"THE VETERAN ATHLETE"

A NATIONAL PUBLICATION DEVOTED EXCLUSIVELY TO VETERAN ATHLETES

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1986 A.C.T. VETERANS' HALF MARATHON

Garry Hand and Annette Perkins take the honours

BY KEN DANIELS

CANBERRA, SUNDAY, 15th JULY

The sky was overcast, temperature 12 degrees with little wind and some showers, the scene was set for the running of the 5th Veterans Half Marathon around the shores of beautiful Lake Burley Griffin.

This annual event on the winter calendar has become more popular each year. The ACT Vets, ably led by popular president Brian Thomas, are to be congratulated on their extremely well organised Half Marathon. This event is highly recommended to all long distance running Veterans in any States, for inclusion in future winter preparations.
(Results Page 2).

Race organiser Bryan Thomas had done a great job in making sure that the course was well marked and that his army of marshalls were strategically positioned along the route.

This race is unique in that it has two starting times, 9.30 a.m. and 10 a.m. Early starters are expected to complete the course in more than 100 minutes and late starters under 100 minutes. Chief starter Brian Gleeson ensured the large fields in both starts got away exactly on time.

The first group of runners consisted of 6 W30, 7 W35, 7 W40, 6 W45 and 1 [illegible] M40, 22 M45, 16 M50, 3 M55, 6 M60 and 1 M70, 142 runners and 2 wheelchair athletes.

In the second group there were 3 W30, 2 W40 and 1 W50, 52 M35, 23 M40, 11 M45, 6 M50 and 7 M55 a total of 104 runners a grand total of 248 athletes.

To ensure that the early runners (some had never run the course before) did not go the wrong way, they were led around the course by local veteran and tri-athlete Wilf Deck riding his bicycle.

Dean Wallace was first to cross the line in 85.23 minutes (Dean started with the early group so that he could help out at the finish, working out placegetters). He was followed closely by wheelchair athlete Dennis Kennedy (89.28) followed by L. Edwards 93.07 and Dan Reddy.

The first three women were Coral Mollett, Robin Stanhope and Lyndal Hatch.

As results started to come to hand it was evident that quite a few records were going to fall by the wayside, particularly among the women.

Firstly, the sensational run of the day was by Garry Hand M40, setting a new Australian Record in his age group zipping around the course in 68.01 minutes and only a week after representing the A.C.T. in the Australian Marathon, where he finished 15th in 2.22.

Annette Perkins broke Jo Cullen's record of 85.21 by 2m33s. Annette was 2nd Australian woman in the Australian Marathon (2.52).

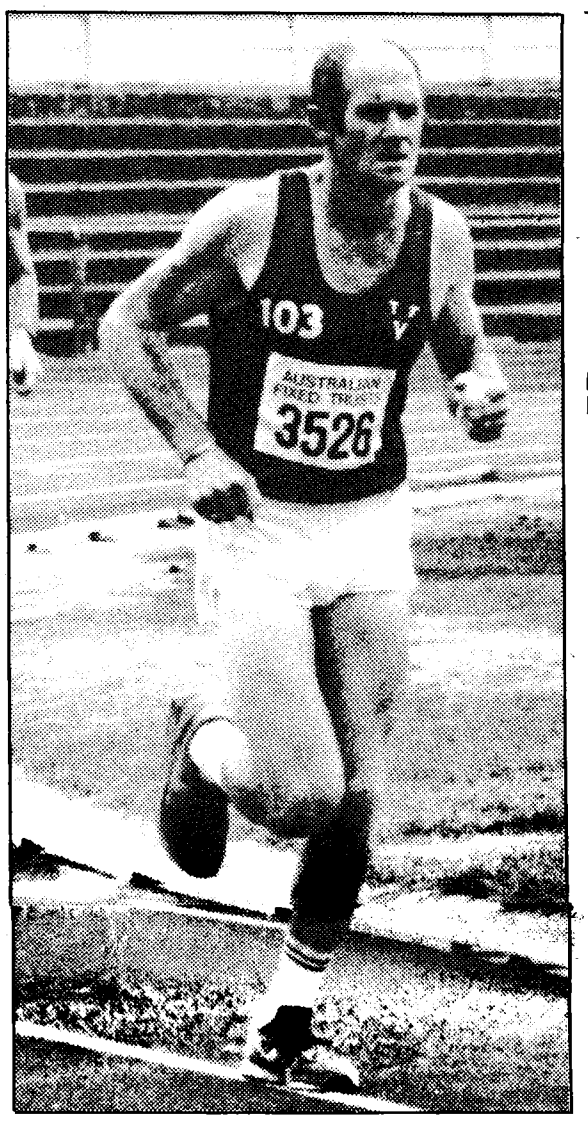
The first three ladies in the W40 age group broke the previous record of 99.17. They were Joan Sutton (92.25), Norma Lindermann (96.59) and Coral Mollett (98.23).

Lyndal Hatch, after having a wonderful track and field season, continued in her record setting way with a W45 win of 99.24. This is just 7 seconds below the record she held as a W40 and 40 seconds below the record she set last year in W45.

A newcomer to ACT Veterans, Ann Young W50, set a new record of 111.17 — a record that has stood since the inaugural event in 1982. That record (125.50) was set by Queensland athlete Peta Croft.

Peter Kallio again took out the M45 age group in 75.14. This is the fifth time that Peter has won and the only person to win 5 times in the one age group.

Another 5 time winner was Joe Mayer M70. Joe won 3 times in M65. This was his second win in M70s. His time this year was a little slower (129.39), as he has been on the injury list for some time.



• **Above: Eric Greaves (M35), impressive winner in 33.41 at the V.V.A.C.I. 1986 10K Road Championships held at Devil Bend, Reservoir, Victoria.**

Royal Life Half Marathon

LAUDERDALE : TASMANIA

This inaugural event of the Royal Life Half Marathon Series was held on 20th July 1986, at Lauderdale, near Hobart.

The accurately measured course by Vet, David Hancock, comprised a three lap circuit, mainly flat, with just a short steep uphill section followed by a long downhill recovery, starting and finishing at the Lauderdale Tavern.

The weather was fine, almost warm! and no wind, providing near perfect conditions.

Of the final 240 finishers, more than fifty were VAAT members and many more were of Veteran age. First Veteran home and 21st overall was the ever consistent Greg Foot (43), fresh from his recent success in the TCU Southern Cross Marathon at Richmond, in 75.53, hotly followed by leading Victorian, Ted Paulin (48) 75.54, Bruce Longmore (53) 78.38 and Iain Montgomery (46) in 80.28.

The female division was won outright by the popular Sue Baker-Finch (33) in a personal best time of 86.54.

Second outright and first Veteran was Jenni Rae (37) in 89.36 — also a P.B. — followed by Elizabeth Toomey (37) 95.12 and yet another excellent performance by Shirley Brasher (59) 96.14.

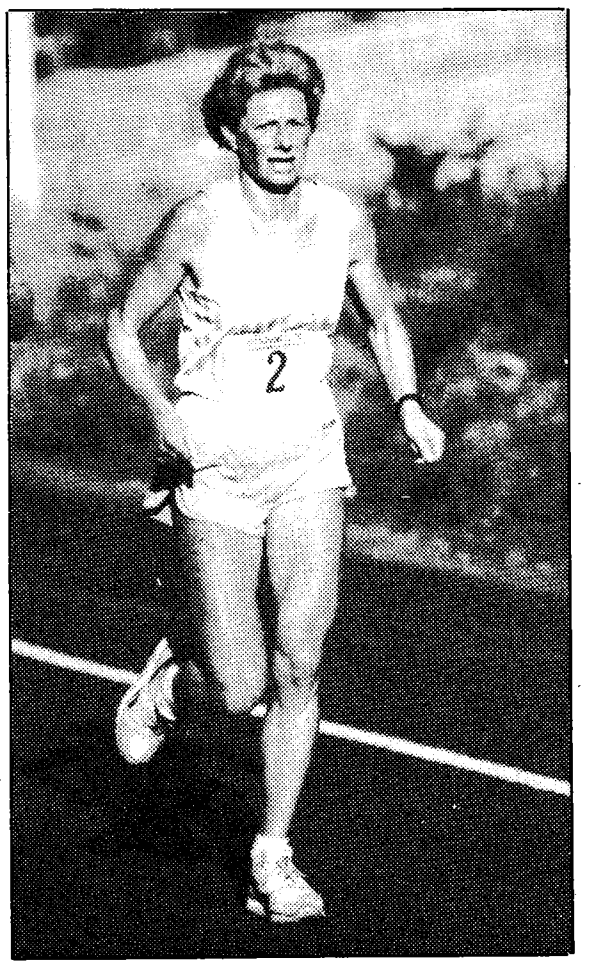
Award presentations were held at the Lauderdale Tavern, where popular hosts Ron and Maxine Gower (joint sponsors of the race) kindly provided "ample sustenance" for all finishers, although Nathan Pritikin would have turned in his grave at the awesome sight of the fare served! In typical athletic gusto most runners were seen to "attack" everything in sight as if they hadn't eaten for weeks!

A thoroughly well organised event, the Royal Life Half Marathon promises to become a major event on the Tasmanian winter programme, and even more popular in the future.

— Liz Toomey.

(Results Page 5).

• **Below: Sue Baker-Finch (33), continues her recent run of success with a great win in the Royal Life Half Marathon at Lauderdale, Tasmania, in 86.54, 20th July.**



Greaves, Browne win Vic. 10km. Road Championship

Eric Greaves and Dot Browne were the first male and female winners, respectively, in the 1986 Victorian Veterans 10 K Road Championships at Devil Bend on 27th July.

In ideal conditions, the popular Vic club captain Greaves (M35) scored an impressive win over former Sydney/Melbourne Ultra star Geoff Molloy (M40), with Lew Harvey (M35) third.

World 5000 metres (W45) champion Dot Browne easily won the female division in 40.10 from triple World Champion (M55) Jean Albury 41.59.

Other notable performances were Tom O'Loughlin (M40) 45.18 (who recently underwent by-pass surgery), current World 10000 metres (M70) champion Alan Burgoyne, just back running after a severe bout of bronchitis with 42.49 on the testing, hilly course, and the refreshing sight of the M75 trio of Harry Preston, John Brown and Tom Daintry, the latter winning the age group in 53.27.

This popular event on the winter calendar was well conducted by the Springvale/Noble Park venue, led by Max Harrison and Wendy Greaves and ably assisted by Bob Tait and the W.I.A. (Wireless Institute of Australia), who maintained constant communication with the organisers throughout the race.

(Results see Page 9).

• **World Champion Bernie Hogan (Q), second from the left, on his way to winning the M65 200 metres in (26.40) at the recent National Titles in Adelaide, S.A. Far left Wal Stubbings (Q) 1st M70 (32.50). Third left Ted O'Dell (Tas) 2nd M65 (31.50). Fourth left Andy Smith (V) 2nd M70 (33.50). Inside Gordon Boag (ACT) 3rd M65 in (31.90).**

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AUGUST 1986

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Editor/Publisher: Mike Hall.

Associate Editor: Dot Browne.

Contributors/Associate Editors: Peg Smith (V), Wendy Ey (S.A.), Jack Pennington (ACT), Doug McConchie (V), Col Browne (V), Peter Waddell (ACT).

Advertising: Mike Hall (059) 428 344.

Photographers: Peter Griffin, John Punshon. Coluna Photographics.

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EDITORIAL

Dedicated to all existing and potential Veteran Athletes in Australia.

As you will see on Page 3, it was recently announced the Patron for the 1987 World Games will be the Right Hon. John Cain, Premier of Victoria.

It is with pleasure we publish his Games message and words of encouragement to us all in what promises to be a great era in Veteran Athletics.

Also in this issue is a truly inspirational interview with remarkable U.S. athlete, 87 year old Paul Spangler, by Gretchen Snyder. If anyone ever had any doubts regarding advancing years being an obstacle in the pursuit of fitness, it is dispelled forever by this amazing gentleman who did not even **start** running until he was 67 and who now holds 68 American and world running age records at distances from 400 metres to the marathon.

While on the subject of "Inspiration", the general theme for this August issue of "The Veteran Athlete" seems to be one of Motivation, as clearly illustrated in the articles. "Advice for older athletes", "Masters Athletics is growing" and "Unemployment? Not in the Veterans!"

Some late news received just before going to print. Firstly from Western Australia advising of the departure in early August of John Gilmour (M65), (arguably the greatest veteran athlete of modern times), to compete in an International Masters T. & F. meet in Nanjing, China; closely followed by an invitation to compete in the rich Twin Cities Marathon in Minnesota, U.S.A. in September. We wish him well in both these major events. Also in late mail from the recent British National Titles held on 12/13 July are some notable performances, i.e. 100 metres M50 Ron Taylor 11.8, M70 Colin Fairey 14.0; 200 metres M50 Ron Taylor 23.1; 1500 metres M40 Alan Roper 3.59.2; 400 metres hurdle W40 Marj Hocknell 70.5 and M45 David Barrington 61.3. Watch out for these stars in Melbourne next year!

Till the next issue stay fit, healthy and happy.

MIKE HALL

Australian Association of Veteran Athletic Clubs;
P.O. Box 311, Greensborough. 3088.
Telephone (03) 435 6743.

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VVAC Inc: Peter Colthup, 14 Bakers Road, North Dandenong 3175. Telephone (03) 7951169.

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NSW VAC: Alan Atkins, 1/75 Ewos Parade, Cronulla 2230. Telephone (02) 5238881.

ACT VAC: Rosemary Parker, P.O. Box 103, Weston Creek 2611. Telephone (062) 882508.

SA VAC: Leonie Byrnes, 24/68 Military Rd., Tennyson 5022. Telephone (08) 3563488.

WA VAC: Sandi Walton, Unit 9, 12-14 Elvira Street, Palmyra, 6157.

Darwin VAC: Peter Fanning, P.O. Box 4704, Darwin 5794.

Tas VAC: Aileen Slater, P.O. Box 890, Hobart 7001. Telephone: (002) 726158.

PRESIDENT:
Don Farquharson
269 Ridgewood Road
West Hill
ONTARIO MIC 2X3
Canada

EXECUTIVE VICE-PRESIDENT:
Robert G. Fine
4223 Palm Forest Drive
Delray Beach, FL
33445 U.S.A.
N.Y.C. 11217 U.S.A.

VICE-PRESIDENT:
Jacques Serruys
"Fit-Veteraan"
Postbox 7
B-8000BRUGGE 1
Belgium

VICE-PRESIDENT (Track and Field):
Hans Axmann
Eichendorrfstrasse 2
D-8800 ANSBACH
Federal Republic of Germany

SECRETARY:
Owen Flaherty
CN. UTR. 207
Javea
ALICANTE Spain

TREASURER:
Alastair Lynn
23 Ruben Street
Aurora
ONTARIO LHG 2M3
Canada

WOMEN'S DELEGATE:
Bridget Cushen
156 Mitcham Road
WEST CROYDON
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DELEGATE OF: NORTH AMERICA OPEN

SOUTH AMERICA
Juan H. Kulzer
Estrada 3429
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Cesare Beccalli
IMITT
Via Martinetti 7
20147 MILANO Italy

OCEANIA:
Clem Green
46 Hargreaves Street
WELLINGTON 2
New Zealand

AFRICA:
Contact President

1986 Act Veterans' Half Marathon

Results

Women

W30
Marlene Turner 101.05
Miriam Angus 108.02
Shirley Rake 110.43
W35
Annette Perkins ... (R) 83.48
Linda Waide 99.18
Robyn Stanhope 99.23
W40
Joan Sutton ..... (R) 92.25
Norma Lindermann ... 96.59
Coral Mollett 98.23
W45
Lyndal Hatch ..... (R) 99.24
Bev Scown 112.56
Judy Benson 120.36
W50
Ann Young ..... (R) 111.17

Men

M35
Tony Murray 68.48
Mick Whybrow 69.34
Geoff Moore 70.45
M40
Garry Hand ..... (AR) 68.01
Danny Flynn 73.25
Paul Rudkin 75.30
M45
Peter Kallio 75.14
Terry Munro 78.55
George Hanzar 82.48
M50
Bob Chapman 83.22
Stuart Reid 85.20
Ernie Warner 86.44
M55
Bill Seton 84.52
J. Mahoney 86.05
Peter Tessyman 86.52
M60
G. Stoermer 97.14
Mike Adler 98.17
R. Roberts 100.51
M70
Joe Mayer 129.39
Wheelchair
Dennis Kennedy 89.28

Jim Christian (Q) flying high in the M45 Long Jump at the National Championships in Adelaide at Easter.

— Photo Peter Griffin.

'87 WORLD GAMES UPDATE

BY PEG SMITH

We have just produced a full colour brochure which is to promote our Games, tourism in Victoria and pre and post-games tours in Australia to all intending visitors.

CITY OF MELBOURNE

Also through our generous sponsors it has been possible to obtain sufficient funds through advertising to produce 50,000 of these brochures. They are not an entry form, but, rather a lead up to the entry book to be produced later this year.

This now gives us the opportunity to pass out information to the general public in areas where there are potential new members for your clubs. I will be forwarding copies to your club secretaries and various regions soon. Make the most of them and distribute them at fun runs, work, fitness centres, local newspapers, shopping centres, doctors, elderly citizens clubs etc.. There is a space on the back to put a local contacts name and phone number so that interested people can be encouraged towards your club for more information about Veteran Athletics.

We have also recently appointed our official photographer. This company has a fine reputation, and will be taking many photos leading up to the Games and also taking action shots during the World Games. It has been suggested we produce a souvenir book following the Games. This is other than the official results. The souvenir book will contain a pictorial record of the V11 World Veterans' Games from the first to the last day. I would appreciate your thoughts and comments on this suggestion.

Peg Smith.

Tasmanian Masters Games, 1987

A meeting was held in Hobart on 19th June, 1986. Representatives from the Tasmanian government, Veterans Athletic Association of Tasmania and the AAVAC were present.

The purpose of this meeting was to discuss if there was to be any involvement of athletics in the Masters Games which are to be held in tandem with our own World Championships in 1987.

The Masters Games will include a possible fourteen different sports. It is not an international event, but after consultation the VAAT and the AAVAC agreed that in the interests of offering the widest opportunity for competition for athletes who will be coming to Melbourne, there will be athletics included in the Games in Hobart.

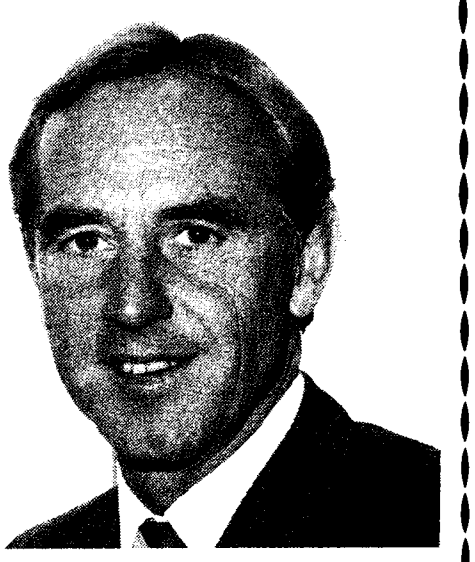
The events will be at a twilight meeting in Hobart on the 9th and 10th December, 1987, and will include track and field and walks. There will be a 3k and 10k road race from the centre of Hobart at noon on one of these days also.

Anyone who has travelled to overseas or interstate events will appreciate the chance of combining some extra competition with their touring. It is with this in mind and also knowing the efficiency of the Tasmanian Vets that there is a treat in store for those who continue on down to the "Island State" after the V11 World Veterans' Games.

The Tasmanian Masters Games are to be conducted by the Confederation of Australian Sports (CAS). The AAVAC was a founding member of CAS and believes that these Games will be conducted with the same philosophy of, well conducted events for individuals of mature age who wish to continue in their sport for life.

Competition for an individual sport will be the responsibility of that sporting body, which will be given a budget for their ground hire, equipment costs, etc.. All other costs such as administration, entries, promotions, medals, etc., are to be met by the Organising Committee of the Australian Masters Games.

Message from Patron of '87 World Games



The V11 World Veterans' Games to be held in Melbourne, 28th November to 6th December, 1987 are now shaping up to be the biggest athletic event ever held in the world.

Early indications from overseas travel agents who have visited Melbourne to inspect the facilities have reconfirmed their initial bookings for accommodation and in the case of Denmark, increased the numbers from 200 to 250.

The impact of more than 5000 overseas tourists into Australia specifically for the Games will have an estimated impact of more than $10,000,000. There is also the extra tourist advantage for Melbourne because of the thousands of interstate competitors and supporters who will be taking part.

An important feature of the Games is the upgrading of Olympic Park Ground No. 2 so that there will be two tracks at the one venue. This is one aspect I believe has impressed organisors of overseas travel who have visited Melbourne for site inspection.

Although the Games are quite a long way away, obviously a lot of detailed work is to be undertaken now and I congratulate the organising body, the Australian Association of Veterans' Athletic Clubs, on their dedicated efforts and wish you all well in your preparations for this important sporting event.

— John Cain.
Premier.

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Reunion planned for 1956 Olympians

Gold Medalist Hal Connolly (Hammer Throw 1956) and television writer/producer David Vowell hope to organise a reunion of 1956 Olympic Track & Field medalists in conjunction with the V11 World Veterans Games in Melbourne in 1987.

If organising efforts are successful, participating 1956 medalists will be provided with transportation, accommodation and the opportunity to compete in exhibition events.

For more information contact either David Vowell, 11429 Sunshine Terrace, Studio City, CA 91604 (818)762-0363 or Hal Connolly, 1029 Nowita Place, Venice, CA 90291. (213)392-7642 or Mike Hall, c/- "The Veteran Athlete", McInnes Rd., Tynong Nth, 3813, Victoria, Australia, (059) 428344.

Teams events for games?

We have just issued our proposals for rule definitions for these games, and amongst them is an indication that we will not conduct team events.

This suggestion has been made because we felt they were not warranted, and also favoured the host and larger represented countries. I expressed this view in the initial report sent out in January. As no one indicated any concern over the matter, that was interpreted to mean that there was no interest.

I also expressed the view in that report, that if there was sufficient objection to any of our proposals we would obviously reconsider.

You will be pleased to know that Bob Fine (ex vice president WAVA) has just advised me that in his opinion we do not have the right to drop this area of competition. My reading of the rules suggests otherwise.

We have no intention of creating friction in what we are doing, but are just indicating that if there is an option given to us, we have the right to take up that option. If Bob is right and it is a definite rule, and he should know, then so be it. If there is strong enough support for the event, then so be it.

WAVA Constitution — Rule:— Relay teams by nations "may" be permitted, and team awards in long distance running and race walking on surfaces other than track "may" be given.

The Team Event Rules — as laid down by WAVA:— 9. Road races, cross country races and road-walking races shall also include team competition and the result of each age-group shall be decided by totalling the times of the first three finishers in that age group; each team shall be restricted to one team result in each age group.

10. Road races, cross country races and road walking races, an athlete may score as an individual in his own age group, and for a team in a lower age group, provided that the intention to do so is declared to the manager before the start; an athlete may not score for a team in more than one age group.

12. In road races, cross country races and road walking races, in world or regional championships, there shall be three team awards in each age group in which three or more teams have three or more finishers, and a team award shall consist of an award to each of the teams' first three finishers; any age group in which fewer than three teams have three or more finishers. Each team having three or more finishers shall receive a team award.

Ray Callaghan

Veteran Athletics loses great ambassador

It was with profound shock and disbelief that I received the sad news on Sunday, 22nd June that my good friend and associate Mr Case Muskens, managing director of International Sporting Tours had collapsed and died suddenly the previous day.

Case, whom I had known only a relatively short time, was undoubtably Veteran Athletics greatest ambassador.

Though not an athlete himself, through his long and close association with the late Wal Sheppard, spanning nearly fifteen years, he had developed a remarkable affinity within the Veteran movement here and overseas.

His uncanny perception of an athlete's many needs in the area of combined travel and competition, was perhaps his greatest asset to our organisation.

Having arranged highly successful tours to many Olympic and Commonwealth Games, World Track and Field Championships, World Veterans Games, Oceania Games as well as various other sporting events, his expertise was an integral part of the rapid growth of Veteran Athletics in this country.

Prior to his untimely death, Case had further pledged support for the forthcoming VII World Games here in Melbourne, and in a typical gesture made a total commitment to become the major sponsor of this publication "The Veteran Athlete". Perhaps the greatest tribute we as Veteran Athletes can pay this truly remarkable man is to continue to develop our organisation in the manner in which I'm sure he would have wished. Farewell Case. You will be greatly missed by us all.

We also express our sincere condolence to his dear wife Pam.

— Mike Hall

ACCOMMODATION REQUEST

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C TOURIST		50 - 75	30 - 45	25 - 30
D BUDGET (SHARE FACILITIES)		25 - 50	20 - 30	20 - 25
E SELF CONTAINED APARTMENTS		—	40 - 55	25 - 40
F UNIVERSITY (BREAKFAST & DINNER)		45	—	—

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Full payment of balance must be made by 1st August, 1987.

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10% charge per person 60-15 days prior to arrival.
No refund less than 15 days prior to arrival. (PLEASE DETACH ON LINE)

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CATEGORY: A B C D E F Please number 1st & 2nd preference.

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NO. OF PERSONS: × $20 SINGLE: DOUBLE: TWIN: TRIPLE:

Enclosed Administration fee SIGNATURE: DATE:

Approx. 10% of accomm. cheque or bank draft

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UNDER THE WATCHFUL EY

OUR CORRESPONDENT: Wendy Ey, B.E.M. (Vice president A.A.S.A.), Manager, Australian Track & Field team at the 1984 Olympic Games, Los Angeles, former Australian 100 yds sprint champion 1956, Commonwealth Games silver medallist 1958, Multi World Veteran gold medallist and current W45 World record holder in 100 and 200 metres.

Despite her extremely busy schedule as a lecturer at the South Australian College of Advanced Education, many teaching appointments and an endless array of other commitments, Wendy still finds time to maintain the high level of fitness required to become a World class athlete.

As a journalist Wendy has successfully written many books and publications over the years and her research into Athletics for Women in Australia has done much to further the cause of female participation in this country.

As a member of the Board of Management of the Australian Athletic Union, also, we feel sure her regular column will provide interesting and informative reading for all Veteran athletes.

For Female Runners!

Kay Porter, whom I met in Indianapolis last year, and whose book I can recommend — as mentioned in the July issue, has also conducted some research on female athletes (see article below).

The most interesting fact to me concerns the improved self image and better feeling these women had about their own aging progess as well as a feeling of well being with less problem of anxiety, depression and mood changes. A great advertisement for Veteran Athletes!

RESEARCH SYNOPSES

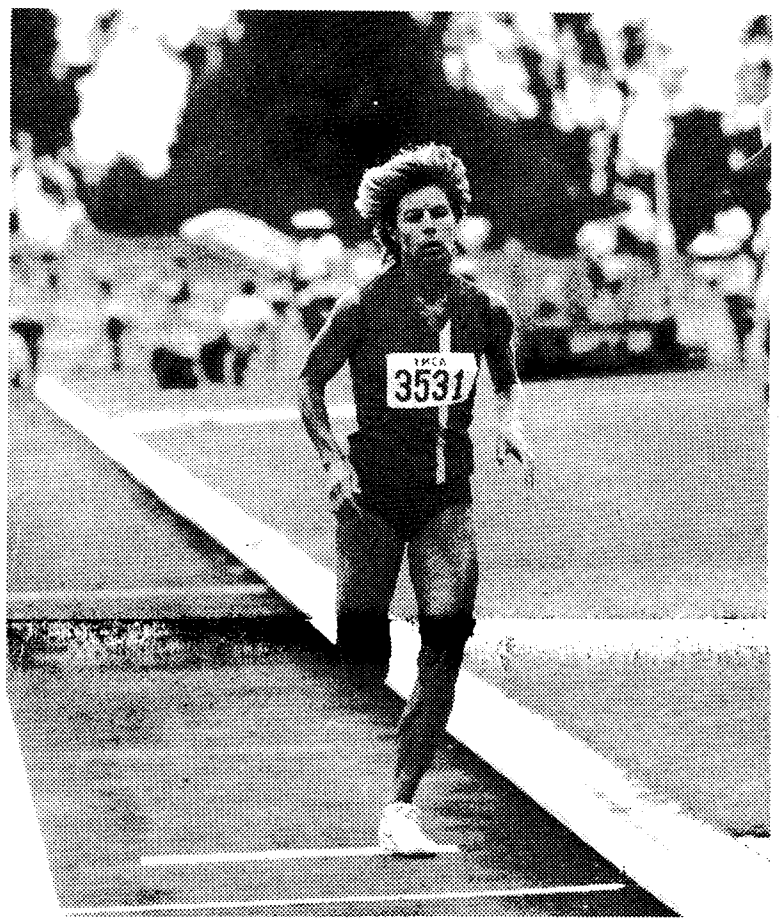
Psychological Characteristics of the Average Female Runner

The author reports descriptive and psychological data collected over several studies. In the first study 90% of the 218 runners felt that running had improved their self-image and made them feel much better about their bodies. They were also more comfortable about their own ageing process. Respondents averaged six miles a day and at least half the women over 30 years of age had lost 4kg or more since beginning their running programs. In general, women in the study between 30 and 60 years of age reported physical activity and achievements to be common satisfactions with their running program. Standardised psychological tests such as Spielberger's State-Trait Anxiety, Zung's Depression Scale and the POMS test were used in later studies. These results indicated that running promotes well-being in terms of anxiety, depression and mood states, including those women aged over 35. Porter hypothesises psychological characteristics will most likely influence the women to run and compete further as they age, the implication here being that these women could serve as role models giving hope to others who might believe that being over 35, and 8kg overweight automatically means old age.

J.G.

Porter, K. (1985) Psychological characteristics of the average female runner **Physician and Sports Medicine 13(5)***171-175.*

Judy Daly — World Champion



• **Judy Daly, clear winner (4.49.40) in the W35 1500 metres at the National Championships in Adelaide. — Photo Peter Griffin.**

Recently appointed Statistician for the South Australian Veterans Club, Judy Daly has a distinguished career in athletes.

The current W35 World Champion for 1500 metres began her athletics at primary school in Adelaide as a sprinter, where the maximum distance she could race was 75 yards! Encouraged by her parents and Brenda Pearl (official starter at the World Cup in Canberra), she joined the Adelaide Harriers Athletic Club in 1958 and came under the care of coach Len Barnes.

Her talent as an all round athlete led her to compete in almost every event varying from sprints and hurdles to high and long jump as well as javelin, shot put and discus.

Inevitably, specialisation occurred and Judy first moved away from jumps and hurdles (lack of height, she claims!) to 200 and 400 metres, before finally settling on middle distance events, specialising in 800m and 1500 metres.

Now coached by husband John (Olympic Team Coach) these days Judy approaches her athletics with enthusiasm and dedication. Her training plan is an all year round one to maintain a high level of fitness where she strives quality rather than quantity.

She has an all consuming desire to achieve and to compete to the best of her ability, something that has not waned with age and continues to give her enormous pleasure. In Veteran Athletics her aim is to hold a World Record, and the Games in Melbourne next year could offer just the incentive she needs.

In addition to her own personal goals, Judy is active in the administration and coaching of athletes. She is a member of the Board of Management of the Athletic Association of South Australia, elected as the athletes representative, and assists her husband John in the coaching of young athletes.

She is concerned at the steady drop out of junior athletes once they reach senior ranks. It seems that the monies and coaching efforts are all too frequently directed at the talented junior and that once they move into the senior ranks there are very few incentives. She likes the idea of an overseas tour for State athletes and believes that this might overcome part of the problem.

One other major concern Judy has is the lack of support for coaches. Little recognition is given to coaches, particularly financial assistance and of course without the expertise of coaches, few athletes would reach the levels that they do. In addition, the role of administration needs examination. Far too many seem to forget that they are there to provide a service to the sport and not to promote themselves.

In summing up, it is important to mention that Judy is not solely an athlete, but finds time to undertake an Art and Craft Course; to further use those talents in spinning and weaving and enjoy her hobby of gardening.

Judy holds many State and National Veterans titles and has represented South Australia in Track & Field and Cross Country since 1960.

The following is a summary of her Athletic achievements.

Open Titles: 1968 - 3K Cross Country National Championships 1st. 1970 - 800 metres National Championships 2nd. 1974 - 800 metres National Championships 2nd.

Veteran Titles, W35-39: 1982 - 1500 metres, Oceania Championships, Fiji, 1st; 3000 metres, Oceania Championships, Fiji, 1st; 5K Cross Country, Oceania Championships, Fiji, 1st; 800 metres, Oceania Championships, Fiji, 2nd. 1983 — 800 metres, National Championships, 1st; 1500 metres, National Championships, 1st; 10K Cross Country, National Championships, 2nd. 1984 — 1500 metres, National/Oceania Championships, 1st. 1985 — 1500 metres, V1 World Championships, Rome, 1st; 800 metres, V1 World Championships, Rome, 2nd. 1986 — 1500 metres, National Championships, 1st.

Personal Best Veteran performances W35-39:- 400 (59.8), 800 (2.11.5), 1500 (4.29.5), 1 mile (4.50.8), 3000 (9.41.1).

Personal Best Open performances:- 100 (12.1), 200 (25.1), 80H (11.3), 200H (27.8), 400H (64.4), 400 (55.7), 800 (2.7.3), 1500 (4.28.7).

Put some life in your running

From "World Class" by Grete Waitz and Gloria Averbuch, Warner Books, June 1986.

Some people feel "transformed" from the first day they begin running; others feel that it's just plain hard work. Part of the challenge is to find satisfaction in both the fun and the work: both are important, and both can be satisfying. Here are some tips to help you get the most from the sport.

• The main objective in the beginning of your running program is to get out there and move. Don't worry about what you look like — do it joyfully. You'll never enjoy the sense of freedom running gives until you do away with any and all psychological constraints.

• Make your running a group experience. Find running partners, or engage your family in your activity. I enjoy my running much more since it has become a family affair. I run with Jack in the morning and I often do my second training session in the afternoon with my brother Jan.

• Keep your running consistent, but interesting. Vary the terrain, the course, and the location. Beginners have a tendency to do the same thing every day, which is often why they feel running is boring. Even small changes help. After tiring of running one route in New York's Central Park, it took a mere change of direction to wake me up.

• If you sometimes feel discouraged, bored, or apathetic, don't let it get you down. Mood swings in running are natural. I, for one, get these feelings often, especially when I'm tired. A certain level of fatigue is part of getting in shape. If you're training properly, a lot of it can be psychological. Usually if I'm feeling tired, I won't make any decisions about my workout until I do a 15-minute warmup run; by then I'll know how I feel physically, rather than just what my mood is.

• Consider your daily life as a runner. Organization, discipline, and proper perspective are key elements to accommodating your activity and adapting to your new lifestyle. Like me, you should determine a running schedule. To do so, consider all the variables: first, your "body clock." Some people like to run first thing in the morning; others feel only half alive in the early hours. Devising a schedule, however, isn't always as simple as running when the mood strikes. Your schedule must also take into consideration your responsibilities. When are you most likely to make time, and keep time, for your running?

If you are like most people — busy throughout the day with work, plans, and responsibilities — you know how easy it is to get caught up. That's why I think it's better to run early in the day. By getting it done in the morning you have no excuse not to run (except sleep, of course!)

Running can give you health and joy, a sense of well-being, challenge, and endless discovery — about yourself and your abilities. I know it can do this for you, because it has done this for me.

— Greta Waitz.

Advice for older athletes

Frequently veteran athletes approach their training as though they were still teenagers, and learn to their sorrow that it was a mistake.

Clearly, the older athlete has to modify his/her training and listen to what the body tells you. Patricia Freeman, writing for Women's Sports and Fitness in the United States makes the following points:

As the runner ages, rest may become even more crucial. "As you get older, your recovery time will be slower," says Olympic runner and author Jeff Galloway. After years of punishing his body, Galloway is coming around to the point of view that a three-day running week may be better than a seven-day one, particularly for older people.

The rub is that as the years go by, it can take more work to maintain the same level of fitness. Susan Johnson suggests that the older runner rotate running with other sports that maintain muscle tone and aerobic capacity without pounding the body. "Run one day and swim or cycle the next, or use a mini-jogger," she says. "The older runner needs non-gravitational workouts."

Mature runners will also lose strength, even if they follow the most strenuous running program. Most experts now recommend strength-building activities, such as weight training or calisthenics performed with light hand and leg weights, to prevent muscle mass from turning into fat mass. Longer warmups may be in order, too. Johnson suggests eight to ten minutes instead of three to five, to gradually increase ventilation and the supply of blood to the heart.

But perhaps the most important protection from musculoskeletal injury — aside from a proper proportion of training and rest — is good posture. "If we don't make the effort, gravity will pull us down and we will become round-shouldered," says Johnson. "In running, if that happens, it can lead to problems with feet, ankles, hips, or knees." So to continue running throughout life, she suggests that older women take special care to maintain the abdominal and back muscles that keep the body erect.

After menopause, women runners also face another problem: Since they are no longer protected by estrogen, their risk of heart disease rises to that of men's. At Kenneth Cooper's Aerobics Center in Dallas, women as well as men over 35 are required to take a treadmill stress-test every three years, even if they are regular exercisers. And Johnson cautions that it is important for the older runner to adjust her target heart rate, because what exercised the heart at the age of 30 may overtax it at 60. "You can't run as fast as you used to," she says. "That's a fact of life."

Pat Connolly, an Olympic pentathlete in 1964 and 1968, finds that fact particularly painful. She has come to envy her neighbour, a recreational runner whom she first spotted "shuffling and trotting around the block" a few years ago. That neighbour keeps shuffling her way into better shape, while Connolly has all she can do to drag herself through a three-mile run these days. "It's very discouraging to have had the feeling of sprinting and not be able to do it anymore," she notes. "Every single day I torture myself. If I don't run, I feel guilty, but I'd rather live with the guilt than face the fact that I'm older and creakier and slower."

For other women, however, running makes the passing years more palatable. "Running gave me a different way of life," exclaims 84-year-old Ruth Rothfarb, who gave up golf because it was "too slow" and took up running at 72. Now she runs marathons and is 35 pounds lighter than she was in her forties. "I'm happy with myself," she adds. "I'm not depressed. I don't know what it is to take a tranquilizer, as so many people do when they get older."

As for physiological problems, Rothfarb has a simple suggestion for the ageing runner: slow down. Rothfarb herself has never had a single injury from running. "People overdo it — they try for speed," she says impatiently. "It's like when you're driving — if you speed, you get into an accident. My ten-minute mile is slow enough that I don't get injured." In fact, Rothfarb goes through about half of her 10 to 18-mile daily workout walking.

Rothfarb is convinced that running has kept her young. "Most of my friends have died," she points out. "The others are sick. They're living on pills. In their seventies, they're old." And there is some indication that she might be right.

In studies of male endurance athletes 50 to 82 years old, researchers at the Center for Evaluation of Human Performance at Mt. Sinai Medical Center in Milwaukee found little or no decline over ten years in their VO2 max (a measurement of maximum oxygen uptake that indicates cardiovascular fitness). The VO2 max of an average person in the same age group normally goes down about one percent a year, but the runners who had maintained their training levels showed no decline at all, and even those who had slowed down had the aerobic capacity of a 20-year-old.

As for Rothfarb, she is busy training for the Boston Marathon and plans to drive there from Miami in her own car. She says she doesn't know whether running has actually prolonged her life, and she doesn't really care. "When I run, my day is made," she says. "Then I know that I'm alive."

PROFILE

(BY MIKE HALL)

Profile No. 3

JOHN GILMOUR — THE RUNNING MACHINE

The problem with John Gilmour is that he breaks just too many World records.

Gilmour, arguably the finest Veteran Athlete in the world today, does not attract the attention he so richly deserves. It would be fair to say, in fact, that even the majority of Veteran Athletes in Australia have become somewhat blase about the man who is no doubt a legend in his own time.

The partially blind Gilmour, who suffered from malnutrition, and as a result, permanent eye damage as a prisoner-of-war in Japanese occupied Singapore, turned 65 on May 2nd, 1984, and has since systematically eclipsed nearly every world record in his age group.

Having previously achieved this incredible feat in the five years of M60 division, where he held World records for every distance from 800 metres to the Marathon, it seems inevitable, barring injury or illness, he will achieve total dominance of the M65-69 age group.

The seemingly invincible Gilmour, who two years ago emerged from a serious car accident in Canberra with a cracked pelvis and broken ribs, seems to thrive on adversity. Defying medical advice to settle for a more sedentary lifestyle, he underwent an exhaustive six months therapy and a year later was back on the road again — setting more World records.

An incredible half marathon at Bunbury, W.A., in April last year, clocking 1 hr. 17 mins. 17 secs, was 2 mins. 30 secs. faster than American Clive Davies' World record.

Gilmour began his assault on the over 65 record book when he ran nine miles and 1540 yards to eliminate the previous best held by U.S. Master Norm Bright for a one hour run.

A few weeks later he ran 10 miles in 59 mins. 13 secs. — another World record for over 65's. That's not bad for a man who only 12 months previously was virtually written off.

In June last year at the V1 World Games in Rome, a small, but no less wildly enthusiastic contingent of Australian athletes, including myself, were privileged to witness possibly the greatest exhibition of sustained Athletic achievement, over nine days of World class competition, from the great John Gilmour.

From day one on the track, in almost unbearable heat, until his ultimate collapse on finishing the gruelling marathon on the last day, he continued to astound spectators, who would repeatedly respond with standing ovations at the bell lap in each of his events.

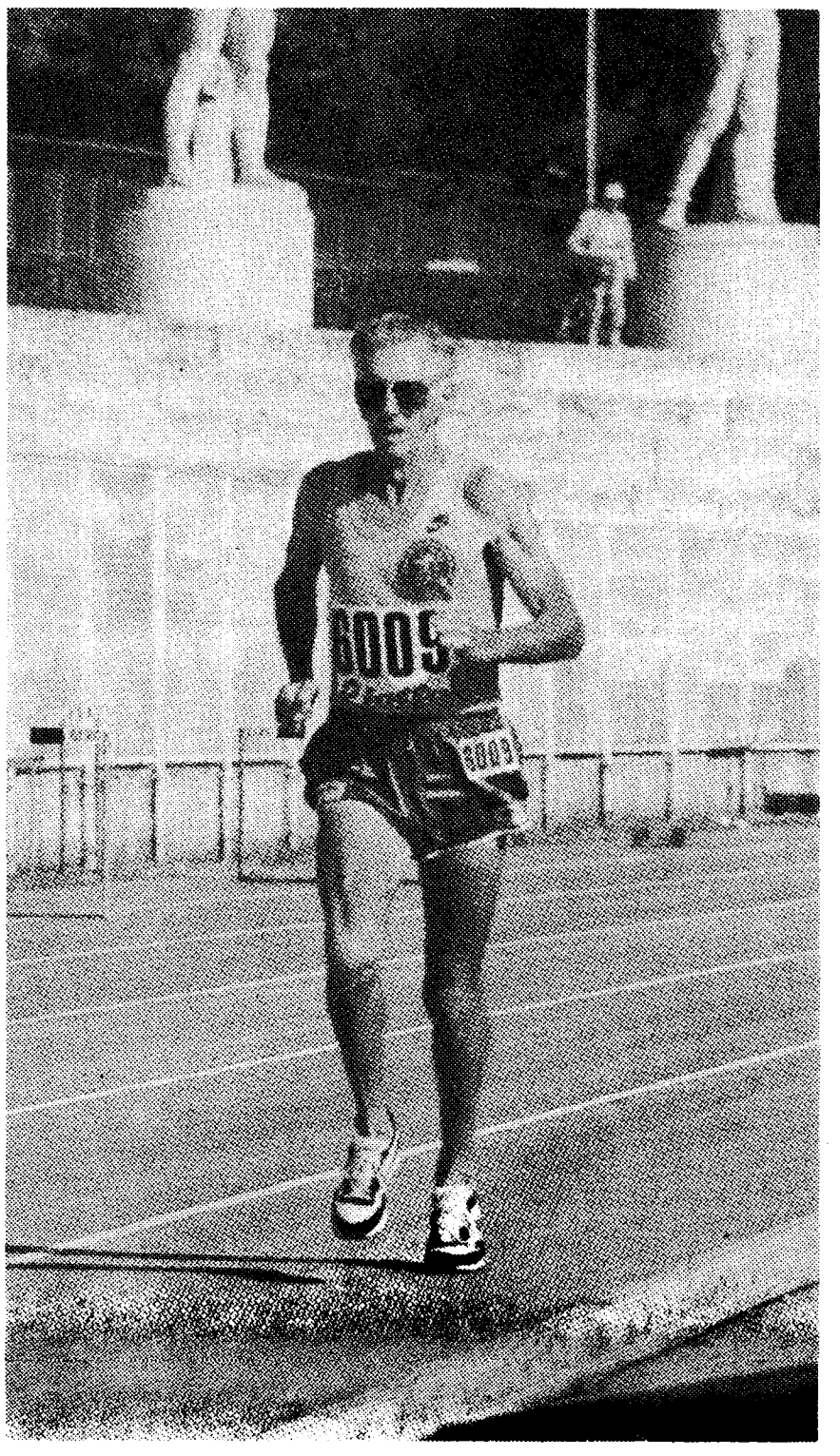
Gilmour lapped all of his rivals at least twice to win the 10,000 metres gold medal and lapped all except one of his 25 rivals in the 5000 metres, slicing 15 seconds off the World record for his age group. Gilmour then completed the 1500 metres in the World record time of 4 mins. 49.16 secs, to take gold for the third time. In the Marathon his supreme efforts of the previous days finally took its toll and despite easily leading his division most of the way, tired dramatically over the last 3 kms to finish courageously in 3 hrs. 10 mins. 20 secs, for the silver medal, behind evergreen George McGrath (NSW).

In his lead up to the World Games Gilmour had more success, when he once again won the World 10 km road championships in Blackpool, England, for the fifth successive time.

After a successful period of open competition after the war, when he was recognised as the best distance runner in Western Australia, John retired from the scene after winning the State Marathon in 1956. However, after many years of relative inactivity, his old friend and original founder of the Veteran movement, Cliff Bould, finally convinced him to run again, and accompany him to compete in the 1971 U.S. Masters in San Diego. Despite a very short period of preparation, it is now history that Gilmour blitzed the opposition in the 5000 and 10000 metres, at the age of 52, in 17.09 and 35.42 respectively.

Still head coach and president of the Canning Districts Club, Gilmour has amassed well over 40 World Veteran records in the last fifteen years, and now even has a race held annually in his honour.

In Adelaide recently he was awarded the 1985 "Male Athlete of the Year" by the Federation of Australian Sport, and promptly followed this by winning all his events, 1500/5000/10000/Cross Country, in the National Titles, over the Easter week-end.



John has also been invited to compete in the rich U.S. Twin Cities Marathon in Minnesota next October, where he will attempt to break Clive Davies' existing race record of 2 hrs. 42.5 secs. for the 65-69 year bracket. (See editorial).

What more can be said about John Gilmour? Well, one thing is for certain, this athletic "phenomenon", the man whom Herb Elliott has described as the greatest athlete in Australian history, will continue to astound us all with his relentless pursuit of World records in the future.

Like Elliott himself, John Gilmour is the ultimate World Champion, in every sense, and I advise all sports-minded Australians not to miss the rare opportunity of seeing this great athlete in action during the forthcoming V11 World Veterans Games in Melbourne next year.

WACI INAUGURAL RELAY RECORDS

AS AT MAY, 1986

W45, 4 x 100 Metres: Pat Carroll, Lorraine Woodman; Gloria Wilson, Lois Jones. 69.87s.

M40, 4 x 100 Metres: Allan Elliott, Bob Tait, Kevin Irons, Gerry Bruin. 49.30s.

M45, 4 x 100 Metres: Gerry Robinson, Terry Dunn, Don McMahon, Barry Wyatt. 51.47s.

M40, 4 x 400 Metres: B. Humphreys (56.56s), E. Kemplay (55.89s), O. McGlone (57.28s), C. Waring (58.71s). 3m 48.44s.

M55, 4 x 400 Metres: Bob Loader (75.38s), Bob Bateman (2m 29s), Bob Lewis (3m 47s), Frank Tutchener (4m 56.08s). Time: 4m 56.08s.

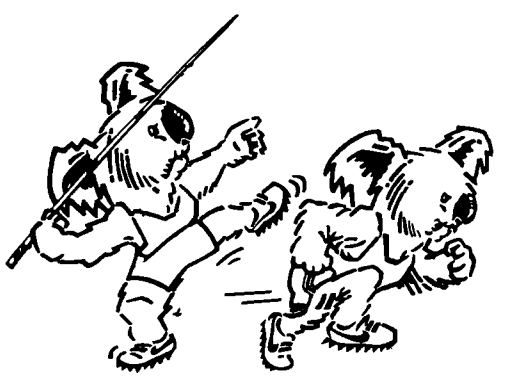
M65, 4 x 800 Metres: Keith Bird (2m 47.74s), Bob Turnbull (3m 01.75s), Dick Kirkman (2m 56.36s), Peter Colthup (2m 55.21s). Time: 11m 41.06s.

M70, 4 x 800 Metres: Alan Burgoyne (2m 49.64s), Andy Smith (2m 59.95s), Eddie Gamble (2m 54.91s), Cliff Barling (2m 59.63s). Time: 11m 44.13s.

The progressive splits are approximate. The time recorded is the middle time of three watches. All the necessary formalities for a record application was observed.

ROYAL LIFE HALF MARATHON

Place	Name	Age Group	Actual Time
21	Greg Foot	M43	1.15.53
22	Ted Paulin	M48	1.15.54
24	Michael Holmes	M36	1.17.45
28	Bruce Longmore	M53	1.18.38
31	Clem Baker-Finch	M33	1.18.58
36	Iain Montgomery	M46	1.20.28
39	Ron Ledingham	M38	1.20.52
40	Frank Atkins	M42	1.20.57
46	Christopher Ross	M40	1.22.00
49	Dennis Leitch	M40	1.22.17
53	Kevin Cleaver	M38	1.22.36
55	David Hunt	M42	1.22.47
61	Tommy Watson	M51	1.24.28
66	Roy Beadell	M51	1.25.01
67	Chris Beadle	M38	1.25.03
69	Ralph Crack	M56	1.25.17
74	Rex Godfrey	M44	1.25.56
79	Sue Baker-Finch	F33	1.26.54
102	Peter Wheeler	M44	1.29.32
103	Jenni Rae	F37	1.29.36
104	David Rae	M48	1.29.37
105	John Cheek	M50	1.29.53
106	Rob Kemp	M39	1.30.02
107	Graeme Bissett	M51	1.30.08
108	Colin Williams	M40	1.30.15
112	Graeme Cruise	M44	1.30.53
114	Brian Westwood	M40	1.31.10
123	Alan Scott	M42	1.32.00
124	Athol Wescombe	M48	1.32.20
125	Alan Bryce	M49	1.32.29
130	Bruce Campbell	M59	1.33.37
133	Christine Coates	F33	1.34.13
136	Elizabeth Toomey	F37	1.35.12
137	Robert Richards	M53	1.35.26
140	Terry Woodhouse	M33	1.35.48
146	Shirley Brasher	W59	1.36.14
149	Elizabeth Baldy	F34	1.36.47
152	Harry Fehlandt	M46	1.37.04
157	Victor Moss	M33	1.38.05
162	Mike Carins	M38	1.38.51
164	Michael Pook	M39	1.38.53
165	Mike Maddock	M43	1.38.57
167	Freddie Pine	M64	1.39.10
168	Norman Anderson	M58	1.39.24
175	Lloyd Pennicott	M52	1.40.32
176	Max Jones	M48	1.41.05
196	Jan Chew	F48	1.44.16
207	Mildred Johnson	F48	1.46.12
209	Rosilind Holgate	F45	1.48.16
213	Aileen Slater	F38	1.49.27
214	Tony Slater	M39	1.49.27
223	Vernon Tapp	M65	1.53.11
225	James Burr	M68	1.54.13
234	Norman Charles	M42	1.59.35



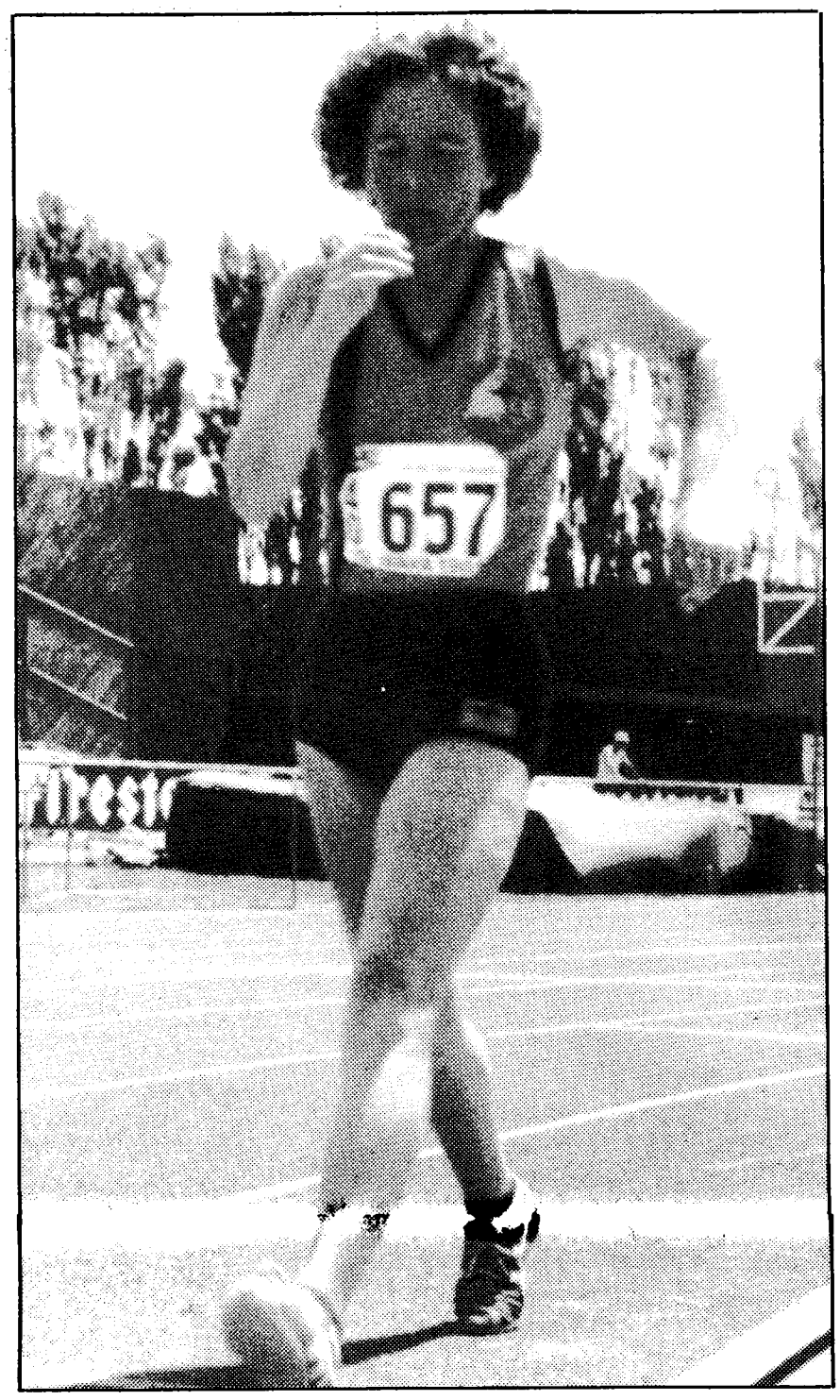
TRAINING FOR

VII WORLD VETERANS' GAMES

MELBOURNE 1987

RACEWALK REVIEW

BY PETER WADDELL (A.C.T.)



Marlene Stanway fights her way back

Two of the most important prerequisites that produce a champion in Track and Field athletics are almost certainly dedication and determination. Our profile subject this month has plenty of both.

Marlene Stanway, 48, of Dandenong, Victoria, mother of six and grandmother of two, decided to take up walking just before her fortieth birthday in 1979, to lose weight and lower her blood pressure. Although she freely admits, on reflection, those early days contained a fair share of aches and pains before her fitness level began to increase and her weight dramatically decrease.

However her determination to improve and her dedication to training impressed Melbourne coach Betty Newman who suggested a programme of carefully planned endurance conditioning, mixed with hard track repetitions, would compliment Marlene's natural ability and make her a definite medal prospect in the World Games, scheduled later in the year in Hanover, West Germany.

A generous sponsorship by G.J. Coles, the company who she worked for at that time, enabled her to fulfill her ambition and bring home two bronze medals in the 5000 and 10000 metres respectively. Her excellent times of 26.21.40 (5000) and 53.42.80 (10000) W40, were both personal bests, and have remained Australian National records ever since.

Flush with success at international level, Marlene continued to dominate the W40 Division in this country at State and National titles and was further rewarded in 1981 with two silver medals at the 1V World Games in Christchurch, New Zealand.

In 1982, at the ripe age of 42, she was successfully competing in open events against athletes less than half her age and climaxed a very good year by winning the 50K Victorian Open Championships, at Albert Park, Melbourne, in record time and is the only woman in Victoria to have completed the distance.

Marlene went on to win gold medals at the National Titles in Melbourne 1983, Canberra 1984 and two silver in Hobart 1985, together with many successes at State and open competition. However, a series of injuries and illness plagued Marlene for the rest of last year, culminating with an operation in November which severely interrupted her career and even prevented her from competing at the National Championships recently.

Slowly regaining her fitnes over the last few months playing badminton, running and racewalking, Marlene's inherent qualities, which originally launched her into Veteran Athletics, will undoubtably see her back at the top in the near future.

ANNUAL INTERSTATE FEDERATION TITLES

The second section of the Annual Inter-State Competition, to be held at Hawkesbury College, Richmond, on August 30th should attract a large veteran field.

The mens race will be over 10,000 metres, starting at 2.30pm and the womens 5,000 metres at 1.30pm.

NSW Walkers Club will probably provide a large majority of the starters — about 40 veterans are starting each week in the Sydney competition. With Keith Laws recording P.B. each week, and NSW Open 5 and 10 K Champ John Smith in good form, backed up by Bob Pearce and Logan Irwin, NSW should give the Victorians a good battle for the teams title.

NSW women (Michelle Boyle, Dawn Keys, Jane Johnson and Jane Purcell) are confident of winning the teams title, following their win in the Canberra Titles.

DAVE THOMSON SETS HIS SIGHTS ON WORLD GAMES

Dave Thomson, turned 40 on 23rd December, and immediately set about rewriting the A.C.T. record book.

His 6m00.09 for the 1500M and 8m38s for 2 K, were a warm-up for the A.C.T.A.A. 5 K Walk, in which he retained his title.

Thomson's aggressive, competitive spirit showed out in the A.C.T. and Australian 5 K title, the interstate and international matches when he recorded personal bests in all races.

He broke the qualifying time by 43s in recording a 21.47s in the National 5 K Title, only beaten by our 5 Olympians.

Dave left his mark in the record book in the first 8 days of March. He recorded 12m52s to win the East Coast 3 K Challenge Match on 1st March, recorded a 12m44s 3 K in the initial meeting and won the Vets 5 K Title on March 6th. Two days later he broke the ACT record in winning the 10 K Title in 45m14s.

With Willi Sawall going into the 45-49 division in November next year, Dave has his sights on the World Titles in Melbourne and is training with the Australian Institute of Sport athletes, increasing his training with 6 sessions of weight lifting and aerobics a week.

ON THE GRAPEVINE . . . . .

South Australian Peter Fullager (winner of the National 5 K 40-year Walk in Adelaide), was another of Australia's top walkers.

Peter was Australia's Commonwealth Games representative in the 1974 Games, at Christchurch N.Z., winning the bronze medal in the 20 Miles Walk. With Willi Sawall going to the 45 year division next year Peter should dominate the 40 year division.

* * *

Edna Dundas won the ACT Walkers Club Womens 20 K Title last week. (Edna admits she was fortunate with Sue Cook and Rachel Thompson overseas and Judy Johnson in hospital). Edna, has only been Race-Walking two years, she has been a regular and consistent competitor during the Track and Road season, and her dedication has paid off.

* * *

ACT Walkers secretary Judy Johnson, entered hospital on June 10th for what was to be a minor operation. However the problem was more serious than first thought and having lost 30 lbs in a month she will be out of action for at least four months. Judy didn't start athletics till 1979, but with her determination and dedication she quickly became top walker in her division, and has won most of the Australian titles she started in since 1981.

* * *

Robin Whyte's second place in the ACT 50 Kilometres Title last week was his first silver medal for the distance, as he has won the title each year since 1980. He recorded a good 4 hrs 43 mins 11s (but he was up against Steve Hausfield, who slashed the ACT record) set in the 1976 World Walk Titles trials. Robin qualified with Tim Erickson and Willi Sawall to represent Australia.

* * *

Robin is also a hard working official, a foundation member of ACT Walkers Club in 1966 and was secretary for 16 years, and has only missed 5 or 6 races in 20 years.

* * *

NSW Walkers Club president Ron Crawford has returned from his 9 weeks trip through the USA and Europe. Ron represented Australia in the 1956/60/64 Olympics in both 20 and 50 K Walks. He still holds the Australian 10 K Title, which was taken off the walking calendar after he won it in 1961.

* * *

Bob Gardiner, runner up to Harry Summers in 50-year 5 and 20 K National Walks, still competes every Saturday. Bob was selected for 1964, 68 and 1972 Olympic Games.

He won the silver medal at the 1970 Commonwealth Games, 20 M Walk, and is still Australian 2 Miles Champ, won in Hobart in 1965. Bob's father Bert was also one of Australia's top walkers. Bert won the last 7 Miles Australian Title held. He was later an A.A.U. official and a National selector.

* * *

Queenslander Klaus Maurer didn't take long to regain top form, following his 8 weeks holiday to Europe. Klaus is the best of the keen Brisbane Veteran Walkers. He was 1st Veteran to finish and 2nd overall in the Queensland 20 Kilometres Title, recording 112mins 10 secs. Walkers Club secretary Bill Kirby followed with 4th place and Peter Thompson 5th.

8 Km: The following week 48 year old Peter Coulson 48.08, narrowly defeated Bill Kirby 48.33, 40 year old David Jones 51.49, 41 year old Peter Thompson 51.56. Rob McNae (55-59 year Division) was next in 60.34, from 55 year old Ed Sinnamon.

* * *

Interstate Results

VICTORIA

June 14th: 8 K Handicap, 1 Jack Kilfoyle, Eq. 2 Ralph Field and Jim Short. Overall Results — W. Sawall 33.13, B. Dudon 38.33, C. Jack 39.05, G. Russell 41.33, B. Maslin 43.42, R. Gardiner 43.48, T. Daintry 45.24, S. Miller 45.53, G. Gourlay 46.10, P. Bethell 46.32, J. Kilfoyle 47.48, R. Field 49.58, J. Short 49.38. **4 K,** George Paton 22.03, Penny Hall 22.37.

July 5th: 1 Hour Track at Collingwood, G. Russell 11252 metres, B. Maslin 11021, R. Thomas 10444, T. Daintry (75yrs) 10314, John Fitts 10146, Penny Hall 10119, B. Conboy 10107, G. Paton 9939, M. Brown 9936, J. Kilfoyle 9926, J. Short 9746, V. Harley 9653, R. Field 9321.

June 28: 4 K Hcp. Albert Park, P. Hall 22.22.

SOUTH AUSTRALIA

June 21st: 8 K, Murray Marker 2nd 41.29. **3 K,** L. Harpur 1st 15.22.

July 5th: 8 K, M. Marker 40.49, Aileen Miller 49.47.

June 28th: 25 K, M. Marker 2nd 137.36. **5 K,** Lillian Harpur 1st.

A.C.T.

July 5th: 8 K, 1 Dave Thomson 38.00, 3 R. Whyte, 6 P. Waddell 45.25.

N.S.W.

June 21st: 15 K Hcp, won by Bob Pearce. Also K. Laws 76.21.

June 28th: Keith Laws led NSW Vets home in the 20 K at Gosford with a good 102m22s followed by Bob Pearce 106m57s — 1954 NSW Champ Ted Edwards has slowed a bit with 132m57s. John Mison won the 10 K in 49m34s from Les Bird 52.38.

Gals 10 K, Jane Purcell 67.19 won the Hcp from Jane Johnson 58.57. **3 K Hcp,** Michelle Boyle 18m21s, Yvonne Melene 19m35s, Astrid O'Neill 20m55s, Dawn Keys 17m13s F.T. **Mens 3 K,** 1st David Gillett 18.25, Peter McWilliams 20.22. J. O'Neill 17.33 (fastest).

July 5th: 10 K, 40-year-old Keith Laws continues to amaze his opponents this time with his 48m56s, this cut 2 mins of his previous best. Only John Smith is faster than Keith in NSW now. Bob Pearce 55m36s, Les Bird 56m59s was also a P.B. Vic Townsend an excellent 57m41s. **3 K,** Dawn Keys 17m17s, Michelle Boyle 18.34, Astrid O'Neill 21.56. **Mens 3 K,** D. Gillett 17.49, Peter McWilliam 20.00, Karl Gorsuch 20.46.

June 21st: 8 K, Murray Marker 2nd 41.29. **3 K,** L. Harpur 1st 15.22.

OVERSEAS NEWS

Courtesy Al Sheahan
National Masters News.

An inspiration for all Veteran Athletes

"Don't ever quit! That's my advice to runners," says Paul Spangler. "If you want to enjoy good health and happiness, you must maintain physical fitness through regular aerobic exercise throughout life."

The 87 year-old Spangler takes his own advice. He's out on the roads near his San Luis Obispo, California home by 3:50 a.m., six days a week. After putting in a 2-7 mile run at his 10-11:00-minute-per-mile training pace, he meets his friends at the track by 5:30 a.m. and runs another two miles with them. Then they cool down by taking an 800M swim in the municipal, Olympic-sized 50-meter pool. He's home by 6:50 a.m. ready to start another day writing, reading or lecturing.

And when does he manage to sleep? "I climb in bed at 8:00 p.m. and read until about 9:00 p.m., or until the book falls on my face."

Spangler is a retired surgeon and spent most of his career with the United States Navy. He was acting Chief of Surgery at Pearl Harbor when it was attacked by the Japanese, December 7, 1941. From 1959-61 he was the Senior Medical Officer and Chief of Surgery for Project Hope, and organized a voyage to Indonesia and South Vietnam.

He is a widower, but sees his four children often. "I'm blessed with a wonderful family," he says. "I look forward to every visit with them. They never let me down."

Spangler did not compete in school. He began running at 67, because of "fear of coronary heart disease." A late start didn't bother him. In the fifteen years he's been competing he's collected more records than any other American runner — open or master. He holds 62 American and World running age records at distances of 400M to the marathon.

"My favorite distances are the 5 and 10K," he says. He holds the American and World age 86 record for both — the 5K with 28:54.4, and the 10K in 63:58.4. Currently he is the World IGAL Marathon Champion for age 80-89. He's beginning training now to defend that title in October at the IGAL World Marathon Championships in Vancouver, B.C.

In 1985 he was chosen TAC's outstanding athlete of the year, both on the track and on the road, for men age 85-89. He was voted to the Runner's World All-Star Team, and was California Track and Running News' pick for masters men 70+ Road Racing Athlete of the Year. In addition to running, he also competes "irregularly" in swimming and race-walking, and was a 1985 Masters Swimming All-American selection.

For the past twenty years Spangler has been lecturing for the American Heart Association and at universities around the country on the causes and prevention of coronary heart disease, physical fitness and lifestyle, and on keeping the mind and body alert and active in old age.

And keep active he does. He races all year round, including entering three or four track meets a year. "I run in 4-6 events— 400, 800, 1500, 3,000, 5,000 and 10,000M — depending on the schedule of events." Each year he runs 10-15 road races and/or cross-country races, from 1500 to the marathon. "I try to get in one marathon a year, but have only managed eight, so far" (in fifteen years of competing).

"My training schedule is not rigid. It's frequently interrupted by travel — for lecturing and racing. I average 30-35 miles a week, unless I'm training for a marathon, when it goes up to 54 miles a week. I train at about 10-11:00 pace (85% of my racing pace). My pace varies some according to how I feel." He warms up very little, using the first two miles of a run as a warm-up before speeding up to his training pace. To cool down he does "very little — just keep moving around."

Usually he tries to rest 1-2 days before racing. He tapers off for 2 weeks and takes 3 days rest before a marathon. Since he first began running, he says, his workouts have "diminished in distance and speed as old age creeps up on me." He uses flats for all his running.

Over the years he's had "most injuries, except stress fractures." He suffered two serious fractures — of the wrist and two ribs — from stumbling over down hurdles while running in the dark. "Doing too much, too fast is probably the major cause of many injuries," he says. "That and improper shoes." He ices an injury for the first 48 hours, then uses contrasting heat and cold. He thinks the use of DMSO has helped the resolution of "sprains and strains."

Spangler's philosophy is that with a positive "can do" attitude life can be "beautiful, productive and thoroughly enjoyable. It can be a ball." No question he's having one. And he definitely has a "can do" attitude toward masters running competition. His goal is "to be the best in my age group at all distances from 400M to the marathon, as long as God gives me health and strength."

—Gretchen Snyder

Brown wins Brugge International Vets 25 K

Barry Brown 42, demonstrated that he is once again back in top form by winning the recent 13th International Veterans 25K in Brugge, Belgium on June 29, defeating Belgium's Joseph Van De Water in the impressive time of 1.21.07, by over 30 seconds, with Britain's David Clark third in 1.21.39.

Britain's Bryan O'Neill took fourth in 1.21.48, followed by Belgium's Pierre Voets, whose 1.21.59 won the M45 title for the second year in a row. Jean Van Onselen, another Belgian and top M50 performer in the 1985 World Veterans Games in Rome, won the 50-54 competition in 1.25.43, while Holland's Piet Van Alphen moved into the M55 division with a good 1.28.38, seven minutes over his 1.21.07 time of 1985, when he handed America's Norman Green his only loss in M50 competition.

Linda Delveaux of Luxembourg was the first women finisher in the race in 1.35.47 to capture the W35 division for the second straight year.

Report from Britain

Ron Taylor, World Veteran sprint champion, 52 this year, running in his gold track shoes, has been unbeaten since turning 40! He reduced the M50 200 world record to 23.13 at the Barnet Sports Gala in North London, June 7. Three official timers clocked him at 23.08, 23.09, and 23.13.

Thane Baker held the old M50 mark of 23.4.

Taylor remarked, ". . .I have had the best season training this winter, but I was getting too fit, so I had to stop training, so I did not get injured. . ."

Ian Green, bronze medalist on the 1970 Commonwealth Games 4x100m relay team, who still runs in Division One of the British League, won the M40 100m in the Barnet meet in 11.4. Pat McNab, the ex-international and wife of coach and athletics writer Tom McNab, was winning events in the ladies' section, despite having had three operations on her foot and in pain when competing. Chris Ellis, the Blackheath Harrier, now 42, won the discus in 46.48 (152-6) and did 48.40 (158-9) for third in the British League recently.

In the Ranelagh Harriers Half-marathon, May 31, out of 227 runners, the first veteran was Brian Booth, 42, Verlea AC, who was second overall with 68:52. Johnny Baldwin, 49, was eighth (70:01) and Johnny Geoghegan, 21st (72:18). Margret Auerback, now 38, was first of 15 women in 78:55.

The most outstanding recent men's distance result was Allan Rushmer's 31:42 in the New York "Rochester 10K" on May 18.

Alan Roper of Swansea won the 10 K 17th Veterans Inter-Counties Road Race, May 18, in 30:53 from Dick Milner (31:00).

Veteran Eleanor Adams did two world records in the New York six-days race with a 400K best of 66:37:02 and 421K (261.7 miles) in 72 hours. □

Masters Athletics Is Growing

Al Sheahen's article in the last Masters News concerning athletes over 40, and the outstanding success which many of them have had in 1986, presented one of the top sports stories for the year.

The newspapers have made much of the fact that men and women over 40 have been able to compete and beat those of a much younger age group. To the media and to the general population, this comes as a great surprise and shock, almost an unbelievable event. To those of us who have been competing in Masters Track & Field over the years, it didn't come as any great surprise, as this has been going on as a matter of routine wherever we conduct an athletic event.

Granted, only a few of the over-age-40 competitors have maintained the capability of competing on an open level, but, as rare as it has been in the past, more frequently will it be done in the future. I am convinced that, for the masters athlete, motivation is more likely the key to success than native individual talent, even to the extent of competing in open events.

Those competing over the last twenty years in athletics have been the forerunners for competitors who will follow. Our meets may still be informal, and they may have a little bit of a picnic atmosphere, and long may that be true. But, every year, more skill, experience, and talent has been developed in producing our local, regional, and national meets. We will need to continue with this progress in order to encourage and provide the opportunity for competitors to become involved in masters athletics. Only with that encouragement and opportunity can motivation be kindled, cultivated and developed to provide athletes with the opportunities to continue competition for extended periods of time.

In thirty years I hope to be one of the Herb Andersons, you may be one of the Paul Spanglers. The Dwight Stones, the Mike Ramos', the Doug Padillas, and the Joan Benoits will be one of you. The only difference will be that these individuals will not have had the twenty year break in competition that most of us experienced. At that time, I look for the records in the 40- to 50-year age groups to be very close to open competition levels. There will be many more competitors, with the number of women competing equal to the number of men, and their standard of performance will be very near equal to that of the men.

Without question, masters athletics is here to stay. More and more people are going to be motivated to run, jump, and throw. It will not be unusual for athletes to have continued their efforts in masters athletics as there will be a strong motivation to continue those pursuits regularly and without breaks. After 20 great years, we can all expect a rewarding 1986 and another enjoyable 30 years to come. □

INTERNATIONAL EVENTS

August 11-23: International Masters T. and F. Meet in Nanjing, also 5k. and 10k. runs in Hangzhou, China. Information from Sports Travel, P.O. Box 7823, San Diego, C.A. 92107, U.S.

August 16: 7th International Veterans T. and F. Meet, Baden, (Nr Zurich) Switzerland, M33+, W30+. Information contact LC Vomstein, Baden, P.O. Box C.H. 5400, Baden, Switzerland.

Sept. 5-9: 3rd Oceania Championships, Apia, Western Samoa. Enquiries to secretary, C/- M.Y.S.C., Apia, Western Samoa.

Oct. 4-5: XIX World Veterans' Road Championships in Richmond, B.C., Canada. 10k. + marathon. Enquiries to Vancouver Masters, R.R.S. 4640, Fairlawn Drive, Burnaby, B.C. Canada, V5C. 3R6. Telex 0451588.

October 4-5: North American Championships. Tampa, Florida. Bob Fine, 4223 Palm Forest Drive, Delray Beach, FL 33445, U.S.A.

October 10-12: Pan American Masters Championships, San Juan, Puerto Rico.

October 18-19: Hong Kong International Veterans' Meet, Hong Kong. M & W 35+. Athletic Veterans of Hong Kong, GPO Box 10368, Central Hong Kong.

November 6-9: 111 South American Veterans Championships, Santa Fe, Argentina.

March 15, 1987: 20th Veterans' (10k. and 25k. and Cross Country) World Championships, Israel. Executive Director, Barry Shaw, 6 Shmuel, Hanatziv St., Netanya, Israel, 42281.

November 28-December 6, 1987: VII World Veterans Games, Melbourne, Australia. Men 40+, Women 35+. No qualifying standards. World Veterans Games, P.O. Box 311, Greensborough, Victoria 3088, Australia. Phone: 03-4356743.

Ditsele Stars in South Africa Championships

The 11th annual South African Masters Athletic Championships were held in Herman Immelman Stadium in Germiston, a Johannesburg suburb, on April 4-5.

S. Ditsele turned in an impressive double in the M40 800 (1:56.8) and 1500 (4:12.6). His 800 time is less than two seconds off Klaus Mainka's world M40 mark of 1:54.9 and faster than George Smith's winning time (1:56.9) in last year's World Championships in Rome.

L. Halweendo was only three seconds behind Ditsele in the 1500 (4:15.7) and won the 5000 (15:54.1) and 10000 (33.50.3). Monty Hacker picked off the M50 100 (12.5) and 200 (24.9). Audrey Reid took the W70 100 (17.0), 200 (35.5) and 400 (80.5). The latter betters the existing world W70 mark, but is off Reid's pending mark of 79.64, set at last year's World Games in Rome. Makabela clocked a 51.3 in the M40 400, while A.L. Conradie posted a 4:36.8 in the M50 1500. WAVA President Don Farquharson of Canada placed 4th in the M60 800 in 2:55.7.

ARE YOU IN TRAINING?

FOR THE
VII WORLD
VETERANS' GAMES

ULTRA DISTANCE NEWS

BY COL BROWNE

50 MILE EVENT PROVES POPULAR

VMC forced to conduct two events at Box Hill and Princes Park

An overwhelming number of entries for the Victorian Marathon Clubs' popular 50 mile track event, scheduled for the 28th June posed quite an organisational headache for officials this year.

Entries for the race totalled forty three, exceeding all expectations and necessitating the running of two divisions, a track event on the Saturday followed by a road race on Sunday, 29th June, at two separate venues. It was indeed a test of endurance for the organisers even more than the athletes themselves.

Cynthia Cameron, 14th overall in the track race, and also the first female to cross the finishing line. She broke the previous record (held by Adrienne Beames), when she ran 6.52.42.

However, Saturday dawned with the ever reliable Dot Browne & Co. fully under control for the 8am start. Threatening skies looked ominus early, but conditions, though cold, were quite acceptable when Starter Ray Callaghan set the twenty six runners on their way to tackle 201 laps and 64 yds!

The field of twenty four men and two women — Dawn Parris 33 and Cynthia Cameron 44 — comprised no less than seventeen veterans, reinforcing once again that age shall prove no barrier in the pursuit of athletic achievement.

By 11am the race had developed into a veritable feast of individual tactical battles among several of the competitors, the excellent leader board continually being updated, giving everyone a clear picture of each runner's progress and overall position. At this stage front runner Alex McManus had just completed the marathon distance in an amazing 2.53.10. Could he possibly keep up this relentless pace for another three hours? Back in the field it was noticeable Leif Michelsson was gradually closing the gap on 2nd place Terry Cox and with less than a lap separating them Dawn and Cynthia seemed to be using each other to advantage with Cynthia just ahead.

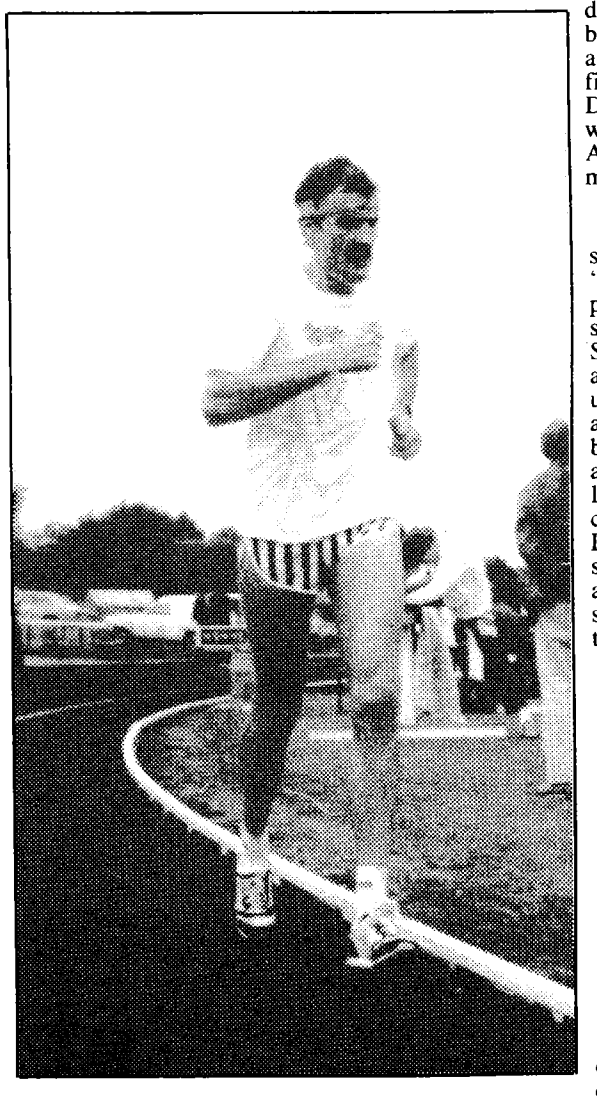
The second half of the race unfolded with all runners now beyond the four hour mark, and no casualties. It was interesting to note the various comparisons of some competitors as they passed through the marathon point, Peter Moore, (38) 3.04, Geoff Hook, (41) 3.11, Ken Walters, (53), 3.23, the oldest man in the field, the irrepressible Cliff Young, (64) 3.24, Cynthia Cameron, (44) 3.33 and Gerry Riley, (55) 3.34. The period between the fourth and fifth hour began to see dramatic changes, several runners, noticeably Leif Michelsson, Peter Milne, Frank Prowse, Barry Brooks and Keith Fisher all seemed to be making significant improvement on the leader Alex McManus. As large black clouds hovered menacingly above threatening rain at any minute, the focus of attention switched back to the track where Barry Brooks, seemingly flying around each lap, had improved his position from sixth to second and at this stage appeared a real threat to McManus, who later admitted, after experiencing a bad spell at this point had mentally conceded the race to Brooks. However, it was not to be as the more experienced ultra performer McManus regained his composure and finished on strongly over the concluding stages to win the event in 5.55.58 — 10 minutes outside the existing record held by Bruce Cook. Now living in Carlton, the English born McManus has a marathon P.B. of 2 hrs 40 mins but after finishing second in the 207 km Melbourne to Colac trial last November, was forced to withdraw from this year's Westfield 1000 kms Sydney — Melbourne at the 450 km mark. Gallant Ballarat veteran Barry Brooks, 46, was runner up just over six minutes behind McManus with Peter Milne, 31, of Wantirna third in 6.11.32, a very creditable effort in his first ultra distance race.

Of the female division popular Springvale Veteran Cynthia Cameron smashed the current Australian open 50 mile track record by nearly 12 minutes, finishing 14th in 6.52.42. She was followed by Dawn Parris, 33, in 7.27. All competitors who finished this gruelling event are to be congratulated on a truly fine effort. To see the determination involved and the self motivation to finish of each runner, is a sight to behold.

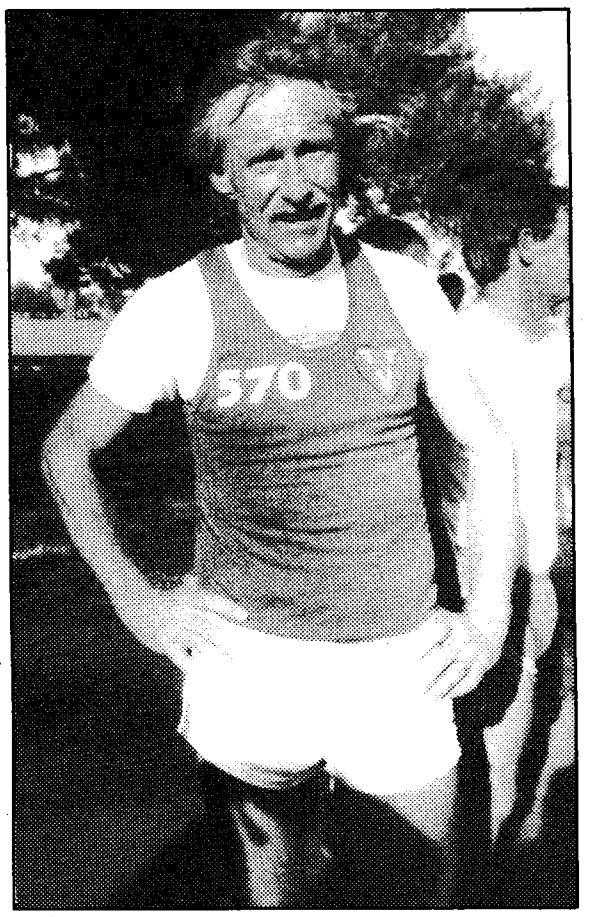
VMC 50 Mile, Box Hill track, 28th June, 1986

RESULTS

1	Alex McManus	5.55.58	35yrs
2	Barry Brooks	6.02.39	46yrs
3	Peter Milne	6.11.32	31yrs
4	Leif Michelsson	6.19.29	44yrs
5	Frank Prowse	6.30.31	34yrs
6	Geoff Hook	6.35.54	41yrs
7	Bob Marden	6.36.23	33yrs
8	Terry Cox	6.47.39	49yrs
9	Ron Hill	6.49.16	46yrs
10	Peter Logan	6.49.47	38yrs
11	Keith Fisher	6.50.44	21yrs
12	Ken Walters	6.50.48	53yrs
13	Cliff Young	6.51.39	64yrs
14	Cynthia Cameron	6.52.42	44yrs
15	Bill Beauchamp	6.59.42	41yrs
16	Peter Richardson	7.07.40	22yrs
17	Claude Martin	7.10.39	50yrs
18	Les Bradd	7.12.05	34yrs
19	Gerry Riley	7.18.28	55yrs
20	Greg Wishart	7.20.16	47yrs
21	Barry Allen	7.24.19	29yrs
22	Peter Manning	7.26.35	33yrs
23	Dawn Parris	7.27.11	33yrs
24	Ken Hough	8.41.04	41yrs
25	Stephen Foulkes	8.46.06	32yrs
dnf.	Peter Moore	5.34.50	43mls



Alex McManus, winner of the track race in 5.55.58.



• Leo Jones, M45, 2nd placegetter in VMC 50 Mile Road Race in 6.34.23.

On Sunday, 29th June at Princes Park, Carlton, the second division competitors lined up for the 8am start in very cold, but clear conditions.

Young Peter Gray led the seventeen starters, although his suicidal early pace was to his detriment when gradually his long lead was whittled down first by the strong running Kon Butko and minutes later by Bob Bruner, Leo Jones and Keith Alexander. In comparison with the track event the day before, conditions underfoot were far from ideal, runners having to negotiate footpaths, uneven road surface and even a severe camber in some instances, all of which would invariably reflect in overall finishing times.

Butko, although now a clear leader, was starting to weaken noticeably and Victorian Vets president Leo Jones was fast closing the gap hotly followed by John Sumner and Klaus Schnibbe. Shortly after the thirty mile mark casualties came thick and fast; first Butko, visably distressed, pulled out of the race and was soon followed by Peter Pfister, Bob Bruner and Keith Alexander, although Keith resumed later to courageously finish in fifth position. Meanwhile on the brighter side both Tony Doyle and Ian Stansfield were steadily making progress with a sensible even pace, and Springvale Vets John Anderson and Chris Woolgar were doing likewise in the middle of the field.

Into the final hour for the leaders and John Sumner, systematically walking the 100 yds straight, drinking his "magic fluid" and maintaining a model of consistency, passed Leo Jones to take the lead and go on to win in fine style. A sports psychologist at Melbourne University, Sumner would seem to have all the necessary credentials and had done his homework well, for someone with little ultra experience. Leo Jones was magnificent in defeat, attempting his first ultra distance event and ably assisted by his faithful back up team of John May, Ray Ramelli and Gary Hyde finished a close second. Klaus Schnibbe, like all the top placegetters, was rewarded for his early conservative pace with third position in 7.10.37. Tony Doyle, the great improver, went from last in the early stages of the race to finish fourth, and excellent performances were recorded by Keith Alexander, John Anderson and Chris Woolgar, who all crossed the line within two minutes of each other.

VMC 50 Mile, Princes Park, Carlton, 29th June, 1986

RESULTS

1	John Sumner	6.21.46	45yrs
2	Leo Jones	6.34.23	45yrs
3	Klaus Schnibbe	7.10.37	42yrs
4	Tony Doyle	7.27.13	42yrs
5	Keith Alexander	7.34.46	35yrs
6	John Anderson	7.35.16	47yrs
7	Chris Woolgar	7.36.55	42yrs
8	Ian Stansfield	7.47.59	42yrs
9	Michael Hoffman	7.49.31	33yrs
10	Graeme Huggins	8.03.25	20yrs
11	Peter Gray	8.09.35	21yrs
12	Keith Crowle	8.21.43	47yrs
13	Graham Light	9.03.41	38yrs
dnf	Kon Butko	4.33.29	36mls
dnf	Bob Bruner	4.21.04	34mls
dnf	Mark Jewell	6.18.55	34mls
dnf	Peter Pfister	4.38.52	26mls

Ultra-Runners' Association formed

In February this year, an inaugural meeting of ultra-runners was held in Mount Waverley, Victoria to discuss the possibility of forming an Ultra-runners Association in Australia.

The main aims of this association would be:

1. To protect ultra-runners' interests.
2. To set minimum standards and guidelines for official ultra-distance running events in Australia.
3. To vet and ratify claimed ultra-distance records.
4. To provide a channel of communication of ultra-running information — rankings, forthcoming events, results of past events, overseas results.

Twelve interested athletes attended the first meeting. It was decided to call this association the Australian Ultra-Runners' Association (A.U.R.A.) and a small committee was formed to set the ball rolling, comprising: Geoff Hook (convenor), Geoff Molloy, Tony Rafferty, Dot Browne and Alistair McManus.

It is recommended that ultra-race organisers, before finalising the date for their event, should contact Geoff Hook (03) 2889739 or Dot Browne (03) 8742501 for suggestions as to a suitable month in which to hold the event to maximise participation.

Incidentally, to help race-organisers, an Ultra Race Check List can be obtained from Dot Browne (03) 8742501. This list has 50 items which need to be considered prior to race-day to ensure a successful event.

If you have a race you wish to publicise let us have the details.

Write to: Dot Browne, (A.U.R.A.), 4 Victory Street, Mitcham. 3132.

Editors Comment:
The Victorian Marathon and Road Runners Club, Dot and Colin Browne, Ray Callaghan, Geoff Hook, Ken Walters, Bob Tait, Klaus Schnibbe, Murray Dickinson and many more hardy souls whom I'm not aware of, are to be congratulated on sacrificing part or all of their week-end to ensure this unusual Double Event had the necessary smooth organisation required. Also to the delightful Sandra Kerr, who diligently lap scored for nearly 18 hours!

THE THROWING SCENE

BY ROY FOLEY

Early in 1983, John Smith, popular Victorian treasurer, handed me a page from the National Masters' News, the well known USA Veterans paper, advising of a meeting to be held at Dalray Beach, Miami for a weight Pentathlon scheduled immediately after the WAVA World Championships held at Puerto Rico.

The event interested me very much as it did not require any running except in the javelin. The weight pentathlon comprises the hammer, shot, discus, javelin and the 25/35 lb heavy throws (16 inch overall). The WAVA weight specification for each decade prevail with the heavy weight being M35 - 59 the 35lb weight and M60+ being the 25lb.

The Dalray Beach complex was a large arena containing four separate throwing areas and the meeting was well conducted by Phil Partridge and his many organisers. An innovation after the weight pentathlon was a discorama, an event comprising the 1kg, 1.25kg, 1.50kg, 1.75kg and 2kg discus'. I found this event to be very interesting and vowed there and then to instigate a similar weight throwing series on my return to Melbourne.

With the ever ready assistance of Ilmar Mancs and Ken Priestley the various weights and implements were obtained and each week we conducted the weight pentathlon at the Caulfield venue. It proved an immediate success as we used an age factor scoring formula compiled by Phil Partridge, an evergreen ageless tyro who conceived the weight pentathlon in the US.

As an extension to the weight pentathlon and discorama I devised the Hammerfest, being the 4kg, 5kg, 6kg, 7.26kg and the 25/35lb short handled weights. With another Sunday in the month not being used I then introduced the Shotorama with the 4kg, 5kg, 6kg, 7.26kg and the 8/10kg shots. There is an age factor scoring formula for each event, for women the 3kg is included instead of the 8kg, leaving the 7.26 as their heavy weight.

We conduct weekly throwing events under the auspices of the VVAC Inc. Registered officials help conduct these meetings and permanent records are kept, with the assistance of the 'Veteran Athlete', regular news, information and results are published.

With Canberra conducting regular weight pentathlons under the guidance of evergreen Charlie Rann, also Heather Doherty and Des Frawley itching to start a similar programme in Queensland, I am hopeful of staging many of these events at a mutually convenient venue, in an endeavour to promote wider interest in Veteran field games.

The programme conducted at the Caulfield venue is as follows:

Week 1. — Weight Pentathlon: Hammer, shot, discus, javelin, M35-59 - 35lb weight, M60+ the 25lb weight. The various weights for each age decade prevail with the age factor in yearly scoring.

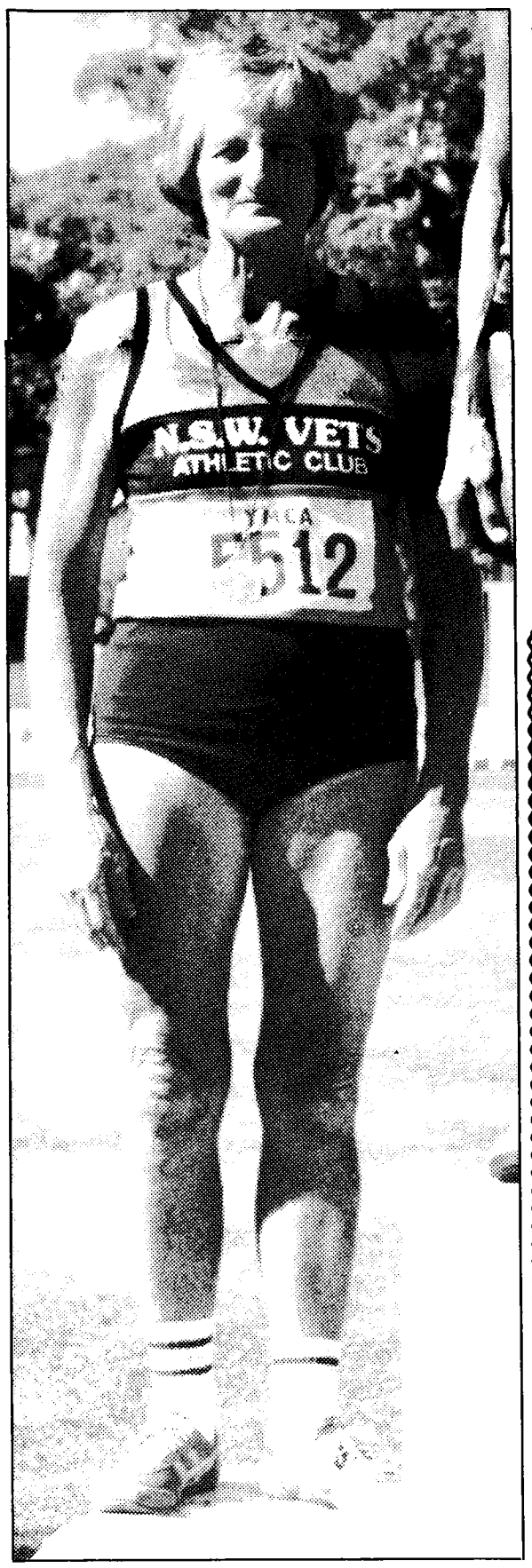
Week 2. — Hammerfest: Men = 4kg, 5kg, 6kg, 7.26 and M35-59 the 35lb weight and M60+ the 25 lb weight. Women = 3kg, 4kg, 5kg, 6kg, 7.26kg and W30-49 the 20lb weight and W50+ the 3kg and 16lb short handled weight. All competitors throw these weights and the age factor scoring method used.

Week 3. — Discorama: Men and Women throw all these weights = 1kg, 1.25kg, 1.50kg 1.75kg and 2kg. An interesting aspect of the Womens's age factor is that 20 years is added on to their age to compensate for certain variables. This is still experimental as we do not wish to lose our women competitors.

Week 4. — Shotorama: Men = 4kg, 5kg, 6kg, 7.26kg and M35-59 the 10kg and M60+ the 8kg. Women = 3kg, 4kg, 5kg, 6kg and 7.26kg. Once again all competitors throw all implements and the single yearly age factor prevails.

To be included in a shot or discus competition will be the heavy throws, comprising the following: 16lb, 20lb, 25lb, 35lb and 56lb weights. The overall length of the chain is 16 inches which makes for some interesting aspects of technique and competition. Ask George Simpson who throws the 4kg and the 8kg shots equal distance. Great excitement and jubilation when W60 Lydia Widera did her first turn in the hammer.

In conclusion, may I say that these type of events provide enormous satisfaction for the participants, and a great athletic alternative for many Veterans to excel in something other than track competition. Finally give your individual States' throwers the recognition they deserve by sending regular results to our excellent communication medium "The Veteran Athlete".



• Olive Webb (NSW) W55, showed remarkable consistency in the National Titles recently. Silver Medalist in five events. Shot Put/Javelin/Discus/High Jump and 10 Km Walk.

1986 2nd Victorian Winter Weight Pentathalon Championship

CAULFIELD VENUE.

Name	Age Sex	Wt.	Hammer	Shot Put	Discus	Javelin	Weight	Points	Place
			39m 82cm	9m 36cm	31m 12cm	23m 38cm	11m 19cm		
Ken Readwin	M45	7.260	742	505	568	285	609	2709	1
			34m 14cm	10m 53cm	34m 48cm	28m 18cm	8m 14cm		
Ilmar Mancs	M55	6.00kg	670	619	630	492	500	2911	1
			25m 74cm	8m 12cm	22m 34cm	14m 00cm	5m 38cm		
Geoff Wilkinson	M 51	6.00kg	467	380	295	101	173	1416	1
			35m 26cm	8m 97cm	30m 02cm	23m 06cm	10m 34cm		
Dennis Blandy	M 61	5kg	614	501	488	406	560	2569	3
			36m 56cm	12m 11cm	41m 04cm	40m 52cm	11m 81cm		
Aivars Pavulins	M 62	5kg	730	760	737	789	685	3701	1
			34m 58cm	9m 51cm	34m 44cm	30m 26cm	9m 58cm		
Werner Widera	M 64	5kg	722	589	832	619	553	3115	2
			41m 32cm	10.18cm	29m 50cm	19m 96cm	11m 55cm		
John Fraser	M 71	4kg	968	685	640	483	861	3637	1
			16m 48cm	5m 80cm	18m 58cm	15m 60cm	4m 59cm		
Andy Smith	M 71	4kg	328	271	323	344	170	1436	3
			21m 72cm	6m 23cm	13m 92cm	12m 64cm	5m 17cm		
Bill Tunaley	M 74	4kg	504	364	204	283	297	1652	2
			14m48cm	5m 32cm	15m 94cm	11m 02cm	3m 73cm		
George Simpson	M 79	4kg	365	343	373	294	185	1560	1
			22m 60cm	7m 04cm	24m 74cm	21m 64cm	9m 21cm		
Bernadette McGrath	W 45	4kg	414	313	414	429	389	1959	1
			15m 66cm	7m 38cm	19m 50cm	15m 92cm	5m 62cm		
Lydia Widera	W 60	4kg	419	570	529	516	329	2363	1
			27m 86cm	9m 91cm	36m 46cm	37m 28cm	12m 57cm		
Dominic McGrath	M 13	4kg	525	558	693	785	623 (16)	3184	

V11 World Veterans' Games
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ESSENDON. VIC. AUSTRALIA. 3040.

Victorian Veterans' 10k. Road Ch'ship

AGE GROUP CATEGORIES

M35
1 E. Greaves 33.41
2 L. Harvey 33.56
3 P. Bence 35.46
4 N. Gray 36.58
5 J. Monk 38.13
6 P. Knight 39.28
7 A. Armstrong 39.35
8 K. Alexander 39.49
9 L. Cassidy 39.56
10 M. Banik 43.09
11 B. Callanan 43.36
12 I. Tregear 45.12
13 G. Callander 52.07
14 R. Whelan 68.46

M40
1 G. Molloy 33.49
2 G. Moore 34.05
3 L. Mapstone 35.36
4 R. Curtis 37.25
5 R. Jennings 37.31
6 H. Ross 38.24
7 J. Cramp 40.08
8 M. Cummings 41.00
9 L. Waser 41.21
10 T. O'Loughlin 45.18
11 M. Whiting (Inv) .. 45.43

M45
1 T. Vincent 34.42
2 H. Prentler 36.08
3 T. McCoy 37.14
4 J. Chisholm 37.21
5 M. Hall 37.22
6 J. Gook 38.04
7 B. Wicks 38.26
8 R. Hill 39.16
9 T. Gorman 39.21
10 G. Salthouse 40.37
11 R. Smith 40.57
12 C. McKeown 43.05
13 A. Holmes 43.46
14 D. Herbert 43.58

M50
1 C. McRae 38.38
2 T. Davison 39.17
3 R. Young 39.50
4 K. Onley 40.28
5 C. Browne 41.09
6 C. Silcock 41.49
7 M. Hoare 42.10
8 M. Hooper 43.20
9 D. Moss 44.16
10 G. Wert 48.22

M55
1 R. Young 39.07
2 F. Tutchener 39.32
3 G. Riley 41.18
4 R. Ellis 44.38
5 T. Albury 51.02

M60
1 W. Harley 43.42
2 K. Matchett 46.36
3 J. Kilfoyle 46.53
4 R. Moss 50.03
5 J. Hill 54.16

M70
1 A. Burgoyne 42.49
2 E. Walker 61.10

M75
1 J. Daintry 53.27
2 J. Brown 54.05
3 H. Preston 57.46

W30
1 G. Monahan 54.12

W35
1 C. Monk 45.27
2 C. Griffiths 46.49
3 M. Tait 56.22
4 C. Stowe (Inv) 50.22

W40
1 C. Cameron 43.11
2 T. Callanan 44.24
3 V. Thompson 47.13

W45
1 Dot Browne 40.10
2 A. Callaghan 49.03
3 J. Davison 49.16
4 P. Hall 50.28

W50
1 T. Holmes 53.06

W55
1 J. Albury 41.59
2 S. Young 48.54
3 D. Ellis 56.10
4 M. Riley 70.59

W60
1 B. Newman 51.18

1985 Weight Pentathlon Rankings

1985 Weight Pentathlon Rankings

Rank.	Point	Name	Age	Date	Country
1	4201	Ed Hill	43	12.12.85	U.S.A.
2	4148	Ed Hill	42	8.09.85	U.S.A.
3	4132	Stu. Thomson	52	15.12.85	U.S.A.
4	4128	Carl Wallin	43	15.09.85	U.S.A.
5	3910	Bob Richards	58	17.01.85	U.S.A.
6	3865	John Fraser	70	31.03.85	Australia
7	3849	Frank Reilly	37	15.12.85	U.S.A.
8	3772	Roy Foley	68	31.05.85	Australia
9	3756	Mike Dellar	37	15.12.85	U.S.A.
10	3711	Lloyd Higgins	44	15.12.85	U.S.A.
22	3503	Aivers Pavulins	60	31.03.85	Australia
41	3257	Rod Guy	35	31.03.85	Australia
45	3221	Heino Vann	50	31.03.85	Australia
73	2938	Werner Widera	60	31.03.85	Australia
74	2922	Graeme Rose	40	31.03.85	Australia
78	2850	Ilmar Mancs	50	31.03.85	Australia
80	2823	James Davis	50	31.03.85	Australia
90	2578	Dennis Blandy	60	31.03.85	Australia
117	1524	George Simpson	75	31.03.85	Australia
121	1332	Andy Smith	70	31.03.85	Australia

Central Australia Masters Games

Alice Springs, Northern Territory — 18-25 October, 1986

For eight days in october this year, a unique sporting series will be held in Alice Springs, The Northern Territory's desert oasis.

Mature age athletes from all over Australia will be taking part in the Central Australian Masters Games, the first event of its kind in this country, and you're invited.

Masters sport is for those over 35.

The inaugural Central Australian Masters Game will be competitive, but it will also be fun, a time to meet up with new and old friends from your particular sport.

The games are a Northern Territory Government initiative, fully supported by the Confederation of Australian Sport and The Australian Sports Commission.

We are expecting more than 1500 sportsmen and sportswomen to meet in Alice Springs this October.

The Alice in Spring is beautiful.

The climate is almost perfect and the sky as clear as you will ever find, anywhere.

Sporting venues and facilities are excellent and the people are as friendly and welcoming as you would expect in a town like Alice.

Dawn Fraser is our National Sports Promotion Officer and she will be competing along with other famous Australians.

The Central Australian Masters Games will be a sporting experiences you really shouldn't miss.

In October, Alice Springs is hosting the friendliest games imaginable. The first ever Central Australian Masters Games.

These games are open to enthusiasts in their sport who are over 35. Any team, club organisation or individual is eligible to enter.

The Central Australian Masters Games is a gathering of mature adults who like to win. As the songs says "you learn with your age that playing's the thing and that smiles are the gold we all want to win". Bring your enjoyment of winning and your urge to smile. We'll put them together.

For details see below or write to Mr Brian Price, General Manager, Central Australian Masters Games, P.O. Box 1448, Darwin N.T. 5794. Phone (089) 82 2211.

CENTRAL AUSTRALIAN MASTERS GAMES.
ALICE SPRINGS OCTOBER 18-25 1986

Golden Memories. Golden Rewards.

MDA BWC 9271

HONDA CENTRAL AUSTRALIAN MASTERS GAMES

TRACK & FIELD ROAD RUNNING EVENTS

CENTRAL AUSTRALIAN MASTERS GAMES

Sunday, 19th October
(Commencing 2.00pm)

100 metres
800 metres
3000 metres
Javelin
Discus
Long Jump

Monday, 20th October
(Commencing 2.00pm)

200 metres
400 metres
1500 metres
3000 metres Walk
Shot Put
High Jump

Tuesday, 21st October
(Commencing 6.00pm)

10000 metres Track

Thursday, 23rd October
(Commencing 5.30pm)

Masters Mile

Saturday, 25th October
(Commencing 7.30am)

10000 metres Fun Run and Half Marathon

CONDITIONS OF ENTRY

1. Normal conditions as applying to Veterans competitions will apply.
2. The order of the Track and Field events shown above may be varied.
3. Competition venues will be available to competitors when entry is acknowledged.

Conducted by the Alice Springs Running Club & NT Athletics Assoc.

CENTRAL AUSTRALIAN MASTER GAMES.
ALICE SPRINGS OCTOBER 18-25 1986

ADDRESS TO:
CENTRAL AUSTRALIAN MASTERS GAMES
G.P.O. BOX 1448,
DARWIN, N.T. 5794

REGISTRATION FORM

NAME: ..... (BLOCK LETTERS) ..... AGE

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4. .....

PARTICIPATING SPORT: .....

ADDITIONAL SPORTS: 1.

2.

ARRIVAL: ...../10/86 MODE: ..... (TAA FLIGHT DETAILS)

DEPARTURE: ...../10/86 MODE: ..... (TAA FLIGHT DETAILS)

ACCOMMODATION REQUIRED: (Please tick)

DELUXE ☐
BUDGET ☐
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REGISTRATION FEE —	$50.00	$.....
ACCOMPANYING PERSON FEE —	$20.00 PER PERSON	$.....
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PLEASE MAKE CHEQUES PAYABLE TO:
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CLOSING DATE FOR APPLICATIONS — 31 AUGUST, 1986.

VETERAN VIEWPOINT

Gives you the chance to have your say

Send your letters to "VETERAN VIEWPOINT", McInnes Road, Tynong North, 3813, Victoria.

Dear Mike,

Your suggestion (July V/A) for a possible future Commonwealth Veterans Games, was certainly untimely wasn't it?

I believe that no nation will be prepared to undertake the staging of future Commonwealth Games after the fickle actions of dictatorships only days before the Games opening, simply because their own brand of political "blackmail" failed to achieve its desired objective.

Who knows what triviality they will concoct in future similar situations? And who always suffers? The athletes of course; those innocent individuals who have spent years in preparation for possibly, this one event, suddenly deprived of the chance by selfish politicians.

However, it is perhaps fortunate that Veterans exist without taxpayers' subsidies, for once you accept that bait, you dance the political tune!

Yours,
Fred Auld,
G.P.O., Box. 154 B, Hobart, 7001.

Dear Mike,

Reference the article in the second issue of The Veteran Athlete by SA Veteran George Adams. As he points out, surely its time we all put our "thinking caps" on and came up with similar innovative ideas to promote the Veteran movement.

In this ageing population of ours, combined with earlier retirements, nutrition awareness, general acceptance of the need for better health and fitness, it is imperative we make our presence felt whenever the opportunity arises.

I say full marks to George for some excellent suggestions, but let us not rely on the overworked few to organise everything. We all need to get involved in some small way, with ultimate culmination, the 1987 World Games in Melbourne.

Yours faithfully,
Brian Jones.
4 Prospect Place,
Salisbury. S.A.

Dear Mike,

I have just finished reading your inaugural issue of "The Veteran Athlete", June 1986. Congratulations! Your publication is an outstanding contribution to Veteran Athletics and a vital communication link to us all.

At your first attempt you have achieved a quality, comprehensive coverage of all State activities in this country.

Yours etc.,
L.D. King,
Victoria.

Dear Mike,

Congratulations on the first issue of "The Veteran Athlete". I hope you get the support that you deserve, from subscribers and advertisers.

Regards,
Brian Lenton,
P.O. Box 5,
Duffy, A.C.T. 2611,

Dear Mike,

The first two copies of "The Veteran Athlete" have been very interesting and satisfy the need for Australia-wide communication. Please keep up this high standard.

The A.C.T. Committee have been encouraging our members to become subscribers to this monthly publication, which is an excellent way to keep in touch with the whole Veteran Athletic scene here and abroad.

When I participate in events away from Canberra I take the opportunity to chat to Veteran-aged athletes. However, I am often surprised by how little many of these people know about the Vets Athletic scene in Australia. Many are not aware about our National Championships, the World Games or even their own State organisation.

Those of us who are convinced of the merits of being a member of the Vets should be alert to passing on the good news to others we think might enjoy being part of our organisation. By lending our copy of "The Veteran Athlete" to such folk we may attract some of them to our events.

All the best,
Bryan Thomas.
President: A.C.T.V.A.C.

Subscription Form

"The Veteran Athlete" is an official National publication devoted exclusively to Veteran Track & Field, Distance Running and Racewalking in Australia. The 1987 World Veteran Games to be held in Melbourne, November 28th — December 7th, promises to be the greatest sporting extravaganza ever staged in this country. As a Veteran Athlete it will provide a once in a lifetime opportunity to experience international competition. Be in it!

"The Veteran Athlete" will keep you informed with regular news, views, photos and information not available from any other source. Please add your support to the Veteran movement through this valuable publication. Subscribe now: Only $24 (inc. postage anywhere in Australia) for 12 issues (1 year).

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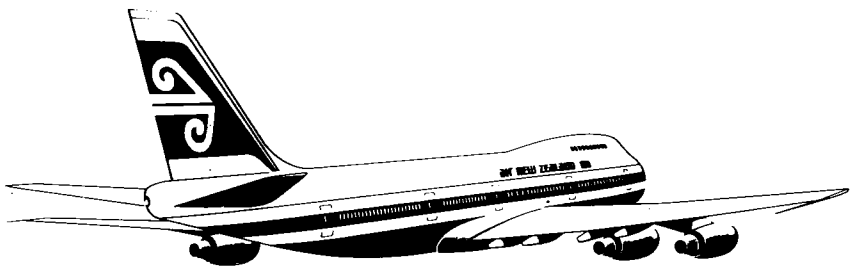
Please enclose cheque/money order with subscription order and mail to:—
"The Veteran Athlete",
McInnes Road, Tynong North, 3813.
Victoria, Australia.

Name: ..... Age: .....

Address: ..... Town/City: .....

State: ..... Country: .....



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3rd Oceania Veterans Games — Apia (Western Samoa) 5 — 9 September 1986

After some delay in setting firm dates, these Games will now be held in Apia from 5 to 9 September.

Our Oceania Delegate, Clem Green, has made the necessary arrangements for these Games to be held under the auspices of the West Samoa Athletic Association who have set up a special committee for this event which is chaired by Joe Annandale.

The climate in Western Samoa is warm and rather humid tempered, however, by a constant prevailing wind.

The track at Apia Park is of a clay type composition and when rolled and watered, presents an acceptable surface.

We have been fortunate in securing accommodation at Aggie Grey's Hotel, a very famous South Pacific hotel and watering hole.

The rooms are quite modern and all have airconditioning units, some rooms also being equipped with additional ceiling fans.

Present plans are to depart Australia on Wednesday 3 September overnighting in either Nandi or Auckland before flying on to Apia on Thursday.

As we cross the International Dateline, we arrive in Apia on Wednesday evening local time.

Apia Park will be open for practice on Thursday from 4.00 till 7.00 pm and on Friday from 8.00 am till 6.00 pm.

The Welcome Ceremony, Official Opening and Samoan style dinner, will commence at 7.00 pm on Friday, with the Championships commencing on Saturday which will finish on Tuesday 9 September.

In order to avoid the highest temperatures of the day, Morning events will be run between 6.30 and 9.30 am and Afternoon events from 3.30 onwards.

Although we are in possession of a programme, we are awaiting bulk supplies of these together with entry forms which we shall receive when we meet with Karl Scholl, the Secretary of the Organising Committee.

We are planning to leave Apia again on Thursday 11 September arriving in Auckland the following day, losing a day by crossing the International Dateline again. Passengers would then spend one or two nights in Auckland before flying back to Australia.

Full itineraries will be posted out to all passengers currently registered with us for Apia, together with entry forms early in June.

Estimated costs at this stage, are $1100.00 ex Sydney and $1200.00 ex. Melbourne and Brisbane.

Adelaide passengers would add a domestic fare to Sydney and Tasmanian passengers a domestic fare to Melbourne.

These estimated costs are based on a group fare and although stopovers en route to Apia are possible, it could result in a higher cost. Accommodation is included in these costs.

We should point out that these Championships are taking place during the Australian School holiday period as a result of which both airline seats as well as accommodation in Apia is at a premium.

It is therefore unlikely that we shall be able to obtain additional seats over and above those we are now holding.

We would therefore urge early registration as even at this stage, we only have less than 25 seats left.

So if you are still planning to go to Apia, would you please contact us urgently.

APIA STOP PRESS

Stop Press

As a result of the cancellation of a special flight to and from Apia for the Australian & New Zealand teams, we have been forced to change our travel plans to and from Apia. The final itinerary will now be as follows:

Depart	SYDNEY	Friday	05 September	Air New Zealand	2.00 p.m.
Arrive	**AUCKLAND**	**Friday**	**05 September**		**6.50 p.m.**
Depart	AUCKLAND	Saturday	06 September	Air New Zealand	10.00 a.m.
Arrive	APIA	Friday	05 September		4.10 p.m.
Depart	APIA	Sunday	14 September	Air New Zealand	6.45 p.m.
Arrive	AUCKLAND	Monday	15 September		10.05 p.m.
Depart	AUCKLAND	Tuesday	16 September	Air New Zealand	10.35 a.m.
Arrive	SYDNEY	Tuesday	16 September		11.55 a.m.

As a result of this forced change, we have met with members of the Apia Organising Committee and have asked them to amend the competition programme to allow our athletes sufficient time to acclimatize.

With our arrival in Apia on Friday afternoon, the only likely competition that weekend will be the Triathlon on Saturday and the Cross Country on Sunday. Monday competition would consist of 15 and 8 km walks, 3000 finals, 800 heats, 4 x 100 heats, discus, high jump and triple jump. In this way competition would now finish on Wednesday 10 September.

Although the previously published costs from Sydney will remain unaltered at $1100.00 there has been a slight increase for those passengers travelling from the other capital cities.

Entry forms are now available and have been sent to those who had registered with us.

Entries for Apia close on 01 August.

2nd World Track & Field Championships — Rome 28 July — 5 August 1987

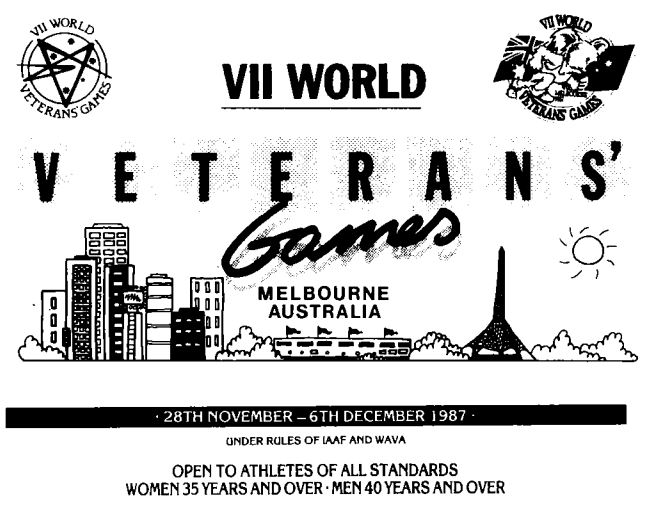
This is undoubtedly the Track & Field Blue Ribbon event!

With the Track & Field events at both the Moscow and Los Angeles Olympics having been robbed of excellence due to the boycott actions, Rome will provide the venue for a full Meet where all nations are certain to be represented.

We are very pleased to announce that we have been appointed as the official agent in Australia for the 1987 World Championships, an appointment we also held for the Championships when they were held in Helsinki.

Rome has advised us to make our application for tickets as soon as possible as they expect the event to be a complete sell out.

We are therefore likely to have to place our ticket order no later than the middle of July and would urge anyone wishing to travel to the Championships to contact us as soon as possible.



24th Summer Olympics Seoul — 17th September — 2nd October 1988

Registrations for the 1988 Olympics will also open in June.

We shall need to have some indication of numbers by September as we intend to visit Korea at that time to contract for our accommodation for the Olympic period.

We expect both accommodation as well as tickets to be in very short supply for the 1988 Olympics.

20th World Veterans Road & Cross Country Championships Netanya (Israel) 15 — 17 March 1987

Following a discussion between Wal Sheppard and Barry Shaw during the recent W.A.V.A. Meeting in Switzerland, we have received the following invitation from Barry who is the Executive Director of these Championships:

The Organising Committee of the 20th World I.G.A.L. Championships invites Veteran runners of all standards to come and participate in a memorable running festival. Now, more than ever, runners express their health and fitness and make new friends by running in different and exciting locations.

This was the philosophy of the founders of I.G.A.L., the World Association of Veterans long Distance Runners, twenty years ago.

These pioneers organised annual events to promote the concept of good health and universal friendship through the sport of running.

Since that time, running has exploded into the most popular sport around the World.

It is fitting that the 20th anniversary of the World I.G.A.L. event will be held in the vibrant and modern State of Israel.

We extend a warm invitation to Veteran runners of all standards to come and enjoy an exciting and happy running experience.

There will be a choice of three Championship events. The distances will be 10km, 25km and Cross Country.

The Championships will be held during the festive period of Purim, a holiday celebrated with fancy dress parades, music and dancing. There will be folklore evenings, parties and ceremonies.

The 20th I.G.A.L. Championships add a new dimension to your running experience and offers a unique opportunity to visit the Holy Land.

You will be taken to see all the important sites and enjoy the character of this remarkable country.

So come and run in beautiful and sunny Israel and meet fellow runners from around the World.

Barry Shaw,
Executive Director,
20th World I.G.A.L. Championships.

For your information we would add that the programme is as follows:

Sunday, 15th March	Cross Country
Monday 16 March	10 km
Tuesday, 17 March	25 km

Entries are open to all Women over the age of 35 and all Men over 40 years of age on the day of the race.

Age categories will be as follows:

Women W35/40/45/50/55/60/65/70/75.

Men M40/45/50/55/60/65/70/75/80.

Awards will be made to the first three individuals in each 5 year age group in all races.

Accommodation is available ranging from "Home Stay" to 5 Star Hotels.

Entries close on 1 January 1987.

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FOOTNOTES FROM THE APPLE ISLE

FROM LIZ TOOMEY

TCU Southern Cross Half Marathon and Marathon

21st JUNE, RICHMOND — V.A.A.T. RESULTS

HALF MARATHON: 21.1 KMS

6	Paul Jones (Pre-Vet)	1-14-10
11	Dennis Leitch	1-18-42
13	Mark Clough	1-19-49
15	Iain Montgomery	1-19-55
16	C. Baker-Finch	1-20-05
22	Kevin Cleaver	1-21-38
23	Mike Boss-Walker	1-22-05
24	Bob Robertson	1-22-12
28	Roy Beadell	1-23-41
36	David Briers	1-24-34
46	Rex Godfrey	1-26-44
47	Robert Kemp	1-26-48
50	Rod MacGregor	1-27-25
51	Tony Mickleborough	1-27-28
56	Wayne Mason	1-28-20
58	Brian Westwood	1-28-26
59	Alistair Scott	1-28-28
60	Sue Baker-Finch	1-28-28
61	John Cheek	1-28-32
65	Michael Logan	1-25-55
71	Alan Scott	1-30-04
74	Graeme Cruise	1-30-48
76	James Claxton	1-31-09
78	Colin Williams	1-31-29
82	Eric Marsh	1-32-41
91	Liz Toomey	1-34-34
95	Victor Moss	1-35-23
99	Gordon Thurlow	1-36-20
104	Elizabeth Baldey	1-37-10
115	Michael Maddock	1-40-28
117	Lloyd Pennicott	1-41-05
131	Vernon Tapp	1-48-48
140	Rosalind Holgate	1-53-39
141	Jim Burr	1-54-27
142	Ben Pastoor	1-56-25
143	Norm Charles	2-04-33
146	Ken Boss-Walker	2-10-13
148	Dorothy Smith	2-18-39

MARATHON: 42.2 KMS

4	Greg Foot	2-43-55
10	Jack Becker	2-59-05
12	Graeme Fennell	3-10-03
13	Mike March	3-17-15
16	Bruce Campbell	3-22-57
18	Shirley Brasher	3-30-41
25	Mike Carins	3-49-36
26	Freddie Pine	3-52-05
28	Frances Hancock	3-52-40
30	Aileen Slater	4-20-00
31	Max Jones	4-23-40

Coming Events

Aug 2: AAT X/C Champs. 12, 8, 4km "The Lea" 1pm.

Aug 9: SAB 10, 5Km Handicap Mt. Nelson 10am.

Aug 10: Relbia 3-Legged Race and Nom. time Champs. 10 a.m.

Fun Run, Risdon Brook Dam

15 JUNE, 1986

Forty hardy souls braved a still air temperature of 2°C for the start of this event. The only other problem was no still air! So taking the wind chill factor into account the real temperature was definitely well below zero as evidenced by the varied assortment of running attire.

The briefing was so brief that one member forgot to enter but enjoyed himself anyway. For a while it looked as if Mike Stevenson, 5 secs difference (one lap), had a mortgage on the trophy but he was edged out by Phillip Grimmond with a brilliant performance of 3 secs. difference in 3 laps.

One lap 4.3K

M. Stevenson ..... 5 secs.
J. Elliott ..... 25 secs.
A. Rae ..... 31 secs.
P. Hancock ..... 37 secs.
R. Chipman ..... 1m13 secs.
D. Auld ..... 1m22 secs.
A. Logan ..... 1m23 secs.
T. Slater ..... 1m28 secs.
A. Lucas ..... 2m17 secs.
S. Cameron ..... 2m32 secs.
H. Logan ..... 2m46 secs.
A. Stoner ..... 3m05 secs.

Two laps 8.6K

A. Slater ..... 32 secs.
R. Whiting ..... 1m12 secs.
R. Richards ..... 4m16 secs.
J. Burr ..... 4m35 secs.
K. Boss-Walker . 4m53 secs.
M. Hudson ..... 5m10 secs.
D. Stoner ..... 6m15 secs.

Three laps 12.9K

P. Grimmond ..... 3 secs.
R. Godfrey ..... 14 secs.
A. Smith ..... 16 secs.
M. Logan ..... 28 secs.
A. Lucas ..... 46 secs.
G. Cruise ..... 48 secs.
D. Lucas ..... 1m38 secs.
R. MacGregor ... 1m58 secs.
M. Carins ..... 2m26 secs.
F. Kessling ..... 2m38 secs.
H. Heaven ..... 3m03 secs.
E. Marsh ..... 3m36 secs.
G. Giffard ..... 4m28 secs.
S. Hancock ..... 4m52 secs.
J. Chew ..... 5m03 secs.
K. Cleaver ..... 5m47 secs.
M. Casey ..... 5m59 secs.
E. Toomey ..... 6m18 secs.
D. Sculthorpe ... 6m26 secs.

As a point of interest the time per kilometre ranged from 3m40 secs. to 9m00 secs. — so we accommodate all levels of ability (or inclination) in the one event.

Thanks to those really hardy members, Jane and Keith Hewlitt, Anne Cruise and Adele Lucas, Frances and Dave Hancock.

Vale Rosa Walker

It is with regret that we note the death of Rosa Walker. This lady, — a stalwart of running in north-west Tasmania will be missed, but fondly remembered by club members.

I believe she was the senior lady member in our club; we saw her competing in the W60 events at the Hobart Nationals in March 1985.

Our sympathy is extended to her family.

"THE WARATAH"

BY VIC TOWNSEND

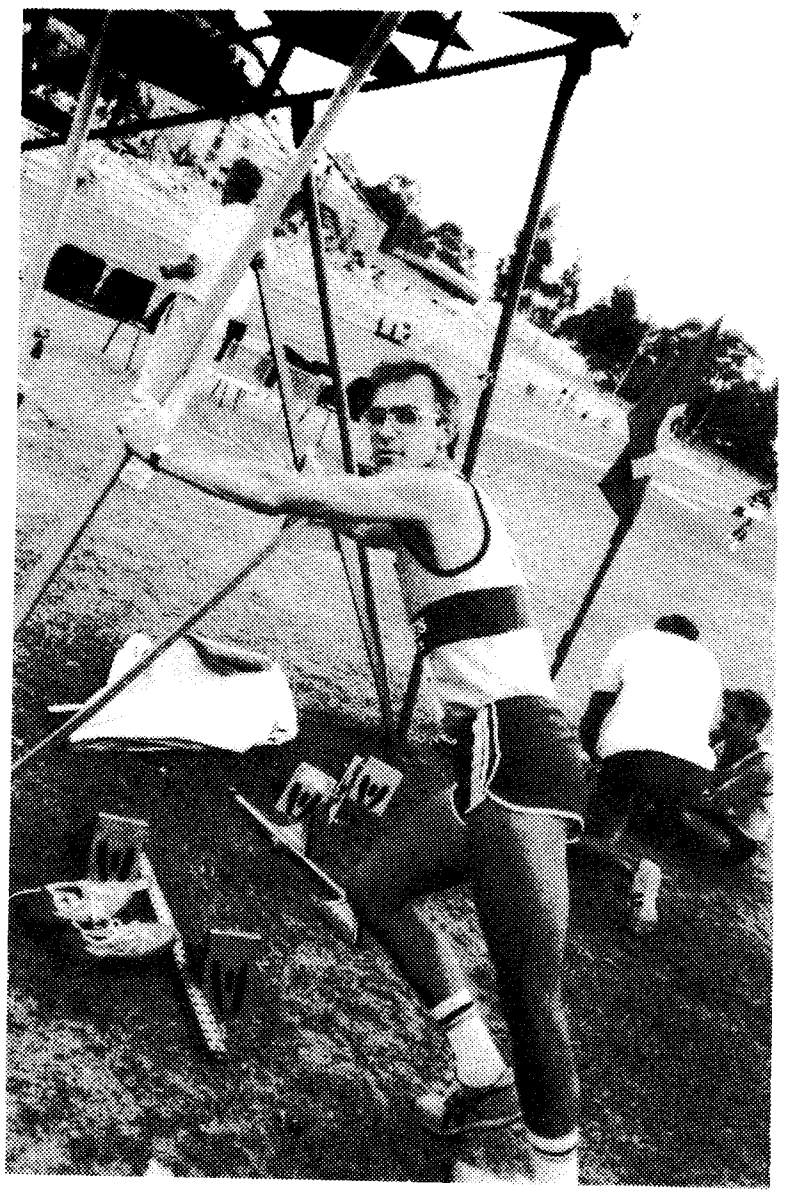
Successful National Titles for John Milne

1987 Australian Athletic Championships, Sydney

Popular NSW Veteran John Milne completed a promise he made to each of his grandchildren before the National Titles recently, when his sheer versatility won him four medals, one for each of them.

The highlight of John's many successes in Adelaide was his battle with the great John Gilmour (see "Profile" this issue), when only the awesome speed of the World Champion over the last lap in the (M65) 1500 metres made the difference between "instant fame" and a well deserved silver medal in 5.17.70. His other notable performances were in the Long Jump (3.56) Bronze, Discus (27.30) Bronze, and Silver in the Pentathlon, (3448 pts).

Peter Crombie strikes Gold in Nationals



Peter Crombie climaxed a fine Track and Field season in Adelaide, at the 1986 National Titles with an all the way win in the (M40) 400 metres in the smart time of 53.20.

The Easter week-end proved very rewarding for Peter with a further three medals in the 100 metres (11.60) Bronze, 200 metres (23.70) Bronze, and Pentathlon (2722 pts) for Silver.

His National successes followed his clean sweep in the recent 1986 NSW State Titles of 5 Gold medals in the 100/200/400/Javelin and Shot Put, all of which augers well for his chances in next years World Games in Melbourne.

NEWS FROM THE SUNSHINE STATE

BY STAN PERKINS

1986 QVAC Half Marathon Championships — June 22

These were held this year for the first time and, together with the QAA Half Marathon Championships, were incorporated in the "Royal Life" Half Marathon, an event conducted in each state as part of the 1986 Australian Championship Series. The Queensland Athletic Association presented the event here.

Well, the day of the Race dawned sparkling bright and clear, but certainly crackling cold — would you believe 5°C. down by the river at Davies Park. It was a great day for running, once you survived the shock of discarding the warm track suit and other gear. The field of some 500, including 56 eager veterans, got away to a good start right on time and soon settled down, in the warming rays of the sun, to produce some fine performances, including many P.B's.

As this was the first QVAC Half Marathon Championship, I guess our Gold Medal winners will have established the "Age Category" Records. No doubt our Statisticians will make a pronouncement on this and I can let you know later.

Before listing our Club results I'd like to applaud the hard work done by Race Officials and their helpers. There was an unexpectedly large number of runners and this created many difficulties, particularly in the Finish Area, but co-operation and good humour seemed to sort things out. All in all it was a great occasion and I predict will be even bigger and better next year.

The QVAC results which follow are the best that could be obtained in the absence of an Official Results sheet. Our sincere thanks to the QAA and Royal Life for their superb organisation and of course invitation, allowing us to compete.

M 30-34
1 Tony McCall 1:12:48
2 Peter Hall 1:13:34
3 L. Farquarson 1:13:59
4 P. Circosta 1:19:36

M 35-39
1 Peter Kyle 1:13:35
2 Ted Wagner 1:13:48
3 Carl Wagner 1:17:32
4 John Griffin 1:17:37
5 Rodney Greive 1:21:36
6 Len Don 1:22:09
7 David Edgeworth . 1:22:12

M 40-44
1 Peter Connolly 1:10:07
2 Mike Percival 1:13:51
3 Bob Henricks 1:17:05
4 John Wishart 1:19:57
5 M. Macdermott ... 1:20:25
6 Eric Black 1:23:54
7 Les Ritchie 1:27:07
8 Graham White 1:28:33
9 Sverre Myhra 1:32:29
10 Ian Curtis 1:56:00

M 45-49
1 Harold Haldane ... 1:15:44
2 Rein Evenhuis 1:17:17
3 John Pitman 1:22:59
4 Kelvin Crump 1:24:00
5 Jack Cron 1:25:18
6 Col Kratzmann 1:26:02
7 James Dalgleish ... 1:28:35
8 Bob Douglas 1:29:00
9 Glen Natalier 1:40:59

M 50-54
1 Col McLeod 1:15:54
2 Ron Young 1:16:52
3 Warren Gruver 1:48:29
4 Ian Hicks ..... ?
5 Bluey Newton ..... ?

M 55-59
1 Ted Vale 1:21:28
2 Jack Weeks 1:24:19
3 David Sedgman ... 1:26:00
4 Kevin Fisher 1:27:27
5 Ken Weeks 1:32:01
6 Reg Campbell 1:37:23
7 Joe Lewis 1:41:33

M 60-64
1 Graeme Jackson .. 1:28:35
2 John Burns 1:38:14
3 John Piper 1:45:51

M 65-69
1 Norm Gulbransen . 1:34:13
2 John Petersen 1:52:01

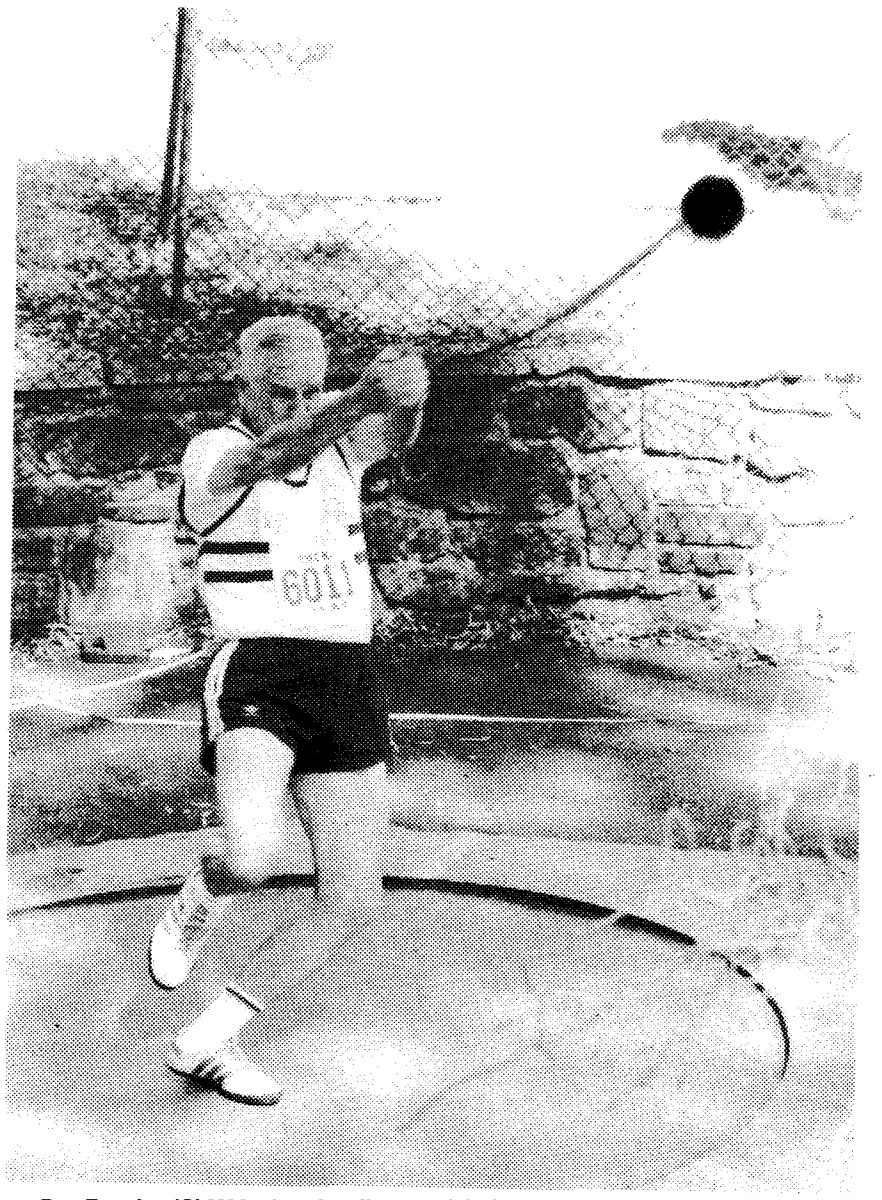
M 75-79
1 Merv Jenkinson ... 1:55:58

W 30-34
1 Dell Grant 1:30:11
2 Helen Bergen 1:37:13
3 Jenny James 1:41:29

W 40-44
1 Helen Mead 1:41:29
2 Diana Southern ... 1:48:01

W 45-49
1 Daphne Coffey 1:35:15
2 Helen Young 1:55:00

W 60-64
1 Thelma Sells 1:52:00



Des Frawley (Q) M60 takes the silver medal with a 35.86 metre Hammer Throw in the 1986 National Titles.
— Photo Coluna Photographics.

• **Medal winners exude the feeling of satisfaction at the recent National Championships in Adelaide.**

FORTHCOMING EVENTS

Aug 9 QAA Mixed Relays, 1.30pm, Chermside.

Aug 10 University Fun Run. QIT To Uni of Qld, 8.30am.

Aug 16 Qld Cross Country Championships 11am, Kedron.

Aug 17 Moura "Ron Grant" Run 3.5 & 10km, 3pm.

Aug 17 Lang Park Police Youth Club Fun Run, Orleigh Park, Hill End, 5km, 8am.

Aug 17 Brisbane Harriers Mt Ommaney Half Marathon & Fun Runs. 10km run, 4km family walk & run, 7am.

Aug 17 Rosedale Fun Run 6km, 9.30am.

Aug 23 Maryborough Road Runners Fun Run 8km, 4.30pm.

Aug 24 Helensvale Fun Run. Hession Oval, Discovery Drive, 10km - 8am, 4km - 9.30am.

Aug 24 Jimboomba A.C. Fun Run. 3 & 9km, 8am.

Aug 24 QMRRC 10km, 6.30am.

Aug 24 Mackay Road Runners 10 Mile, 4pm.

Aug 24 Jetty to Jetty Fun Run, Redcliffe Jetty, 8km, 8am.

Aug 25 King of the Mountain. Rockhampton, 8am.

Aug 27 QAA 10km Track Run, 6.30pm, QE11.

Aug 30 QAA Scratch Races 1.30pm, Geebung.

Aug 31 Windaroo-Trinity College $2000 Fun Run, Scott St., Beenleigh, 3.8km - 8.30am, 9.17km - 9.30am.

Aug 31 Pacific Festival Fun Run 10km. Townsville Showgrounds, 8am.

Aug 31 Noosa Festival of the Waters Fun Run, 7km, 8.30am.

ARE YOU IN TRAINING?

FOR THE VII WORLD VETERANS' GAMES

SOUTH AUSTRALIAN TRACK AND FIELD AGE GROUP RECORDS

Compiled by Judy Daly, South Australian Statistician. The following records are up to and including June 1986. All official submissions and correspondence in relation to these lists, direct to Mrs Judy Daly, 81 Onkaparinga Road, Bridgewater, S.A. 5155.

*** denotes National record.** **** denotes World record.**

Age	Name	Time/Dis	Date
	60M		
W45	W. Ey	8.3**	3.01.86
	100M		
W30	D. Lange	12.4	29.03.86
W35	P. Speakman	12.7	29.03.86
W40	R. Tregenza	12.6	29.03.86
W45	W. Ey	12.5** =	4.02.84
W50	B. Olner	16.2	5.04.80
W55	C. Peters	23.2	6.04.85
W60	R. Webber	21.7	17.02.85
	100 Yards		
W45	W. Ey	11.7**	17.01.86
	200M		
W30	D. Lange	26.3	30.03.86
W35	P. Speakman	27.1	15.02.86
W40	R. Tregenza	27.1	15.02.86
W45	W. Ey	26.2**	4.03.84
W50	A. Cooper	34.0	6.04.80
W55	A. Cooper	31.9	30.03.86
W60	R. Webber	46.4	17.02.85
	400M		
W30	J. Daly	57.2*	4.02.78
W35	J. Daly	59.8	28.11.81
W40	A. Pearce	67.3	3/81
W45	B. Parkinson	68.51	2.04.83
W50	A. Cooper	78.7	5.04.80
W55	A. Cooper	72.70*	30.03.86
	600M		
W30	J. Daly	1.35.5	14.10.78
W35	J. Daly	1.39	10.01.86
	800M		
W30	J. Daly	2.7.4*	25.02.78
W35	J. Daly	2.11.5*	2.03.86
W40	A. Pearce	2.29.2	13.12.80
W45	A. Miller	3.0.8	30.03.86
W50	I. Regan	3.41	1.03.81
	1000M		
W30	J. Daly	2.53.2	14.10.78
W35	J. Daly	2.49.6	5.02.83
	1500M		
W30	J. Daly	4.28.7*	12.02.80
W35	J. Daly	4.29.51*	22.02.86
W40	A. Pearce	5.06.4	6.12.80
W45	S. Malbut	6.08.1	12.12.81
W50	N. Sutcliffe	7.10.0	8.03.81
	1 Mile		
W30	J. Daly	5.0.3	6.02.81
W35	J. Daly	4.50.8	11.01.82
	3000M		
W30	J. Daly	10.01.63	21.08.81
W35	D. Letherby	9.29.8*	20.12.81
W40	A. Pearce	11.37.0	26.11.80
W45	S. Malbut	12.54.0	16.12.81
	5000M		
W30	M. McIntosh	18.59.0	4.06.86
W35	D. Letherby	16.45.0*	9.12.81
W40	A. Pearce	19.37.0	6.12.80
W45	S. Malbut	22.00	3.04.83
W50	S. Simpson	20.57.2	30.3.86
	10000M		
W30	I. Carson	46.47.0	8.03.81
W35	D. Letherby	34.34.4*	7.10.81
W40	A. Pearce	40.46.8	18.12.80
W45	S. Malbut	44.53.0	3.12.81
W50	N. Sutcliffe	50.08.0	28.04.80
	80M Hurdles		
W45	W. Ey	12.9*	29.03.86
	90M Hurdles		
W45	B. Parkinson	15.3	18.02.85
	100M Hurdle		
W30	R. Stokes	14.4	25.03.78
W40	B. Parkinson	16.5	5.04.80
W45	B. Parkinson	15.2	3.01.86
	400M Hurdle		
W45	B. Parkinson	75.9*	6.01.84
	800M Walk		
W30	G. Goldsworth	4.18.0	7.04.79
W35	E. McFarlane	4.08.0	7.04.79
W40	V. Miller	5.32.0	7.04.79
W55	R. Webber	5.15.0	7.04.79
	1500M Walk		
W30	G. Goldsworth	8.29.0*	8.04.79
W35	L. Harpur	7.25.4	2.02.85
W45	A. Miller	8.37.4	18.02.84
W50	D. Camac	8.59.77	17.04.81
W55	R. Webber	9.31.0	7.03.82
W60	R. Webber	9.43.30	18.03.84
	3000M Walk		
W30	G. Goldsworth	17.58.1	12.02.78
W35	L. Harpur	16.02	12.02.86
W45	A. Miller	17.37*	12.02.86
W50	D. Camac	19.31.88	17.04.81
W55	R. Webber	19.59.07	17.04.81
W60	R. Webber	19.54.0	7.03.84
	5000M Walk		
W35	L. Harpur	26.54.0*	9.02.85
W40	E. McFarlane	33.07.0	29.01.86
W45	A. Miller	29.05.0	18.08.85
W50	D. Camac	34.05.0	18.03.84
W55	R. Webber	33.52.0	9.02.83
W60	R. Webber	33.47.0*	21.04.84

	10K Road	**Walk**	**PB's**
W35	L. Harpur	56.48*	31.03.86
W40	E. McFarlane	1hr.06.58	31.03.86
W45	A. Miller	1hr.02.26	31.03.86
W50	D. Camac	1hr.07.38	
W55	R. Webber	1hr.08.46	23.08.81
W60	R. Webber	1hr.09.37	23.04.84
	20K Road	**Walk**	**PB's**
W45	A. Miller	2hr.12.56	21.07.85
W60	R. Webber	2hr.27.19	13.07.84
	Shotput		
W30	R. Stokes	10.41m	25.03.78
W35	G. Boyce	7.05m	28.03.82
W40	E. Dollery	8.92m	5.02.78
W45	S. White	10.53m	23.01.77
W50	S. White	12.12m*	25.02.84
W55	S. White	11.50m**	24.11.84
W60	M. Cahill	5.91m	28.02.81
	Javelin		
W30	G. Hollis	33.18m	17.03.84
W35	G. Boyce	21.50m	5.02.78
W40	E. Dollery	25.18m	7.04.79
W45	S. White	30.88m	26.3.78
W50	S. White	35.58m	6.03.82
W55	S. White	34.82m*	9.02.85
W60	M. Cahill	15.06m	10.01.81
	Discus		
W30	L. Larsen	25.44m	02.80
W35	S. Frusher	23.40m	8.03.81
W40	A. Miller	22.42m	26.03.78
W45	S. White	33.48m	23.01.77
W50	S. White	33.92m	22.04.84
W55	S. White	34.56*	2.03.85
W60	M. Cahill	15.26	22.11.80
	High Jump		
W30	J. Dobbie	1.28m	23.01.77
W35	V. Hare	1.25m	16.02.86
W40	B. Parkinson	1.30m	7.04.79
W45	S. White	1.28m	16.01.77
W50	S. White	1.26m	22.04.84
W55	S. White	1.20m*	16.02.86
	Long Jump		
W30	D. Drury	5.03m	29.03.86
W35	H. Alderson	4.16m	15.03.81
W40	B. Parkinson	4.45m	15.03.81
W45	W. Ey	4.88m	29.03.86
W50	G. Vel	2.99m	15.03.81
	Pentathlon		
W30	L. Downs	2306pts	•31.03.86
	G. Hollis	2468pts	29.01.84
W35	L. Byrnes	2639pts	29.01.84
W40	G. Boyce	2291pts	29.01.84

• New Score System March 1986

	100M		
M35	H. Van Bavel	11.0* =	29.03.86
M40	B. Wilson	11.0	21.04.84
M45	H. Thomas	11.5	11.01.81
M50	L. Snelling	11.56*	18.04.81
M55	A. Cassillis	12.9	17.02.86
M60	L. Willshire	13.4	21.04.84
M65	A. Digance	14.8	5.04.80
M70	L. Barnes	15.31	8.01.81
M75	L. Barnes	16.5	29.03.86
	200M		
M35	H. Van Bavel	22.9	30.03.86
M40	B. Wilson	22.5	8.04.85
M45	H. Thomas	23.20	9.01.81
M50	L. Snelling	23.7	3.81
M55	R. Clarke	26.42	19.04.81
M60	L. Willshire	27.0	22.04.84
M65	A. Digance	31.8	15.03.80
M70	H. Gursansky	36.6	7.03.82
	400M		
M35	P. Davis	52.3	17.03.84
M40	B. Wilson	51.23	1.04.83
M45	H. Thomas	52.34	13.01.81
M50	L. Snelling	52.50*	18.04.81
M55	R. Clarke	58.0	22.12.73
M60	R. Clarke	59.88	28.06.85
M65	A. Digance	78.5	2.80
M70	H. Gursansky	78.4	5.04.80
	800M		
M35	P. Tippett	1.54.8*	30.3.86
M40	P. Dempsey	2.00.8	17.02.85
M45	B. James	2.04.8	11.02.84
M50	R. Clarke	2.08.3	9.08.75
M55	R. Clarke	2.13.8	
M60	R. Clarke	2.17.16	25.06.85
M65	H. Snelgar	2.55	6.03.83
M70	H. Gursansky	3.02.6	7.03.82
	1500M		
M35	R. Lange	3.58.6*	29.03.86
M40	D. Cooke	4.17.2	22.12.79
M45	B. James	4.15.4	4.02.84
M50	R. Woodcock	4.31.44	9.01.81
M55	R. Clarke	4.50.0	22.11.80
M60	L. Frisby	5.00.9	16.02.85
M65	H. Snelgar	5.59.3	27.02.83
	1 Mile		
M35	T. Mitchell	4.48	25.04.79
M40	G. Wenk	4.48	25.04.80
M45	R. O'Neil	4.51.0	25.04.74
M50	R. Woodcock	5.06	2.12.80
M55	B. Caudle	5.31	25.04.77
M60	M. Barnes	5.58	23.02.82

	3000M		
M35	R. Munzberg	10.00	11.05.77
M40	D. Pengilly	9.31	4.06.80
M45	R. Auld	10.08	30.04.80
M50	R. Sutcliffe	10.03	24.09.80
M55	L. Frisby	10.12	10.11.81
M60	W. Beames	11.09	8.02.83
	5000M		
M35	R. Lange	15.15.70	30.03.86
M40	T. McCool	15.52	12.02.86
M45	G. Hicks	15.57	19.11.80
M50	R. Sutcliffe	17.09.5	6.04.80
M55	L. Frisby	17.05	11.11.81
M60	L. Frisby	18.14	2.85
M65	G. Cornelius	20.06	15.12.82
	10000M		
M35	P. Liebelt	34.10	17.12.80
M40	T. McCool	32.52	22.02.86
M45	G. Hicks	33.03.4	8.01.81
M50	W. Beames	35.33.0	1973/74
M55	W. Beames	36.04	21.06.78
M60	L. Frisby	37.55	2.85
M65	R. Bryant	45.40	4.04.80
M70	H. Purvis	51.54	4.04.80
	110M Hurdle		
M35	J. Hamann	16.9	5.04.80
M40	D. Brown	17.3	2.85
M45	D. Brown	17.1*	29.03.86
M50	T. Morgan	20.6	6.04.85
M55	A. Lampard	20.6	29.03.75
	100M Hurdle		
M60	A. Lampard	20.4	10.04.77
	400M Hurdle		
M35	A. Hare	60.5	30.03.86
M40	G. Powell	62.5	2.78
M45	L. Snelling	62.8	23.01.77
M50	T. Morgan	68.0	8.04.85
M55	T. Morgan	71.10	30.03.86
M60	A. Lampard	75.0*	27.02.77
	1500M	**Steeple**	
M50	G. Inwood	5.24.5	
M55	J. Lovatt	6.07.8	5.04.80
M60	R. White	7.27.0	29.03.86
	3000M	**Steeple**	
M35	K. Valentine	11.28	21.01.81
M40	J. Williams	10.03.8	29.03.86
M45	P. Afford	10.54.6	4.03.82
	Event discontinued		
M50	B. Caudle	11.27.0	
M55	B. Caudle	12.24.8	23.01.77
	Pole Vault		
M35	J. Hamman	4.03m*	5.04.80
M40	G. Powell	3.66m	8.03.80
M45	G. Powell	3.66m	3.84
M50	R. Daniels	3.20m	3.84
M55	A. Lampard	2.00m	17.05.76
M60	A. Lampard	2.30m	25.03.78
	High Jump		
M35	D. Brown	1.55m	7.04.79
M40	D. Brown	1.62m	2.81
M45	D. Brown	1.60m	30.03.86
	R. Stone	1.60m	16.02.86
M50	P. Dalwood	1.45m	30.03.75
M55	R. Clarke	1.37m	7.03.82
M60	A. Lampard	1.32m	12.02.78
M65	C. McCarten	1.10m	18.03.84
	Long Jump		
M35	J. Hamman	6.43m	5.04.80
M40	D. Brown	6.06m	12.85
M45	D. Brown	6.00m	29.03.86
M50	J. Liascos	5.34m	27.02.83
M55	T. Morgan	4.73m	29.03.86
M60	A. Lampard	4.60m	
M65	A. Digance	3.68m	2.80
M70	P. Barnes	3.19m	2.80
	Triple Jump		
M35	D. Brown	11.88m	8.04.79
M40	R. Stone	12.23m	9.12.78
M45	R. Stone	12.25m	30.03.86
M50	R. Clarke	9.81m	19.02.77
M55	A. Lampard	9.65m	8.03.75
M60	A. Lampard	9.40m	10.04.77
M65	A. Digance	7.43m	6.04.80
	Javelin		
M35	J. Hamman	45.0m	5.04.80
M40	N. Birks	62.30m*	5.04.80
M45	N. Birks	56.12m*	30.03.86
M50	E. Matthews	41.80m	17.03.84
M55	E. Matthews	40.54m	8.04.85
M60	A. Miojlic	30.44m	17.03.84
M65	C. McCarten	27.70m	21.04.84
M70	P. Barnes	24.68m*	
M75	P. Barnes	21.16m*	13.05.82
	Discus		
M35	D. Brown	30.46m	6.04.80
M40	M. Kemp	52.44m*	19.02.84
M45	G. van Ekelenburg	32.94m	7.03.82
M50	E. Matthews	37.12m	3.84
M55	E. Matthews	35.36m	8.04.85
M60	H. Snelgar	28.96m	6.04.80
M65	H. Snelgar	28.22	3.84
M70	P. Barnes	27.34	
M75	L. Barnes	25.36*	29.03.86
	Shotput		
M35	J. Hamman	10.18m	5.04.80
M40	M. Kemp	15.99m	4.09.82
M45	G. van Ekelenburg	12.07m	22.11.80
M50	P. Dalwood	11.34m	29.03.75
M55	P. Dalwood	10.37m	25.03.78
M60	T. Casey	10.97m	2.04.83
M65	T. Casey	9.65m	30.03.86
M70	L. Barnes	8.89m	3.84
M75	L. Barnes	9.34m*	15.02.86

	Hammer	**Throw**	
M35	P. Brebner	41.64m	28.03.86
M40	D. Leadbetter	49.94m*	21.02.76
M45	A. Gordon	47.54	19.02.77
M50	A. Gordon	41.16	6.04.80
M55	A. Gordon	43.44m*	28.03.86
M60	S. Halupka	29.64	20.04.84
M65	H. Snelgar	27.72	20.04.84
M70	P. Barnes	24.48	6.04.80
M75	P. Barnes	22.14m*	3.04.83
25k	**PB's Road**		
M35	P. Worley	1hr.35.36	21.05.83
M40	F. Howitt	1hr.27.03	6.83
M45	T. Berry	1hr.34.52	14.04.84
M50	R. Sutcliffe	1hr.35.40	21.05.83
M55	K. Potts	1hr.39.02	30.05.81
M60	R. Blanchard	1hr.48.34	20.07.85
M65	A. Digance	2hr.18.55	30.05.81
	10 Mile	**Road**	**PB's**
M35	R. Munzberg	1hr.0.22	24.05.80
M40	B. James	53.35	5.81
M45	G. Hicks	54.20	24.05.80
M50	W. Beames	58.06	31.05.75
M55	W. Beames	1hr.0.34	9.06.79
M60	W. Beames	1hr.4.56	26.05.84
M65	H. Snelgar	1hr.16.09	26.05.84
10K	**Club Road**	**Champs**	**Regency**
	Park PB's		
M35	P. Leibelt	36.24	21.06.81
M40	D. Pengilly	33.51	20.06.82
M45	J. Perry	35.12	20.06.82
M50	R. Sutcliffe	36.24	19.06.83
M55	B. Jones	37.36	19.06.85
M60	L. Frisby	40.45	19.06.85
M65	H. Snelgar	45.10	1982
M70	R. Bryant	50.32	21.06.81
10K	**Club Host**	**Day PBs**	
	River Run		
M40	B. James	33.56	4.09.82
M45	B. James	33.04	3.09.83
M50	R. Sutcliffe	36.11	13.09.80
M55	W. Beames	36.41	23.09.79
M60	W. Beames	38.34	4.09.82
M65	H. Snelgar	44.40	4.09.82
	Paracombe	**Fun Run**	**PB's**
M35	J. Williams	22.09	1981
M40	J. Kennedy	23.03	1981
M45	D. Cooke	23.22	1981
M50	B. Jones	25.23	1981
M55	L. Frisby	25.04	1981
M60	R. Young	32.58	1981
M65	H. Snelgar	30.51	1981
	Marathon	**PB's**	
M35	P. Liebelt	2hr.36.36	14.06.81
M40	B. James	2hr.33.05	6.06.82
M45	G. Hicks	2hr.33.36	12.10.80
M50	T. Berry	2hr.42.50	1985
M55	B. Jones	2hr.54.32	28.08.83
M60	R. Blanchard	3hr.01.27	26.08.84
M65	R. Bryant	3hr.46.56	12.10.80
M70	R. Bryant	3hr.40.07	2.08.81
	3000m Walk	**Track**	
M35	P. Fullagher	12.37*	8.04.79
M40	E. Folland	14.03.6	30.03.75
M45	M. Marker	14.22	26.02.86
M50	G. Peters	16.28	6.04.80
M55	A. Digance	17.24	1973
M60	J. Webber	15.51.0	30.03.75
M65	J. Webber	16.32	81
	5000M Walk	**Track**	
M40	P. Fullagher	23.48	18.02.86
M45	M. Marker	24.45	4.12.85
M50	C. Hainsworth	28.01	18.03.84
M55	C. Hainsworth	28.12.40	29.03.86
M60	J. Webber	27.15.0	29.03.75
M65	J. Webber	28.12.12	18.04.81
M70	J. Webber	29.58	2.85
	10000M Walk	**Track**	
M35	T. Thompson	52.44	14.04.84
M40	E. Folland	50.33	1975
M45	T. Nailer	60.03	20.04.80
M50	C. Hainsworth	57.40	24.04.82
M55	C. Hainsworth	57.47	13.04.85
M60	J. Webber	60.41	27.03.77
M65	J. Webber	63.10	24.04.82
20K	**Road Walk**	**PB's**	
M35	T. Thompson	1hr.48.57	4.05.85
M40	S. Malbut	1hr.52.34	1974
M45	M. Marker	1hr.45.54	31.03.86
M50	C. Hainsworth	1hr.58.38	5.05.84
M55	C. Hainsworth	1hr.58.41	4.05.85
M60	J. Webber	2hr.07.3	16.07.77
M65	J. Webber	2hr.02.55	1981
M70	J. Webber	2hr.13.35	31.03.86
50K	**Road Walk**	**PB's**	
M35	T. Thompson	4hr.50.23	8.83
M55	G. Peters	6hr.16.36	8.08.82
M60	J. Webber	6hr.14.17	26.08.78
M65	J. Webber	6hr.16.17	8.08.82
M70	J. Webber	6hr.29.59	4.05.85

•New Score System March 1986

	Pentathlon		
M35	A. Hare	3197	31.03.86
M40	P. Yaxley	2263.08	1982
M45	D. Parker •	2440.2	29.01.84
	P. Yaxley	2869	31.03.86
M50	E. Matthews •	2680.08	29.01.84
	D. Parker	3291	31.03.86
M55	E. Matthews •	2851	01.85
	E. Matthews	2834	31.03.86
M60	R. Clarke	2508	01.85
M65	H. Snelgar •	1322	3.04.83
	H. Snelgar	1611	31.03.86
	Decathlon		
M40	D. Brown	4177	2.81
M45	G. Powell	4126	2.81

NEWS FROM THE W.A. 'VETRUN'

FROM SANDI WALTON

1986 State Pentathlon Champs.

16th MARCH, 1986

Age/Name	Long Jump	Jav.	200m	Disc.	1500 metre	Points
M35						
B. Cornish	5.08	34.84	24.9	25.96	5.16	1873.91
B. Madsen	3.13	31.50	31.5	21.82	5.33	748.14
M40						
B. Landers	4.70	27.24	26.9	16.54	6.07	1442.00
J. Bowen	4.02	40.30	30.9	29.78	—	1425.12
J. Froudist	3.78	18.18	30.6	18.20	6.03	710.14
A. Croxford	2.33	—	39.8	8.72	5.27	
M45						
P. Gare (Rec.)	5.49	20.60	24.5	30.10	5.54	2420.10
P. Muller	4.86	28.01	28.1	23.08	5.17	1871.18
R. Calnan	4.91	25.93	27.3	21.08	5.57	1849.82
N. Richards	4.61	27.21	26.3	19.54	5.18	1829.35
M50						
K. Whistler	3.21	—	31.7	23.64	6.21	764.78
R. Hayres	2.98	21.70	33.1	16.60	5.34	742.25
J. Whittam	2.91	15.80	41.8	21.60	—	458.20
W30						
B. Wilson	14.6	6.98	16.78	2.53	3.88	2333.61
W35						
E. Hindle	13.0	7.14	18.63	2.46	4.59	2936.94
W40						
J. Fletcher	14.8	5.88	20.50	3.01	3.98	2362.74
L. Jenkins	15.3	6.39	13.03	3.10	3.15	1866.88
V. Prescott	16.0	5.09	11.91	3.18	3.20	1558.84
K. Counsel	18.6	6.19	11.10	—	2.75	789.87
W45						
D. Whittam	14.4	7.08	17.07	3.35	3.68	2394.02

Eileen Hindle wins gold. Seen here clearing the bar in the W35 High Jump with (1.40).
— Photo Peter Griffin.

Jim Barnes 5k/10k Run at Thornlie

JUNE 1, 1986

Pos.		Age Group	Clock Time
10 K.			
1	S. Mitchell	INV	33.44
2	D. Caplin	M45	33.52
3	S. Barrie	M50	34.56
4	F. Smith	W40	35.28
5	J. Bell	M40	36.46
6	B. Foley	M40	36.54
7	A. Jenkins	M40	37.16
8	D. Carr	M50	37.31
9	J. Chambers	W35	37.32
10	M. Khan	M40	37.44
11	D. Roberts	M40	37.53
12	T. Wood	M40	38.03
13	B. Sammells	M45	38.17
14	M. Johnston	M45	38.27
15	T. Speechley	M40	38.53
16	B. Carse	M40	39.00
17	B. Spehr	INV	39.11
18	K. Vaalsta	M50	39.16
19	J. Yates	M40	39.20
20	J. Pellier	M45	39.26
21	D. Moffett	M55	29.42
22	C. Bell	W35	39.48
23	T. Kirwan	W35	40.37
24	D. Hugh	M50	40.52
25	R. Harris	M45	41.07
26	K. Forden	M45	41.16
27	M. Warren	M45	41.22
28	B. Mitchell	M50	41.54
29	P. Guiton	M50	42.09
30	R. Sheehy	INV	42.18
31	M. Moyle	M55	42.20
32	A. Davie	M50	42.46
33	A. Pomery	M55	42.30
34	R. Brown	M45	42.58
35	J. Dartnell	M35	42.59
36	G. Hair	M45	43.00
37	B. Kernaghan	M45	43.24
38	M. Forden	W40	43.29
39	T. Vaalsta	W45	43.38
40	B. Crellin	M45	43.43
41	P. Jones	M50	44.06
42	A. Chambers	M45	45.39
43	R. Lawrence	M55	45.43
44	R. Farrell	M45	45.44
45	J. Pellier	M45	45.57
46	S. Walton	W35	45.57
46	R. Whaler	M40	46.28
48	K. Johnson	M55	46.56
49	J. Mckechnie	M50	47.11
50	C. Chequer	INV	47.16
51	A. Sim	M35	48.04
52	C. Bould	M70	48.06
53	J. Russell	M50	48.06
54	J. Willers	W35	48.20
55	J. Sanger	W30	48.22
56	P. Sanders	M40	48.38
57	S. Sanders	W30	48.39
58	E. Mercer	W40	49.13
59	J. McLean	M55	49.20
60	P. Farrell	W40	49.20
61	A. Aldrich	W40	51.17
62	D. O'Donnell	INV	52.17
63	D. Cowlan	M50	53.19
64	F. Usher	M60	54.29
65	L. Hassam	M55	54.32
66	D. Crowther	M40	54.35
67	I. Lyon	M45	56.02
68	C. Mitchell	W45	56.48
69	S. Bowler	M60	57.50
70	J. Strachan	W60	62.02
5 K.			
1	J. Trovato	M45	18.45
2	M. Whalen	INV	22.25
3	C. Dartnall	INV	22.34
4	S. Salter	INV	22.34
5	S. Hair	INV	22.34
6	J. Pearce	W35	23.06
7	L. Whalen	INV	23.13
8	S. Bell	INV	24.16
9	B. Worner	M50	24.19
10	G. Morgan	M60	25.08
11	D. Francis	INV	25.51
12	T. Tate	M50	26.05
13	E. Tate	W45	26.05
14	M. Pritchard	W40	26.19
15	G. Sanders	INV	26.36
16	P. Carr	W50	26.47
17	C. Kernaghan	W40	27.38
18	G. Francis	INV	27.50
19	M. Warren	W50	27.51
20	M. Stewart	INV	28.03
21	N. Berry	W55	28.05
22	K. Stewart	INV	28.08
23	J. Stone	W40	28.34
24	E. Crowther	W40	30.35
25	D. Whittam	W45	30.35
26	M. Taylor	INV	30.56
27	J. Stewart	INV	33.34
28	I. Johnston	W35	34.46
29	J. Jenkins	W35	34.46
30	K. Jenkins	INV	34.46
31	D. Horsley	M70	36.35
32	S. Cross	W45	36.35

On the Grapevine

In the recent Geraldton Marathon, W.A. Veterans were, as usual, prominent in the top finishers with excellent performances by Bob Harrison (4th-2.48.28), Brian Danby (6th-2.50.45) and Barrie Robinson (7th-3.14.26).

The Albany Advertiser — Sports Star of the Month (March 1986) was awarded to W.A. Vet. John Cochrane who set new State and National records for M50 Shot Put at the 1986 West Australian Veterans' Championships.

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Coming Events . . .

Date	Race	Distance	Venue
10/8/86	Lake Monger Run	9.9 km 6.6 km	Lake Monger Dodd St. 8.00 a.m.
17/8/86	Bibra Lake Run	12 km 6 km	Opposite Adventure World 8.00 a.m.
24/8/86	City to Surf		
31/8/86	Bridges Cycle Track	10 km	McCallum Pk. 8.00 a.m.
7/9/86	Shoalwater	10 km 5 km	40 Fifth Ave. Shoalwater Bay 9.00 a.m.
14/9/86	Croxfords Climb	8 km	Breckler Park Yokine 8.00 a.m.
21/9/86	Warrens Run	16 km 8 km	Gnangara Lake 8.00 a.m.
28/9/86	Broadlands Peoples Marathon	42.4 km	TBA

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CROSS COUNTRY 5k/10k

Pos		Age Group	Clock Time
5K			
1	B. Harwood	*M40	18.56
2	J. Barnes	*M40	19.14
3	B. Worner	*M50	19.22
4	J. Sanger	*W30	21.43
5	P. Sanger	*M35	23.44
6	F. Hagger	*M60	25.31
7	W. Vincent	*W45	25.51
8	S. Munsie	*M50	26.13
9	S. Cross	*W35	26.28
10	M. Robinson	*W45	26.53
11	M. Tapper	*W35	26.59
12	D. Horsley	*M70	27.12
13	B. Abrahams	*M55	27.13
14	I. Lyon	*M45	27.15
15	J. Stone	*W40	28.32
16	J. Strachan	*W60	29.34
17	P. Spencer	*W45	29.54
18	M. Taylor	*W35	32.23
19	E. Crowther	*W40	33.14
	V. Tyson	*W60	34.07
10 K.			
20	B. Danby	M35	33.14
21	D. Chaplin	M45	33.21
22	B. Argyle	M40	33.51
23	B. Hanna	M32	34.00
25	H. Kirkman	M40	34.31
26	S. Barrie	M50	34.32
27	D. Clark	M27	34.54
28	J. Ferris	M35	35.53
29	I. McGibbon	M40	36.00
30	J. Bell	M40	36.14
31	D. Roberts	M40	36.32
32	T. Wood	M40	37.34
33	F. McLinden	M55	37.44
34	J. Yates	M40	38.40
35	J. Stickles	M45	38.41
36	K. Vaalsta	M50	38.49
37	H. David	M50	39.31
38	R. Shand	M50	39.37
39	J. Astwell	M50	39.41
40	P. Martin	M40	39.43
41	R. Parker	M35	39.50
42	D. Moffett	M55	40.08
43	K. Matin	M45	40.20
44	J. Spencer	M45	40.29
45	R. Harris	M45	40.47
46	N. Richards	M45	41.32
47	A. Pomery	M55	41.33
48	K. Forden	M45	42.06
49	G. Hair	M45	42.12
50	M. Moyle	M55	42.33
51	A. Martin	M34	42.40
52	J. Pellier	M45	42.56
53	A. Davie	M50	43.17
54	P. Davies	M55	43.20
55	P. Haynes	M45	43.35
56	M. Sanders	M12	44.26
57	B. Crellin	M45	44.29
58	P. Sanders	M45	44.29
59	A. Tyson	M50	44.42
60	J. Norden	M40	45.00
61	R. Elmitt	M40	46.05
62	R. Lawrence	M55	46.28
63	R. Trott	M36	46.53
64	G. Peet	M50	47.13
65	A. Sim	M35	47.14
66	B. Slinger	M45	47.23
67	K. Johnson	M55	47.26
68	R. Farrell	M45	47.30
69	D. Strachan	M60	48.10
70	E. Moyle	M60	50.35
71	J. Russell	M50	48.43
72	E. Moyle	M60	50.35
73	D. O'Donnell	M35	51.02
74	E. O'Dea	W50	51.29
75	J. McClean	M55	51.36
	C. Cole	W45	59.31

ARE YOU IN TRAINING?

FOR THE VII WORLD VETERANS' GAMES

THE ACT VETRUNNER

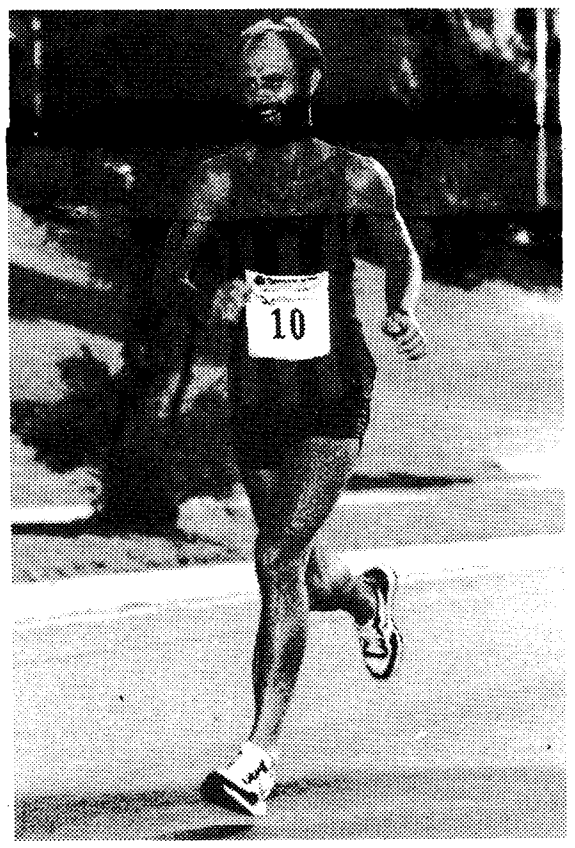
The second in a series featuring A.C.T. club members
Mike Adler Profiles top marathoner Garry Hand (M40).

Garry Hand – a dedicated running machine

On a crisp Saturday afternoon in May 1980, Garry Hand charged away from the starting line on his way to win the ACT 25 km Road Championship in 1.23.19 from Jack Lane. That night he travelled to the Riverina and next morning took out the winner's prize in the 13-lap x 2-mile circuit Griffith Marathon in 2.35.29. So much for tapering for a big event!

Such is the recuperative capacity of this now M40 runner, versatile from 800m to the marathon, who has been known to line up for as many as five distance races in the space of a week, all at top level effort. In tests conducted by Dr Peter Fricker at the Australian Institute of Sport before and after a Nike Canberra Marathon, on Garry, among others, Derek Froude, Graham Clews and Colin Neave, his extraordinary rapid recovery from the trauma of top competition, indicated almost a complete return to normal physical condition within a matter of days.

Born in Sydney in September 1945 he achieved success at Combined High School level in swimming and diving. His introduction to athletics was at 15 years of age when he joined Randwick-Botany Club and showed sufficient promise to catch the eye of Cec Hensley (the coach of Alan Lawrence, a 10,000m place-getter at the Melbourne Olympics). Concentrating his talents on the half mile, under Hensley's guidance, Garry achieved his first sub 2-minute 880 in 1961 with a 1.57.6. He then regularly posted 1.55s for the 2-lapper, but after the '63-'64 season, on leaving school he dropped out of the athletic scene.



• The mental concentration and pain of intense effort shows in this action picture of Garry Hand.

A couple of years National Service was followed by a few years of playing Rugby Union, and it wasn't until his mid twenties that he came back to running. The catalyst for Garry's distance running career, as it has been for so many others, was the establishment of the City to Surf. Garry became a regular entrant and competed in 9 of the first 10 held, and as a member of the Customs' Joggers Team has been a silver medallist in the Sporting Teams Section.

The success of his athletic achievement began to gain momentum with his transfer to Canberra in 1977. The ACT Cross-Country Club conducts a winter season ranking list of members based on runners performances as a percentage of the course records. During 1977 from 8 runs at the age of 31, he scored 84.6%; in 1978 from 20 runs 95.2%; 1979 from 29 runs 97%; in 1982 setting 10 records in 11 races he achieved the magical 100%; and in 1985 at 39 years of age his score was 98.7% — and remember this is in open company, and in Canberra these days the fields are occasionally graced with the presence of Institute runners.

He has won the award as ACT Distance Runner of the Year in 3 of the past 5 years. But surprisingly, with the talent he exhibits, and perhaps also indicative of the high local standards, it took 2 years of distance running before Garry broke into the Canberra winners' list, and that was in a relatively low-key Wednesday twilight race over a 3.2 km of the Woden Fitness Circuit, when he defeated Ken Sweeney in 9.49 for the 2-miler. Since the ACT achieved State status in 1980, Garry has been selected to represent the ACT on at least 16 occasions. He has also been selected as a regular member of ACT Teams for road, marathon and cross-country for the past 6 years.

Improvement in performance over a 9-year span are indicated in this table:

	1977	1978	1979	1985	1986
Anzac Relay 4.3km	14.27	14.08	13.34	12.59	
Pennington 16 km	62.51	58.34	55.47	52.36	
Rex Foulkes ½ marathon	—	76.23	71.49	69.37 (run as the Royal (1st) Life ½ Marathon)	72.22

A few weeks after the Royal Life Half Marathon, he ran the ACT Veterans ½ Marathon over an almost identical course, in an Australian M40 record time of 68.01.

Hand has now contested 45 marathons and his PB was set when 3rd at Hamilton NZ in 1981 with a 2.16.37. He has won two, one at Griffith and one at Darwin, and has been placed on numerous occasions. Highlighted among these achievements are two consecutive Team Gold Medals at the Australian Marathon Championships in Sydney — in 1985 (2.19.18), and in June this year (2.21.55), with Colin Neave and Phil Garvin in this year's team.

His initial attempt at the marathon was in the Canberra Marathon in April 1977, and the following table shows some of his earlier performances and progress down the time scale:

	Time	Win Time
Canberra April 1977	2.55.00	2.31.10
Pre Pacific Games, Canberra Dec 1977	3.07.20	2.27.42
ACT Marathon Championship April 1978	2.34.08	2.30.24
NSW State, Nowra June 1978	2.49.19	2.27.24
Canberra Marathon Championship Nov 1978	2.33.18	2.26.56
Nike Canberra Marathon April 1979	2.30.18	2.18.45
Nike Canberra Marathon 1980 (Earning Garry 2nd place on the all-time ACT ranking list to Dave McInness at that time)	2.25.25	2.17.51
Australian Marathon Championship 1980	2.25.08	2.19.00
Hamilton New Zealand 1981	2.16.37	Garry's PB
Australian Marathon Championship 1985	2.19.18	Member of Gold medal winning team both years
Australian Marathon Championship Championship 1986	2.21.55	

1986

Garry Hand has been good for running. President of Customs Joggers for the past 10 years, of Weston Creek Little Athletics Club for 5 years, of Weston Creek Athletic Club (and now vice-president), he was honoured with Life Membership of the latter in 1985. A tireless worker for the sport he has been a dedicated club and team man and unselfishly is deeply involved in Junior coaching during the track season.

And running has been good to Garry. Through trips won as prizes, invitations to compete, and by National Representation selection, he has travelled overseas on many occasions.

For a runner who always gives 101% of himself in every race there are no excuses — no hard luck stories, but perhaps Garry should be allowed one 'maybe if' for the Hong Kong Marathon. Garry and the UK's Andy Holden ran neck and neck from the start and in the middle stages had the race to themselves. Some 7 miles from the finish Garry tripped and took a heavy fall losing some ground and ending up in second place. Who knows, if fate had been kinder?

Training for a marathon Garry would cover 80-95 miles a week, made up of a 4-mile in the morning at about 5 minute pace, a longer run of up to 10 to 12 miles at 6.30 pace later in the day, and an 18 mile run on Sundays — good quality training, but nothing like the 120-140 mile per week regimen that some feel they require. During the track season, he reduces his mileage somewhat and incorporates at least 2 sessions a week of 200m and 400m intervals in conjunction with coaching commitments. Too much trackwork however, induces the achilles problems which have persisted on and off for some years.

Garry sees no reason why he wouldn't keep competing through to M55-M60 age groups, but perhaps would concentrate more on shorter events. With an interest in trail bike riding, cycling and swimming, there are no shortages of outdoor interests in the Hand household.

If further evidence exemplifies the constant improvement in performance that he is achieving despite ageing, the narrowing gap between Garry's times vis a vis that of the winners in 12 km championships is indicated in these examples: Australian 12 km cross-country championship, Melbourne 1980: Garry 54th in 42.04; winner Rob de Castella in 37.11. Australian 12 km cross-country championship, Sydney 1985: Garry 16th in 39.11; winner Garry Briggs in 36.47. ACT 12 km cross-country championship, Canberra 1985: Garry 6th in 39.04; winner Graham Clewes in 37.04.

Though concentrating on distance events, Garry is only about 3 seconds slower as an M40 than he was as a teenager over 800m, a margin he is certain he can close if he were to concentrate on that distance. He currently holds the ACT resident M40 bests of 54.4 for 400m, 1.58.21 for 800m, 3.58.7 for 1500m, 8.40.4 for 3000m, and 15.02.9 for 5000m. He won the 5000m track title in Hobart in his last year of M35 competition in 14.36.8 (National record time). In the Adelaide heat this Easter, he took the 5000m Gold in 15.39.30.

With the Australian M40 record of 68.01 for a half marathon set in the ACT Veterans event in June this year and an Australian M40 best for the marathon of 2.21.38 set in the 1985 Big M, Hand's prospects of success in the World Titles in Melbourne next year must be considered bright.

Currently, his ambition is directed primarily at the marathon, but depending on the track form he develops this summer, he would also like to make a tilt at one or at most two track events, providing there is adequate recovery time before his main goal. This time, and in this competition, he isn't likely to rely on his quick recuperative powers to carry him through the main chance.

There is not a member of the running fraternity in Canberra who wouldn't be delighted to see a deserved World Championship Gold Medal taking pride of place in Garry's superlatively endowed trophy cabinet.

Mt. Ainslee Handicap – 9.2K

BY STUART MANLEY

29 June, 1986. Conditions — Bright, sunny and very cold — minus 2 at 9.00am.

Bev Scown won her second handicap by two seconds from Diana Wright. Stuart Manley celebrated taking over as handicapper by filling third spot. This seemingly incongrous event was in fact given legitimacy by virtue of the handicaps having been set by Duane Lowry as his final act as handicapper. The handicapper henceforth disqualifies himself.

The event had 68 starters which was an excellent field considering the clash with the ACT Road Championships at Giralang. The main result of this was the absence of the stars who often take the points on this challenging course. The course itself was slightly altered by replacement of the final uphill track with the road through the gate. This change was suggested by Mike Adler who surveyed the route and remeasured it twice. The distance is an exact 9.2k.

The 68 runners (59 eligible) were scattered over a ten minute span. All except some non-eligible runners and the first two place-getters were outside their handicap km rates. The middle runners in the field were 14 seconds per km off their handicaps which is evidence (as if anyone who has run it needs any) that it is a tough course. As several were heard to remark "it is uphill all the way".

Almost half those gaining points for the run were doing so for the first time this year. Most of those at the top of the pointscore ran and there were some changes at the top. Mike Allen consolidated his lead with a handy extra 11 points to move to 71, 12 clear of John Lightfoot who is now in second place. Alan Williams slips to third place still on 58. With the exception of Colin Bridge most of the top pointscorers are middle of the pack runners moving up the scale.

The old course records held by Peter Skinner (31.51) and Jo Cullen (39.09) were not ruffled. Bryan Thomas was fastest man with 34.14 and Diana Wright fastest woman with 43.07. Visitor from West Australia, Derek Hoye celebrated his farewell run with a fine 34.51 to second fastest.

Peter Frylink was presented with his personalised T-shirt, celebrating his fiftieth run. He is only the third to achieve this feat.

Stuart Reid suffered a nasty injury to his ankle and limped home to at least record another run completed. Talk about commitment.

The run co-ordinator was Jim O'Donnell who did an excellent job, assisted by Dan Reddy, Mike Adler, John Lightfoot and Greg O'Neill, plus extras who volunteered on the day.

The next handicap is the equally testing Cooleman Ridge course which will probably be lengthened to 10k. Access is via Kathner Street, Chapman and race organiser is Bob Parker.

ACT Veterans' Run at Regatta Point

The ACT Veterans' Athletic Club's eighth Annual Fun Run will be held at 10 am on Sunday, 28 September commencing and finishing at Regatta Point.

This popular event over a 9.5 km flat course is entirely on cycle paths, and is a lakeside run open to Vets and Pre-Vets only. Medallions are awarded to placegetters in each 5-year age group, and traditionally there are donated items for a barrel draw. Any visitors to Canberra at that time are warmly welcomed to compete and entry is on the morning of the race.

Hot running on a cold morning . . . .

By-passing the ACT Veterans' Club's clashing monthly handicap to take on open company, four of our top women acquitted themselves magnificently to fill four of the top ten places in the ACT Cross-Country Club's 10 km ACT Road Championship on Sunday, 29 June.

With a bracing minus two degree temperature at the 9am starting time, Annette Perkins (recent 2nd Australian finisher in 2.52 in the Budget marathon) placed 3rd in 36.38; Jo Cullen (3.08.31 in the Budget) 6th in 38.52.7; Maryanne Busteed (3.10.54 in the Budget) 9th in 39.58.9; and Rosemary Parker 10th in 41.15. The first three named made up the Gold medal winning team in the recent Australian Marathon Championship.

COMING EVENTS

Sat., 2 August: Crisp Country Challenge. 1.15pm 6 km: 2pm 10.3 km on Mike Crisp's property (11km past Collector, on the Federal Highway). ACTCCC event.

Sun., 3 August: Pack run, Deek Drive 9.30am. (ACTVAC).

Sat., 9 August: Rocky Horror, Black Mountain Reserve, off Caswell Drive. 1.15 pm 5.7 km; 2pm 9.5 km. (ACTCCC).

Sun., 10 August: Pack Run, Deek Drive 9.30am. (ACTVAC). 10 am Women's Jogalong.

Sat., 16 August: Carillon Relays, 3 x 3 km start near Carillon, Lake Burley Griffin shore, 2pm. (ACTCCC).

Sun., 17 August: Pack run, Deek Drive 9.30am. (ACTVAC). Olympic Way Marathon, Junee-Wagga.

Sat., 23 August: ACT CC Championships, 1.15pm 8km Women's Championships, 2pm Men's 12 km Championship. Weston Park. (ACTCCC).

Sun., 24 August: August Handicap, 10 km, Copland College 9.30am. (ACTVAC).

Sat., 30 August: Dunrossil Drive, 3 races, 4.3 km 1.15pm Women; 1.40pm Men's division 2; 2pm Men's division 1. (ACTCCC).

Sun., 31 August: Pack run, Deek Drive 9.30am. (ACTVAC).

1986 Royal Life Half Marathon, Canberra

(BY DAVE CUNDY)

Congratulations to all finishers in Canberra's Royal Life Half Marathon on Sunday, **18 May 1986. The response to our inaugural event was pleasing and more than justified the ACT Cross Country Club's** decision to join with Royal Life insurance in the conduct of a round of the Australian Championship series.

Many runners had their first opportunity to attempt the 21.1k distance (indeed, the first ACT male and female were in this category); our regular club runners had the benefit of stronger competition and a higher profile event; and our interstate visitors were able to experience the beauty of the lap course around Lake Burley Griffin.

Interstate visitors took out the major honours with Steve Austin and Tani Ruckle dominating their respective divisions. Steve's winning time of 64.08 was just 14 seconds outside the fastest time by an Australian in Australia (Steve set the fastest time of 63.54 in the Royal Life event in Melbourne in 1984). Tani improved on her winning run in the Sydney round of the series, clocking 75.51 on the Canberra circuit. Both times were the fastest yet recorded in the ACT.

Thanks to the many people involved in the successful conduct of this event — in particular, our sponsors Royal Life Insurance Australia Limited, officials from the ACT Cross Country Club, the Australian Federal Police and the Department of Territories. I look forward to working with the same team in 1987 when we will conduct the second Canberra Royal Life Half Marathon. The tentative date is 17 May.

VETERAN AGE GROUP WINNERS:

M40 Garry Hand ACT 72.22
M45 Peter Kallio ACT 78.24
M50 Ernie Warner ACT 88.53
M55 Peter Tessyman NSW 86.48
M60 Allen Tyson WA 100.41
W35 Annette Perkins ACT 83.01
W40 Norma Lindemann ACT 94.41
W45 Dot Browne VIC 84.06
W50 Anne Young ACT 117.54
6th Petrina Trowbridge VIC 84.29
8th Jo Cullen ACT 85.12
9th Mary Ann Busteed ACT 89.49
10th Rosemary Parker ACT 90.52

AROUND THE GROUNDS IN VICTORIA

WITH PETER COLTHUP

1986 Traralgon Marathon

Peter Shone and Mary Edwards first Veterans

On Sunday 8th June, Traralgon Harriers conducted their very popular annual marathon at Tyers, in East Gippsland. Though the out and back course is normally flat and fast conducive to good times, the race this year took on a whole new dimension when runners experienced a near gale force wind and rain at times over the last 14 kms.

The usual enthusiastic Harriers, who prefer to limit the entries to about 150 and promote a friendly, informal well organised race, certainly lived up to their reputation despite the very trying conditions.

The Traralgon marathon is always a favourite with Veterans, with this years contingent providing nearly half the field and Veterans taking many of the awards.

Results indicating age groups:

Men Overall Placings: 1 John Brennan 2.34.00, 2 Peter Shone 2.37.34, 3 Saul Bakaitis 2.40.26.

Women Overall Placings: 1 Mary Edwards 2.56.06, 2 Colleen Stephens 3.00.23, 3 Claire Bowker 3.17.00.

Age Group Placings (Veterans): M35 Eric Greaves 2.48.34. M40 Peter Shone 2.37.34. M50 Barry Sawyer 2.53.04. M60 Gordon McKeown 3.12.35. Oldest finisher Ken Matchett (64) 3.29.33. W35 Mary Edwards 2.56.06. W40 Claire Bowker 3.17.00. Teams Award 1st Vic. Vets. P. Shone/ E. Greaves/B. Gaudion.

Peter Shone (Aberfeldie Vets.) M40, wins the Traralgon Marathon in 2.37.34 (2nd overall).

VAA 16KM Cross Country Championships

BRIMBANK PARK 14.6.86

D2 Grade

1	Kew Camberwell (3)	641 pts
2	Vic. Veterans	661 pts
3	Ringwood (2)	799 pts
4	Nunawading (2)	913 pts
	5 Other teams competed.	
95th	George Moore	56 m. 49 s.
170th	Eric Greaves	59 m. 40 s.
192nd	Bill Kennedy	60 m. 17 s.
200th	Denis Cain	60 m. 47 s.

E2 Grade

1	Kew Camberwell (4)	913 pts
2	Vic. Veterans (2)	1068 pts
3	Malvern (3)	1161 pts
4	Nunawading (3)	1177 pts
	4 Other teams competed.	
201st	Leo Jones	60 m. 47 s.
250th	Bob Curtis	62 m. 48 s.
274th	Ian Heafield	63 m. 53 s.
284th	Bert Gaudion	64 m. 26 s.
	other Veteran team finishers	
330th	Leigh Cassidy	66 m. 30s.
334th	Sam Hilditch	66 m. 43 s.
372nd	Frank Cantwell	69 m. 47 s.
377th	Theo Orr	70m. 13 s.
413th	Ben Morrey	75 m. 17 s.
426th	Doug Orr	78 m. 42 s.
439th	Kevin Campbell	84 m. 57 s.
	other Veterans — other Clubs	
30th	Eric Sigmont	53 m. 26 s.
42nd	Carl Stevenson	54 m. 40 s.
100th	Neil McLennan	57 m. 13 s.
121st	Peter Hannaford	58 m. 01 s.
132nd	Peter Shone	58 m. 23 s.
176th	Jim Seymon	59 m. 46 s.
191st	Trevor Vincent	60 m. 16 s.
198th	Bruce Peters	60 m. 34 s.
217th	Mike Whiteoak	61 m. 28 s.
227th	Rich Piesse	61 m. 59 s.
234th	Keith Lodge	62 m. 14 s.
240th	Ken Whyte	62 m. 24th
242nd	Gabriel Carmona	62 m. 29 s.
267th	Ken Bunning	63 m. 26 s.
278th	Rob. Woodfull	64 m. 09 s.
280th	Brian Mee	64 m. 18 s.
282nd	Colin Wight	64 m. 23 s.
292nd	Jack Fredrickson	64 m. 41 s.
294th	Fred Smith	64 m. 52 s.
302nd	Peter Edmonds	65 m. 20 s.
309th	Gra. Pinchbeck	65 m. 32 s.
311th	Chris Lawlor	65 m. 35 s.
312th	Peter Jones	65 m. 35 s.
318th	David Pygall	65 m. 48 s.
321st	John Howes	66 m. 02 s.
322nd	Ron Young	66 m. 17 s.
337th	Lyle Fletcher	66 m. 52 s.
341st	Barrie Wicks	67 m. 05 s.
344th	Brian Holcombe	67 m. 16 s.
352nd	Mike Orelli	67 m. 58 s.
353rd	Colin Silcock	67 m. 58 s.
382nd	Mike Cummins	71 m. 08 s.
390th	Ken Liversage	71 m. 56 s.
393rd	Rolet De Castella	72 m. 13 s.
398th	Doug Oliver	72 m. 50 s.
402nd	Ken Hall	73 m. 40 s.
409th	Peter Bartrick	74 m. 28 s.

E2 Grade continued

414th	Terry Vallance	75 m. 46 s.
417th	Don Trembearth	76 m. 08 s.
418th	Peter Buller	76 m. 11 s.
421st	Kevin Esmore	76 m. 44 s.
423rd	Brian Whitecross	76 m. 52 s.
424th	Rod Heron	77 m. 28 s.
440th	Peter Colthup	85 m. 04 s.
442nd	Harold Stevens	93 m. 53 s.

LADIES OPEN 12 KM CROSS COUNTRY CHAMPIONSHIP OF VICTORIA 14.6.86

OPEN

1	Knox Sher	17 pts
2	Vic. Veterans	26 pts
3	Knox Sher (2)	47 pts
	3 other teams competed.	
5	Vic. Veterans	69 pts
	other veterans	
8th	Petrina Trowbridge	46 m. 19 s.
20th	Nanette Gage	51 m. 25 s.
30th	Judy Peters	56 m. 27 s.
31st	Chris Liversage	56 m. 54 s.
38th	Kath Donohoe	57 m. 07 s.
5th	Iris Cook	45 m. 00 s.
7th	Dot Browne	46 m. 01 s.
14th	Anne Holcombe	48 m. 38 s.
19th	Jan Morrey	51 m. 13 s.
22nd	Jean Albury	51 m. 49 s.
28th	Jo McGarity	55 m. 16 s.
	C.C.C'ship points after 3 events	
	Knox Sher	27 points
	Vic. Veterans	21 points
	Knox Sher (2)	18 points
	Malvern	15 points
	Doncaster	18 points
	Vic. Veterans (2)	8 points

MENS C.C.C'SHIPS POINTS AFTER 3 EVENTS — ROAD C'SHIP POINTS, 1 EVENT

	D2	
1st	Kew Camb.	26 pts
2nd	Vic. Vets.	25 pts
3rd	Nunawading	19 pts
4th	Ringwood	15 pts
	E2	
1st	Kew Camb.	26 pts
2nd	Nunawading	23 pts
3rd	Vic. Vets.	18 pts
4th	Malvern	17 pts
1st	Ballarat	10 pts
2nd	Kew Camb.	8 pts
3rd	Ringwood	7 pts
4th	Vic. Vets.	6 pts

10K Vic Vets Cross Country Champs.

PROPOSED WORLD GAMES COURSE TESTED

BY COLIN BROWNE

• Jean Albury, winner of the W55 Division in 42.32 at the 10K Victorian Cross Country Championships at Royal Park.

The Victorian Vets. Cross Country championships this year not only decided the best in each age-group over 10k of cross country, they also served as a rehearsal for the World Games Cross Country events. Murray Dickinson had prepared an excellent course, a change from Yarra Bend, and we all went along to evaluate it.

It has many great features, including being situated near to the Melbourne University where many of our overseas athletes will be staying, close proximity to the city, the course itself is located in a very large park, well grassed and very Australian in the sense of having wide acres of open space and plenty of gum trees. We'll be able to crack **the old gag — "Hey, those two blokes didn't come back."** "What two blokes?" "Burke and Wills," As we run past the statue of the two explorers.

Any U.S. Masters in the field who were garrisoned in Melbourne during the last war (they would be M65's probably) may remember Royal Park. It was called Camp Pell. There was a fellow named Leonski got in the news a bit at that time . . . .

Within earshot of the elephants trumpeting in the Royal Park Zoo, high enough to see the ever-growing skyline of the city of Melbourne, and adjacent to The Royal Melbourne Children's Hospital. It's a great place for people to walk dogs, fly kites, kick a football or just enjoy a walk. Well, we ran on it and had our first taste of the proposed world games cross country course, and certainly enjoyed it!

It was clear, sunny and cold, if you can work that out. Most of us who ran were trying to translate Melbourne's July with its soggy grass and muddy patches, biting winds and ice blue skies, into Melbourne's December with hot northerlies, hard ground and bright sun. It will be a fast but deceptive course and no doubt tactics will play a great part. It will be necessary to work harder up the inclines than your opponents, stride out further and faster down the stretches and of course, cope with the man-made obstacles that Murray Dickinson has planned for next year. I notice that he has ordered lots of haybales in his budget for the World Games. And Ray Callaghan mentioned sand traps (who's for golf), hoed and watered sections, and who knows what other hazards those two have in store for us.

I can't really comment on the outstanding, performances of the winners, as the only time I saw them was when they were receiving their medals. At the presentation! However, for the record, the Age Group Placings were:-

M35

1 Lew Harvey	34.50
2 Eric Greaves	35.09
3 Peter Bence	36.22
4 Keith Alexander	37.39
5 Allan Foley	37.41
6 John Monk	39.29
7 Ian U'ren	41.16
8 Barry Callanan	44.35

M40

1 George Moore	34.35
2 Geoff Molloy	34.57
3 Laurie Brimacombe	35.21
4 Gabriel Carmona	36.14
5 Jim Ingham	36.36
6 Graeme Hewitt	36.39
7 Rob Williams	37.16
8 Dennis Cain	37.45
9 Eddie McNab	38.32
10. Rob Woodfull	38.38
11 Bob Curtis	38.54
12 Michael Orelli	39.16
13 Eric Fairbank	39.31
14 Tony Doyle	41.04
15 Tony Gutman	41.41
16 Rob Waters	41.43
17 Tim Dent	41.57
18 Denis Kearney	42.50
19 Robert Blood	43.39
20 Colin Gibbons	45.55

M45

1 Peter Hannaford	35.10
2 Barrie Wicks	38.59
3 Jim Gook	40.07
4 Ray Harbert	40.28
5 Cec McKeown	42.33
6 Peter Nelson	43.00
7 Ralph Smith	43.35
8 Tony Bradford	44.34
9 George Corr	44.37
10 Graeme Murfett	45.18

M50

1 Mike McAvoy	36.56
2 Ken Fraser	38.11
3 John Smith	39.39
4 John Irvine	40.03
5 Colin Silcock	40.55
6 Frank Cantwell	41.32
7 Rex Young	42.13
8 Colin Browne	44.55
9 Gary Wert	45.19
10 Jack Carroll	46.19
11 Kevin Campbell	48.18

M55

1 Keith Lodge	37.21
2 Bruce Michaelson	38.46
3 Denis Fitzpatrick	40.05
4 Frank Tutchener	41.02
5 Gerry Riley	41.52
6 Merv Woodgate	43.29
7 John Kerr	44.19
8 Tom Albury	53.58

M60

1 Theo Orr	39.52
2 Rolet De Castella	43.46
3 Ken Matchett	45.40
4 Don Warden	45.45
5 Vic Harley	46.35
6 Ray Walker	50.31
7 Bob Moss	52.43
8 David Armfield	53.51
9 Tom Lynch	55.42

M65

1 Ted McDonald	43.41
2 Peter Colthup	47.51
3 Dick Kirkman	49.41

M70

1 Eddie Gamble	51.08
2 Jack Bennett	52.02

M75

1 John Brown	58.03
2 Harry Preston	59.14

W30

1 Gai Monahan	59.14

W35

1 Mable Mitchell	41.03
2 Jan Brimacombe	42.59
3 Helen Steadman	47.12
4 Coral Monk	47.52
5 Christine Griffith	47.54

W40

1 Theresa Baird	40.14
2 Thelma Callanan	45.49
3 Vicki Thompson	48.07
4 Margaret Fairbank	48.41
5 Marlene Dickinson	59.14
5 Heather Johnstone	59.14

W45

1 Dot Browne	40.06
2 Jan Morrey	42.10
3 Judy Wines	47.01
4 Heather Murfett	49.52
5 Anne Callaghan	52.43
6 Peg Smith	59.14

W50

1 Eileen Dibbs	55.36

W55

1 Jean Albury	42.32

W60

1 Betty Newman	53.49

1986 Winter Programme

Sunday, August 10th: VAA, 25km. Road Championship — Albert Park.

Sunday, August 10th: PRR, 30km. and 10km. Devil Bend --- Chase Carnival. (Now August 24).

Saturday, August 16th: VAA Cross Country Relays - Westerfields Park.

Sunday, August 17th: Royal Life ½ Mara --- Altona ½ Mara ---

Saturday, September 6th: AAU — Cross Country Championship — ACT.

Sunday, September 7th: VMC Puma, 32.2km. --- Sun Super Run.

Sunday, September 14th: Forest Hills, ½ Mara --- 100km. Coburg. **** Veterans' Marathon.

Saturday, September 20th: VMC King of the Mtns., 30km.

Sunday, September 21st: 3MP Addidas, 20 miles.

Sunday, September 28th: ***** Veterans Club, 10 miles ***** Princes Park.

Sunday, October 12th: Budget Marathon, Frankston.

Sunday, October 26th: ***** Veterans Club, 25km. Geelong ***** Landyfield.

Sunday, November 2nd: ***** Veterans, 100km. Bush-Ranges Relay Classic ***** Ferntree Gully.

Sunday, November 16th: South Melbourne Marathon.

Sunday, December 7th: ***** Veterans World Games Trial Meeting ***** Olympic Park.

***** The Veteran World Games, November 28th to December 6th, 1987 *****

***** Track and Field — Cross Country — Marathon — Pentathlon *****

**** The 3rd Oceania Veterans Games, September 5-9, Western Samoa. Track and Field — Cross Country — Pentathlon — Triathlon.

With the forthcoming World Games next year in Melbourne, it seems appropriate to focus attention on the often regarded menial task of Time Keeping.

Few individuals have the necessary expertise to perform this function with the high degree of accuracy required. It is therefore of paramount importance that this area be thoroughly examined to ensure our performance matches that of the highest competition in Veteran Athletics.

The following article was recently received from popular Queensland veteran sprinter Col Wheeler.

IT'S ALL IN THE TIMING

The manual timing of Veterans' track races is usually in the hands of volunteers. In one sense this is good. Such "helping out" leads to a deal of camaraderie.

With the best will in the world, however, those who co-operatively take up a stopwatch to assist often perform imperfectly. I have never met one who claimed to know all about it. Nor have I ever seen an authoritative article in a reputable book or journal on the subject.

This latter condition is extraordinary. Timing is at the very heart of track competition. Competitive runners join veterans' athletic clubs so that they can monitor their performance. It can be done only through careful timekeeping. Where then can a conscientious occasional timekeeper turn to for advice?

To find an answer, I recently spent time in a large library going through comprehensive listings of articles written over a considerable number of years in the best journals from around the world. It was surprising to locate only one that had been dedicated to stopwatch officiating. The particular journal, of course, is not available in Australia.

I was pleased to get assistance, however, from Ken Southgate who is the Head of the Department of Physical Education at the Kelvin Grove Campus of the Brisbane College of Advanced Education. He willingly provided me with a copy of a paper written by his wife, Helen, for use with physical education students. Her *Timing — Art or Science* had been adapted from *Timing in the World of Sports* which is available from the Feldmar Watch Company in California.

My following summary remarks are derived substantially from Helen's document.

CONTROL

Like all skills, timing will improve with practice and with a measure of dedication. One day you may find yourself responsible for clocking a possible world record. For the Veterans' movement to remain respectable, your performance should be as good as you can make it.

Get to know the stopwatch you are going to use in advance of the event. They all have their idiosyncrasies.

Try to synchronise your timepiece with that of your fellow timekeepers prior to the event also. Even in this age of the computer oriented watch, you could reveal a fading battery or some irregular habits of your own that need modifying.

Use two hands, or at the least ensure that the stopwatch is as firm as humanly possible when you are about to operate it. In the days of the wind-up watch, good advice was to apply pressure with your right thumb at "seven o'clock" while you operated the crown with the joint of your right index finger. The index finger has a faster reaction time than any other. You will lose any advantage, however, if you use the fleshy pad of the finger, rather than the bone at the first joint. Studies have shown that excellent timers can reduce reaction time to less than three hundredths of a second by that method of operation. Now with the flush fitting type button usually associated with a digital watch or with pushers on wrist watches, some adjustment is necessary. I'm afraid it's probably impossible to avoid using the fleshy part of the finger. There is no excuse, however for insisting upon using the thumb to operate the button.

Maintain control of the stopwatch throughout the race. If you must have to change position, lay the timer on a flat surface within your sight or place it with care in your pocket.

Familiarise yourself with any procedures to be used in the timing of an event. There may be forms that you are required to complete. There should always be a chief timekeeper and that person's word is "law", to be overruled only by the referee.

This one may be difficult. Talk about your timing only to fellow officials. Politely resist the ravings of excited breathless veterans their near relatives and any others who exort you to discuss the details.

Never zero your watch until told to do so by the chief timekeeper.

STARTING

You should be assigned a seat for an event. If not, then take up a station from which to operate in line with the finish with an uninterrupted view. You also **must** be able to see the starter clearly.

There has to be some warning that the starter is about to call up the runners. Hold your stopwatch as described and focus your attention on the signalling device — usually the raising of the pistol above the head. Do not watch the contestants. I must confess, however, that in Vets races where background colouring can be less than helpful, I have often stolen a glance to see the runners come up to the set position before getting my eyes back instantly to the starter's gun.

Start your watch at the flash of the gun's discharge, not at the sound of its report. Since sound travels at about 335 metres per second, and because on most athletic tracks, it is about 100 metres from the start of the 200 to the finish, it is easily deduced that the sound will generally take about three-tenths of a second to reach your eardrum for interpretation by your brain, to be followed by squeezing of the stopwatch. When the breeze is blowing away from you, it will take even longer. Consequently, there are probably quite a few satisfied souls who have been flattered with times at QEII and St. Lucia beyond their greatest hopes.

Some worrywarts might draw comfort from using field glasses in making their start as accurate as possible. There are minuses as well as pluses here because the stopwatch would then have to be held in one hand only.

Immediately after the start, check to see that your watch is running. If not, immediately call for the extra timer to continue with your duty. If you miss the start, or quite obviously, you clicked it too late, own up, and the extra timer, who hopefully had been appointed for just such a problem, can substitute.

FINISHING

The demanding part is to determine the exact moment of the finish. If you are lucky, there will be judges to back you up. Most times at Vets meetings you will be unlucky. Timing is a lonely business. Simply concentrate on what you have been asked to do. Generally, you will be required to time a specific place in the finish, i.e. first, second, fifth etc..

Concentrate on the finish line, not on the competitors. If you see too much of the finish you will have not done your job well.

Do not anticipate the finish. As much as half a second can be credited to runners by timekeepers who fancy themselves at this sort of thing. Mercifully, they are a rare breed.

REPORTING

Because the stopwatch may measure in say, hundredths of a second, it does not follow that you can time a race to that degree of accuracy. In fact, to believe you can is quite absurd. The most experienced of officials, with such a timepiece, could feel reasonably confident about rounding off to the nearest tenth of a second. I understand there are rules about this now. No matter what the hundredths digit reads, you must round up to the nearest tenth, i.e., 12.13 should be formally recorded as 12.2 not 12.1 and definitely not 12.13.

Despite the previous sentence, report the complete time orally to the recorder. Let him or her do the rounding upwards — much later if need be. It will help to minimise errors.

When you have reported, ask the recorder to read the time back to you in full.

Stand firm about the time that you have clicked if you know you are "right". Don't be swayed by strong personalities. We have all met them.

If procedures hopefully have been laid down and you have done your conscientious best, further worries cannot be justified. On a good day, three or perhaps more times will be taken on the one competitor. All may be different. The governing rules will be able to sort out what the official time must be.

We have all been involved with the circumstance where common sense has had to prevail in allocating a time. Simply do what the chief timekeeper requires you to do and don't discuss it with others later.

Having brazenly given out this splendid advice, I must confess that I do not fancy myself at all at timekeeping. It is an art and as indicated in the introduction, must be practiced if a degree of competence is to be attained. I like to practice timing events other than athletic ones just "for the hell of it" and to build up confidence. If you have a training partner or if you indulge in coaching others, even in another sport, then plenty of opportunities will present themselves. Try taking your pulse while resting, before and after meals or at the end of a training session. It all contributes to proficiency.

Time for your turn. Press on confidently.

— COL WHEELER

The Marathon - an 'unnatural distance?'

One of the fastest growing fitness pastimes of the 80's is running the marathon — 42 kilometres or 26 miles 385 yards.

In the U.S.A., a marathon 'junkie' can now run at least one marathon a week, somewhere in the country. Even in Australia, it's becoming possible to keep fit, just by competing in marathons.

The N.S.W. Road Runners' Association, for example, has listed 22 marathons or half marathons to be contested over 12 months in the State of N.S.W. alone.

But why the marathon? Is the distance something special? Or is it just leading to excessive stress injury in weekend athletes not suited to that distance?

THE LEGACY OF PHEIDIPPIDES

At least one Australian scientist thinks we may have become over-obsessed with the marathon.

Speaking at the Australian Sports Medicine Federation's Annual Conference in Canberra, Dr. John Brotherhood, from Sydney's Commonwealth Institute of Health, pointed out that there's no biological basis for the marathon distance.

Initially, the distance was supposed to represent that run by the Greek warrior Pheidippides from Marathon to Athens to tell of a battle victory against the Spartans. But although Pheidippides exact route isn't known, it's generally agreed that the distance he would have run was around 38km (24 miles).

Historians even say that Pheidippides may never have even existed. There is no record of him in any of the writings of the scribes of the times.

The current official marathon distance was set at the 1908 Olympics in London, just so the finish could be in front of the Royal Box.

And that's Dr. Brotherhood's point: Had we the physiological knowledge then that we have now, he says, that distance for a marathon would probably never have been set. It has no basis in terms of energy metabolism or any other physiological function. The distance is beyond the normal energy reserves of the human body and water reserves for sweating.

According to Dr. Brotherhood, a distance of around 20 miles, when glycogen stores in the average runner would be expected to be reaching depletion, may be a more appropriate marathon distance.

Dr. Brotherhood is himself a long distance runner (5 marathons and 3 ultras), as well as a medical researcher into the benefits of endurance exercise. So he's keen to point out that his aim in bringing this to the public attention was not to discourage long distance running, but to assure the average jogger that a marathon is not necessarily the ultimate proof of fitness.

All the fitness benefits without the dangers, says Brotherhood, can be obtained from running 20 - 30 miles a week. But to have reasonable fitness to run a marathon, a distance of 50 miles a week is about the minimum.

If runners have run for some time (2 - 3 years), and they feel they would like to run the marathon distance, Dr. Brotherhood feels this can be approached slowly. The big problem, he says, is with beginners who try to get to that distance too quickly.

In feeling pressured to train for the full marathon, Dr. Brotherhood feels many otherwise healthy people could be exposing themselves to over-use injuries such as tendonitis, stress fractures, joint strains and chronic muscle injury. A lesser race distance may have the desired fitness effect, without the associated problems.

For reference: Brotherhood, J. (1983) **Marathon Running: Physiology or Pathology?** Australian Sports Medicine Federation Annual Conference Canberra, July.

(From Frank McGuire)

Unemployment? Not in the Veterans!

By Doug McConchie

Despite the figures relating to unemployment as issued by the authorities, the level of employment and job opportunities within the Veteran movement has never been higher. In fact every veteran, both men and women, have a full time job with no limit on the hours worked.

The task we all have is to make the Veteran movement more widely known and promote the membership within your State and local district, with the forthcoming V11th World Games prominent in your approach to individuals and groups with whom you come in contact. It is true that you may need to act like the missionaries of old and go forth taking your message so much further and making the most of every opportunity to get that message through to others.

When talking about your Veteran activities and portraying the enjoyment and benefits you yourself experience, your obvious enthusiasm is the factor which will impress. Enthusiasm is infectious, so use it to good effect.

Local or district newspapers are a wonderful outlet for publicity and promotion. Any item concerning a local Veteran identity or results of events where Veterans participate are examples which can be made into eye catching news items, indicating amongst other things the wide range of club membership and that the 1987 World Games will provide the opportunity for Veteran Club members to compete at an international athletic meeting.

If there is one essential prerequisite necessary in your endeavour it is sheer persistence. Newspapers, and some people for that matter, do not always respond in a manner that we may wish. Submissions to newspapers do not always appear in the next edition. However, that is when patience and persistence should prevail and like Bruce and the spider it is try again — and again.

Publicity at Fun Runs and major events is always possible by wearing your club singlet or assembling at a point before the event to ensure other participants are aware that you are Veterans. Publicity before an event is possibly preferred, after all at the end of a marathon, for example, a competitor's mind is on recovery with little concern for very much else!

In all probability most of what has been suggested here is probably already happening in the many centres where Veterans gather, but what is really needed is that extra effort by all to spread the word that Veteran Athletics, with the forthcoming World Games as the added incentive, provide a physical and social environment which has few if any equals.

So go to it! Step up your P.R. work and set yourself a goal to aim for on behalf of all Australian Veterans. As for the rates of pay, the current policy on wage restraint must apply so it is a case of high job satisfaction being an ample reward for a job well done.

Some thoughts on race preparation

BY GRAEME ENNIS

When I graduated to Veteran Athletics after more years of inter-club competition than I care to remember my observations were of three things in particular: Their amazing enthusiasm, the number of different events they enter — often one straight after another! — and their lack of pre-race preparation. This article is about the latter, pre-race preparation. Executed properly, this will minimize the risk of injury and maximize your chance of optimum performance.

It is necessary at this point to distinguish between the jogger, who enters a race as an enjoyable means of getting extra exercise, and wisely does not extend him/herself, and the serious athlete. Most veterans seem to be one extreme or the other, don't they? A full preparation is mainly for the latter group, but anyone entering a sprint race, a jumping event, or a race walk, needs to prepare moderately well to avoid injury.

One should not eat for at least three hours before a race, and even then your last meal should not be a heavy one. This creates a problem when events are held between 7pm and 9pm. Unless you can stomach tea in the middle of the afternoon, (sorry about that) the best solution is to miss tea altogether or eat later after the race.

A warm up is the most important part of your pre-race preparation unless, of course, you are really serious and opt for psychological preparation as well. A proper warm up will promote flexibility, relaxation, and get you to the start feeling warm. This should take 15 to 30 minutes.

It is perhaps worth digressing to explain what "relaxation" really means. It is a word everyone hears, but few understand. Muscles are so constructed that they can only pull, they cannot push. This means that even a simple joint such as the elbow needs two sets of muscles: one to bend the joint (in this case done by the biceps at the front of the upper arm), and another to straighten it (the triceps at the back of the upper arm). A moment's thought will show that while either set of muscles is working, the other set must be relaxed. Otherwise the working muscle will have to overcome its opposite muscle before it can move. Extra effort is therefore required for the same result and a consequent jerky movement prevails. This is why relaxation is so important.

Flexibility is not vital for middle and long distance runners. Dr. Roger Bannister, the first four minute miler, boasted that he could not touch his toes. But it is vital in sprints, jumps and race walks. In my opinion it is poor style, due to lack of flexibility, which hampers veterans more than any other factor in these events.

Start your warm up with show, relaxed jogging. Five to twenty minutes is needed depending on the weather and the length of your event. The shorter the time your event takes, the more explosive it is and the more you need to warm up. Following the slow jog, spend five to ten minutes doing stretching exercises. There is no time in a general article like this to list specific exercises, but try to cover all major joints: neck (hands up those who can still reverse a car by turning the head to look through the rear window), shoulders, back, hips, knees, etc. etc. Be careful to stretch slowly and progressively. Stop at the point where pain begins. Never bounce an exercise to get extra movement. In particular be very careful about neck exercises, touching your toes — do it sitting down not standing — and if you do sit ups make sure your knees are bent. The last exercise mentioned is a strength exercise. Strength exercises will tend to tire you, but are beneficial in the long run. A good compromise is to do strength exercises before minor races, but not before major events.

If you are not used to flexibility exercises then set low standards for yourself at first. It can take months to see any improvement, but at least you are maintaining what flexibility you still have in the meantime.

Finish your warm up with some sprints. At first try them at half speed, and finish with one or two at full stretch. Always try to time your warm up so that you have five minutes rest before the event starts.

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