

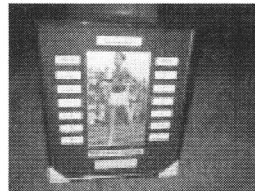
News and Results

The Victorian Veterans' Athletic Club Inc.

March 2003

The Landy Trophy

Marvellous Mike takes the Honours



By Richard Trembath

Any doubts about who is Victoria's best veteran athlete were thoroughly dispelled at Rieschiecks Reserve in Doncaster on February 17 when Mike Johnston scored a comprehensive win in The Landy Trophy. Johnston, from Mentone, at 81 was the oldest of the 64 competitors in what has become Victorian veterans' athletics most prestigious event.

The Landy Trophy is conducted under a heats and final format from handicap marks based on age and gender, much along the

lines of thoroughbred racing's time-honoured weight-for-age scale.

Johnston won both his heats, over 200 metres and 1000 metres, recording the fastest time in each round, then took more than three seconds off the race record in winning the final over 400 metres.

Starting from the 142 metre mark, Johnston recorded 44.33 seconds in scoring by nearly 20 metres from Richard Trembath (69m), with David Nobbs (69m) third. Last year's minor placegetters Kathy Heagney and Con Matthews made up the field of five dual heat-winners in the final.

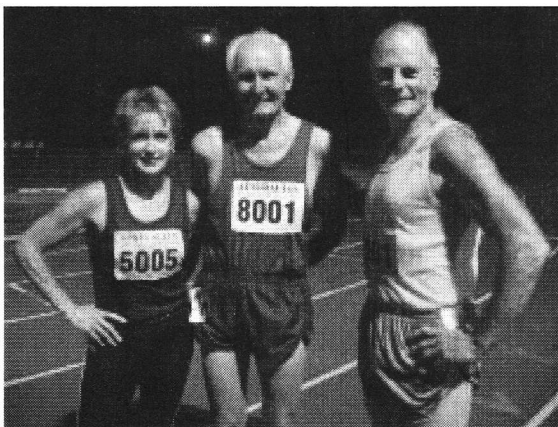
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Deadlines

2003 World Championships in Puerto Rico in July. Entry deadline has been extended to 30th April by WMA. Please see Colin Browne to submit your entry or other details.

Australian Masters Championships in Perth 18th-21st April - entries close on 24th March 2003.

Victorian Country Championships on 26-27th April in Albury



Mike Johnston, this year's Landy Trophy winner, flanked by finalists Kathy Heagney and Richard Trembath

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Reference Websites

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VicVets

Vicvets "Around the Grounds"

Athletics Victoria

Victorian Athletic League (Pros)

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 Association

Sth Australia Masters Athletics

WA Veterans Athletics Club

Asia Masters Athletics

Alice Springs Masters Games

2004 WMA World Distance Champs

2003 WMA Championships

World Masters Athletics (WMA)

Masters T&F Magazine

"The" Masters Site

Asia Pacific Masters Games

Victorian Road Runners

European Veterans Athletic Association

British Masters Athletic Federation

International Masters Game Assn

Landy Trophy (Cont.)

The quality of the line-up was emphasised by the fact that all finalists plus the winner of the Consolation, Bronwen Loizou, are gold medallists at world level.

The win capped off a magnificent 12 months for Johnston, who last year won the 100, 200, 400 and 800 at both the Victorian and Australian Championships and the World Masters' Games, held in Melbourne in October, setting a world record for the Men's 80-84 age group in the 400 and Australian records in all the others. Johnston also holds the Australian records for those events in the M75-79 age bracket.

In addition to those performances, and largely because of them, Johnston was named last year's Victorian Masters' Sportsman of the Year, beating contenders from every other field of seniors' sport.

Johnston was presented with The Landy Trophy by the man in whose honour it was

named, former champion miler John Landy, now Governor of Victoria. In addition to Governor Landy, the guest list boasted five other ex-Olympians, among them Ron Clarke, Ray Weinberg and Les Perry, plus the Mayor of Manningham, Cr Geoff Gough.

The presentation of the event was upgraded this year due to sponsorship by Australian National Credit Union and clothing manufacturers Qualitops.

The meeting featured on-course broadcast descriptions by Australia's only female race-caller, Victoria Shaw, and was hosted by Radio Sport 927 personality Steve Moran.

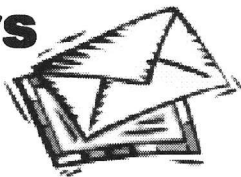
A special thank-you to Richard Trembath for spending countless hours organising this evening and making it a feature of our calendar. As well, further in this newsletter, Richard discusses some changes to the rules of competition. - Ed.

Landy Trophy Results

200m heats: Heat 1, 1 Ross Kent (33), 2 Colin Page, 3 Kay Burnie, 23.23. **Heat 2**, 1 Kathy Heagney (40), 2 Dean Paulin, 3 Brian Tait, 22.95. **Heat 3**, 1 Syd Elks (57), 2 Alan Gibson, 3 Ian McLeod, 23.38. **Heat 4**, 1 Con Matthews (40), 2 Phil Rosevear, 3 Richard Kerridge, 23.21. **Heat 5**, 1 Mike Johnston (66), 2 Barbara Courtney, 3 Peter Lamb, 21.39. **Heat 6**, 1 David Nobbs (33), 2 Bronwen Loizou, 3 Wayne Fitzsimmons, 23.34. **Heat 7**, 1 June Reeves (46), 2 George Rennie, 3 George Goode, 24.41. **Heat 8**, 1 Richard Trembath (33), 2 Graham Stockdale, 3 Kathleen Cook, 22.49. **1000m heats: Heat 1**, 1 Richard Trembath (183), 2 Ross Kent, 3 Bob Lewis, 2:36.25. **Heat 2**, 1 Kathy Heagney (216), 2 Shane Derby, 3 Annette Pelgrim, 2:46.00. **Heat 3**, 1 David Nobbs (183), 2 Alan Gibson, 3 Ted Paulin,

2:31.05. **Heat 4**, 1 Con Matthews (225), 2 Peter Lamb, 3 Syd Elks, 2:44.00. **Heat 5**, 1 Mike Johnston (376), 2 George Rennie, 3 Frank Tutchener, 2:22.57. **Heat 6**, 1, Bronwen Loizou (142), 2 Graham Stockdale, 3 Graham Philpott, 2:40.42. **Heat 7**, 1 Dean Paulin (Scr), 2 Wayne Fitzsimmons, 3 Alan Bennie, 2:44.25. **Heat 8**, 1 Colin Page (70), 2 Stewart Handasyde, 3 Tony Nematic, 2:51.01. **Heat 9 (walk)**, 1 Celia Johnson (429), 2 Murray Dickinson, 3 Tony Doran, 2:31.50. **Consolation final, 400m:** 1 Bronwen Loizou (55m), 2 Alan Gibson (40), 3 Syd Elks (121), 4 George Rennie (69), 5 Dean Paulin (Scr), 6 Graham Stockdale (69), 7 Colin Page (26), 50.35. **Final, 400m:** 1 Mike Johnston (142), 2 Richard Trembath (69), 3 David Nobbs (69), 4 Kathy Heagney (82), 5 Con Matthews (85), 44.33

Your Letters



My Comments on Hurdling

Having only just opened *News and Results* for September [it was buried under some other papers]. I have just read Richard Trembath's article on hurdling in Veteran Athletics and feel that I must make some comment.

While I agree on some thoughts in regard to hurdle specifications, I find the need to address comments in paragraphs 7,8,9 10. In paragraph 9 he says "*Hurdle races which are contested by [and 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.*" He goes on to compare them with kid's three-legged races and can hardly be looked on seriously. I am surprised that this comparison was made. In my younger days I competed at A-grade club and championship level [120 yards --3'6"] and can attest to the difficulty of maintaining that three-stride pattern on passing 40 or 50 year barrier. So that on returning to hurdling with the Veterans, I was forced to experiment with four strides, after deciding that five was spending too much time on the ground. After a couple of years I felt that I had it working pretty well, to the extent that a hurdles coach asked me which was my natural lead leg.

I agree that at Olympic and elite level you will never see a hurdler take more than three strides and to even consider that is incomprehensible. To go back to the comment that some races are even won by "*more than three strides*", I would like to stand on my record of 8 Australian

Championships, a World Masters gold and approximately 16 Victorian Championships. As well, holding or having held all the Australian Records from 50 to 59 for all distances. All done on four strides. Having said all that I do agree that the specifications should be more equitably adjusted according to age, given the constraints of loss of flexibility, speed etc., and therefore offer a suggestion that I have mulled over for a few years:

M40-49 99cm (3'3") 110m

M50-59 92cm (3'0") 100m

M60-69 84cm (2'9") 90m

M70+ 76cm (2'6") 80m

As age increases this would have the effect of lowering the height by 7.5cm [3"] and shortening the distance by 10 metres, and still presenting a challenge. Age and its consequences catch up with all of us.

David Mather

My Time in Athletics

Dear Russ,
Now comes the news. I have had it in mind for some time to retire from athletics as the time has come where my body is no longer willing to do all the hard work for a successful competition.

I went to Adelaide, with a badly torn hamstring, and still managed to win 7 gold medals. Then up to the Asia Pacific Games for another 7 gold. Unfortunately, in some events, there is a lack of good competitors. I'm back in training, after a break, but nothing spectacular. I am still coaching some very good athletes.

I do not intend to compete at any of the Veteran's events in the future unless my mind flips over and I get itchy feet again. However, I will try to keep fit until the 20th April when I shall celebrate 65 years as an active athlete.

Yours truly,
Rudi Hochreiter

2003 WORLD MASTERS ATHLETICS CHAMPIONSHIPS, PUERTO RICO

Entries

All entries by Australian residents must be sent through the entries clerk of the Australian Masters Athletics Inc.(AMAI). He will inspect the entry for accuracy and when satisfied that all requirements have been satisfied, stamp and sign it and send it to the Local Organising Committee in Puerto Rico. If it is complete he will confirm by letter to the entrant that he has sent it on. If some requirements have not been met, he will communicate this fact to the entrant, in time to avoid a late entry. If entries by Australian residents are sent directly to Puerto Rico they will be sent back to the AMAI entries clerk, and thus waste time and risk being late.

Address your entry to:-

Colin Browne, AMAI Entries Clerk, 4 Victory Street, Mitcham VIC 3132

As the closing date for entries to reach Puerto Rico is April 30th, 2003 to allow time for processing and, if necessary, further communication with the entrant, all entries by Australian residents must reach the AMAI entries clerk now.

Requirements

The requirements of a complete entry by an Australian resident are:

1. Correct completion of the entry form, with correct calculation of the entry fees.
2. Bank draft or money order in US dollars payable to "Organizing Committee-2003" or Visa or MasterCard details.
3. Evidence of date of birth, eg. photocopy of birth certificate or passport.
4. Name and telephone number of a contact for the team manager's use in case of an emergency. It may be a person at home, or a person travelling with you.
5. Payment by cheque or money order to AMAI for an amount of thirty dollars (AU\$30) to meet costs involved with the requirement of having Australian Team Managers and the administration costs incurred by AMAI. This payment should accompany your entry. Do not include it in the entry fee as we can not get it back from Puerto Rico LOC.

Note: The Team Managers are the only persons who can deal with protests and disputes. They also attend daily briefing sessions and distribute information to team members regarding changes to programming and rules.

6. Current financial membership of an Australian veterans or masters athletics club.
7. Should you wish to be considered for selection in the relays (track relays take place on 14th July), please submit your details on the attached nomination form

Entry booklets available from me. Good luck.

Colin Browne
AMAI Entries Clerk

V.V.A.C.I. VENUE MANAGERS' MEETING

Friday 28th February, 2003

Vic. Track & Field Championships

Duncan McKinnon Park, Murrumbena. Day 1: Sunday 30th March, Day 2: Saturday 5th April

Leo Charles and Joy Herbert are new ground managers. Graeme Rose and the throwers group will ground manage for throws. Records are to be validated by steel tape. If runners are going for records they should ensure that three watches are on them before the event. A wind gauge will be in operation. Afternoon tea to be provided for officials and helpers on both days in the southern room upstairs. A cup of tea or coffee to be available free upstairs at the northern end for all competitors. Competitors to bring a plate of afternoon tea on Day 2 for a social occasion after the competition.

Changes to Venue Managers

Alan Sinclair [Doncaster], Les Clark [Croydon], Jim McLure [Caulfield] are retiring. Deepest thanks to them for their services. New venue managers or assistants are: Karen Archer [Croydon], Rod Jellett and Gary Mahon [Doncaster] Ian U'ren [Knox]

Club Uniforms & Clothing

They now being handled once again by Astrid Rose, 71 Union Road, Surrey Hills 3127 Ph. 9836 2350). Thanks to Ken Walters for doing the job in recent years. Astrid is also still Subscriptions Officer (Single Membership \$35, Double \$55).

Venue Attendance Book

A reminder that every person who attends a venue should sign the Attendance Book, whether they compete or not.

Sponsorship by Advantage Credit Union

It is now called Australian National Credit Union. The sponsorship was obtained by Richard Trembath had gained the club \$1500 for Landy Trophy Night & \$1500 for Vic T & F Champs. Great co-operation from them had been experienced at the Landy Trophy event.

Rep. Alan Gibson (9844 3403) is available for financial consultation & advice. Please ensure their continued support by encouraging members to take advantage of their financial services.

Public Liability Insurance Cover

A copy of Public Liability Insurance Cover for local councils has been posted to each Venue Manager.

Risk Management Form & Incident Report Form

Colin Browne circulated a discussion proforma to be discussed at the venues to identify hazards particular to that venue. Hence a Risk Management Policy should be devised and displayed at each venue. This will be evidence of good faith in the event of an insurance claim having to be made.

INTER-VENUE ONE MILE CHALLENGE

East Burwood, 27 February, 2003

By Bob Hayes, East Burwood Co-Manager

On a keen night of competition, thirteen Victorian and three Australian Records were set at East Burwood's One Mile Challenge Meeting. In the One Mile Walk (introduced this year at the suggestion of Dave Herbert) nine age group winners, who satisfied the scrutiny of Chief Walk Judge, Dianne Lowden and four other walk judges, created inaugural Victorian records. (There will be no Australian Record listing in this event.) Brenda Riley (W60) competed in both the Walk and Run events and set records in each.

Trophy winners (only one to be awarded to any person) were:

Walk - Fastest Woman, Heather Carr; Fastest Man, Alan Lucas

Best Age-Graded Woman, Gwen Steed

Best Age-Graded Man, Dave Herbert

Run - Fastest Woman, Annette Pelgrim; Fastest Man, Ashley Ryan

Best Age-Graded Woman, Brenda Riley

Best Age-Graded Man, Graham Philpott

A big THANK YOU to the many officials and helpers who facilitated the smooth running of the program and to VVAC members from the several venues who participated and provided support. (The tentative date for the 2004 'edition' is 26 Feb.)

ONE MILE WALK

Athlete, Venue	Time	AG %
Heather Carr, Toot	7:58.4	91.9
Alison Thompson, Croy	8:08.7	86.7
Janet Holmes, Caul	8:41.0	81.3
Brenda Riley, Geel	8:49.7	91.7
Alan Lucas, Croy	8:50.7	75.0
Liz Feldman, Croy	8:52.8	83.3
Gwen Steed, Men	8:53.1	88.1
Dave Herbert, E.B.	9:01.6	78.4
Celia Johnson, Spr	9:04.0	82.3
Sandra Howarth, Fra	9:38.9	68.2
Barrie Wicks, Croy	10:17.8	68.8
Margaret Beaumont, Men	10:44.7	76.9
Jean Knox, Geel	10:59.5	86.2
Tina Baarslag-Leb, E.B.	11:14.0	77.1
Norm Cameron, Croy	11:14.3	60.6
Cynthia Herbert, E.B.	11:29.8	68.1
Annette Hawkins, E.B.	11:36.6	62.5
Shirley Coppock, E.B.	12:38.0	66.2

ONE MILE RUN

Athlete, Venue	Time	AG %
Ashley Ryan, E.B.	5:13.4	80.1
Peter May, E.B.	5:15.8	75.9
Max Howard, E.B.	5:18.4	80.0
Graham Philpott, E.B.	5:18.7	87.3
Quentin Grey, Caul	5:21.5	74.0
George Rennie, Coll	5:22.4	87.1
Stewart Handasyde, E.B.	5:39.2	75.8
Michael Richards, E.B.	5:39.5	75.7
Sam DeFanis, E.B.	5:51.0	75.0
Alan Bennie, Spr	5:58.1	74.9
Annette Pelgrim, E.B.	6:16.8	75.4
Rob Baulch, E.B.	6:21.6	69.6
John Bell, E.B.	6:25.8	70.8
Bob Lewis, E.B.	6:33.1	84.2
Brenda Riley, Geel	6:34.4	84.1
Eddy Jedryns, Knox	6:38.4	59.3
Kathy Parker, E.B.	6:46.1	65.2
Ron Young, Coll	6:48.0	76.9
John Sutton, E.B.	7:01.3	65.4
Chas McRae, Knox	7:30.0	68.8
Frank Tutchener, E.B.	7:41.5	71.7
Gerry Clarke, E.B.	7:48.6	63.1
Corrie DeGroot, Croy	8:59.4	72.8
Anne Callaghan, E.B.	9:03.4	62.5
Jean Knox, Geel	9:17.3	71.8

Dual VVACI – Athletics Victoria (AV) membership

There are 2 categories of membership:

1. Existing VVACI members

For both cases below Members pay their VVACI fee due in January each year.

(a) If not already a member of AV but wishing to join AV they contact AV to get a registration form and pay:

\$15 to join in the first year;

\$20 in the second year;

\$25 in the third etc.

Each January the full VVACI fee is paid to VVACI.

(b) If already an AV member then:

in the first year the AV fee they pay via their club secretaries is reduced by \$15;

in their second year the reduction is \$20;

in the third year \$25

etc. – up to \$35

Each January the full VVACI fee is paid to VVACI.

All the above are full members of VVACI and are entitled to compete at local, state, national and international Masters Athletics events. They are financial 1st January to 31st December.

2. New VVACI members via AV

All these new members only pay AV each April 1st.

These people ticked a box on the AV rego form to join VVACI.

In the first year AV sends \$15 of their registration fee to Vic Vets.

In their second year AV sends \$20 to Vic Vets.

This continues to increase by \$5 a year to \$35.

All these members are provisional members. They may only compete at local and State level. They are financial 1st April to 31st March.

[Thanks goes our efficient registrar/subscription clerk Astrid Rose for clearly pointing out the combinations. I'm sure there shouldn't be a reason for further explanation but, in case, her contact details are on page 2.]

MINUTES OF THE VVACI COMMITTEE MEETING

MONDAY 3RD FEBRUARY 2003

MATTERS ARISING FROM THE MINUTES

Alan Gibson, from Advantage Credit Union, was in attendance to explain the sponsorship offer. In 2003 Advantage would give \$1500 to the Doncaster venue for the Landy Trophy, and \$1500 to VVACI for the state championships. In return, and to encourage the company to continue sponsorship in future years, it was hoped that members would do business with them. This may be in the form of using the credit union for banking, as their charges and rates were preferable to the banks, or by taking out mortgage loans, re-financing existing loans, or recommending the company to friends or family. The venues were asked to display a stand of brochures and occasionally draw attention to them. Signage and chest numbers at our events would carry the Advantage logo, and ads would be placed in the programs. Alan explained that he was not receiving commission on this, but that the company would need to see results to encourage it to proceed with sponsoring VVACI in future years.

Puerto Rico World Masters Championships. Few responses had been received. There was no further news on accommodation or travel. Entry booklets were available from Colin Browne. Entries had to be with him by March 28th to be safely processed and sent on before the closing date.

PUBLICITY REPORT

Two prominent articles with photos had appeared in the Manningham local press about Doncaster veterans' win in the Shoppingtown competition and about the Landy Trophy meet.

Results of medal events should be placed in the main dailies immediately after the event. Colin Browne has the e-mail address.

Bob Lewis of East Burwood had won the Sportsman of the Year award from the local newspaper.

GENERAL BUSINESS

Mailing officer. Colin Browne said that as he and Dot would be resigning as secretaries at the AGM, it would be very complicated for a new person to deal with the mailing, e-mailing and membership records. He offered to continue as mailing officer, off the committee, as he had the programs and files on his computer.

Clothing and uniforms. Ken Walters said that he would like someone else to take over sales and storage of club clothing and uniforms as he was unable to get around to the venues to publicise them.

Nationals 2004. Rob Waters reported on progress with forming a working party. Three very promising volunteers had come forward, Anthony Murphy, Alan Lucas and Barbara Courtney. Rob had booked Olympic Park. There was some competition with Melbourne Storm for the Saturday but our prompt payment of \$2500 deposit would secure it. The cheque was written immediately. It was suggested that we book Duncan McKinnon Park for the pentathlon on the Monday. Albert Park had been booked for the road walks and Yarra Bend for the cross country.

Braeside Park. Ted McCoy said that the Braeside Park Management had requested a donation of \$600 or \$700 towards a weather station in the park. This would give us publicity through a plaque on the weather station, and free use of the park for our runs for a few years.

Insurance. Public liability insurance had been organised through Athletics Australia and the Federation of Australian Athletics. Certificates of currency had been sent out to the venues.

MINUTES OF THE VVACI COMMITTEE MEETING

(Cont.)

MONDAY 3RD MARCH, 2003

MATTERS ARISING FROM THE MINUTES

Venue Managers Meeting. This was held as planned and most venues were represented. Risk management statements were discussed and a framework for discussion by the venue committees presented.

Changes to venue managers' positions for 2003 included:

Karen Archer replacing Les Clark at Croydon, Alan Sinclair retiring at Doncaster, Jim McLure retiring at Caulfield, and Ian U'ren assisting Chas McRae at Knox. Thank you very much to those retiring managers for the invaluable work you have done.

TREASURER'S REPORT Don McLean

Subscriptions had been received from 622 members to date.

STRATEGIC PLAN SUB COMMITTEES

A sub committee comprising Don McLean, Tony Bradford and Alex Harris had proposed a notice of motion for a name change for the club to be put at the Annual General Meeting. This was debated. The motions to be put at the AGM are: **That the name of the club be changed so that the new name incorporates the word "Masters" in lieu of the word "Veterans"** In the event of this motion being passed, the following two options will be put to the vote.
"Masters Athletics Victoria" "Victorian Masters Athletics"

VENUE REPORTS

Doncaster venue. Richard Trembath said that the Landy night had been most successful. Distinguished guests included John Landy, Les Perry, Ron Clarke, Ray Weinberg, and the mayor and some councillors of Manningham. A letter of appreciation had been received from John Landy, who volunteered to present the trophy in future years provided there was no clash with his other duties. There had been six radio interviews, articles with photos in local papers at Doncaster and Mentone, and much positive feedback.

Springvale/Noble Park. The Andy Salter Road Relays had been held successfully with Knox winning for the first time. Diamond Valley dual members had formed a team and participated.

AMAI REPORT

Stan Perkins had announced his intention of retiring from president at the next AGM. Ray Green had stated his intention of standing for the position. If he were to succeed, that would leave a vacancy for Director of Competitions and Championships.

Puerto Rico. The WMA had given an extension of a month on the closing date for entries to Puerto Rico World Championships. Australian entries must be with Colin Browne by 28th March.

GENERAL BUSINESS

Square Dance. David Sheehan would go ahead with organising a square dance in July.

National T&F Championships in Melbourne in 2004. Rob Waters said that the brochure advertising this event to be distributed at Perth at Easter would be an expression of interest brochure. Some details about the social event and the athletes' forum may be general as specific bookings on them were yet to be made.

Next meeting Monday April 7th, 2003, at 7.45pm

EAST BURWOOD VETERANS RELAY FOR LIFE

17th November, 2002

by Bob Hayes

For the third consecutive year East Burwood Veterans participated in the Annual Whitehorse Relay For Life event, conducted at the Bill Sewart Athletic Track.

Trevor Jupp as Team Manager and his assistant, Don Cox, organized two teams, including, EB venue members and their families, Vic.Vet. members from Doncaster, Collingwood, Knox and Southern Peninsula venues and several Athletics Nunawading Club members. Overall 58 individuals participated in the two teams.

The EB Challenge (Running) Team covered a total of 639 laps in 23 hours 1 minute and 10 seconds, to finish fourth in the Challenge Section. The EB Fun (Runners and Walkers) Team managed 454 laps in 22:58:45. Our team members contributed and raised around \$3500 toward the overall Whitehorse 2003 Relay For Life total of approximately \$190,000. Proceeds go to the Anti-Cancer Council of Victoria for the purpose of funding Cancer Research.

Thank you to Trevor and Don for the wonderful job they did as team organizers, to all team members (both ours and members of the other 90 or so teams that participated) for their contributions and efforts and to Box Hill Central Rotary Club members for again organizing a marvelous and highly successful and enjoyable event. The weather was perfect and the camaraderie great. Looking forward to doing it all again in November 2003!

National Masters Track and Field Championships Melbourne Easter 2004

Yes, it will be our turn to host Australia's largest track and field meet. We have had three replies from outside the committee to our request for members to take a part in the working party to organise this event, as well as some committee members. We need more.

It will be a major event. We have already booked Olympic Park and some of the outside venues that were used for the World Masters Games last year. Sponsorship looks very promising.

Please think about joining the working party. Contact Rob Waters, Colin Browne or other members of the committee to discuss how you help.

2003 ANDY SALTER RELAY

5th February, 2003

by Alan Bennie

The 20th running of the Andy Salter relay was contested at Springvale. Fortunately for runners a change in the weather came through late afternoon reducing the temperature to something reasonable.

The Challenge division was contested by 6 teams, including a team from Diamond Valley (quite a trip to Springvale) who have joined the Veterans under dual registration arrangements with Athletics Victoria. Despite the small number of teams, a close race ensued. In the end Knox prevailed, holding off a fast finishing Diamond Valley, with last year's winners, Springvale, holding on for third.

This is the first time Knox has won the trophy and is a well deserved and popular win, as they were runners-up last year, only 5 seconds behind the winner. Their venue manager Chas McCrae was ecstatic.

Results were:

- 1st – Knox(43.04) Paul Twining, Julie Norney, Graeme Letticq, Bert Pelgrim
- 2nd – Diamond Valley(43.26) Rob Wendel, Ruth Reidy, Gary Hamet, Antony Milovac
- 3rd – Springvale(43.59) Peter Field, Theresia Baird, Tony McGarrigle, John Newsom

Fastest times were: Female – Julie Norney (Knox) – 11.28
Male – Tim Crosbie (East Burwood) – 9.29

In the Fun Run division 22 teams competed. The Springvale team of Rob Clutterbuck, Paul Winterton, Alan Bennie and Ross Martin took line honours in 45.29.

The estimated time team walk attracted 6 teams, with a team from Frankston (Gwen Steed, John Hallo and Heather Lancaster) finishing only 9 seconds from their estimated time.

A total of 9 venues were represented and a good night was had by all. A fine supper was enjoyed after the serious business of competing where the great comradeship of the Veterans showed through with much discussion on how everyone was running. Thanks to all who helped, particularly all those who helped provide the supper.

In the News

That great athlete, Rudi Hochreiter is in the media again, this time the Geelong Independent newspaper on 19th July. Over the past 30 or more years as a veteran (he was one of the original athletes in the 1972 Australian team that toured Europe and Britain) he has accrued over 370 gold, 146 silver and 34 bronze. Judging by the numbers, Rudi has a definite inclination to winning. He carried the Olympic torch in 2000, was awarded the Australian sports Medal and was Geelong Sportsman of the year in 1975.

VVACI Annual General Meeting

Monday, 5th May 2003

The 31st Annual General Meeting of the Victorian Veterans' Athletic Club Inc., will be held at Duncan McKinnon Park, cnr Murrumbeena and North Roads, Murrumbeena, on 5th May commencing at 7.45pm.

Agenda

1. Confirm Minutes of last preceding AGM (and of any general meeting held since that meeting)
2. Presentation and receipt of the Annual Report and audited financial statement.
3. Ballot for the election of the (named) Executive positions and members of the General Committee
4. To receive and consider the statement submitted (by the Association[Club] in accordance with Section 30(3) of the act
5. Election of Auditor(s)
6. Declaration of result of election ballot of (named) Executive positions of the Committee.
7. Declaration of result of election ballot of members of the General Committee.
8. Declaration of result of election of other Executive positions of the Committee.
9. Election of Life Members
10. Presentation of special award trophies, (or similar. etc.)
11. Other general business of which notice has been duly given.
(See insert in this issue for proxy votes)

NOTE:All items above are required according to the Constitution.

Cut here and return to the Hon Secretary, 4 Victory Street, MITCHAM VIC 3132

VVACI Committee Nomination Form - 2003

Nominations close 8.00pm, 28th April 2003

Nomination for (insert position as listed below)**

Name of Nominee

Signatures (3)Proposer

.....Seconder

.....Nominee

**insert one of the following:-

President(1 position), Hon. Secretary (1), Hon. Asst. Secretary (1), Hon. Treasurer (1), Vice President (2), Club Captain (1), Vice Captain (1), General Committee (7 positions), Hon Auditors (2 max)

ANNUAL GENERAL MEETING VICTORIAN VETERANS' ATHLETIC CLUB INC.

Monday, May 5th 2003 at Duncan McKinnon Park, Murrumbena

All athletes are cordially invited to the AGM, held this year at the Duncan McKinnon club-rooms. Please make special note of the notice of motion on the opposite page. Members are asked to either fill out and return the proxy vote form to the secretary at least one day before the meeting, earlier if possible OR make your vote at the AGM. As well, please seriously consider the secretarial vacancies, as the Club will not function unless they are filled. Contact the current secretary if you want further information.

Vacancies on Committee

All positions are available for election, but there are specific vacancies for
Secretary
Assistant Secretary
Club uniforms and clothing sales and storage

Secretary Job Description

Have your home address as the registered office of the club. Receive and deal with mail.
Have an e-mail address. Receive and deal with e-mail.
Have an entry in the telephone directory with your phone number as the club phone number.
Receive and deal with phone calls.
Be the public officer of the club in legal matters.
Issue notices of club activities.
Prepare an Annual Report.
Be the liaison person between the club and other bodies such as Athletics Victoria, Athletics Australia, Australian Masters Athletics, and semi-government organisations.
Communicate with the club's editor, webmaster and venue managers, passing on news and results or fixtures as required.
Be a resource person who either knows the answer to queries or to whom to pass on the queries.
Deal promptly with all queries.
Attend club committee meetings and general meetings.
Attend, or appoint a delegate to, Australian Masters Athletics annual general meetings.
Maintain a stock of club stationery and promotional material.
Operate a club secretary's bank account with cheque book.

Assistant Secretary Job Description

Receive and deal with mail and e-mail.
Receive and deal with phone calls.
Co-operate closely with the club secretary.
Communicate with the club's editor, webmaster and venue managers.
Be a resource person who either knows the answer to queries or to whom to pass on the queries.
Deal promptly with all queries.
Attend club committee meetings and general meetings.
Take minutes of committee meetings and general meetings, type them up and distribute them to committee and venue managers.
Maintain records of past minutes.
Maintain a stock of club stationery and promotional material.

NOTICE OF MOTION

To be presented at the AGM on 5th May

That the name of the club be changed so that the new name incorporates the word "Masters" in lieu of the word "Veterans"

Moved: Anthony J. Bradford

Seconded:

J. Donald McLean

In the event of this motion being passed, the following two options will be put to the vote.

"Masters Athletics Victoria"

"Victorian Masters Athletics"

This change to the constitution would require a 75% majority of the votes to be in favour of the first motion. Voting at the AGM is open to members who are financial for 2003 or who were financial in 2002. Proxy votes are available to the same categories of members if they do not attend the meeting. Proxy votes must be made on this form and be in the hands of the secretary, Dot Browne, at least 24 hours before the meeting. Proxy voters must nominate a person who will attend the meeting as their representative. It would be acceptable to nominate Dot or Colin Browne as they will attend the meeting.

Post proxy votes to: Dot Browne 4 Victory Street MITCHAM VIC 3132

FORM OF APPOINTMENT OF PROXY

I

of

being a member of the Victorian Veterans' Athletic Club Inc.

hereby appointof

being a member of that Incorporated Association, as my proxy to vote on my behalf at the annual general meeting to be held on the 5th day of May, 2003, and at any adjournment of that meeting.

My proxy is authorised to vote **in favour of / against** (delete as appropriate) the resolution:

That the name of the club be changed so that the new name incorporates the word "Masters" in lieu of the word "Veterans".

In the event of this motion being passed, I vote for the name of the club to be:

"Masters Athletics Victoria" **"Victorian Masters Athletics"**

(mark the box to indicate your preference)

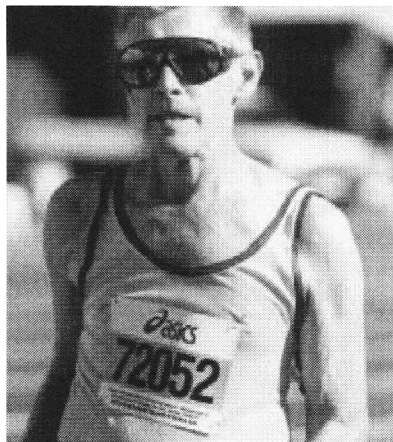
Signed Date/...../.....

VALE

Peter Waddell

Peter Waddell died of cancer, aged 71. He had been involved in the sport of athletics for over 50 years in numerous capacities including as an athlete, coach, administrator, National selector, statistician and author, and member of the ACT Vets since 1980. In his early years, he represented NSW 35 times and broke the Australian 50km walk record in 1955 in a time of 4hr 53min.

Peter was the current President of the Australian Federation of Racewalking Clubs, a position he had held continuously since 1972. Peter was an integral part of the success of the Australian Federation Lake Burley Griffin Race Walking Carnival held each June long weekend for racewalkers throughout Australia.



"Peter's enthusiasm for race walking would rub off on all new walkers," commented Lachlan Wilkinson secretary of the ACT Race walking club. "Very few people have the depth of knowledge of racewalking that Peter had. He had a memory for details except for when it came to his own career!"

The ACT Vets held the Waddell series as a major part of their program. He was always ready to help or add his quick wit and dry sense of humour. Peter was awarded the Australian Sports Medal in 2000.

ACT hosted a Peter Waddell Memorial Day on Sunday 2nd February 2003, which included a race. Winner of the women's 10km event Jane Saville, said, "It shows the respect Peter had in the racewalking community and the athletic's community".

Valery Brumel

Soviet high jumper Brumel died recently at a Moscow hospital after a protracted illness at the age of 60. He won the silver medal at the 1960 Rome Olympics and the gold at the 1964 Tokyo Games, as well as the Soviet champion from 1961-63 and the world record holder from 1961-71. He set six world records from 1961 to 1962. In 1963, he cleared 7-5, a record that stood until 1971.

In 1965, his right foot was smashed in an accident while riding on the back of a motorcycle. He spent six years working to regain his form and eventually cleared 6-11.

Brumel made a masters comeback in his 50s, competing in the 1997 Durban WAVA meet. He was set to jump at Gateshead in 1999, but he had a visa problem and couldn't attend.

Harry Preston

Harry was born in Newport in March 1911, and passed away on 27th December 2002, approaching his 92nd birthday. He grew up in the Western Suburbs, becoming the Victorian Middleweight Boxing Champion at 21, (under the name Henry James, so that his mother would not find out).

He became a wood turner and cricket bat maker, supplied the cricket stumps and bails used at the MCG. For many years he was known locally as 'the Batman'.

At the age of 68, Harry became a member of the Victorian Vets, becoming a loyal and dedicated member of the Altona Venue, participating fully in the club activities, including Victorian and Australian Championships, until his health deteriorated last year, and even after that, doing laps of the oval hauling his oxygen cylinder trolley whilst we did our events.

At the time of his death, Harry, known as Young Harry by most Athletes, held the Victorian records for the 10,000 metre run for the 85 to 89 age group, and the 1,500 metre run for the 90 to 94 age group.

He was liked and respected by members, and was a matchmaker to two of our club members, bringing them together, and chaperoning them on the venue weekends away prior to their marriage. He told one of our members a few weeks before his death that Athletics had made the last 20 years of his life exceptionally enjoyable.

Harry and his wife, Grace, had 2 children, they produced 6 children and at last count, 6 great grand children. Harry was proud of his family, and took great interest in their sporting pursuits.

The Victorian Veterans were well represented at his funeral. His family has offered to sponsor an event at the Altona Venue in Harry's memory.

Chris Brasher

Chris died on 28th February from rampant cancer despite having spent a month climbing in the Austrian Alps just before Christmas. He was one of the great athletes of last century, not just because he won the 3000 metres steeplechase in the Melbourne Olympics, but from his determination to push himself to the limits and the great influence he had fellow athletes.

Brasher introduced Chris Chataway and Roger Bannister to his coach Franz Stampfl, which led to that famous, yet manufactured and totally illegal according to the IAAF rules, day at Oxford on 6th May 1954 when Bannister broke the four minute mile. Brasher was the pace-maker for the first half mile, then Chataway took over for the final two laps. Bannister, despite beating his main rival John Landy in the Vancouver Commonwealth Games that same year, retired at the end of 1954. Stampfl later migrated to Australia and became a very successful coach, centred around the Melbourne University track.

Brasher retired from athletics following the Olympics and devoted himself to journalism and mountaineering. Chris started the chain of Sweat Shop sports good stores and organised the first London Marathon in 1981.

Ron Campbell

Jeff Walker, a team mate and close friend of Ron, wrote to me to tell me that Ron passed away on 13th January this year after a eight week battle with liver cancer. He was best known in ultra-running circles but many of our members would know Ron or saw him perform on the track. His eulogy follows:-

It is an honour to have been asked to speak about Ron's running career. Just as Ron showed determination and strength throughout his life, he displayed the same qualities as a runner. After his family and work, running came a close third with Ron.

At age forty in 1983, Ron decided to give up smoking and turned to running as an outlet. He was soon pounding the pavement throughout Geelong. His progress was rapid and in only his second race, the Melbourne Marathon, he ran 2hr 45 minutes- a time most experienced runners would be very proud. Ron began attending Veteran Athletics at Landy Field on Wednesday evenings and together with Mike McAvoy featured in the weekly press reports as they dominated the races.

In the mid-eighties, Ron won the 50 mile Australian Championship at Princes Park. His efforts in the long distance events earned him invitations to both the Sydney to Melbourne race and the Colac Six Day event. Work commitments and a lack of sufficient support staff caused Ron to abandon thoughts of contesting either event.

At the World Vets Championship in Melbourne in 1987, Ron demonstrated his durability, running his fastest marathon of 2hrs 38 minutes, only a fortnight after running the Melbourne Marathon. Most runners take a couple of months off before contemplating another marathon. But not Ron.

In 1997, Ron ran up the Rialto, finishing second in his age group. He was also in the winning team in the Queenscliff Race the Steam Train. It was only through Ron's persistence that we ever received our prizes. "It's a bloody joke," Ron said. He pestered the organisers until the prizes arrived. The trophy cupboard continued to fill as Ron succeeded in numerous events. One prize Ron dearly wanted was a sash. Working on night shift made running with the Geelong Cross Country Club (GCCC) difficult but we worked out that this year Ron would turn 60 just before a half marathon where there was a sash for the first over sixty. Sadly Ron won't be a starter.

Ron liked to do things his way. He did very little stretching before races, preferring a long warm up run. Most nights at Vets he would run for an hour before the race. Other runners would try to talk Ron into doing some speed work but he preferred the relentless grind of long training. Ron disliked the cold weather, often saying the hotter the better. It was nothing to see Ron out near Fords in 35 degree heat one day and out past Waurm Ponds in similar weather the next day. Ron preferred running on footpaths and bike tracks. He disliked grass and gravel tracks. After being tripped over by a dog on one of his training runs along the river, Ron became very wary of dogs and their thoughtless owners.

Ron was very competitive during our training runs. If anyone new joined the group, Ron would put on the pace to try them out. Ron's watch was always 3 minutes fast and waiting for someone who was running late tested his patience. Gary Gibson once told Ron he ran 3 km the day before. Ron replied that he wouldn't put on his shoes for that.

Ron became involved in the Relay For Life fundraising event in 1999. Over the three years it has operated he has been the leading individual fundraiser and has also covered the most laps over that time. Apart from the thousands of dollars Ron raised, he also secured loads of goods which the organisers were able to use as spot prizes. It is ironic that Ron has succumbed to the disease he was raising money to eradicate.

As Colin Silcock-Delaney said to me, "Ron will be in running in heaven, I hope they've programmed plenty of long races." Ron has set a fine example for us all to follow- persistence, hard work, humility, compassion and love of family. Well run, Ron!

IAN PRESTEGAR MEMORIAL 10KM N.O.T. RUN EAST BURWOOD, 5TH DECEMBER 2002

By Bob Hayes (EB Co-Manager)

A field of 14 runners contested the 11th Annual Ian Prestegar Memorial 10km Run. To add a bit of novelty to the event, I, as organizer, decided to make the event a spiral race. Starting at the 200m mark on the track, 2.5 laps were run in lane one, followed by 3 laps in each of lanes two through to eight, moving out into lane nine in the home straight at the end to finish. In this format the race covers 23.5 laps instead of the usual 25.

Of course there were some grizzlers! "Why do it this way?" (*"We're trying something different for a change."*) "It'll muck up my rhythm and I won't know how I'm going." (*"You haven't done this before so how do you know?"*) "What about my lap times?" (*"It's a N.O.T. race so no watches are to be used or track clock on display."*) "I'll lose count of my laps and get confused." (*"Keeping count up to three is easier than keeping count to 25. After finishing each third lap move out a lane. When you reach lane eight you've got three to go. We also have a lap scorer to keep check."*) "What's the correct distance?" (*"10,013.5 metres*, it's shown on the entry sheet!"*)

Following this 'discussion', the Starter, Frank Tutchener, fired the gun and the race seemed to proceed without difficulty. The 'traditional' EB southerly breeze kept runners cool. Afterwards some confessed to 'liking' the format. "It didn't seem to take as long as a normal 10k - you could see where you were." "The lane changes helped me keep count." 2001 winner, Peter Field (Springvale), admitted, "I wasn't keen on the idea at first, but I had no problems. Advertise it as a spiral race next year. I'll come again!" Overall positive comments seemed to outweigh negative reactions. A minor 'glitch' concerned me. The lap scorer 'terminated' me a lap early so I had to disqualify myself!

The Perpetual Trophy (presented by Kath Prestegar) was won by newcomer at East Burwood, Mal Grimmett, who nominated 35:40 and clocked 35:41. Second was Peter Field in 39:11, four seconds faster than his predicted 39:15.

We'll do it again in similar format in 2003. However we may move the race to late October or early November to precede the Whitehorse Relay-For-Life Anti-Cancer Event in which EB annually participates. Come along and enjoy the fun! You'll also be supporting a worthy and vital cause!

*This figure was obtained from the Lane Distance Table provided by John Gosbell (previous EB Venue Manager).

	Name	Age	Nom	Clock				
1	Mal Grimmett*	36	35:40	35:41	8	Bob Hayes**	64	47:30 46:41
2	Peter Field	44	39:15	39:11	9	John Sutton	59	50:13 50:22
3	Sam DeFanis	54	40:59	41:22	10	John Bell	58	51:30 50:54
4	Graham Philpott	59	40:30	41:32	11	John Cunningham	57	52:30 52:17
5	Bob Henderson	56	42:28	42:16	12	Gerry Clarke	65	59:00 53:00
6	Michael Richards	50	43:50	42:43	13	Kath Prestegar	52	53:40 54:41
7	Rob Baulch	54	46:43	46:06	14	Tony Martin	74	55:20 55:54

*Perpetual Trophy Winner **Ran one lap short - disqualified

NEW RECORDS by Victorians

<i>Age</i>	<i>Event</i>	<i>Name</i>	<i>State</i>	<i>Perf</i>	<i>%Std</i>	<i>Date</i>	<i>Location</i>
Pending World Records:							
M90	Decathlon	Vic Younger	Vic	4199pts	49%	23-2-03	QEII, Brisbane
W75	Mile Run	Corrie DeGroot	Vic	8:59.4	73%	27-2-03	East Burwood, Vic
W80	Hammer	Gwen Davidson	Vic	21.27m	76%	2-3-03	Murrumbeena, Vic
W80	Weight Pent	Gwen Davidson	Vic	4308pts	62%	2-3-03	Murrumbeena, Vic
Australian Records:							
W30	Triple Jump	Irie Hill	Vic	11.29m	75%	8-10-02	Olympic Park, Vic
W30	Pole Vault	Irie Hill	Vic	4.00m	95%	11-10-02	Olympic Park, Vic
W55	1500m	Ann Holcombe	Vic	5:00.1	94%	23-11-02	Murrumbeena, Vic
M35	200m	Peter O'Dwyer	Vic	21.98	92%	30-11-02	Geelong, Vic
M60	300m Hurdles	Richard Trembath	Vic	45.6	92%	12-12-02	East Burwood, Vic
M45	3k Walk	Paul Kennedy	Vic	12:50.2	91%	11-2-03	Aberfeldie, Vic
M90	Long Jump	Vic Younger	Vic	2.25m	63%	22-2-03	QEII, Brisbane
M90	Shot Put	Vic Younger	Vic	5.86m	76%	22-2-03	QEII, Brisbane
M90	High Jump	Vic Younger	Vic	0.92m	79%	22-2-03	QEII, Brisbane
M90	Pole Vault	Vic Younger	Vic	1.15m	49%	23-2-03	QEII, Brisbane
M90	Javelin	Vic Younger	Vic	13.30m	47%	23-2-03	QEII, Brisbane
M70	Hammer	Wim Van Weenen	Vic	48.74m	92%	23-2-03	Murrumbeena, Vic
M75	Mile Run	Bob Lewis	Vic	6:33.1	84%	27-2-03	East Burwood, Vic
M75	Mile Run	Brenda Riley	Vic	6:34.4	84%	27-2-03	East Burwood, Vic
W80	Discus	Gwen Davidson	Vic	15.10m	58%	2-3-03	Murrumbeena, Vic
W60	3k Walk	Gwen Steed	Vic	17:29.19	85%	8-3-03	Olympic Park, Vic
Victorian Records:							
M60	400m	Richard Trembath		59.8	89%	21-1-03	Doncaster, Vic
M90	Discus	Vic Younger		13.72m	51%	23-2-03	QEII, Brisbane
W50	Mile Walk	Heather Carr		7:58.4	92%	27-2-03	East Burwood, Vic
W45	Mile Walk	Alison Thompson		8:08.7	87%	27-2-03	East Burwood, Vic
W60	Mile Walk	Brenda Riley		8:49.7	92%	27-2-03	East Burwood, Vic
M55	Mile Walk	Alan Lucas		8:50.7	75%	27-2-03	East Burwood, Vic
M60	Mile Walk	Dave Herbert		9:01.6	78%	27-2-03	East Burwood, Vic
W55	Mile Walk	Celia Johnson		9:04.0	82%	27-2-03	East Burwood, Vic
W40	Mile Walk	Sandra Howorth		9:38.9	68%	27-2-03	East Burwood, Vic
W65	Mile Walk	Margaret Beaumont		10:44.7	77%	27-3-03	East Burwood, Vic
W75	Mile Walk	Jean Knox		10:59.5	86%	27-2-03	East Burwood, Vic
W65	Mile Run	Anne Callaghan		9:03.4	63%	27-2-03	East Burwood, Vic
W80	Shot Put	Gwen Davidson		5.92m	76%	2-3-03	Murrumbeena, Vic
W80	Javelin	Gwen Davidson		11.60m	46%	2-3-03	Murrumbeena, Vic
W80	Weight Throw	Gwen Davidson		7.37m	55%	2-3-03	Murrumbeena, Vic
W45	Long jump	Salli-Ann Lee		4.81m	81%	7-3-03	Olympic Park, Vic
W45	High jump	Salli-Ann Lee		1.43m	85%	9-3-03	Olympic Park, Vic

Clyde Riddoch, AMA & VVACI Records Officer, 5/38 Bank Street, South Melbourne Vic 3205
 Telephone 9204-7085(B), 9690-2903(H), Fax 9204-7080, Email: clyde.riddoch@auspost.com.au

E-mailing of News and Results

When we tried to send News and Results by e-mail, 50 were returned as non-deliverable. This could have been because of bad addresses, change of server, refusal by corporate employers to pass it on, or other reasons. This caused the club to spend time and money on replacement postage.

Please inform us of any change in your e-mail address.

So, how do you want your *News and Results*?

There is a definite saving to the Club if we send out New and Results by email or, in the future, we put it on the VicVets website. Postage is expensive and can double the cost of printing to get it to you. There are ways of reducing postage costs, as well, but if the address is incorrect or your email address has disappeared then the re-send cost is expensive. To avoid this please inform Colin Browne of any changes to you mailing or email address. His contact details are on page 2. If the way that you get the magazine needs to change, please fill in the bottom part of this page and get it to Colin to process.

- I want *News and Results* by email, rather than by post
- I want *News and Results* by post, rather than email
- My new email address is
- My new postal address is
.

Name

EAST BURWOOD PARLOUF RELAY EVENING

14 November 2002

By Bob Hayes, EB Co-Manager

The Annual Parlouf Relay Evening again saw keen competition in all events. Terry Dunn (Croydon) captured the 2km N.O.T. Walk trophy, narrowly from Celia Johnson, and Ray Vallance (ex. EB, now with Southern Peninsula) won the 2km N.O.T. Run. The 1600m Parlouf Relay saw a clear win to the 'Doncaster Gold' team by around 8 seconds from 'Doncaster Red'.

The race clearly demonstrated the depth of Doncaster Venue's sprinters. In the main event, the 10km Parlouf Relay, the Challenge Trophy (for outright fastest team) was won by 'East Burwood Warriors'. Worthy of special mention is the effort of Andrew Fraser (an EB Co-Manager) who substituted for an absent team member. Andrew suffered a severe injury in his first race at the WMG and probably should not have attempted an event requiring twenty 100m reps. Nevertheless he did and was a great contributor to the team's success. (Wife, Glenda was not pleased when he arrived home proudly showing his victory medal.) Andrew has now had his 'op.' and we hope is well on the way to full recovery and fitness. The 10km Parlouf Relay 'Nominate Team Time' was won by 'EB Take Off Five' who ran within six seconds of their predicted time.

Following the track action a traditional EB Pancake Supper was enjoyed by the around 90 members and friends in attendance. A big thankyou to Gary Mahon, who took over the task of 'Head Cook and Organizer' (in the absence of Eric Davidson who was missed by all), and his helpers. Thanks also to Andrew Fraser for again generously donating the delicious strawberries. Overall a very successful and enjoyable evening! Just a pity that full relay teams representing venues apart from Doncaster, East Burwood and Southern Peninsula (who travel from over 80km each year to loyally support the event) failed to appear. One composite Knox/Croydon team competed and we were also pleased to have invitees 'Waverley Basketballers' join in for the second successive year. Full results follow:

2km Run or Walk N.O.T.

Place	Name	Age	Event	Nom.Time	Clock
1	Ray Vallance *	58	Run	9:00	9.06 (+6s)
2	Elaine McLean	46	Run	12:07	10:39
1	Alan Lucas	54	Walk	11:20	11:12
2	Celia Johnson	55	Walk	11:35	11:33 (-2)
3	Lee Pownall	59	Walk	12:32	12:23
4	Terry Dunn **	65	Walk	12:30	12:29 (-1)
5	Annette Hawking	52	Walk	14:15	14:02
6	Marlene Petroff	60	Walk	14:46	14:07
7	Phyllis Gosbell	64	Walk	14:38	14:49
8	Shirley Coppock	66	Walk	15:03	14:56
9	Chas McRae	70	Walk	15:20	15:01
10	George Simons	67	Walk	17:00	16:31
11	Barbara Brooks	68	Walk	18:10	17:57

* Run winner **Walk winner

EAST BURWOOD PARLOUF RELAY EVENING (Cont.)

1600m Parlouf Relay

Team Name	Team Members	Time
1 Doncaster Gold	Alan Sinclair, Richard Trembath, Phil Rosevear, Rod Jellett	3:52.9
2 Doncaster Red	Ian McLeod, Leo Charles, D. Anderson, Darren Arthur	4:01.2
3 Waverley B'ballers	Adam Rieusset, B Matthews, Kristy Bloomfield, Julie Crothers	4:26.0
4 East Burwood A	Fiona Johnston, Natasha DeKlerk, Marlene Johns, Keith Piper	4:37.2
5 Doncaster Green	June Reeves, Jan Burrows, Kathleen Cook, Ron Arthur	4:51.1
6 The Cripples (EB)	Brian Holcombe, Horacio Diaz, Eddie Stack, Allan Wood	4:57.2

10km Parlouf Relay

Team Name	Team Members	Nom.	Actual
1 EB Warriors*	A Holcombe, G Philpott, A Ryan, W James, A Fraser	28:00	26:42
2 Sth Peninsula A	B Fry, M Bentley, M Brook, G Lovejoy, B Carr	28:30	27:38
3 Wav B'ballers	Rieusset, Matthews, DeMark, Bloomfield, Townsend	28:00	28:33
4 Sth Peninsula B	D Petroff, B Pownall, H Carr, D Ardley, Ken Taylor	29:50	30:01
5 Sth Peninsula C	L Ardley, J Taylor, L Pownall, K Radford, A Bennie	35:00	33:10
6 EB Over 70s	C DeGroot, T Martin, V O'Brien, F Tutchener, Bob Lewis	34:00	36:09
7 Knox/Croy Kroks	C McRae, G Simons, A Callaghan, T Dunn, P Gosbell	34:40	37:11
8 EB Take Off Five	M Richards, A Pelgrim, M Hutchison, DeFanis, Henderson	38:50	38:56
9 EB 'Their Way'	J Sutton, R Baulch, K Parker, H VanDerNagel, B Hayes	39:00	39:51

*Challenge Trophy Winners were East Burwood Warriors

**Nominate Team Time Winners were East Burwood Take Off Five

COBURG HARRIERS FUN RUN PROGRAM 2003

Harold Stevens Athletic Track Coburg. Phone 9386 9251

Sat/Sun Apr 12/13: Coburg Ultra Carnival 24hr, 12hr & 6hr, 10am start.

This is our premier event comprising the Victorian 20th Annual 24 Hour Track Championship, the 19th Australian Centurions 24 Hour Track Championship Walk This year in addition to the 24 Hour Run/Walk Race we continue the 6 Hour (two Heats) & 12 Hour Run/Walk events.

ENTRIES : \$ 50 - 24 Hour; \$ 40 - 12 Hour; \$ 30 -6 Hour; \$ 80 - 12 Hour Relay Team The Relay is a 12 hour event for teams of 8 runners / walkers, starting at 10pm on the Saturday, finishing 10am Sunday.

Phone Tim Erickson 03 93792065.

Harold Stevens Athletic Track, Outlook Rd. Coburg, Melways 18 A10.

OTHER EVENTS: (phone Harold Stevens 03 93869251)

Sun May 18, 9am: Coburg Fun Run, 12km run, 4km run/walk.

Sat June 14, 2pm: Coburg Bluestone Classic 15km cross country, 7km run/walk, Sun July 20, 9am: Coburg Half Marathon, 21.1km bike path course, 6km run/walk.

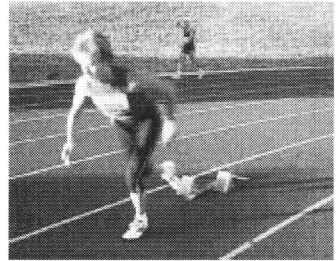
Sun Aug 24, 9am: Coburg Fun Run, 12km run, 4km run/walk.

Rule Changes Further Enhance the Landy Trophy

Despite the spectacular success of the 2003 edition of The Landy Trophy, Doncaster venue officials have resolved to make further adjustments to the rules in a bid to enhance the event even further. Lack of support from walkers has seen the walk heat deleted, thus leaving the event with two rounds of eight heats, over 200 metres and 1000 metres, and two finals over 400 metres, all to be run from handicaps based on the age-graded percentage table. It is envisaged that the program might be extended to 20 races by the addition of two events for athletes outside the Victorian Veterans' Athletic Club, but details are yet to be determined.

The principal change to the rules will ensure that both finals, The Landy Trophy and the Consolation Final, have fields of not less than seven nor more than eight. Under the rules which have been in place during previous years, fields of only five have contested the past two finals. This year runners required 20 points (or wins in both their heats) to make the final, whereas in previous years 18 points, or a first and a second, had been good enough to get in.

Under the new system it seems likely that most, if not all, of those who finish with 18 points will qualify for the final. If there are seven runners with 18 points or more, the field size will remain at seven, but if there are more than eight, it will be reduced to eight by ballot. In the unlikely event of there being only six or fewer runners on 18 or more, those on 17 (a first and a third) will go into a ballot to make the field up to eight. Those who miss out in a ballot will be the first qualifiers for the consolation final, the field for which will be selected according to the same conditions.



Kathy Heagney streaking out of the blocks

The rules in the past had been designed to discourage runners who won their first round heats from giving themselves an 'easy run' in the second round in the knowledge that 18 points would get them into the final. There is no doubt it came as a shock to some competitors this year when the 18s missed out and Doncaster officials are confident that in future years all runners will go into the competition knowing that, whereas 18 *might* get them in, the only way to be sure of qualification will be to extend themselves in both heats in an endeavour to finish on 20.

Criticisms of the handicapping system and the fact that this year's winner, 81-year-old Mike Johnston, scored with ridiculous ease have been discounted by Doncaster officials. "The only thing wrong with the handicapping system is that Mike Johnston is a champion and outclassed his rivals", said venue manager Richard Trembath. "It's just unfortunate that because he's the oldest competitor in the event, he's the frontmarker anyway and this time it possibly robbed the race of looking like a real contest.

Rule Changes Further Enhance the Landy Trophy (Cont.)

“If you had a backmarker or a middle-marker who had so much in class over their rivals, they’d win, too, and everyone would be saying what great athletes they were to come from so far back and win so easily.

“Mike wasn’t the only world level gold medallist in The Landy this year, but he was the only one who held the world record in his age group, and it showed,” Trembath added. Trembath also rejected suggestions that The Landy Trophy should be a ‘time handicap’. “People obviously don’t understand that it’s already based on time,” he said. “In simple terms, the way the handicaps are calculated is to assume that the backmarkers, that is anyone in the M35 category, will run 200 metres from the scratch mark in, say, 24.0 seconds.



Stewart Handasyde

“You then use the age-graded percentage table to calculate how far, say, an M60 competitor, running at the same level, will run in 24.0 seconds. “If the answer to that is 160 metres, then he gets 40 metres start. “If you calculate that a W70 will run 130 metres in 24.0 seconds, then her mark will be 70 metres,” he explained. “In other words, each competitor’s mark is such that, according to the age-graded table, they should be able to reach the finishing line in 24.0 seconds. “So if they all run to 100%, the race will result in an eight-way dead-heat and the time will be 24.0 seconds. “If they all run to an identical lower percentage, say 80%, it will still be an eight-way tie, but the time will be slower.

“What produces wide margins is that Mike Johnston can regularly run at close to 95% and most of his rivals, even the best of them, battle to get much above 85%. “It’s just a fact of life that in any race where there is one champion and a group of lesser competitors, the champion will win and it doesn’t matter much whether his name is Phar Lap, Mike Johnston or Ian Thorpe,” he added. “With Mike, the only question was always going to be whether, at age 81, he was going to be able to come up for three runs in the space of an hour and a half.



“He admitted himself he wasn’t confident he could, but the fact is that he did and ‘blew them away’.

“What you’ve got to remember, though, is that next year he’ll be 82 and who knows whether or not he’ll have a sore foot. Keith Howden and Ann Holcombe would have been two of the main contenders this year, but they suffered injuries on the eve of the race. That’s the nature of veterans’ athletics. If they had betting on it, at this stage Mike Johnston would be pre-post favourite for next year, but it would be a brave man who’d bet on him just yet,” he said.

New Brochure for VicVets

We're after a person, with DTP, printing or graphic design background, to help Colin Browne produce a coloured brochure advertising the club to potential new members. Our existing one has done good service but is out of date and needs replacing. We need expertise on the art work, placing the job with a printing firm and securing sponsorship for the costs. Contact Colin on 9874-2501

TELSTRA AUSTRALIAN MASTERS CHAMPIONSHIPS

Perth, 18-21 April 2003

PRE AND POST GAMES COMPETITION

Thursday 10 April

5.45–7.45 pm McGillivray Oval, UWA Sports Ground
(1km from Perry Lakes – grass track) Cost per person \$2.00 Order of events:
6.00pm 200m, 1500m run/walk, long jump, 100m, 3000m run/walk
6.00 pm Javelin, Discus

Sunday 13 April

8.00 am McCallum Park, Victoria Park (no entry fee)(south side of river, 3km from CBD) 16km, 10km, 5K Road Run, 10K, 5K Road Walk

Sunday 27 April

8.00 am Reabold Hill Cross Country, Perry Lakes (no entry fee)
(1km west of Stadium) 8km, 5km run, 6km walk

Victorian Commonwealth Games Fun Run / Walk

Sunday 30th November 2003

Come along and join in the fun with 4 time Olympic representative Steve Moneghetti in the inaugural Commonwealth Games Fun Run/Walk along the Whitehorse Mega Mile.

All finishers will receive the commemorative "Moneghetti Medal" and showbag. The event will be followed by a community festival at the Whitehorse Civic Precinct with live entertainment, music, community stalls and the opportunity to meet elite athletes (Commonwealth, Olympic & AFL) making it a day to remember.

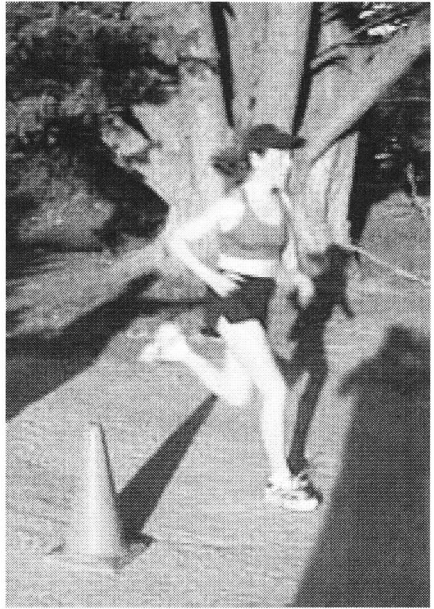
Participants will start and finish at the Whitehorse Civic Precinct running / walking a loop course along Whitehorse Road for a total course length of 6km.

Contact Athletics Victoria or email: vcgfunrun@athsvic.org.au for further details.

Lindsay Thomas Memorial Run

A very pleasant night greeted us at Braeside Park on Wednesday 15th January 2003 for the running of the 11th annual Lindsay Thomas Memorial and conditions were ideal for running. Lindsay was a very popular person and each year a large number gather to honour him.

This year we had 146 competitors, just short of our best ever, in the 3 events conducted - 55 in the 10km run, 47 in the 5km run and 44 in the 5km walk. The distances are a bit longer than 10/5km - approx 10.4/5.2km, but that is not important. What is important is that we remember Lindsay. Among the competitors were 46 visitors, members of Lindsay's family and friends - a testament to Lindsay's popularity. We also

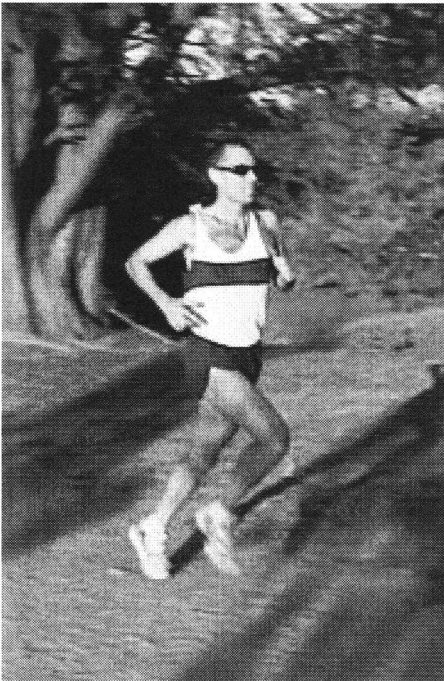


Kate Weeks - fastest female

had competitors from 9 different venues and we thank them for attending.

Thanks go also to Ken Hough, who was instrumental in starting the event 11 years ago and continues as chief organiser of what has always been a well conducted event. Ken of course continues to be encouraged by the large crowd that turns up. There were a number of other people who helped to make the event successful, including those who donated spot prizes. In particular, Mick Colgan, who marked out the course, took entries, recorded results etc and Wendy Greaves, Celia Johnston and Jenny Field who were the architects behind a great spread for supper.

In the 10.4km event, Mal Grimmett set the early pace and ended up a comfortable winner from Jeff Boot, with Martin Leggett



Mal Grimmett - fastest male

Lindsay Thomas Memorial Run (Cont.)

finishing strongly for third, just ahead of John Newsom, who was the first over 50 across the line. In the ladies, Kate Weeks ran strongly to end up the victor, but was pressured all the way by the evergreen Theresia Baird who continues to defy the aging process. Jenny Dowie, who was visiting from Warrnambool finished a solid third.

Results of the events were:

10.4km run Male/ Female

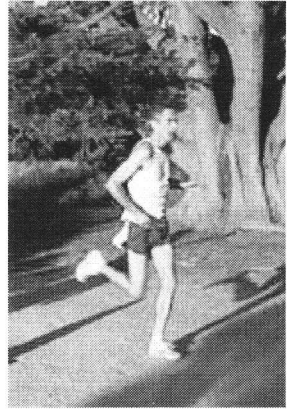
1st Mal Grimmatt (Frankston) 37.11/ Kate Weeks (Mentone) 41.40
 2nd Jeff Boot (Caulfield) 37.56/ Theresia Baird (Springvale) 42.06
 3rd Martin Leggett (Frankston) 38.29/ Jenny Dowie (Warrnambool) 43.19
 1st over 50 (not placed)
 John Newsom (Springvale) 38.46/ Petrina Trowbridge (Collingwood) 45.07

5.2km run Male Female

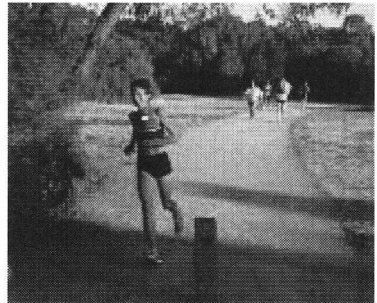
1st Jim Peterson (Caulfield) 19.02/ Jenny Field (Springvale) 28.15
 2nd Jim Berrington (Caulfield) 19.31/ Judy Davison (Springvale) 29.00
 3rd Paul Winterton (Springvale) 20.43/ Jean Onley (Springvale) 34.59

5.2km walk Male Female

1st Tony Doran (Springvale) 31.09/ Heather Carr (Tootgarook) 28.24
 2nd Ron Biltston (Caulfield) 32.06/ Gwen Steed (Mentone) 31.20
 3rd John Hallo (Frankston) 32.44/ Celia Johnston (Springvale) 31.43



Jeff Boot



Theresia Baird placed 2nd



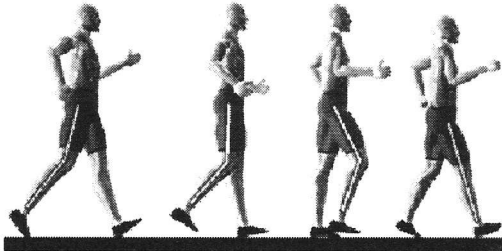
Some of the middle field enjoying the pleasant weather and scenery of Braeside Park

Legal Walking Technique

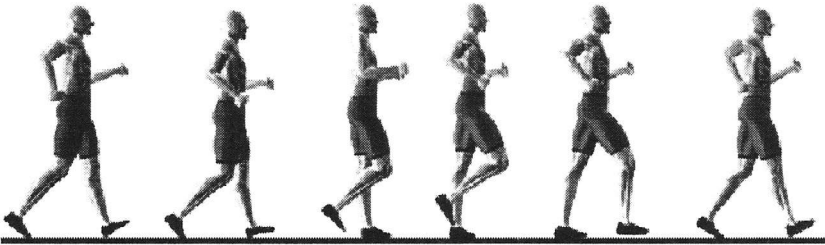
Frank McGuire often sends me reminders of the correct technique for race walking. He should know as he's a top walking official.

Knee Action

The knee must be straight from moment of heel contact until the support leg is in the vertical position (see figure below.) The knee is flexed in the recovery swing, since short pendulums swing faster. The point at which the rear leg starts to bend varies between individuals. The optimum point for it to bend depends upon structure, flexibility and strength of the athlete.



WATCH FOR: The lead knee swinging through high. This is often due to a habit carried over from running (see figure below). This wastes energy and may lead to legality problems.



WATCH FOR: Bent knee on heel contact. This is illegal. Causes are overstriding in front of the body, inadequate quadriceps strength and tight or weak hamstrings.

WATCH FOR: The lead knee bending before the leg is vertically upright. This is illegal. For reasons as stated above. In addition, it may be caused by the athlete trying to walk at speeds faster than their fitness level can sustain.

Thanks goes to www.thewalkingsite.com and www.racewalk.com for the valuable information and diagrams.

Athletics Victoria Victorian Combined Event Championships

Olympic Park - Melbourne - 12/14/2002 to 2/15/2002

Heptathlon Women 35+

Athlete	Hurd	HJ	SP	200m	LJ	Jav	800m	Total
1 Karen Sheehan	22.00	1.16	5.68	32.5	3.86	16.79	02:51.8	2083

Heptathlon Women 40+

Athlete	Hurd	HJ	SP	200m	LJ	Jav	800m	Total
1 Christine Bridle	15.36	1.36	8.11	30.01	4.31	20.93	02:50.9	3293
2 Susan Chapman	15.07	1.36	6.05	30.74	3.95	16.92	02:47.3	3028

Decathlon 40+

Athlete	100m	LJ	SP	HJ	400m	Hurd	Disc	PV	Jav	1500m	Total
1 Andrew Farr	14.49	5.00	8.77	1.38	67.36	22.61	22.51	2.90	45.93	05:30.7	3289
2 Terry Hicks	13.14	5.56	7.50	1.32	56.67	DNF	18.58	2.30	19.98	04:59.3	3241
3 William Barker	13.09	5.28	8.78	1.44	59.62	26.42	17.98	NH	34.81	05:20.1	3147
4 Mark Cauchi	14.03	4.88	7.51	1.44	66.51	20.21	22.69	2.40	17.94	06:07.7	2812
5 Clyde Riddoch	15.48	4.24	8.12	1.38	67.62	24.86	29.10	2.00	35.66	05:25.1	2706
6 Greg Simpson	13.97	4.51	6.91	1.41	63.86	28.56	18.14	2.50	26.47	05:21.6	2696
7 John Neale	14.33	4.18	8.19	1.32	66.95	DNF	25.62	2.00	27.39	DNF	2133

Victorian Veterans T&F Pentathlon Titles 2003

16th March, Duncan McKinnon

M30	LJ	JT	200	DT	1500	Total
1 JOHN KERAMIDAS, CAU	3.85	26.53	26.7	17.31	6m40.7	1229
M40	LJ	JT	200	DT	1500	Total
1 BRETT CURRIE, MEN	4.82	20.51	27.1	18.52	5m29.2	1985
M45	LJ	JT	200	DT	1500	Total
1 GREG SIMPSON, PRO	4.59	31.74	28.2	20.07	5m37.0	2305
2 CLYDE RIDDOCH, CIT	3.97	34.71	31.8	29.55	5m40.9	2152
3 DENIS THORNTON, CAU	4.26	22.66		11.87		790
M50	LJ	JT	200	DT	1500	Total
1 JOHN NEALE, ABE	3.30	29.24	47.2	31.87	7m20.3	1335
M55	LJ	JT	200	DT	1500	Total
1 PETER YOUNG, DON	4.38	38.81	63.0	36.12		1873
M60	LJ	JT	200	DT	1500	Total
1 GRAHAM PHILPOTT, E.B	4.42	23.80	30.3	15.71	5m08.7	2849
2 JIM POULTER, CIT	4.36	23.28	30.6	26.93	6m48.0	2550
3 TONY BRADFORD, ABE	3.29	22.13	30.0	24.83	6m28.4	2290
4 ANDREW FRASER, E.B	3.52	21.63	30.3	19.90		1682
M65	LJ	JT	200	DT	1500	Total
1 GRAEME NODEN, MEN	4.92	27.56	28.1	20.85	6m30.5	3353
2 MAX BROOK,S.P	3.46	16.19	32.5	19.49	5m53.9	2395
3 TERRY DUNN, CRO	2.56	32.60	35.7	25.84	7m05.1	2183
4 GEORGE SIMONS,CRO	2.94	19.09	35.7	24.69	7m42.1	1796
M70	LJ	JT	200	DT	1500	Total
NINO STANKOVIC ,THR	2.97	21.73	37.0	24.89	7m19.9	2210
M80	LJ	JT	200	DT	1500	Total
STAN STANKOVIC, THR	3.23	26.28	50.1	23.55		2288
M90	LJ	JT	200	DT	1500	Total
1 VIC YOUNGER, CIT	2.53	15.05	58.1	13.11		2673
W35	LJ	JT	200	DT	800	Total
1 LINDA BUTTIGIEG, CIT	4.14	20.46	28.9	23.06	2m50.2	2027
2 SHARYN CAULFIELD, KNO	4.40	15.41	29.5	20.33	2m59.4	1815
3 MARY GRAU, CAU	3.95	16.83	33.1	11.23		965
W40	LJ	JT	200	DT	800	Total
1 CATHY ORELLI, ALT	3.62	21.48	31.5	21.21	2m45.3	2052
W45	LJ	JT	200	DT	800	Total
1 CHRISTINE BRIDLE, CIT	3.95	20.26	29.5	14.14	2m44.2	2492
W50	LJ	JT	200	DT	800	Total
1 KATHY HEAGNEY, FRA	3.85	14.70	28.8	15.26	2m42.8	2783
2 JUDY CORAM, E.B	2.95	21.54	38.8	22.20	4m32.0	1469
W55	LJ	JT	200	DT	800	Total
1 RUTH WOOLCOCK, CRO	2.71	18.24	39.0	18.24	3m29.3	1883

2003 AV Victorian OPEN CHAMPIONSHIPS

OLYMPIC PARK, MELBOURNE - 7-9th March 2003

Athletics Victoria, in their State Championships, included a number of events for the 40-49 and 50 plus age groups to those athletes who were registered with Athletics Victoria.

Women 100 Metre Over 40			3 Coram, Judy	Vvc	22.15	
1	Lee, Salli-Ann	Mentone	4 Mussett, Lorraine	Vvc	14.51	
2	Bridle, Christine	Athletics Waverley	Men 100 Metre Over 40			
Women 400 Metre Over 40			1 Tuckett, Peter	Athletics Waverley	11.81	
1	Loizou, Bronwen	Frankston	2 White, Glenn	Box Hill	12.07	
2	Bridle, Christine	Athletics Waverley	3 Coghil, Phil	Box Hill	12.32	
3	Orelli, Cathy	Athletics Chilwell	4 Pocklington, Co	Box Hill	12.52	
Women 800 Metre Over 40			5 Hennessy, Gary	Coburg Harriers	12.52	
1	Loizou, Bronwen	Frankston	6 Clark, Charles	Old Melburnians	12.86	
2	Braakhuis, Julie	Ringwood	7 Livitsanos, Chris	Byc	13.14	
3	Griffiths, Gillianne	Glenhuntly	8 Simpson, Greg	Wodonga	14.30	
4	Orelli, Cathy	Athletics Chilwell	Men 400 Metre Over 40			
Women 3000 Metre Over 40			1 Tuckett, Peter	Athletics Waverley	52.22	
1	Galvin, Patricia	Bellarine	2 Baldwin, Terry	Athletics Waverley	52.98	
Women 3000 Metre Race Walk Over 40			3 Smith, Trevor	Richmond Harriers	53.98	
1	Fawkes, Jenny	Anw	4 Smith, Bernie	Diamond Valley	54.97	
2	Holmes, Janet	Glenhuntly	5 Coghil, Phil	Box Hill	55.36	
3	Rosenbrock, Car.	Anw	6 Clark, Charles	Old Melburnians	56.81	
4	Drennan, Carmel	Keilor St Bernards	7 Thomas, Mark	Frankston	57.11	
5	Howarth, Sandra	Vvc	8 McGee, Darren M	Athletics Waverley	57.50	
Women High Jump Over 40			Men 800 Metre Over 40			
1	Lee, Salli-Ann	Mentone	1	Smith, Trevor	Richmond Harriers	2:05.17
2	Bridle, Christine	Athletics Waverley	2	Crosbie, Tim	MalvernHarriers	2:05.62
Women Long Jump Over 40			3	Gibney, Matthew	Ballarat Harriers	2:06.74
1	Lee, Salli-Ann	Mentone	4	Muscara, Mario	Keilor St Bernards	2:08.88
2	Bridle, Christine	Athletics Waverley	5	Page, Colin	Vvc	2:11.44
Women Shot Put Over 40			6	Pelgrim, Bert	Ringwood	2:13.59
1	Howarth, Sandra	Vvc	7	McGee, Darren M	Athletics Waverley	2:16.84
2	Bridle, Christine	Athletics Waverley	8	Gibney, Paul	Wodonga	2:17.87
3	Lee, Salli-Ann	Mentone	9	Livitsanos, Chris	Byc	2:22.79
4	Drennan, Carmel	Keilor St Bernards	Men 3000 Metre Over 40			
Women Discus Throw Over 40			1	Milovac, Antony	Diamond Valley	9:02.39
1	Howarth, Sandra	Vvc	2	Crosbie, Tim	MalvernHarriers	9:05.01
2	Sheldon, Margaret	Vvc	3	O'Connor, Chris	Box Hill	9:11.60
3	Drennan, Carmel	Keilor St Bernards	4	Gibney, Matthew	Ballarat Harriers	9:17.38
Women 100 Metre Over 50			5	Boyle, Dennis	Byc	9:18.14
1	Cook, Kathleen	Vvc	6	Muscara, Mario	Keilor St Bernards	9:18.18
2	Coram, Judy	Vvc	7	Quirk, Steven	Traralgon Harriers	9:19.47
Women 3000 Metre Race Walk Over 50			8	Fitzgerald, Pete	Athletics Essendon	9:21.00
1	Carr, Heather	Vvc	9	Bowes, Phillip	South Melbourne	9:22.25
2	Steed, Gwen	Vvc	10	Pelgrim, Bert	Ringwood	9:23.10
3	Johnson, Celia	Vvc	11	Lynch, Chris	Diamond Valley	9:27.13
4	Orr, Shirley	Brunswick	12	Dent, Ian	Vvc	9:28.90
Women Long Jump Over 50			13	Gaffney, Peter	Keilor St Bernards	9:35.36
1	Coram, Judy	Vvc	14	Campisi, Joseph	Dls	11:02.37
Women Shot Put Over 50			15	Di Francesco, R	Glenhuntly	11:34.43
1	Schultz, Christine	Doncaster	16	Reghenzani, Steven	Mentone	13:12.90
2	Coram, Judy	Vvc	Men 3000 Metre Race Walk Over 40			
3	Bowles, Kris	Sandringham	1	Heywood, Colin	Diamond Valley	13:34.55
4	Mussett, Lorraine	Vvc	2	Kennedy, Paul	Muu	13:47.62
Women Discus Throw Over 50			3	Reid, Ross	Glenhuntly	13:49.58
1	Schultz, Christine	Doncaster				
2	Bowles, Kris	Sandringham				

2003 AV Victorian OPEN CHAMPIONSHIPS (Cont.)

4 Evans, Simon	Box Hill	14:20.36
5 Jones, Robert	Wendouree	14:24.65
6 Boddy, Harold	Corio	17:05.22
Men High Jump Over 40		
1 Baldwin, Terry	Athletics Waverley	1.75
2 Kelly, Stephen	Eaglehawk YMCA	1.70
2 Smith, Trevor	Richmond Harriers	1.70
4 Varigos, Greg	Glenhuntly	1.55
5 Simpson, Greg	Wodonga	1.40
Men Long Jump Over 40		
1 White, Glenn	Box Hill	5.63
2 Sargent, Grant	Collingwood	5.17
3 Livitsanos, Chris	Byc	5.03
Men Shot Put Over 40		
1 Edney, Andrew	IvanhoeHarriers	10.84
2 Dorman, Steve	Vvc	10.38
3 Varigos, Greg	Glenhuntly	7.40
Men Discus Throw Over 40		
1 Dorman, Steve	Vvc	31.52
2 Riddoch, Clyde	Athletics Waverley	28.01
3 Simpson, Greg	Wodonga	18.19
Men 100 Metre Over 50		
1 Sutherland, Greg	Shepparton	12.88
2 Moyle, Keith	Vvc	12.97
3 Tonkin, Mark	Knox	13.20
4 Ford, Graham	Diamond Valley	13.40
5 Kent, Ross	Vvc	13.79
6 Noden, Graeme	Vvc	14.14
7 Mahon, Gary	Vvc	14.19
8 Laing, Denis	Keilor St Bernards	14.67
Men 400 Metre Over 50		
1 Lamb, Peter	Bellarine	57.38
2 Ford, Graham	Diamond Valley	60.60
3 Johnson, Russell	Corio	62.37
4 Moore, Gregory	Keilor St Bern	62.58
5 Kent, Ross	Vvc	63.01
6 Rademaker, Freddy	Coburg Harriers	63.14
7 Barnes, Robert	Collingwood	64.33
8 Laing, Denis	Keilor St Bernards	71.97
Men 800 Metre Over 50		
1 McCurry, Colin	Ballarat Harriers	2:10.63
2 Gibson, Alan	Ringwood	2:13.40
3 Moore, Gregory M	Keilor St Bernards	2:20.58
4 Bird, Tony	Box Hill	2:21.40
5 Jones, David	Athletics Essendon	2:25.00
6 Barnes, Robert	Collingwood	2:26.64
7 Stern, Steven	Glenhuntly	2:36.54
8 Orelli, Michael	Athletics Chilwell	2:54.1h
Men 3000 Metre Over 50		
1 Solomon, Kevin	Richmond Harriers	9:42.69
2 Bird, Tony	Box Hill	9:51.94
3 Johnson, Russell	Corio	10:01.93
4 Broberg, Robin J	Diamond Valley	10:30.23
5 Jones, David	Athletics Essendon	10:34.81
6 Rennie, George	Old Melburnians	10:39.34
7 Rademaker, Freddy	Coburg Harriers	10:49.97
8 Moore, Gregory M	Keilor St Bernards	10:53.37

9 Hopkirk, Malcolm	Box Hill	10:54.57
10 Hopkins, Jim	Collingwood	11:15.27
11 Orelli, Michael	Athletics Chilwell	12:40.49
Men 3000 Metre Race Walk Over 50		
1 Bunker, John	Keilor St Bern	15:42.21
2 Martin, Paul	Bendigo YMCA	17:02.34
3 McGregor, Ron	Vvc	20:04.52
Men High Jump Over 50		
1 Hancock, Tom	IvanhoeHarriers	1.35
2 Neale, John	Preston	1.25
Men Long Jump Over 50		
1 Moyle, Keith	Vvc	5.35
2 Lamb, Peter	Bellarine	5.29
3 Noden, Graeme	Vvc	4.89
4 Neale, John	Preston	4.15
Men Shot Put Over 50		
1 Young, Peter	Doncaster	12.73
2 Rose, Graeme	Ssh	12.47
3 Hancock, Tom	IvanhoeHarriers	10.17
4 Reynolds, John	Warnambool	9.23
5 McDonald, Geoff	Athletics Chilwell	8.51
Men Discus Throw Over 50		
1 Young, Peter	Doncaster	37.98
2 Hancock, Tom	IvanhoeHarriers	35.50
3 Rose, Graeme	Ssh	35.17
4 Reynolds, John	Warnambool	31.44
5 Neale, John	Preston	30.94



2003 VICTORIAN COUNTRY ATHLETICS CHAMPIONSHIPS TRACK & FIELD CHAMPIONSHIPS

26 & 27 April 2003 Alexandra Park,
Cadell Street, ALBURY

How to Enter

Entries can be obtained from Victorian Country Athletics Championships, Athletics Victoria, Olympic Park Swan Street, Melbourne, VIC, 3004. Fax 9427 9183.

Entry fees are \$8.00 per event. Phone Athletics Victoria on 9428-8195. Closing Date for entries: Tuesday 8th April.

The events for veterans are in the M40+ and M50+ categories, and 35+ for women. Most track and field events are covered.

What's On

To avoid disappointment, please check with organisers on dates and venue.

2003

March

- Sat 1st VRR Tan Handicap & Breakfast (4km & 8km), 7:30am, 9802-1220
 Thu 6th Melbourne Track Classic (Grand Prix event for T&F)
 7th-9th AV Victorian Open Championships. Olympic Park. Several age group categories for those with dual membership.
 Thu 13th VRR Twilite Tan Time Trial (4km & 8km), 6:30pm, 9802-1220
 Sun 16th VVACI Pentathlon Championships, 12:30pm start, Duncan McKinnon Reserve
 Sun 23rd VVACI Weight Pentathlon Championships, 10am start, Duncan McKinnon Reserve
 Sun 30th VVACI Championships, Day 1 - noon start, Duncan McKinnon
 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 or at www.nhevents.com.au

April

- 3rd-6th AA Australian Championships, Brisbane
 4th-7th Whyalla Mini Masters Games, Sue Menzies (08) 8640-3476
 Sat 5th VVACI Championships, Day 2 - noon start, Duncan McKinnon
 Sun 13th AMA Marathon Championships (incorporated in Canberra Marathon), see canberramarathon.com.au or call Ray Green, AMA Championships, (02) 6231-6712
 18th to 21st AMAI Australian Masters Athletics Championships, Perth, Western Australia, Hosted by WAVAC, PO Box 672, Fremantle, WA, 6959, contact Bob Schickert on (08) 9330-3803
 26-27th Victorian Country Championships, Albury, over-age events for Vets
 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

May

- Sun 4th VVACI Half Marathon, Footscray Boathouse, 9:30am

June

- Sat 14th VVACI Road Walks, 10km M35-69, 5km Women & M70+, Albert Park, 2:15pm start
 Sun 15th VVACI & VCCL Cross Country, Yarra Bend Park, Fairfield, 10:00am
 Sun 22nd VVACI Winter Track & Field, Doncaster, George St, 1pm

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
 20th Eric Greaves Memorial 10km Road, Braeside Park, Mentone, 10am
 26th-Aug 3rd Pan Pacific Masters Games (was Asia Pacific Masters Games), Sacramento, California, USA, (07) 5564-8733, aspac@mastersgames.com.au, www.panpacmastersgames.com

August

- 16th-24th Mildura Masters Games, Mallee Sports Assembly, PO Box 2316, Mildura, 3502, nwsport@hotmail.net.au
 17th VVACI & VCCL 10 Miles Road, Princes Park, Royal Parade, 10am

More **What's On**

?? VVACI Road Walks, 3 miles for men and women, Albert Park, 2:45pm
 Sun 24th VVACI Winter Weight Pentathlon Champs, Duncan McKinnon, noon

September

Sat 6th Road Walks, 20km M35-69, 10km Women, M70+, Albert Park, 2:15pm
 Sun 14th VVACI 25km Road Race, Footscray Boat House, 9:30am

October

4-6th AMA National Winter Throwing Championships, Canberra or call Ray Green, AMA Championships, (02) 6231-6712
 12th VVACI Marathon (in Melbourne Marathon), Frankston to Melbourne
 25th VVACI 10km Track Races, Dolomore Oval, Mentone, 3 divisions
 31st-Nov 9th 9th Australian Masters Games, Canberra, Healthpact Aust. Masters Games, PO Box 327, Curtin, ACT, 2605, www.amg2003.com

2004

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

Feb

16th Landy Trophy - see Richard Trembath

April

Easter Australian Masters Athletics T&F Championships, Melbourne
 18th-24th WMA 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)

TBA 1st WMA Indoor Championships (New York City, USA, Malmö, SWE, and Sindelfingen, GER have given intentions of interest)

October

14th-20th 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.

TBA Pan Pacific Masters Games, Gold Coast, (07) 5564-8733
 16th-23rd The Alice Springs Masters Games, 1800-658-951, www.alicespringmasters.nt.gov.au

2005

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

July

7th-16th 16th WMA World Championships, San Sebastian, Spain
 22nd-31st 6th World Masters Games, Edmonton, Canada

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 (Only bid is Riccione, Italy)