

VicVets News and Results

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News and Results

Victorian Masters Athletics Inc.

July 2003

Vics at the World Champs

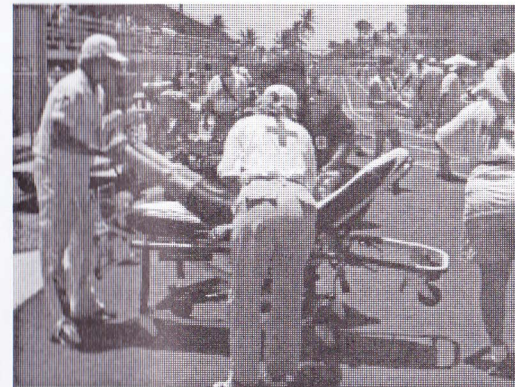
Hot, humid and tough

By Heather Carr

Of the 53 participating countries in the XV World Masters Athletic Championships held in Puerto Rico July 2-13, 2003, Australia with 41 competing athletes ranked 7th on the final medal standings.

Such an outstanding achievement! Australia succeeded in winning 15 gold, 14 silver and 9 bronze - a total of 38 medals overall. The enthusiasm, excellence and competitiveness of the athletes was inspirational. A fantastic effort and wonderful result.

Victoria fielded 10 athletes. Specialising in throws were Chris Schultz winning 1 gold and 2 silver medals, and Lorraine Musset; whilst walkers Margaret Beaumont with 1 silver and 1 bronze medal. Ian Beaumont completed the gruelling 20 km walk in extremely hot and humid conditions with



The heat and humidity taking its toll



The opening ceremony

Heather Carr bringing home 1 gold and 2 silver medals. Middle distance runner Kevin Solomon won gold in the 1500, Colin McCurry, Bill Carr and Gerardo Riviello sprinted against very talented opponents, whilst Jack Stevens was celebrated during the opening ceremony for competing in all of the World Veterans Athletic Championships from their inception in 1975.

Anticipating hot, humid conditions, we also experienced bright sunshine, however cloud cover and strong trade winds were a daily occurrence as well as the occasional tropical downpour. Quite a variety of weather! However, living conditions accommodated these extremes, with air conditioning common in all housing, allowing sleep to be renewing and refreshing.

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Reference Websites

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Victorian Masters Athletics
VMA "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
ACTVAC and others
Qld Masters Athletics Association
Sth Australia Masters Athletics
WA Masters Athletics Club
Alice Springs Masters Games
2003 WMA Championships
2004 WMA World Distance Champs
2006 WMA World Non-Stadia
World Masters Athletics (WMA)
Masters T&F Magazine
"The" Masters Site
Pan Pacific Masters Games
Victorian Road Runners
2003 Australian Masters Games
British Masters Athletic Federation
International Masters Game Assn

World Championships Results

Carolina, Puerto Rico

1st-13th July 2003

(Victorians Only)

Ian Beaumont

M65	5000 Metres Walk	38:58.71	(10th)
M65	20k Road Walk	2:54:08.01	(10th)

Margaret Beaumont

W65	5000 Metres Walk	38:36.63	(7th)
W65	10k Road Walk	1:16:54.00	(3rd)

Heather Carr

W50	5000 Metres Walk	28:08.79	(2nd)
W50	10k Road Walk	56:26.00	(1st)

William Carr

M50	400 Metres	66.44	(30th)
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Colin McCurry

M55	400 Metres	(Prelim) 59.07 (7th)	
		(Semi) 55.08 (2nd)	
		(Final) 55.16 (3rd)	
M55	800 Metres	(Prelim) 2:17.96 (2nd)	
		(Final) 2:09.70 (1st)	

Lorraine Mussett

W50	Hammer	18.22	(9th)
W50	Shot Put	6.62	(8th)
W50	Discus	14.41	(11th)
W50	Javelin	11.78	(11th)

Gerardo Riviello

M75	100 Metres	25.68	(20th)
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David Carr (W.A.) victorious in the M70 800 metres in 2:25.14

Australia's Medals

15 Gold

14 Silver

9 Bronze

Medals by Victorians

4 Gold

4 Silver

2 Bronze

Christine Schultz

W50	Hammer	33.77	(4th)
W50	Shot Put	12.81	(2nd)
W50	Discus	37.91	(1st)
W50	Javelin	22.71	(5th)
W50	Weight Pentathlon	4,070	(2nd)
		(33.86, 12.50, 36.97, 25.82, 13.30)	

Kevin Solomon

M55	800 Metres	(prelim) 2:18.59 (3rd)	
		(final) 2:11.73 (2nd)	
M55	1500 Metres	(prelim) 4:53.13 (4th)	
		(final) 4:33.52 (1st)	
M55	5000 Metres	(final) 17:09.79	(5th)

Jack Stevens

M85	800 Metres	(final) 5:21.25	(6th)
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Relays

Australia

M45	4x100 Metres	53.50	(5th)
		Finals: Michael Stevenson, Stuart Paterson, Colin McCurry, William Carr	

Australia

M45	4x400 Metres	4:01.85	(5th)
		Finals: Colin McCurry, Robert Pearce, William Carr, Stuart Paterson	

Vics at the World Champs (cont.)

Organisation was of a high standard with events beginning early - long distance events beginning at 6.00am, whilst the marathon began at 4.30am! No leisurely breakfast on those days! This was to combat the wrath of the fierce sun. The walkers and cross country athletes were feeling their way around at 3.00am ready to catch their buses, then to be personally escorted by Puerto Rican police to their venues, whilst the marathoners needed to be aroused closer to 1.00am! The police escorts were a highlight of the trip - they were amazing! The traffic between San Juan, where most athletes were staying, and Carolina, where the registration centre was housed and the Roberto Clemente stadium was located was incredible - thick, busy and hectic. For a population of 3.9 million inhabitants on the island of Puerto Rico, there are more than 1.5 million cars [Lonely Planet -Puerto Rico 2002] You can imagine the chaos. However, with the police exerting absolute authority over anything moving, our yellow school buses made the round trip in record time, much to the delight, jubilation and sometimes fear of all on board. I'm convinced all nationalities were captivated with the power the police exerted! Traffic stopped instantly the motor cycle sirens sounded, with police guiding buses through red lights, consistently crossing many lanes of traffic, regularly down the wrong side of the road and other such manoeuvres, to the delight, apprehension, and terror of passengers.

Registration was quick and easy, and events began as scheduled and on time. Lap scorers and timing proved competent. Some of the track events, up to 5km, were held in hot and humid conditions, but there was always a break in the program from 12 to 5.00pm. Results were available immediately and the large contingent of volunteers were helpful,

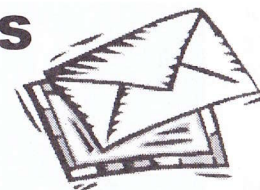
encouraging and friendly, despite the obvious language barrier. Puerto Rico finished 6th on the medal tally. with the locals being extremely and vocally supportive of their athletes, loud cheering emanating from the stands whenever any Puerto Rican was introduced. The announcer was great! From the rolling of his 'r's', to some incredible use of English from a man whose mother tongue was Spanish! Provided many moments of hilarity! All wonderfully unique and charming. The tracks were of a high standard. Sixto Escobar was located very close to the sea and two main accommodation areas. We had a 10 minute walk to this arena and Condado beach; warm water, sea breezes, shared with 100's of Puerto Ricans seeking to escape the relentless heat. The University track was located at Carolina and primarily used for field events.

The opening and closing ceremonies were excellent, lively and brilliantly choreographed and performed by local children. The vivid colours, worn by the dancers, sun burst yellows, burnt oranges and icy white, splashed around, highlighting the incredible energy displayed by the Latin dancers, contrasted with the balance and rhythm of the musical bands, Puerto Rican youth demonstrating their skill and beauty to the crowds at the ceremonies. Arguably one of the most enjoyable, entertaining and exciting traditions we have witnessed.

We look forward to the XVI World Championships in Spain - San Sebastian in 2005, so a brush up on our very basic Spanish would be wise. Si? A wonderful experience, and wonderful results from a small, but passionate group of Aussies.

Well done to all who were part of the Puerto Rican encounter.

Your Letters



New Fitness Tests

I would like to draw the attention of the serious athletes in VMA to a new program offering scientific fitness assessments together with interpretation of the results and a 'prescription' for how to achieve maximum value from training. The program is being conducted at a laboratory at The Epworth Centre in Richmond under the supervision of exercise physiologists from Victoria University and is available at various out-of-hours times.

It has been developed by my cousin, Dr. Peter Trembath, who is a prominent respiratory physician and a keen, talented and 'serious' participant in masters' cycling. He is also, incidentally, honorary medical officer at The Landy Trophy meeting at Doncaster each year.

The tests will provide athletes (in all sports) with a variety of lung function measurements including individual VO2 max and anaerobic threshold readings, which will be interpreted and explained in terms of how best to use them as the basis of a suitable training program. Details may be viewed on Peter's website, www.lungtests.com, the whole of which is devoted to exercise testing.

While I realise this will not be for everyone, it will suit those among us who train hard and like to get maximum benefit from our efforts.

Richard Trembath

A Potential Member with Potential

Hi Russ,

I thought you might be interested in Louise Fairfax. She broke the world 2k Steeplechase W50 record

at the WMG last October, is studying (a German literature Phd, I think) at Melbourne University, and she recently came second in the Australian mountain running champs. I suggested she join VMAC, but she was running for the University in State League last season, so I'm not sure she will.

Clyde Riddoch

Deep Water Running

Hi Russ,
I have been meaning to contact the Vic Masters concerning the deep water running (DWR) class that I conduct at Ringwood Aquatic Centre. Years ago I ran with the then Vic Vets. I am a fitness instructor/aqua instructor. I have successfully used DWR to overcome injuries, and not lost any cardio endurance. Unfortunately, most of my work is in the evenings so getting back on the track is difficult. I used to go to the Knox venue.

It is a fantastic workout for all you hard core land runners or those with injuries. My e-mail address is mattjen@netspace.net.au.

Jenny Mexick

[Editor: I have included Jenny's article on deep water running on the next page.]

Other Family of Maisie Stevens

The last issue of News and Results, in referring to Maisie's passing, only made mention of our son, Douglas, and his family. The complete family notice listed all of the family. Massie and I have five children of our own and we took a sixth in to care - a handicapped ward of the state - when he was four years of age. We are grandparents to fifteen grandchildren and great-grandparents to two (a third arriving on the morning of Maisie's funeral service). Incidentally, there are also twins due to arrive this month.

Jacki Stevens

[Editor: Our over-sight Jack. Maisie and yourself must have been very proud of your family.]

DEEP WATER RUNNING

This is sensational and effective method of maintaining aerobic fitness, while remaining injury free. Working out in the water develops strength, endurance and cardio vascular outputs.

Running in the water has many benefits and for those with injuries, it is the perfect medium to maintain and increase your fitness. It has no impact or jarring on the joints, it is a non-weight bearing activity. As you move your arms and legs through the water, resistance is encountered. This resistance can be used to repair and strengthen muscles and joints. The faster you move your arms and legs, the greater the resistance and therefore the harder the work out and the greater the strength gains.



What do we do ?

The class is one hour in duration, a warm up, followed by a 40 - 50 minute water running session. A buoyancy belt is used, allowing the non-swimmer to participate. The classes are conducted to music, providing the stimulation needed to focus on reaching potential. We practise taking our pulse rates. We attempt to work within the heart rate training zones, enabling participants to work towards peak fitness.

It can be a hard workout; there are no standard Aqua moves. We use the various running techniques. Variety is provided through the many options of, speed work, long slow runs, interval work, hill running, relays, some imagery and the black tyre tubes that challenge even the elite fitness fanatic.!!!

Details

Every Tuesday at 7.30 - 8.30 PM at Ringwood Aquatic Centre (RAC) or a personal training session for individuals. Information or to make a team/group booking call Jenny Merrick 9879-8990 or 0409-010-824.

To all Victorian Masters, as of Tuesday 8th July I will be conducting Deep Water Running at RAC. I have been successfully conducting DWR at Nunawading during the past 2 years.

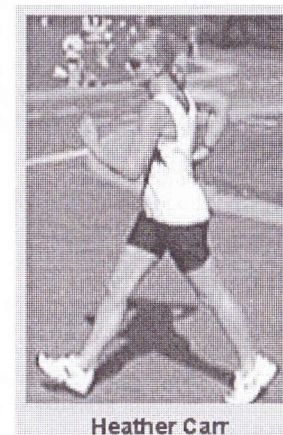
This is an excellent form of cross training for triathletes especially during the winter months to replace land running. For any one experiencing injuries a great way to maintain Cardio Vascular fitness. Why not join us on a Tuesday at 7.30pm or make a group booking at a suitable time?

Victorian Masters Athletics Race Walking Championships Saturday 14 June, 2003, Albert Park

From Heather Carr

A day that was forecast for rain, hail and cold winds, turned out to be a pleasant yet chilly wintry day with sporadic glimpses of sunshine. 16 women competed along with two 70+ men in the 5Km event. 15 men vied for positions in the 10KM event. Competition was keen for both groups of racewalkers.

The highlights of the day were seen in the mens race with two Australian records "blitzed". Mark Donahoo, M45, eclipsed the established record by over a minute, and Andrew Jamieson, M55, took a minute and a half off the existing record. Andrew and Mark worked well together, resulting in a very close finish, Mark clocking 47:25 with Andrew 47:30 - truly an exciting finish to a consistent, well walked event by both competitors. Second in M55 was Alan Lucas in 56:35, followed in 3rd by the very consistent and rapidly improving Ron Bilston in 64:04. Other outstanding walkers were Colin Heywood, M45 in 51:17 and Paul Rance M45 quickly closing in with 51:29! Ian Castles was fourth in 61:18.



Heather Carr

Photo courtesy Ray Smith

M50s proved another exciting contest with John Bunker and Tim Erickson walking together for most of the event until John picked up the pace for another nail-biting finish, 11 seconds ahead of Tim. A rewarding finish for both with Geoff Barrow finishing third in 62:50. M60s saw John Morrison finish 1st in 62:30 with John Hallo 2nd in 64:29. M65s Geoff Major crossed the line in 1st place in a time of 60:48 with Ian Beaumont 2nd in 77:52.

The women's and men's 70+ 5Km racewalk saw some fine results. One of our younger racewalkers, Nadine Loveday, walked strongly for 1st place in W30 in 27:05. Carmel Drennan clocked 30:35 to be 1st in W40 with Jenny Fawkes 1st over the line in W45 in a time of 28:06, hotly pursued by Janet Holmes in 28.36. W50 saw Heather Carr finishing first over the line, taking out the honours in 26:32 with strongly finishing Liz Feldman 2nd in 29:12, Jane Carter 3rd in 33:10 and Christine Griffiths 4th in 42:24. W55 saw Celia Johnson bring home Gold in 30:17. Brenda Riley, second overall placegetter, finished 1st in the W60, followed by Sylvia Machin in 30:21 and Marlaine Stanway taking Bronze in 33:06. W65 saw Shirley Coppock victorious in 37:49. W75 saw Jean Knox 1st over the line in 36:40. Gordon Gourlay M75 took home Gold in a time of 35:00.

A very special thankyou to the wonderful helpers on the day. Firstly, to the Victorian Race Walkers Club; in particular, Ron Miller and Tim Erickson who accepted the entries and wrote up the starters list. To Bill Carr, Tony Doran and Gwen Steed, who worked so hard watching the walkers to get times and splits - a job that takes a lot of concentration and effort, and having to rug up when conditions are cold and icy! Thank you so very much.

Presentations were held in the Middle Park Bowling Clubrooms, so we were able to get out of the cold. To the judges and the VRWC members who mark out the course on the day, thank you! To all the competitors, thanks for participating and contributing to the carnival atmosphere. A great day!!

Results are on the next page

VMA Race Walking Championships Results

Women (5km)

W30		
1	Nadine Loveday	27:05
W40		
1	Carmel Drennan	30:35
W45		
1	Jenny Fawkes	28:06
2	Janet Holmes	28:36
W50		
1	Heather Carr	26:32
2	Liz Feldman	29:12
3	Jane Carter	33:10
4	Christine Griffiths	42:24
W55		
1	Celia Johnson	30:17
W60		
1	Brenda Riley	27:31
2	Sylvia Machin	30:21
3	Marlaine Stanway	33:06
W65		
1	Shirley Coppock	37:49
W75		
1	Jean Knox	36:40

Mens (10km, 5km 70+)

M40		
1	Mark Donahoo	47:25 [A.R.]
2	Colin Heywood	51:17
3	Paul Rance	51:29
4	Ian Castles	61:18
M50		
1	John Bunker	51:35
2	Tim Erickson	51:47
3	Geoff Barrow	62:50
M55		
1	Andrew Jamieson	47:30 [A.R.]
2	Alan Lucas	56:35
3	Ron Bilston	64:04
M60		
1	John Morrison	62:30
2	John Hallo	64:29
M65		
1	Geoff Major	60:48
2	Ian Beaumont	77:52
M70		
1	Gordon Gourlay	35:00

Masters Team in Athletics Victoria Interclub at Aberfeldie

I have moved to Footscray and I'm interested in forming Masters teams to compete in the weekly summer Athletics Victoria (AV) interclub competition at Aberfeldie. Knox and Glenhunting Venues have had Masters teams for many years.

My intention is to enter both a men's and women's team. Men's Division 4 will have NO qualifying standards this year, and Women's Division 2 has standards, such as 17.5s for 100m, 3:10 for 800m & 16:45 for 2k Walk. However, if there is sufficient interest shown we might enter a team in Men's Division 3 as well. Division 3 has standards for men such as 33s for 200m, 2:50 for 800m, 12:00 for 3k, and 15:00 for 2k Walk.

If you are interested please contact me ASAP so there will be time to advise the AV Aberfeldie Venue Secretary. You can contact me at work on 9204 7085, or at home on 9687 0509, or email clyde.riddoch@auspost.com.au

Clyde Riddoch

Assistant for the Secretary

The club still needs an assistant for Alan Lucas or at least someone to act as Minute Secretary. Please contact Alan on 9879-1483 or on his email lusasar@ozemail.com.au.

New Club and Championships Logo

Here is an opportunity for someone with ideas and a set of Derwent pencils. As we have had a name change, a new logo is required. Please contact VMA with any ideas or possible logos. The requirements are:-

Properties:

Meaning - Contain words "Athletics", "Victorian", "Masters athletics"
Total shape - compact, simple, reproducible in outline for patches
Contents - not much print, recognisable graphic
Colours - navy blue, white, red

Possibilities

Tradition - acknowledge the red heart and the Big V.
Modern - up to date with current graphic design.
Back up the reasons for changing to Masters. De-emphasise ageism.
State based. Promote Victoria.
Athletics based. Promote athleticism.
Artistic. Colour balance, reads easily, unmistakable, attractive.
Convenience. Readily produced on uniforms, in print, on flag, as patches.
Basic form. Black and white version still reads clearly.

As well, the 2004 National Championships to be held here next Easter require a unique, once-off logo. It will be used for advertising, promotional and merchandising purposes. Again, some guidelines are:

Title:

[*naming rights sponsor*] AUSTRALIAN MASTERS ATHLETICS
TRACK AND FIELD CHAMPIONSHIPS
MELBOURNE 2004

Properties:

Meaning - "Athletics", "In Melbourne", "Masters athletics", "Easter 2004", "32nd annual meet".
Total shape - compact, simple, reproducible in outline for patches
Contents - not much print, recognisable graphic.
Colours - navy blue, white, red

Possibilities:

Modern - up to date with current graphic design.
Athletics based. Promote athleticism. Various disciplines.

Sponsors:

Allow for accompanying it with sponsors' logo(s).
Artistic. Colour balance, reads easily, unmistakable, attractive.

Paperwork:

To enhance letterhead, publicity, programs, results, certificates etc.

Convenience:

Readily produced on T-shirts and other merchandise and as patches.

Committee Changes

A few changes have happened interstate. Pru Bradford has taken over the chair in the ACT with Sharon Gibbons as Secretary.

In Queensland, Wilma Perkins is following Stan to sunny Melbourne. Hazel McDonnell is the new President with Kathy Rourke as Secretary. Judy Cooper, long-serving Secretary, has decided to "take it easy" on the Committee.

Colin Hainsworth is still chief in South Australia. Lynne Schickert, new President of the now renamed "Masters Athletics WA Inc."

Victorian Masters Athletics DONCASTER VENUE

Rieschiecks Reserve, George St, Doncaster

ATTENTION ALL DISTANCE RUNNERS:

The Doncaster Venue is to introduce a new event for
distance runners

THE SIXTY MINUTES

a ONE-HOUR RUN event to be held on
Monday, September 29, 2003

two weeks before this year's Melbourne Marathon

- Warm up for the Marathon
- Attack the record for the ONE-HOUR RUN in your age group
(in many age groups there is no existing Victorian record)
- Set a PB for one hour
- Have a run and support someone who is attempting a record

CONDITIONS:

- Entry on the night (\$5 including supper)
- Runners attempting records to wear coloured singlets (supplied by Doncaster) so they can be easily identified for timing etc.
- Runners attempting records to supply their own lap scorer if possible

INQUIRIES: Richard Trembath (94316963), Rod Jellet (0425714741), Gary Mahon (95686075)

THE SIXTY MINUTES

NO, it's nothing to do with the popular television program, but if you're a distance runner and you've ever dreamed of holding a Victorian record, this could be for you. The Doncaster venue is instituting a new feature event, to be known as *'The Sixty Minutes'*, which will be held for the first time on the night of Monday, September 29. As the name implies, the event will be a One-Hour Run, which will be open to runners of all age groups.

What makes it such a great opportunity for records lies in the fact that in most age groups, both men and women, no Victorian record exists. But Victorian Masters Athletics statistician and records officer Clyde Riddoch has agreed that performances in *The Sixty Minutes* will be recognised so long as the necessary requirements are met.

So if you're in one of the 'vacant' age groups and you want to have a go, all you have to do is to produce the best performance in your category on the night to establish a record. Perhaps it mightn't last forever, but it could be yours, at least for a while, and there aren't many athletes who have Victorian record certificates on their walls. Of course if you're in an age group which already has a record, you'll have the benefit of knowing what you have to aim for and perhaps some extra satisfaction if you make it. Doncaster last conducted a one-hour run event in May when Rowena Barker (W70) and Annette Pelgrim (W45) made record attempts.

Rowena, chasing the world record, ran 11,240 metres to miss out by only 185 metres but Annette's 12,550 metres established what now stands at a Victorian record. Rowena had set a Victorian and Australian record of 11,410 metres at Doncaster earlier in the year. The only other Victorian records recognised at present stand to the credit of Peter Hannaford, in the M35 (18,340), M40 (17,719) and M45 (15,907) divisions.

While these are the only records 'in the book', there are several Springvale venue records which were set unofficially in the mid '80s. The men's Springvale records are M50, Bill Hughes, 15,900; M55, P.Carter, 13,220; M60, Jim Sinclair, 11,500 and M65, Jack Gubbins, 12,150. Christine Hildebrand ran 14,600 in the W35 division, while Cynthia Cameron (now Herbert) has the best on record in both the W40 (13,400) and W45 (13,600) divisions. The W50 stands to the credit of Lois Sellar at 11,400.

The Sixty Minutes has been scheduled to provide a warm-up event for those intending to run the Melbourne Marathon, which is 13 days later, on October 12.

The event will not be restricted to runners making a record attempt, but those doing so will be required to declare their intention to do so and to supply their own lap scorer if possible. It is hoped to get as many 'support' runners as possible but those attempting records will be required to wear coloured singlets, supplied by the Doncaster venue, so they can be easily identified for the purpose of accurate lap counting and distance measurement.

Entry will be on the night and the fee of \$5 will include supper. Inquiries may be directed to venue managers Richard Trembath (9431 6963), Rod Jellet (0425 714741) or Gary Mahon (9568 6075).

EAST BURWOOD VENUE 20th ANNIVERSARY CELEBRATIONS

ANNIVERSARY TRACK MEETING - Thursday, 2nd October

Enjoy the chance to join in (or watch) 're-running' of some early events run at EB!

7:00pm	Discus
7:05	1500m Walk (First Walk event at EB – 20/10/83)
7:15	100m Sprint
7:25	4 Lap Run (First Middle Distance event at EB – 13/10/83)
7:40	200m Sprint (First sprint event at EB – 13/10/83)
7:50	8 Lap Run* or 4 Lap Walk
8:00	70m Sprint
8:20	Supper and Presentations

*The inaugural event at EB was an 8 Lap Run on 6th October 1983.

1. Mike Hoare (48) 12:30 2 Ray Callaghan (50) 12:33 3. John Gosbell (44) 12:34. First woman was Margaret Brown (47) 14:44 (19 participated, 13 men and 6 women). Bob and Lynne Schickert were the first EB Venue managers assisted by Frank Biviano.

All events will be 'Nominate Own Time or Distance'. Trophies and prizes for all events including an award for the performance adjudged as 'best overall' by an entrant tackling any combination of three events.

If you have any 'gear' that identifies with 1983 or thereabouts (e.g. an 'original' VVAC or 'Big M' singlet or T-shirt etc.) please wear it. Also bring along any photos or other memorabilia of the 'era'. Cost is \$2 (usual club night fee for participants and visitors).

ANNIVERSARY DINNER - 7:30pm Friday, 3rd October at THE WANTIRNA HILL CLUB, 715 Boronia Rd., Wantirna

A great opportunity to catch up with former friends and acquaintances and to recall the EB 'glory days'! Cost is \$25 per person plus drinks at bar prices. \$10 p.p. non-refundable deposit required 'now' with residue due by 12 September. Please book early as available places are limited.

Contacts: Trevor Jupp (9802 3355) or Annette Hawkins (9803 6016).

Replies and payments by post to:
Annette Hawkins, 17 Bellevue Ave., East Burwood, 3151.
(Make cheques payable to East Burwood Veterans Athletic Club.)

NEW VICTORIAN, AUSTRALIAN & WORLD RECORDS

Age	Event	Name	State	Perf.	%Std	Date	Location
Pending World Records:							
W75	One Hour Run	Corrie De Groot	Vic	10,049m	-	14-4-03	Doncaster, Vic
Australian Records:							
M35	800m	Robert McCubbin	Vic	1:53.10	95%	18-1-03	Ballarat, Vic
W70	One Hour Run	Rowena Barker	Vic	11,410m	-	14-4-03	Doncaster, Vic
M65	Long Jump	Graeme Noden	Vic	5.01m	88%	18-4-03	Perth, WA
M45	10k Road Walk	Mark Donahoo	Vic	47:25.1	87%	14-6-03	Middle Park, Vic
M55	10k Road Walk	Andrew Jamieson	Vic	47:30.1	96%	14-6-03	Middle Park, Vic
M45	10k Road Walk	Mark Donahoo	Vic	46:40.4	88%	21-6-03	Middle Park, Vic
M65	Pole Vault	Rob Barclay	Vic	3.15m (=)	84%	21-6-03	Box Hill, Vic
W50	Heptathlon	Wilma Perkins	Qld	5,119pts	71%	2&3-7-03	Puerto Rico
W55	300 Hurdles	Marge Allison	NSW	51.71s	93%	5-7-03	Puerto Rico
M70	800m	David Carr	WA	2:25.14	99%	8-7-03	Puerto Rico
M55	400m	Colin McCurry	Vic	55.08s	93%	11-7-03	Puerto Rico
W40	400m	Marie Kaye	NSW	56.18s	96%	12-7-03	Puerto Rico

Australian Championship Record:

(From Perry Lakes, Perth, Western Australia omitted from my last report)

M60	300m Hurdles	Richard Trembath	Vic	45.24s	94%	19-4-03
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Victorian Records:

W50	3k Walk	Heather Carr		15:26.81	90%	7-3-03	Olympic Park, Vic
W45	One Hour Run	Annette Pelgrim		12,550m	-	19-5-03	Doncaster, Vic

My Change of Address:

Please note my recent change of address and home telephone number, as follows:

80 Macpherson Street, Footscray Vic 3011. Tel: 03 9687 0509

Email: clyde.riddoch@auspost.com.au (I've cancelled clyder@netspace.net.au)

Clyde Riddoch

VMACI & AMAI Records Officer

80 MacPherson Street, Footscray Vic 3011

Telephone:

(03) 9204-7085(B)

(03) 9687-0509(H),

Fax (03) 9204-7080

Email: clyde.riddoch@auspost.com.au

COMMITTEE MEETINGS of the VICTORIAN MASTERS ATHLETICS

MONDAY, 16th JUNE 2003

Cross Country

The 10K Cross Country at Yarra Bend on Sunday 14th June was successful with 69 participants (this included a small portion in the 5K event).

Secretary

Alan Lucas advised he would take on the role as Secretary.

More Club Alterations

New designs for clothing and the VMA logo are being considered in the next few months.

MONDAY, 21st JULY 2003

Eric Greaves Memorial 10km

David Sheehan, Club Captain, reported 142 members participated Eric Greaves run plus some VCCL members, making a total of around 200 entrants. It was very well organised and David commended Ted McCoy for marking of the course. The winner of the award went to Theresia Baird with an age rating of 92.7% which was magnificent for a 61 year-old.

Changes to Event Dates

The Masters 10 Mile at Princes Park is now on 31st August and the 10K Track event changed to October 4th.

Doncaster Winter Track and Field Championships

The Winter Track & Field day held at Doncaster Track in June had a disappointing shortage on numbers. The weather was a rather grim forecast and may have put people off, but it did turn out a fine day and those who participated enjoyed the competition. There were around 50 participants.

Albert Park Walking Events

The 5km and 10km Walk events at Albert Park in June were well organised with the help of the Race Walkers Club. Two Australian Men's records were broken. There will be no Walk events at Albert Park on August 10 as the program has been amended.

Next State Championships

Glenhuntly Track has been booked for the Track and Field Championships 13 and 14 March 2004, Sunday 21 March for Weight Pentathlon and Sunday 28 March Track & Field Pentathlon.

Australian Master Athletics AGM

Rob and Tony will be attending the Australian Masters Athletics AGM is to be held in Sydney on 31 August as Victoria's representatives. Also in attendance will be Graeme Rose (who has been nominated for the committee) and Colin Browne who is already on the AMA board.

Oceania Masters Track & Field Championships

Rarotonga 21st - 28th October 2004

At the World Championships, it was confirmed that Rarotonga, in the Cook Islands, would host the next Oceania Regional Championships.



Rarotonga is an ideal setting for the Oceania Championships, the weather in October should not be too hot, but pleasant. Accommodation ranges from backpackers to superb resort villas with plenty in between, hotels, motels and bungalows are spread around the island with very little close to the track so transport, hire cars or scooters are a must.

There are excellent restaurants scattered round the island and the prices are reasonable considering most of the ingredients come from New Zealand. The island is only 36km

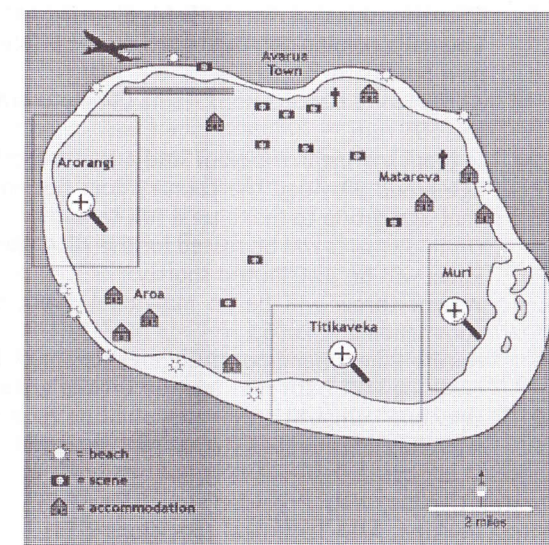
around and there is an excellent bus service that alternates clockwise and anti clockwise every 30 minutes but only between 7am and 4pm daily.

The competition is going to be staged in the morning and the evening under lights giving plenty of time to enjoy Rarotonga. There is an enthusiastic, active committee who have funds for installing a drainage system and relaying the whole grassed area. We can expect a lot of competition from the locals who will field a strong team from their relatively small numbers.

We are expecting in excess of 300 participants for Oceania and are well on the way to our first 100 deposits.

New Zealander Roy Skuse, from Online Sports Tours in Gisborne, has sent some costs for a fly/accommodation package. These are in Australian dollars and are 2003 prices, and are shown on the next page.

Shop around, there may be better value. Accommodation is plentiful.



Oceania Championships Costs Guide

Airfares plus 7 nights accommodation per person package from Melbourne

Standard one bedroom self contained Bungalows	1845
Superior one bedroom self contained Bungalows	1905
Supreme one bedroom self contained Bungalows	2350
Two bedroom and 3 bedroom houses	1755
Standard Inn Self contained, in town	1770
Budget share facilities	1570
Hotels; Rarotongan, Edgewater, Club Raro.	1940

Car from \$44/day, motor scooters \$14/day for 7 day hires, deposit is \$100 per person.

Roy Skuse at ONLINE SPORTS TOURS - GISBORNE HOLIDAY SHOPPE.

Ph 64 6 8687700, email roy@netfares .co.nz, www.nzenterprise.com/travel

Decisions at the WMA General Assembly in Carolina, Puerto Rico

1. M35-39 will be a new age-group but requires IAAF approval to be official. Waiting for this the new age-group will be unofficial at the WMA Indoors and Non-Stadia Championships in 2004 as well as at the European Championships in 2004.
2. World Masters Indoors Championships will be held every even-numbered year starting in 2004.
3. Sindelfingen, Germany, will organise the Inaugural World Masters Indoors Championships on March 10-14. Sindelfingen is situated close to Stuttgart.
4. Council's nomination right for Council offices was deleted and only Affiliates can now nominate.
5. At the World Masters Non/Stadia Championships 10K run (men and women) replaces the 50K run.
6. In team scoring in the Non/Stadia events 2 athletes are allowed to drop to as lower age-group provided the country does not have a sufficient number of athletes in that age-group to make up a full team.
7. On-line entries will be tested for the 2004 World Masters Non-Stadia Championships. Rules will be distributed shortly.
8. Weight throw will be an individual event at WMA World Stadia Championships commencing in 2005.
9. Hurdle Rule amendment: Competitors must hurdle with a continuous motion thus ensuring that both feet must be off the ground for at least an instant.
10. Only one competition number shall be required in throwing events.
11. WMA has not adopted the current IAAF one false start rule.

Torsten Carlus, WMA President (decisions 1-8)

Wilma Perkins, AMA Technical (decisions 9-11)

Stanley Linton Nicholls, OAM



The boy from Ballarat, Stan passed away recently on 19th June. He was born 16th June 1911 in Ballarat and his middle name came from the township of Linton, the family's previous residence.

Stan's athletic career began at the age of 17, when his brother Fred who was already a member of the Ballarat Harriers, gave Stan the club singlet and shorts. The club quickly realized that he had much natural ability. He won numerous Ballarat Championships and was later selected in various State teams to compete in the Australian Championships. His most important event was his selection to represent Australia in the 3 mile run at the British Empire Games (later named The Commonwealth Games) in Sydney in 1938 where he was the first Australian to finish.

Stan would recall that for 50 years his friends had told him to "give up running, it will kill you!"

Stan dedicated his life to Athletics as a top competitor, Official and Veteran Athlete and was a coach to anyone who showed an interest in athletics. He was also awarded the Merit Award of Victoria by the Victorian Athletic Association, the Australia Day Sports Medallion in 1984, the City of Melbourne Award in 1983 and made life member of Ballarat Harriers and the Victorian Athletic Association.

He won many Victorian and Club titles from 1931 until the war called him to other duties. He would often say that "he'd had a good life, and that you have to live a long time, to be able to do a lot," - and he certainly did do a lot in his 92 years!

The Ballarat Harriers club has recently mourned the passing of a club legend, and easily our longest serving member in Stan Nicholls. Stan joined the club in 1928, and has been a constant presence up to this year, when he was seen, as usual, at the Lap of the Lake, cheering on his Harriers, and having words of encouragement, advice or congratulations to our finishers. To see the black and gold cross the line first in the women's event pleased Stan immensely, and he managed to remind Rachel that "30 is the best age to be running, any younger and you're too young"!

He will be missed, but remembered with the 'Stan and Arley Nicholls' 5 km race for which he has donated perpetual trophies to the club from his own collection. For this club, Stan has been President, club captain, club champion, and club record holder. He still holds world records in Veteran's athletics. Arley still holds a number of Victorian and Australian age records. His funeral was attended by many athletes, officials and friends, and served to remind that there was much more to the man than his exceptional running career.

Farewell, Stan.

Victorian Marathon Club's History

The VMC started in 1946, in the clubrooms of the Collingwood Harriers, and continued great service to Victorians runners until 1994 when the proliferation of fun runs and highly organised marathons took the baton. Percy Cerutti was its first president and many famous names joined its ranks through the years, including Les Perry - the father of Australia's distance success, Geoff Warren, Trevor Vincent, Carolyn Schuwalow, Chris Wardlaw and many others.

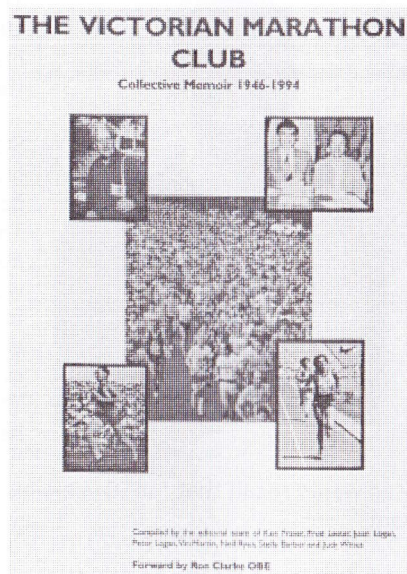
Our own Dot Browne, Lavinia Petrie, Shirley Young, Anne Callagan, John Waite, Vin Martin, Judy Wines and David Brynes were amongst some of the (now) Masters who ran in VMC events such as the Two Bridges, VMC Marathon and the Zatopek 10km.

Vin Martin led a team to compile a history of the Club, with Judy Wines on the committee. The book was launched by Ron Clarke and Tim Lane on a very memorable Sunday afternoon in which both gave extremely interesting speeches before a "who's-who" crowd of past and present runners. It was sad there was no tape made, as Ron openingly talked of his two athletic careers - as a junior, then a number of years on, and of Les Perry who rekindled his interest which started a birth of a legend.

This book makes fascinating reading. To order your copy, please ring Fred Lester on 9429-9836 or Vin Martin on 9818-4824 (after 7 p m), or send a cheque for \$15 (no extra for postage) to:-

Fred Lester ("Mr. VMC")
18 Gipps St
RICHMOND 3121

Cheques made out to:
"VMC Distance Running Scholarship Fund".



Don Warden

Don passed away on 17th July and the following tribute was given by Graeme Paul at his funeral.

One of the key philosophies of Victorian Masters Athletics is participation at your own standard. Whilst Don was not an elite athlete he did indeed encompass that key philosophy. He was a keen competitor who would, as we say, "have a go". But he would never get upset at the result. If it didn't turn out so good today, so be it, there's always another run some day. Very much along the lines of the old adage, "it's not whether you win or lose, but how you play the game".

Research indicates that Don was competing in Veterans Athletics at the Box Hill track from early 1972 and he may have been involved in other competition before this. Then in May 1978 a new branch of Victorian Veterans Athletics was established at the Collingwood track, and there in the results sheets from the very first weeks is the name "Don Warden". This, of course, totals up to in excess of 30 years membership and participation with the Club. During that time he competed in all manner of running events at various distances, but with perhaps more of an affinity for the sprint distances. And, he did enjoy a handicap race, one of which will be detailed later. Even in his later years it was amazing to see the turn of foot he produced in the home straight some nights. Any casual observer to one of these occurrences would have had difficulty guessing his age; such was the finish he could summon. This provided much inspiration to his fellow members, who admired his longevity and ability. Other times, when he tailed the field in, he may respond to the applause at the finish with a bow and a "thank you" or a humorous one liner such as "which way did they go?" There's that theatrical bent shining through.

Don's presence around the Clubrooms was highlighted by his characteristic friendship, cheerfulness and gentle nature. If you asked him how things were today, invariably the reply was "very pleasant". Clearly, the man was enjoying his life. In the change rooms at the completion of the running, whenever we had cause to complain about anything that prevented us from achieving a "Personal Best", he always simply reminded us that he was grateful just to have the opportunity to run. And when it came time for a shower he often had a cold one, even in the middle of winter, a feat, which sent shivers down the spines of many a bigger and stronger man. A further example of his toughness, of course, was his recovery from the serious accident he suffered at the track in mid 2001. It was a handicap sprint race on a night when the track was wet. With only metres to go Don was leading with one of the backmarkers bearing down on him. The assembled spectators sensed that Don could hold on for victory and began to cheer him home. But alas, when he lifted for a final effort he stumbled, seemed to tangle his feet and trip himself. He fell face down on the wet track with what can best be described as a "splat" and then skidded a little. The spectators fell silent as we rushed to his assistance and slowly picked him up. He insisted they were only grazes, he'd be OK, "Oh, and by the way, this foot's a bit sore". So he changed and hobbled off home with a "see you next week". However, after a visit to the doctor the next day it was "off to hospital for you Sir, to have that torn Achilles tendon surgically repaired". Many Members doubted then that we'd ever see Don on a running track again. But lo and behold, several months later he returned and slowly but surely he recovered. Graeme remembers Don saying once during his rehabilitation that the physiotherapist had told him he could start to run but not on any hills. Don's reply to this was "yeah, sure, when you live in Montmorency".

Last Tuesday evening at our weekly gathering down at the Collingwood track, stories abounded about Don and our association with him. In all of those stories his characteristics shone through; his friendliness, his cheerfulness and his gentleness. Even people who have only known Don fleetingly agree he was an absolute gentleman. One fellow was signing our attendance register upon entering the Clubrooms and said "I'll miss him...I miss him already". Several people also commented on how appropriate the line in the family notice in the newspaper was, "Still happily running flat out when he hit the tape".

We will all miss Don. A man who was contented with life and who looked on the opportunity to run with his friends on a Tuesday as a gift.



Masters Athletics Hurdles Recommendations

(Collated by RICHARD TREMBATH — Revised June 6, 2003)

Note that the recommendations published last issue were the incorrect version.

Group	Race	Height	First	Between	Finish	Number	Mark
Women							
30-39	100m	.840m	13.0m	8.5m	10.5m	10	Yellow
40-44	90m	.762m	13.0m	8.0m	13.0m	9	White
45-49	90m	.762m	13.0m	7.5m	17.0m	9	Nil
50-59	80m	.686m	12.0m	7.0m	19.0m	8	Black
60-69	80m	.600m	12.0m	7.0m	19.0m	8	Black
70+	60m	.600m	13.0m	7.0m	12.0m	6	Black
30-44	400m	.762m	45.0m	35.0m	40.0m	10	Green
45-49	300m	.762m	50.0m	35.0m	40.0m	7	Green
50-59	300m	.686m	50.0m	35.0m	40.0m	7	Green
60-64	300m	.600m	50.0m	35.0m	40.0m	7	Green
65 plus	200m	.600m	20.0m	35.0m	40.0m	5	Green
Men							
30-39	110m	.991m	13.72m	9.14m	14.02m	10	Blue
40-54	100m	.914m	13.0m	8.5m	10.5m	10	Yellow
55-59	90m	.840m	13.0m	8.0m	13.0m	9	White
60-64	90m	.840m	13.0m	7.5m	17.0m	9	Nil
65-74	80m	.762m	12.0m	7.0m	19.0m	8	Black
75 +	60m	.686m	13.0m	7.0m	12.0m	6	Black
30-49	400m	.914m	45.0m	35.0m	40.0m	10	Green
50-54	400m	.840m	45.0m	35.0m	40.0m	10	Green
55-59	300m	.840m	50.0m	35.0m	40.0m	7	Green
60-69	300m	.762m	50.0m	35.0m	40.0m	7	Green
70-74	300m	.686m	50.0m	35.0m	40.0m	7	Green
75 plus	200m	.686m	20.0m	35.0m	40.0m	5	Green

Another Italian caught in drug dragnet

The IAAF News said that M55 veteran Luigi Venturelli tested positive for banned substances at the Italian Masters Championships in Fuggi on June 16, 2002, and will be benched for two years.

It also brings to at least five the number of masters athletes whose specific offenses in recent years.

Walking Events at Albert Park Saturday 6th September

Come down and join in with the walkers who range from world-class to the casual walker.

- 2.15pm Masters Men 35-69 years 20km
- 2.15pm Masters Women 10km
- 2.15pm Masters Men 70+ years 10km
- 4.15pm Presentation - Middle Park Bowling Club

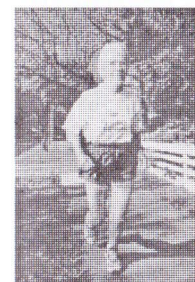
Contact Heather Carr on 5987-1235 for details.

In the News

The Age reporter, Michael Winkler, did a two-page spread in the Good Living Wellbeing section of the 23rd June issue, on "mega-marathoners", namely Shirley Young and Fred Brooks. It makes interesting reading; here are some excerpts:-

Shirley Young

Shirley is the only woman to complete every Melbourne Marathon, not bad for a person who started running at 47, suffered pleurisy, struggled with depression and was very shy. "If I hadn't taken up running, I'd be a little old, shaggy lady by now." According to husband, Ron, it was a way of expressing herself. And she does that six days out of seven, up to 100 kilometres a week.



Shirley Young

When she turned 70, she broke the 24-hour world record covering 176.81 kms. [Ed. This doesn't appear to be associated with the Centurions - 100 miles covered in 24 hours] She also holds the Australian records for 1,500, 5km and 10km (W70) and also for the marathons for W60, W65 and W70.

In June she was diagnosed with Alzheimer's, which depressed her, but her specialist wanted her to continue running as it is important to keep mentally and physically active.

Fred Brooks

Fred is an ultra-runner. He became a Centurion in 2001, being the 42nd to do so, and the 16th Victorian, following fellow Vets Stan Miskin, Ken Walters, Caleb Maybir (Qld.) and Robin Whyte (ACT). "If you do 100 miles, that's 402 laps, you have to be ready to cope with the boredom. You're training your mind as well as your body."



Fred Brooks

He lives in Berwick, doesn't use the hills, but runs around the block - exactly 401 metres! He stores drink bottles and Mars bars in his letter-box and toilet stops are only a few hundred metres away. He starts at 5am in Summer, later in Winter. He must give new neighbours a fright, and start any dogs barking.

He's looking forward to turning 70, unlike most people, but in athletic circles it is your chance to be the youngest in your age-group and have a go at new sets of records. Once a week he works as a bricklayer "to maintain muscle tone."

Fred believes that older runners have to absorb punishment as pain is part of the sport. He cites that Stan Miskin walked from Belgrave to Dandenong for a haircut, then home again. I reckon his wife might of got suspicious when he said he was only going for a quick cut - he must have been one hell of a barber.

"If people think that the marathon is the ultimate, it isn't. The ultimate is to test yourself against the unknown, and to my mind that is anything above 100 miles."

Those Famous Brownes

EVERYONE in over-age athletics knows the Brownes. And everyone has received information, bumped into them doing their duties or somehow been assisted by them over the years. So I thought they might be famous so I looked on the Internet and typed "Brownes" and "famous". The first hit was a quote by Merry Browne, that famous writer, who said, "The elegance of honesty needs no adornment." Well I stopped there - I'd found what I was looking for. The Brownes are famous - yes - for their comforting honesty and the absence of fanfare to say so. Of all the things I treasure in this world is simple honesty. Wouldn't the newspapers lack a lot of their news if this was the case. To me honesty is another way of expressing love and consideration for another person, and I can think of two prime examples of this - the famous Brownes.

FAREWELL TO TEAM BROWNE

by Dot Browne

A very big thank you to Dave Sheehan for organising our Farewell Function on Friday May 23rd, 2003 at Hawthorn Receptions. We'd been Secretary and Assistant Secretary of the Vic Vets for around 12 years and I reckon I'd been on the committee for around 25 years since I was 38, so I guess it warranted a send-off when we resigned. However, we really appreciated the fact that our efforts had been acknowledged.



Dot, David and Colin

But of course it wasn't a one-way affair. When we both joined up in 1978, the club turned our lives around. Members at Croydon Venue were so friendly and supportive when we fronted up in our raw unfit states, that we were totally sucked in. We came back the next week, and the next and the next. And 25 years later Croydon Vets on a Tuesday night is still the place to be if we can possibly make it.

It was so great to see so many of our wonderful mates at the function. We've got to know you all in a variety of contexts - National Titles at Easter in every capital city, World Games in Christchurch, Melbourne and Brisbane, Oceania Games in Fiji, National Running Weeks over 15 years at Thredbo, women's weekends at Halls Gap, Mooroolbark and Sorrento, bike-riding camps at Tarnagulla, Maldon and Myrtleford plus a couple of Great Vic Bike Rides over 6-700km in country Victoria, plus a number of Round the Bay rides with a stop off at Sorrento overnight as well as an annual weekend to Wilson's Prom, Phillip Island,

Cont. next page

Those Famous Brownes (Cont.)

Inverloch and Apollo Bay for music festival highlights. Life and friends have been exceptionally good to us and we thank you all for the pleasure of your company and the good times we have enjoyed.

And this is all in addition to the many championship events and inter-venue challenge nights that we've enjoyed and the many marathons in which we've huffed and puffed alongside you.

We both had a great night at our function. Comedian John Bunker with his Frank Spencer and Rindacella acts, was marvellous. Thank you, John. Enjoy the vets/masters as we have. I probably raved on too long about the running icons that have come and gone over the 25 years we've been involved with the Vets.

But thank you once again for making our involvement with the Vets such a great experience. We'll certainly continue to be involved but it will be lovely to be able to go away for a weekend and not have 30 phone calls and as many emails to attend to each time we return each time.

The response of the "groom" :

David Sheehan, you were very thoughtful in your planning. You had speakers from various aspects of our athletics, including the ultra scene, the committee work, the national vets, the VMC, not only the Vic Vets. People who came along were free to sit with mates as they chose rather than being put on set tables, there was a chance to chat and hear yourself speak without loud music, and there was space between the various speakers and acts. I thought it was very well-judged. Everyone I spoke to said it was a great night.

One thing I loved was that I could put a name on nearly everyone in the hall. I had to ask one or two but once I caught their names I knew them from the venue they went to. It showed just how great a network of friends we have built up through being in the club. Dot and I were delighted to be sent up by John Bunker. We are frustrated actors anyway. It could not have been a better send off. Thanks a million.

Colin



Looking for the handsome prince

"Eric Greaves Memorial" 10km Road Race

Braeside Park, Mentone, Sunday 20th July

A fairly large group of athletes took part over the Braeside Park course. The winner of Eric Greaves 10km Memorial, with highest age-graded percentage, was Theresia Baird, in the women 60-64 age group, with a time of 41:11 which is a percentage of 92.4.

Results

W30			M35			M60					
1	Toscha Stopar	53.52	57.7	1	Mal Grimmett	35.33	76.7	8	Trev Hawksworth	45.26	69.5
				2	Greg Anderson	44.16	62.1	9	Howard Rees	45.27	68.9
				3	Neil Hodson	48.42	56.0	10	David Sheehan	46.42	67.6
W35			M40			M65					
1	Kim Lidington	48.24	63.5	1	Paul Connor	35.43	78.0	1	Barry Fry	41.07	79.7
W40			M45			M70					
1	Bronwyn Hanns	41.09	75.9	1	Martin Leggett	36.17	80.2	2	Tom Davidson	48.39	74.9
2	Sharon Higgins	41.16	78.2	2	Colin Heywood	37.35	79.3	2	Ron Young	51.38	72.4
3	Kate Weeks	42.02	74.9	3	Graeme Leticq	38.29	76.8	3	Chas McRae	52.37	69.2
4	Carmel Drennan	55.17	58.4	4	Stephen Cooke	38.41	75.3	4	Jack Gubbins	56.12	68.3
W45			M50			M75					
1	Anne McPherson	43.12	76.0	5	Robert Dunning	39.11	74.3	1	Bob Lewis	44.58	86.5
2	Jenny Alexander	43.52	74.2	6	Rod Neal	41.24	70.3	2	Tony Martin	53.58	72.1
3	Julie Jaques	45.44	73.1	7	Glenn Claiden	42.38	69.9	3	Vern Gerlach	64.12	63.4
W50			M55			M80					
1	Sonya McLennan	46.28	73.9	8	Graeme Paul	44.17	67.3	1	Ken Matchett	60.33	69.4
2	Heather Carr	48.20	72.4	9	Lou Buccieri	45.38	64.8				
3	Lorraine Ardley	56.28	61.4	10	Robert Verheyen	46.24	63.3				
4	Jane Sturzaker	64.12	53.0	11	Kevin Walsh	52.56	55.0				
W55			M60								
1	Lavinia Petrie	42.25	87.7	1	Geoff Clark	36.06	86.0				
2	P Trowbridge	43.30	82.9	2	Paul Twining	37.18	82.5				
3	Nancy Chorley	47.08	76.5	3	Rob Clutterbuck	41.08	73.0				
4	Jackie Taylor	56.28	63.9	4	Ian Orr	43.46	69.8				
5	Marg Cassidy	58.56	63.0	5	Murray Hutchison	45.43	67.9				
W60			M65								
1	Theresia Baird	41.11	92.4	6	Lindsay Oxenham	47.39	64.6				
2	Sylvia Machin	54.33	70.5	7	Michael Horn	48.23	62.1				
3	Helen Myall	54.44	68.7	8	Alan Radford	49.18	61.7				
W65			M70								
1	Judy Wines	57.52	68.9	1	Michael Davin	49.27	62.3				
2	Judy Davidson	60.46	66.5	10	Tom Gallagher	50.55	61.0				
W70			M75								
1	Shirley Young	55.56	79.6	1	Alan Bennie	40.42	77.6				
W75			M80								
1	Corrie DeGroot	59.27	77.3	2	Gary Stewart	40.45	78.9				
M30			M85								
1	Niall Martin	41.43	64.6	1	Alan Bennie	40.42	77.6				
2	Adam Wallace	41.55	64.3	2	Gary Stewart	40.45	78.9				
3	W. Sellick	42.41	63.2	3	B. Leddin	41.44	75.0				
4	Frank Lang	53.58	61.3	4	Robert Henderson	42.32	74.3				
				5	Dennis Ardley	43.51	71.8				
				6	Louis Waser	44.39	71.4				
				7	Rob Baulch	45.04	69.5				

VMA 10km Cross Country

Yarra Bend Park, Sunday, 15th June

By Colin Browne



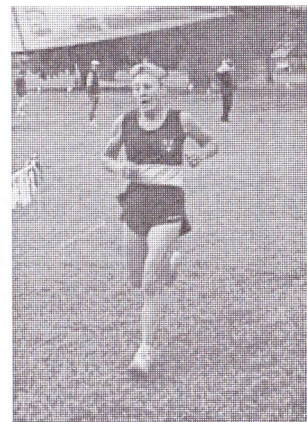
A quick start in the cross-country

Despite a terrible weekend weather forecast, it was a cool day but not as bad as the day before. The biting wind had dropped considerably and conditions were OK. Collingwood's cross country guru, Ron Young, had organised the materials for marking the course most efficiently, and the teams, led by Ray Harbert, Wasyl Drosdowsky, Graeme Paul and the rest of the Collingwood stalwarts, had the course perfectly flagged and white-lined so early that they could have had another hour in bed.

It was a combined event with the VCCL, but the pros had been rather unsociable, setting up in an open pavilion on the park, and leaving the hallowed halls of George Knott Athletic Track relatively empty for the presentations.

The pros in their red singlets showed their youth and vigour from the start of the race, leading out from our fading stars, although Phil Bowes gave them a run for their money. Many of our members have been doing this run for upwards of twenty years, and they won't mind if I say it shows. But good on them. They are still out there doing it. Fantastic.

Twice around the wide open, hilly course, grassy in parts, 5km each lap, was a severe test. Our female age group winners were: W30, Maria Abfalter, W35, Bronwyn Hanns, W40, Julie Braakhuis, W45, Ann McPherson, W50, Sonya McLennan, W55, Lavinia Petrie, W60, Helen Myall, W65, Judy Wines, W70, Shirley Young and W75, Corrie De Groot. The male winners were: M40, Mario Muscara, M45, Phillip Bowes, M50, Paul Twining, M55, Gary Stewart, M60, David Locke, M65, Brian Lynch, M70, Bill Page, M75, Bob Lewis and M80, Ken Matchett.



W55 winner Lavinia Petrie

VMA 10km Cross Country (Cont.)

We had a pleasant presentation ceremony in the clubrooms and everyone who came felt satisfied that they had done something worthwhile out of doors on a winter's day.

Thank you very much to the Collingwood venue for hosting the event.

Results

Merri Creek Yarra Bend Course with a clear day but cool and overcast 6° to 8° 10:00am start with 64 entrants. Thanks to Rob Waters for these results.

M40

1 Mario Muscara	37:01
2 Peter May	39:08
3 Andrew Tunne	44:51
4 Steven Reganzi	53:34

M45

1 Phillip Bowes	34:40
2 Allan Long	36:36
3 Robert Dunning	39:59
4 Colin Heywood	41:13
5 Rod Neal	42:43
6 Glen Claiden	44:10
7 Graeme Paul	47:15
8 John Signorini	47:24
9 Tony Bowman	54:13
10 Tony Martin	56:38

M50

1 Paul Twining	39:24
2 David Jones	40:47
3 David Pottage	41:48
4 Michael Richards	42:22
5 Adam Silcock	43:02
6 Mick Carr	46:16
7 Murray Hutchison	47:55
8 Wasyl Drosdowsky	52:22
9 Len Hallett	54:13
10 John McBride	55:05

M55

1 Gary Stewart	42:37
2 Bernie Leddin	42:56
3 John Bell	44:46
4 Westley Windsor	45:33
5 Rob Henderson	46:20
6 Rob Waters	47:45

M60

1 David Locke	41:48
2 Graham Phillpott	42:50
3 John Kneen	45:17
4 Tony Johnson	47:27
5 David Nobbs	53:54

M65

1 Brian Lynch	49:48
2 Peter Johnstone	50:55
3 Peter LeGet	51:58
4 Greg Mauldon	53:02
5 Ray Callaghan	64:36

M70

1 Bill Page	51:38
2 Ron Young	53:55
3 R Morgan-Morris	54:29
4 Chas McRae	55:44
5 Jack Gubbins	57:51
6 Ben Morrey	63:56

M75

1 Bob Lewis	46:54
2 Vern Gerlach	68:28

M80

1 Ken Matchett	63:39
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W35

1 Maria Abfalter	44:00
2 Toscha Stopar	55:49

W35

1 Bronwyn Hanns	43:02
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W40

1 Julie Braakhuis	43:26
2 Carmel Drennan	56:51

W45

1 Anne McPherson	45:11
2 Jenny Alexander	45:38

W50

1 Sonya McLennan	48:14
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W55

1 Lavinia Petrie	43:15
2 Margaret Cassidy	61:22

W60

1 Helen Myall	55:33
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W65

1 Judy Wines	60:42
2 Anne Callaghan	64:07

W70

1 Shirley Young	58:06
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W75

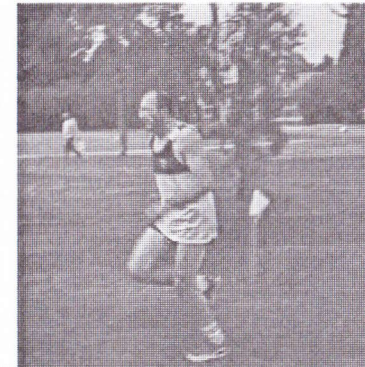
1 Corrie DeGroot	64:07
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Fastest

Phillip Bowes 34:40 M45
Bronwyn Hanns 43:02 W35

VMA 10km Cross Country (Cont.)

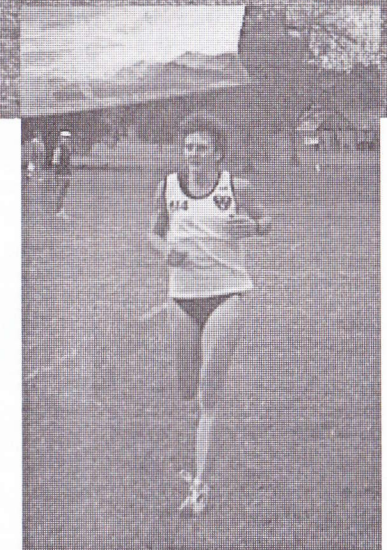
Mario Muscara M40 Champion



Determined President, Rob Waters



Three winners



Julie Braakhuis, W40 winner

VMA Winter Championships

Doncaster Venue, 22nd June

100 Metres

Heat 1	
1 Ray O'Connor	15.9
1 Kay Burnie	16.4
3 Eddie Stack	17.3

Heat 2

1 Leo Charles	14.6
2 John Howes	15.0
3 Ron Smith	15.3
4 Clyde Riddoch	15.6
5 June Reeves	16.0
6 Nanette Compte	16.3

Heat 3

1 J Matthews (Inv)	13.7
2 Fred Rademaker	14.1
3 Cathy McDonald	14.3
4 Con Matthews	14.6
5 Jodi Chandler	14.8
6 Joe Dilworth	15.3
7 Eddy Jedrys	15.9

Heat 4

1 John De Angelis	12.2
2 Keith Howden	12.5
3 Phil Rosevear	12.7
4 Rich Wearmouth	12.9
5 Kevin Parry	13.2
6 Ross Kent	13.4
7 Sonya Pollard	13.7
8 Richard Trembath	14.1
9 Andrew Frazer	14.5

400 Metres

Heat 1	
1 Andrew Frazer	69.0
1 Sonya Pollard	74.7
3 Richard Trembath	74.8
4 Ron Smith	77.7
5 Toscha Stopar	79.5

Heat 2

1 Jody Chandler	67.8
2 Joe Dilworth	69.0
3 Cathy McDonald	69.8
4 J Matthews (Inv)	71.3
5 Eddy Jedrys	71.7

Heat 3

1 Keith Howden	58.6
2 John De Angelis	58.9
3 Fred Rademaker	64.8
4 Con Matthews	68.5
5 Clyde Riddoch	69.5
6 Ray O'Connor	71.1

200 Metres

Heat 1	
1 Clyde Riddoch	31.4
2 Ron Smith	31.7

3 Ray O'Connor	31.9
4 Eddy Jedrys	32.3
5 June Reeves	32.6
6 Nanette Compte	33.9
7 Eddie Stack	34.6
8 Kay Burnie	35.9

Heat 2

1 Sonya Pollard	28.6
2 Cathy McDonald	29.1
3 Jayne Matthews	29.5
4 Jodi Chandler	29.8
5 Andrew Frazer	30.7

Heat 3

1 Keith Howden	25.5
2 John De Angelis	25.8
3 Rich'd Wearmouth	27.0
4 Ross Kent	27.2
5 Phil Rosevear	27.9
6 Kevin Parry	28.7

Heat 4

1 Richard Trembath	29.2
2 Fred Rademaker	29.3
3 Con Matthews	30.2
4 John Howes	30.5
5 Joe Dilworth	30.8
6 Leo Charles	31.1

800 Metres

1 Fred Rademaker	2.37.1
2 Terry Jones	2.45.5
3 Eddy Jedrys	2.51.5
4 Peter Johnstone	2.57.4
5 Bob Lewis	3.00.1
6 Chas Mcrae	3.19.0

1500 Metres

1 Fred Rademaker	5.29.4
2 Rob Waters	5.46.6
3 Terry Jones	5.48.2
4 Bob Lewis	6.32.6
5 Jenny Davis	6.53.1

5,000 Metres

1 Michael O'Brien	19.55.9
2 Kevin Parry	21.24.6
3 Tony Johnson	21.29.4
4 Rob Waters	21.51.4
5 Bob Lewis	22.28.7
6 Chas Mcrae	25.18.1

Long Jump

1 Con Matthews	4.32
2 George Christodoulou	3.32

Shot Put - Men

1 G. Rose	11.35
2 Billy Binks	10.18
3 K. Readwin	9.36

4 G. Knight	8.50
5 A. Harbott	7.31
6 G Christodoulou	7.07
7 J. Fraser	6.90
8 R. Foley	6.38

Hammer - Men

1 G. Rose	42.10
2 W. Van Weenan	42.09
3 K. Readwin	37.10
4 Billy Binks	32.89
5 G. Knight	31.96
6 A. Harbott	23.30
7 J. Fraser	23.15
8 G Christodoulou	22.78
9 K. Knox	21.89
10 R. Foley	18.33

Shot Put - Women

1 C. Schultz	11.84
2 A. Rose	7.62
3 L. Mussett	6.66

Hammer - Women

1 A. Rose	30.46
2 C. Schultz	29.00
3 L. Mussett	19.89

Discus - Men

1 G. RoseE	35.14
2 K. Readwin	32.29
3 Billy Binks	28.74
4 Clyde Riddoch	28.50
5 G Christodoulou	25.21
6 A. Harbott	19.97
7 J. Fraser	19.51
8 R. Foley	18.58

Javelin - Men

1 G. Rose	46.87
2 Clyde Riddoch	34.16
3 Billy Binks	22.56
4 G. Knight	20.02
5 G Christodoulou	19.93
6 A. Fraser	18.69
7 K. Knox	16.06
8 Eddy Jedrys	13.03
9 R. Foley	11.68
10 J. Fraser	10.47

Discus - Women

1 C. Schultz	34.09
2 A. Rose	19.40
3 L. Mussett	14.38

Javelin - Women

1 C. Schultz	24.6
2 A. Rose	14.4
3 L. Mussett	10.5

Walk Judging

As VMA represents and stages events for veteran/masters athletes, care must be taken not to alienate older walkers by judging standards.

Yes, I was disqualified from the 20km events in 2001 and 2002. I was also disqualified from the 5km and 3km titles in 2003. However I am not a cheat nor do I think that my disqualified opponents are cheats and we are happy to compete together. It is simply that many of us older walkers are now physically unable to straighten our knees (also our elbows and fingers) but we do lock our knees at each stride.

If we consider the very high percentage of older walkers disqualified from the 5km and 3km walk on 30th March and 5th April, we must question whether the judging is too strict for athletes with permanently bent legs.

Obviously the answer is "Yes", so rather than alienate our senior walkers we should cater for them by adopting the British Race Walking Association rules for category B events, dated 14th February 2001, of which I have a copy if anyone wants to peruse. I hope that good sense will prevail.

Stan Mishin.

Editor's Comments

I'm not a race walker, yet I walk 5-8km a few times a week, plus 20-30km of going from "A to B" during that time. A simple exercise that people have been doing since we descended from the apes. Just the same as sprinting for a bus or heaving a brick.

Being in field events, any athlete that is unfortunate enough to foul all their attempts, is few and far between and is, most times, viewed as a disaster by fellow athletes. As well, a technical fault (shot out from the neck) that warrants a foul is extremely rare. Yet a scan down any walk results often shows 'DQ'. I can never understand why this particular event is so harshly judged and how a walker can sweat it out for hours only to be pulled out in the last stages when technique can suffer due to tiredness.

I have seen track race walking where four judges, posted 100 metres apart, have run along walkers, got down on their knees and intimidated the poor walkers. It would almost make you want to take up pole vaulting where you only have to do one thing - get over the bar. I felt sorry for the walkers. I nearly feel that the judges couldn't go home satisfied without, at least, scrubbing a few suspects from the track - like a traffic officer.

The VRWC (Tim Erickson, Mark Donahoo, Harry Summers) website says that the AA Walking Commission has adopted rule 191.2(c) in that, for interclub competitions, where only one judge is available, one warning for disqualification. Pretty stiff. I guarantee if I took my current walking technique to the road, I wouldn't get past the first judge. What sort of sport requires so tough judging, especially as you get older it is harder to straighten many things out? I doubt that any walker sets out to cheat by attempting to run.

Special Letter



What's On

2003

August

1st-3rd

Pan Pacific Masters Games (was Asia Pacific Masters Games), Sacramento, California, USA, (07) 5564-8733, www.panpacmastersgames.com

16th-24th

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

VMA Road Walks, 3 miles for men and women, Albert Park, 2:45pm

VMA Winter Weight Pentathlon Champs, Duncan McKinnon, noon

VMA & VCCL 10 Miles Road, Princes Park, Royal Parade, 10am

Sun 24th

31st

September

Sat 6th

Road Walks, 20km M35-69, 10km Women, M70+, Albert Park, 2:15pm

Sun 14th

VMA 25km Road Race, Footscray Boat House, 9:30am

Mon 29th

The Sixty Minutes at Doncaster, One hour record attempts, contact Richard Trembath (9431-6963) or Rod Jellett (0425-714-741)

October

2nd

East Burwood 20th Anniversary Track Meet, bring historical items

3rd

East Burwood 20th Anniversary Dinner at Wantirna Hill Club

4th

VMA 10km Track Races, Dolomore Oval, Mentone, 3 divisions

4-6th

AMA National Winter Throwing Championships, Canberra or call Ray Green, AMA Championships, (02) 6231-6712

12th

VMA Marathon (in Melbourne Marathon), Frankston to Melbourne

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

March

10th-14th

WMA Indoor Championships, Sindelfingen, Germany

13th-14th

VMA State Championships, Glenhuntly

21st

VMA State Weight Pentathlon, Glenhuntly

28th

VMA State Pentathlon, Glenhuntly

April

Easter

18th-24th

Australian Masters Athletics T&F Championships, Melbourne

WMA Non-Stadia 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). www.wma2004.org

TBA

1st WMA Indoor Championships (New York City, USA, Malmö, SWE, and (most probably) Sindelfingen, GER)

October

21st-28th

Oceania OAVA Regional 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.alicespringsmasters.nt.gov.au

2005

TBA

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

July

6th-16th

16th WMA (Stadia) World Championships, San Sebastian, Spain

22nd-31st

6th World Masters Games, Edmonton, Canada

What's On

2006

January

Oceania Championships, Christchurch, NZ

May

8th-14th

WMA World Non-Stadia Championships, Vancouver, Canada, www.wma2006.org

TBA

WMA Indoor Championships

2007

July

17th WMA World Stadia Championships (Only bid is Riccione, Italy)

Athletics Victoria Cross

Country 12km 26th July

M40

1	Stephen Moneghetti	35:22
2	Greg Lyons	39:37
3	Michael Bialczak	40:41
4	Steven Quirk	42:12
5	Brett Whiteoak	42:29
6	Christopher Harvey	42:55
7	Robert McCubbin	43:05
8	Donald Nicholson	43:07
9	Tim Crosbie	44:12
10	Chris O'Connor	44:59
11	Gerard Brown	45:09
12	Neil Lewry	46:07
13	Mario Muscara	46:09
14	Michael Harvey	46:19
15	Jeffrey Sharam	46:52
16	Graeme Macdonald	47:16
17	Warrick Erwin	47:57
18	Peter Sutherland	48:04
19	Marc Collister	48:16
20	Paul Viney	48:24
21	John Crameri	48:26
22	Daryl Thompson	49:00
23	Duncan Knox	50:05
24	Kevin Armstrong	50:13
25	John Nicola	50:40
26	Bruce Collins	51:00
27	Gary O'Dwyer	51:47
28	Shane Derby	52:16
29	Robert Sutton	53:04
30	Barry Whittle	53:10
31	Michael Gunning	53:18
32	Christopher Harrap	56:29
33	Mark King	57:30
34	Paul Wilmot	60:39
35	John David	63:54

M45

1	Antony Milovac	41:01
2	Allan Long	42:43
3	Charles Chambers	42:56

4	Peter Gaffney	43:43	16	Robert Embleton	49:53
5	Geoff Holden	43:51	17	Peter Logan	50:02
6	Christopher Lynch	43:56	18	Robin Sloan	50:31
7	Robert Jones	44:45	19	Eric Sigmont	50:37
8	John Williams	45:02	20	Rodney Goodwin	50:44
9	Anthony Gray	45:11	21	Graeme Hewitt	50:58
10	Geoffrey Purnell	46:11	22	Maxwell Little	51:11
11	Steven Daniliuk	46:59	23	Michael Fenelon	51:23
12	Colin Heywood	47:15	24	Graham Philpott	51:35
13	Christopher Murphy	47:21	25	Wayne Hogan	51:40
14	Paul Kennedy	47:29	26	Gregory Moore	51:57
15	Peter Risk	47:46	27	Robert Mandile	52:07
16	Norman Marshall	48:02	28	Malcolm Hopkirk	53:11
17	Ian Twite	49:13	29	Michael Bennion	53:12
18	Neil Macdonald	49:24	30	Robert Barnes	54:00
19	Graeme Cartledge	49:40	31	Andre Kowalski	54:14
20	Philip Williams	49:54	32	Michael McCormack	54:46
21	John Moloney	50:16	33	Michael Cusack	55:33
22	Robert McConnochie	50:23	34	David Jones	55:45
23	Joseph Campisi	50:23	35	Stuart Nicol	55:48
24	Geoff McGowan	51:26	36	John Kneen	56:22
25	Russell Barrett	51:38	37	Steven Stern	57:05
26	Greg Schofield	52:00	38	Ewald Seibold	57:07
27	Bernard Payne	55:28	39	Jim Hopkins	57:13
28	Greg Payne	56:14	40	Keith McIntosh	57:23
29	Terry Dopper	56:59	41	Maxwell Balchin	57:25

M50

1	Raymond Wilson	42:45	42	Burnie Skahill	58:05
2	Anthony Bird	43:55	43	David Goddard	58:18
3	Geoffrey Clark	43:58	44	Michael Davin	58:58
4	Garry Roden	45:06	45	Bog Frackowiak	59:45
5	Ken Hall	45:22	46	Ian Upton	60:12
6	Peter Moore	45:39	47	Gordon Proudfoot	60:44
7	Robin Broberg	45:52	48	Alan Irwin	61:22
8	Max Howard	46:06	49	Ronald Young	62:35
9	Paul Twining	46:39	50	Phillip Hutton	62:58
10	Ernie Stewart	47:31	51	John Neale	63:00
11	Russell Johnson	48:17	52	Peter Battrick	64:27
12	Len Johnson	48:24	53	Warren McCullough	64:29
13	Brian Woodruff	49:06	54	Bernard Goggin	68:02
14	Gabriel Carmona	49:30	55	Shirley Young	69:17
15	Bruce Salisbury	49:38	56	Ian Duthie	70:25
			57	Kenneth Carter	77:53