VICVETS

NEWS AND RESULTS

NEWS NEWS

Vol. 6 No.2

August 1992 Magazine.

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Results : Winter T & F Competition - Coburg
Cross Country A.V. 16 Km and 12 Km
Road Races - A.V. 15 Km, Veterans 10 mile & 10 Km.
Walking race - 10 Km and 20 Km.
Weight Pentathlon.

Articles : All Veterans Championships - Eric GREAVES.
Alterations to hurdles - Clyde RIDDOCH
The Big Event - Marathon or Birth of Child - Dot BROWNE
FAREWELL - Clive MACKAY.

For Information On Club Activities-
Peter Colthup 795 1169

COMMITTEE MEMBERS OF VICTORIAN VETERANS ATHLETIC CLUB INCORPORATED.

1992

PRESIDENT.....	Anthony BRADFORD	6 Merrett Ave	WERRIBEE 3030 749 2248
VICE PRESIDENTS.....	Ted McCOY	24 Blackwood Ave	MENTONE 3194 583 3280
	Robert WATERS	5 Bellevue Ct	MARIBYRNONG 3032 318 3802
HONORARY SECRETARY...	Peter COLTHUP LM	14 Bakers Rd	NTH DANDENONG 3175 795 1169
HON. ASS. SECRETARY.	Dorothy BROWNE OAM LM	4 Victory St	MITCHAM 3132 874 2501
HONORARY TREASURER...	Jeffrey BRIGGS	60 Bursaria Ave	F'TREE GULLY 3156 758 6328
CLUB CAPTAIN.....	Eric GREAVES	7 Netherby Ave	MULGRAVE 3170 560 2971
CLUB VICE-CAPTAIN....	Peter McGRATH	13 Bales St	MT WAVERLEY 3149 807 5656
COMMITTEE MEMBERS....	Denis BLANDY	38 North Ave	MOORABBIN 3189 557 4364
	Patricia CARROLL	32 Shane Ave	LAVERTON 3028 369 2312
	Margaret CASSIDY	4 Grandview Rd	PRESTON 3072 478 3687
	Marjorie COLTHUP	14 Bakers Rd	NTH DANDENONG 3175 795 1169
	Clyde RIDDOCH	331 Monbulk Rd	UPWEY 3158 754 8241
	Greg SAVAGE	13 Ridge Rd	KALLISTA 3791 752 1216
	Kenneth WU	P.O. BOX 2149	ST KILDA WEST 3182
HONORARY AUDITOR.....	Keith ROUTLEY	6 Mowbray St	ALBERT PARK 3206 699 6384
IMM. PAST PRESIDENT..	John MAY	35 Austin St	BULLEEN 3105 850 6771

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VENUES AND MANAGERS

ABERFELDIE	Aberfeldie Park, Corio St, MOONEE PONDS Rob. WATERS (B) 699 7899) 318 3802	Weds	28	D6
ALTONA	Grants Reserve, off Civic Pde, ALTONA Anthony BRADFORD 749 2248	Sun (Winter) Tues	54	G9
BALLAARAT	Llanberris Field, BALLAARAT			
EAST BURWOOD	Burwood East Reserve, Burwood H'way Frank TUTCHENER 874 1138	Thur.	62	C7
CAULFIELD	Duncan McKinnon Park, North Rd MURRUMBEENA Jeffrey MARK 558 4065 Royce FOLEY (Field Games) 570 4898	Tues Sun	68	K9
COBURG	H STEVENS Ath Field, Outlook Rd COBURG Harold STEVENS 386 9251	Thur	18	A9
COLLINGWOOD	George Knott Reserve, Heidleberg Rd Ray HARBERT /Clifton Hill 478 7202	Tues	30	F12
CROYDON	Town Park, off Norton Rd, CROYDON Jeffrey BRIGGS 758 6328	Tues	50	K5
FRANKSTON	Ballam Park, Bananee Tce, FRANKSTON Bruce MOULTON 580 7914, Kevin IRONS 787 3323	Thur	103	B4
GEELONG	Landy Field, off Barwon Tce, GEELONG Bryan COLE 052 484 747	Weds	228	C7
KNOX	Knox Park Ath Tk, off Rushdale Rd, SCORESBY Steve DUCKWORTH 7548758 C HANDBY 752 2238	Weds	73	D7
MENTONE	Dolomore Oval, First & Queens St MENTONE Merrilyn TAIT 785 1739	Weds	87	B6
SPRINGVALE/ NOBLE PARK	Ross Reserve, Memorial Dve, SPRINGVALE Maxwell HARRISON 799 2493	Weds	80	E12
TOOTGAROOK	Tootgarook Sports Reserve, Truemans Rd /Tootgarook 059 855989	Weds Sun	169	E6

John REID 059 855359, A RADFORD 059 855989

AUST. ASSOC.VET.ATH. CLUBS : SECRETARY Dorothy BROWNE OAM 874 2501

THE BETTY, ALLAN AND NORM PAGE.

VENUE PROGRAM - SEPT.

	Date		Venue	Sprint	Mid Dist	Walk	Distan
	Tues 1	Sept	Caulfield	200m	1000m H/cap	1500m ET	5 Km
	" 1	"	Collingwood	110/400m	1500m	4 Km	4/8 Km
	" 1	"	Croydon	70/100m	1 Km	1 Km	5 Km
	Weds 2	"	Aberfeldie	100/400m	1000m	500m	5/7 Km
	" 2	"	Geelong	200m Relay	400m		3200m
	" 2	"	Knox	100m	1200m	1000m	5 Km H/cap
	" 2	"	Mentone	100m	600m	5 Km	10 Km H/cap
	" 2	"	Springvale	200m 300mH	800m	3 Km ET	3 Km
	Thur 3	"	Coburg	100/200m	800m		5/10 Km
	" 3	"	E Burwood	100m	600m	5 laps	20/40 mins
	" 3	"	Frankston	100/400m	800m	1600m	2/6 Km
	Sun 6	"	Altona	Breakfast run - You Yangs - 8.30 a.m. start			
	" 6	"	Caulfield	Field Games			
	" 6	"	Tootgarook	Beach Sprint - 3 Km Walk Rd - 6 Km Cross Country			
	Tues 8	"	Caulfield	100m	1500m	4 Km H/cap	20 laps
	" 8	"	Collingwood	50/300m	1200m	3 Km	3/5 Km ET
	" 8	"	Croydon	400m	800m	4 laps	10 laps
	Weds 9	"	Aberfeldie	80/200m	800m L.W.S.		4/6 Km
	" 9	"	Geelong	Relay	800m		2400m
	" 9	"	Knox	400m	600m	2 Km	8 laps/2 Km
	" 9	"	Mentone	150m	1000m ET	4/6 laps Rd	3x3 Relay
	" 9	"	Springvale	100m	600m ET	1600m	6 Km H/cap
	Thur 10	"	Coburg	100/200m	1 mile		3/6 Km
	" 10	"	E Burwood	200m	1600m	6 laps	12/20 laps
	" 10	"	Frankston	110/200m	1000m	2000m	2/8 Km
	Sun 13	"	Altona	Halls Gap Weekend			
	" 13	"	Caulfield	Field Games			
	" 13	"	Tootgarook	70/200m	1000m	6 laps	10/20 laps
	Tues 15	"	Caulfield	200m H/c	800m	8 laps	5 Km ET
	" 15	"	Collingwood	100/200m	1 Mile	4 Km	4/10 Km
	" 15	"	Croydon	100m H/c	600m ET	6 laps ET	16 laps ET
	Weds 16	"	Aberfeldie	100m	Med Relay		30 min TT
	Weds 16	"	Geelong	100m	400m		3000m
	" 16	"	Knox	200m	1000m	15/30/60 min Time Trials	
	" 16	"	Mentone	200m ET	1200m	4 Km Tk	6700m Rd
	" 16	"	Springvale	120m	1500m	2/4 Km	5 Km
	Thur 17	"	Coburg	100/200m	1500m		4/8 Km
	" 17	"	E Burwood	400m	800m	10 laps	5/10/15 laps
	" 17	"	Frankston	120/300m	600m	3 Km	1600/4800m
***	Sun 20	"	25 Km Road Championship - You Yangs - 9 a.m. ALSO 10 Km Est. Time FUN RUN - 9.30 a.m. start				
	Sun 20	"	Caulfield	Field Games			
	" 20	"	Tootgarook	100m	600m	3 Km Rd.	5 Km Rd.
	Tues 22	"	Caulfield	100m	1200m	3 Km ET	3200m H/cap
	" 22	"	Collingwood	70/150m	800m	2 Km	2/6 Km
	" 22	"	Croydon	200m	1600m	5 laps	20/40 min TT
	Weds 23	"	Aberfeldie	70/300m	700m	400m	6/10 Km
	Weds 23	"	Geelong	5125 KM CROSS COUNTRY			
	" 23	"	Knox	500m	½ Mile	4 laps	8 Km H/cap
	" 23	"	Mentone	70/400m	1 mile	3 Km ET	5 Km ET
	" 23	"	Springvale	200m RELAY 4x400m		3/5 Km	2/6/10 Km
	Thur 24	"	Coburg	70/150m	All in relay		5 Km ET (meal)
	" 24	"	E Burwood	300m	1500m	6 laps	[illegible] laps
	" 24	"	Frankston	70/400m	800m	3200m	2/5 Km
	Sun 27	"	Altona	Werribee Run at 2.p.m.			
	" 27	"	Caulfield	Field Games			
	" 27	"	Tootgarook	70/100m	800m	5 laps ET	15 laps ET
	Tues 29	"	Caulfield	200m H/c	600m	2400m	3/5 Km
	" 29	"	Collingwood	110/400m	1000m	4 Km	4/8 Km
	" 29	"	Croydon	70/100m	1000m	1000m	12 laps
	Weds 30	"	Aberfeldie	100/400m	1000m S.L.J.		4/6 Km
	" 30	"	Geelong	Relay	800m		3200m
	" 30	"	Knox	300m	1500m	6 laps	2/4/6 Km
	" 30	"	Mentone	300m	800m ET	1500m H/c	30 mins ED
	" 30	"	Springvale	100m	800m	1500m	3x3200m Relay

Hammer Throw - Ladies

Best of 3

1	Rhonda	Dundas	47	24.86
2	Lynne	Williams	44	24.26
3	Liz	Box	41	23.28
4	Gwen	Davidson	69	24.66
5	Astrid	Rose	48	26.66

Standing Long Jump - Ladies

Best of 3

1	Liz	Box	41	2.07
2	Rhonda	Dundas	47	2.04
3	Astrid	Rose	48	1.93
4	Gwen	Davidson	69	1.89
5	Kris	Bowles	40	1.86
6	Jill	Cooper	53	1.69
7	June	Reeves	47	1.58

Discus - Ladies

Best of 3

1	Astrid	Rose	48	22.62
2	Rhonda	Dundas	47	20.70
3	Liz	Box	41	19.88
4	Kris	Bowles	40	18.64
5	Gwen	Davidson	69	16.62
6	Tina	Leb	59	12.60

Javelin - Ladies

Best of 3

1	Rhonda	Dundas	47	18.50
2	Gwen	Davidson	69	15.46
3	Liz	Box	41	13.26

Triple Jump - Ladies

Best of 3

1	Rhonda	Dundas	47	7.57
2	Gwen	Davidson	69	7.10
3	Astrid	Rose	48	6.66
4	Kris	Bowles	40	6.62

Shot Put - Ladies

Best of 3 Puts

1	Astrid	Rose	48	7.97
2	Rhonda	Dundas	47	7.56
3	Liz	Box	41	7.42
4	Kris	Bowles	40	6.98
5	Gwen	Davidson	69	6.74
6	Tina	Leb	59	6.00

60 metres Ladies

1	Margare	Perrott	33	7.95
2	Liz	Box	41	8.82
3	Kris	Bowles	40	9.03
4	Rhonda	Dundas	47	9.07
5	June	Reeves	47	9.17
6	Gwen	Davidson	69	9.88
7	Jill	Cooper	53	9.97
8	Astrid	Rose	48	9.98
9	Grace	Smith	73	16.05

60 metres Mens

Heat 1

1	Roy	Glesemann	62	8.92
2	Gordon	Gourlay	63	9.04
3	Norm	Keith	65	9.39
4	Alf	Hetherton	64	9.43
5	Maurie	Griffiths	65	10.63
6	Gerardo	Riviello	68	11.29

Heat 2

1	Peter	Young	45	8.11
2	Graeme	Rose	48	8.34
3	Anthony	Bradford	52	8.81
4	Brian	Johnston	56	8.89
5	Ian	Brittain	58	9.58
6	Peter	Barber	59	9.84

Heat 3

1	John	Freame	41	7.54
2	Joe	Brown	44	7.76
3	Colin	Hetherton	38	7.82
4	Fred	Koeleman	42	8.19
5	Tom	Burke	41	8.25
6	Jack	Buckingham	42	8.32
7	Iain	McCallum	39	8.36

150 metres Ladies

1	Margare	Perrott	33	19.39
2	Liz	Box	41	22.69
3	June	Reeves	47	23.03
4	Kris	Bowles	40	23.38
5	Ilse	Schneider	50	23.76
6	Bev	Car	50	24.28
7	Gwen	Davidson	69	25.16
8	Jill	Cooper	53	25.35

600 metres Ladies

1	Ilse	Schneider	50	2:05.69

150 metres Mens

1	John	Freame	41	18.94
2	Joe	Brown	44	18.97
3	Colin	Hetherton	38	19.28
4	David	Nobbs	52	19.88
5	Fred	Koeleman	42	20.33
6	Tom	Burke	41	20.33
7	Peter	Young	45	20.49
8	Anthony	Bradford	52	20.76
9	Jack	Buckingham	42	21.19
10	Gordon	Gourlay	63	22.48
11	Brian	Johnston	56	23.04
12	Roy	Glesemann	62	23.38
13	Norm	Keith	65	23.51
14	Michael	Orell	48	23.53
15	Alf	Hetherton	64	23.91
16	Ian	Brittain	58	24.46
17	Maurie	Griffiths	65	27.13
18	Gerardo	Riviello	68	28.61

600 metres Mens

1	Brian	Marantelli	37	1:33.00
2	David	Nobbs	52	1:34.88
3	John	Howes	56	1:35.92
4	Ian	McCallum	39	1:36.76
5	Terry	Wilson	47	1:37.22
6	Fred	Koeleman	42	1:44.08
7	Anthony	Bradford	52	1:46.76
8	Michael	Orell	48	1:50.03
9	John	Mahony	52	1:54.16
10	Ian	Britten	58	1:58.24
11	Eddie	Stack	58	1:58.49
12	Greg	Dineen	43	2:09.12
13	George	Goode	64	2:18.90
14	Maurie	Griffiths	65	2:30.78
15	Peter	Colthup	71	2:33.03
16	Gerardo	Riviello	68	2:35.56
17	John	Brown	82	3:10.72

Two Mile Walk Ladies

3218.688 metres -

1	Marlene	Gourlay	40	17:09
2	Lee	Osborne	49	18:02
3	Judy	Farrell	47	19:32
4	Tina	Leb	59	19:48
5	Marge	Colthup	67	21:10
6	Corrie	DeGroot	64	22:54
7	Grace	Smith	73	26:35

Two Mile Walk Men

3218.688 metres -

1	Clyde	Riddoch	38	15:31.27
2	Dez	Wildwood	37	16:23.28
3	John	Hallo	50	17:09.20
4	Gordon	Gourlay	63	18:56.49
5	George	Nevitt	70	19:30.01
6	Greg	Dineen	43	21:12.19
7	Mal	Owen	54	21:18.50

1000 metres Ladies

1	Barbara	Dalgleish	56	3:53.91
2	Lois	Jones	52	3:56.84
3	Heather	Murfett	51	4:09.32

1000 metres Mens

1	Terry	Wilson	47	2:51.31
2	Ian	McCallum	39	3:00.12
3	Fred	Koeleman	42	3:09.43
4	Anthony	Bradford	52	3:20.19
5	Ken	Shaw	46	3:22.16
6	John	Mahony	52	3:25.35
7	Michael	Orell	48	3:27.60
8	Eddie	Stack	58	3:32.13
9	Brian	Johnston	56	3:38.02
10	John	Bennetts	55	3:38.02
11	Greg	Dineen	43	3:51.83
12	Ben	Morrey	63	3:56.63
13	Peter	McGrath	52	4:03.16
14	George	Goode	64	4:18.67
15	Gerardo	Riviello	68	4:33.39
16	Maurie	Griffiths	65	4:33.68
17	John	Brown	82	5:06.43
18	Harry	Preston	81	5:39.41

Three Mile Run Ladies

4828.032 metres

1	Lois	Jones	52	21:06
2	Barbara	Dalgleish	56	21:10
3	Lynley	Thompson	41	21:23
4	Heather	Murfett	51	23:23
5	Corrie	DeGroot	64	25:24

V.V.A.C.Inc. Winter Competition cont,

21st June 1992

*** Three Mile Run - Men**
4828.032 metres

1	Silvio	Radoslovic	41	16:24
2	Ian	Castle	41	16:28
3	Terry	Wilson	47	16:31
4	Ian	McCallum	39	17:09
5	Peter	Slatter	47	18:10
6	Ray	Harbert	53	18:27
7	John	Dean	47	18:39
8	John	Peacock	55	18:56
9	Michael	Orelli	48	19:04
10	Fred	Koeleman	42	19:15
11	John	Mahony	52	19:17
12	Anthony	Bradford	52	19:32
13	Bill	Page	61	19:41
14	John	Bennetts	55	20:05
15	Graeme	Murfett	51	20:39
16	Ken	Shaw	46	21:02
17	Ben	Morrey	63	21:30
18	Peter	McGrath	52	22:04
19	Brian	Johnston	56	22:44
20	Bob	Moss	66	23:15
21	Rob	Davey	52	23:34
22	George	Nevitt	70	24:46
23	Peter	Colthup	71	25:00
24	Sam	Stapleton	76	25:37
25	Gerardo	Riviello	68	25:48
26	Maurie	Griffiths	65	31:05
27	John	Brown	82	33:30
28	Harry	Preston	81	34:54

*** Javelin - Men**
Best of 3

1	Graeme	Rose	48	49.88
2	Stan	Selby	46	44.10
3	Clyde	Riddoch	38	38.66
4	Peter	Young	45	36.82
5	Mal	Owen	54	33.40
6	Tom	Gerrard	43	32.18
7	Hartley	Tobin	55	28.82
8	Morrie	James	52	25.00
9	Mervyn	Lockyer	60	23.72
10	Wim van	Weenan	60	22.54
11	Roy	Foley	75	18.34
12	Norm	Keith	65	16.90
13	Stan	Selby	76	16.40
14	Hans	Holland	78	13.28

*** Hammer Throw - Mens**
Best of 3

1	Graeme	Rose	48	38.16
2	Wim van	Weenan	60	36.40
3	Peter	Barber	59	35.78
4	Roy	Foley	75	33.36
5	George	Knight	56	31.62
6	Clyde	Riddoch	38	27.70
7	Hans	Holland	78	22.62
8	Morrie	James	52	22.34
9	Mervyn	Lockyer	60	21.38

*** Triple Jump - Men**
Best of 3 Jumps

1	Jack	Buckingham	42	10.34
2	Clyde	Riddoch	38	10.13
3	Tom	Gerrard	43	9.13
4	Wim van	Weenan	60	9.02
5	Gordon	Gourlay	63	8.59
6	Mervyn	Lockyer	60	6.60

*** Discus - Men**
Best of 3

1	Wim van	Weenan	60	38.00
2	Peter	Young	45	35.44
3	Graeme	Rose	48	33.72
4	Roy	Foley	75	32.24
5	Clyde	Riddoch	38	30.00
6	Morrie	James	52	28.12
7	Mervyn	Lockyer	60	25.16
8	Norm	Keith	65	24.64
9	Peter	Barber	59	23.26
10	Peter	Colthup	71	20.26
11	Hans	Holland	78	18.82
12	Tom	Burke	41	18.14

*** Shot Put - Men**
Best of 3 Puts

1	Peter	Young	45	11.38
2	Graeme	Rose	48	11.24
3	Wim van	Weenan	60	11.16
4	George	Knight	56	9.60
5	Roy	Foley	75	9.50
6	Morrie	James	52	8.68
7	Hartley	Tobin	55	8.14
8	Mervyn	Lockyer	60	8.12
9	Mal	Owen	54	7.66
10	Hans	Holland	78	7.42
11	Peter	Barber	59	6.52

*** Standing Long Jump - Men**
Best of 3 Jumps

1	Peter	Young	45	2.72
2	Graeme	Rose	48	2.60
3	Fred	Koeleman	42	2.46
4	Clyde	Riddoch	38	2.35
5	Joe	Brown	44	2.30
6	Wim van	Weenan	60	2.20
7	Gordon	Gourlay	63	2.18
8	George	Knight	56	2.13
9	Peter	Barber	59	2.04
10	Norm	Keith	65	2.03
11	Morrie	James	52	2.02
12	Mervyn	Lockyer	60	1.90
13	George	Goode	64	1.87

* A most successful day, in the pleasant winter sunshine of the shortest day of the year.

* Thanks to the combined efforts of the Aberfeldie/Coburg venues.

* Thank you to all volunteers who assisted throughout the day.

* We look forward to returning to Coburg Venue track and doing it all again next year.

EDITORIAL

Having just been critized that the magazines the Club puts out are pretty much all the same I would like to explain the format that I follow so that this is not so. In "Around the Grounds" you will find the results as supplied by the venues for their months events. With this I try to cover Fun Runs that may interest some members and also give a coverage of events to come run by the Club. The cost of this magazine is mainly covered by the small advertisments that are put in by some of our more supportive members. In the "News and Results" magazine that I send out to all financial members four times a year you will find the results of the Club Championships and all the Special Events that I can cover. This has included Australian Vets. Championships and World Games. Also I include small articles that are written by Club members for interest and so that the whole magazine is not just a mass of figures. Putting these magazines together is both tedious and boring as well as time consuming and if it weren't for the assistance I receive from both my wife, Marge, and Eddie Stack I doubt if I would continue publishing them. If any of you people out there appreciate what is happening I appreciate knowing so, an occasional note or an article of interest sparks me up no end. Whilst I am writing this I would like you to know that I have some copies of tapes I have made of the Victorian and Australian Championships for sale, 2 hr Vic - $15.00 and 3 hr Aust - $20.00. Most of the track events are well covered and are great records of your performances. An extra $4.00 is required if you would like a copy posted to you. Have you joined up a new member lately. If you join them up now the fee until the end of 1993 is $24.00. Regard to all,

Peter COLTHUP Ed.

16 Km. A.V. CROSS COUNTRY 4-7-92

With a weak winter sun shining bleakly through the clouds, we drove out to the rolling volcanic plains of Brimbank Park in Keilor to contest the infamous 16km cross country run kindly put on by Athletics Victoria. As our readers will by know, this particular event has been the essence of many articles, mainly concerning the exact length of the course which is measured by our own Honourable Ian Upton. But the issue on whether or not this course is correct (?) is not at question in this article. Due to private reasons, (mainly on the advice of my solicitor), so I intend just to report on the personal achievements of our competitors and the general state of the course. On this day we were able to field 2 teams with one team in D2 and one in F. Prior to the start of our event, there was a pause for a minutes silence in respect for Eddie Moore, a long serving member of Athletics Victoria and also a champion athlete in his prime, who passed away recently. On behalf of the members of the Victorian Veterans, we extend our sympathy to Eddies family. With this sad part of the day behind us, the large group of competitors approx. 350, moved towards the start line only to find that the runner featured in the sports section of the Sunday Age a few weeks ago, Kevin Moses, had already secured a prime position in readiness for the race. Kevin once again ran true to form by running flat out, like a lizard drinking, for 100 metres then practically coming to a complete halt causing complete and utter chaos to the competitors charging down behind him. Kevin might be slow but as everyone that has run in an event with him, they will be able to vouch for Kevins consistency in his approach to racing. After getting past Kevin it was well and truly all go to try and conquer this very demanding course in the quickest time possible. With the first 2Kms relatively easy going along the river flats, it was easy to forget that the hardest part of the event was yet to hit us. By this of course I mean the infamous Upton's Peak measuring on the Grunt Scale at 9.5 and guaranteed to bring tears to the eyes of the most seasoned of A.V. competitors. Knowing that you had to attempt this ardous climb not once but twice made it all the more difficult to settle down and enjoy a gambol through the Keilor countryside. One striking instance I did happen to notice through the tears of anguish as I breasted the top of Uptons Peak, was the large group of spectators gathered together giving all types of helpful advice on the best way to attain the summit. But I truly feel that the vast majority of the crowd were only there to watch grown men cry! This year the whole course was dry and firm, not like last years event which had a few very wet and boggy sections. All of our Vets performed very well in this event. After running two top marathons in a very short time with times around the 2-32 mark, Lew Harvey ran a comfortable race with no pressure to come home in a good time of 60-16. Big Jack Bennie showed that he is on the way back recording 62-15 coming in just ahead of our newest member Gray Ryan. Leigh Cassidy had a good run and actually was able to complete the course without falling over and sliding through the grass as he is prone to do on occasions. It was right at the end of the day when the heavens opened up and saturated one and all. It would be a safe bet that a few P.B.'s were set in the mad dash for the dry interior of one's vehicle. With the rain feeling as though it had passed through the freezer section of mum's fridge. Well done to all of our Vets for a top effort and thanks once again to Wendy Greaves for her valued help and encouragement to all.

Eric Greaves
Club Captain

"TO ALL MEMBERS"

Assistance is required during the Peoples Marathon which is being held on October 4th. We will need help to ensure that this event runs smoothly as this run includes our own club marathon. Entrants will note that there are seperate Veterans Awards listed on the entry form. It should be noted that Veteran Club members will be also eligible to win one of these sections. Don't forget our Dinner Dance to celebrate our Club;s 21st Birthday. For details contact Pat Carroll 369-2312 or Eric Greaves 560-2971.

Eric Greaves
Club Captain

10 Kilometre and 20 Kilometre Road Walks. 12/7/92

The Victorian Veterans Road-walking championships were held at Knox on Sunday 12th July. These events were held in conjunction with the Victorian Walkers Club events and our thanks are made to all the Officials, Judges,helpers and competitors for their contributions. Special mention is made to Glenys McPherson, Bernadette McGrath, Celia Kelly and Pam Newnham for timekeeping and lap-scoring.

Results. 10Km

W70.	Grace Smith	87.21
W65.	Marge Colthup	68.52
W60.	Corrie De Groot	72.47
W55.	Tina Leb	64.57
	Jan Henry	66.54
W50.	Win May	61.09
	Marlene Stanway	63.41
W45.	Lee Osborne	59.53
	Judy Farrell	66.04
	Jan Watson	70.48
W40.	Heather McDonald	52.21
W35.	Glenys Jardine	59.05

20Km

M55.	Bob Gardiner	106.31
	Ken Walters	123.25
M50.	Tony Johnson	112.41
M45.	Murray Browne	125.16
M40.	Tony Barrett	119.20
M35.	Clyde Riddoch	109.36
	Dez Wildwood	113.58

Men 10Km

M75.	Ralph Field	70.05
M70.	George Nevitt	66.21
M65.	Jack Kilfoyle	59.53
	George Hogarty	66.48
	Frank Warren	72.14
	Alan Jones	77.09
M60.	Ray Hangan	57.13
	Gordon Gourlay	59.19

THE BIG EVENT - THE MARATHON OR THE BIRTH OF A CHILD
Similarities of experience for a female athlete

by Dot Browne

I read a letter from two athletes recently, describing the birth of their baby son. They wrote "The similarities to an athletic effort were very obvious. The mother was the athlete, the father standing by like a cheer leader and coach, and the two midwives like race officials. When Lambert was pushed out and landed with a belly splash, it was like reaching the finish line."

Their comments reminded me of a theory of mine that I have occasionally expounded to some of my running friends, that, as a female athlete, producing a child has lots of similarities to running a marathon. Here are some of them.

Firstly, the person has to prepare for the specific day for many months beforehand - that is, she has to do specific training for the event - heaps of miles, hill work and speed training for the marathon, and pre-natal exercises for childbirth so that, hopefully, the experience on the day will be less painful. In both cases she must be conscious of eating a good healthy wholesome diet throughout the period of preparation.

She looks forward to both events with anticipation and excitement, yet with a certain amount of fear and trepidation because her head has been filled with plenty of horrific tales of agony about how tough the actual experience will be.... by those who have been through it, and survived (and love to dwell on the gory details).

Consequently, as the time draws near, and the countdown in the last week has taken place - scaling down the miles and carbo-loading for the marathon, and packing the case for the birth, extreme nervousness sets in, particularly as she travels to the event. She doesn't know what she is in for and this is scary , particularly for a first-timer.

But the big day finally arrives and the actual period of time over which the marathon or the birth takes place, is painful - no other word for it.. It's an endurance test which stretches her to the limit (pun not intended) in terms of 'hanging in there' and putting up with the pain when everything in her body wants to stop the agony and quit. No way! There's no way she can quit. She must see out the experience, no matter how painful it is. The agony period is different times for different people. If it's short she's lucky. She does a good marathon time or she has a short birth. But whether it's long or short, she still is a winner. Because she's come through and survived the experience, and she has something wonderful to show for her efforts - a certificate saying she completed a marathon, or a beautiful child to be proud of. As I said, a winner in either case.

The event itself is an agony-ecstacy experience; agony while she is going through it, but ecstasy as soon as the goal is achieved - crossing the finish line or producing the child. The sense of exhilaration, self-fulfillment on finishing the task is unbelievable. Congratulations and celebrations are the order of the day. Fortunately, the agony of the experience is forgotten fairly quickly and for a few days, she is left with a feeling of euphoria, even though her body is still very sore.

But then things change. Give her a week and she'll be experiencing the post-marathon or post-natal blues. A feeling of depression sets in and she'll be wondering why so feels so flat . Despite the fact that she's produced a beautiful baby, she'll be wanting to cry in hospital for a reason she can't explain. It's all such an anti-climax. The goal that she's strived for for so long is suddenly achieved. There's nothing more to look forward to.

So in time, she considers going through the whole process again.

A.V. 15KM ROAD RACE FISHERMANS BEND 18/7/92

With clouds as black as a bag of liquorice overhead threatening to dump rain as quick as our politicians dump Tariff Protection Policies, our 2 teams of vets toed the starting line painted on Lorimer Road awaiting the firing of the starters gun to send everyone on their way, either to enjoy the 3 laps of the course or to seriously wonder whether maybe it would be a good idea to have their sanity level checked out. The first lap of the race consisted mainly of settling down for the hard slog ahead always keeping an eye on the large black clouds hanging above us in a very ominous fashion. And sure enough as all things are supposed to be equal, during the 2nd lap, the heavens opened up and ably assisted by a freezing cold wind proceeded to drown and chill every competitor to the bone. But as we ventured into the 3rd and final lap, the weather did a complete turnaround and produced conditions that bordered on pleasant and mild. Our D2 team were once again successful and took out the pennants for their grade. Our No 2 team finished well up in E Division also. Well done to our competitors for a top effort under very ardous conditions.

Lew HARVEY	52.11	Paul MULLINS	57.21
Eric GREAVES	52.22	John WAITE	57.47
Gray RYAN	54.05	Leigh CASSIDY	63,18
Alan BENNIE	55.40		

FAREWELL
CLIVE MACKAY

Another Of Racewalking's Characters Passes On.

It is with great sadness that the walking fraternity has learnt of the death of long time walker Clive Mackay.

Clive was found dead in his bed, dying peacefully, going to his Creator whom he had served faithfully for so long.

Clive, a parish priest for many years, never had a bad word to say of anybody. He was a great club and team man. Every Saturday during interclub he would walk his event as fast as he could, not only for personal pride but so he could shower and change and take his place on the stands timing the sprints as soon as possible.

He was a good source of information for a historian, his connection with walking went back many years.

He could yarn for hours on the old days and of the walkers he knew in the past, and judges he had known. Of the fifty mile walks and the road races from Frankston to Melbourne.

His proudest moment came with his third placing in the Victorian 50 KM Championship in 1952. He was a modest man but you could sense his pride in that result.

He won the Merifield Award last year.

Clive was only a few days from his 66th birthday.

His presence from raceday will be greatly missed both by his contempories and the youngsters he sought to encourage.

331 Monbulk Road
UPWEY VIC 3158

Mr Peter Colthup
Honorary Secretary
Victorian Veterans Athletic Club Inc.
14 Bakers Road
DANDENONG NORTH VIC 3175

31 July 1992

Dear Sir

I was disappointed to read David Mather's letter, in the June edition of The Veteran Athlete, regarding sprint hurdle specification changes. To those people ignorant of hurdling and the arguments involved in specification changes, he presents a quite plausible case. As the instigator of the specification changes, I wish to make the following comments.

1. Firstly, 90m hurdle track markings are standard throughout Australia, because they are used for Women's Under 16 & 15 and Men's Under 14 90m hurdle races (and championships). It's not just a Little Athletics event. Furthermore, David says that 90m hurdles is "hardly one for grown adults", but we have 80m hurdles for men over 70 and women over 40. Why not 90m hurdles for the men's 55-64 age group?

2. The fact that Australia will be out of step with the rest of the world is not as big a problem as it might seem. Last year in Turku (Finland) at the World Veterans Championships, there were only 2 Australian competitors in the men's sprint hurdles. Those athletes had approximately 3 months to prepare for Turku after the Australian Championships in Canberra.

Next year there is a 6 month gap between the Australian Championships in Adelaide and the World Championships in Japan. It's obvious that hurdlers will have to find their own competition as practice for the World Championships, and not rely on the Australian Championships. I would also argue that hurdlers good enough to enter the World Championships are unlikely to be worried by a slight increase in distance between hurdles.

The precedent of AAVAC not following WAVA has already been set in the intermediate hurdles for men. Australia uses 300m hurdles for over 50 men in its championships, whereas WAVA uses 400m hurdles. Certainly we should follow WAVA, but not to the point where we are blind to an obvious problem. Such as hurdle events which are too difficult. Roy Foley, our National Statistician, amended the weights of throwing implements used by WAVA for the older age groups. Roy showed that one person (admittedly a highly respected one) can successfully initiate changes to specifications at an international level.

3. I refuse to give equal weighting to opinions from hurdlers who use a 4 or 5 stride pattern between hurdles, as David does. To quote Wendy Ey from The Veteran Athlete (July 1988):

> "The very nature of sprint hurdling is designed for a regular rhythm of 3 strides between the hurdles, and the specifications should be such that this is possible for the competitors taking into account their age, flexibility and speed. For those who never manage the 3 stride rhythm (and there always will be some - as there are in junior athletics), then they develop an alternative rhythm, and this should never be the NORM."

My aim all along has been to get the specifications right so that as many hurdlers as possible can achieve a 3 stride pattern. I believe the current international specifications reflect the abilities of world championship medallists, especially those from USA, not the abilities of the average serious hurdler. The specifications were changed after the 1987 World Championships, but the changes did not go far enough. To those of you who doubt this, just take note of the small number of 45 to 49 and 55 to 59 male hurdlers who manage 3 strides between hurdles. My aim was never to make the event easy so that non-hurdlers can win medals. I state again, my aim is to allow the serious hurdler to return to true (3-stride) hurdling.

4. I am very sorry that David turned up at the last Victorian Championships expecting to run 100m hurdles, only to be confronted with the 90m hurdles. Unfortunately the wrong hurdle specifications (contained in the entry form for the Victorian Track & Field Championships) were submitted for publication in our News and Results newsletter. In fact the real problem is that details of the hurdle specification changes weren't included in the first News and Results published after the October meeting of the AAVAC.

5. David incorrectly quotes Arthur Gray as a supporter in retaining the WAVA specifications. To quote Arthur from The Veteran Athlete (February 1992):

> "I agree wholeheartedly that the present distance between hurdles for over 55's and over 60's should be shortened...".

Arthur's previous letter in The Veteran Athlete (February 1990) also strongly supported the changes.

6. If I have to drop names, then I can hardly miss mentioning that of Rudi Hochreiter, who wrote a letter to The Veteran Athlete (April 1990) supporting the proposed changes. To quote Rudi:

> "...for elderly athletes, the 100m hurdles are not appropriately spaced and can sometimes be frightening to manage."

Rudi is a world champion decathlete and a top sprinter, yet he admitted having a lot of trouble getting three steps in between flights. He also pointed out the problem with WAVA:

> "...will the rest of the world follow? Knowing Americans, Jack Greenwood and Buck Bradberry, the current best in the world, they will surely object to any alterations. And why not, they are the best over the distance with the spacing we have at the moment. Any alteration may put them out, and allow others to challenge their superiority.
>
> This leaves us with the question, do we have to follow the International standards in Australia? How many of our hurdlers are top class and how many of them will compete in World Championships? I am sure that, like myself, others will adapt and prepare themselves for the big occasion, every second year."

Thanks Rudi, I couldn't have said it better myself!

7. David's letter is a bit late. The Australian Association of Veteran Athletic Clubs (AAVAC) authorised men's sprint hurdle specifications changes at their October 1991 meeting. The new specifications will be used for the first time at the Australian Championships in Adelaide in 1993. Victoria trialled the new specifications at their 1991 Championships and officially accepted them some months later.

The discussion on sprint hurdle specifications actually originated three years ago in 1989, when I sought opinions from many sprint hurdlers on the suitability of current specifications. As a result, I wrote to the Vic Vets Committee, then to The Veteran Athlete in December 1989 and asked for reader's reactions to proposed specification changes. Due to a small, but generally positive and enthusiastic response, I wrote a further three times to The Veteran Athlete (February, April & September 1990) with modifications to my first proposal and invited comment on each occasion.

The point is that David should have written to complain after the new specifications were trialled in March 1991, if not much earlier after articles in The Veteran Athlete. I received no adverse comments from men after the new specifications were trialled in the 1991 Victorian Championships.

8. Finally, David was incorrect to say that there wasn't a lot of general input from hurdlers. There was, both in Victoria and interstate. I wouldn't have undertaken what became a three year campaign unless I had been absolutely 100% certain that I was doing the right thing by veteran hurdlers.

Peter, can you please put this letter in your News and Results. Unfortunately, with the demise of The Veteran Athlete, I have no other way of publicly responding to David Mather's letter.

Yours faithfully

Clyde Riddoch

V.V.A.C. INC 10 MILE RUN (COMBINED EVENT) 26/7/92

This was our 2nd combined event with the Victorian Cross Country League Inc. and judging by the total number of entrants from both clubs, these combined runs are proving to be very popular with the members of both clubs. With 90 Veteran members (70 men, 20 women) and nearly 60 V.C.C.L. members plus approx. 25 invitation runners it was a most impressive sight at the starting line prior to the firing of the starters gun. With the sound of the gun echoing in our ears the charge was on with M40's Tim Erickson and the everimproving Ross Martin taking up prime positions with the guns of the V.C.C.L.. Ross put in a top effort trying to keep in contact with Tim for the first couple of laps before Tim used his experience and continued to extend the distance between Ross and himself to go on and take 1st place by the narrow margin of 9 seconds. A top time of 53-42 gave Ross a P.B. by a massive 8 min. In the M45 group the quite man. Terry Harrison ran his normal strong and consistent race to comfortably take out this age group from Terry Wilson and Barry Boyd. M50's Bob Curtis and Ted McCoy had a good battle with Bob finishing strongly to take the gold. The M35 Div. only fielded 6 starters with top spot going to Ian Carson over Joseph Campisi and Rob Drew. Tony Berry finished his night shift position at the Herald-Sun newspaper plant and drove home via Princes Park to compete and take out the M55 Div. After his double act of work and racing I can safely bet that Tony would have slept very soundly that afternoon. Ron Young ran a good solid race to easily take the gold in his M60 group. In our senior groups, Doug Orr, M65 and Ken Matchett, M70, easily accounted for their respective rivals. We had a very good turn out for the ladies section with 20 competitors contesting this very demanding event. The evergreen Lavina Petrie, W45, ran a top run to take out her group and also be our first lady to charge down the finish chute. In the W40 section, former 800 metre star Charlene Redina, took the gold quite comfortably from her Collingwood venue mate Jan Brimacombe and Croydons Liz Feldman. Triathlete Jan Morrey ran very strongly to win the W50 medal from Judy Wines. Barb Dalgleish ran her normal consistent race to take the no 1 spot from the Croydon mother and daughter duo Marge Bristow and Anne Callaghan. Shirley "Nana" Young, W60, ran the 7th fastest time in the womens race to easily stitch up her age group for top spot. Norma Grant, W65, was the only competitor in her age group and she only had to finish the event to take the gold. I know of quite a few M40 runners who would be rapt to be in Norma's position of having no opposition myself included. But on talking to my rivals in the M40 group on this situation, I am assured that it would cost me a small fortune to buy off these blokes who like better than to grind Captain Plod yours truly, into the ground. Special thanks to our valued helpers from the East Burwood Venue for their tremendous assistance. Also my thanks to our clubs own Guru, Ray Callaghan, and Wendy Greaves for a job well done. In discussion with members after the event the overwhelming opinion was that having these combined events are a great idea and should become a regular occurrence. Thanks to the V.C.C.L. for a very rewarding day. Also my thanks for the top support from club members in regards to this event

V.V.A.C. INC 10 MILE RUN (COMBINED EVENT) 26/7/92

	WOMEN 40		
1.	Charlene RENDINA	44	1.04.26
2.	Jan BRIMACOMBE	41	1.08.08
3.	Liz FELDMAN	43	1.11.19
4.	Sonya McLENNAN	40	1.14.26
5.	Lynley THOMPSON	41	1.17.16
	WOMEN 45		
1.	Lavina PETRIE	48	1.03.13
2.	Margaret CASSIDY	48	1.14.42
3.	Sandra KERR	46	1.14.56
4.	Diane BRIMACOMBE	48	1.18.26
5.	Helen MYALL	49	1.18.30
6.	Lorrie BISHOP	45	1.19.14
	WOMEN 50		
1.	Jan MORREY	52	1.16.58
2.	Judy WINES	54	1.24.30
	WOMEN 55		
1.	Barb DALGLEISH	56	1.16.35
2.	Anne CALLAGHAN	55	1.28.25
3.	Marg BRISTOW	56	1.35.22
	WOMEN 60		
1.	Shirley YOUNG	62	1.16.10
2.	Jean ALBURY	62	1.21.40
3.	Rita KERR	62	1.38.13
	WOMEN 65		
1.	Norma GRANT	65	1.35.08
	MEN 55		
1.	Tony BERRY	56	1.04.25
2.	John HOWES	56	1.05.22
3.	Chas McRAE	59	1.07.10
4.	John BENNETTS	55	1.09.11
5.	Bryon JOHNSTON	57	1.14.28
6.	Roy JENNINGS	59	1.14.57
	MEN 60		
1.	Ron YOUNG	61	1.05.12
2.	Bill PAGE	61	1.07.23
3.	Gerry GIBNEY	63	1.08.28
4.	Ben MORREY	63	1.16.22
5.	John KERR	62	1.16.52
6.	Jack GUBBINS	63	1.18.10
	MEN 65		
1.	Doug ORR	69	1.17.54
2.	Ray WALKER	68	1.22.11
3.	Gerardo RIVIELLO	68	1.31.45
	MEN 70		
1.	Ken MATCHETT	70	1.24.01
2.	Dick KIRKMAN	74	1.27.13

	MEN 35		
1.	Ian CARSON	38	56.18
2.	Joseph CAMPISI	35	58.02
3.	Rob DREW	38	1.00.51
4.	Rod WADSLEY	39	1.03.13
5.	Glenn CLAIDEN	38	1.06.58
6.	Garry MACKENZIE	37	1.09.31
	MEN 40		
1.	Tim ERICKSON	41	53.33
2.	Ross MARTIN	40	53.42
3.	Keith MACDONALD	42	55.02
4.	Eric GREAVES	44	55.23
5.	Gray RYAN	41	57.17
6.	Terry McCABE	42	1.01.39
7.	John McBRIDE	42	1.06.43
8.	Len HALLETT	43	1.07.33
9.	Roger WEINSTEIN	42	1.10.46
10.	Denis SINNOTT	42	1.23.27
	MEN 45		
1.	Terry HARRISON	46	54.30
2.	Terry WILSON	47	56.40
3.	Barry BOYD	48	58.08
4.	Alan BENNIE	45	58.50
5.	John BRIMACOMBE	49	58.52
6.	Jim INGHAM	46	58.56
7.	Bill KING	45	59.54
8.	Bob HENDERSON	45	1.01.24
9.	Robert FUGA	49	1.01.44
10.	Rob WATERS	49	1.05.30
11.	John DEAN	47	1.07.14
12.	Peter LALLY	45	1.09.02
13.	Graeme BISHOP	47	1.10.07
14.	D HAMILTON-RITCHIE	47	1.10.25
15.	Ian MORGAN	47	1.11.18
16.	Stephen BARKER	49	1.14.02
	MEN 50		
1.	Bob CURTIS	50	58.19
2.	Ted McCOY	52	59.59
3.	John WAITE	51	1.00.26
4.	Ray HARBERT	53	1.03.31
5.	Malcolm BROWN	51	1.04.13
6.	Tim DENT	50	1.06.41
7.	Lep JONES	51	1.08.19
8.	Allan BASHFORD	53	1.11.22
9.	Juan PEREZ	53	1.11.57
10.	John MAHONY	52	1.13.29
11.	Lester BUCHANAN	51	1.15.55
12.	Peter McGRATH	52	1.17.47
13.	Peter NELSON	51	1.18.20
14.	Bill BAXTER	54	1.20.22

A.V. 12KM CROSS COUNTRY BUNDOORA 1/8/92

We were able to field 2 full teams for this the 3rd last event on the A.V. calender, with only the Cross Country Relays and the ½ Marathon to go before the season comes to a close. Although not knowing where our teams finished in their respective grades at the time of writing, I am sure that we would have continued our past form at the other A.V. events and finished either as victors or very close to it. As will be seen from the results all of our vets achieved top times in this ardous 3 lap event over the hilly parklands of Bundoora. There was a good duel between Gray Ryan and big Jack Bennie with Gray holding off Jack to finish 5 sec in front. Stephen Young made a rare appearance to enjoy a romp through the park, with Michael Cummins running his normal consistent race to come home as our teams rear guard member. You see and hear of some queer and strange going on's within our club, but the events I wish to recount to you dear members, I am sure will take some beating. Whilst having our smoko after the event at Bundoora, Leigh "Milky" Cassidy enquired of his lady friend Kathy Woodward as to the well being of the children in the back of their vehicle. Thinking that these two elderly love struck teenagers had been doing some extra curricula biology studies, I went around to admire the additions to our couple of romantics, only to find at least 8 small stuffed animals lined up on a bunny rug, with one, a hairy nosed wombat, looking remarkably like Leigh when he sported his moustache, sitting there with a tennis ball to play with. The tennis ball Kathy assured me, was to stop wombat getting bored during the trip home. But to top this revelation came the news from the proud parents that each and every one of these refugee's from a Taxidermist's shop had been named! There was a general consensus from the other team members that this suspect couple should be going home via that infamous institution Mont Park. After having recovered from the scene in Leigh's car, along comes veteran member and Glenhuntly runner, Tony "Mother Superior" Doran, who proceeded to regale us with tales of his recent sabbatical to the monastery in Perth. On the return journey after making a big detour to Renmark to buy a bag of oranges and taking some magnificent photos with his brownie box camera along the way of scenery he may never view again, Tony made the momentous discovery that he had been taking photo's for the last 1000 km with a camera that contained no film! In respect of these fine efforts, the following awards are given ;

To Leigh and Kathy, 25 laps each of the nearest psychiatrist's couch.

To Tony, a course in advanced photography majoring in How to load film into a camera.

Eric Greaves	42.54	Leigh Cassidy	52.57
Gray Ryan	44.40	Stephen Young	55.42
Alan Bennie	44.45	Michael Cummins	61.37
Paul Cahir	47.03		

Help is required to ensure that the Peoples Marathon is a success. Please ring Eric Greaves on 560-2971 if you are willing to assist.

Dinner Dance 23rd October. Ring 560 2971 for details.

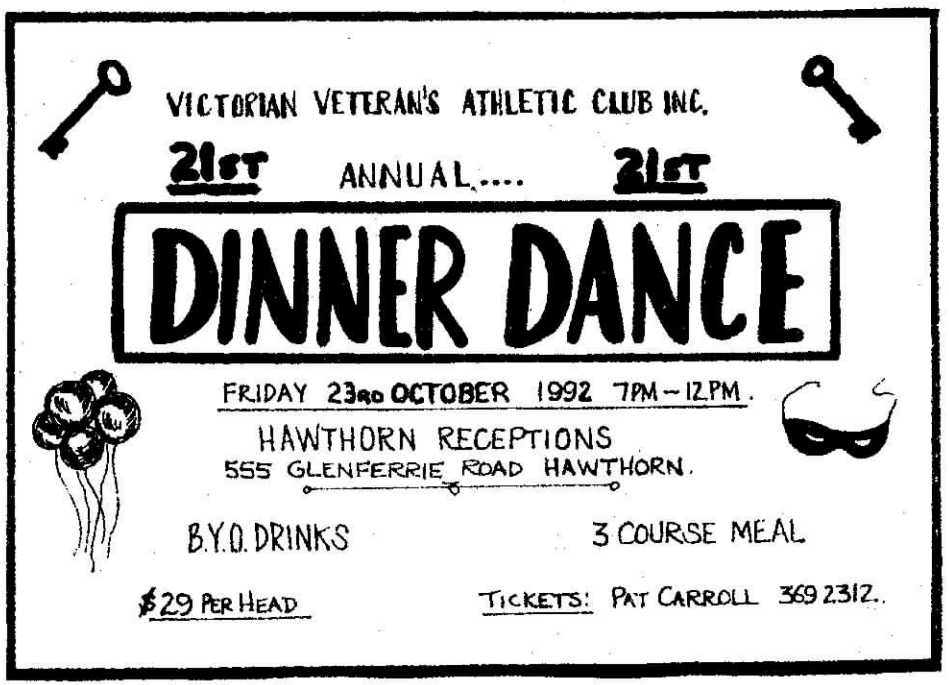
VICTORIAN VETERANS ATHLETIC CLUB INCORPORATED.

1992 PROGRAMME

Sun	20th Sept	25 KM CHAMPIONSHIPS - YOU YANGS - 9 a.m. also 10 KM ESTIMATED TIME FUN RUN - 9.30 a.m.
Sun	4th Oct	PEOPLES MARATHON - (incl. VETERANS MARATHON CHAMPIONSHIP) - Port Melb. 7 a.m. - early entry.
Sun	25th Oct	SIX (6) HOUR TRACK RUN - EAST BURWOOD VENUE.
Wed	4th Nov	Special Walk Night - SPRINGVALE N/P VENUE.
Sun	8th Nov	BUSH RANGES CLASSIC RELAY - CROYDON VENUE.
Tues	10th Nov	GUS THEOBALD MEMORIAL NIGHT - CAULFIELD VENUE.
Thur	19th Nov	Parlouf Relays - EAST BURWOOD VENUE.
Weds	2nd Dec	MIKE O'NEILL MEMORIAL RELAYS - MENTONE VENUE.

THE ABOVE EVENTS ARE PUT ON FOR YOU BY YOUR CLUB COMMITTEE AND YOUR VENUE MANAGERS - PLEASE SHOW YOUR APPRECIATION BY ENTERING AS MANY OF THEM AS YOU CAN.

* *



As you can see this is the Club's 21st Birthday Dinner Dance and tables are being arranged by all the venue managers whos names are on the front page for your convenience, also tickets can be obtained by ringing Pat CARROLL on369 2312. Don't miss out on the evening of the year.

VICTORIAN VETERANS' ATHLETIC ASSOCIATION

CAULFIELD VENUE

DATE: 16th AUGUST 1992

WEIGHT PENTATHLON RESULT

NAME	AGE SEX	WT	HAMMER	SHOT PUT	DISCUS	JAVELIN	WEIGHT	POINTS	PLACE
WIDERA Lydia	W 65		29.16m 849	7.42m 747	25.14m 795	17.26m 706	9.42m 684	3781	1st
KALDOR Suzanne	W 55		24.38m 594	6.95m 551	18.14m 458	14.48m 488	7.28m 467	2558	1st
DAVIES Jan	W 50		42.60m 914	7.66m 549	18.36m 416	16.20m 491	12.62m 834	3204	1st
PENFOLD Kitty	W 45		30.88m 727	6.95m 507	16.38m 385	12.84m 374	9.88m 626	2589	1st
FRASER John	M 75		38.28m 966	9.91m 810	27.74 744	16.84 414	14.57m 976	3910	2 nd
FOLEY Roy	M 75		39.44m 990	9.58m 779	33.90m 917	17.40m 433	14.30m 958	4077	1 st
WIDERA Werner	M 70		41.90m 930	10.03m 712	29.52m 695	26.38m 617	14.52m 926	3880	1 st
MANCS Ilmar	M 60		38.20m 788	10.13m 633	40.72m 793	27.68m 522	11.75m 720	3456	1 st
VAN WEENAN Bill	M 60		37.98m 784	10.80m 686	37.48m 724	26.24m 489	12.10m 745	3428	2 nd
WYNHOVEN Harry	M 60		38.64m 796	9m 28 563	36.30m 699	22.90m 406	12.98m 807	3271	3 rd
STAECKER Harry	M 60		31.52m 661	8.92m 533	31.06m 579	28.78m 546	9.26m 527	2846	4 th
BALL Joe	M 55		31.52m 656	10.34m 640	34.00m 702	33.66m 658	11.20m 705	3361	1 st
VENA Cornel	M 55		28.14m 588	8.36m 474	27.14m 531	30.68m 596	10.[illegible]m 646	2835	2 nd
STANKOVIC Nino	M 55		23.82m 493	8.86m 518	24.40 458	26.86m 512	8.98m 527	2508	3 rd
PRIESTLEY Ken	M 50		34.90m 680	9.10m 491	26.32m 466	31.26m 533	12.36m 738	2908	1 st
JAMES Morrie	M 50		23.32m 448	8.52m 441	25.54m 445	22.96m 355	8.82m 468	2157	2 nd
ROSE Graeme	M 45		38.12m 737	11.80m 731	34.26m 694	49.68m 799	10.40m 527	3488	1 st
PENFOLD David	M 45		26.52m 516	8.37m 457	22.90m 405	19.74m 241	9.32m 445	2064	2 nd
NEALE John	M 40		26.72m 490	8.03m 388	26.64m 465	30.04m 430	6.78m 202	1975	1 st

DEVIL BEND 10KM ROAD RUN

WOMEN 35

1.	Christine SIMMONS	36	43.44
2.	Medgee LEBRASSE	39	44.51
3.	Pam HORNIBROOK	37	52.03

WOMEN 40

1.	Marlene GOURLAY	40	45.11
2.	Coral MONK	44	45.28
3.	Heather DUCAT	44	51.55
4.	Jan FINLEY	44	52.21
5.	Kris BOWLES	40	56.47
6.	Jan GARRARD	44	58.28

WOMEN 45

1.	Lavinia PETRIE	48	40.00
2.	Margaret CASSIDY	48	46.13
3.	Helen MYALL	49	48.47
4.	Jacqueline TAYLOR	45	49.27
5.	Carole McCOY	47	52.08
6.	Joy HERBERT	49	53.05

WOMEN 50

1.	Theresia BAIRD	50	38.30
2.	Jan MORREY	52	45.20
3.	Cynthia HERBERT	50	47.04

WOMEN 55

1.	Margaret DUGUID	55	50.45
2.	Judy DAVISON	55	54.44

WOMEN 60

1.	Shirley YOUNG	62	46.29
2.	Lois SELLAR	60	53.49
3.	Rita KERR	62	61.21

WOMEN 65

1.	Norma GRANT	66	59.12

INVITATION

1.	Terry COX	27	34.15
2.	Ian CLARKE	28	34.38
3.	Adam MILLBRICK	16	41.03
4.	Keith WATKINS	48	43.49
5.	Robert TAYLOR	23	46.29

MEN 35

1.	Ian CARSON	39	34.30
2.	Rob DREW	38	37.03
3.	Chris CALAMATTA	39	37.30
4.	Iain McCALLUM	39	38.04
5.	Denis HOLDEN	39	42.59

MEN 40

1.	Ross MARTIN	40	33.52
2.	Eric GREAVES	44	34.51
3.	Murray HUTCHISON	43	37.55
4.	Bill JOHNSON	44	39.42
5.	Ron LEDINGHAM	44	39.49
6.	Leigh CASSIDY	44	43.01
7.	Neil GRAY	44	43.17
8.	Rob HARRISON	42	45.10

MEN 45

1.	Terry HARRISON	46	33.21
2.	Terry WILSON	47	35.01
3.	Jim INGHAM	46	36.36
4.	Barry BOYD	48	36.39
5.	Bill KING	45	36.58
6.	Barry FRY	49	38.14
7.	Robert FUGA	49	38.19
8.	Graham BONNETT	49	41.47
9.	Louis WASER	46	42.04
10.	Roy TAYLOR	47	42.52
11.	Richard PIESSE	49	44.17
12.	Ken TAYLOR	47	51.05

MEN 50

1.	Ray O'CONNOR	54	36.10
2.	Bob CURTIS	51	36.44
3.	Ted McCOY	52	37.11
4.	Peter DUGGAN	51	38.22
5.	John WAITE	51	38.44
6.	Denis PHILLIPS	50	39.40
7.	R. POPE	50	40.10
8.	John ANDERSON	53	40.14
9.	John CHISHOLM	54	40.37
10.	Juan PEREZ	53	43.00
11.	Mike HALL	53	43.45
12.	Dave HERBERT	51	44.01
13.	Ray KELLY	52	44.09
14.	Graeme SIMMONS	53	46.02
15.	Maxim WOOD	54	47.34
16.	John HALLO	50	48.28

MEN 55

1.	Neville PORTER	57	39.48
2.	Jack CLARKE	59	40.20
3.	Chas McRAE	59	40.43
4.	Tom DAVISON	59	42.40
5.	R. JENNINGS	59	46.32
6.	Lindsay MYALL	55	51.57
7.	Norm JOHNSTON	55	52.07

MEN 60

1.	Ron YOUNG	61	41.21
2.	Bill PAGE	61	44.02
3.	Ben MORREY	63	47.11
4.	John KERR	63	47.28
5.	Jack GUBBINS	63	48.14
6.	Les CLARK	62	51.57

MEN 65

1.	Vern GERLACH	67	48.49
2.	Ray WALKER	69	51.17
3.	John REID	65	54.52
4.	George HOGARTY	69	55.51
5.	David MELDRUM	66	56.39
6.	Geoff BURTON	66	58.54

DEVIL BEND 10KM ROAD RUN

MEN 70

1.	Ray OUGHTON	71	48.40
2.	Ken MATCHETT	70	50.16

MEN 75

1.	Andy SMITH	77	72.35

MEN 80

1.	John BROWN	82	72.40
2.	Harry PRESTON	81	79.41

A large and pleasing turnout of Veterans ventured down to Moorooduc South for our 10Km road race on the roads adjoining the Devil Bend Reservoir. The large number of club members prepared to travel the long distance to race in very bad conditions made getting wet and cold whilst setting out the course very worthwhile. With the rain pelting down and a very blustery wind blowing, one had to really question the sanity of runners who even whilst knowing that they were going to get cold, wet and very muddy, would still claim after the race that a good time was had by all. In fact Kitty Penfold from Mentone venue, enjoyed the gambol so much she didn't bother taking the last turn on the course, but continued on instead in the direction of Frankston, until images of that celebrated Nike advertisement, the one that declares "That there is no finish line", flashed through her mind as she realised that indeed there certainly wasn't a finish line in the direction she was taking. Kitty receives the Melway's Award for her efforts. The most popular spot for everybody was the fire going in the B.B.Q. near the entry table, quite a few members felt that 25 laps of the fire would be more appropriate than facing the very arduous race awaiting them.

The breakdown of competitors was, 66 men, 25 women and 5 invitation runners. One invitation competitor, Keith Watkins, M45 group obviously enjoyed himself as he joined our club straight after the race. Terry Cox Jnr and Ian Clarke had a good battle in the above section. Terry bolted right from the gun and even though he was able to create a big gap between the two, Ian showed the tenacity his father Jack always displayed when playing football for Essendon and slowly shortened the gap during the later stages of the run.

First to cross the line overall was Mentones M45 Terry Harrison. The "Quite One" showed a clean pair of heels to the lead pack just prior to the 2Km marker and went on to win by 30 seconds from the M40 gun runner Ross Martin. M35 Ian Carson crossed the line to take out his age division once again. First lady overall was the dynamic Theresia Baird W50, followed by Lavinia Petrie W45 and W35 Christine Simmons. It must only be a short time before Lavinia moves into the W50 Division and I am sure that this coming promotion will make Lavinia even more determined to keep Theresia on her guard by running as gutsy as ever. Ron Bilston, M45, crossed the finish line under armed escort. With approx 2km to go, Ron's back decided that enough was enough and the time had come to have a rest. While limping painfully along the road, the local police stopped and offere Ron a lift back to the finish area. After alighting from the divy van, Ron thanked the boys in blue and then commented that he thought the police had stopped to arrest him for loitering, as he was going so slow.

Special thanks to Mick "Sprocket" Colgan for using his car as a lead vehicle and many thanks to the members from Springvale Venue for their valued assistance on a very bleak day.

Eric Greaves
Club Captain

All members intending to compete in the Peoples Marathon on Oct. 4th are reminded that they must wear their Victorian Veterans Club singlet to be eligible for a medal in their respective age groups. Helpers also are required and please try and attend our 21st Birthday Dinner Dance Enquiries on 560-2971.

Do you know?   Items of interest.

The next Australian Veterans Championships will be held in Adelaide, S.A. next Easter.
A bus will be going over to assist those who have difficulty travelling interstate and payment of $10.00, non-returnable, will book you a seat. It is over half full already so get your deposit to Marge COLTHUP as soon as possible.
Accommodation has also been booked on your behalf, dormitory at a school with meals or at a motel. Details have already been published in both "Around The Grounds" and "News And Results."

World Veterans Games, Japan, 1993. Details of travel with Collin COOPER, VETERAN TRAVEL, PHONE (08) 2720992 and International Sporting Tours, Brian TRAVERS, (02) 922 6166 were published in July "Around The Grounds" and the last"News and Results Magazines." If you want further information please ring either of these people or my office 795 1169. P COLTHUP.

New committee member Ken WU, is endeavouring to get a traders discount card for financial members of our Veterans Club.

New members can join now for payment of $8.00 plus $16.00 for 1993 a total of $24.00. Our numbers are down this year so we ask for the support of all members to recruit new people.

Mentone Venue are holding a Rob. JENNINGS Memorial 800m Handicap on Wednesday the 4th of November. All welcome.

Denis BLANDY and Anthony BRADFORD are our delegates to the Annual Meeting of the A.A.V.A.C. Ltd.

Have you got a Big "V" Windcheater or a "History of the World Games" Windcheater. White shorts at cost and blue shorts, club singlets and blouses. All are available from the secretary from the boot of his car. Big "V" - $22.00. H.O.W.G - $30.00

The cost of the "Around the Grounds" is mainly paid for by the small advertisments that are scattered through it. If you appreciate gettingit monthly free, read the ads. and if you require their services please use them. The Club would also like to thank the advertisers for their support to the Club.

Dorothy BROWNE O.A.M. is the only nomination for the position of Secretary of the Australian Association of Veteran Athletic Clubs Ltd. Congratulations Dot. John MAY is also nominating for the position of Vice-President.

2 Hour VCR tapes of the Victorian T & F C'ships are available for $15.00. Most track events are covered and edited and also medal presentations. 100s, hurdles thro' to 5 Kms.
3 hour VCR tapes of the Hobart Aust C'ship also available for $20.00. Four and a half hours tapes have been cut down to three hours so that only the best is shown. All events on the track from 100s to the 10 Kms. Most of the medal presentations too. Posted in special box, $4.00 extra.

A list of nearly three hundred people who were financial last year but have not rejoined this year will be given to all venue managers and committee members. If you know any of these people why not have a talk with them and try to get them back with us. Recruiting is one thing but I hate to lose old members especially ones who have been with us for some years. Remember, the Club is your responsibility as well as those who become committee members.

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