

Vic Vets

NEWS AND RESULTS



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Stan Nicholls OAM in his 1938 British Empire Games blazer. He finished fifth in the three mile (5000m) race and was the first Australian home.



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Editorial

Pavulins, Jan Davies and Graeme Rose. Janis Wright won her steeplechase, as we knew she would. Other Victorian winners included Tina Leb, Dorothy Jack, Mike McAvoy, Norman Franzi, Gordon McKeown, Christine Dickie, Win May, Robert Claridge and Chris Schultz. And that was just in the first week. And there were plenty more who were placegetters or very happy to have participated although unplaced.

Well, the World Masters Games in Brisbane have been and gone, and the Queensland vets are breathing a sigh of relief and putting their feet up after what must have been an exhausting but satisfying time for them. They took on something they knew would be big, but just how big surpassed all expectations. The huge number of registrations caused some of their best laid plans to be changed, and new courses to be found. I hope we don't have similar problems with our commitment to the Australian Masters Games next year. But despite the huge fields, they pushed them through and those who competed have not complained. Small delays were understood. Everybody had their chance to compete.

The media reports had so many sports to focus on, and so many personal angles, from sporting heroes of not-so-distant days (Ian Chappell, The Mean Machine, Heather Mackay, and others), to ancient geriatrics still playing sport (101 year old swimmers, 93 year old divers), that our own Vic Vets did not feature much. Judy Pollock, being an ex-Olympian rated quite a few column inches, and deservedly so for her victories in the W50 1500 and 5000 metres. And our Queensland mates Jan Hynes, Wilma Perkins and Daphne Pirie were mentioned for outstanding efforts.

Coverage of the Vic Vets efforts will have to wait until we see the full results. I have seen a few papers and can mention a few successful people. Our own Gwen Davidson won almost everything she went in, all except the 200 metres. She was spewing when Aileen Hogan spoiled her perfect score. Australian records were broken by Raymond Rossi, Heather McDonald, Nance Jeffreys, Avers

The Masters was a multi-sport event and it was exciting and a privilege for many to see top athletes perform in their own specialist areas. It was an international event, with sixty plus nations represented. It makes you think back to 1987 when we hosted the World Veteran Games in Melbourne. They were great days. Lots of work, lots of preparation, but once the Games started, a magical experience. We can share the banana-benders' experience vicariously, and be proud of them for having done a great job of hosting, befriending and organizing. Good on you Queensland, our turn next year.

Speaking of which, Ray Callaghan called a meeting recently of the people who are going to help him organize the Australian Masters Games in 1995 and the Australian Veterans' Championships in 1997. It was a great meeting with twenty odd people prepared to put their hand up and take on a large and onerous slice of responsibility. And they were just the team leaders. Each will call on many more to put it into practice. When you see what Ray had outlined to be covered you begin to realize what a complex and far-reaching operation a major carnival is. So much forethought and preparation must go into it. It's a bit frightening, thinking you might overlook something, but very rewarding to be side by side with such good people.

Ray also raised the problem of getting much more participation by non-elite members in the Victorian Championships. The first step may be to drop the term "Championships", call it a Carnival, and try to offer incentives as well as medals that will be meaningful to more people.

Colin Browne

Yesterday's HEROES

Where are they now?

By JEFF FORREST

Legendary Ballarat athlete Stan Nicholls describes himself as being 83 years young.

Nicholls is still widely known as one of Ballarat's best ever athletes.

He competed at the 1938 British Empire Games, finishing a credible fifth and being the first Australian home in the three miles (5000m).

A member of Ballarat Harriers from 1928, Nicholls can still be seen running and walking the lake.

He held 32 World Veteran Age Athletic records throughout his life. One of these was a 26 mile marathon when he was 66.

In his time Nicholls has received many honours including the Order of Australia Medal in the Queen's Birthday honours in June 1984.

The award was presented to him at Government house by Sir Brian Murray, Governor of Victoria, for his outstanding services to sport.

Nicholls was also official timekeeper in Ballarat for many years leading to his appointment as a timekeeper at the 1956 Melbourne Olympics for all athletic events at the main arena plus marathon and road walks.

VETS IN PROFILE

This article appeared in the Ballarat News on Wednesday 7 September 1994. Stan is not the only athlete in the family. His wife Arley still holds seven Victorian and four Australian age-group records, and his daughter Allison Thompson is a top walker who competes regularly at Croydon and Vic championships.

Q How long have you been involved with athletics?

A I was 17 years old when I joined Ballarat Harriers in 1928, which is well over 60 years ago.

My brother, Fred, came home one day with my uniform and gave it to me and said he had paid my membership so I suppose I couldn't let him down.

Q What were some of your successes?

A I won the Victorian three mile track and five mile cross country State athletic championship and was selected in Victoria's team in the 1930s as well as winning many Ballarat championships from one mile upwards. I represented Australia at the 1938 British Empire Games (now Commonwealth Games) and ran fifth in the three mile championship final, being the first Australian home.

In later years I competed in Veteran events and won many titles.

A few I won were the Veterans World Games 2000m steeplechase, over 25 hurdles of three foot high which included five times over the water jump.

This was in Melbourne in December 1987 and I won a gold medal and broke the world record for men over 75 by 14 seconds.

I also won two gold and one silver medal at the World Veterans Games championship at Christchurch in 1981 when I was 69.

I have also won many Australian Veteran Championships in running, walking, steeplechasing and marathon events.

Q What are some of the awards that have been bestowed on you?

A The OAM in the Queen's Birthday Honours in 1984, The Advance Australia Logie Award and plaque presented by Sir Brian Murray in 1985 for service to sport.

The Merit Award of Victoria by the Victorian Athletic Association in September 1983 for outstanding service to athletics over 55 years.

The Australia Day Sports Medallion in January 1984, by the Hon Mr Neil Tresize, Minister of Sport and Recreation, for 50 years of "dedication and service to athletics" and for "setting a fine example to young Australians."

The City of Melbourne Award in 1983 for athletics achievement over a lifetime in Australia and for an outstanding contribution to the community.

Ballarat Harriers Life Membership awarded in 1951 for service and achievement in sport over many years in Ballarat and Australia.

Life membership of the Victorian Athletic Association in 1988 for 60 years of service.

Q What important positions have you held in administration?

A I have held various positions with the Ballarat Harriers including president, captain, trustee, coach, committeeman and delegate for the club at State Council meetings. I was chief timekeeper in Ballarat for many years and was appointed a timekeeper at the 1956 Olympics.

Q At 83 years of age do you still keep fit?

A I'm still keen on fitness and train most days at the Goldfields Gym. I also do a lap of Lake Wendouree as often as possible, as my motto is we have to live a long time to do all the things we want to.

Q What was racing like in the early 1930s and how did you fare then?

A There was excellent racing in the early 30s with some of my opponents being Jack Turnbull, Jack Spencer and Albert Briggs, all capable of winning the club title.

We were all fairly even then and this produced some great racing. It wasn't until a bit later that I started to hit my straps, winning the club's two mile in 1931, 1932, 1935, 1938, 1939 and 1940 and the club's five mile in 1933, 1935, 1937, 1938, 1939 and 1940. I won all club titles from 1938 until the war called me away to higher duties.

In 1939, when I was at my fittest, the club organised a special time trial to attempt the record for the club's 2½ mile course at the lake which I broke in 12-18, shaving 24 seconds off the record held by A.V. Mackie since 1927. This record defied all attempts by club champions down the years to break it and was finally eclipsed in 1977 by Robin Scaley.

VETS IN PROFILE



Nance Jeffreys

Late starter chases gold

WORLD-class athlete Nance Jeffreys, 85, does not have a long history of athletic success.

She used to win running races at primary school, and married ladies' races at factory picnics during the Depression.

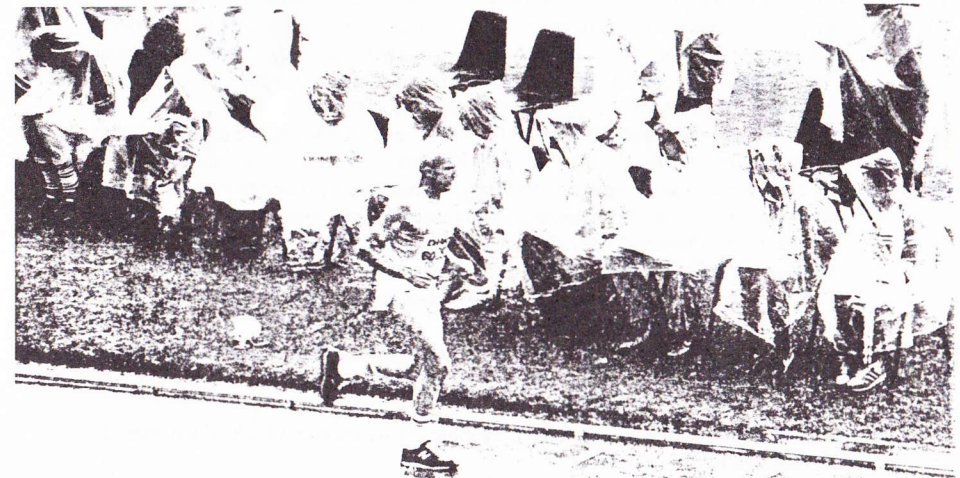
But Ms Jeffreys of Ballarat only started breaking world records in athletics when she was 78 — the year after her first training session.

ATHLETICS

She has won about 50 gold medals and has been beaten only once in the past seven years. She broke the world record for the 10km walk in the 75-79 age group at the World Veterans Games in 1987 and in 1990 broke world records for the 5km and 10km walks in the 80-84 age group.

A BLAST FROM THE PAST

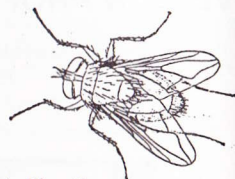
Remember this day in November, 1987



Courtesy of "The Age" Melbourne

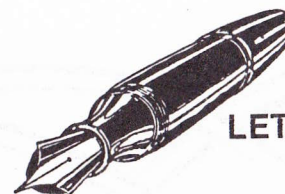
Fly on the Wall

Leaked from the committee's minutes of
10 October 1994



- 3.2 Tania Lewis of the Police and Fire Games had requested help in marshalling the 21.1km road race, starting in Swan Street. Moved Colin Browne, seconded Margaret Cassidy, that VVACI support the Police and Fire Games in principle
- 6.1 The treasurer submitted a written report of cash transactions to 7 October 1994. Capitation fees of \$3,984 had been paid to AAVAC. After discussion it was agreed to publish two more issues of "News and Results" before the end of the year. Moved Rob Waters, seconded Ted McCoy that subscriptions for new members joining after September 1 could be rebated to \$8 for the rest of the year plus \$16 for the following year, a payment of \$24. Carried.
- 7.2 The 25km at the You Yangs had been very poorly attended, with only 20 starters. Altona venue did a great job of organization. The loss of attraction was a concern and changes were discussed. A shorter race may succeed. Eric would discuss this with Ray Wilson.
- 7.4 The marathon and 9.5km fun run at Princes Park had been very successful. 45 ran in the marathon. Eric had been dubious early, but good support from lapscorers, drink station, results, certificates and food and hot drink providers made it an excellent event. He thanked all those who had helped. There will be no marathon in 1995 because of the Australian Masters Games.
- 10.4 Dot Browne asked where we should be listed in the phone book? It was suggested under Sporting Clubs in the yellow pages and under Athletics - Victorian Veterans and under Victorian Veterans' Athletics Club Inc. in the white pages.
- 12.2 Australian Masters Games. Colin Browne reported that AMG had asked us to revise our plans for medal allocation in events with small numbers, because the number of medals could be very large. He said that a calendar of athletic events for the coming year had been compiled to aid in our promotional strategy. He passed over a cheque to the treasurer from AMG for \$250 as first payment to VVACI.
- 12.4 Venue collections. Peter Colthup had written a letter to the finance sub-committee supporting the retention of the user-pays 50 cents donation from venues and opposing any rise in annual subscriptions. Jeff Briggs circulated a printed motion of guidelines on venue collections. After discussion and amendment it was moved by Jeff Briggs, seconded John Dean that the following points be adopted as VVACI policy and, therefore, be included in "Guidelines for Venue Managers":
1. All venues fix their own level of weekly contribution and retain their own collections.
 2. All venue collections should be maintained in a bank account to be named "Victorian Veterans' Athletic Club Inc xxxxx Venue", where xxxxx is the name of the venue.
 3. Such bank account to be operated by three (3) signatories, of which any two (2) must sign jointly.
 4. Each June and December a signed statement showing funds as at the 30 June or 31 December, as appropriate, be forwarded to the VVACI treasurer within ten (10) days. A copy is also to be placed in a convenient place for venue perusal.
 5. Although self-sufficiency for each venue is encouraged, the VVACI central committee may be approached for financial assistance. Such approach is to be in writing and to be properly documented. Motion carried.

Secretary
VAACI



LETTERS TO THE EDITOR

Dot Browne,

I am returning the Silver Medal I won as second place getter in the Vets 25K Championship at the You Yangs on 28 August 1994.

I do this in order to make a point which I have wanted to make for a long time but could not without being accused of sour grapes.

The indiscriminate presentation of Gold, Silver & Bronze medals by the Vets is degrading the meaning of these awards for those who rightly earn them through outstanding achievements against high class competition. As is so often the case, my medal was awarded simply because I was only 1 of 2 competitors in my age group. The truth is that I ran last in this race with a time of 2hrs 28mins which, even by my standards, is bloody poor.

I wanted to make this point when, on joining the Vets, I realised that a lady I had admired for winning so many Vets Gold medals was the only competitor in her age group. I wanted to make it again when George Simpson returned a drawer full of medals to the Vets to be recycled. I wanted to make it again when after winning Gold at the Western Region Games for Shot Put (yes I was the only competitor in my age group) I saw a lady Vet giving away the Gold medals she had won because she had won so many before in similar circumstances as the only competitor in her age group. I wanted to make it again when I heard of John Brown giving Gold medals he had just won to friends here & overseas.

But I could not make my point on any of these occasions without being accused of sour grapes because I had not won any Vets medals.

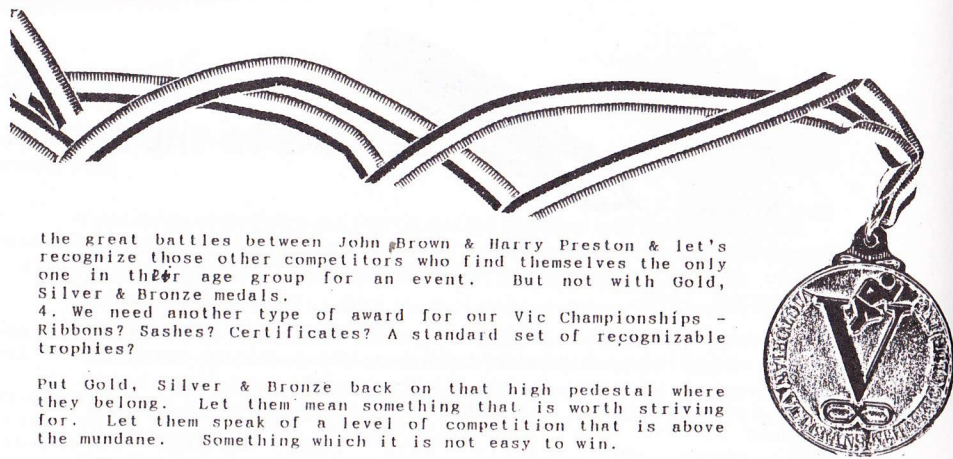
I have quite a few medals which I have received as a Marathon participant & these I value & display proudly but I would feel a cheat if I displayed this Silver medal which should convey a true message of high class achievement against competition to all who see it.

Obviously this medal, which should be a highlight of my running career with the Vets, means nothing to me or I would not give it away. The purpose & meaning of Gold, Silver & Bronze medals has been degraded into something insignificant & cheap, not worth winning.

Please publish this letter & let's get some discussion going on this matter - here is my viewpoint to start the discussion.

1. Gold, Silver & Bronze medals should be reserved for National & International competition.

2. Even there they should not be presented unless a set minimum standard is achieved & unless a set minimum number of competitors take part in an event.
3. By all means let's recognize other achievements, such as



the great battles between John Brown & Harry Preston & let's recognize those other competitors who find themselves the only one in their age group for an event. But not with Gold, Silver & Bronze medals.

4. We need another type of award for our Vic Championships - Ribbons? Sashes? Certificates? A standard set of recognizable trophies?

Put Gold, Silver & Bronze back on that high pedestal where they belong. Let them mean something that is worth striving for. Let them speak of a level of competition that is above the mundane. Something which it is not easy to win.

Gordon

Gordon R BurrowES
30 August 1994

Colin,

you were not to know, but you have published an uncorrected version of the SPARTAN awards for the last Melbourne Marathon in NEWS & VIEWS.

Spartan (& Vet) BARB DALGLEISH of the Coburg venue was clearly first in the W55 category with a time of 3hrs 33mins 26secs. This information has been supplied to the Spartans so that they can correct their records & make the appropriate award. Please note also that BARB holds the record for this category of Spartans & has for many years won this category outright (ie for both Spartans & non-Spartans).

Gordon

Gordon R BurrowES
30 August 1994

Dot Browne,
Secretary,
Victorian Vets Athletics Club.

Dear Dot,

Thank you for publicity about our Veterans Fitness Walking activities at Mentone.

We are still getting good fields each Saturday at 2 p.m. and have several newcomers from the various Veteran venues including some talented performers. However I would like to mention two starters with no competitive walking experience at all, who have joined us. They are Oscar Garr (74) who had difficulty walking a few metres because of inner ear balance problems and Maurie Griffiths (69) from Essendon who suffered from a stroke.

After a few short coaching sessions on posture and correct foot placing, they are both taking part in estimated time events and enjoying the outings in the company of the Mentone friendly Vets.

On the subject of posture many athletes including both walkers and runners, don't realise its importance, not only on performance, but in avoiding injury. That is why the action of sportwalking can be usefully taught to most athletes to assist them to become more flexible at the joints and as an aid of co-ordination of movement.

The late Elmer Rahn, from Estonia, one of our best ever school athletic coaches, would insist that all his boys learn the movements of sportwalking before doing other athletic events, and the success of his charges seem to vindicate his teachings.

One of our most successful Victorian Vets to combine both walking and running is Marlene Gourlay, who not only leads home the field at our weekly walks at Mentone, but has also won the Vic. Vets. 10 Kilometres Road Run Championship for the past three years in the 40 plus age group.



Frank McGuire

Frank McGuire

SPRINTERS TWILIGHT MEETINGS

Sprinters twilight meetings will resume on Wednesday 2nd November 1994 at **Box Hill Athletic Track**. The Wednesday meetings will continue until the end of daylight saving.

The programme of sprints will commence at 5.30pm and consist of 3 or 4 different distances from 60m to 400m. The aim of these meetings is to provide quality starting and racing practice before our Veteran Championships in March and April, however athletes of any age are welcome. If there is sufficient interest, hurdles races and jumping and throwing events will be included.

Races will be organised on a "graded" basis for the best competition possible. We are fortunate again to have the services of Brendan Ferrari, Chief Starter at Aberfeldie. A fee of \$2 per person will be collected as payment for the use of Box Hill Athletic Club's facilities (including starting blocks and showers).

For more information, or if you can help as an official, please contact the organizer, **Clyde Riddoch**, on 204 7085 (work), or 754 8241 (home).

VICTORIA WEIGHT PENTATHLON CHAMPIONSHIP 27 MARCH 1994

Age	Name	Hammer	Shot	Discus	Javelin	Heavy Hammer	Total Pts	Place
<u>M30</u>	Weight & Age Factor:	4kg 1.3825	4kg 1.0800	1kg 1.0650	600g 1.2000	9.072kg 1.0079		
	Christine Tew	25.52 580	7.58 460	27.42 528	21.18 513	8.03 453	2,534	1st
<u>M40</u>	Weight & Age Factor:	4kg 1.4139	4kg 1.1650	1kg 1.1320	600g 1.3200	9.072kg 1.0378		
	Christine Schultz	37.62 847	12.88 895	40.02 826	32.32 807	10.59 655	4,030	1st
<u>M45</u>	Weight & Age Factor:	4kg 1.4468	4kg 1.2700	1kg 1.2100	600g 1.4650	9.072kg 1.0687		
	Rhonda Dundas Sharon Reynolds	22.02 521 21.62 511	7.63 568 5.89 406	23.46 511 18.32 371	21.22 618 12.70 369	7.32 432 6.05 323	2,650 1,980	1st 2nd
<u>M50</u>	Weight & Age Factor:	3kg 1.3673	3kg 1.2300	1kg 1.3100	400g 1.5000	7.258kg 1.1025		
	Jan Davies Astrid Rose	42.44 911 30.56 683	9.31 684 8.63 630	20.22 470 20.52 479	12.14 359 17.46 527	12.09 799 8.65 557	3,223 2,876	1st 2nd
<u>M55</u>	Weight & Age Factor:	3kg 1.4812	3kg 1.3600	1kg 1.4300	400g 1.6700	7.258kg 1.1382		
	Val Worrell Christine Dickie	25.40 618 22.56 548	7.04 560 7.41 595	21.88 570 15.18 360	15.18 511 10.50 344	7.57 492 7.11 453	2,751 2,300	1st 2nd
<u>M60</u>	Weight & Age Factor:	3kg 1.6372	3kg 1.5100	1kg 1.5700	400g 1.8700	5.449kg 1.1755		
	Glad McKeown	22.96 617	6.34 560	17.24 482	11.54 434	7.50 507	2,600	1st
<u>M65</u>	Weight & Age Factor:	3kg 1.8298	3kg 1.6800	1kg 1.7300	400g 2.1000	5.449kg 1.2163		
	Lydia Widera Kathe Stankovic	29.32 853 16.24 483	7.49 755 5.10 488	20.48 651 13.16 386	18.15 736 10.40 440	8.70 628 5.94 385	3,623 2,182	1st 2nd
<u>M70</u>	Weight & Age Factor:	3kg 2.0737	3kg 1.8700	1kg 1.9100	400g 2.3600	5.449kg 1.3072		
	Gwen Davidson	22.02 741	6.71 753	18.44 647	15.74 710	8.95 700	3,551	1st
<u>M35</u>	Weight & Age Factor:	7.258kg 1.125	7.258kg 1.125	2kg 1.1100	800g 1.2000	15.88kg 1.0000		
	Mike Fawkner	31.12 575	8.95 465	29.22 528	26.62 363	9.24 403	2,334	1st

VICTORIAN WEIGHT PENTATHLON CHAMPIONSHIP 27 MARCH 1994

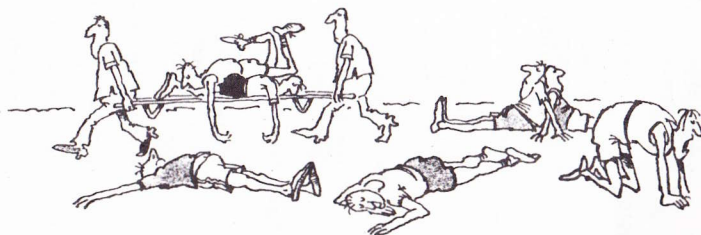
Age	Name	Hammer	Shot	Discus	Javelin	Heavy Hammer	Total Pts	Place
<u>M40</u>	Weight & Age Factor:	7.258kg 1.125	7.258kg 1.125	2kg 1.1100	800g 1.2000	15.88kg 1.0000		
	Roger Glass Clyde Riddoch Peter Flanagan John Neale	44.78 808 28.10 517 22.78 407 22.56 402	11.47 658 9.21 487 9.85 537 8.46 424	33.70 633 33.64 630 27.68 490 26.08 450	33.16 488 38.66 583 39.48 597 30.88 446	13.01 665 9.09 392 7.10 230 7.24 243	3,252 2,611 2,261 1,965	1st 2nd 3rd 4th
<u>M45</u>	Weight & Age Factor:	7.258kg 1.119	7.258kg 1.119	2kg 1.1800	800g 1.2700	15.88kg 1.0518		
	Geoff Tyler Peter Young John Reynolds	36.93 716 26.37 513 35.04 682	13.34 840 11.45 705 9.62 562	46.16 949 34.32 695 30.28 599	30.94 480 36.86 589 26.32 388	11.30 592 8.09 346 9.89 490	3,577 2,848 2,721	1st 2nd 3rd
<u>M50</u>	Weight & Age Factor:	6kg 1.1900	6kg 1.1450	1.5kg 1.1250	800g 1.3700	11.34kg 1.1453		
	Graeme Rose Ken Readwin Morrie James	41.44 793 46.52 876 31.68 619	12.78 766 10.26 582 8.92 468	39.26 766 34.56 663 30.10 559	47.38 820 23.16 359 24.10 382	15.28 932 14.76 899 10.53 603	4,077 3,379 2,631	1st 2nd 3rd
<u>M55</u>	Weight & Age Factor:	6kg 1.2700	6kg 1.2200	1.5kg 1.2000	800g 1.5400	11.34kg 1.2172		
	Joe Ball Ken Priestley	33.64 697 32.34 672	10.84 679 9.28 554	32.52 666 27.38 537	32.44 632 31.54 613	12.18 778 11.30 712	3,452 3,088	1st 2nd
<u>M60</u>	Weight & Age Factor:	5kg 1.2800	5kg 1.2350	1kg 1.1200	600g 1.5200	9.072kg 1.1796		
	Wim Van Weenan Ilmar Mancs Peter Barber Nino Stankovic	45.26 909 34.86 726 40.58 830 27.48 578	10.22 640 9.86 611 7.43 399 8.97 537	37.42 723 39.80 773 30.74 572 30.66 570	27.82 525 27.84 525 17.52 269 28.62 542	15.32 963 10.64 636 13.07 813 10.13 596	3,760 3,271 2,883 2,823	1st 2nd 3rd 4th
<u>M65</u>	Weight & Age Factor:	5kg 1.4100	5kg 1.3600	1kg 1.2300	600g 1.6700	9.072kg 1.2357		
	Alvares Pavulins	31.16 716	10.45 741	34.10 723	34.58 733	11.88 769	3,682	1st
<u>M70</u>	Weight & Age Factor:	4kg 1.4200	4kg 1.3700	1kg 1.3700	600g 1.8500	7.258kg 1.1981		
	Werner Widera Stan Stankovic	32.60 750 30.70 710	9.28 646 9.32 650	27.82 648 27.02 626	25.26 588 26.46 619	11.74 733 11.82 738	3,365 3,343	1st 2nd
<u>M80</u>	Weight & Age Factor:	4kg 1.7212	3kg 1.5702	1kg 1.7600	400g 2.1714	5.449kg 1.3429		
	Hans Holland	22.18 627	7.74 609	16.26 442	13.22 307	8.00 514	2,499	1st

WOMEN

W30 (20lb)	1st	Christine Tew	8.08m
W40 (20lb)	1st	Christine Schultz	11.50m
W45 (20lb)	1st	Sharron Reynolds	6.00m
W50 (16lb)	1st	Jan Davies	12.99m
	2nd	Astrid Rose	9.36m
W55 (16lb)	1st	Christine Dickie	6.69m
W60 (12lb)	1st	Glad McKeown	8.39m
W65 (12lb)	1st	Lydia Widera	10.33m
	2nd	Kathe Stankovic	6.61m

MEN

M35 (35lb)	1st	Mike Fawkner	10.16m
M40 (35lb)	1st	Roger Glass	13.66m
	2nd	Eric Zuccolin	10.50m
	3rd	Clyde Riddoch	8.92m
M45 (35lb)	1st	John Reynolds	10.77m
M50 (25lb)	1st	Graeme Rose	15.94m
	2nd	Ken Readwin	14.94m
	3rd	Morrie James	11.41m
M55 (25lb)	1st	Ken Priestley	14.09m
	2nd	Joe Ball	12.50m
M60 (20lb)	1st	Wim Van Weenan	15.50m
	2nd	Peter Barber	13.78m
	3rd	Nino Stankovic	10.10m
M70 (16lb)	1st	Werner Widera	13.05m
	2nd	Stan Stankovic	11.82m



V.V.A.C.Inc. 1994 Winter Competition

A change of Venue for this years Winter Competition. In past years it has been conducted at Coburg Venue, but as we had all journeyed North earlier in the year for the Vic. titles at Aberfeldie, the event was conducted at Murrumbena. Club Vice Captain Peter McGrath, Field Marshallled and co-ordinated the day co-opting the resources of Caulfield venue regulars along with those unsung hero-helpers within the Vet's who turn up on a regular basis to rake, retrieve, measure, time keep, marshal, tabulate and write certificates.

A cool but clear overcast day, with a small amount of sun remained that way for the afternoon, except for a shower before the Mens Three Mile run. The fly on the wall in the Mens change room afterward heard that "I prefer to run on synthetic tracks in the wet because you don't have to wash the rubberised asphalt stains out of your socks and singlet" (So much for performance in the washing machine stakes !)

For the record there were 109 competitors, 39 aged under 50, 40 aged 50-59, with 27 women. The day ran smoothly with a small but eager crowd of participants and support crew/spectators enjoying a most pleasant day of competition.

Caulfield maintained the traditional Winter competition feature of a three course sit-down meal after the conclusion and presentation of Certificates to all. For those that stayed it certainly makes for a most pleasant wind down to an excellent day.

V.V.A.C.Inc. 1994 Winter Competition at Caulfield Venue

Sunday 26th June 1994

RESULTS Field Events

* 1 - Hammer Throw - Women

Best of 3			
1	Jan	Davies	52 44.08
2	Lydia	Widera	65 27.38
3	Val	Worrell	59 26.58
4	Glad	McKeown	62 24.68
5	Joy	Priestly	52 23.58

* 4 - Standing Long Jump - Women

Best of 3			
1	Joy	Priestly	66 1.69
2	Lydia	Widera	65 1.59

* 5 - Discus - Women

Best of 3			
1	Val	Worrell	59 22.22
2	Lydia	Widera	65 21.38
3	Jan	Davies	52 19.72
4	Glad	McKeown	62 17.4

* 7 - Javelin - Women

Best of 3			
1	Lydia	Widera	65 19.38

2	Val	Worrell	59	15.78	7	Harry	Staecker	64	29.9
3	Denise	Wickham	43	15.6	8	John	Neale	43	29.34
4	Jan	Davies	52	14.68	9	Ilmar	Manes	64	26.8
5	Glad	McKeown	62	12.67	10	Werner	Widera	72	25.78
6	Merrilyn	Tait	45	8.16	11	George	Knight	58	23.74
7	Joy	Priestly	52	N.T.	12	Kevin	Cassidy	30	22.46

* 10 - Triple Jump -
No entrants

Women

* 12 - Shot Put -
Best of 3

1	Merrilyn	Tait	45	3.98
2	Margaret	Marion	54	4.9
3	Glad	McKeown	62	6.17
4	Joy	Priestly	66	6.72
5	Val	Worrell	59	7.23
6	Lydia	Widera	65	7.66
7	Jan	Davies	52	8.33

Women

* 2 - Discus -
Best of 3

Men

1	Ilmar	Manes	64	42.06
2	Bill van	Wienen	65	37.68
3	Harry	Wynhoven	60	34.94
4	Peter	Young	47	34.64
5	Ivairs	Pavulins	70	34.18
6	Joe	Ball	59	33.72
7	Clyde	Riddoch	40	31.76
8	Harry	Staecker	64	30.2
9	John	Neale	43	27.14
10	George	Knight	58	25.18
11	Guisepp	Carrassi	48	20
12	Norm	Keith	67	17.22
13	Kevin	Cassidy	30	13.44

* 3 - Javelin -
Best of 3

Men

1	Clyde	Riddoch	40	38.1
2	Peter	Young	47	36.96
3	Dave	Heaslip	36	33.48
4	Bill van	Wienen	65	32.18
5	Joe	Ball	59	30.9
6	Ivairs	Pavulins	70	30.08

7	Harry	Staecker	64	29.9
8	John	Neale	43	29.34
9	Ilmar	Manes	64	26.8
10	Werner	Widera	72	25.78
11	George	Knight	58	23.74
12	Kevin	Cassidy	30	22.46
13	Harry	Wynhoven	60	21.56
14	Norm	Keith	67	18.2

* 6 - Triple Jump -
Best of 3

Men

1	Mike	Clapper	41	11.54
2	Don	McMahon	55	8.97
3	Bill van	Wienen	65	8.84
4	Peter	Young	47	8.67
5	John	Neale	43	8.56
6	Gordon	Gourlay	65	8.2
7	Andy	Smith	79	5.4

* 8 - Standing Long Jump -
Best of 3

Men

1	Peter	Young	47	2.66
2	Ken	Priestly	56	2.56
3	Mike	Clapper	41	2.49
4	Graemie	Noden	56	2.47
5	John	Neale	43	2.19
6	Gordon	Gourlay	65	2.16
7	Bill van	Wienen	65	2.14
8	Norm	Keith	67	2.06
9	Ross	Kent	52	2.04
10	Werner	Widera	72	2.02
11	Harry	Staecker	64	1.95
12	Louis	Waser	48	1.94
13	Grey	Maulden	56	1.88
14	Kevin	Cassidy	30	1.67

* 9 - Shot Put -
Best of 3

Men

1	Peter	Young	47	11.42
2	Ilmar	Manes	64	11.07
3	Joe	Ball	59	10.7
4	Ivairs	Pavulins	70	10.35
5	Bill van	Wienen	65	10.31
6	Mike	Clapper	41	8.87

7	Harry	Wynhoven	60	8.84
8	George	Knight	58	8.79
9	Clyde	Riddoch	40	8.73
10	Norm	Keith	67	8.4
11	Harry	Staecker	64	8.31
12	Guisepp	Carrassi	48	8.18
13	John	Neale	43	7.96
14	Colin	McArdle	43	6.98
15	Gordon	Loughnan	42	5.83
16	Kevin	Cassidy	30	5.34

* 11 - Hammer Throw - Men
Best of 3

1	Bill van	Wienen	65	45.83
2	Ilmar	Manes	64	39.2
3	Werner	Widera	72	36.2
4	Harry	Wynhoven	60	36.04
5	Ivairs	Pavulins	70	35.95
6	Ken	Priestly	56	35.25
7	Harry	Staecker	64	32.86
8	Clyde	Riddoch	40	31.44
9	Joe	Ball	59	31.32
10	George	Knight	58	27.8
11	John	Neale	43	25.4

3	Michael	Orelli	50	1:49.94
4	Eddie	Stack	60	1:53.81
Heat 3				
1	Doug	Adeney	50	1:43.05
2	Dave	Herbert	53	1:53.58
Heat 4				
1	David	Innes	43	1:24.20
2	Mike	Clapper	41	1:33.21
3	Stephen	Young	42	1:39.86
4	Colin	McArdle	43	1:42.28
5	Anzil	Muaro	42	1:57.75
Heat 5				
1	Dave	Heaslip	36	1:31.87
2	Joe	Brown	46	1:34.08
3	Alan	Bennie	47	1:40.22
4	John	Szymiski	36	2:08.63
5	Kevin	Moses	31	2:04.75

* 3 - Two Mile Walk - Women
3218.688 metres

1	Jean	Albury	64	17:42
2	Ceila	Kelly	46	17:50
3	Carmela	Carrassi	40	18:14
4	Win	May	52	18:14
5	Lee	Osborne	51	18:14
6	Tina	Leb	61	19:13
7	Kerrie	Taylor	31	20:15
8	Jan	Watson	47	21:16
9	Denise	Bannon	55	21:51
10	Margaret	Marion	54	22:33
11	Glad	Wishart	50	22:34
12	Bev	Mackie	54	23:53
13	Dot	Jack	76	24:11
14	Lynette	Hill	48	25:26

RESULTS Track Events

* 1 - 600 metres - Women

1	Denise	Wickham	43	1:55.52
2	Ilse	Schneider	52	2:03.00
3	Cynthia	Herbert	52	2:18.84

* 2 - 600 metres - Men

1	Gordon	McKeown	70	1:57.40
2	Jim	Thomson	67	1:57.43
3	Norm	Keith	67	1:59.88
4	Doug	Orr	70	2:14.69
5	Eddie	Gamble	79	2:39.49
6	Andy	Smith	79	2:44.71
7	Colin	Silcock	61	2:45.81

Heat 2

1	John	Howes	58	1:38.36
2	Max	Brook	58	1:48.48

* 4 - 60 metres - Men

1	Dave	Heaslip	36	7.7
2	Geoff	Thompson	32	7.71
3	Mike	Clapper	41	7.84
4	Ken	Millstead	44	8.05
5	John	Szymiski	36	8.27
6	John	Neale	43	8.86
7	Anzil	Muaro	42	8.94
Heat 2				

AV 12KM CROSS COUNTRY AT BUNDOORA, 6 AUGUST 1994

1	Bob	Wishart	52	7.74
2	Ross	Kent	52	7.94
3	David	Sheehan	47	7.95
4	Joe	Brown	46	8.07
5	Peter	Young	47	8.29
6	Andrew	Elliot	51	8.95
7	Michael	Orelli	50	9.97

Heat 3

1	Graeme	Noden	56	8.1
2	Don	McMahon	55	8.78
3	John	Howes	58	8.89
4	Roy	Gieseman	64	8.95
5	Colin	Silcock	61	10.78
6	Kevin	McGrath	63	10.99

Heat 4

1	Gordon	Gourlay	65	9.04
2	Jim	Thompson	67	9.14
3	Norm	Keith	67	9.15
4	Bill van	Weenan	65	9.44
5	Doug	Orr	70	10.7
6	Andy	Smith	79	11.68

* 5 - 60 metres - Women No starters

* 6 - 1000 metres - Men

1	David	Innes	43	2:49.64
2	Peter	Bence	44	2:53.31
3	Alan	Bennie	47	3:03.50
4	John	Brimacombe	50	3:07.95
5	Rob	Waters	48	3:21.05
6	John	Szymiski	36	3:28.53
7	Michael	Orelli	50	3:31.15
8	Fred	Bicksel	57	3:32.67
9	Anzil	Muaro	42	3:34.42
10	Richard	Trembath	52	3:37.34
11	Kevin	Moses	31	3:42.62
12	Gordon	Loughnan	42	3:46.67
13	Gordon	McKeown	70	3:47.85
14	Colin	Silcock	61	4:09.56
15	Doug	Orr	70	4:12.72
16	Eddie	Gamble	79	4:55.99
17	Gerardo	Riviello	70	5:20.29
18	Harry	Preston	83	8:13.58

* 7 - 1000 metres - Women

1	Ilse	Schneider	52	3:52.27
2	Margaret	Cassidy	50	4:06.20
3	Merrilyn	Tait	45	4:12.80
4	Ceila	Kelly	46	4:17.31

* 8 - Two Mile Walk - Men 3218.688 metres

1	David	Cash	42	15:39
2	Tony	Johnson	54	16:29
3	John	Hallo	52	17:17
4	John	Salter	53	18:06
5	Ken	Walters	61	18:41
6	Colin	Silcock	61	19:07
7	Gordon	Gourlay	65	19:18
8	Bob	French	66	19:32
9	Vic	Harley	68	19:43
10	John	Beck	57	20:31
11	Ralf	Field	80	22:34
12	Allan	Jones	68	24:29
13	Andy	Smith	79	25:59

* 9 - 150 metres - Women No starters

* 10 - 150 metres - Men

1	Gordon	Gourlay	65	22.34
2	Norm	Keith	67	23.17
3	Gordon	McKeown	70	24.12
4	Doug	Orr	70	24.94
5	Andy	Smith	79	28.44

Heat 2

1	Ross	Kent	52	18.66
2	John	Howes	58	20.71
3	Brian	Tait	52	21.69
4	Michael	Orelli	50	23.57
5	Colin	Silcock	61	26.37
6	Kevin	McGrath	63	29.38

Heat 3

1	Ken	Millstead	44	19.58
2	Andrew	Elliot	51	19.68
3	Rob	Waters	48	22.14

Heat 4

1	Dave	Heaslip	36	18.31
2	David	Sheehan	47	18.62
3	Jeff	Thomson	42	18.93
4	Mike	Clapper	41	19.09
5	John	Szymiski	36	20.79
6	John	Neale	43	22.29

* 11 - Three Mile Run - Women 4828.032 metres

1	Marlene	Gourlay	42	20:04
2	Vivienne	Cash	42	21:23
3	Denise	Wickham	43	21:29
4	Cynthia	Herbert	52	22:11
5	Pat	Carroll	55	24:21
6	Lee	Osborne	51	24:34

* 12 - Three Mile Run - Men 4828.032 metres

1	Terry	Harrison	48	16:00
2	Eric	Greaves	46	16:10
3	Norm	Franz	50	16:24
4	Ray	O'Connor	56	17:09
5	David	Marburg	44	17:10
6	John	Brimacombe	50	17:18
7	Peter	Bence	44	17:19
8	Jim	McLure	48	18:00
9	John	Waite	53	18:11
10	Paul	Mullins	53	18:20
11	Colin	McArdle	43	18:37
12	Rob	Waters	48	18:42
13	Rob	Hendy	49	18:42
14	Louis	Waser	48	18:52
15	John	Howes	58	18:56
16	Fred	Bicksel	57	19:00
17	Michael	Orelli	50	19:17
18	John	Peacock	57	19:30
19	Dave	Herbert	53	19:41
20	Grey	Maulden	56	19:54
21	Peter	Griffiths	47	20:55
22	John	Szymiski	36	21:11
23	Gordon	McKeown	70	21:11
24	Kevin	Moses	31	21:40
25	Gordon	Loughnan	42	22:29
26	Colin	Silcock	61	25:44
27	Gerardo	Riviello	70	27:11

Once again we were lucky to be able to field a full team for this event, which goes close to being as tough as Brimbank Park's 16km cross country. Weather conditions were fine but bloody windy. And as it normally happens, we had a howling headwind on the longest section which also happened to be uphill. At the top of this hill there is a sign stating that this is the highest point in Melbourne, but due to being in extreme oxygen debt, and tears streaming from my eyes, I have never been able to appreciate the scenic view on arrival at the top. It proved wise to use the old 'hide behind and let the bloke in front cop the full brunt of the wind' tactic on this particular section of the course. And with having to assault this section three times I can assure you that there was a fair bit of pushing and shoving by competitors trying to ensure that they didn't end up being the bunny out front. One of our vets who runs for Glenhnutly, Chris Murphy, who is a lanky 6ft 2ins in height, found the wind a real hazard until he decided to crouch down behind the pack and lope along doing a splendid impression of John Cleese in his role as Basil from Fawlty Towers.

Getting into a pack whilst attacking the hill was wise for another reason also, with the wind being as strong as it was, if a bloke 50 metres in front of you spat, (as all runners are bound to do at some stage), it travelled back with such a force, you would be knocked over if the missile hit. One competitor who had an easy run was Leigh Cassidy. With Leigh and Kathy Woodward announcing their engagement recently, it was obvious Leigh was starting on his program of conserving his energy for the honeymoon next year. We all felt that this was a wise move as he is not getting any younger. Thanks to all our competitors and special thanks to Kathy and Wendy for their valued assistance.

Eric Greaves, Club Captain

RESULTS 12km BUNDOORA

Eric Greaves	43-53
Gray Ryan	45-59
Neil Griffin	50-33
Rob Henderson	48-33
John Newson	50-14
Leigh Cassidy	54-00
Michael Cummins	62-56

VVACI 10 MILE RUN AT PRINCES PARK, 14 AUGUST 1994

A good field of 67 entrants, 63 members with four invitees, joined forces with 31 members of the Vic Cross Country League for the combined event around Princes Park, Carlton. To avoid the confusion we seem to strike every year, as to where the starting line actually goes, I asked Kevin Cassidy, who is an accredited course measurer, to once and for all measure and mark the start. So providing the Melbourne City Council don't come along and rip up the path, we have a permanent mark for future runs. Our thanks to Kevin for giving up his sleep-in to help out. M40 Peter Gaffney was first vet and second overall in a top time of 52.06. Our women competitors were down in number again, but the old saying of good things come in small packages was more than applicable here with some top efforts turned in. Petrina Trowbridge, W45, was the first woman overall in a time of 65.10. W55 Barb Dalglish showed that she has returned to form by taking out her age-group in 76.10. Pat Carroll, W55, and Julie Butterfield, W30, ran the entire race together talking the entire trip. I reckon that quite a few recipes would have been discussed during their 92.00 minutes out on the course. First to finish was the V.C.C.L.'s Steve Cogan who flew around the course of five laps in 51.48.

Thanks to Jean Onley and the big bloke from Coburg (Harold Stevens) for their help during the event. Thanks also to our country members for making the trip to compete.

Eric Greaves, Club Captain.

RESULTS**10 MILE RUN - PRINCES PARK, CARLTON****WOMEN 30**

1. Julie BUTTERFIELD	34	92.00
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WOMEN 45

1. Petrina TROWBRIDGE	47	65.10
2. Coral MONK	46	76.39
3. Sandra KERR	48	79.36
4. Nancy CHORLEY	47	79.46
5. Christine GRIFFITH	45	99.25

WOMEN 50

1. Margaret CASSIDY	50	80.21
2. Helen MYALL	51	80.50

WOMEN 55

1. Barb DALGLEISH	58	76.10
2. Judy WINES	56	84.06
3. Ann CALLAGHAN	57	86.03
4. Pat CARROLL	55	92.00
5. Marg BRISTOW	58	97.04

WOMEN 60

1. Shirley YOUNG	64	83.59
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MEN 35

1. Paul BENNETT	38	56.57
2. Joe CAMPISI	37	60.24
3. Rod DILNUT	INV	70.41

MEN 40

1. Peter GAFFNEY	40	52.06
2. Gray RYAN	43	58.45
3. Rob DREW	40	59.03
4. David MARBURG	44	62.33
5. Peter BIRCH	INV	58.49

MEN 45

1. Eric GREAVES	46	57.39
2. Gerard SOFIANOS	46	57.55
3. Graeme HEWITT	48	60.47
4. Peter SHONE	49	60.48
5. John MONK	47	64.01
6. Murray HUTCHINSON	45	64.34
7. Robert WATERS	48	69.06
8. Dave WEAR	48	70.29
9. Simon STARGOT	47	73.08

MEN 50

1. John BRIMACOMBE	51	60.20
2. Barry BOYD	50	60.49
3. Ted McCOY	54	62.43
4. Roy COMMERFORD	51	63.18
5. John WAITE	53	64.24
6. Colin WIGHT	51	65.18
7. Jack McKELLAR	54	68.26
8. Michael ORELLI	50	72.13
9. Peter NELSON	53	75.29
10. Roland BROWN	53	75.51
11. Stephen BAUCEN	51	75.58
12. Peter McGRATH	54	77.24

13. Michael CUMMINS	50	81.05
14. John MAHONY	54	83.32
15. Kevin GRAY	INV	77.08
16. Keith STYLES	INV	80.38

MEN 55

1. Brian MEE	56	65.02
2. Bob HAYES	56	65.54
3. Neville PORTER	59	66.52
4. John HOWES	58	67.46
5. Juan PEREZ	55	67.50
6. Ron WILSON	57	76.19
7. Al WILLEY	55	82.23
8. Bernie GOGGIN	57	83.07

MEN 60

1. Ron YOUNG	63	66.24
2. Bruce MICHELSEN	63	66.58
3. Chas McRAE	61	70.30
4. Bill PAGE	63	71.22
5. Kevin ONLEY	60	72.24
6. Tom DAVIDSON	61	75.36

MEN 65

1. Vin O'BRIEN	66	67.47
2. Vern GERLACH	69	80.00
3. Jack GUBBINS	65	80.51

MEN 70

1. Gordon McKEONN	70	75.15
2. Ray WALKER	70	77.53
3. Gerardo RIVIELLO	70	96.59

**VVACI 25KM RUN AT YOU YANGS PARK, 28 AUGUST 1994**

A very disappointing field of 20 members, 19 men and one woman, contested this event which is held on the roads within the You Yangs Reserve area. It was a toss-up whether the officials (Altona) outnumbered the entrants as there seemed to be more people on the sidelines than actually

competing. It was a great pity that numbers were low, as the Altona venue members that helped did a top job covering every aspect required, and I am sure that a field the size of the 10 miler would have been doubly appreciated for the effort put in. It was also embarrassing for our club because I was approached well before the start of the run by a bloke enquiring about the vets as he was thinking of joining. During our talk I informed him that we had a combined membership of over 1100 and that we should have about 60 - 70 members competing today, so he should see some good racing. But as the above figures show, my estimate was out by miles. But still, this gentleman ran as an invitee and joined our club prior to going home. Welcome to the veterans, Colin Heywood.

But it was obvious that Sunday 28 August was a forgetful sort of a day. Our members forgot to turn up, most of our committee forgot to turn up, and to top it off, I left the bloody medals home. With the amount of work put in by the Altona crew in the organizing of this event and then poor support from all quarters, it makes you wonder whether it is worth all the bother. My thanks to Altona and the members that did make the effort to attend.

Eric Greaves, Club Captain

RESULTS

W45	1. Coral Monk	2-03-43
M40	1. Rob Drew	1-35-40
M45	1. Eric Greaves	1-33-28
	2. Jim Ingham	1-37-23
	3. Neil Hawker	1-51-30
M50	1. John Brimacombe	1-36-49
	2. Ron Campbell	1-46-04
	3. Ron Little	1-57-56
	4. Peter McGrath	2-03-29
	5. Roland Brown	2-16-19
M55	1. Brian Mee	1-45-22
	2. Gordon Burrows	2-28-23
M60	1. Mike McAvoy	1-44-13
	2. Bill Page	1-55-16
	3. Kevin Onley	1-59-23
	4. Colin Silcock	2-23-02

DEVIL BEND 10KM ROAD RUN

18TH SEPTEMBER, 1994

There was a good turn up of nearly 70 members at this, our last run at the Devil Bend Reservoir. On the drive down to South Moorooduc, the skies opened up and dropped BIG heaps of H₂O everywhere, creating thoughts in my mind of the nice warm bed that Wendy ("She who must be obeyed") had ejected me from a couple of hours earlier. But thankfully, by the time we arrived at the picnic area, the rain had stopped with only a cool wind blowing through the trees. With the weather being so unpredictable, it was very pleasing to see our members arriving in a steady stream, with quite a few travelling long distances to compete.

The reasons for relocating this event next year to Braeside Park are the increasing bureaucratic demands being placed on us in regards to permits, from both the police and the local shire, and most importantly, the safety factor, with more traffic on the roads. With the attitude of a minority of car drivers being that "As I pay my registration charges, the road belongs to me and I'm blown if I'm moving over", the safety of competitors and officials alike has become paramount with your committee.

Whilst Braeside will not be as demanding a course as Devil Bend, it is a course that will definitely test you out. Also with Braeside being closer to the suburbs, we might get a few more members along. One of the many requirements pertaining to our police permit were marshalls on all the corners whilst the event was in progress. But as in all requests for assistance, you tend to get only the willing few donating their time to make sure the race goes smoothly for the majority. So in view of this, the members of the local State Emergency Service were approached, and for a donation to their coffers, acted as our marshalls, keeping an eye on both the traffic and competitors. Our thanks to the S.E.S. for their help, and after seeing Collingwood venue's Eileen Dibbs signing in, I was glad that the S.E.S. were our marshalls. You see, a couple of years ago, Dibbsy took off with all the other competitors in the race, only to find herself on her Pat Malone about 3km into the run. Being so intent on checking the paddocks out for mushrooms, she didn't notice the pack way up in front make a right hand turn where

indicated by bunting etc. It was only after running nearly 4kms further down the road that it dawned on Eileen that she had missed the crucial right turn. To avoid a possible repeat this year, Dibbsy was pointed out to all the S.E.S. people as the one to watch out for.

The competitor that gained the attention of all was new member Bronwyn Hanns W30, who, only having joined the club that very morning, and not having a uniform to compete in, was given the OK to run in the gear she had on. And what gear it was! A bright fluoro pink outfit that enabled you to see the ex-ACT vet. approaching for miles. Bronwyn made her debut by being the first woman to finish in a time of 39.20. Welcome to the Vic. Vets, Bronwyn.

Also a welcome back to long-time member, Peter Hannaford, who has been missing from the scene for quite a while. I can recall watching Peter, Jim Seymon and Trevor Vincent having some great battles during club events not long after I joined the Vets in 1982. Peter competed at Devil Bend in his one-off fish-net style mesh singlet which has definitely gone past its 'use-by' date. Looking at the state of it, I reckon even the Brotherhood bin would reject it.

At the conclusion of the presentations and clearing up, I heard the words that would make a saint rebel, "Peter's locked his keys in the boot!" "Oh no", I wept, "Arthur Daley has done it again. So with visions of being stuck at Devil Bend till dark, the search was on to locate a coat-hanger to try and open the car door to get the spare keys out of Marge's handbag. Can you imagine our relief when Peter called out, "Hang on, I've found them!" It turned out that Mr. Colthup had a hole in his track suit pants pocket and the keys had fallen through and were nestled at the bottom of his pants' leg. Marge has been requested to fix the hole as well as wear the spare keys around her neck at future club runs.

A big "Thank you" to our following helpers: Theresia Baird, Lyn Crouch, Wendy Greaves, Lindsay "Shorthand" McGregor and Mick Coghlan for their assistance.

Eric Greaves ("Eccles")
Club Captain.

10KM DEVIL BEND ROAD RUN RESULTS

W30: 1. Bronwyn Hanns 39.20
2. Julie Butterfield 61.33

W35: 1. Nada Travica 50.45
2. Pam Hornibrook 51.39

W40: 1. Marlene Gourlay 43.52

W45: 1. Trish Wallace 41.22
2. Coral Monk 45.44
3. Carole McCoy 52.22
4. Jackie Taylor 52.40
5. Christine Griffiths 57.56

W50: 1. Dot Browne 44.52
2. Jan Morrey 46.29
3. Cynthia Herbert 49.18
4. Joy Herbert 50.57
5. Shela Brown 71.10

W55: 1. Judy Wines 51.56
2. Judy Davison 54.46
3. Eileen Dibbs 57.13
4. Marg Bristow 58.10

W60: 1. Lois Sellar 52.58
2. Jean Only 59.88

M30: 1. Peter May 36.48

M35: 1. Jeff Boot 35.57
2. Greg Savage 41.04

M40: 1. Rob Drew 35.48
2. Ian McCallum 36.27
3. Rob Clutterbuck 36.32
4. Rod Mason 36.41
5. Neill Boyle 38.20
6. Allan Alderson 38.34
7. Ron Rabone 38.37
8. Rod Wadsley 39.14
9. Ian Cassell 40.17
10. Glenn Claiden 40.49
11. Doug Ackerley 43.27
12. Lindsay Beaton 44.54
13. Gordon Loughnan 49.01
14. Rob Harrison 49.17

M45: 1. Eric Greaves 35.02
2. Stan Jordan 41.08
3. Dennis Ardley 42.07
4. Leigh Cassidy 42.27
5. Ken Taylor 49.26

M50: 1. John Brimacombe 36.53
2. Barry Fry 37.21
3. John Kneen 38.59
4. Bob Curtis 39.09
5. John Wallace 39.52
6. Mike Richards 41.39
7. Lawrie Crouch 44.57
8. Dave Herbert 45.52
9. Peter McGrath 46.54
10. Michael Cummins 48.09

M55: 1. Peter Hannaford 37.26
2. Juan Perez 41.55
3. Greg Mauldon 44.39
4. Maxim Wood 49.57
5. Norm Johnston 50.45

M60: 1. Roy Stanway 40.40
2. Tom Davison 43.49
3. Kevin Onley 45.06
4. Colin Browne 52.35
5. John Gilliland 52.58
6. Les Clark 59.15

M65: 1. Ben Morrey 48.48
2. Vern Gerlach 48.58
3. Les Jarry 57.53
4. Kees Zwynenburg 62.44

M70: 1. Ray Walker 54.16

M80: 1. Harry Preston 89.26



VVACI MARATHON AT PRINCES PARK, 2 OCTOBER 1994

It was a typical Melbourne spring day for the Vets Marathon, clear and bright early, then very windy and cold, then raining, and later sunny again, clearing to a nice afternoon after everyone had finished. Kevin Cassidy had marked out the course accurately, and for those who remember the old marathon when it was run on the asphalt paths and keeping outside the fence all the way, this was different. Instead of thirteen laps with a tag-end of about 200 metres, this course has shorter laps because it is run on a gravel path inside the fence. So we had to trek across the park over behind Optus Oval to a starting point among the elm trees and run half a lap before counting the thirteen laps. We had 45 contestants, not too bad.

In introducing the starter Bob Curtis, club captain Eric Greaves said, "This is our starter, Bobby Curtis. We go to the same barber." Bob removed his baseball cap to reveal the familiar billiard ball cut favoured by the captain. So away they went. The gravel track was wet and unresponsive. Some found it quite slower than asphalt. But at least that rotten camber on the footpath at the back of the park wasn't in it. And the de-knackering posts weren't there either. Mountain Man Kerruish had come down from New South Wales to run this, his 141st marathon. Gerry Riley is well over the hundred. Frank Furlan, our elf-like Vic Vet, was doing his 68th marathon and was full of excitement as usual. Shirley Young, the flying grandma, was doing her 41st. Eric Greaves shouldn't have done the full distance, being on antibiotics, but you can't stop some people. He won the event in 2.58, not without some difficulty. It was a brave effort. Gabriel Carmona and Jack Fredrickson had a great tussle for second, both registering 3.02, and only three seconds separating them. Kathryn Schlegel was our first female in 3.27, a very creditable effort.

It was a well organized event with plenty of effective helpers. Ray Callaghan had set up his computer and John Dean was seeing to the recording of laps, with Anne Callaghan linking to teams of lapscorers outside. These included Les Clark, Dan

Pollock, Bill Baxter, Harold Stevens, Doug Orr, Jim McGregor, Bob and Joy Curtis, John Kerr, Saul Bakaitis and others. Dot Browne and Marg Bristowe made sure that every finisher got a certificate. Wendy Greaves was in charge outside the pavilion and the drink station was doing good business manned by Bill Kyte and Leo Charles.

After the run there was an appetizing array of hot soup, lasagne, fruit and sandwiches. Hot drinks and biscuits were on the go all day, served by Elaine Hayes, Joy and Dot. Even if you didn't run you had a good feed.

Margaret Cassidy organized an informal 9.5km fun run during the marathon, and the best performances were by Jim McLure, Graham Prossor and Brian Johnston, with Debra Addison being first female. Overall a good day was had by all, and a few of us enjoyed a Guinness at the Rose Hotel in Fitzroy on the way home, surrounded by some strangely dressed characters from the Brunswick Street Festival.

Colin Browne

RESULTS OF THE 9.5KM FUN RUN

1. Jim McLure 38m 17s
2. Graham Prossor 41m 50s
3. Brian Johnston 41m 55s
- F1 Debra Addison 42m 07s
- 5 Ray Kemp 42m 49s
6. Brennan Chapman 42m 54s
7. Ron Boyne 45m 39s
8. Dot Browne 48m 28s
- Robyn Todd 48m 28s
- Kevin Cassidy 48m 28s
- Jack Gubbins 48m 28s
12. Richard Todd 48m 32s
13. Bill Kyte 50m 44s
14. Judy Wines 51m 24s
15. Colin Browne 54m 23s
16. Margaret Bristow 55m 08s
17. Eileen Dibbs 55m 57s
18. Christine Griffiths 68m 19s
19. Rita Kerr 72m 15s



RESULTS OF THE MARATHON

VICTORIAN VETERANS CLUB MARATHON - 2nd Oct '94

LAP TIMES (First time for 1284m. All other laps = 3147m)

	1284m	4431m	7578m	10725m	13872m	17019m	20166m	23313m	26460m	29607m	32754m	35901m	39048m	42195m	
ERIC GREAVES	M45	5.00	17.07	29.19	41.54	55.02	1.07.48	1.20.37	1.33.30	1.46.33	1.59.45	2.13.13	2.27.33	2.43.45	2.58.50
GABRIEL CARMONA	M50	5.01	17.56	31.12	44.15	57.12	1.10.37	1.23.51	1.37.11	1.50.38	2.04.10	2.18.05	2.32.27	2.46.59	3.02.06
JACK FREDRICKSON	M55	5.16	18.22	33.33	44.31	57.31	1.10.36	1.23.50	1.37.10	1.50.39	2.04.11	2.18.09	2.32.28	2.47.13	3.02.09
PETER BEARSLEY	M50	5.30	18.39	32.44	45.27	59.01	1.12.42	1.26.36	1.40.40	1.54.47	2.09.19	2.24.00	2.38.29	2.53.11	3.07.50
BERNARD SMITH	VIS	5.29	18.38	39.09	45.45	59.19	1.13.01	1.26.56	1.40.45	1.54.47	2.09.22	2.24.02	2.39.13	2.55.07	3.11.55
BOB HAYES	M55	5.34	18.54	32.10	45.36	59.12	1.12.59	1.26.45	1.40.51	1.55.02	2.09.20	2.24.08	2.39.28	2.55.31	3.12.02
NEVILLE PORTER	M60	5.17	18.45	32.27	46.26	1.00.38	1.14.32	1.28.49	1.43.14	1.57.41	2.12.09	2.27.15	2.42.48	2.58.49	3.14.57
EDDY ADDICKS	M45	5.23	18.46	32.12	45.39	59.19	1.12.59	1.26.55	1.41.25	1.56.21	2.12.11	2.28.11	2.45.10	3.02.58	3.22.01
ROBERT MCKENNA	VIS	6.20	20.01	35.49	50.29	1.05.11	1.19.39	1.34.17	1.49.27	2.04.35	2.19.54	2.35.21	2.50.56	3.06.06	3.22.05
ROB WATERS	M45	5.34	19.31	33.34	47.31	1.01.21	1.15.18	1.29.22	1.43.47	1.58.36	2.14.10	2.30.50	2.47.23	3.04.45	3.22.13
CHAS McRAE	M60	5.54	20.00	34.27	49.07	1.03.46	1.18.31	1.33.21	1.48.12	2.03.04	2.18.07	2.33.37	2.49.11	3.05.35	3.22.31
FRANK FURLAN	M55	5.35	20.21	35.09	49.52	1.04.37	1.19.29	1.34.46	1.50.27	2.06.23	2.21.50	2.37.33	2.53.19	3.09.01	3.25.03
JUAN PEREZ	M55	5.56	20.22	34.56	49.41	1.04.25	1.19.17	1.34.16	1.49.33	2.05.08	2.21.01	2.37.00	2.53.21	3.09.53	3.26.52
KATHRYN SCHLEGEL	M30	6.01	20.56	36.11	51.33	1.06.45	1.22.06	1.38.40	1.54.18	2.09.40	2.25.19	2.41.09	2.56.50	3.12.48	3.27.31
JOHN DANIELS	M45	5.17	18.45	32.27	46.26	1.00.38	1.14.33	1.28.49	1.43.15	1.57.42	2.13.25		2.49.34	3.08.44	3.27.43
IAN ORR	M40	5.55	20.22	34.56	49.40	1.04.25	1.19.16	1.34.16	1.49.33	2.05.09	2.21.10	2.37.55	2.55.05	3.12.47	3.30.26
DAVID WEAR	M45	5.40	19.52	34.21	49.06	1.03.46	1.18.31	1.33.22	1.48.41	2.04.37	2.21.07	2.37.18	2.54.45	3.13.08	3.31.17
KARL FAUVRELLE	M50	5.54	20.25	34.54	49.38	1.04.24	1.19.14	1.34.22	1.49.32	2.05.06	2.21.09	2.38.13	2.55.59	3.14.13	3.33.16
GERRY RILEY	M60	6.29	21.39	36.44	51.57	1.07.26	1.23.08	1.38.43	1.54.46	2.11.36	2.28.11	2.44.48	3.01.47	3.19.11	3.37.53
BARBARA DALGLIESH	M55	5.58	21.14	36.59	52.58	1.09.19	1.25.45	1.42.30	1.59.40	2.16.48	2.34.06	2.51.02	3.08.34	3.25.28	3.42.54
PETER McGRATH	M50	6.48	22.02	37.45	53.44	1.09.56	1.26.11	1.42.28	1.58.48	2.15.54	2.32.52	2.50.17	3.07.53	3.25.58	3.44.14
GEORGE PARADOWSKI	M45	5.55	20.24	35.00	49.39	1.04.26	1.19.15	1.34.48	1.49.24	2.05.41	2.22.22	2.40.26	2.59.55	3.23.28	3.44.30
NICK KILHAM	VIS	5.57	19.40	33.42	47.28	1.01.22	1.15.17	1.29.22	1.44.01	1.59.48	2.17.47	2.39.17	3.01.10	3.24.03	3.54.23
ROGER WEINSTEIN	M40	7.25	24.57	42.30	59.54	1.16.52	1.34.00	1.53.35	2.08.46	2.26.41	2.44.36	3.02.36	3.20.16	3.37.12	3.54.42
SANDRA KERR	M45	7.27	27.08	44.05	1.01.33	1.18.53	1.36.24	1.54.24	2.11.47	2.29.05	2.46.24	3.03.42	3.20.45	3.37.53	3.55.13
KEVIN GRAY	M50	6.27	22.46	39.16	56.02	1.12.40	1.29.34	1.46.26	2.03.27	2.20.35	2.37.49	2.56.14	3.15.39	3.35.54	3.58.00
KEVIN BROWNE	M55	7.25	24.52	42.03	59.17	1.16.27	1.33.38	1.51.17	2.08.50	2.26.54	2.45.31	3.04.00	3.23.24	3.42.45	4.01.03
JIM CLARKE	M50	7.26	24.57	42.29	59.53	1.16.51	1.34.00	1.51.20	2.08.46	2.26.40	2.44.36	3.02.36	3.22.09	3.41.50	4.01.36
SHIRLEY YOUNG	M60	7.15	24.47	42.04	59.11	1.16.21	1.33.44	1.50.47	2.08.24	2.26.27	2.44.38	3.03.12	3.22.28	3.42.12	4.02.06
VERN GERLACH	M65	7.46	25.06	42.35	1.00.13	1.17.45	1.35.21	1.53.55	2.11.20	2.29.18	2.47.35	3.06.08	3.24.39	3.43.41	4.03.27
GEORGE WILSON	VIS	7.19	24.53	42.04	59.06	1.16.28	1.33.38	1.51.17	2.08.50	2.26.54	2.45.34	3.04.00	3.23.23	3.42.47	4.04.11
ROLAND BROWN	M50	6.21	22.32	38.58	55.40	1.12.07	1.28.47	1.45.45	2.03.15	2.22.04	2.41.36	3.02.57	3.26.40	3.50.33	4.10.35
KEVIN MOSES	M30	6.29	23.48	41.29	58.20	1.15.59	1.33.21	1.51.17	2.08.50	2.27.23	2.46.31	3.09.45	3.38.32	4.02.40	4.24.30
DENISE WICKHAM	M40	6.55	23.32	40.16	57.04	1.14.02	1.31.27	1.49.19	2.08.00	2.27.43	2.48.50	3.13.42	3.38.51	4.02.40	4.24.34
'MOUNTAIN MAN' KERRUISH	VIS	7.14	24.15	41.54	59.40	1.20.18	1.39.26	1.58.53	2.19.23	2.40.15	3.00.52	3.22.52	3.45.29	4.08.26	4.30.25
JUDY PARKER	VIS	7.46	26.36	44.25	1.02.49	1.21.12	1.40.24	1.59.45	2.21.43	2.43.07	3.07.31	3.34.09	4.05.59	4.38.54	5.11.28
BERNIE BRENNAN	M65	7.46	26.36	49.55	1.15.11	1.40.25	2.06.32	2.33.08	3.00.18	3.27.42	3.55.34	4.23.33	4.50.37	5.17.00	5.44.15
RODNEY STURCH	VIS	5.56	20.21	35.00	50.33	1.06.44	1.22.50	1.39.04	1.56.20	2.14.54	2.34.32	2.54.48	3.15.58	3.41.15	
RUSSELL JOHNSON	M40	4.42	16.10	27.39	39.13	50.57	1.02.48	1.14.42	1.26.29	1.38.23	1.50.15	2.02.17			
COLIN McARDLE	M40	5.00	17.57	31.47	45.44	1.00.11	1.14.36	1.29.17	1.44.44	2.00.47	2.18.16	2.45.02			
PETER NELSON	M50	7.27	25.41	44.25	0	1.23.17	1.40.50	1.57.48	2.14.33	2.31.32	2.48.20	3.07.43			
GORDON BURROWE	M55	7.15	25.35	44.24	1.03.40	1.23.25	1.47.48	2.04.31	2.26.08	2.48.40	3.12.38	3.38.24			
RON YOUNG	M60	5.39	19.49	33.51	48.03	1.02.16	1.16.37	1.30.51	1.45.31	2.00.46	2.19.31				
PETE BATTRICK	M50	7.19	25.09	44.25	1.02.48	1.21.20	1.40.24	1.59.44	2.19.30	2.38.35	2.57.46				
KEITH STYLES	M50	6.56	24.19	42.03	1.03.00	1.18.37	1.38.29	2.00.18							

1994 ARMY LOGISTIC COMMAND LAKE RELAY 21 SEPTEMBER 1994

by Dot Browne

Major John Karmouche from the Army rang me up at school about 8.30am. one morning.

"Any chance of you putting your team of Supermums in our Army relay this year?"

"I thought it was a closed shop"

"Yeah well it was, but we went down the tube financially last year so we've opened it up for everyone again this year. Any chance?"

"I dunno. When's the event?"

"Next Wednesday"

"Wednesday? Everybody's workin'!"

"It's school holidays"

"Oh is it? Well.... we might have a chance, but it doesn't give me much time. How many in a team?"

"Five. Five females"

"I'll see what I can do. Give me 2 days"

"Okay... and thanks"

"See ya"

That was the start of another brilliant performance by our famous Croydon Supermums. The team originated a couple of years ago as part of a 200km Relay around Port Phillip Bay to raise money to send competitors to the Olympics. Rob Petrie and Sandy Kerr got together a team of 10 veteran females from Croydon venue as a last-minute replacement for a female team which had pulled out. This team of Croydon Vets. women amazed everybody with their speed and ended up in the top half of a field of 100 teams. They particularly demoralised younger football teams who thought they would be a pushover.

After that we rose to greater heights when we entered the 1992 Army Lake Relay and not only had the fastest team in the veterans' section, but cleaned up the open section of females as well. The services' teams were demoralised. They spat the dummy and stated that they would restrict the entries to services' employees for 1993. So that put us out.

But here they were in 1994, inviting us back again! We couldn't believe it (or resist the challenge). Within a couple of days, I had Robyn Todd (44yrs), Annette Brunton (37 yrs), Liz Feldman (46 yrs), Lavinia Petrie (51 yrs) and myself, Dot Browne (53 yrs) to give them a run for their money. John Karmouche phoned me when I'd faxed him our entry.

"Dot, the girls in the office are all going berserk! They reckon it's unfair that they should have to compete against a bunch of professionals!"

I told him to go through them like a ton of bricks and tell them how bloody ridiculous they were, to be scared of a bunch of geriatrics who've all got kids older than most of them I'm sure.

The Croydon Vets were good enough to pay the rip-off entry fee of \$75.00, bless 'em. So we fronted up near the Carousel Restaurant on Albert Park Lake at 7.30am on Wednesday 21st September, after battling peak hour traffic to get there. Well some of us did. The race briefing took place at 7.30am. Annette was there. I caught the last 5 minutes of the briefing, and the others hadn't arrived.

We each had to run 3 times 5km around Albert Park Lake in order, to make a total of 75km altogether. We had Robyn down to run first, but with five minutes to start time, there was no sign of her and we were wondering what to do. We weren't allowed to change the stated team order. But no worries! With 2 minutes to go, she came tearing across the car-park. "I gotta go to the loo" she screeched. So as the gun fired to start the event, Robbie was missing. She must have heard the gun because she came screaming out of the loo at 100 m.p.h, down the fairway, shedding clothes as she ran, amid great cheers and claps from other teams' members assembled at the start. Annette and I raced out and collected her gear as she trailed the other starters by 100 metres or so. Needless to say, Croydon Supermums were stone mother-less last after the first lap.

But then Dot and Annette did the next 2 legs and picked up a few placings. In the mean-time, Lavinia arrived. But the next drama was that Lizzie Feldman, down to run fourth, hadn't been sighted. We saw Annette burning up the straight to finish the third leg so Lavinia shed her gear in a hurry and

took off, firstly hoping that nobody would notice the switch and secondly, that Lizzie would be there to take over from her when she finished. She ran a blinder, two minutes faster than the rest of us, and fortunately, by the time she'd completed her leg, Lizzie had arrived, flustered and stressed out by the peak hour traffic. So now we had our team and could relax and get on with the job of picking up placings, which we did. Lizzie ran a good fifth leg.

It was a good course on the path around the lake and the ducks waddled across our track from time to time and the lake looked magnificent, mirroring the reflections of the trees around the edge in its still waters. If Kennett takes this facility away from us to replace it with a racing car circuit, he should be shot.

The organisation of this event could not be faulted. Army blokes in khaki dress and camouflage gear roamed the area constantly, snapping to attention and uttering "Sir!" with military precision when an officer of higher rank came within coo-ee. Packaged lunches and a sausage sizzle were included in the entry fee. The army band started up near us, so we entertained ourselves doing energetic swing dances behind them and throwing in a few impulsive hoots and hollers from time to time. The bright sunshine was marvellous and the atmosphere was relaxed and friendly.

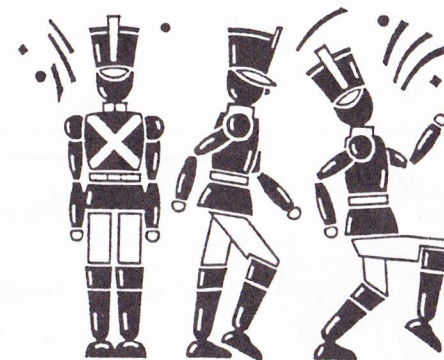
I disappeared into the massage tent at one stage for a free leg rub. One volunteer football masseur found a mess of sore spots in my calves and hamstrings that I didn't know existed. He was totally oblivious to my yells of agony and stuck the thumbs in hard, twanging tendons that had never been separated before like guitar strings, and staring into space with a sadistic smile as he rubbed. "Go and have a massage! It's really good", I coaxed the other Supermums. When they did, they could hear my giggles as they yelled and squirmed and they were after my blood when they emerged.

The relay continued as team members took turns to run. Lavinia was the star of our team. She ran faster each lap as she wound up and we had women from other teams looking over our shoulders at our team sheet, checking out whether they had a hope of beating her fastest time. She cleaned up fastest lap in the veterans' section with a time of 19.11. and

won \$100 for her efforts. Medgee Lebrasse was second. The rest of our team ran consistent 5km laps of around 21 minutes and we gradually crept up the ladder after each leg to win the veteran women's section easily, and came third in the mixed veterans' section. An Open team of slim young females beat our overall time this year.

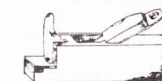
The presentations were fun, with the uniformed high-ranking army personnel out front, complete with peaked hats, distinguishing braids and colours on their epaulettes and cuffs providing an interesting contrast to the raggle-taggle appearance of all the runners sprawled out on the grass in the sun in front of them. Teams were encouraged to rock on at the Carousel Restaurant for a Happy Hour later in the afternoon.

It was a great day, made perfect by good company, excellent organisation and the wonderful weather. We hope more Vets can take a "mental health" day next year in the middle of the week in September and make up a few more teams to fill out the veterans' section. And thanks to my great mates who made up the Supermums contingent - Lizzie, Rob, Annette and Lavinia. What a team!



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VICTORIAN VETERANS RELAY RECORDS - as at 20 September 1994

MEN

4 x 100

M40	M.Hall, L.Telfer, D.McAlpine & D.Mather	48.8
M45	G.Robinson, T.Dunn, D.McMahon & B.Wyatt	51.5
M50	R.Kelly, N.Johnston, P.McCullum & P.Duggan	59.2
M60	J.Strickland, K.Zwynenburg, R.Gieseemann & B.Moulton	66.6

4 x 200

M50	R.Kelly, N.Johnston, P.McCullum & P.Duggan	2.03.7
M60	J.Strickland, K.Zwynenburg, R.Gieseemann & B.Moulton	2.24.7

4 x 400

M40	B.Humphreys, E.Kemplay, O.McGlone & C.Waring	3.48.5
M50	R.Kelly, N.Johnston, P.McCullum & P.Duggan	4.38.0
M55	B.Loader, B.Bateman, B.Lewis & F.Tutchener	4.56.1
M60	J.Strickland, K.Zwynenburg, R.Gieseemann & B.Moulton	6.02.2

4 x 800

M50	R.Kelly, N.Johnston, P.McCullum & P.Duggan	9.59.0
M65	K.Bird, B.Turnbull, D.Kirkman & P.Colthup	11.41.1
M70	A.Burgoyne, A.Smith, E.Gamble & C.Barling	11.44.1

4 x 1500

M50	R.Kelly, N.Johnston, P.McCullum & P.Duggan	21.45.0
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WOMEN

4 x 100

W45	P.Carroll, L.Woodman, G.Wilson & L.Jones	69.9
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Bushranges Classic

100km relay through the Dandenong Ranges.

Teams of five, one on the road, four in the car.
A bit like a car rally with one person running.
Each person runs four legs of about 5km.

**10th running of the event this year.
Sunday 6 November 1994**

Start and finish at Knox Venue, off Rushdale Road, Scoresby, Melway ref 73 D7
Be there at 7.30 am to get organized for a start at 8.00 am.
Race organizer and information, Ken Walters 752-5977

Sociable finish with good facilities and special prizes.



HOW THE BUSHRANGES CLASSIC EVOLVED.

During the years of 1981/82 the then Ferntree Gully Technical School, had a very keen and enthusiastic teacher by name of Ray Blanchfield, who loved to run.

During his lunch breaks he took pupils on runs around the streets of Ferntree Gully and encouraged them to take part in Fun runs etc. Our son Stuart was a pupil at the school and having been involved in Little Athletics was also a keen runner.

The South Australian School Sports Association conducted a special 100km. Relay event every year and Ray organised two teams each year to take part. My wife Judy was asked to go along as chaperone to the girls on the trip and also double as relief Bus driver.

The Ferntree Gully teams were so successful and enjoyed the event so much, they decided to stage a similar event here, and invited schools from Victoria and Sth Australia to take part. Unfortunately only a handful of schools took up the challenge, whereas in Sth Aust. 60 teams was the normal entry.

I became involved in the setting up of the course, and also drove a vehicle for one of the Sth Aust. teams, and could see how the event might be popular with the Veterans Athletic Club. I put the idea to Ray Callaghan, the then Manager of the Croydon Venue, and he agreed we should give it a go.

November 1983 saw us stage the first of the Bushranges Classics, starting and finishing at Fairpark Football Ground. BUSHRANGES because we were running through the BUSH in the Dandenong RANGES. With this play on words we were able to use the Ned Kelly Motif as our Identification Gimmick.

1984 saw us change to the Ferntree Gully Tech. where we have been ever since. The original Gofers were, BOB LOADER who made the now famous Red Arrows, RAY CALLAGHAN, the Computer Whizz, DOT and COLIN BROWNE, Certificates and Wine Labels, WOMBY BROWN Tail end Charlie picking up arrows and First Aid, and JUDY WALTERS setting up the course and putting out arrows.

This year 1994 sees us staging the 10th Bushranges [the event was not held in 1987 due to the clash with the World Veterans Games] and we have five persons will have competed in all ten. The five have all been invited to compete as a special team this year, to be introduced to all other competitors prior to the start, to receive a special award for this notable achievement.

Please understand, the organisers have no intention of presenting special awards similar to this years to individuals as they achieve their 10th. run in the event, but will provide a special certificate for reaching that milestone. The criteria for this will be for you to submit your claim with your entry [We will NOT be filtering through records to find 10th. time competitors] If you do not claim you will not receive.

As the years go by, I can see that perhaps we will have to look at a less dangerous course, [Perhaps a 20km closed circuit] if there is such a place. But the popularity of the event in its present form, and the continued support from the Venues, and the afore-mentioned band of willing helpers which now includes PAULINE BROWN, and the personal self satisfaction I achieve each year, makes this event a MUST on the Veterans Calendar for many years to come.

KEN WALTERS
[RACE ORGANISER]

MIKE O'NEILL MEMORIAL INTERVENUE CHALLENGE

1994

Wednesday, Dec.7.

DOLMORE OVAL, CNR. FIRST AND QUEEN STREETS, MENTONE.

The Mentone Venue is proud to present the fifth MIKE O'NEILL MEMORIAL INTERVENUE CHALLENGE in memory of our friend, the late Mike O'Neill, who made such a great contribution to the Mentone Athletic Club, the Victorian Veterans' Athletic Club Inc. and athletics in general.

Last year, a record 11 venues (including Geelong) participated with a total of 51 women and 115 men, with ages ranging from 30 to 80 years, vying for individual and challenge event honours. Mentone narrowly won the Memorial Shield from Springvale-Noble Park with Caulfield 3rd. It is hoped that all venues will be represented again to make this years event a gala and memorable one.

PROGRAM

Time	Location	Event		
7.00pm.	Track	Open 100M Handicap	Heats	Male/Female
7.00pm.	Road	Open 3K Walk Sealed H'cp.		Male/Female
7.20pm.	Track	<u>Men's 5K Challenge</u>		<u>M50+</u>
7.25pm.	Road	<u>Women's 5K Challenge</u>		<u>W30+</u>
7.50pm.	Track	Open 100M Handicap.	Final	
7.55pm.	Road	<u>Men's 5K Challenge</u>	<u>M30, M35, M40, M45</u>	
8.20pm.	Track	Open 3K Estimated Time		Male/Female
8.45pm.		Supper and Presentations		

RULES AND CONDITIONS

1. ENTRY - \$ 2 entry for all events.

2. OPEN EVENTS

All open events can be entered on the night, although it is preferred that entries for the 100M Handicap be submitted, on the accompanying entry forms, prior to the night (payment can be made on

the night), as this will assist the organisation of the event. Each open event will be a trophy event.

3. CHALLENGE EVENTS: 5K.

Although a venue may be represented by any number of competitors in each age group, only one competitor from each venue in each age group can score points towards the challenge shield. The best strategy for a venue, to maximise its point score, is to be represented by at least one competitor in as many age groups as possible.

* Challenge competitors must compete in their correct age event (age as at Wednesday 7th December.) Competitors cannot compete in a younger age category.

* There will be individual 1st, 2nd, and 3rd place ribbons in each age group irrespective of venue. The one competitor/age group/venue applies only to points score towards the challenge shield.

* The points score in each age group will be 10 for 1st, 8 for second, and 7,6,5,4,3,2, and 1 for the next 7 places.

* The Mike O'Neill Memorial Challenge Shield will be won by the venue with the highest overall points score. A small replica shield will be awarded to the winning venue to be kept permanently.

Plug the badge!

Buy plenty and take them to the Masters games or overseas. Swap them with the Yanks, the Swedes, the Germans, the Japs! Get lots of patches or T-shirts or flags in return.

John Dean
3 Pearl Street Essendon West 3040 (337-7179)

VICTORIAN VETERANS ATHLETIC CLUB INC

Support the largest Athletics club in Victoria

- Purchase and wear the badge
- Excellent quality from a Victorian manufacturer
- Gain prominence and exposure for the club
- Swap them with other Clubs
- Purchase as mementos for friends and interstate or overseas guests

\$ 3.00 each



18th Annual 10K LAKE to LAKE FUN RUN

Coburg Harriers Club Inc
Outlook Road Coburg
Melways 18 A10

SU 4 DEC 9am

Entry \$6.00 on the day
Trophies 1,2,3 M & F
Numerous Sponsors Prizes
New course

Vets Aquathon



WHEN Sunday 5 February 1995 at 8.30 am sharp.
(Registration from 8.00 am)

WHERE Lysterfield Lake Park
Horswood Road, Narre Warren North
(Start and finish at swimming beach)
Melway ref 108 D3

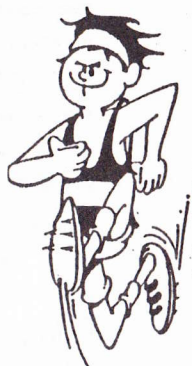
ENTRIES On the day at the start line - (be early!)

COST \$4.00 entry plus \$2.00 park admittance (\$6.00 all up)

DISTANCE 5km run followed by 400m swim.

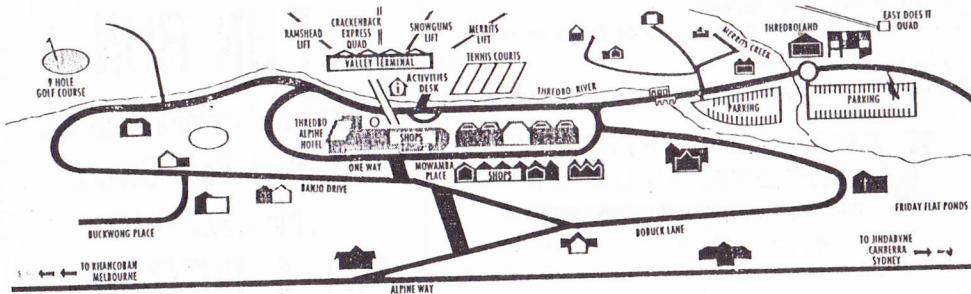
AWARDS Presentations will be as soon as possible after the event.
All age groups winners receive a medal.
Certificates for all competitors.

NOTE No dogs or cats allowed in the park.
Electric barbecues available.



15th Thredbo National Running Week

THREDBO ALPINE VILLAGE, KOSCIUSKO NATIONAL PARK
FRIDAY, JANUARY 13 TO MONDAY, JANUARY 23, 1995



Program enquires to: **Honorary Organiser**
Thredbo National Running Week,
Brian Lenton, PO Box 5, Duffy ACT 2611

Accommodation enquiries to: **THREDBO ALPINE APARTMENTS**
THREDBO'S BEST LOCATION
Friday Drive, Thredbo, 2627
Contact: Shirley Gosson
(064) 576414 or TOLL FREE 008 811 162
FAX (064) 576417

CALENDAR

1994

Sunday, 30 October:

:George Perdon Memorial 6hr Track Race,
Knox Athletic Track, Rushdale Rd, Scoresby, Dot
Browne 874 2501(w), 874 2501(h).

:Rye Back to Front Fun Run, 3/6.5/13km,
9.30am various locations, Bob Martin (059) 85
6617(h).

Saturday, 29 October-Tuesday, 1 November:
Bright Alpine Climb 4 Peaks, Bright/
Harrietville, Reg Splat (057) 55 1507(h).

:Cup Day Family Fun Run, 10km & 3km, Knox
Park, Rushdale Street, Scoresby, 9am, 763 1647
(h)

Saturday, 5 November:

:(VRR) Tan Time Trial, 4/8km, 7.30am near
Government House Dr, Graeme Horskins 802
7925(h).

Sunday, 6 November: Spring into Shape Series
3 Run/Walk, 5/10km, 9am Alexandra Gardens
Boatshed, 819 9225(w).

Wednesday, 9 November: Super Sunset Series
1, 4/10km, 7pm Tan Track, Kings Domain, 658
9946, 658 9950.

Sunday, 13 November: Collingwood Leisure
Centre Fun Run, 5.5/13.25km, 9.30am cnr
Turnbull and Hoddle St, Clifton Hill, Merri Creeks
248 8999.

:Pelican Fun Run, 2/3/5/10km, 10am Colac
Primary School, Colleen Stephens (052) 31
2560(w), (052) 33 4515(h).

:(VRR) Jells Park Fun Run, 5/10km, 9am
Ferntree Gully Rd, Graeme Horskins 802 7925(h).

:(VV) Veteran Weight Pentathlon, Caulfield
Melway 68 K9

:River Heart Walk, 4/10km, 9am Pipemakers
Park, Maribyrnong, Coral Haynes 390 9796(h).

:Eltham Fun Run, 5/8.5km, 9.30am Eltham
Leisure Centre, Belinda 439 2266(w).

Wednesday, 16 November: (VRR) Twilite Tan
Time Trial, 4/8km, 6.30pm near Government
House Dr, Graeme Horskins 802 7925(h).

Sunday, 20 November:

:The Olympic Dream Fun Run, 10km run 6km
walk and also 1500m track events, 9am Olympic
Park, Melbourne, Tom Sedunary 427 0188(w),
entries close 7th Nov.

:Mont Albert Primary School Community Run
and Walk, 3/6/12km, 9am Koonung Creek
Reserve, Greythorn (mel 32 G11), Kim Johnson
890 4037(h).

Sunday, 27 November: South Melbourne
Marathon and 10km Fun Run, 6.30/9am, Clive
Davies 592 9992, 696 6474(fax).

Sunday, 27 November:

:Rasenkräftsport Victorian Summer
Championships, track and field events, Dolomere
Oval, Mentone, (mel 87 C7), Morrie James 570
6958(h), 428 2467(w).

:Marlborough Primary Fun Run, 2.9/10km,
9.30am Hardy Cres, Heathmont (mel 63 J2),
Ashley Ryan 870 3468(w), 729 2996(h).

:Kingsbury Fun Run, 10km & 5km, Mont Park
Hospital, McLeod, 10am 465 7246 (h)

Saturday, December 3: Rosebud Fun Run, 7km
& 5km, opposite Rosebud Hotel, 9am, 059 86 1837
(w)

Sunday, December 4th: CHC Coburg Lake to
Lake Fun Run, 10km, Harold Stevens Athletic
Track, 9am, 386 9251 (h)

:Caulfield Festival Fun Run, 10km & 3.5km,
Caulfield Park, 9am, 563 5582

:Quayside Classic, 10.3km & 5km, Ross Smith
Mall, Quayside, Frankston, time to be advised,
783 7033 (w)

:McFarlane Burnett Centre Fun Run & Walk,
12km & 6km, Fairfield Hospital, 9.30am, 280
2950

:VRR Tan Handicap, 8km and 5km, & breakfast,
opposite Swan Street bridge, 7.30am, 802 7925
(after hours)

Wednesday, 7 December: Super Sunset Series
2, 5/10km, 7pm Albert Park Lake, 658 9946, 658
9950.

Monday-Thursday, 12-15 December: Emil
Zatopek Day 1-4, Olympic Park, Melbourne,
Start to Finish (03) 819 9225.

:Wednesday, 14 December VRR Twilite Tan
Time Trial, 8km & 4km, near Government House
Drive, 6.30pm, 802 7925 (after hours)

Sunday, 18 December: Post Office Dash, 4.6/
9.2km, 8am Blairgowrie Post Office (4.6km) and
8am Sorrento Post Office (9.2km), Alan Radford
(059) 85 5989(h).

:Saturday, December 31, VRR New Year's Eve
Run, 8km & 4km, & Champagne breakfast,
Alexandra Avenue, opposite Swan Street bridge,
7.30am, 802 7925 (h)

WORLD VETERAN CHAMPIONSHIPS BUFFALO, NEW YORK STATE, 13 TO 23 JULY 1995

COMPETITION ENTRY FORM

LAST NAME										FIRST NAME									
ADDRESS										DAYTIME TELEPHONE									
ADDRESS										FAX									
CITY					STATE					ZIP CODE									
COUNTRY										MUSE/FEMALE (M/F)		AGE		AS OF JULY 15, 1995					
NATIONALITY										DATE OF BIRTH		MO		DAY		YEAR			

1. WAVA fee = US\$ 15.00
 2. 1st event entered = US\$ 30.00
 3. 2nd through 5th: Number of events _____ x US\$ 10.00 = US\$ _____
 4. 6th through 7th: Number of events _____ x US\$ 17.00 = US\$ _____
 5. Multi Events Fee _____ x US\$ 30.00 = US\$ _____
 6. Banquet tickets (number ordered*) _____ x US\$ 30.00 = US\$ _____
TOTAL: (add above lines together) = US\$ _____

Payment:
 1. Bank draft or check in U.S. dollars
 Payable to: XI WORLD VETERANS' CHAMPIONSHIPS
 2. VISA MC Name: _____
 NUMBER _____
 EXPIRATION DATE: _____ / _____

MARK EVENT HERE WITH AN "X"

Event	Name of Event	Women's Age Groups	Men's Age Groups	Best Mark 1994-1995
1	100 METER DASH	All Age Groups	All Age Groups	
2	200 METER DASH	All Age Groups	All Age Groups	
4	400 METER DASH	All Age Groups	All Age Groups	
8	800 METER RUN	All Age Groups	All Age Groups	
15	1500 METER RUN	All Age Groups	All Age Groups	
25t	2000 METER STEEPLECHASE	All Age Groups	M60 and Older	
35t	3000 METER STEEPLECHASE		M40 through M55	
5	5000 METER RUN	All Age Groups	All Age Groups	
10	10,000 METER RUN	All Age Groups	All Age Groups	
8H	80 METER HURDLES	W40 and Older	M70 and Older	
OH	100 METER HURDLES	W35 Only	M50 through M65	
1H	110 METER HURDLES		M40 through M45	
3H	300 METER HURDLES	W50 and Older	M60 and Older	
4H	400 METER HURDLES	W35 through W45	M40 through M55	
1W	10 KM WALK	All Age Groups		
2W	20 KM WALK		All Age Groups	
5W	5 KM WALK	All Age Groups	All Age Groups	
CC	10 KM CROSS-COUNTRY	All Age Groups	All Age Groups	
M	MARATHON	All Age Groups	All Age Groups	
HJ	HIGH JUMP	All Age Groups	All Age Groups	
PV	POLE VAULT	All Age Groups	All Age Groups	
LJ	LONG JUMP	All Age Groups	All Age Groups	
TJ	TRIPLE JUMP	All Age Groups	All Age Groups	
SP	SHOT PUT	All Age Groups	All Age Groups	
DT	DISCUS THROW	All Age Groups	All Age Groups	
HE	HEPTATHLON	All Age Groups		
DE	DECATHLON		All Age Groups	
JT	JAVELIN THROW	All Age Groups	All Age Groups	
HT	HAMMER THROW	All Age Groups	All Age Groups	
WP	WEIGHT PENTATHLON	All Age Groups	All Age Groups	

To verify your requests, please write out NAME OF EACH EVENT ENTERED:

- 1: _____ 2: _____
 3: _____ 4: _____
 5: _____ 6: _____
 7: _____

XI WORLD VETERANS' CHAMPIONSHIPS

Mrs Dot Brown
 Secretary A.A.V.A.C.
 4 Victory Street
 Mitcham VIC 3132

- PLEASE SIGN ON BACK

*After May 1, 1995 Banquet tickets will cost \$55

WORLD VETERAN CHAMPIONSHIPS BUFFALO, NEW YORK STATE, 13 TO 23 JULY 1995

Competition Entry Form Instructions

Please fill in your full name in the boxes provided, one letter per box, last name first. Then complete address (include apartment number, if any), nationality, sex (male/female), date of birth, and age. Next, figure the fees for entry as follows: There is a \$15.00 fee assessed by WAVA. In addition there is a cost for each event entered. The first event is \$30.00. Second, 3rd, 4th, and 5th events are each \$10.00. Six or more events are \$17.00 each. Therefore, the cost for entering one event would be \$45.00; the cost for entering five events (not including multi-events) would be \$85.00; and the cost for entering seven events (not including multi-events) would be \$119.00.

For further information regarding multi-events fees please refer to prior section covering participation fees.

Payment must be made using a bank draft, VISA or MasterCard charge cards, or check in U.S. dollars.

To specify the events in which you wish to compete, please mark the first box on the entry form with an "X" in front of the events you wish to enter.

The next section tells you which, if any, age groups compete in that event. In the "Best Mark 1994-1995" column, please list your best mark for this time frame. For seeding purposes, it is very important that you include your marks. These marks can be updated as we approach the Championships. In addition to marking your events with an "X", please write out the name of each event you wish to enter in the section at the bottom of the page.

Please send entry form and payment to:

XI World Veterans' Championships - Buffalo '95

Mrs Dot Brown
 Secretary A.A.V.A.C.
 4 Victory Street
 Mitcham VIC 3132

Entry forms are available on request from Dot or Colin Browne, 874 2501.

All entries must go through Dot as secretary of AAVAC.

Payment may be by bank draft in US dollars, or you can fill in the Visa or Mastercard form.

Personal cheques are no good as they would have to be sent back from USA to your own bank for validation. You might miss the closing date in the process, and also incur charges.

Travel and accommodation are through Collin Cooper 3/195 Fisher Street, Malvern, S.A. 5061
 Phone 08 272 0992 fax 08 267 2770

Read October's "Around The Grounds" for more details on the World Games and the American Masters Meet.

Vic Vets News and Results October 1994

Waiver

I hereby declare that I am in good health and am properly conditioned for the competitions. I absolutely relieve WAVA (World Association of Veteran Athletes), the XI World Veterans' Championships Organizing Committee, the sponsoring non-profit organizations and the corporate sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the XI World Veterans' Championships.

Signature _____

Date _____

Drug Testing

This consent form must be signed in order to participate in the Championships.

I have read the information in the Entry Booklet about drug testing, and agree, if chosen, to submit to testing in accordance with IAAF procedures.

Signature _____

Date _____

Keep this night free!
It will be a beauty!

VIC VETS. ANNUAL DINNER DANCE

FRI 11th NOVEMBER 1994

(We had to change from Sat to Fri, Sorry!)

HAWTHORN RECEPTIONS

555 Glenferrie Road, Hawthorn
(near the corner of Riversdale Rd)

7pm for sherries and savouries

3 course meal

Dancing until midnight!

BYO drinks

Organise a few tables
from your venue and help
us to make it a great night!

Ticket price to be advised.
Wendy Greaves 560 2971
Pat Carroll 369 2312



Please send all material for inclusion in this magazine to:
Dot Browne (Hon Sec) VVACI
4 Victory Street Mitcham 3132
or by fax (03) 873 3223

We gladly accept work typed on computer disk, Mac or IBM,
preferably saved in text format. You get your disk back!
Thanks, we need your contributions to keep this going.

COMMITTEE MEMBERS 1994

Victorian Veterans Athletic Club Inc.

President
Doug Orr
27 Shawlands Avenue Blackburn South 3130
878 4875

Honorary Secretary
Dorothy Browne OAM. LM. (Life Member)
4 Victory Street Mitcham 3132
874 2501 fax 873 3223

Honorary Assistant Secretary
Colin Browne
4 Victory Street Mitcham 3132
874 2501

Honorary Treasurer
Jeffrey Briggs
60 Bursaria Avenue Ferntree Gully 3156
758 6328

Vice Presidents
Ted McCoy
24 Blackwood Avenue Mentone 3194
583 3280

Robert Waters
5 Bellevue Court Maribyrnong 3032
318 3802

Club Captain
Eric Greaves LM.
7 Netherby Avenue Mulgrave 3170
560 2971

Club Vice Captain
Peter McGrath
13 Bales Street Mt Waverley 3149
807 5656

Immediate Past President
Anthony Bradford
6 Merrett Avenue Werribee 3030
749 2248
General Committee Members
John Benson
198 Prospect Hill Road Canterbury 3126
830 4546

Margaret Cassidy
4 Grandview Road Preston 3072
478 3687

Marjorie Colthup LM.
14 Bakers Road Dandenong North 3175
795 1169

Peter Colthup OAM. LM.
14 Bakers Road Dandenong North 3175
795 1169 fax 795 1169

John Dean
3 Pearl Street Essendon West 3040
337 7179

Clyde Riddoch
1425 Burwood Highway Upwey 3158
754 8241

Kenneth Wu
PO. Box 2149 St Kilda West 3182

Honorary Auditor
Keith Routley
6 Mowbray Street Albert Park 3206
699 6384

VENUES Locations and Managers Venue Day and Melway Ref

ABERFELDIE	Aberfeldie Park, Corio Street, Moonee Ponds Rob Waters 699 5311(B) 318 3802	Weds	28 D 6
ALTONA	Grant Reserve, Sugar Gum Drive (off Civic Pde) Altona Ray Wilson 398 2285	Sun - Winter Tuesday - Daylight Saving	54 G 9
BALLAARAT	Llanberris Field, Ballaarat		
EAST BURWOOD	Burwood East Reserve, Burwood Highway Doug Petroff 885 6811 David Langley 807 5297	Thurs	62 C 7
CAULFIELD	Duncan McKinnon Park, North Road, Murrumbeena Leo Charles 579 1830 (Royce Foley 570 4898)	Tues - Track Sunday - Field Games)	68 K 9
COBURG	Harold Stevens Ath. Field, Outlook Rd. Coburg Gordon Burrows 366 0326 Vonda Saunders 460 1267	Thurs	18 A 9
COLLINGWOOD	George Knott Reserve, Heidelberg Rd., Clifton Hill Ray Harbert 478 7202	Tues	30 F 12
CROYDON	Town Park, off Norton Road, Croydon Lavinia Petrie (059) 671 915 David Sheehan 720 7969	Tues	50 K 5
FRANKSTON	Ballam Park, Bananee Terrace, Frankston Bruce Moulton 580 7914	Thurs	103 B 4
GEELONG	Landy Field, off Barwon Terrace, Geelong Bryan Cole (052) 484 747	Weds	228 C 7
KNOX	Knox Park Athletic Track, off Rushdale Road, Scoresby Charles McRae 729 1439	Weds	73 D 7
MENTONE	Dolomore Oval, Cnr. First and Queen Streets, Mentone Lois Waser (059) 412 945	Weds	87 B 6
SPRINGVALE/ NOBLE PARK	Ross Reserve, Memorial Drive, Springvale Theresia Baird 754 2648	Weds	80 E 12
TOOTGAROOK	Tootgarook Sports Reserve, Truemans Road, Tootgarook Alan Radford / Ken Taylor (059) 855 989	Weds - Winter Sunday - Daylight Saving	169 E 6

Australian Association of Veterans Athletic Clubs Secretary - Dorothy Browne OAM. (03) 874 2501