters.

A new constitution and a manual for the organising of national track and field championships had been presented as drafts and carefully edited.

Reports on preparations for Puerto Rico World Games 2003 showed little progress on accommodation. Jalpak was to be the travel agent, but so far had been unable to secure accommodation due to the extremely high booking deposits demanded. The cost of travel and accommodation promised to be very expensive.

GENERAL BUSINESS

The "Betty Leigh Walk" at Croydon had raised \$126 for cancer research.

Seven venues would contest the final of the "Doug Orr Half Mile Handicap".

Nationals 2004. Melbourne was the city on rotation due to host the AMAI National Track and Field Championships at Easter 2004. It was noted that when Perth will host the nationals next year they will not hold a separate state veterans' championship, but give their state awards to the first three WA members in the various national events. It was asked VVACI to consider doing likewise to lessen the strain on officials and volunteers.

Received 30 new medals from Parkes and 90 more were coming very soon. A request should be put in "News and Results" to remind those who are owed medals to contact Tony Bradford.

Dual members. Colin and Dot Browne had met Anne Lord of AV to discuss future activities. It was decided to write to all AV club secretaries, VVACI venue managers, and other providers of events asking for information about events with age group categories for the over 30s, with a view to producing a newsletter with a calendar of such events. The intention was to keep all over 30s informed of their options so that they may get good value from the dual membership and be encouraged to continue beyond the first year.

Following the decision of the Secretary and the Assistant Secretary to stand down in the near future, it was decided to advertise the positions in "News and Results".

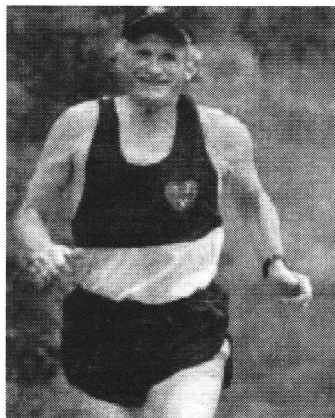
A request for interested people to become part of the 2004 Australian Masters Track and Field Championships organising committee, to be held in Melbourne. Judy Wines offered to be on the social committee, Don McLean on the finance committee and Rob Waters to be the interim convenor until a replacement can be found.

Wanted

The Brownes are retiring from the Secretary and Assistant Secretary positions. Nothing goes for ever, even Charlie Booth! We thank them very much for their enthusiastic work and providing every possible help to the Victorian Vets, well beyond the call of duty.

VicVets, of course, needs a person or a number of people to take over the positions, or even help out with smaller parts of the job.

Talk to Colin or Dot on 9874-2501 if you need more details or want to know the extent of the jobs.



Robert Lewis recently was the Leader Sports Star of the week in the local Whitehorse Leader newspaper. He took up running after seeing an ad for VicVets. And that was 16 year ago! Since then he has won seven Victorian Championships, many other placings and ran three personal bests at the World Games. "I just got hooked. The VicVets is such a great club to be in. They're so supportive. I don't know what I'd do without it."

What is going on with the 2003 World Championships in Puerto Rico?

I heard that they are having trouble with the venues and their condition. The website www.puertorico2003.org is still under construction. Does anybody have the latest?

Colin Browne replies: Puerto Rico is not answering e-mails or faxes. The only information is through Alison Wittkowsky at Jalpak, which is the official airline for Australian Masters Athletics. Their phone number is 08 8231 5399 and e-mail is adlks@jalpak.com.au

Airfare conditions: Deposit of \$200.00 per person by 18 December or within 7 days of confirmation. Balance of airfare payment by 02 May 2003. Price from Melbourne is \$2960. Airline is United Airlines. Watch the news for the progress of their difficulties as they have declared bankruptcy.

Accommodation: As the accommodation supplied by games organisers is quite expensive and has stringent deposit and cancellation conditions, Jalpak is currently in the process of sourcing alternatives. They offer guesthouse accommodation: Double room about AU\$200 per night, twin share \$210 to \$306, triple from \$318.

Telstra Australian Masters Athletics Championships, Perth 18-21 April 2003 - Accommodation Guide

Getting There

Perry Lakes Stadium is 7K west of central Perth. There is plenty of free parking at the stadium. Transperth Bus No. 28 runs along Wellington Street to the stadium. Details of bus timetables will be provided with confirmation of entry. *Note: services are limited during the Easter public holiday period.*

Perth/City

Saville Park Suites, from \$70 per person p/n, 201 Hay Street, Ph: 1800 150 464 or (08) 9267 4888

** Special Offer

Emerald Hotel, \$88 per room per night (double, single, twin)
24 Mount Street, Ph: 08 9481 0866, Fax 08 9321 4789, email: stay@emeraldhotel.com.au
Complimentary transport to and from Perry Lakes Stadium and the Dinner Cruise will be provided by the hotel for Masters Athletics guests. Please arrange on arrival.

Hotel Grand Chancellor, from \$88-\$110.00 per night, 707 Wellington Street, Ph: 1800 999 144 or (08) 9327 7017 (double or twin hotel room)

The Sebel Perth, from \$55 per person p/n, 37 Pier Street, Ph: 1800 999 004 or (08) 9325 7655

Novotel Langley Perth Hotel, \$115 per room per night, 221 Adelaide Terrace, Ph: (08) 9221 1200 (Special Athletics Australia rate), www.accorhotels.com.au

Alderney on Hay Apartment Hotel, \$105.00 per night, 193 Hay St, (08) 9225 6600, (2 bedroom self contained apartments, sleep up to 6), email: info@aldernay.com.au; www.aldernay.com.au

Kingstone on Hay Apartment Hotel, \$105.00 per night, 273 Hay St, (08) 9325 7933, (2 bedroom self contained apartments, sleep up to 6), email info@kingstoneonhay.com.au

Hotel Ibis, \$89.00 per night, 334 Murray Street, Ph: (08) 9322 2844, Fax (08) 9321 6314, (double or twin room), email: gmibisper@bigpond.com

West Perth (5K from Stadium)

Murray Lodge Motel, \$64.00 single, 718 Murray St, West Perth, Ph: (08) 9321 7441

East Perth

Claisebrook Apartment Hotel, from \$68 twin share p/n, 22 Nile St, East Perth, Ph: (08) 9325 1866 (1 & 2 bedroom suites), email: info@claisebrook.com

Scarborough Beach (6K NW of Stadium)

West Beach Lagoon Holiday Apartments, from \$85-\$103 p/n, 251 West Coast Highway, Scarborough, Ph: 1800 999 339 or (08) 9321 6122, email: www.westbeachlagoon.com.au

Caravan Parks

Karrinyup Waters Resort (8K north of Stadium), \$80.00 per night (Duplex cabin, 2 people)
467 North Beach Road, Gwelup, \$100.00 per night (Park cabin, 2 people), Ph: 1800 633 665 or (08) 9447 6665, \$22.00 per night powered sites (2 people), Email: kwresort@inet.net.au

Woodman Point Holiday Park, Freecall 1800 244 133, email: woodmanpoint@bigpond.com

Coogee Beach Holiday Park, Freecall 1800 817 016, email: coogeebeach@bigpond.com

Contact also WA Visitor Centre, Freecall 1800 812 808, email: travel@tourism.wa.gov.au

World Games - Weight Pentathlon

	HT	SP	DT	JT	WT	Cty	Points
M30							
1 Meszaros, Robert	36.18	15.39	45.31	47.62	12.66	HUN	3192
2 Amerasekera, Yoha	37.40	14.09	45.45	46.39	12.63	Vic	3115
3 Block, Richard	32.63	9.67	34.92	46.35	8.19	Vic	2307
M55							
1 Rose, Graeme	42.08	11.16	35.14	45.45	16.63	Vic	4229
M65							
1 Hancock, Thomas	38.01	11.92	42.16	37.05	13.65	Vic	4386
M70							
1 Feica, Ray	34.94	11.88	33.60	34.11	15.62	USA	4286
2 VanWeenen, Wim	42.35	10.11	29.40	24.37	16.23	Vic	3955
M85							
1 Fraser, John	23.20	7.36	19.79	11.80	10.55	Vic	3273
2 Foley, Royce	17.30	5.25	18.44	9.79	8.44	Vic	2476
W35							
1 McCahill, Christi	43.72	13.29	36.04	27.60	15.95	NZL	3810
3 Whitehall, Anna	27.01	7.32	18.31	17.94	9.06	Vic	1947
W45							
1 Ivanova, Natalia	28.83	9.78	30.93	22.25	10.48	RUS	3266
3 Ryan, Wendy	21.12	7.80	24.52	24.57	7.17	Vic	2510
W50							
1 Schultz, Christine	31.14	12.61	35.23	24.22	12.79	Vic	3806
W65							
1 Broemmel, Almut	26.63	8.53	26.29	26.09	10.05	GER	4201
2 Worrell, Valerie	29.65	7.13	23.13	16.65	10.51	Vic	3663
W75							
1 Davidson, Gwenyth	21.90	6.41	16.55	11.93	8.08	Vic	3499

World Games - Pentathlon

Points	LJ	JT	200	DT	1500		
M30							
1 Evans, Warren	6.43	54.99	23.69	43.17	5:37.05	AUS	3160
2 Foley, Nick	6.16	43.87	24.58	32.53	4:55.80	Vic	2859
M40							
1 Svilainis, Sauliu	5.86	43.79	25.76	36.89	5:21.76	LIT	3121
2 Bews, Stephen	5.26	43.99	26.87	32.48	5:15.10	Vic	2832
M45							
1 Janusey, Michael	5.45	55.53	24.77	32.31	5:12.87	USA	3664
3 Creek, John	5.73	39.21	25.83	25.46	5:25.48	Vic	3115
M60							
1 Yamada, Eiichiro	4.58	37.37	30.38	42.43	6:11.16	JPN	3473
2 Noden, Graeme	4.77	25.38	29.66	21.89	6:55.56	Vic	2660
3 Poulter, Ji	4.56	25.42	31.34	27.44	7:06.22	Vic	2551
M65							
1 Cowley, Trevor	3.78	24.88	32.40	25.25	6:29.88	NZL	2690
3 Brook, Maxwell	3.64	17.92	33.25	19.28	6:20.01	Vic	2313
Points							
	80H	HJ	SP	LJ	800		
W35							
1 Baldwin, Jennifer	19.47	1.39	7.99	4.70	2:36.42	Vic	2698
2 Sunley, Julie	21.46	1.24	8.97	4.20	3:29.51	Vic	1787
W45							
1 Bridle, Christine	16.70	1.33	7.43	4.26	3:09.32	Vic	2847

World Masters Games Walks

By Heather Carr

During the 2002 World Masters Games, Race Walking fielded large entries, with Australians winning medals. The track walks were held at Olympic Park on Wed 9th October, whilst the road walks were held at Albert Park on Sat 12th.

Track Walks Olympic Park

Perfect conditions for the competitors who demonstrated a high standard of walking, with many happy medallists following the 5km event.

W30-59 5000 Metre Race Walk

1	Ventris, Lyn	W46	24:09.44
2	Bonney, Kylie	W30	25:27.84
3	Carr, Heather	W53	26:36.87
7	Gourlay Marlene	W50	27:51.23
8	Emmett, Amanda	W39	28:17.05
11	Feldman, Elizabeth	W54	29:05.39
12	Holmes, Janet	W49	29:10.38
13	Howarth, Sandra	W39	29:22.20
14	Johnson, Celia	W55	29:53.83
15	Kriegler, Lili-Ann	W45	30:05.12
17	Pownall, Lee	W59	31:10.48
20	Carter, Jayne	W51	32:52.32
22	Hawkins, Annette	W52	35:07.54
24	Lancaster, Heather	W45	35:19.96

W60+ 5000 Metre Race Walk

1	Riley, Brenda	W62	28:15.66
3	Albury, Jean	W73	32:36.54
6	Beaumont, Margaret	W64	34:08.86
11	Baarslag-Leb, Tina	W69	35:50.29
13	Knox, Jean	W75	36:14.18
17	Mews, Pamela	W67	38:38.28
18	Faulconbridge, Ruth-Mary	W65	40:47.53

M30-54 5000 Metre Race Walk

3	Donahoo, Mark	M44	23:01.94
6	Reid, Ross	M48	23:53.55
7	Cochrane, Andrew	M47	25:08.77
8	Bunker, John	M52	25:08.82
9	Erickson, Timothy	M51	25:17.80
10	Rance, Paul	M44	25:18.97
16	Cooper, Stuart	M51	28:52.81
18	Barrow, Geoff	M53	29:31.71
22	Wood, Robin	M52	32:40.88

M55-74 5000 Metre Race Walk

1	Jamieson, Andrew	M56	23:39.78
7	Walters, Kenneth	M70	30:00.97
8	Hallo, John	M60	30:38.30
9	Major, Geoff	M66	30:48.67

10	Conboy, Bruce	M57	31:13.65
12	Morrison, John	M62	32:14.14
13	Brooks, Fredrick	M68	33:09.94
15	Gourlay, Gordon	M73	34:19.80
22	Beaumont, Ian	M66	37:22.80

M75+ Metre Race Walk

7	Field, Ralph	M88	50:54.78
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Road Walks Albert Park

A 1.25km lap at Albert Park was used for the roadwalks, with large fields for the four walks. Conditions experienced were hot and windy and several walkers were distressed at the finish of their event, requiring First Aid.

M30+ 20km Walk

1	Donahoo, Mark	1:39:58	M40-44	1
2	Jamieson, Andrew	1:41:56	M55-59	1
9	Bunker, John	1:51:37	M50-54	2
11	Rance, Paul	1:56:12	M40-44	3
15	Walters, Kenneth	2:09:30	M70-74	1
20	Major, Geoffrey	2:22:37	M65-69	1
21	Brooks, Fred	2:24:26	M65-69	2
23	Wood, Robin	2:28:04	M50-54	4

M30+ 10km Walk

1	Reid, Ross	50:54	M45-49	1
4	Erickson, Timothy	53:09	M50-54	1
5	Cochrane, Andrew	54:45	M45-49	2
9	Cooper, Stuart	1:01:15	M50-54	3
14	Hallo, John	1:04:49	M60-64	2
16	Conboy, Bruce	1:05:35	M55-59	2
20	Morrison, John	1:08:44	M69-64	3
27	Beaumont, Ian	1:16:45	M65-69	2

W30-49 10km Walk

2	Bonney, Kylie	56:13	W30-34	1
3	Emmett, Amanda	59:27	W35-39	1
5	Major, Annette	59:47	W40-44	1
9	Howarth, Sandra	1:01:08	W35-39	3
11	Holmes, Janet	1:02:52	W45-49	3
12	Kriegler, Lili-ann	1:03:52	W45-49	4
16	Lancaster, Heather	1:14:10	W45-49	6

W50+ 10km Walk

1	Carr, Heather	55:31	W50-54	1
2	Riley, Brenda	58:00	W60-64	1
3	Gourlay, Marlene	58:53	W59-54	2
4	Feldman, Elizabeth	1:02:17	W50-54	3
5	Johnson, Celia	1:02:45	W55-59	1
7	Pownall, Lee	1:06:45	W55-59	2
8	Steed, Gwen	1:07:23	W60-64	3
9	Carter, Jayne	1:08:27	W50-54	4
14	Knox, Jean	1:14:27	W75-79	2
17	Beaumont, Margaret	1:15:29	W60-64	4
22	Faulconbridge, Ruth	1:25:32	W65-69	4

VVACI Men's 20km and Women's 10km Racewalking Championships

Sunday 1st September, Ballarat

The Australian Federation of Race Walking Clubs conducted a carnival at Victoria Park in Ballarat on Sunday 1st September 2002. The VVACI scheduled a Championship event at this venue and a marvellous spectacle of race walking was on display. A quality group of 30 walkers representing VVACI were amongst the 140 walkers from around Australia whose presence heightened the gala atmosphere.



Not at Ballarat, but five weeks later at the World Games. Walkers include Andrew Jamieson, Liz Feldman, Heather Carr and Janet Holmes.

The 20k walk beginning at 9.00am saw 15 male VVACI competitors take the line, whilst the 10k walk fielded 15 female VVACI contestants ready to begin at 10. 20am. A cool, overcast morning greeted the men and as the cloud lifted, a brisk, flawless day shone upon all the walkers over the 2.5k course.

The races were well organised and efficiently run. Special thanks to the Victorian Race Walkers Club, Ballarat Racewalkers and to Bill Carr for devoting his time and energy to taking entries and time keeping.

20km Men

M40

1 DONAHOO, Mark	1:38:47
2 RANCE, Paul	1:52:58

M45

1 HEYWOOD, Colin	1:44:24
2 REID, Ross	1:53:35

M50

1 BUNKER, John	1:49:56
2 LUCAS, Alan	2:06:40
3 WOOD, Robin	2:13:38
4 SMITH, Ken	2:15:52

M60

1 WHYTE, Robin	1:56:40
BEAUMONT, Ian	DQ

M65

1 WALTERS, Ken	2:11:28
2 MAJOR, Geoff	2:20:22
3 BROOKS, Fred	2:21:35
4 SILCOCK-DELANEY	2:37:36

M75

MISKIN, Stan	DQ
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10km Women

W30

1 BONNEY, Kylie	52:51
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W35

1 EMMETT, Amanda	58:20
2 HOWORTH, Sandra	62:08

W40

1 MAJOR, Annette	60:54
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W45

1 THOMPSON, Alison	59:09
2 KRIEGLER, Lili Ann	65:46

W50

1 CARR, Heather	54:03
2 FELDMAN, Liz	60:20
3 JOHNSON, Celia	60:51

W60

1 RILEY, Brenda	57:13
2 PURCELL, Joan	66:40
3 STANWAY, Marlane	68:09
4 CHESTERTON, Val	71:16

W65

1 BEAUMONT, Margaret	73:27
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W75

1 KNOX, Jean	74:24
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VVACI Men's 10km and Women's 5km Racewalking Championship

Saturday 21st September, Albert Park

Our third road walk took place at Albert Park on Saturday September 21. 17 men began their 10km walk at 2.15pm whilst 22 women started their 5km walk at 2.45pm. Windy, coolish conditions found spectators requiring warm clothing, but all walkers built up quite a sweat as the sun shone down upon them.

Several walkers were finding form and improving their times prior to the World Masters Championships being held in Melbourne during October. Kylie Bonney was the first female veteran over the line with Sandra Howorth succeeding in breaking the 30 minute barrier for her 5km effort and Janet Holmes consistently progressing with improved results. Liz Feldman improves each time she gets on the track. Colin Heywood demonstrated his consistency in walking a great time and was the first male over the distance. Equally, a new and rapidly improving newcomer, John Bunker, is achieving incredible success with his walking.

It was fantastic seeing many new walkers as well as others who have, either through illness or travel distance, not been seen regularly at walking events. Congratulations to all who attended to swell the numbers and my thanks to The Victorian Race Walkers Club for providing the venue with great facilities for all walkers and supporters. To Tim Erickson and Bill Carr who devoted their time and interest to taking entries, recording and time-keeping, compiling results, presentations and cheering for everyone on the track, a huge thank-you!

Men's 10km

M45

1 HEYWOOD, Colin	48:49
2 REID, Ross	49:42

M50

1 BUNKER, John	52:01
2 LUCAS, Alan	58:57
3 BARRETT, Tony	60:23
4 COOPER, Stuart	61:20
WOOD, Robin ~4km	26:07
BARROW, Geoff~6km	37:36

M60

1 JOHNSON, Tony	57:03
WOOD, David	DQ

M65

1 GARDINER, Bob	56:40
2 SILCOCK-DELANEY	70:21
3 BEAUMONT, Ian	78:42

M70

1 WALTERS, Ken	62:10
2 GOURLAY, Gordon	71:32
MACHIN, Jim	DQ

M75

1 JONES, Alan	90:11
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Women's 5km

W30

1 BONNEY, Kylie	25:36
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W35

1 HOWORTH, Sandra	29:34
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W40

1 MAJOR, Annette	28:44
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W45

1 THOMPSON, Alison	28:28
2 HOLMES, Janet	29:04
3 KRIEGLER, Lili Ann	30:42
4 LANCASTER, Heather	35:21

W50

1 CARR, Heather	26:13
2 GOURLAY, Marlene	27:54
3 FELDMAN, Liz	28:21
4 JOHNSON, Celia	29:29
5 CARTER, Jane	33:29
6 HAWKINS, Annette	36:51
7 GRAHAM, Jennifer	42:13
8 GRIFFITHS, Chris	48:29

W55

1 BINYIN, Maureen	34:52
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W60

1 STEED, Gwen	30:05
2 MACHIN, Sylvia	31:56
3 STANWAY, Marlaine	32:30

W65

1 BAARSLAG-LEB, Tina	35:16
2 COPPOCK, Shirley	37:33
3 MEWS, Pam	38:51

VVACI 25K Road Championship

Sunday, 8th September 2002

9:30am start at Footscray Boat Club with 43 entrants, along Maribyrnong River Bicycle Paths. The weather boasted a clear blue sky and northerly breeze becoming stronger. The results were:-

Results show Name, Age group, Age, Time, Place in age group, Overall place.

Greg Wilson	M50	50	1:37:37	1	1	John Dean	M55	57	2:06:54	7	23
Colin Heywood	M45	48	1:37:46	1	2	Rob Waters	M55	56	2:08:15	8	24
Ernie Stewart	M50	51	1:40:33	2	3	Bill Page	M70	72	2:08:35	1	25
Lee Hazelwood	M45	48	1:41:12	2	4	Brian Walsh	M55	58	2:11:10	9	26
Graeme Leticq	M45	47	1:42:19	3	5	Jane Sturzaker	W45	49	2:15:47	2	27
Andrew Holmes	M45	47	1:43:43	4	6	Carl Fauvrelle	M60	61	2:16:25	4	28
Max Carson	M50	53	1:44:05	3	7	Gabby Simon	W35	34	2:16:54	1	29
Michael Whimpey	M45	48	1:45:36	Inv	8	David Dodson	M40	43	2:20:02	2	30
Peter Smart	M55	57	1:47:17	1	9	Tom Doherty	M55	55	2:21:36	10	31
Saul Bakaitis	M55	58	1:47:46	2	10	Shirley Young	W70	72	2:21:49	1	32
Westley Windsor	M55	58	1:47:53	3	11	Kevin Browne	M65	65	2:27:27	1	33
Mick Carr	M45	49	1:49:40	5	12	Judy Wines	W60	64	2:31:43	1	34
Neil Boyle	M45	48	1:49:46	6	13	Peter Battrick	M55	59	2:31:45	11	35
Ken Senior	M55	56	1:50:31	4	14	John Kemp	M75	75	2:35:35	1	36
Phil Twining	M40	42	1:50:54	1	15	Roland Browne	M60	61	2:44:21	5	37
Ed Twining	M40	40	1:51:12	Inv	16	Leo Jones	M60	61	2:46:16	6	38
John Waite	M60	61	1:55:07	1	17	Phillipa Spooner	W45	45	2:51:07	Inv	39
Rod Bayley	M55	56	1:58:25	5	18	Helen Simmons	W45	48	2:59:53	3	40
Jenny Alexander	W45	45	1:58:28	1	19	Colin Silcock	M65	69	3:02:41	2	41
Mal Brown	M60	61	2:01:22	2	20	Karen Monahan	W35	36	DNF		
Stan Belcher	M60	60	2:04:02	3	21	Jane Morgan	W55	56	DNF		
John Pocock	M55	59	2:05:21	6	22						

This day had to come

The World Masters Games scheduling their track meet at the same time as World Masters Athletics World Championships. In his latest report, WMA President Torsten Carlus, on the European Vets website (www.evaa.nu), bemoans an apparent attempt by the IMGA to horn in on WMA turf. He writes:

"In Melbourne, IMGA (the International Masters Games Association) announced that the World Masters Games in 2005 will be organized in Edmonton, Canada, on July 15-24 which clashes with our WMA World Championships Stadia in San Sebastian on July 7-16. WMA cannot of course accept this clash and we have required that IMGA shifts the World Masters Games to August as our dates have been well-known for at least one year. I do sincerely hope that when you read this we have reached a solution so that the two big meetings do not clash in July. The ways of asking Athletics Canada not to be involved in the World Masters Games or saying that athletes participating in Edmonton risk to be suspended is a no good way but might be the way we must act if no agreement can be reached."

VVACI Marathon Championship

Sunday, 13th October 2002

This VicVets title race was incorporated in the 25th ASICS Melbourne Marathon. The course started in Frankston, following the beach, and finishing at Albert Park. There was a 5 hour limit for the race but, for the slower people, the course could be completed by reverting to the footpaths.



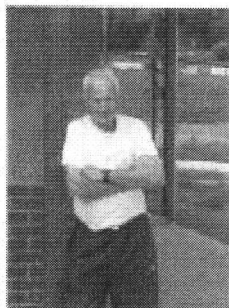
The club members below indicated that they would be competing in the event. Other club members were not considered for a medal as they had not so indicated. Next year's Melbourne Marathon is on 12th October.

Results:-

Grp	Name	Time	Place				
M35	Mal Grimmatt	2:47:22	1	M55	John Dean	4:18:08	7
M35	Thomas Boyd	4:09:40	2	M55	Ken Hough	4:38:48	8
M40	Alan Jenkins	3:09:23	1	M55	Brian Glover	5:01:37	9
M40	Brendan Phyland	3:21:19	2	M55	Kevin Gray	5:21:38	0
M40	David Dodson	4:53:19	3	M60	John Waite	3:19:32	1
M45	Colin Heywood	2:54:42	1	M60	Stanley Belcher	3:28:04	2
M45	Lee Hazelwood	3:02:12	2	M60	Juan Perez	3:44:19	3
M45	Andrew Holmes	3:02:41	3	M60	Stan Hanley	3:51:52	4
M45	Graeme Leticq	3:10:25	4	M60	Robert Power	3:52:20	5
M45	Robert Dunning	3:20:55	5	M60	Domenico Morina	4:24:03	6
M45	Denis Thornton	4:12:29	6	M65	Ronald Leggett	4:36:05	1
M45	Michael Carr	4:28:35	7	M65	Kevin Browne	4:51:56	2
M50	Geoff Clark	2:46:20	1	M65	Mark Benjamin	4:52:53	3
M50	Robin Broberg	2:51:37	2	M70	Antony Martin	4:15:14	1
M50	Bruce Salisbury	3:25:10	3	M70	Mick Bridle	4:35:02	2
M50	Ken Lancaster	3:29:06	4	M70	C Silcock-Delaney	5:01:21	3
M50	Jim Hopkins	3:33:42	5	M70	Jack Gubbins	5:20:44	4
M50	Vin Martin	4:18:20	6	W35	Nicole Diamond	3:56:31	1
M50	Michael Horn	4:21:31	7	W35	Kim Ludington	4:28:32	2
M50	Bryan Kelly	4:44:58	8	W40	Lee Graham	3:40:04	1
M55	Saul Bakaitis	3:14:51	1	W45	Lynette Leversha	3:38:29	1
M55	Westly Windsor	3:29:03	2	W45	Jane Sturzaker	4:24:03	2
M55	David Rolfe	3:31:39	3	W45	Helen Simmons	5:36:15	3
M55	Ian Muir	3:35:45	4	W55	Merilyn Kelly	4:20:07	1
M55	John Pocock	3:38:24	5	W60	Judith Wines	4:55:36	1
M55	Neville Gardner	3:48:58	6	W70	Shirley Young	4:06:00	1

Active Adult Role Model Fred Brooks

Victorian Veterans Athletic Club - Berwick Branch



From an early age Fred Brooks has had a passion for athletics. As a young man growing up in England, Fred was a promising young walker competing in the golden era of English walking in the 1950s and 60s.

Upon migrating to Australia Fred settled in South Australia and competed winning numerous state championships and breaking state walking records along the way.

While in his prime, Fred retired from competitive athletics to concentrate on work and family commitments. Although Fred did not walk competitively for 30 years he was not deterred and resumed athletic competition at the Veterans level in the early 1990s. Fred's desire to return is fuelled by his passion and living to fulfil his dreams.

Such was Fred's desire to compete and be active, and even at 67 years of age, he found himself beginning a veterans athletics club in his hometown of Casey. Fred says he established the Berwick Branch of the Victorian Veterans Athletics Club, "because I felt it was a much needed club in the area to give mature age citizens a chance to compete in athletics."

Fred comments that there are many benefits of being involved in athletics and any activity to, "improve your mind and body and enjoy the social involvement with local residents and those around Victoria."

In April 2001, Fred competed in the Coburg 24-Hour Event, where athletes aim to complete 100 miles (160.9 km) over a 24-hour period. The event qualified competitors to become Centurions should they complete the distance within 24 hours. There are only 41 Centurions in Australia, and Fred was aiming to be number 42.

Not only did Fred become Australia's 42nd and oldest Centurion, he broke the 65+ age group Ultra Distance records for the 12-hour, 50 miles, 100km, and 100 mile events even though he walked!

While Fred knows that not everyone can walk 100 miles, he does know why people should get involved in sport and recreation clubs and activities. "The main part is to improve your quality of life and take some stress out of your life, which is an important part of today's world. Being active can help tremendously in achieving



The page above was kindly sent to us by one of our top ultra-walkers, **Stan Miskin**, who now lives in Berwick. It appeared in the City of Casey "Active Adults Recreation Guide" describing **Fred Brooks**, a fellow Centurion of Stan's.

Berwick Vets have had some problem getting numbers (and lights on their track through Winter) but everyone is hopeful that enthusiasm will pick up over the Summer months.

AV Burnley Half Marathon

September 15th

Results - first column age group placing, second column overall placing, third column actual time, fourth name.

Male 40-45

1	11	71.08	Greg Lyons
2	34	76.54	Andrew Edwards
3	38	78.04	Peter Fitzgerald
4	45	79.13	Julian Callahan
5	50	80.16	Chris Harvey
6	66	82.00	Shaun Kemp
7	73	83.06	Clive Kempton
8	75	83.15	Gary Hammett
9	81	84.00	Warren Holst
10	87	84.38	Warrick Erwin
11	107	86.07	Mark Markovic
12	109	86.13	G Macdonald
13	123	87.27	Percy Lanciana
14	126	87.58	Tony Borazio
15	129	88.12	Marc Collister
16	142	89.49	Mark King
17	143	89.53	Mark Davis
18	145	89.58	Mike Ebigercing
19	157	91.15	Greg Kelson
20	162	91.43	Chris Murphy
21	168	92.22	Phillip Twining
22	169	92.25	M Bartholomeusz
23	179	93.37	C Worsnop
24	188	94.26	Edward Twining
25	200	95.54	Jeff Lipshazs
26	205	96.17	Chris Rabl
27	208	96.48	Paul Egan
28	240	102.39	John Thompson
29	244	103.04	Mark Penny
30	253	104.29	Keijl Suzuki
31	254	104.47	Henry Lanzer
32	256	105.04	Paul Harkins
33	258	105.15	Shane Derby
34	266	107.15	Larry De Cata
35	272	108.32	Chris Harrap
36	309	119.56	David Dobsom
37	328	142.58	Paul Meredith

Male 45-50

1	17	72.07	Phillip Bowes
2	31	75.44	Peter Gaffney
3	55	81.17	Colin Heywood
4	64	81.48	Geoffery Purnell
5	83	84.12	Ken Duxbury
6	88	84.44	Rob Wendle
7	93	84.59	Peter Risk
8	103	85.49	Paul Garreit

9	117	86.44	Bruce Salsisbury
10	118	86.48	Ian Twite
11	120	86.56	John Williams
12	124	87.51	Paul Kennedy
13	127	88.03	Ian Kraska
14	130	88.17	Peter Weeks
15	135	88.38	Geoff McGowan
16	138	89.20	Ivor Carter
17	156	91.00	Paul Ban
18	165	92.03	Geoff Donovan
19	170	92.33	Paul Gross
20	173	92.55	Neil Macdonald
21	177	93.28	Peter Cox
22	189	94.29	M Karageorgiou
23	191	94.55	Bernard Payne
24	216	98.30	Andrew Moore
25	222	100.17	G O'Donnell
26	224	100.52	Zane Brache
27	227	101.14	Peter Couper
28	276	108.59	T Mitsunaga
29	297	113.55	Greg Payne
30	329	146.33	Peter Mrzyglocki
31	334	168.00	Ken Carter

Male 50+

1	59	81.30	Robin Broberg
2	70	82.44	Robert Gray
3	85	84.31	Ernie Stewart
4	89	84.45	Brian Harrison
5	94	84.59	M Hutchinson
6	95	85.11	Paul Twining
7	111	86.25	Dennis Stevens
8	115	86.30	Peter Moore
9	125	87.57	Peter Bence
10	134	88.31	Sam Defanis
11	141	89.45	Clive Davies
12	144	89.55	Peter Hannaford
13	149	90.16	Len Johnson
14	151	90.30	Peter Smart
15	153	90.42	Brian Woodruff
16	159	91.21	Ian Rands
17	167	92.17	Peter Logan
18	171	92.51	Gregory Moore
19	175	93.16	John Neil
20	185	94.08	Robin Sloan
21	187	94.19	G Carmona
22	192	95.12	T Hawksworth
23	194	95.14	Murray Jones
24	202	96.06	Gray Summers

25	214	98.13	Phil Lanigan
26	217	98.44	John Pocock
27	223	100.34	E Marie-Janne
28	225	101.07	Ken Lancaster
29	234	102.08	David Goddard
30	236	102.16	John Caulfield
31	251	104.03	Ian Upton
32	252	104.05	Ian Duthie
33	257	105.14	Robert Barnes
34	259	105.27	Maxwell Balchin
35	261	106.13	Gilbert Foster
36	267	107.20	Ian Upton
37	270	107.37	B Frackowiak
38	274	108.47	G Jenkins
39	279	109.18	John Regester
40	282	109.41	Keith McIntosh
41	286	111.12	Ron Ledingham
42	289	111.46	Graham Ives
43	290	112.09	Dennis Nish
44	303	115.22	J Summers
45	305	117.20	R Tuckerman
46	306	117.45	Graham Satler
47	313	120.25	Grixti Peter
48	314	120.31	Charlie Davis
49	315	120.56	W McCullough
50	317	125.17	Denis Sinnott
51	319	127.01	Peter Battrick
52	321	130.52	Roger Weinstein
53	325	137.13	Warren Miller
54	331	153.12	Bill Rutherford

Female 40-45

1	196	95.23	C O'Halloran
2	241	102.40	Ruth Reidy
3	245	103.11	Susan Chapman
4	247	103.21	Penny Burgess
5	271	108.26	Lisa Nicholson
6	296	113.44	Lee-Ann Graham

Female 45+

1	119	86.48	C Stephens
2	203	96.09	Anne Ziogos
3	239	102.21	Nancy Farley
4	248	103.27	Helen Stanley
5	258	105.15	Barbara Fay
6	262	106.43	Cornelia Davy
7	283	110.19	H Vandernagel
8	291	112.25	Lyn Thompson
9	318	125.23	Sheila Meyer
10	333	155.18	H Simmons

AV HEALESVILLE MOUNTAIN RUN 2002

Distance 13km

Course This is a spectacular run from Maroondah Dam east of Healesville (80m above sea level). First part is through beautiful fern gullies, Mountain Ash and rainforest, past a small picnic area at Donnellys Weir. The rest is 9K, mostly uphill on Meyers Spur to the finish at the Observation Tower on Mount St Leonard (1010 m above sea level), where, on a clear day, there is a wonderful view of Melbourne, the Yarra Valley and the Acheron Valley.

Climb 1000 metres

Results Overall placing, Category placing, name, Category

4	1	Greg Mandile	M40+	68.28	20	7	Ian Dodd	M40+	88.03
9	2	Ian Twite	M40+	74.36	24	8	Geoff McLardie	M40+	94.3
11	3	Bruce Salisbury	M40+	76.53	26	9	Helmut Prentler	M40+	108.48
13	4	Bert Pelgrim	M40+	81.04	22	1	Julia Thorn	F40+	92.27
16	5	Mark Phillips	M40+	82.48	27	2	Sue Carr	F40+	108.54
17	6	Peter De La Haye	M40+	83.2					



Stan Miskin at the Australian 24hr and 48hr Championships held last July at Bribie Island, Qld

VICTORIAN 6hour and 50Km TRACK CHAMPIONSHIPS

10 November 2002, Moe Victoria

by Geoff Duffell, from the Austrlain Ultra Runner's Association Website

Matt Franke set a fast early pace with Jevvan McPhee and Roger Maximiw in pursuit. Despite it being the first ultra race for Franke and Maximiw, they ran with great confidence. In the first 3 hours there was never more than two laps between the Franke-McPhee-Maximiw trio.

Franke was the first to weaken and the other two runners swept ahead. Maximiw kept up strong pressure and reached the 50 km mark first. He then took some easier laps, and the more experienced McPhee resumed the lead and, despite Maximiw pulling some laps back, McPhee cruised through to win the 6 hour event.

Up to 50 km, the womens race was dominated by Peta Mullens, a triathlete and state junior mountain running champion. Second placed in the 50 km, Lee Graham continued on strongly to record a creditable 60+ km performance and win the 6 hour event. Shirley Young was third in the 50 km and second in 6 hour race.

Around Shirley Young the mid-field competition was particularly intense with a lot of position changing during the race. Barry Higgins, Ernie Hartley, David Jones, Peter Gray, Graham Ives, and Barry Summersgill were involved, but it was David Jones, running very strongly over the last two hours, who headed this group home.

6 Hour Results

Laps after hour:	Age	1	2	3	4	5	6	final km
1 Jevvan McPhee	37	32	65	98	126	154	178	71.44
2 Roger Maximiw	40	31	64	97	127	149	176	70.464
3 Bruce Salisbury	50	31	59	82	108	130	153	61.257
1F Lee Graham	41	27	53	79	102	126	151	60.495
4 David Jones	61	25	49	73	97	122	146	58.466
2F Shirley Young	72	26	51	76	100	120	138	55.469
5 Barry Higgins	64	24	50	72	95	116	137	54.858
6 Ernie Hartley	52	27	54	75	97	116	136	54.585
7 Peter Gray	36	27	54	78	98	117	135	54.361
8 Graham Ives	64	26	50	72	91	111	131	52.627
11 Barry Summersgill	60	29	53	76	96	116	120	48
12 Brian Glover	60	20	40	61	81	100	118	47.367
13 Alan Steggles	63	19	35	52	67	82	98	39.257
14 Ian Twite	47	30	59	70	70	70	70	28

50km Results

1	Roger Maximiw	40	03:55:16
2	Jevvan McPhee	37	03:56:33
4	Bruce Salisbury	50	04:43:44
2F	Lee Graham	41	04:57:10
5	David Jones	61	05:10:02
3F	Shirley Young	72	05:15:34
6	Ernie Hartley	52	05:24:54
8	Barry Higgins	64	05:27:20
9	Graham Ives	64	05:42:41

The first and second placegetters - Roger and Jevvan - both Veteran age and still smiling.



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

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

- Wed 22nd VVACI Lindsay Thomas Memorial Run at Braeside Park (Melway 88 D8). 10km and 5km and 5km walk. Entry \$5. Enquiries Alan Bennie 9547 2978.
- 25-26th AV Country Championships (will include over-age events for those who live in the country) Albury

February

- Wed 5th VVACI Andy Salter Memorial Road Relay, Ross Reserve, Noble Park (Melway 80 E 12). Run teams of 4 each running 3.1km. Walk teams of 3 each walking 2km. Register by 7.15pm, \$2 per person. Alan Bennie, 9547 2978.

- Sun 16th Richmond Harriers "Cubitt Classic", 15km, Kevin Bartlett Reserve, Yarra Boulevard, Burnley (Melway 45 B 12). 8.00am. Entry on day, \$10. Carmel Papworth 9634 6848w, 9819 0149h.
- Mon 17th The Landy Trophy (heats 200 & 1000, final 400), Doncaster venue 7pm (entries close Feb. 10). Contact Richard Trembath 9431 6963

March

- Thu 6th Melbourne Track Classic (Grand Prix event for T&F)
- 7th, 8th, 9th AV Victorian Open Championships. Olympic Park. Several age group categories.
- Sun 16th 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

What's On

(Continued)

Sun 27th Let We Forget Run, 8km. Athletics Australia will support your local council or club to organise an Anzac memorial fun run. 9820 3511 or e-mail robert.richard@athletics.org.au

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) stan@mastersgames.com.au

August

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

Sun 24th VVACI Winter Weight Pentathlon Champs

October

4-6th AMA National Winter Weight Pentathlon, Canberra

2004

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

April

Easter Australian Masters T&F Championships, Melbourne

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 de Janeiro, Brazil)