"THE VETERAN ATHLETE"

A NATIONAL PUBLICATION DEVOTED EXCLUSIVELY TO VETERAN ATHLETES

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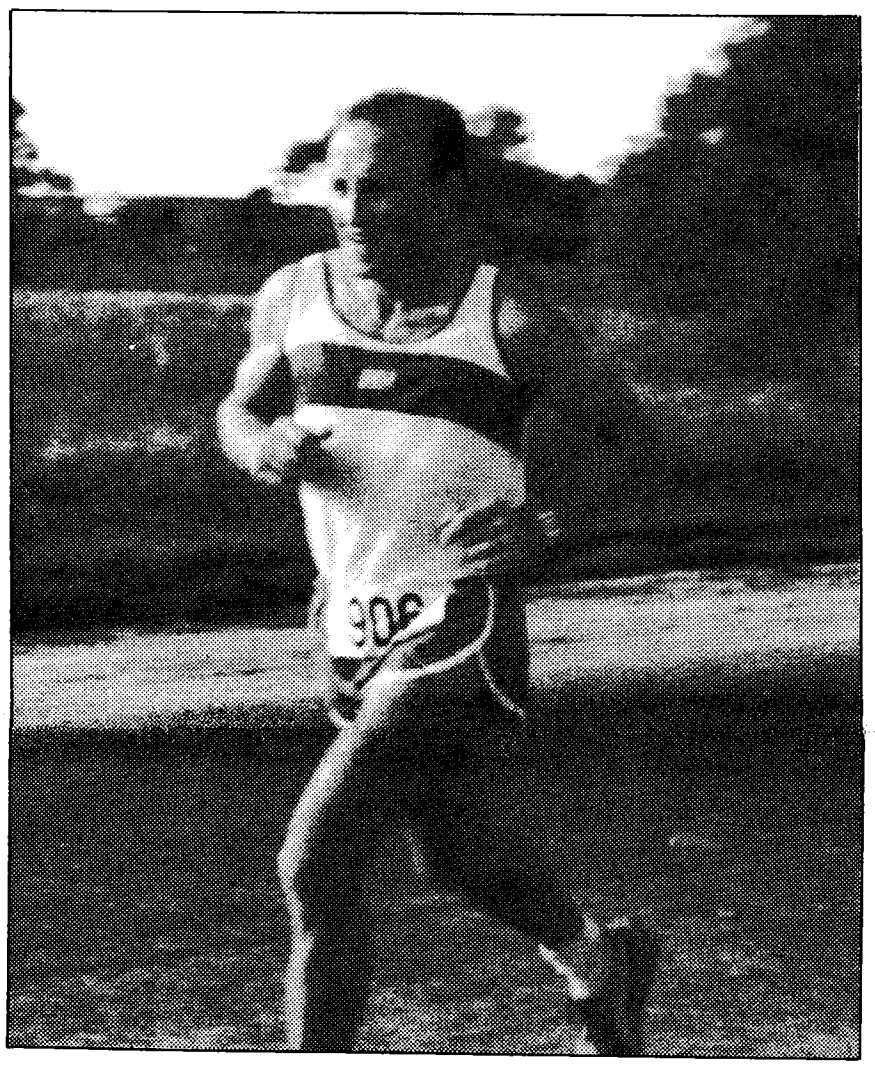
1986 South Melbourne Marathon

HARRISON AND EDWARDS AGAIN TOP VETERANS



Croydon veteran Bruce Peters, M45, finishes the 1986 South Melbourne Marathon in 2.39.42 and second veteran.

Jack Bennett, 71, looks well pleased with his 3.44.07 in the recent 1986 South Melbourne Marathon.

Terry Harrison, M40 and petite Mary Edwards, W35, yet again took the major Vets honours in the 1986 Mita Copiers South Melbourne Marathon, held on Sunday, 16 November.

Victoria's second largest Marathon once again proved very popular, attracting competitors from interstate and overseas, adding to the large contingent of Veterans who seem to patronise this event more and more each year.

This year's race, conducted by the ever efficient South Melbourne Athletic Club, was held on the flat, fast, picturesque course encompassing the beautiful Albert Park Lake.

The organisers attend to every minute detail to ensure all competitors' needs are catered for, from the first class certified course, early 6.30am start to avoid the heat, excellent running surface, drink stations and time calls every 5 kms, etc.

Virtually nothing is left to chance.

Even the weather was perfect, with cool temperatures and no wind of any significance. Suffice to say many performances were nothing short of spectacular to say the least!

Of the 175 finishers at least two thirds achieved personal bests! which surely must be an all time record for an Australian Marathon?

Overall winner this year was Kew-Camberwell athlete Bernie Kelly in the excellent time of 2.23.25, and similarly in the female division, a brilliant exhibition by pre-vet Linda Thompson, 32, from Traralgon Harriers, to record 2.49.43, just seven days after winning the Albany marathon in 2.49.30, in Western Australia! Some back to back performance from the girl who also won this event in 1983, in 2.49.40. What consistency, and from someone fast approaching Veteran Status.

First Veteran over the line was the ever consistent Terry Harrison, 40, who capped off a great season in 2.38.29, 6th overall and winner of his age-group. Terry recently captured both the 25k and 10 mile State titles in fine style.

Mary Edwards, W35, from Frankston, earlier winner this year of the Traralgon Marathon, took out the first Veteran female award from Claire Bowker W45, and Noella Young, W35, with Claire winning her age division in the excellent time of 3.11.34.

There were endless notable performances from Veterans, like the oldest competitor, popular Victorian Jack Bennett, 71, who seemed "absolutely delighted" with his 3.44.07. A marvellous run by K. Marden, 45, whose 3.58.47 was an improvement of, would you believe, an hour! on his last Marathon, and a superb effort by the diminuitive Croydon Vet, Bruce Peters, M45, whose gutsy performance left him a mere 73 seconds behind Harrison as a worthy runner-up.

The tremendous support given to this event was evident by the fact 73% of the entire field were over 35 years of age, which must be of great concern to organisers in view of next year's impending clash with the V11 World Veterans Games marathon.

A final note of appreciation must go to co-sponsor, Doug Wade's Lifestyle Lakeside Gym, whose facilities were made available to all participants to relax their exhausted bodies with a sauna and swim. Also once again to the South Melbourne Athletic Club for a truly great event.

Refer page 17 for results.

— **Dot Browne.**

W.A. STATE CROSS COUNTRY CHAMPS.

Rob Harding and Marg Forden take major honours in tough going at Kings Park

BY BOB SAMMELLS

Conditions in this year's Western Australian Cross Country Championships were to say the least, extremely arduous.

On the undulating, quite demanding 9.8km course, around Perth's Kings Park, in cold, wet and blustering conditions, the going presented a tough challenge for all but the fittest.

And challenge it became as it was evident from the onset this was going to be no contest for the faint at heart, by the blistering pace set by the leading group of Derek Hoye, Hugh Kirkman, Bob Harding, Ted Maslen and Bert Carse.

The first few kilometres was a fascinating battle for supremacy, as the lead repeatedly changed from one to the other, until drama struck when Hoye, who was taking the initiative at the time, inexplicably took a wrong turn.

The pattern of the race suddenly took on a new dimension, as first Kirkman applied the pressure, unsuccessfully followed by Carse, who did finaly break away from his rivals with the exception of Harding, who stuck gamely to the task and was looking the stronger as the race neared its climax.

With less than a kilometre from the finish Harding made his decisive move and was just able to hold off another gutsy challenge from Carse to win by two seconds. Hoye came in a gallant third forty seconds further back.

In the female division Margery Forden was in a class by herself, finishing three minutes clear of Joan Pellier, who is gradually returning to fitness. Nan Harding, Bob's wife, was the third to finish, and winner of W35. There was a tussle for the W40 title with Phyllis Farrell and Alison Aldrich racing together much of the way until Farrell's greater strength prevailed.

The oldest runners on the day were Phyllis Head and Cliff Bould, who both ran remarkable times despite the lack of competition in their age groups. Our congratulations go to them and to the other State Champions for 1986.

Refer to page 9.

World record attempt by John Gilmour

— during Second Test Match in Perth

West Australians gearing up for the greatest sporting era in their history over the next few months, culminating with the staging of the multi million dollar America Cup defence, have another treat in store for them on the second day of the England v. Australia test match in Perth, on Saturday, 29 November.

In a special feature race organised by the W.A. Veterans' Association and WACA marketing manager Don Marsden, the expected crowd of 30,000 will have the memorable opportunity of witnessing one of the World's greatest Veteran athletes, the legendary John Gilmour, 67, from Leeming, attempt to break four world records during the lunch recess.

Gilmour, who currently holds forty world age records, will compete against the clock over eight laps of the 400 metre track, spurred on by thousands of hometown supporters. If he is successful and can break 10 minutes for the two miles (3200 metres), he will smash all four records, including the 3000 metres, in the 65-69 and single age (67 years) groups.

Gilmour, aware of the great publicity the occasion will have on the V11 World Games in Melbourne next year, has been training hard for this event and is confident he can break the records.

The brilliant John Gilmour, 67, strides effortlessly to another World Record, in the 5000 metres, at last year's World Games in Rome.

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EDITORIAL

Dedicated to all existing and potential Veteran Athletes in Australia.

Today, December 1st, 1986, marks a small but important milestone in the short history of the "Veteran Athlete". Not only is it our seventh and final issue for the year, but our Christmas edition, and the end of our first six months of production.

As I look back now and reflect on the initial idea, the tentative first steps, each decision taken with the utmost caution and wondering more than once, whether the cynics were right, that it just wouldn't succeed for this or that reason, I am glad we took the gamble and listened to the majority who pledged to support us.

Penny and I would like to take this opportunity of expressing our most sincere thanks to so many of you out there in "Vetland", especially our wonderful advertisers who have made this whole thing possible, International Sporting Tours, for the tremendous support and encouragement given to us by the last Case Muskens, before his untimely death and likewise the never to be forgotten Wal Shepherd. Adidas, for their faith in us and total commitment; Air New Zealand, Roach, Tilley & Grice, Puma and Neil Ryan of Runners World. Last but by no means least, the World Organising Body Inc., spearheaded by the effervescent Peg Smith, who provide the stimulus of worldwide interest, as the exciting prospect of the V11 World Games in Melbourne grows ever closer.

Naturally our grateful thanks goes to all our faithful subscribers, old and new. The numbers still continue to increase slowly as the word spreads. To our generous contributors, financially and editorially, we really do appreciate your valuable support. Lastly to our "mate", the unflappable Ian Thomas, Managing Editor of the Pakenham Gazette and his delightful staff who perform minor miracles each month to ensure the deadline is achieved, sometimes against all the odds, and they haven't failed us yet. We thank them all for a great team effort.

As we approach 1987, the greatest year in our short history, we hope, with your support to continue to bring you, the veteran athlete, all the exciting news and stories as it happens in the lead up to the V11 World Games. Our widespread recruiting campaigns are beginning to take effect in most states and numbers are growing rapidly. Great promotional foresight such as John Gilmour's World record attempt, in front of possibly 30,000 hometown fans at the WACA, during the 2nd Test Match in Perth (see front page) can only boost the Veteran image and provide much needed publicity. We need many more of these feature events to gain media attention.

Also on the subject of feature events you will notice an entry form on Page 17 for the 1987 Gold Coast Veterans T. & F. Championships. Meet director, Daphne Pirie, extends a warm welcome to all Vets to join them on their Australia Day Carnival week-end.

May we take this opportunity of wishing all our readers a very Happy Xmas, and as we are sure it will be, a successful new year for all veteran athletes. It will be a memorable year for us all.

Till the next issue, stay fit, healthy and happy.

— Mike Hall.

Please Note: Due to annual Xmas close down our next issue will be published at the end of January.

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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), Col Wheeler (Q).

Advertising: Mike Hall (059) 428 344.

Photographers: Peter Griffin, John Punshon. Coluna Photographics.

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

Patron: DON CHIPP
President: HARRY STANLEY (NSW)
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STATE ASS. SECRETARIES

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

QVAC: Stan Perkins, P.O. Box 196, Acacia Ridge 4110. Telephone (07) 2771126.

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
Surrey England

DELEGATE OF: NORTH AMERICA OPEN

SOUTH AMERICA
Juan H. Kulzer
Estrada 3429
Olivos (1636)
BUENOS AIRES
Republica Argentina

ASIA:
Milkha Singh
House No. 23
Sector 7-A
CHANDIGARH India

EUROPE:
Cesare Beccalli
IMITT
Via Martinetti 7
20147 MILANO Italy

OCEANIA:
Clem Green
46 Hargreaves Street
WELLINGTON 2
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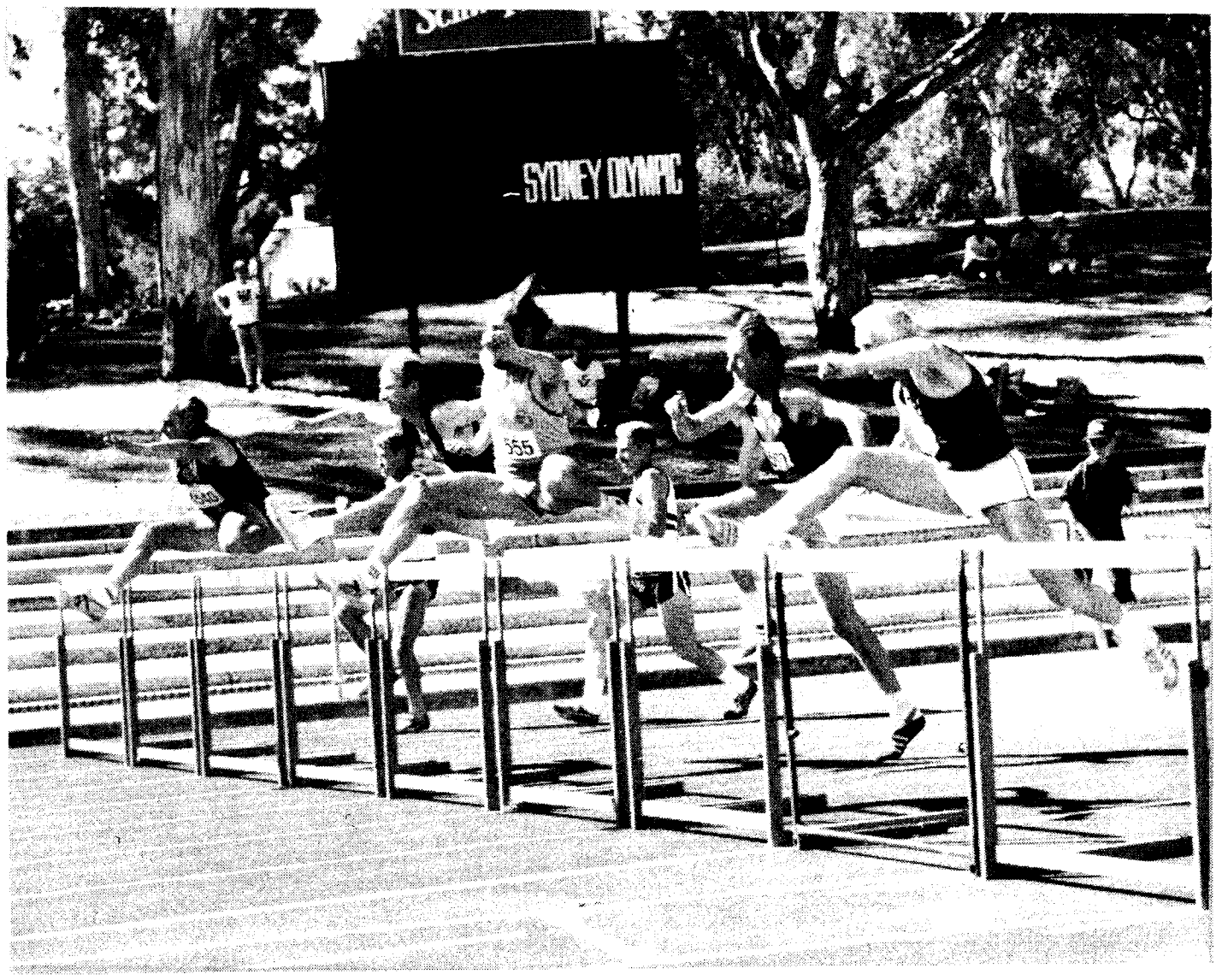
AFRICA:
Contact President



High flying Mike Stevenson (Tas) M45, (in the centre) about to snatch the lead in a fiercely contested 400 metre hurdles at the National Championships earlier this year.

'87 WORLD GAMES UPDATE

BY PEG SMITH

VII World Games plans under review at Olympic Park

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WORLD ASSOCIATION OF VETERAN ATHLETES (WAVA)

Arrangements have been made for flights and accommodation of the visiting delegates from the executive of WAVA who are on a site inspection.

President: Don Farquharson (Canada). Exec. V. Pres: Bob Fine (USA). V.Pres: Jacques Serruys (Belgium). V.P. (T&F): Hans Axmann (Germany). Secretary: Owen Flaherty (Spain). Treasurer: Alistair Lynn (Canada). Womens' Rep: Bridget Cushen (UK).

Nth. Amer. Rep: David Pain. Oceania Rep: Clem Green.

They will be arriving from 30th November until 8th December and will be observing and participating in the Promo Meet.

A.A.V.A.C.

Delegates from each state will be represented plus the President of the A.A.V.A.C. Harry Stanley (NSW).

The VII World Veteran Games Organising Body will conduct a Promotional Athletic Meeting at Olympic Park on 7 December, 1986 to be attended by representatives of the World Controlling Body (WAVA) who will review preparations to hold the VII World Veteran Games in Melbourne from 28 November to 6 December 1987.

The visitors will inspect the venues to be used and the facilities to be provided for the expected 5,000 Veteran Athletes before reporting back to the World Body on their findings.

The programme, which will start at 11.00am, represents a typical day's programme for the forthcoming Games.

The use of facilities at Melbourne University as track No. 2 for the Games became necessary when the State Government decided not to proceed with the full development of the second track at Olympic Park. The separation of the venues did bring some organisational problems with the need to prepare a revised competition programme and increase the overall number of officials now required while additional costs would be incurred in upgrading the viewing and other facilities at the University to meet the requirements of the World Body.

These problems have been resolved by the development of competition programmes adapted by the separated venues and assistance from the Department of Sport and Recreation to ensure that the work of upgrading the facilities will be carried out.

Meanwhile the now planned second track at Olympic Park will provide an excellent warm up area with the opportunity to conduct some competition events if the need arises.

As many of the overseas athletes will be accommodated at the university, the availability of that venue could be to the advantage of those visitors in residence there.

In addition to the grants from the Federal and State Governments, sponsorships from Qantas, Australian Airlines and Nike have assisted in meeting early financial commitments while the Marathon, Cross Country and Road Walks are being organised with the full support of the Melbourne City Council and Bayside Councils.

The Marathon, which will start and finish at Olympic Park, will be an out and back course through South Melbourne to Elwood and return, while the 10km Cross Country event will be held at Royal Park. This course was used for the recent Victorian Veterans Cross Country Championships and was highly commended for its layout.

Road walks will be on a 4.5km circuit in the Domain area, with the open area adjacent to Olympic Park meeting the needs of those field events which cannot be provided for in Olympic Park itself. In these particular events the co-operation of the Councils contribute to the proper conduct of the events themselves and the overall success of the Games.

The Executive Director, Peg Smith, and the Competition Director Ray Callaghan had the opportunity to confirm the requirements for a successful Championship Meeting when in August they attended the V European Veteran Games at Malmo in Sweden. On their return there was expressed satisfaction that the basic work has been done, together with the planned operations, will meet the high standards required by the WAVA Representatives in December.

The satisfaction of winning a medal at the National Titles, is reflected on the faces of placegetters in the W35 5000 metres. L. to R: Iris Cook (Vic), Desiree Letherby (SA), and Joe Cullen (ACT). — Photo Peter Griffin.

Work begins on $1.4m upgrading of Olympic Park Complex

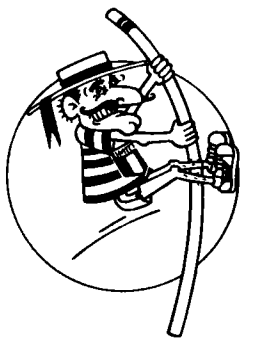
NIKE

Work is already underway at Olympic Park in Melbourne, Australia, on upgrading the complex by laying a second all-weather track to be used for the V111 World Veterans Games in December, 1987.

Recently the Victorian Minister for Sport and Recreation, Mr Neil Trezise, officially started the work by turning a sod of earth as nearby workers continued laying the drainage pipes and the other work that has been going on for some time.

Because of a miscalculation in budgeting the track will have to be built inside the existing greyhound racing track — limiting it to 375 metres — making it unsuitable for records involving lap events.

The track will be four lanes for the full distance with an additional two lanes in the home straight to allow for sprint events to be held.

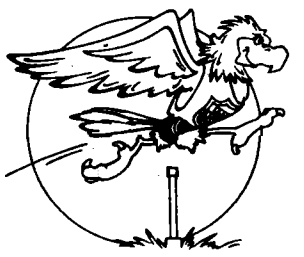


Field event facilities are also being included.

This second track will be used for some events — particularly the sprints — and will also serve as an excellent warm-up facility.

The upgrading brings Olympic Park up to full international standard for most events — except something the size of the Vets Games with an estimated 5000 competitors.

The Melbourne University track, less than four kilometres from Olympic Park, will also be used to stage events. It has just been re-surfaced.



The university track is an excellent venue for athletics, being very wind protected and providing an ideal atmosphere with banked spectator areas and magnificent surroundings.

Also, with many of the visitors booked into accommodation at the campus, travel will not be a problem.

A total of $1.4m is being spent on the new track, with the money coming from the state and federal governments' National Sports Facility program.

Further boost to World Games

PUBLICITY CAMPAIGN SOUGHT

States asked to increase media exposure

The Organising Body for the VII World Veterans Games plan to approach all nationally circulated magazines and periodicals and T.V. networks to obtain the widest national coverage of the forthcoming games in the twelve months prior to November 1987.

In addition to the submission of articles to the above outlets it is intended to issue media releases on the progressive preparations for the Games and other newsworthy items as they come to hand.

To assist the States to develop local publicity copies of the media releases will be forwarded for action on your part. This should in no way preclude any effort to establish and develop a publicity programme in your state using local media to highlight news items on local identities and their relationship to the games and veteran activities or other items as you see fit.

The assistance of people with experience in journalism and a knowledge of the Veteran Movement should be sought to provide a level of professionalism and to develop useful contacts in the media.

To attract sponsorships, exposure on the anticipated scale is essential and it is hoped that organisations will show interest as a result of our combined efforts.

NEW ATHLETIC HORIZONS FOR WOMEN

On a warm, sunny afternoon in August 1975 on a Toronto track, a small group of female sprinters backed into their starting blocks to contest the first truly international masters 100-meter championships. For those competitors, the first World Masters Track & Field Championships were not just about winning medals or clocking fast times.

These landmark games provided a friendly, supportive, liberating atmosphere in which women 35 years of age and older could take part in international athetics — some for the first time in their lives. For others, who had reached the highest echelons of sport in their younger years before retiring from competition to meet the demands of family life or careers, suddenly, new athletic horizons beckoned.

The opening of masters athletics to women that took place more than a decade ago was, in large part, due to the efforts of a few pioneers who had refused to be "put out to grass" in their thirties. For the record, however, we were given every encouragement by our male counterparts on the then newly formed Steering Committee of the World Association of Veteran Athletics (WAVA).

Five track events only were contested by women at the first WAVA Games in 1975. Now, five biennial World Championships later, we can enter any event from 100m to the marathon, as well as hurdles, jumps, and throws. The growth in women's masters athletics has been phenomenal. Women over 35 no longer feel self-conscious about running on public roads or through parks; and they constitute a large percentage of entrants in open road races, including the marathon — and beyond. In fact, women masters have won outright open mixed ultramarathon events!

It has indeed been ecouraging to see more and more female competitors at each subsequent WAVA championships. The number of countries represented by women has also increased. I see this trend continuing as we move towards shorter working hours, more leisure time, smaller families, and greater equality of the sexes in all areas.

In November 1985, I was invited to speak on women's masters athletics at the International Athletic Amateur Federation Women's Meeting, held in Gateshead, England, on the occasion of the IAAF Women's 15km Road Race Championships. The delegates present were genuinely responsive to my remarks about the involvement of older women in athletics. They were surprised at the range of events contested; and gasped when informed that, for example, the W35 800m world record stood at 1:57.4. (Ed. note — In July 1985, at Gateshead, Mary Decker Slaney, then 26, had lowered the American record to 1:57.60.)

Listening to reports from some other delegates, however, was saddening. for instance, the African representative reported that although he had been unable to attend the Regional Championships in Cairo due to lack of funds, he understood that the female competitors there were only allowed onto the track — and had to compete — in fully zipped-up sweat suits, with temperatures well over 90 degrees! There were no women masters athletes within his ambit and, of course, no competitive opportunities. Other delegates mentioned social pressures and restrictions imposed on young women, most of whom abandon any athletics once they leave school.

Masters men and women are now directly involved with the IAAF and its 175 national members. Perhaps we can spread our gospel through their media networks. One day, perhaps, we shall see masters women from Africa line up with us on the track or roads to prove their championship mettle. □

— By Bridget Cushen, Women's Delegate, WAVA

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.

First Central Australian Masters Games

ALICE SPRINGS — OCT. 18-25, 1986

After a slow start the Central Australian Masters Games turned into an outstanding success. By the conclusion of the Games, the 1000th competitor had registered and the city was alive with sport.

The Opening Ceremony was held on the athletic oval at Traeger Park with a parade of celebrities in vintage cars, a parachute team and live bands accompanying the march past of competitors, parading in their various categories.

Twenty-two sports were represented including approximately 10% Track and Field competitors. It was gratifying to see many new N.T. Veterans from Darwin and Alice Springs figuring in the athletic programme.

It was marvellous to see the support from most State Veteran groups, including a number of world record holders, also world and Australian champions.

Among the notable were Reg Austin (one week after his 50th birthday and breaking records already), 40 year old youngster Peter Crombie and Tony Turnbull, from N.S.W. performing in an amazing array of events including the 5000 metres walk. Evergreen Fred Turner (M45), made a clean sweep of the 100, 200, 400, 800, high jump, long jump, and second in the 3000m walk!

Rudi Hochreiter, one day short of his 60th birthday showed he is ready to have a crack at the 60 year old records shortly. He won the 55's shot put, discus, javelin and long jump and chalked up seconds in the 100, 200 and high jump.

One of the surprises was former Stawell Gift winner, Peter Toyne, now resident in Alice Springs winning the 100m in 11.3 but unfortunately breaking down with a hamstring in the 200m. Rumour had it he was also in good shape for the 400m having recently clocked 52.0 in training.

Husband and wife team, Daphne and Mick Pirie from the Queensland Gold Coast, pulled off the sprint trebles (100, 200, 400) in their respective age groups, while Daphne added the long jump, high jump and The Masters Mile to her list and Mick also clocked up a second in the Mile. They made a unique feature finishing the Mile together.

Also well known Victorian duo, the seemingly ageless Stan and Arley Nichols from Ballarat, took more gold back to the old mining town by winning eleven events on the programme. Arley five and Stan, who incidently, at 75 years was the oldest competing track and field athlete at the Games, six.

The walking fraternity were well represented, particularly by the large contingent from Victoria, who between them took the honours in eight individual age categories in the 3000 metre event with wins by Barbara Wilson, Jean O'Neill, Marge Colthup, Stella Murnane and Arley Nichols (women) and Gordon Gourlay, Jack Kilfoyle and Stan Nichols (men).

The only records created during the Games were the M50-54 100 and 200 metres where Reg Austin broke Lloyd Snellings long standing records. These were outstanding performances on a spongy grass track into a hind wind.

Overall the Games were a great success. The Northern Territory Government, delighted with the result have decided to run the event again in 1988. They believe with more time to prepare, the number of competitors will double and the conduct of the Games will improve with the experience gained this time.

Basking in the Alice Springs sunshine, a happy group of veteran track and field athletes prior to competition.

— Photo by Tas. Photographics, Allawah, N.S.W.

PROFILE

(BY COL WHEELER)

PROFILE NO. 7

Nothing will stop him

I once wrote elsewhere that my greatest privilege in running was to be allowed to compete in the same two finals as Reg Austin in the first Oceania Games in 1982. Although he did drag me to a PB, for which I am grateful, writing about the man comes more easily than trying to keep up with him on the track.

Over the last ten years, veteran athletics has enabled Reg to exploit his rare talent for sprinting. You can only imagine what frustration he must have felt as a young fellow knowing that he had the ability to win Olympic medals but being forever denied the opportunity. His fate was sealed at age 17 years when he accepted a ten pounds prize for his part in a foot race.

Don't imagine it was all depression though. That's not Reg's style. He continued on as pro-runner winning more races than any other person in the history of the sport. He cleaned up 47 major races, including the Wangaratta Gift. Reg demolished the opposition by running 12 seconds flat off a handicap of 7 yards over 130. And that at 38 years of age.

Reg Austin's fame is such that he doesn't have to prove anything to anyone. But he made a real point at age 39. For at White Plains in 1975 he ran 200 metres in 20.6 seconds. It was of special interest to him to note that at the Montreal Olympics a few months later that time would have made the final.

There have been five World Veterans Games so far. Reg has won the 200 metres in every one of them. In his ten years of running with the Vets, in fact, no one has ever beaten him over 200 metres. His world record of 21.9 secs. for 40-44 years still stands.

Since compiling this story the Sixth World Games have been held. At the wrong end of the five year age group, Red still managed individual gold, silver and bronze medals.

Only a few elite performers have ever finished ahead of him in the 100 and 400 also. Probably his most breathtaking performance occurred during the last World Games in Puerto Rico. There, aged 47 years, he slaughtered the World record for the 45-49 years group in the 400 metres by running 50.5 secs. If I were trying to write fiction I wouldn't have the gall to invent times as good as these.

Although he makes a joke of it, one gets the feeling that Reg is really pleased about coming originally from a town in New South Wales called Gulargambone. I guess that everybody in Gulargambone knows of Reg and his achievements.

Reg has the confidence that grows with competence. When he nominates a performance, it is pounds to peanuts that he can deliver the goods. It was of interest to me to ask such a man what his running ambition is. I've met enough good athletes by now not to be astounded by record performances, but Reg's reply left me speechless. In short, he aims to be the first person to run 50 seconds for 400 metres at age 50 years!

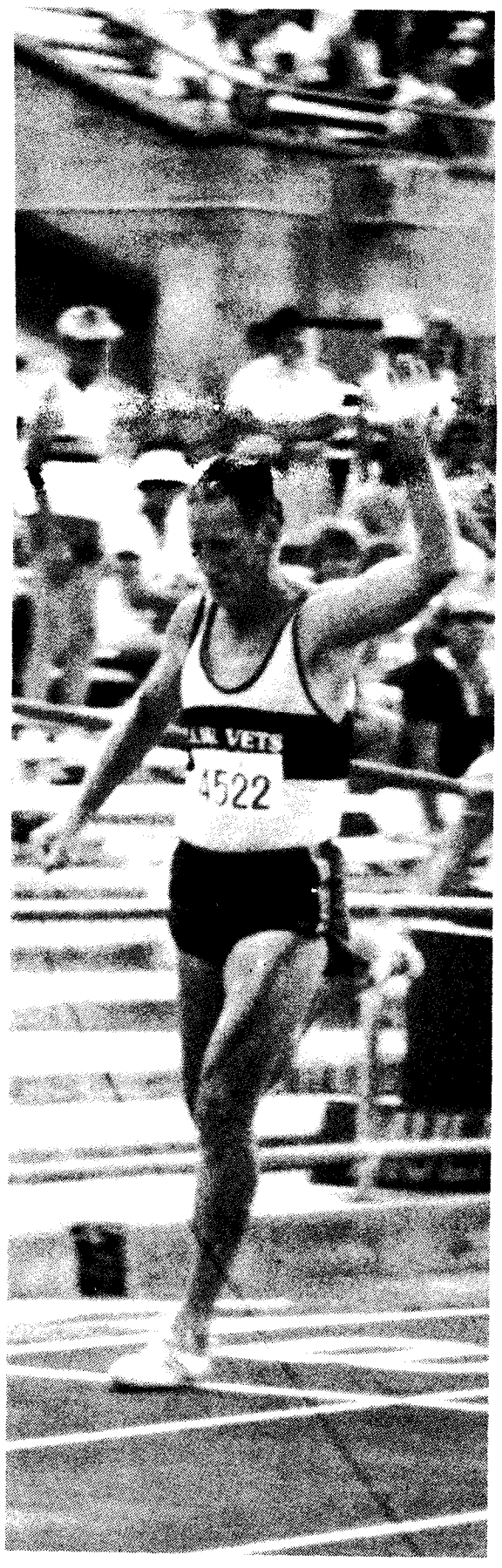
Reg has trained five days a week, every week with no weeks off for the last 20 years. He retains his enthusiasm, he says, largely through first-class coaching he gets from Jack Giddy. Reg says the two have been associated for fifteen years and are good mates. The basis of the training is quality rather than quantity. But such quality. He is likely, for instance, to do five x three hundred metres, all in under 40 seconds, together with one x one hundred and fifty metres in less than 18 seconds, with just a walk across the field for the intervals between.

He likes to mix up the repetitions by running say, 150 metres (again in under 18 seconds, mark you) walking back and then doing a 70 metre burst flat out. At other times he will cover five x 50 metres of striding followed by five x 70 metres and then five lots of 80 metres. Phew!

There is more to Reg than just running. He has been well-known as a trainer of top rugby league teams in Sydney. For the last four years he has been trainer of the highly successful Manly-Warringah A Grade Team. He has also been associated with North Sydney and with the Australian Rugby League Team from 1978 to 1982. Reg played league until 30 years of age, mainly with North Sydney, before turning his hand to coaching at Cootamundra.

He has a honey of a wife, Jane, who is obviously very supportive of his lifestyle as a runner. They also have two daughters, Natalie and Stephanie.

Reg Austin has set new limits for human performance. For any one who ever wishes to bet against him, I offer the following free advice: Don't because nothing will stop him.



The all too familiar victory salute from the great Reg Austin as he cruises to another win in the recent National Titles in Adelaide, at Easter.

— Photo Peter Griffin.

World Track & Field Rankings

A Sydney sports journalist is preparing to launch a new publication which will provide veteran athletes with an up-to-the-minute guide to performances in all main track and field events worldwide.

Two list of rankings — one for men and one for women — will be posted to subscribers in about 50 countries three times a year.

The rankings will be updated monthly to keep veterans in constant touch with the world's top 100 best performers in all events.

The lists, called 'Top Marks', are being published by Arthur Gray, a member of the NSW Veterans' A.A.C. and chief sports sub-editor on the Sydney Morning Herald.

Mr Gray said last week it was hoped to produce the first issues early in the new year.

"I believe that 'Top Marks' is something that has been needed for a long time," he said.

"It will fill a gap in statistical information to veteran athletes and comes at an appropriate time in view of the VIIth World Games in Melbourne next year.

"It should also underline the new vitality emerging in veterans' athletics and particularly in Australia."

Mr Gray forecasts an initial run of between 20,000 and 30,000 copies.

What's the rest of the world up to?

Top Marks is a new publication which will provide master/veteran track and field athletes with up-to-the-minute rankings of the top 100 athletes in all the major championship events worldwide according to their best performances throughout the year.

The lists — one for men and one for women — will be updated monthly and home delivered three times a year, enabling you to compare your own performances with those of the world's best. Such a guide which will be of particular advantage in the lead-up to regional, European and world championships.

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Top Marks **The best in the world.**

RACEWALK REVIEW

BY PETER WADDELL

Bert Gardiner life member of the Victorian Walkers' Club

Bert Gardiner, Australian 7 miles champ (1925) Vic 1m and 25m champ in 1925 and numerous other Victorian titles, is still involved with athletics.

Bert is doing a history with A.A.U.

He was an athlete from 1919-1950, an inaugural committee member of the Walkers' Club in 1922, a life member of Walkers Club Marathon and AAU and on the Victorian selection committee for 33 years.

Only Bert, Frank Scully, Harry Barrett (ex president of the NSW Walkers Club) and Tom Daintry are left from the 1920's.

Laird breaks Walk Records in Seattle

Four-time Olympian ('60, '64, '68, '76) Ron Laird, 48, competing in the Rockport Grand Walk Men's 20K in Seattle, Wash., on September 13, bested the U.S. M45 mark with a stunning 1:39:11. En route, he smashed the world 15K single-age record with 1:13:21 and the U.S. 10K single-age mark with 48:21.

In the accompanying women's 10K walk, Bev LaVeck bested the U.S. age-50 10K time in 57:12 and the 5K in 28:06.

Courtesy of National Masters News

Harry Summers to manage National Team

Harry Summers was selected by the Australian Athletic Union to manage the Australian Team for the Lugarno-Cup (Walk Titles), to be held in New York on May 2/3rd.

Harry, who was recently re-elected president of the Victorian Walkers' Club, has had an athletic career spanning over 33 years. He continues to maintain his enthusiasm both as an official and an athlete.

For the 52 year old Summers, who began racing as a junior in 1953, it is his fourth trip with the Australian team — twice as a competitor and twice as an official.

He competed with the Australian team in 1981 in Spain over the gruelling 50 kilometres and in 1985 at the Isle-of-Man. He also managed the team to Bergin Norway in 1983.

Harry was a Victorian representative in the 50/60/70s — but was in the shadows of Olympic Games reps Bob Gardiner, Ted Allsop, Noel Freeman and Ron Crawford.

A glance through the A.A.U. ranking books will show Harry listed prominently over the last 30 years — in 1955/56 3rd in 1 mile 6m 44s, 3rd in 20K 1h 42m. In 1958 his 6m 59 7th best in Australia for 1 mile, 5th in 3k 13.22, 6th in 10k 47.48.

In 1960 his 13m 35s 3k gained him 5th ranking. In 1966 a 50k in 4h 48m 4th, and 3k in 13.33 8th ranking.

1986 saw him take the gold medals in the National Veteran 50-yr-old 5 and 20k walk titles in Adelaide. He is also a qualified coach and has commenced his preparation for the World Veteran Titles in Melbourne next year.

RALPH FIELD/ JIM SHORT, VIC.

Ralph Field and Jim Short, who deadhead in most races now, were close rivals and Victorian reps. over the 50k. distance back in the 1950's.

Jim finished 3rd in the Australian 50k. Title in 1953 — and 3rd in the Victorian 50k. to Ralph's 2nd place in August 1955. In September, 1955 Jim was the 4th Australian to break 5hrs. over the distance recording 4hrs. 54m 58s, finishing behind Peter Waddell (4hrs. 53m 33s) with Ralph Field 6th.

Jim cut 15 secs. off his time in the 1956 Olympic Games trial for 6th place (which was won by our international walk judge Ray Smith).

Ralph was still going well in the 1973 Vet. Titles, finishing 3rd behind Cliff Barling (16m dead) and Tom Daintry in the 3k. The following morning they finished in the same order in the 15k. title and after lunch doubled up in the 1500m title.

Walkers' Club Secretaries for Information

Queensland: Bill Kirby 228 2444 (Work), 378 3036 (Home).

N.S.W.: D. Rahill 622 4494 (Home).

S.A.: Roy McFadden 250 2933.

Aust. Fed. of Walkers' Club:- Secretary Jill Huxley 02 848 8640. President P. Waddell 069 455 699.

Tas.: Brian Hughes 479 072.

W.A.: Terry Jones 332 7731.

Vic.: Doris Waters 798 4402.

A.C.T.: Judy Johnson 58 1495.

BRONWYN AIMS FOR THE TON

38 year old South Australian born, Bronwyn Salter, from the suburb of Doubleview, W.A., will attempt a feat never before achieved by a female in Australia.

The goal? To complete a 100 mile road walk, in a time limit of 24 hours.

Bronwyn's solo attempt at this formidable task will take place on the 13th and 14th December, 1986, at the Kingsway Sports Centre, Wanneroo.

Bronwyn, always ready for a new challenge, recently completed a 100 mile run, in 24 hours at the Centurion Club's 1986 Hi-tech Ultra Marathon, at the McGillivray Oval, Perth, on Sunday, 19th October.

Taking up walking less than two years ago, she already holds numerous W.A. Veterans walking records, has run in several marathons including the 64 mile Mundaring to York race, and has established herself on the National Ultra distance scene during the last year.

Bronwyn leads a very busy life, being a housewife and mother of a 2½ year old daughter, writing a book for children — due to be released soon — and of course fitting in her many lonely hours of long distance training.

Having a degree in English, it is her ambition to study law in the near future with the view of making it a full time career.

INTERSTATE RESULTS

VICTORIA

Oct. 25, Ken Walters 16m 20s, ex O/G rep Bob Gardiner 14.34, Harry Summers 14.41, Roy Thomas 16-32. 1500 Penny Hall 7m 47s, P.B. Oct. 22, Harry Summers 15.19.

29 Oct: 5k, George Paton 24.35, H. Summers 24.51, Tom Daintry 29.56, 75yr old George Knott 35-10, Penny Hall 28m 34s.

Nov. 5th, 3k H. Summers 14.55, Roy Thomas 16m 49s.

SOUTH AUSTRALIA

20 Oct: Aileen Miller 17m 35s 3k.

Nov 5: Murray Marker 14.50, Aileen Miller 18m 4s.

An operation for Aileen Miller puts her out of action for the season just as she was returning to form.

S.A. Walkers' A.G.M. Nov. 1986. Secty Roy McFadden (Ph. 250-2933) and Tonia Lewry (treasurer).

CANBERRA

30 Oct: 1500 Dave Thomson 5m 58.9s, P. Waddell 7m 27s, Ted Reynolds 8m 47s, Peter Schiworski 8m 39, A. Fristad 8m 56, Joe Mayer M70 10m 11s, 35Y Gwen Vines 9m 5s, Edna Dundas 9.20, W45 Anni Schiworski 9m 34s.

Nov. 1: Inter/Club - D. Thomson 6m 2s, Ted Reynolds 8m 48s, Peter Schiworski 9m 4, E. Dundas 9m 20s.

6 Nov: 3k W35 Gwen Vines 18.27, E. Dundas 19.14, M. Mackie 20.6. W45 Anni Schiworski 20.18, M40 D. Thomson 12.32 (ACT Res. Rec), R. Whyte 15.27, M. Knewstub 15.40. M35 Ted Reynolds 18.25, T. Vogler 20.8, A. Williams 22.13. M50 E. Warner 23.20. M55 P. Waddell 15.28 (Rec), M60 A. Fristad 19.18. M70 Joe Mayer 20.12 (Rec).

8 Nov: 5k Interclub Dave Thomson 22m 24s, R. Whyte 24m50s, Bob Chapman 26m, P. Waddell 27m12s, Ted Reynolds 31m 58s, Edna Dundas 34m 50s.

SYDNEY

Nov. 8th: John Smith winner at Interclub 5k in 22m 34s, Keith Law M40 24m 38s, Bob Pearce M40 24m 53s, Michelle Keys 27m 16s, Logan Irwin 27m 24s, Brendan Hyde 27m 28s, 3 times Olympic Rep Ron Crawford 27m 45s.

QUEENSLAND

Nov 2nd: 10k Klaus Maurer 50m 33s, Peter Coulson 56m 52s, Dave Jones 62.59, Bruce Chalmers 67.31. 2k-Donna Thompson 11.32, John Petersen 12.46, Kim Herbert 13.31, Anne Sinnamon 15.56, Helen Richardson 17.59.

Nov 1: 3k K. Maurer 14.24, P. Coulson 15.58, B. Kirby 17.11, B. Chalmers 18.46.

Oct 19: 5k K. Maurer 25.24, P. Coulson 28.26, M. McDermott 29.54, D. Jones 30.22, B. Chalmers 32.52, Shirley Owen 40.50.

13 Oct: 5,000Metres, K. Maurer 24.44, P. Coulson 27.45, Ed Sinnamon 32.59, B. Chalmers 33.47, Rob McNae 35-02. 6,000 Meters 1. B. Kirby 36-02, P. Thompson 37.13, Ian Richardson 37.55, David Jones 37.43, Col Jones 38.53, Ed Sinnamon 40.34, B. Chalmers 40.35, R. McNae 43.45.

Inter/Club Nov 8: 5k Klaus Maurer 24m 22s. 3k Mike MacDermott 16m 43s, David Jones 16m 48s, Bruce Chalmers 18m 12s.

Bill Kirby returns with a vengeance

Bill Kirby (the Queensland secretary of the Walkers Club) gave notice that he has fully recovered from his stroke and will again be a threat in Veterans Walking titles with his recent 5km time of 28m 27s.

Bill competed in 7 consecutive National Veteran Titles from 1974 to 1981 before a stroke, at Christmas 1982, put him out of action for nearly three years. It has been a long hard road back for Bill, but his determination and perseverence has finally won the battle.

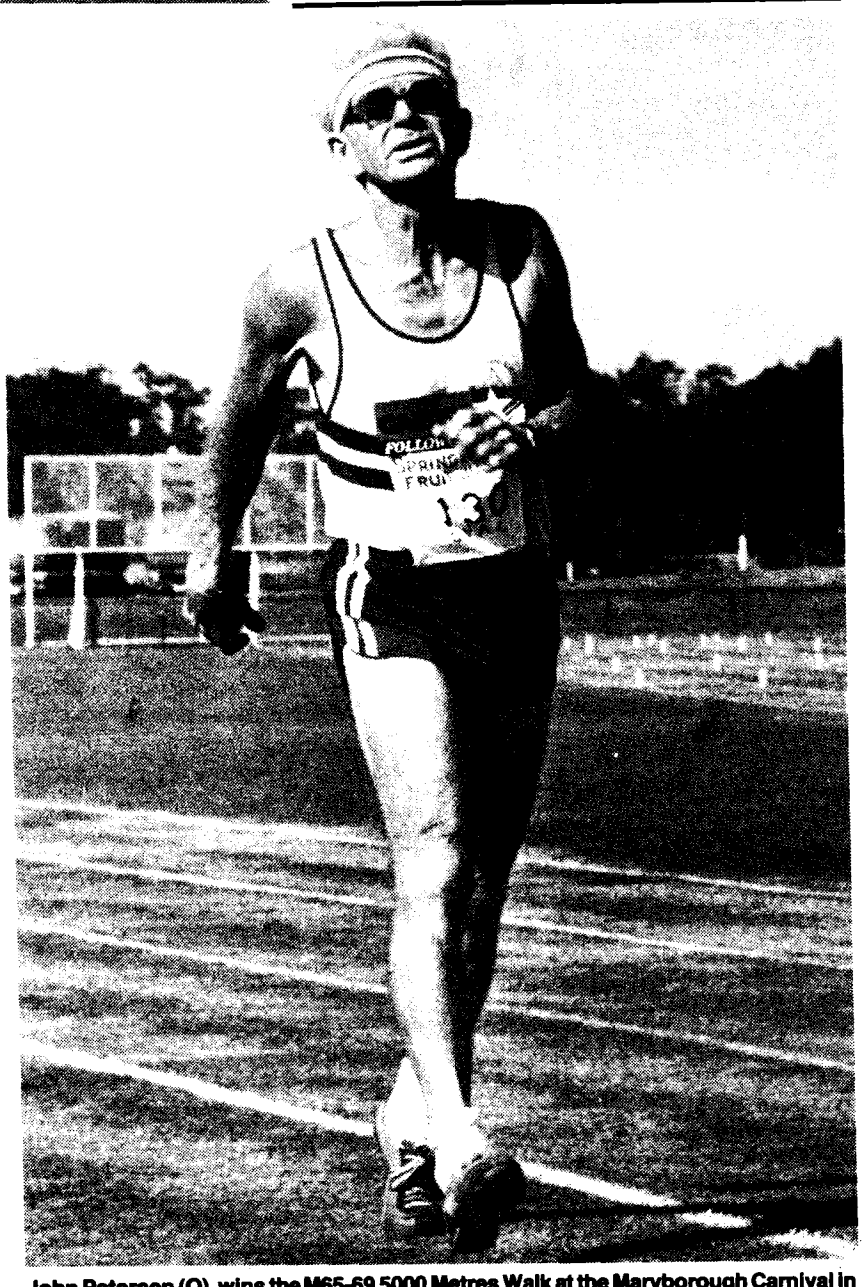
He was a member of the Australian team to the World-Vets titles at Toronto in 1975 and Christchurch in 1981.

After a slow recovery he has regained his keenness and has his sights on the Aust. Vet. Titles in Sydney next year.

A committee member of the Toowong Athletic Club and a coach with Little Athletics, his commitments with the Walkers Club and training takes most of his spare time these days.

Bill was a member of the strong 'Western-Suburb' (Sydney) club from 1952/64, competing in 'A' grade most years. In 1953 he finally broke the great Tom Daintry's long standing 1 mile record with a time of 6 mins 56.4 secs

The highlights of his career was during 1958/60 when he won the NSW 50k title, and finished 2nd in the 1958 interstate 10k title. The following year he again represented NSW and gained 3rd in the interstate 50 kilometres title. In 1960 he recorded one of his best times finishing 3rd behind Noel Freeman and Ted Alsopp in the 10k title.



John Petersen (Q), wins the M65-69 5000 Metres Walk at the Maryborough Carnival in 33.09. A new State Age Group Record.

Photo: Coluna Photographics.

ULTRA DISTANCE NEWS

BY DOT BROWNE

La Rochelle International 6 Day Ultra Marathon

BY TONY RAFFERTY

Thierry Bruant is a man with an eye for an audience. He has the marketing expertise to attract 3000 people each day to Le Parc Des Expositions to witness 22 of the world's best 6 day ultra athletes complete hundreds of laps of the 200 metre, newly laid, tartan track. This year's race, which started on September 29, was his fourth year as promoter of what is now recognised as the World Championship.

Yiannas Kouras didn't appear. Bruant told me that a 'John McEnroe fee' could not be justified for the world's greatest ultra distance runner. "Our sport cannot afford this demand," he said. I think he's right.

However, a top class field did assemble in the historic, sunny port of La Rochelle on the South West coast of France.

Just 3 weeks before I took first place in an international 1000 mile race in Hull, England and people said that I was competing too soon after the long and tough event. I took the risk.

In the early stages, American postman Don Choi, moved like a gentle breeze, lap after lap, over the bouncy texture of the brand new surface. When three days had passed his consistent, relaxed running rhythm, faded.

The gregarious 1000 mile world record holder from New York, Stu Mittleman, ran hard for 2 days but his strength, gained from his early years as an American schoolboy wrestling champion, and his incessant energy supply, ran out. His pre-run confrontation with the French security forces at Charles DeGaulle airport didn't help. They exploded his unattended suitcase containing 30 cassette tapes and a head set. This experience would have upset his mental attitude for a 6 day race.

After 4 days Christine Barrett displayed her tenacity to reach 4th place and once again showed the world, like Eleanor Adams in past events, that women can compete on equal footing with the men in the ultra running world.

During one early morning period when most of us were going through the agony of the 6 day blues, I tied a large red carrot to a long piece of string and lured Christine into faster running when she had dropped back a few places. She struggled and stretched to grasp the carrot and eventually was successful after a few laps of exhibitionism.

The spectators cheered, the lap counters laughed and the pain of endurance running disappeared if only for a few moments. Suddenly everyone was running upright and more relaxed. They talked and joked and were back to business after a running lull all too common on the 6 day track.

The handlers for French Canadian, Trishel Cherns didn't appreciate my act of humour. It might disrupt his concentration they said. It didn't seem to. I don't know of any runner who puts in so much concentrated effort, lap after lap and hour after hour as Trishel Cherns. No time is wasted and every minute off the track is a productive one. The ultra adage of 'hang in' when the going gets tough is projected in its true form every race he enters.

The French spectators had no sympathy for runners who slept. They clapped, yelled and rapped the aluminium advertising signs in a continued show of elevated exuberance. The bar, which never closed, helped to prime them up somewhat. The music was projected through the system at mind blowing volume and some of us with throbbing heads resorted to ear plugs. Trumpets were blown out of tune and drums pounded. The enormous din ricocheted from the tin roof to create the noisiest atmosphere I have ever witnessed. Strangely, it seemed to assist my running performance.

Meanwhile, calmly and systematically, Frenchman Gilbert Mannix, in his first 6 day race, ran with a vision of becoming the third man in modern times to break the 600 mile mark. His flushed red face, so predominant in the early days faded to a pale gray due to sleep deprivation as he approached the 144 hours.

I moved from 22nd place on the second day to 6th place with one day to go. My running was consistent and strong despite the 1000 miles and an infected toe due to a toe nail wedged back into the skin. I finished in 6th position after a long battle with Decemme and Oliveaux for 4th place.

Race favourite and national hero Jean Gilles Boussiquet pulled out after a tired 119 miles.

Petite Edith Couhe, blistered and leg sore, finished in 13th place and Christine Barrett dropped back to a gallant 9th after a lunge at Eleanor Adams' world 6 day record.

Patrick Macke, who hallucinated his way to 3rd place in this year's Westfield Sydney to Melbourne classic completed 579 miles for 2nd place.

Trishel Cherns and his familiar head set, finished in 3rd place, for the second time in two years. His unyielding running technique gained him success for a place under continued pressure from Daniel Decemme early in the race.

Gilbert Mannix, with great flourish, realised his fantasy and won the race with 609 miles to record the second highest milage in modern times.

The La Rochelle race was a thrilling, charismatic event, televised nationwide throughout the country. 15,000 people attended the presentation ceremony.

I was the only Australian in the tough invited field with runners from USA, France, England, Canada, Spain, Czechoslovakia, Denmark, Sweden and Switzerland. Happy with 6th place, but far from satisfied, I look forward to 1987 and Le Jours de La Rochelle Du Monde where no doubt Thierry Bruant will once again present a similar extravaganza.

		Kilometres
1	G. Mannix	980.8
2	P. Macke	932
3	T. Cherns	866
4	D. Decemme	761.6
5	D. Ollivaux	759.2
6	T. Rafferty	747
7	J. Martinez	737.2
8	M. Stuchlik	725.2
9	C. Barrett	722
10	H. Portz	709
11	P. Lind	704
12	P. Faucheau	675
13	E. Couhe	673.6
14	D. Choi	609.4
15	B. Jarlaker	607.6
16	E. Laharrague	591.6
17	S. Mittleman	557.8
18	V. Sedlak	460.4
19	M. Campbell	455.6
20	A. Touchard	439.8
21	J.G. Boussiquet	192.4
22	N. Roedgiers	143.6

A brilliant performance and a personal best for Gerry Riley, 56, from Werribee, Victoria, to finish runner-up in the National 24 Hour Track Championships, held in Adelaide recently.

Tony Rafferty plans coast to coast ultra

A race across Australia between the world's 20 best endurance runners would provide a great spectacle, according to distance runner Tony Rafferty.

Rafferty, a world-class endurance runner, is in Perth to raise sponsorship for a proposed run from Adelaide to Perth as a fund-raising project for the Australian Freedom from Hunger Campaign.

The 47-year-old Irish-born Victorian will accompany former American marine Sarah Fulcher (24), who is attempting to become the first woman to run from Sydney to Perth.

She left Sydney on September 22 and passed through Melbourne earlier this week. The pair will leave Adelaide later this month. They are expected in Perth before Christmas.

"Australia leads the world in ultra-marathon running," Rafferty said. "We have so many great runners who can hold their place in any field internationally.

"The Westfield Sydney-to-Melbourne race is the world's No. 1 endurance race. Now the time is approaching when a race across the continent would create a tremendous impact throughout the world."

Rafferty also believes Fulcher's performance will encourage women's participation in endurance running.

Rafferty, who has lived in Australia for the past 27 years, earlier this month finished sixth in the world six-day championship in France.

This year he has also contested the Box Hill 24-hour race, the Colac six-day event, the Westfield Sydney-to-Melbourne Classic, set an Australian record for running 1000 miles in Queensland, reduced the record by another 16 hours in Hull, England, and run across the Simpson Desert. Next weekend he will compete in the Adelaide 24-hour race.

— Courtesy of West Australian News.

Australian 24 hour Track Championship

CONDUCTED BY: SRI CHINMOY MARATHON TEAM
ADELAIDE HARRIERS TRACK,
1st & 2nd NOVEMBER, 1986

by Geoff Hook

"Hitting the Wall" after 22 hours prevented race winner David Standeven from breaking the event record set by Cliff Young last year (Cliff also broke the Australian record in that race but it was subsequently broken by Brian Bloomer this year in Melbourne.

In fact, had David been able to continue his fast pace over the closing stages of the race, he could have broken Brian Bloomer's current Australian record. As it was, he did in fact break the Australian 200km record in a fast time of 18:56:04.

David's great effort of 228.566km resulted in a substantial increase in his PB as well as a PB for 100 miles (the fastest run by an Australian since George Perdon in 1970) set during the race. Also, David is the first South Australian overall winner of this race, all the others have been Victorians.

The remarkable Cynthia Cameron continued her string of record breaking successes by capturing the following records: Australian records for 100 miles (18:11:37); 200km (23:56:11); 12 hours (115.25km); 24 hours (200.615km) and the Australasian record for 24 hours.

What a gutsy performance by Cynthia since she had to contend with second place to Sue Andrews, the New Zealand runner who holds the local records for 50 miles, 80km and 100km, for a quarter of the race. The greatest achievement for Cynthia was to become the first woman in Australasia to surpass 200km in a 24 hour track race.

Congratulations to both David and Cynthia for fine performances. They are respectively the male and female Australian 24 hour track champions for the next 12 months.

The runners had the mildest weather for the 5 occasions of the event but it was still deceptively hot. The race started in cool, overcast conditions, became fine and hot from midday to mid afternoon, cloudy for the rest of the daylight hours followed by a mild but dew-forming night. Most runners required substantial hats to ward off the ultra violet rays and those who did not use sunscreen cream were sunburnt the next day. So the race was a lucky window in otherwise tough weather, with strong winds the day before and a hot sunny 32°C. the day afterwards.

After the usual short meditative / contemplative silence, the race commenced just after 8.00am. Cliff Young was first to break the silence which indicated he was anxious to get going. Consequently he lead out at a quick pace to result in the relegation of normally fast starter, Geoff Hook, to playing second fiddle in the 24 hour race orchestra. David Standeven and Anyce Melham were both up near the leaders as were the two top women Suzanne Andrews and Cynthia Cameron. David worked up through the field with some steady running to be in the lead by the Marathon point, closely followed by Cliff in respective times of 3:09:39 and 3:11:27. Sue achieved her marathon in 3:47:38 to Cynthia's 3:56:46.

From this point on, David continued to run so well that he kept increasing his lead until the 22 hour mark. Even though small in stature, he certainly showed he could run the legs off taller runners. The other runners bunched through the middle stages of the race with Cliff just ahead of Geoff who in turn was just ahead of Anyce. Cynthia was well up there in the overall placings but Sue had struck trouble and was struggling.

As the night wore on the drama developed. Of the front runners, Geoff Hook was first to fall in the big hole that lurks for the unwary runner, followed by Cliff Young. Anyce and David only fell in little holes and then had to struggle along at a slower pace. Cynthia had her problems too but courageously battled on to reach (what appeared to be out-of-reach for so long) that well deserved goal of 200km inside 24 hours. David was not troubled due to the high lead he had built up and walked most of the last 2 hours. That super vet, wily Riley, after wanting to pull out at 50 miles, moved steadily up through the field — while most were having our various troubles — to easily secure second place and a remarkable PB.

The steady runners moved up through the field, displacing the unfortunates. Roger Stuart moved into fifth position and John Champness into seventh. Frank Biviano decidedly beat arch rival and neighbour Klaus Schnibbe. Kevin Cassidy was able to record a great PB. Helen O'Connor, second woman, Sue Worley, third woman (and first time over 100 miles) and Andy Docherty (first time over 100 miles) were other known PBs and great performances. The indomitable Stan Miskin race walked most of the way with a little bit of running to post another grand 100 mile plus performance. Cliff Young went back to his motel after 92 miles — he has well proved himself before, why push it when you feel so tired? Marilyn McCartney beat husband Stan and improved her PB by a big margin. Eilleen Lush should have received the "Most Gutsy Performance" award for never giving up and limping, no dragging, a right leg, that would not work, because of a knee injury, round and round the track.

The Sri Chinmoy team again conducted a most prestigious race and were thanked for their efforts by the runners and support crews. We were again treated to madrigals by the lovely Sri Chinmoy girls at the remote end of the track during the small hours of the morning. Congratulations to all concerned.

RESULTS

Place	Runners Name	Ag	State	Dist. Km
1st	David Standeven	34	SA	228.566
2nd	Gerry Riley	56	VIC	210.272
3rd	Anyce Kip Melham	28	NSW	202.862
4(1stW)	Cynthia Cameron	44	VIC	200.615
5th	Roger Stuart	43	SA	189.962
6th	Geoff Hook	41	VIC	188.704
7th	John Champness	45	VIC	184.014
8th	Frank Biviano	42	VIC	179.006
9th	Guy Schubert	35	SA	177.652
10th	Tony Ashwell	50	SA	172.640
11th	Kevin Cassidy	26	VIC	172.620
12th	Klaus Schnibbe	43	VIC	172.470
13(2ndW)	Helen O'Connor	34	SA	171.426
14th	Stan Miskin	61	VIC	170.010
15th	Ross Martin	57	SA	169.785
16th	Max Kitto	40	SA	168.706
17th	Bill Gutteridge	56	SA	168.311
18th	Tony Rafferty	47	VIC	167.814
19(3rdW)	Sue Worley	39	SA	164.568
20th	Andy Docherty	55	SA	162.241
21st	Greg Coulter	28	SA	161.336
22nd	Robert Byrth	37	SA	161.018
	Runners over 100 miles (160.934km)			
23rd	Cliff Young	64	VIC	156.106
24th	Graeme Wilkinson	40	NSW	153.187
25th	Stephen Foulkes	32	VIC	149.428
26(4thW)	Marilyn McCartney	37	SA	147.777
27th	Stan McCartney	41	SA	133.065
28th	Max Barnes	65	SA	132.397
29th	Dick Crotty	56	SA	130.538
30th	John Sinclair	44	QLD	129.838
31st	Bob Taggart	40	SA	127.138
32(5thW)	Suzanne Andrews	41	NZ	118.286
33rd	Kaven Dedman	39	SA	115.937
34(6thW)	Eilleen Lush	39	SA	114.263
35th	Graham Light	37	VIC	99.376
36th	Alexander Matthew	48	SA	62.764
37th	Don Cox	39	SA	62.362

OVERSEAS NEWS

At age 60, Miller earns $3,000

STAHL, ANDERSEN EACH WIN $7,500 IN CHILLY TWIN CITIES MARATHON

RECORD $40,750 GOES TO MASTERS

BY MIKE TYMN

Kjell-Erik Stahl of Sweden and Gabriele Andersen of Sun Valley, Idaho each took home $7,500 — the biggest one-day paychecks in the history of masters running — by winning the masters divisions of the Twin Cities Marathon on Sunday, October 12.

But it was sixty-year-old Margaret Miller of Thousand Oaks, California, who finished first in the combined men's and women's age-group-handicap scoring system, and left the Minneapolis-to-St. Paul course $3,000 richer.

Stahl, 40, whose 2:12:43 in Stockholm earlier this year was the second fastest marathon ever by an over-40 runner, clocked 2:18:28 under very chilly conditions. Trevor Wright, of Tauranga, New Zealand, who had just joined the masters ranks two weeks before, finished second in 2:21:27 and was rewarded with $5,000, the third largest masters cash award ever.

Englishman David Clark, 43, won $2,000 for his third-place finish in 2:22:28, and West German Guenter Mielke received $1,000 for his fourth-place 2:22:39.

A record total of $40,750 was awarded in prize money to age-40-and-over athletes, topping the previous high masters record payday of $27,500 in this race last year.

Andersen, 41, best known for her staggering finish in the heat of the Los Angeles Olympics, apparently likes it cold. She pulled away from West German Doris Schlosser shortly after the 20-mile mark and crossed the finish line in 2:40:08, just missing Miki Gorman's nine-year-old American W40-44 record of 2:39:11.

Schlosser, 42, even though failing to defend her Twin Cities women's masters title, nevertheless won $5,000 for her 2:40:45 finish — $1,000 more than her 1985 effort of 2:38:56.

Barbara Filutze, 40, of Erie, Pa., checked in third at 2:42:38, good for $3,000.

Miller captured the handicap title by running the 26-mile, 385-yard distance in 3:20:54. That was 13:50 under her "target time" of 3:34:44, thereby winning recognition as the best masters runner in the race. Target times for each five-year age group were established from the American records for each age in the particular 5-year group. The fastest and slowest records were discarded, and the other three averaged.

Second to Miller in the handicap division was the legendary Joyce Smith of Watford Herts, England, the only masters woman ever to have run under 2:30 for the marathon — a 2:29:43 in 1983.

Smith, 48, clocked 2:48:05, 7:13 under her target time of 2:55:18. Andersen finished third in the handicap standings, 4:38 below her standard of 2:44:45.

Rounding out the top ten handicap winners were Stahl (4th), Schlosser (5th), Filutze (6th), Dan Conway, 47, 2:24:31 (7th), Wright (8th), Mike Heffernan, 46, 2:24:55 (9th) and Denise Alfvoet, 50, 3:00:15 (10th). Cash prizes in the handicap race went 14-deep.

Last year's winner, Clive Davies, 71, of Tillamook, Oregon, would have had to run nearly aother 3:04:15 to successfully defend his title. However, the cold weather and an extra year slowed him to a 3:15:48, nineteen seconds under his target time — good for 11th place in the handicap competition and a $500 award.

"I was just happy to finish," he said, complaining of the weather. "You get so numb after a while that you just keep going."

Piet Van Alphen, 56, another legend of masters distance running, blamed the cold weather on his "slow" 2:35:06, which netted him $250 for his 13th place handicap finish. In Chicago last year, the Dutchman recorded a 2:27:54.

Conway, of Chetek, Wisconsin, was the first American-over-40, winning the M45 crown by only 14 seconds over Heffernan, of Portland, Oregon.

The first three M60 finishers broke three hours: Jim O'Neil (2:53:58), John Keston (2:56:03) and Jim Forshee (2:56:49).

Other exceptional performances included: Ben Johns, 50, (Ottawa), 2:34:11; and Dick Evans, 40 (Wales), 2:25:36.

— Courtesy of National Masters News.

Derek Turnbull — the world at his feet

December 5 may go unnoticed this year in Veteran athletics generally, but in the deep south of New Zealand at a little place called Invercargill, the celebrations will be on in earnest at the Turnbull household.

On this day, just 24 hours before the South Island Track and Field Championships, the great Derek Turnbull hits the 'magical' age of sixty.

His friend and now arch rival, John Gilmour (see front page) will, I'm sure, reflect momentarily on this day, knowing many of his long-standing World records are now in jeopardy.

This amazing athlete, the pride and joy of the NZVAA, at the virtual age of 60, was recently a recipient of a gold medal in open competition!

As a member of Southland Club in the National Marathon Championships, held in Christchurch, on 1 June 1986, he recorded the unbelievable time of 2.42.31 in very unfavourable conditions, having to battle blustery winds most of the way.

Derek, already a World Champion supreme, holds the all time World Games records for M55 in 1500, 5000 and 10000 metres, winning all three events in Rome in record times, as well as taking gold medal honours in the M55 Marathon, in the incredible time of 2.43.59 (temperatures were in the high 30°'s.

Just reflect for a moment on this man's times, as a near 60 year old, in last year's Games — 1500 metres 4.18.27, 5000 metres 16.07.80, and 10000 metres 33.33.69! All achieved in high humidity, extreme heat and against the best Veteran athletes in the world.

Australia will be privileged to witness this great athlete in Melbourne next year set the V11 World Games alight with his devastating speed and performance. Don't miss it!

New Year Honours for two NZ Veterans

Earlier this year the Queens honours were bestowed on two of New Zealand's most prominent Veterans, both for their contribution to sport over many years.

Firstly, that grand old lady from Palmerston North, 83 year old Thelma Pitt-Turner, who despite a severe heart ailment in 1947 when doctors stated she should never walk up a flight of stairs again, has defied the laws of medical science and baffled the profession ever since.

After joining the local Harrier Club at the ripe old age of 73, she has not looked back and has astounded everyone with her continuous list of achievements, which have included establishing three new records in the 100, 200 and 400 metres, at the N.Z. 1984 Track and Field Championships, and more recently at 82 years of age, her latest marathon time of 7 hrs. 58.52 has been included in the next Guiness Book of Records, as an age group record.

In an extract from an article published in The Tribune (N.Z.) on 18 November, 1984 by Andy McGechan:

Thelma's day begins at 6am. "I don't stay in bed. That's fatal when you get old and stay in bed — it's the beginning of the end". Breakfast consists of toast, honey and cup of tea. She denies being a diet-fad person, but her life, she says has changed since taking up jogging. "I've developed a keen sense of humour, and so many things have happened along the road as I am running". She runs a mile in 8 minutes. "I'm the only one who thinks I'm crazy to run — but once I start I can't stop. My doctor can't figure out what makes me tick and young runners in the club only hope to be able to run like me when they are 80".

Let this be an example to all people disadvantaged or not — "Get out and give it a GO".

86 BVAF Marathon Championships

BY JACK FITZGERALD

The 8th Annual Flying Fox Marathon, which incorporates the B.V.A.F. Marathon Championship, was held at Stone in excellent Marathon conditions.

Although slightly overcast for the high noon start, the weather became brighter and warmer as the race progressed.

Many of us had met the previous evening at the pasta party, where the main topic of conversation had been centered on the likely winner of the race. Although most plumped for Harry Clague who had earlier in June been the co-winner of the Potteries marathon, many wondered about the potential of Eddy Lee of Pegasus, Cardiff, such a close runner-up of his fellow Welshman Alun Roper in the 10 mile British Vets road championship at Oswestry. In the event, Eddie not only won the race, but knocked over 2 minutes off Tony Kearns' 1984 record.

John Davies, the holder, has had his share of injuries this year, so he was not surprisingly 6½ minutes behind the Welsh Wizard, but still managed to finish nearly 2 minutes ahead of the former course record holder.

Another consistent performer in this series is John Davies' Newcastle team mate, Graham Bagnall, and this year he annexed the M45 title from John Clarke of East Cheshire and Terry Laybourne of Milton Keynes.

Evan Williams of Shrewsbury has had a terrific season, winning both the M50 10 miles title and the National Track 1500 and 5000 Metres titles, so it was appropriate that he should be the first recipient of the Fitzgerald Athens Marathon Trophy* as the first M50 in another record time for that category. Derek Beckett was runner-up with Tony Verdie well back in 3rd place.

The third record breaker of the day was the reigning Northern Vets M60 Cross Country champion, Jack Kirk of Middleton A.C., who was in fact over 3 minutes ahead of Ed Thompson the winner of the M55 Championship. Bob Brierley of Carmarthen continued his winning ways after his Edinburgh 25 and 10k M65 wins to take that title easily, while "Energy Ernie Warwick" outdistanced the M70 field, with another sterling performance.

The Women's entry in this race continues to suffer, almost certainly affected by the clash with the 10 mile National race at Copthall Stadium. There was no denying the superiority of Marianne Savage of Centurions A.C. who finished 18 minutes ahead of Carol Marshall of Haltemprice to win the W35 race. Another Haltemprice Road Runner Jean Patterson was first W40, but like her team-mate was not a member of the B.V.A.F. so that title went to Jackie Tooze of Shropshire Shufflers.

Results: M40: 1 E. Lee 2.23.01, 2 J. Davies 2.29.35, 3 A. Kearns 2.31.21.

M45: 1 G. Bagnall 2.31.57, 2 J. Clarke 2.41.43, 3 T. Laybourne 2.48.03.

M50: 1 E. Williams 2.33.37, 2 D. Beckett 2.36.26, 3 T. Verdie 2.45.47.

M55: 1 E. Thompson 2.59.25, 2 S. Sonerson 3.01.25 3 M. Pittock 3.03.25.

M60: 1 J. Kirk 2.56.18, 2 D. Robinson 3.06.18, 3 J. Johnson 3.21.57.

M65: 1 R. Brierley 3.24.15.

M70: 1 E. Warwick 3.43.39.

W40: 1 J. Tooze 3.52.29.

* Fitzgerald had won this trophy at Athens, satisfying his ambition to have successfully raced three or the four "classics", the Poly, the London and the Athens. The fourth, the Boston, he has set aside for his 70th year, 1993. His gesture in donating this important cup to the Vets National will be much appreciated.

Was it a record or not?

Yet another reminder to us all of the importance of record breaking applications and/or claims and the need for strict compliance with all the necessary requirements to validate these performances, by Wilf Morgan, General Secretary of the BVAF.

One aspect of vets athletics that has not been given the serious attention it deserves is the matter of record performances on the track. But things are changing, although there are obvious problems.

Not many vets meetings are graced by electronic timing devices. In fact, generally, only the international championships have this facility. So the vets can hardly be expected to adhere to the rule of the IAAF Records Committee, which will only accept electric timings for WR's.

Our world body, WAVA, has a Records Committee that is chaired by Pete Mundle of the USA. He sees the problem clearly, and he and his Committee are of course prepared to accept hand timings as official records, at the present time.

But the records must be backed up by as much documentary evidence as possible. Thus the WR application form has been produced and it must be completed before the Committee can give consideration to the possibility of accepting a time, distance or height, as a new record.

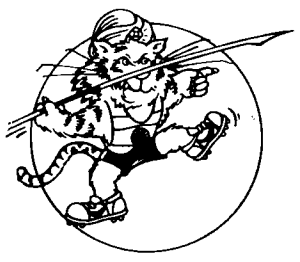
One can hardly expect a new record to be accepted if the only evidence is a time printed in a magazine. It naturally follows that the WR form should also be used for British Records, for if our acceptance rules are less stringent than WAVA we could have the absurd situation of a British Record being better than the WR.

How do this year's WRs by Britons, Mary Wixey, Cheltenham Athletic Club, and Ron Taylor of Sutton Coldfield stand up?

It is doubtful that the W65 Long-Jump record set by Wixey at Cheltenham in April can be accepted. There is no doubt she jumped 3.48, but there was no wind-gauge. Three watches got Taylor at 23.1 in the 200m at the Nationals, a time that equalled his WR. None of them were Grade A time-keepers. Of course he went on to do 22.9 (Electric) in Malmo, so no problem. (Also, later Wixey did a 3.84 in Italy).

Happily, the two 400m records set by Taylor, 51.8 in M50, and by Peter Higgins, 54.0 in M55, were properly documented and are virtually certain to be ratified.

So, we must impress on meeting organisers that veteran records are to be taken seriously. A wind-gauge must be in operation for the short sprints and the signatures of the officials should be obtained to say everything was above-board. Ladies and Gentlemen, we are going to be more sophisticated in future.



British Indoor Champs

The British indoor championships are at Cosford (near Wolverhampton), on 28 March 1987, and the outdoor track and field championships at a new all-weather stadium at Corby, Northampton on 11/12 July.

It's a long way from Australia, but if any vets are in the UK visiting relations, or on business (or simply in search of decent beer)! they are welcome to compete.

Addresses for entries are: Indoor — Jack Cross, 36 Manor Road, Atherstone, Warwickshire. Track & Field — Dr Tony Churchill, Hemingford Grey House, Hemingford Grey, Cambridge.

International Events

December 14: Marathon at Calvia-Mallorca.
March 12-19: Israel W.I.G.A.L. Cross Country 10km & 25km Championships.
May 29-31: Yugoslavian Open Track & Field Championships at Split.
June 20 & 21: Womens 10km and Men and Womens 25km at Brugge.
July 11: Gulden-Sporen-Marathon, Kortrijk-Brugge.
November 28 - December 6: 7th World Veterans Track & Field Championships at Melbourne, Australia.

Central Australian Masters Games

ALICE SPRINGS, OCTOBER 18-25

TRACK & FIELD RESULTS

MENS 100 METRES

Competitor	State	Plc	Time
35-39			
G. Ford	VIC	1	11.7
J. Dermody	NT	2	12.2
G. Meirs		3	12.7
40-44			
P. Toyne	NT	1	11.3
P. Crombie	NSW	2	11.5
A. Turnbull	NSW	3	11.7
45-49			
F. Turner	NSW	1	12.5
C. Butcher	NT	2	12.6
W. Myers		3	13.2
50-54			
* R. Austin	NSW	1	11.5
J. Smith	NSW	2	12.4
R. Cunliffe	VIC	3	13.6
55-59			
M. Pirie	QLD	1	12.1
R. Hochreiter	VIC	2	12.7
G. Gourlay	VIC	3	13.2
60-64			
D. Frawley	QLD	1	16.2

WOMEN'S 100M

30-34			
V. Walsh		1	14.0
K. Gamlen	NT	2	15.9
35-39			
E. Holmes	NT	1	15.9
J. Cruise	NT	2	17.3
40-45			
S. Westbrook	T	1	15.1
P. Day		2	17.0
45-49			
W. Ey	SA	1	13.7
50-54			
D. Pirie	QLD	1	14.8
55-59			
J. Sansom	SA	1	18.4
60-64			
M. McKinnon	SA	1	17.8

MENS 200M

35-39			
G. Ford	VIC	1	23.2
G. Meirs		2	26.7
I. Amy	NT	3	31.2
40-44			
P. Crombie	NSW	1	23.8
A. Turnbull	NSW	2	24.0
45-49			
F. Turner	NSW	1	24.0
C. Butcher	NT	2	26.0
W. Myers		3	27.6
50-54			
* R. Austin	NSW	1	23.5
J. Smith	NSW	2	25.6
R. Cunliffe	VIC	3	27.1
55-59			
M. Pirie	QLD	1	25.2
R. Hochreiter	VIC	2	26.2
G. Gourlay	VIC	3	29.1

MENS 400M

35-39			
G. Ford	VIC	1	53.4
I. Amy	NT	2	108.2
40-44			
A. Turnbull	NSW	1	54.5
P. Crombie	NSW	2	55.1
R. Lawrence		3	110.4
45-49			
F. Turner	NSW	1	56.6
C.W. Butcher	NT	2	101.4
J. Valley		3	102.6
50-54			
R. Austin	NSW	1	56.8
J. Dwyer	NSW	2	103.8
R. Cunliffe	VIC	3	103.9
55-59			
M. Pirie	QLD	1	102.3
B. Sharpe	NSW	2	105.3

WOMEN'S 400M

35-39			
E. Holmes	NT	1	1.26.7
J. Cruise	NT	2	1.32.8
40-44			
S. Westbrook	T	1	1.16.4
50-54			
D. Pirie	QLD	1	1.14.2
T. Smith	NSW	2	1.38.4
60-64			
M. McKinnon	SA	1	1.48.3
70-74			
A. Nicholls	VIC	1	2.03.8

MENS 800M

35-39			
G. Ford	VIC	1	2.07.5
D. Pain		2	2.44.9
I. Amy	NT	3	2.46.4
40-44			
A. Turnbull	NSW	1	2.19.3
J. Maltmann	QLD	2	2.22.6
F. Brennan	NT	3	2.36.5
45-49			
F. Turner	NSW	1	2.26.1
J. Valley		2	2.26.7
J. Smith	NSW	3	2.39.7
50-54			
C. Silcock	VIC	1	2.40.4
J. Dwyer	NSW	2	2.40.8
55-59			
B. Sharpe	NSW	1	2.37.3
J. MacNamee	NT	2	2.55.7
60-64			
J. Kilfoyle	VIC	1	3.04.9
75-79			
S. Nicholls	VIC	1	3.19.2

WOMEN'S 800M

35-39			
E. Holmes	NT	1	3.20.5
J. Cruise	NT	2	
40-45			
S. Westbrook	T	1	2.57.8
50-54			
B. Wilson	VIC	1	3.33.5
T. Smith	NSW	2	3.42.2
60-64			
M. Colthup	VIC	1	4.09.1
70-74			
A. Nicholls	VIC	1	4.22.3

MENS 1500M

35-39			
G. Ford	VIC	1	4.41.7
B. Driscoll	NT	2	4.42.0
I. Amy	NT	3	5.34.1
40-44			
B. Poppett	QLD	1	4.45.3
N. Harris	NT	2	5.03.3
F. Brennan	NT	3	5.58.9
45-49			
J. Justice	VIC	1	4.32.3
J. Smith	NSW	2	5.01.0
W. Butler	NT	3	5.06.9
50-54			
J. Clarke	VIC	1	4.42.5
J. Dwyer	NSW	2	5.29.4
C. Silcock	VIC	3	5.41.3
55-59			
B. Sharpe	NSW	1	5.14.8
J. MacNamee	NT	2	6.03.6
75-79			
S. Nicholls	VIC	1	6.42.9

WOMEN'S 1500M

30-35			
K. Gamlen	NT	1	5.23.1
35-39			
P. Sedman	NT	1	5.24.0
E. Holmes	NT	2	7.09.9
J. Cruise	NT	3	7.47.8
40-44			
S. Westbrook	TAS	1	6.45.0
M. Grey	NT	2	6.46.7
45-49			
M. Smith	VIC	1	6.05.3
50-54			
B. Wilson	VIC	1	7.47.1
T. Smith	NSW	2	8.08.5
55-59			
C. De Groot	VIC	1	8.29.7
60-64			
M. Colthup	VIC	1	8.47.1
B. Roberts	VIC	2	10.01.5
65-69			
S. Murnane	VIC	1	9.59.2
70-74			
A. Nicholls	VIC	1	9.06.7

MASTERS MILE

35-39			
B. Driscoll	NT	1	4.53.8
G. Ford	VIC	2	5.02.8
M. Brosnick	NT	3	5.20.2
40-44			
B. Poppett	QLD	1	5.02.5
N. Harris	NT	2	5.14.9
P. Crombie	NSW	3	5.28.5
45-49			
J. Justice	VIC	1	4.48.6
J. Smith	NSW	2	5.16.5
B. Butler	NT	3	5.18.4
50-54			
J. Clarke	VIC	1	5.03.5
J. Dwyer	NSW	2	5.28.8
C. Silcock	VIC	3	6.01.1
55-59			
B. Sharpe	NSW	1	5.33.7
J. MacNamee	NT	2	6.03.3
M. Pirie	QLD	3	7.41.8
60-64			
D. Frawley	QLD	1	10.42.2
70+			
S. Nicholls	VIC	1	7.24.1

MASTERS MILE WOMEN

30-34			
K. Gamlen	NT	1	5.58.1
35-39			
P. Sedman	NT	1	5.46.8
W. Mann	NT	2	8.42.0
40-44			
S. Westbrook	TAS	1	6.40.2
M. Grey	NT	2	6.57.5
J. Kennedy	NT	3	9.08.3
45-49			
M. Smith	VIC	1	6.34.2
50-54			
D. Pirie	QLD	1	7.41.6
T. Smith	NSW	2	8.01.0
55-59			
C. DeGroot	VIC	1	8.43.8
60-64			
M. Colthup	VIC	1	9.37.6
L. Frawley	QLD	2	10.42.1
65-69			
S. Murnane	VIC	1	9.38.2

MENS 3000M

Competitor	State	Plc	Distance
35-39			
I. Amy	NT	1	12.07.3
J. Dermody	NT	2	12.45.0
40-44			
B. Poppett	QLD	1	10.24.8
N. Harris	NT	2	10.25.3
C. Hodges		3	13.04.4
45-49			
J. Justice	VIC	1	10.18.6
J. Smith	NSW	2	10.30.5
W. Butler	NT	3	10.35.1
50-54			
J. Clarke	VIC	1	10.33.8
C. Silcock	VIC	2	12.09.3
55-59			
B. Sharpe	NSW	1	11.57.7
J. MacNamee	NT	2	13.02.0
60-64			
J. Kilfoyle	VIC	1	14.10.3
75-79			
S. Nicholls	VIC	1	14.45.8

WOMEN'S 3000M

35-39			
P. Sedman	NT	1	12.06.4
40-44			
S. Westbrook	T	1	13.48.7
M. Grey	NT	2	15.12.4
45-49			
M. Smith	VIC	1	13.22.5
50-54			
T. Smith	NSW	1	18.13.9
55-59			
C. DeGroot	VIC	1	17.40.0
60-64			
M. Colthup	VIC	1	17.43.0
70-74			
A. Nicholls	VIC	1	19.04.1

MENS 10000M

Competitor	State	Plc	Time
35-39			
B. Driscoll	NT	1	37.27.8
I. Amy	NT	2	43.05.7
J. Dermody	NT	3	47.04.0
40-44			
C. Hodges		1	45.58.5
F. Brennan	NT	2	49.14.1
A. Kovac		3	51.13.1
45-49			
J. Smith	NSW	1	37.48.1
W. Butler	NT	2	38.00.4
J. Valley		3	39.58.0
50-54			
J. Clarke	VIC	1	38.26.5
C. Silcock	VIC	2	42.50.2
G. Breen		3	46.50.7
55-59			
B. Sharpe	NSW	1	43.00.7
J. MacNamee	NT	2	44.04.9
75-79			
S. Nicholls	VIC	1	55.17.7

WOMEN'S 10000M

30-34			
K. Gamlen	NT	1	44.46.2
35-39			
P. Sedman	NT	1	43.51.6
40-44			
M. Grey	NT	1	54.47.1
45-49			
M. Smith	VIC	1	47.15.1

MENS 3000M WALK

35-39			
D. Aslin	NT	1	21.00.2
40-44			
P. Crombie	NSW	1	16.54.0
45-49			
J. Smith	NSW	1	13.13.1
F. Turner	NSW	2	21.46.3
50-54			
G. Breen		1	17.17.0
A. Hooper		2	19.30.1
55-59			
G. Gourlay	VIC	1	17.39.9
J. MacNamee	NT	2	19.19.2
L. Powierza		3	21.18.7
60-64			
J. Kilfoyle	VIC	1	18.57.5
65-69			
J. Hunt		1	19.49.1
75-79			
S. Nicholls	VIC	1	20.16.9

WOMEN'S 3000 M WALK

35-39			
J. Cruise	NT	1	23.11.2
50-54			
B. Wilson	VIC	1	20.22.7
T. Smith	NSW	2	26.50.6
55-59			
J. O'Neill	VIC	1	21.42.5
C. DeGroot	VIC	2	22.20.6
60-64			
M. Colthup	VIC	1	21.17.2
65-69			
S. Murnane	VIC	1	22.26.9
70-74			
A. Nicholls	VIC	1	23.15.2

MENS LONG JUMP

Competitor	State	Plc	Distance
G. Miers		1	5.05m
D. Aslin	NT	2	4.86
I. Amy	NT	3	4.60
40-44			
P. Crombie	NSW	1	5.30
F. Brennan	NT	2	3.97
45-49			
F. Turner	NSW	1	5.20
R. Cruise	NT	2	4.92
S. Jayaraman	NT	3	4.86
50-54			
R. Cunliffe	VIC	1	4.40
55-59			
R. Hochreiter	VIC	1	4.74
M. Pirie	QLD	2	4.07
60-64			
D. Frawley	QLD	1	3.37
65-69			
F. Welz	QLD	1	2.85

WOMEN'S L/JUMP

35-39			
E. Holmes	NT	1	3.33
J. Cruise	NT	2	2.90
40-45			
C. Scott-Todd	NSW	1	2.96
45-49			
W. Ey	SA	1	4.30
50-54			
D. Pirie	QLD	1	4.17
B. Wilson	VIC	2	2.86
60-64			
M. McKinnon	SA	1	2.71

MENS H/JUMP

Competitor	State	Plc	Height
45-49			
F. Turner	NSW	1	1.50
R. Cruise	NT	2	1.25
55-59			
G. Gourlay	VIC	1	1.50
R. Hochreiter	VIC	2	1.40
60-64			
D. Frawley	QLD	1	1.05

WOMEN'S H/JUMP

50-54			
D. Pirie	QLD	1	1.25
B. Wilson	VIC	2	1.05

MENS JAVELIN

Competitor	State	Plc	Distance
35-39			
P. Britten		1	36.98
D. Aslin	NT	2	31.98
40-44			
P. Crombie	NSW	1	37.78
45-49			
R. Cruise	NT	1	33.10
S. Jayaraman	NT	2	32.62
50-54			
R. Cunliffe	VIC	1	27.40
55-59			
R. Hochreiter	VIC	1	41.24
60-64			
A. Pavulins	VIC	1	39.18
D. Frawley	QLD	2	35.56
65-69			
F. Welz	QLD	1	29.32

WOMEN'S JAVELIN

40-44			
C. Scott-Todd	NSW	1	24.36
P. Day		2	10.00
50-54			
B. Wilson	VIC	1	14.46
60-64			
L. Frawley	QLD	1	17.74

MENS DISCUS

35-39			
T. Gadsby		1	30.28
B. Blakeman		2	21.86
D. Aslin	NT	3	19.70
45-49			
R. Cruise	NT	1	26.94
S. Jayaraman	NT	2	25.98
50-54			
R. Cunliffe	VIC	1	21.44
55-59			
R. Hochreiter	VIC	1	33.48
60-64			
A. Pavulins	VIC	1	38.18
D. Frawley	QLD	2	36.88
65-69			
F. Welz	QLD	1	22.38

WOMEN'S DISCUS

40-44			
C. Scott-Todd	NSW	1	26.00
P. Day		2	10.36
50-54			
B. Wilson	VIC	1	14.48
55-59			
J. O'Neill	VIC	1	13.64
60-64			
L. Frawley	QLD	1	19.06
M. McKinnon	SA	2	14.14

MENS SHOTPUT

35-39			
T. Gadsby		1	12.7m
B. Blakeman		2	8.5
P. Britten		3	7.91
45-49			
R. Cruise	NT	1	9.78
J. Spinivasaly		2	9.37
55-59			
R. Hochreiter	VIC	1	10.89
60-64			
A. Pavulins	VIC	1	12.06
D. Frawley	QLD	2	8.81
65-69			
F. Welz	QLD	1	8.26

WOMEN'S SHOTPUT

40-45			
S. Westbrook	T	1	8.31m
P. Day		2	4.98
50-54			
B. Wilson	VIC	1	6.76
50-59			
J. O'Neill	VIC	1	5.40
60-64			
M. McKinnon	SA	1	7.20
L. Frawley	QLD	2	5.67

Western Australian Veterans State Cross Country Champs

OCTOBER 12, 1986

RESULTS

W35
1 N. Harding 52.52

W40
1 P. Farrell 54.26
2 A. Aldrich 54.44
3 K. Penton 56.47
4 J. Stone 60.21
5 M. Stone 75.31

W45
1 M. Forden 49.05
2 J. Pellier 52.06
3 J. Slinger 53.57
4 S. Maslen 60.36
5 C. Cole 60.59
6 P. Spencer 61.00

W50
1 E. O'Dea 56.37

W55
1 L. Butcher 55.23

W60
1 J. Strachan 63.59

W65
1 P. Head 64.00

M35
1 B. Danby 39.06
2 R. Trott 57.12

M40
1 B. Harding 37.13
2 H. Kirkman 38.52
3 I. McGibbon 39.41
4 J. Yates 39.51
5 J. Pressley 40.53
6 B. Foley 41.18
7 D. Roberts 41.42
8 J. Barnes 43.11
9 A. Croxford 43.52
10 B. Hardy 46.15

M45
1 B. Carse 37.15
2 D. Hoye 37.55
3 D. Caplin 39.27
4 G. Thornton 40.15
5 B. Sammells 42.48
6 J. Pellier 43.11
7 P. Martin 43.41
8 B. Slinger 43.52
9 B. Norton 45.38
10 K. Forden 48.43
11 M. Loly 50.01
12 B. Thomsett 51.57
13 B. Farrell 58.26

M50
1 S. Barrie 38.14
2 T. Maslen 39.13
3 A. Davey 44.14
4 R. Shand 44.42
5 D. Phillip 48.39
6 K. Whistler 50.08
7 A. Stone 64.03

M55
1 F. McLinden 41.30
2 B. Hayres 44.01
3 M. Moyle 46.30
4 B. Aldrich 47.15
5 P. Davies 47.23
6 B. Worner 49.57
7 R. Lawrence 50.07
8 S. Lockwood 50.58
9 L. Hassam 56.12

M60
1 D. Strachan 48.17
2 D. Drayson 52.36
3 G. Noordyk 53.03
4 F. Usher 56.24
5 F. Hagger 57.11
6 E. Moyle 58.25

M65
1 A. Leggatt 57.23

M70
1 C. Bould 54.01

— by Bob Sammells.

A town like Alice

With fellow Gold Coast athletes, Bill Myers and Frank Welz, we boarded our flight for the Inaugural Honda Central Australian Masters Games and happily met up with the N.S.W. Contingent in Sydney.

Admittedly the Sydney to Alice leg was far more eventful — perhaps due to the presence of the netballers — when they distributed name tags to some of the passengers — "Randy Reg", "Terrible Tony", Pervie Pete" and "Gorgeous Jim".

On disembarking at Alice we were not only greeted by the ever attractive ambassadors, tourists in fly nets and "sold out" signs at the Aerogard counter.

After a visit to the efficient Games Administration Office at the Civic Centre — where we were issued with our jaunty and colourful slouch hats, Games Information and memorabilia — we participated in a most impressive Opening Ceremony at Traeger Park.

One thousand competitors from every State of Australia, represented 20 sports. Each seemed to march with great pride on this gala occasion. Sir Hubert Opperman, and the Northern Territory Minister for Sport, Mr Don Dale, officially opened the Games and were well supported by the Mayor of Alice Springs, Ms. Leslie Oldfield, the Masters Games Chairman Mr Ray Norman and the popular Games sponsor "Honda" Director, Mr D. Morwood.

Following the stirring "Masters Theme Song", high jinks by the Animated Games characters who lead the march, and an impressive sky diving display, we all enjoyed complimentary barbecue and drinks in the balmy Northern Territory evening.

In very high temperatures, Sunday heralded the first track and field events, on the extra lush grass track. The well prepared surface was heavy going — but easy on the legs — however not conducive to fast times. Full honours must go to our top performer, Reg Austin, with a fine Sprint Treble, including Australian best performances of 11.5 and 23.5 for the 50-54 Division.

Some athletes proved their versatility by participating in other sports. Col Silcock and Fred Turner tried the swimming with Col's effort in the 200 Medley a crowd pleaser — only his second attempt at butterfly. What a heart. Owing to track commitments, Mick Pirie's first round of the golf finished at the 9th hole, and his second attempt allowed him no time to replay an "out of bounds" shot. But happily, it was third time lucky and he won the day.

In typical female's luck I completed all three rounds, and the Games gave Yvonne Dwyer the opportunity to compete in her chosen sport, squash, therefore not having to warm the track and field grandstand all day — cheering John on to personal bests.

Naturally the night life in Alice is great, however it was vastly improved by Tony Turnbull's theory that "Port is cheaper by the bottle", especially following Kangaroo Tail Soup, Buffalo with Witchity Grub Sauce or Barramundi. We all enjoyed the Athletic Barbecue and Mum's the word on the Netballer's Dance, the Black Jack Tables at the Casino and Mick Pirie's new success at two-up — and we will always remember our night of culture with Geoff and Wendy Ey — dinner and the theatre, at the impressive Arts Centre — the Show . . . . "Crocodile Dundee" of course! — and every dinner party should include a "look into the future" through the palm reading skills of Jean O'Neill.

Whilst the Gorges and other attractions around Alice are magnificent, no trip into the Heart of Australia would be complete without a visit to Ulura — Ayers Rock, where we were amazed at the $330 Million Yulara Complex in the middle of the desert.

Those athletes who were caught up the Rock in the electric storm can now verify the Iron Content of the largest Monolith in the World.

We experienced perfect conditions and still found the climb quite strenuous.

After the magnificent sight of sunset on the Rock we returned to our luxurious Sheraton Hotel which was completely booked out by overseas tourists.

Our fitting finale was an enjoyable champagne poolside lunch with Games Promoter, Olympic Gold Medallist and former World Record holder, Dawn Fraser, and created a stir by boarding our Alice Springs bus in wet bathers. As we boarded our Australian Airlines Jet for our trip back home and waited whilst the air hostess tried to brush our reluctant friendly flies from our backs, we reminisced on the "Friendly Games" . . .

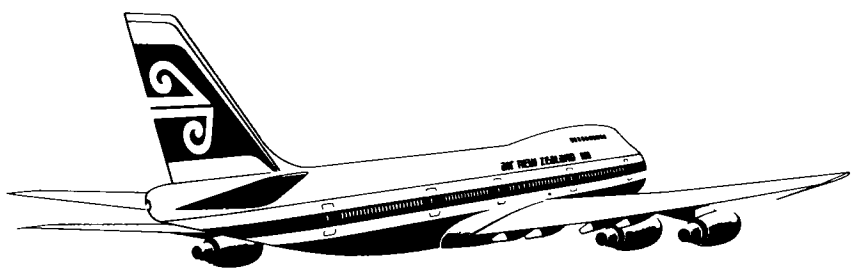
The fine example set by Executive Members, Don Dale, Ray Norman and Brian Price, supported by the ever smiling ambassadors, brought back memories of the Brisbane Commonwealth Games — the co-operation of the Press, Radio and Television — the efficiency of the Alice Springs Running Club and Northern Territory Athletics Association Officials.

The magnificent colour and scenery of the Heart of Australia prove Albert Namatjira captured all its beauty in his now famous paintings.

The Games motto says it all . . . Golden Memories — Golden Rewards.

Future Masters Games in the Northern Territory deserve your support.

— By Daphne Pirie (Q.V.A.C.).



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Dear Reader,

As the official Travel Agent for the Victorian Veterans, we are delighted to be associated with this new publication and we wish it every success.

Through this page, we shall bring you regular travel news especially as it applies to major sporting events around the world.

We have extensive experience in this field dating back to 1971 when we organised a tour to the Munich Olympics.

Since then, we have arranged highly successful tours to every subsequent Olympics, Commonwealth Games, World Track & Field Championships, World Veteran Games, Oceania Games as well as various other sporting events.

We have taken care of the travel arrangements for the Victorian Veterans to the National Championships, the Australian Gymnastic team, various Australian Track & Field teams, Australian and Chinese Volleyball teams, Australian University teams, Australian Winter Olympics team as well as for the relatives of the Australian teams to various Olympic and Commonwealth Games as well as World Swimming Championships.

Moreover, we have acted as the Travel Consultant to the Australian Olympic Federation since 1974.

International Sporting Tours is a division of Muskens Bourke Travel Pty. Ltd. and was created specifically to handle our many sporting group activities.

Pam Muskens or myself will welcome all your enquiries in this area of our organisation. This also applies to individual travel overseas (outside of our group tours), where we offer 5% discount off published fares to all registered members of Veteran Associations.

Interstate readers are reminded that they can call us toll free on 008-338007.

We look forward to being of continued service to you in the future.

Jeff Jones.

XXI WORLD MEET OF VETERAN RUNNERS

The Lake Bomun, Kyngju City, Korea
October 8-9, 1988
(After Seoul Olympic Games)

The Organizing Committee of the XXI World IGAL Championships invites you to participate in running and entertainment experience held at the Lake Bomun just near by an old city Kyungju that was an ancient capital of Silla Kingdom for 1,000 years. Come run and visit with us in Kyungju with its beautiful oriental scenery and the fresh air.

Organization

The Association of Korean Sport for All Inc.

Korean Veteran Marathon Federation under the rules of the I.A.A.F and the K.A.A.T.

Entries are open to all women over 35 years and all men over 40 years of age on day of race in the following age categories.

MEN		Birth Year	Women	
		1953 – 1949	W35	35 – 39 Yrs
M40	40 – 44 Yrs	1948 – 1944	W40	40 – 44 Yrs
M45	45 – 49 Yrs	1943 – 1939	W45	45 – 49 Yrs
M50	50 – 54 Yrs	1938 – 1934	W50	50 – 54 Yrs
M55	55 – 59 Yrs	1933 – 1929	W55	55 – 59 Yrs
M60	60 – 64 Yrs	1928 – 1924	W60	60 – 64 Yrs
M65	65 – 69 Yrs	1923 – 1919	W65	65 – 69 Yrs
M70	70 – 74 Yrs	1918 – 1914	W70	70 Yrs and Over
M75	75 – 79 Yrs	1913 – 1909		
M80	80 Yrs and Over	1908		

Race Schedules

Official Races: 10Km Saturday October 8th, 1988, Start 11:00 a.m.
Marathon (42,195Km) October 9th, 1988, Start 09:00 a.m.
Optional Race: 5Km Saturday October 8th, 1988, Start 09:30 a.m.

Awards will be made to the first 3 in each age group and commemorative medals and certificate of finish will be given to all finishers of the courses. All entrants for the races will receive commemorative gifts.

2nd World Track & Field Championships — Rome 29th August — 6th September 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.

PROPOSED PACKAGES

1) Return air fare, Rome hotel, admission tickets and Rome/London tour approx. (25 days), Singapore Airlines ..... $4462.
2) Return air fare, Rome hotel, admission tickets $2999
3) Return air fare, admission tickets $2299
4) Rome hotel, admission tickets $1100

Flexible returns from various points in Europe - minimum stay 21 days. Prices based on share twin accom. includes 10 nights in Rome.

Non Refundable Registration Fee $300

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 in the near future as we intend to visit Korea shortly 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.

Any Veterans planning to attend the 1988 Olympics in Korea, and at the same time looking for athletic competition to make your trip an even more memorable one, may like to consider the following staging of the XXI World IGAL Championships, to be held shortly after the Olympics on October 8-9. Also it is hoped the Korean Veterans Athletic Association will conduct a major Track & Field meet to commemorate this memorable occasion. Details of this will be advised as soon as possible. However, to secure Games tickets and accommodation which will be extremely limited, early registrations will be necessary.

20th WORLD VETERANS CHAMPIONSHIPS ISRAEL 1987

WORLD VETERANS ROAD RACE & CROSS COUNTRY CHAMPIONSHIPS

12.3.87 — Arrival at Ben Gurion Airport. Meeting, assistance and transfer to hotel. Registration Hall open until 22.00 hours.

13.3.87 — Netanya tour including Diamond Factory and Welcoming Ceremony. Registration Hall open from 9.00 until 22.00 hours.

14.3.87 — Tour of Nazareth, Galilee and Tiberias. Evening general assembly. Music and dancing in the streets of Netanya.

15.3.87 — Morning street entertainment and carnival parade. **Opening ceremony and Cross Country World Championships** at Kibbutz Givat Haim. Awards ceremony. Evening musical entertainment for all in Netanya.

16.3.87 — Morning outdoor entertainment for all. **10Km Road Race World Championships** in the afternoon. Awards ceremony and entertainment in the evening.

17.3.87 — **25Km Road Race World Championships.** Evening entertainment.

18.3.87 — International Veterans Day in Jerusalem with special tour. Awards ceremony for 25Km race and **Farewell Party** in the evening.

19.3.87 — **Tel Aviv Marathon/Half Marathon.**

20.3.87 — Transfer and assistance to Ben Gurion airport for departure.

* **Accommodation prices,** including above program (excluding race entry fees, Farewell Party, and transport to Cross Country): 3 Star US$302. 4 Star US$325. 5 Star US$500. Prices based on half board (breakfast and evening dinner) per person sharing double room. Single supplements available on request.
* **Championship entry fees:** 1 race — US$15. 2 races — US$25. 3 races — US$35.
* **Farewell Party:** US$15.
* **Transport to Cross Country** & T-Shirts can be purchased at Registration Hall.
* **Tel Aviv Marathon Entry Fee:** US$15.
* **World Championship Grand Tour** of Israel and Egypt. Details and prices available from Shartours Ltd., the official Tour operator, at the address given below.
* Closing date for Registration — 31st January 1987.

20th VETERANS WORLD CHAMPIONSHIP, ISRAEL
CROSS COUNTRY 15th MARCH, 1987 10 KM 16th MARCH, 1987 25 KM 17th MARCH, 1987

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THE THROWING SCENE

BY ROY FOLEY

EVENT **WEIGHT PENTATHLON** — **CAULFIELD VENUE** — **28 September, 1986**

NAME	SEX	ACTUAL AGE	HAMMER	WT	SHOT	WT	DISCUS	WT	JAVELIN	WT	WEIGHT	WT	POINTS
Lynne WILLIAMS	W	37	22m70 342	4kg	6m25 148	4kg	17m20 116	1kg	9m85cm 001	600	9m 16cm 148	16lb	0755
Lydia WIDERA	W	60	18m62 437	3kg	7m77 559	3kg	21m10 587	1kg	17m 20cm 465	400	8m 20cm 430	16lb	2578
Bettina WOODBURN	W	62	20m66 523	3kg	7m 95 621	3kg	17m 36cm 494	1kg	22m 58cm 800	400	5m 90cm 266	16lb	2704
Stella MURNANE	W	67	15m 46 449	3kg	5m 60 462	3kg	12m34cm 384	1kg	11m 00cm 435	400	5m 36cm 310		2040
Chris BATTERSBY	W	42	16m96 253	4kg	6m30 145	4kg	13m 12cm 029	1kg	18m58cm 304	600	8m 00cm 129		0860
Trish SPARKS	W	41	13m 14 144	4kg	5m 89 062	4kg	12m 22cm 001	1kg	12m 72cm 118	600	6m 10cm 001	16lb	0326
Ken READWIN	M	45	42m34 783	7.26	9m43 511	7.26	32m 48 599	2kg	25m 62cm 331	800	11m 61cm 639	35lb	2863
David PENFOLD	M	39	18m 08 273	7.26	8m 50 390	7.26	19m 78 234	2kg	23m 34cm 245	800	7m 30cm 252		1394
Ilmar MANCS	M	56	32m82 657	6kg	10m 30 614	6kg	31m 70 580	1.5	28m 52 513	800	7m 20 424	35lb	2788
Werner WIDERA	M	64	31m34 659	5kg	9m29 570	5kg	30m76 548	1kg	27m 32 553	600	8m 74 484	25lb	2814
Roy FOLEY	M	69	39m80 902	5kg	9m04 634	5kg	34m22 717	1kg	17m48cm 373	600	12m 28 871	25lb	3497
John FRASER	M	71	41m 70 871	4kg	10m02 670	4kg	25m 68 537	1kg	18m 22 429	600	12m 20 913	25lb	3420
George SIMPSON	M	79	12m 90 313	4kg	4m 99 301	4kg	15m 02 336	1kg	11m 66cm 322	600	3m 84cm 202	25lb	1474

EVENT **HAMMERFEST** — **5 October, 1986**

NAME	SEX	ACTUAL AGE	3 kg	4 kg	5 kg	6 kg	7.26kg	16lb	20lb	25lb	35lb	
Trish SPARKS	F	41	20m 14 266	15m 86 217	13m88 215	10m 60 154		7m 11 059				0911
Christine BATTERSBY	F	42	25m 40 380	20m 44 335	16m 76 303	14m 22 282		8m 56 131				1431
Lydia WIDERA	F	60	20m 56 489	15m 18 403	12m 16 367	8m 86 283		7m 65 282				1824
Lynn SCARFF	F	48	21m 54 360	18m 76 355	15m 48 328	11m 64 255		9m 26 217				1515
Lynne WILLIAMS	F	37	25m 62 343	23m 62 361	19m 10 318	14m 40 243		10m 15 155				1420
David PENFOLD	M	39		31m 45 387	24m 86 234	21m 10 292	20m 12 320				7m 44 263	1496
Werner WIDERA	M	64		39m 50 664	32m 88 689	28m 92 682	23m 64 637			9m 65 558		3230
Ilmar MANCS	M	56		44m 14 699	37m 96 680	33m 06 661	27m 76 630				7m 58 462	3132
George SIMPSON	M	79		15m 10 387	9m 94 262	9m 68 308	8m 88 335			4m 31 273		1565
Dennis BLANDY	M	61		42m 54 733	36m 52 716	29m 90 661	27m 86 697			10m 82 595		3402
John FRASER	M	71		45m 48 936	37m 36 892	32m 82 887	29m 14 900			12m 58 942		4557
Roy FOLEY	M	69		45m 00 892	41m 70 937	37m 24 942	34m 14 981			13m 25 944		4696
Ken READWIN	M	45		61m 34 817	54m 00 804	51m 00 833	45m 40 832				13m 15 745	4031
Geoff WILKINSON	M	52		40m 04 599	35m 06 589	30m 56 571	24m 32 532				6m 70 321	2612

EVENT **DISCORAMA** — **12 October, 1986**

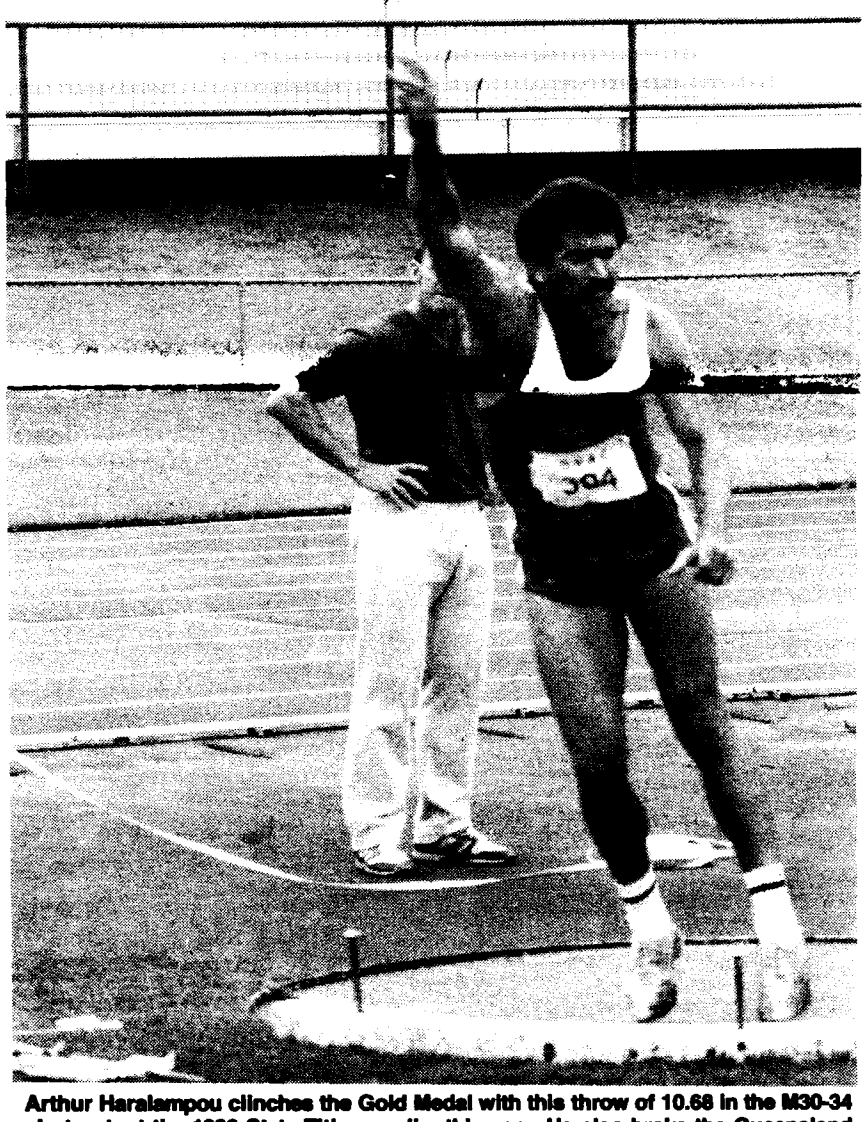
NAME	SEX	ACTUAL AGE	1 kg	1.25 kg	1.50 kg	1.75 kg	2 kg	POINTS
Ilmar MANCS	M	56	35.56cm 546	34m 76cm 592	32m 38cm 596	29m 76cm 600	27m 94cm 614	2948
Werner WIDERA	M	64	33m 52cm 611	31m 08cm 625	27m 48cm 595	25m 04cm 600	23m 56cm 616	3047
Dennis BLANDY	M	61	29m 64cm 481	26m 44cm 463	25m 20cm 486	23m 38cm 500	21m 62cm 502	2432
Roy FOLEY	M	69	36m 60cm 773	32m 76cm 764	30m 78cm 784	29m 18cm 826	26m 04cm 801	3948
John FRASER9	M	71	30m 44cm 664	27m 88cm 677	25m 80cm 686	23m 76cm 706	22m 10cm 712	3445
Lydia WIDERA	F	60	22m 46cm 633	19m 18cm 601	13m 32cm 412	10m 82cm 355	12m 50cm 504	2505
Christine BATTERSBY	F	42	18m 22cm 0193					0193
Fridel CHOLEWICK	F	59	14m 78cm 0326					0326
Gai MONOHAN	F	34	15m 76cm 050					050
David PENFOLD	M	39	22m 28cm 144	21m 48cm 161	21m 34cm 192	19m 20cm 173	18m 18cm 188	0858

EVENT **SHOTORAMA** — CAULFIELD VENUE — **19 October, 1986**

NAME	SEX	ACTUAL AGE	3kg	4kg	5kg	6kg	7.260kg	8kg	10kg	POINTS
Lydia WIDERA	F	60	7m 04cm 485	5m 57cm 393	5m 47cm 454	4m 47cm 380	4m 10cm 398			2110
Christine BATTERSBY	F	42	7m 03cm 211	6m 60cm 234	5m 28cm 161	4m 63cm 140	4m 11cm 136			0882
Trish SPARKS	F	41	6m 65cm 130	5m 60cm 126	5m 30cm 152	4m 62cm 128	4m 30cm 151			0687
Lynn SCARFF	F	48	5m 90cm 176	6m 05cm 256	5m 40cm 249	5m 13cm 276	4m 57cm 273			1230
Ilmar MANCS	M	56		11m 48cm 569	10m 80cm 576	10m 00cm 591	8m 90cm 386		6m 80cm 555	2677
John FRASER	M	71		10m 10cm 678	9m 18cm 683	8m 03cm 651	7m 54cm 692	7m 18cm 745		3449
Werner WIDERA	M	64		9m 73cm 451	8m 77cm 527	8m 25cm 553	6m 80cm 492	6m 72cm 566		2589
David PENFOLD	M	39		10m 33cm 315	9m 64cm 337	8m 78cm 337	8m 00cm 347		7m 11cm 423	1759
Dennis BLANDY	M	61		9m 88cm 497	8m 90cm 494	8m 02cm 488	7m 30cm 501	6m 75cm 525		2505

EVENT **HEAVY THROWS** — **12 October, 1986**

NAME	SEX	ACTUAL AGE	25lbs	35lbs	56lbs	POINTS
John FRASER	M	71	12m 54cm 940	8m 82cm 885	5m 40cm 867	2692
Roy FOLEY	M	69	12m85cm 913	9m51cm 907	5m 59cm 348	2668
Werner WIDERA	M	64	9m 54cm 550			0550
Ilmar MANCS	M	54	10m 41cm 487	7m98cm 500	4m57cm 427	1414
David PENFOLD	M	39	10m54cm 288	7m07cm 232	4m 46cm 227	0747
			4kg HAMMER			
Lydia WIDERA	F	60	17m 10cm 464			0464
Fridel CHOLEWICK	F	59	14m24cm 358			0358
Lynn SCARFF	F	48	18m14cm 339			0339



Arthur Haralampou clinches the Gold Medal with this throw of 10.68 in the M30-34 shot put, at the 1986 State Titles, earlier this year. He also broke the Queensland State Record in the Pentathlon with a great total of 3111 points.

Photo: Coluna Photographics.

ACT throwers winter season ends

ACT's stalwart Charlie Rann, and his band of enthusiastic throwers, completed another successful winter competition on Sunday, 26 October.

For their final event of the season they were fortunate to have one of Canberra's leading decathletes, Mario Lobigs, from the Australian University to add an even greater competitive edge to the proceedings.

However, Mario's throw of 11.04 metres in the shot put brought out the best in both George Mendik and Ray Green who threw 12.00 metres and 11.74 respectively.

George is the current M50 National Champion and record holder for this event (6k shot), but he chose to throw the full weight and still took the honours!

Results:

SHOT PUT

W45 A. Schiworsky.... 6.20
M40 R. Green 11.74
M45 P. Schivorski 10.12
M45 A. Spaits 10.06
M50 G. Mendik 12.00
M55 C. Rann..... 9.86
M60 E. Drummond..... 8.68
M65 G. Boag..... 8.10

"THE WARATAH"

BY HARRY STANLEY

N.S.W. VETERANS INTERCLUB REPORT

Men 100m
O. Comerford 11.6
V. Ramondetta 11.6
R. Austin 11.7
H. Stanley 11.7
P. Crombie 11.7
A. Walker 11.9
J. Smith 12.1
A. Trachtenberg 12.3
F. O'Connor 13.0
D. Trobec 13.6
Women 100m
H. Searle 13.9
D. Ellison 14.2
D. Harris 20.1
Women Javelin
D. Ellison 26.44
J. Schmidt 22.06
H. Searle 20.82
Men 400m
V. Ramondetta 52.08
F. Turner 53.7
K. Atkins 54.5
P. Crombie 55.6
I. Melrose 56.7
F. Daniels 59.0
D. Trobec 63.8
Men 1500m
I. Melrose 4.10.35
K. Mayhew 4.15.54
M. Favalero 4.23.98
R. Gribble 4.42.06
Men 5000m Walk
R. Crawford 27.53.2
B. Jones 29.12.0

NORTH METROPOLITAN

Peter Crombie reports from Rotary Field, Chatswood

Best Performances - all ages combined up to 18.10.86

Men

100m
N. Peters 11.8
P. Crombie 11.9
I. Morgan 12.1
T. Ryan 12.3
F. Daniels 13.0
P. Daly 13.2
B. Pearce 13.2
J. McGrath 13.3
L. Bird 13.3
J. Sturzaker 13.4
200m
P. Crombie 24.1
N. Peters 25.3
K. Calderbank 26.4
L. Bird 27.1
J. Sturzaker 27.6
J. McGrath 27.8
400m
T. Ryan 54.5
P. Crombie 55.5
I. Melrose 58.8
F. Daniels 59.9
800m
T. Ryan 2:4.0
I. Melrose 2:8.3
K. Mayhew 2:15.3
K. Calderbank 2:16.5
1500m
I. Melrose 4:11.3
K. Mayhew 4:21.6
T. Ryan 4:29.3
K. Calderbank 4:38.9
W. Armstrong 4:39.2
G. Allomes 4:41.2
A. Fein 4:44.5
3000m Walk
L. Bird 15:5.9
P. Richardson 17:15.0
C. Gorsuch 19:0.9
3000m
K. Mayhew 9:21.7
J. Smit 10:3.7
G. Allomes 10:13.3
W. Armstrong 10:13.4
L. Jump
N. Peters 5.69
J. McGrath 5.09
J. Sturzaker 4.90
Pole Vault
J. McGrath 3.00

METROPOLITAN SOUTH

Bill Seary (Southside Masters) reports from Sylvannia Waters

800m
1 G. Walch 2:4.6
2 R. Smyth 2:22
3 C. Russ 2:23
1 Mile
1 R. McRae 4:43.6
2 R. Hardy 4:49.4
3 R. Parkes 4:53.2
3000m
1 G. Bruce 8:37.9
2 G. Hoare 8:5.7
3 B. Graham 8:57.5
5000m
1 G. Bruce 14:56.2
2 R. McCrae 15:58.1
3 G. Welch 15:59.9
6.5k Road
1 R. McCrae 23:06
2 J. McNulty 23:23
3 M. Edgar 23:44
10k Road
1 E. Squires 34:35
2 O. Lund 34:43
3 J. McNulty 37:15.6

METROPOLITAN WEST

Peter McDermid Reports

Tooheys-Illawarra Mercury ½ Marathon Woollongong Sunday 21st September 1986

Men

M45
1 J. Bowers 1:15.41
M50
2 W. Williamson ... 1:19.30
M50
1 R. Gribble 1:18.52

Women

2nd Overall Female was W40-45 P. Marshall, 1:25.15, who won this event the last two years.

8K FUN RUN

M50-55 1st and 1st Vet. P. McDermid 20.02.

1986 WARATAH SUMMER SPRINT SERIES

Progress Pointscore after 7 Rounds

120(M) 4 Rounds remaining before semi-final 18.12.86.
300(M) 3 Rounds remaining before semi-final 11.12.86.

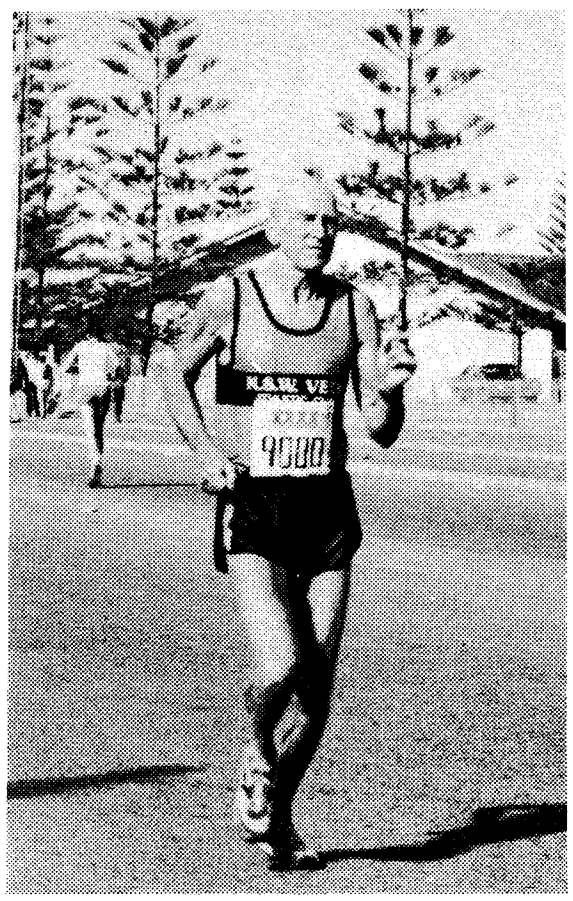
120M HCP
1 A. Walker ..... 45 points
2 V. Ramondetta 43
3 J. Smith 41
4 M. Lutteral 40
5 B. Cartwright 31
6 D. Shaw 30
7 S. Shadwell 28
8 L. Crowder 28
9 R. Short 28
10 R. Brown 28
11 A. Weed 27
12 P. Gestro 26
13 A. Lawson 22
14 C. Comerford 22
15 P. Charley 20
16 G. Theodore 18
17 T. McDonald 18
18 B. Simpson 16
19 R. Austin 14
20 F. Etter 14
21 F. O'Connor 12
22 M. Holstein 12
23 B. Ridgeway 12
24 D. Misson 10
25 A. Simpson 10
26 B. Wright 6
27 M. Rosenberg 5
28 G. Seymon 1
29 S. Lee 1
30 F. Daniels 1

300 M HCP
1 A. Walker ..... 48 points
2 P. Gestro 47
3 B. Cartwright 39
4 V. Ramondetta 37
5 J. Smith 37
6 S. Shadwell 36
7 A. Lawson 30
8 C. Comerford 28
9 A. Wood 28
10 M. Rosenberg 22
11 R. Brown 22
12 M. Lutteral 21
13 R. Short 18
14 G. Theodore 16
15 D. Misson 14
16 R. Austin 12
17 B. Simpson 12
18 T. McDonald 10
19 A. Simpson 10
20 F. O'Connor 8
21 M. Holstein 6
22 B. Wright 2
23 S. Lee 1

Stop Press

Dot Browne, 46, from Croydon, Vic., our delightful Associate Editor, completed a successful whirlwind trip to Adelaide for the Annual Womens 10K, and placed 10th overall in 38.21 from a field of over 800!

Dot was a member of the winning Adidas team from Victoria, which included Tania Turney (2nd), behind winner and Commonwealth Games Marathon gold medallist, Lisa Martin; 16 year old Karen Jackson (12th) and up and coming young track star Marie McDonaugh (3rd).



Above: The mercurial George McGrath winner of the 60+ age division, at the recent Budget Melbourne Marathon.

1987 National Track and Field Championships

SPONSORED BY

AUSTRALIAN AIRLINES

Australian Championships, Friday 17th April, Saturday, 18th April, Sunday, 19th April, Monday, 20th April. Dinner dance Sunday night, at Sydney Athletic Field, Kensington. Enter now, the following events:

Friday, 17th April: 10k, hammer including women, discus, pole vault.

Saturday, 18th: 100m, 400m, 1500m, sprint hurdles, 5000m walk, 3000m steeple, (m) discus, long jump, shot, javelin.

Sunday, 19th April: 800m, 400m hurdles & 300m hurdles M50+, 200m, 5000m, javelin, shot, high jump, triple jump men and women.

Monday, 20th April: Pentathlon men: l/jump, javelin, 200mts, discus, 1500m. Pentathlon Women: 200m, javelin, l/jump, discus, 800m. Road walks: Men: 20k, Women: 10k. Cross Country: 10k Men and Women.

Fees: $6.50 Registration, $2.50 per event, tee shirts $8.50, dinner/dance $26.00 per head, incl. 3 course meal, wine and soft drink. To be held at the University of NSW, Round House, Anzac Parade, Kensington. Music through the ages to be featured.

Payable to — Fred O'Connor, 5 Roma Street, Nth. Epping, 2121, by Friday, 13th February, 1987.

ENTRY:

SURNAME: .....

GIVEN NAME: .....

ADDRESS: .....

BIRTH DATE: .....

AGE GROUP: .....
VETERANS ATHLETIC CLUB: .....

SIGNATURE: .....

MALE.....FEMALE.....PRE VET.....

Events:

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....
7. .....
8. .....
9. .....
10. .....

Previous 12 months performance:

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....
7. .....
8. .....
9. .....
10. .....

1987 NSW Veterans State Champs.

N.S.W. State Championships, 21st March, 1987. Enter now. State Pentathlon: Enter now. Date to be advised next issue, December. Friday, 20th, 10k. Saturday 21st, 100m, 400m, 1500m, 80, 100, 110, 400m hurdles, steeplechase, 5000 walk, jav, pole, hammer, t. jump, discus, h. jump. Sunday, 22nd, 200m, 800m, 5000m, 10,000 walk, shot, l. jump. - barbecue - Centennial Park.

Name: .....

Events: .....

Fee: .....

1 Event, $5.00. Extra events, $2.00 each. 1986 Subs $10.00 till November 1986. Then $10.00 rejoining fee. 1987 Subs may be paid in advance but not due till April 1987. Those paying 1986 subs after November 1986 will have to rejoin club for $10.00 as well as pay 1986 subs $10.00. Total $20.00. Late subs put our club into financial difficulty. Enter now with Mavis Garrick, Registrar, P.O. Box 15, Kensington, 2032.

1987 Australian Athletic Championships, Sydney

FORTHCOMING EVENTS . . .

SUMMER PROGRAM — NOVEMBER/DECEMBER 1986

Thursdays, 6.00pm, Hensley Field, Pagewood: Waratah Summer Sprint Series/ track events/road races.

Thursdays, 6.00pm, Sylvannia Waters: Track competition and road races.

Fridays, 6.00pm, Dwyer Oval, Warwick Farm: Track and field competition.

Fridays, 6.00pm, Wyatt Park, Auburn: Track and field competition.

Saturdays, 12.30pm, Rotary Field, Chatswood: Track and field competition.

Saturdays, 12.30pm, Hensley Field, Pagewood: Sydney Metropolitan Interclub Comp. Track and field.

December 18th, 6.00pm, Hensley Field, Pagewood: Christmas Fun Run and Waratah Sprint Series final. Food and refreshments available.

Sunday, 11th January, 1987, Pitt Park, Wentworth Falls: Katoomba Open Day Carnival. Vets events. Entries close 5th December 1986 with Lorraine Craig (047) 842 310. $2 per entry.

PARRAMATTA MONTHLY HANDICAP

Former western suburb middle distance runner, Graham Taylor, won a close finish in the monthly 8 kilometres handicap on October 24 with the Parramatta Park Police-Citizens Group.

Taylor, one of 'Wests' star junior athletes in both track and cross country during the 1950s, had to record his best time of the season ?mins ?secs to defeat John Sharp 33m 36s, who also clocked a P.B. and John Cavanough 33m 59s.

Doug Luckman 27m 09s for 4th was one of the fastest on the day defeating John Storey 33m 5s, with Alaister Mackie 29m 7s in 6th place.

Des Pavy 32m 51s beat John Sheedy 34m 35s and Gil Gourvil 32m 59s for 7th (John is a son of the late Sid Sheedy, a top walker during the 40s).

Phil Mallitt 26 mins 45 secs, was the fastest of the day again.

With one handicap-point-score to finish the year, Andy Rosiak (138pts) leads John Cavanough 125pts and Graham Taylor 122pts. John Storey 121, leads Ron Bonham 119, John Melnyczenko 118, Lex Gemmell 115 and Des Pavy 107, with Doug Luckman 105.

Secretary/Handicapper Ken Cameron, is off to West-Mead General Hospital for two weeks rest, to have four heart by-passes. We wish him well and a speedy return to the Parramatta athletics scene.

The Parramatta Club holds a handicap on the 4th Friday (1pm) of each month and weekly runs every other week over 8 kilometres.

NEWS FROM THE SUNSHINE STATE

BY STAN PERKINS

Track and Field

Sun. 5 Oct. 1986 — St. Lucia Uni.

70m.

M. 30-34	1.	CHALMERS, Bruce	10.3
35-39	1.	MIFSUD, Mark	9.4
	2.	NARRAMORE, Phillip	9.5
	3.	KYLE, Peter	10.4
40-44	1.	LUCAS, Chris	8.1
	2.	GOULD, Tom	9.4
	3.	RICHARDSON, Ian	9.8
	4.	PARKINSON, Alan	10.6
45-49	1.	MYERS, Bill	9.5
	2.	WRIGHT, Bruce	9.6
	3.	GALVIN, Gavan	10.1
50-54	1.	GARVEY, Noel	9.6
	2.	COTTRELL, John	10.1
	3.	JONES, Col	10.9
55-59	1.	PIRIE, Mick	8.9
	2.	BROWN, Garvin	9.6
	3.	ROLFE, Alan	9.7
65-69	1.	HOGAN, Bernie	9.1
	2.	CHARLES, Wally	10.6
70-74	1.	PETERSEN, John	12.1
W. 30-34	1.	THOMPSON, Donna	10.3
	2.	WALKER , Denise	10.8
35-39	1.	LANE, Cathy	10.8
	2.	PARKINSON, Anne	13.3
40-44	1.	HYNES, Jan	9.3
	2.	YUNKER, Joyce	11.6
45-49	1.	STOWE, Chris	11.4
	2.	SOUTHERN, Diana	14.0
50-54	1.	PIRIE, Daphne	10.3
	2.	STUBBINGS, Joan	12.1
60-64	1.	HOGAN, Aileen	11.5
	2.	DELBRIDGE, Laurie	12.0

100m.

M. 30-34	1.	COLEMAN, Murray	11.3
	2.	CHALMERS, Bruce	13.6
35-39	1.	BATCH, Mike	12.2
	2.	MIFSUD, Mark	12.7
	3.	NARRAMORE, Phillip	12.8
	4.	LAFFERTY, Mills	13.0
40-44	1.	IRVINE, David	11.3
	2.	LUCAS, Chris	12.1
	3.	PARKER, Don	12.4
	3.	RIETHMULLER, Ray	12.4
	5.	LUKIS, Roger	15.6
45-49	1.	CHRISTIAN, Jim	12.9
	2.	MYERS, Bill	13.1
	2.	WRIGHT, Bruce	13.1
	4.	GALVIN, Gavan	13.2
	5.	DONNELLY, Kev	14.1
50-54	1.	GARVEY, Noel	13.2
	2.	JONES, Col	14.0
	3.	ROPELIN, Arvo	15.0
55-59	1.	PIRIE, Mick	12.2
	2.	BROWN, Garvin	13.2
	3.	ROLFE, Alan	13.9
	4.	VALE, Ted	14.9
60-64	1.	SNARS, Frank	15.8
65-69	1.	HOGAN, Bernie	12.8
	2.	CHARLES, Wally	14.6
W. 30-34	1.	THOMPSON, Donna	13.9
	2.	WALKER, Denise	15.3
35-39	1.	LANE, Cathy	15.8
40-44	1.	YUNKER, Joyce	16.4
45-49	1.	STOWE, Chris	15.8
	2.	COOPER, Judy	17.8
50-54	1.	PIRIE, Daphne	14.3
60-64	1.	HOGAN, Aileen	16.2
	2.	DELBRIDGE, Laurie	17.4

300m.

M. 35-39	1.	BATCH, Mike	38.1
	2.	NARRAMORE, Phillip	42.5
	3.	DONOVAN, Chris	45.3
40-44	1.	IRVINE, David	37.4
	2.	LUCAS, Chris	40.8
	3.	RIETHMULLER, Roy	41.3
	4.	PARKER, Don	41.5
	5.	GOULD, Tom	42.9
	6.	RICHARDSON, Ian	47.6
	7.	LUKIS, Roger	50.7
	8.	PARKINSON, Alan	56.1
45-49	1.	WRIGHT, Bruce	43.6
	2.	GALVIN, Gavan	47.2
	3.	DONNELLY, Kevin	47.3
50-54	1.	GARVEY, Noel	46.1
	2.	JONES, Col	49.1
55-59	1.	PIRIE, Mick	41.7
	2.	BROWN, Garvin	53.7
60-64	1.	SNARS, Frank	58.9
65-69	1.	HOGAN, Bernie	44.5
	2.	CHARLES, Wally	50.2
60-64	1.	PETERSEN, John	56.5
	2.	TURNER, Vic	62.9
W. 30-34	1.	THOMPSON, Donna	46.2
	2.	WALKER, Denise	50.1
35-39	1.	LANE, Cathy	63.8
	2.	PARKINSON, Anne	66.8
40-44	1.	HYNES, Jan	43.1
	2.	YUNKER, Joyce	60.0
45-49	1.	STOWE, Chris	54.3
50-54	1.	PIRIE, Daphne	50.2
60-64	1.	HOGAN, Aileen	57.9
	2.	DELBRIDGE, Laurie	71.0

400m.

M. 35-39	1.	NARRAMORE, Phillip	61.0
	2.	KYLE, Peter	65.0
	3.	EDWARDS, John	68.0
	3.	MIFSUD, Mark	68.0
	5.	WILSON, Robert	72.0
40-44	1.	WHITE, Graham	65.0
	2.	PARKINSON, Alan	87.0
45-49	1.	GALVIN, Gavan	72.0
50-54	1.	ANDERSON, Ian	71.0
	2.	COTTRELL, John	73.0
55-59	1.	VALE, Ted	71.0
70-74	1.	PETERSEN, John	82.0
W. 30-34	1.	THOMPSON, Donna	71.0
	2.	WALKER, Denise	76.0
40-44	1.	HYNES, Jan	64.0
45-49	1.	SOUTHERN, Diana	94.0
50-54	1.	STUBBINGS, Joan	84.0
60-64	1.	HOGAN, Aileen	104.0

1500m.

M. 35-39	1.	KYLE, Peter	4:38
	2.	NARRAMORE, Phillip	4:52
	3.	EDWARDS, John	5:16
	4.	DONOVAN, Chris	5:36
40-44	1.	MACDERMOTT, Mike	4:56
	2.	WHITE, Graham	5:02
	3.	LUKIS, Roger	5:37
	4.	GOULD, Tom	5:43
	5.	PARKINSON, Alan	6:18
45-49	1.	DONNELLY, Kevin	5:36
	2.	MORRIS, Paul	6:42
50-54	1.	COTTRELL, John	5:18
	2.	ANDERSON, Ian	5:20
	3.	JONES, Col	5:53
55-59	1.	VALE, Ted	5:16
	2.	BROWN, Garvin	8:10
70-74	1.	GULBRANSEN, Norm	5:59
	2.	PETERSEN, Joan	6:29
	3.	TURNER, Vic	8:15
75-79	1.	BARNACLE, Eddie	10:23
W. 30-34	1.	WALKER, Denise	6:07
35-39	1.	PARKINSON, Anne	7:45
45-49	1.	STOWE, Chris	6:24
	2.	SOUTHERN, Diana	6:26
50-54	1.	STUBBINGS, Joan	6:20

10,000m.

M. 35-39	1.	ENDERS, Brian	34:14
	2.	KYLE, Peter	34:39
	3.	WILSON, Robert	39:58
	4.	PERKINS, Stan	55:05
40-44	1.	MACDERMOTT, Mike	41:57
	2.	LUKIS, Roger	45:00
45-49	1.	EVENHUIS, Rein	36:59
	2.	MORRIS, Paul	60:10
55-59	1.	WEEKS, Ken	43:01
60-64	1.	SNARS, Frank	51:37
65-69	1.	MACDERMOTT, Brian	59:06
70-74	1.	GULBRANSEN, Norm	45:44 (QR)
	2.	PETERSEN, John	53:40

WALK - 2 km.

M. 35-39	1.	WILSON, Robert	14:30
40-44	1.	MACDERMOTT, Mike	11:27
W. 45-49	1.	HERBERT, Kim	14:43
	2.	SINNAMON, Anne	16:46

WALK - 6 km.

M. 30-34	1.	CHALMERS, Bruce	40:35
35-39	1.	JONES, Dave	37:42
40-44	1.	THOMPSON, Peter	37:13
	2.	RICHARDSON, Ian	37:35
50-54	1.	KIRBY, Bill	36:02
	2.	JONES, Col	38:53
55-59	1.	SINNAMON, Ed	40:34
	2.	McNAE, Rob	43:45

WALK - 10 km.

M. 40-44	1.	MAURER, Klaus	54:54

LONG JUMP

M. 35-39	1.	LAFFERTY, Mills	4.64
	2.	MIFSUD, Mark	4.54
40-44	1.	RICHARDSON, Ian	3.95
45-49	1.	CHRISTIAN, Jim	5.25
	2.	MYERS, Bill	5.18
	3.	GALVIN, Gavan	3.42
50-54	1.	ROPELIN, Arvo	3.98
	2.	COTTRELL, John	3.81
	3.	JONES, Col	3.37
60-64	1.	FRAWLEY, Des	3.53
65-69	1.	CHARLES, Wally	4.21
70-74	1.	PETERSEN, John	2.88 (QR)
75-79	1.	BARNACLE, Eddie	1.74

JAVELIN (* QLD. RECORD)

M. 30-34	1.	HARALAMPOU, Arthur	40.90 *
35-39	1.	LAFFERTY, Mills	37.00 *
	2.	JONES, Dave	24.52
40-44	1.	RICHARDSON, Ian	25.50 *
45-49	1.	CHRISTIAN, Jim	31.86 *
	2.	MYERS, Bill	25.32
50-54	1.	ROPELIN, Arvo	36.50 *
M. 55-59	1.	BROWN, Garvin	22.92 *
60-64	1.	FRAWLEY, Des	34.60
65-69	1.	VICKERS, Ted	27.70
75-79	1.	BARNACLE, Eddie	10.60
W. 30-34	1.	WRIGHT, Heather	15.90
35-39	1.	PERKINS, Wilma	24.98
40-44	1.	HYNES, Jan	26.50
	2.	YUNKER, Joyce	16.90
50-54	1.	DOHERTY, Heather	34.60
60-64	1.	FRAWLEY, Laurel	16.96
	2.	WOODS, Eileen	14.24

HAMMER (* QLD. RECORD)

M. 30-34	1.	HARALAMPOU, Arthur	14.76
35-39	1.	LAFFERTY, Mills	26.54
	2.	PERKINS, Stan	17.66
40-44	1.	THOMPSON, Peter	15.36
45-49	1.	MYERS, Bill	14.80
50-54	1.	ROPELIN, Arvo	23.62
65-69	1.	VICKERS, Ted	23.22 (QR)
75-79	1.	BARNACLE, Eddie	12.70
W. 30-34	1.	WRIGHT, Heather	13.06 *
35-39	1.	PERKINS, Wilma	21.54 *
40-44	1.	YUNKER, Joyce	15.00 *
50-54	1.	DOHERTY, Heather	23.38 *
60-64	1.	WOODS, Eileen	14.62 *
	2.	FRAWLEY, Laurel	14.52

Una Lund — Hervey Bay's Golden Girl

Born in Urangan, Queensland, April 1941, to a sporting family of 5 girls and 2 boys, Una Lund was destined to be an athlete.

Her natural ability at a very young age saw her competing in all school athletic sports.

At ten years of age she became Queensland Primary school champion over 75 yards at Brisbane, also first in 4x100 yards relay.

During her years at Hervey Bay High School, she competed in all team sports and won most individual events she entered.

As a teenager, she joined Maryborough Amateur Athletic Club, competing for them in the Queensland Country Championships, winning numerous medals in Track and Field events.

On leaving high school Una began general nursing training at Maryborough Base Hospital, during which time she continued gymnastics and athletic training, competing under the Maryborough Club Banner.

After her marriage, and a short break from athletics, the couple left for Denmark where she returned to athletics with the encouragement from her husband, also a keen sportsman (Danish Cycling Champion).

In Denmark training facilities were made available and Una was selected to participate with the Danish team in European events, with outstanding results.

She was taught the throwing events, shot put, discus and javelin, and was introduced to the Danish 'Ottekamp' (eight events over two days) in which she also excelled.

After a stay of 6 years in Denmark, the family returned to Australia, living in Sydney, where Una competed in the N.S.W. State Titles in 1971, winning Shot Put and gold as a member of the 4x100 relay.

Homesick for Hervey Bay, Una returned to her home town and Maryborough Athletic Club. Competing in Queensland State and Country Championships, she became a champion over many years, particularly in her chosen events of discus, javelin and shot put.

Queensland Country Champion — 1972 discus and javelin. 1974 discus. 1976 discus.

Queensland State Champion — 1972 discus. 1973 discus and shot put. 1974 shot put. 1975 discus. 1982 discus and shot put. 1984 javelin.

Due to her husband's serious illness, Una subsequently moved to Brisbane, becoming a member of Southern Suburbs, and continued her athletic career by joining the Queensland Veterans Athletic Club at the insistance of now president and good friend, Heather Doherty.

In 1981, Una's son Bent, sponsored his mother to participate in the 4th World Veterans Games in Christchurch, New Zealand. She brought back a total of five medals — gold and silver.

Returning once again to Hervey Bay after the death of her husband, having also lost her mother only weeks before, she continued as best she could with athletics whilst nursing her very sich father.

Competing in all Veterans State and National events she has established numerous records and currently holds the following:

Maryborough Amateur Athletic Club - 29.

Queensland Veterans Athletic Club - 12.

Australian Veterans Athletic Club - 3.

A World single age record for 100 metres 12.1 (38 years) and a World record for 80 metres hurdles in 12.39.

At the 5th World Veterans Games in Puerto Rico, Una captured a magnificent total of seven medals — 2 gold, 3 silver and 2 bronze, despite competing with a painful spur under her heel for most of the championships.

Una's most memorable moments include equalling the world record for 80m hurdles at the Queensland Vets Titles; two weeks later bettering it again at the Australian Titles in Melbourne and then improving on it at the World Titles at Puerto Rico.

She is now in serious training for the 7th World Veterans Games in Melbourne, competing in 45 - 49 age group and will contest many events.

In Queensland she has been honoured with many awards, from various organisations, such as 'Most Outstanding Veteran Athlete in Queensland'' by the Sports-women's Association of Australia (Qld. Division) and local Australia Day Sportsman of the Year and Special Achievement in Sport.

Una is now very busy, coaching and imparting her knowledge of athletics to many youngsters in the area. Will she continue with athletics competition? Of course, just try to stop her! especially when you look at her achievements during the 1985/86 Track & Field season.

Ipswich Open Carnival: 1st javelin, 1st shot put, 2nd discus, 3rd triple jump.

Gold Coast Carnival: 1st discus, shot put, javelin and long jump.

Queensland Open Titles: 3rd discus, shot put and javelin.

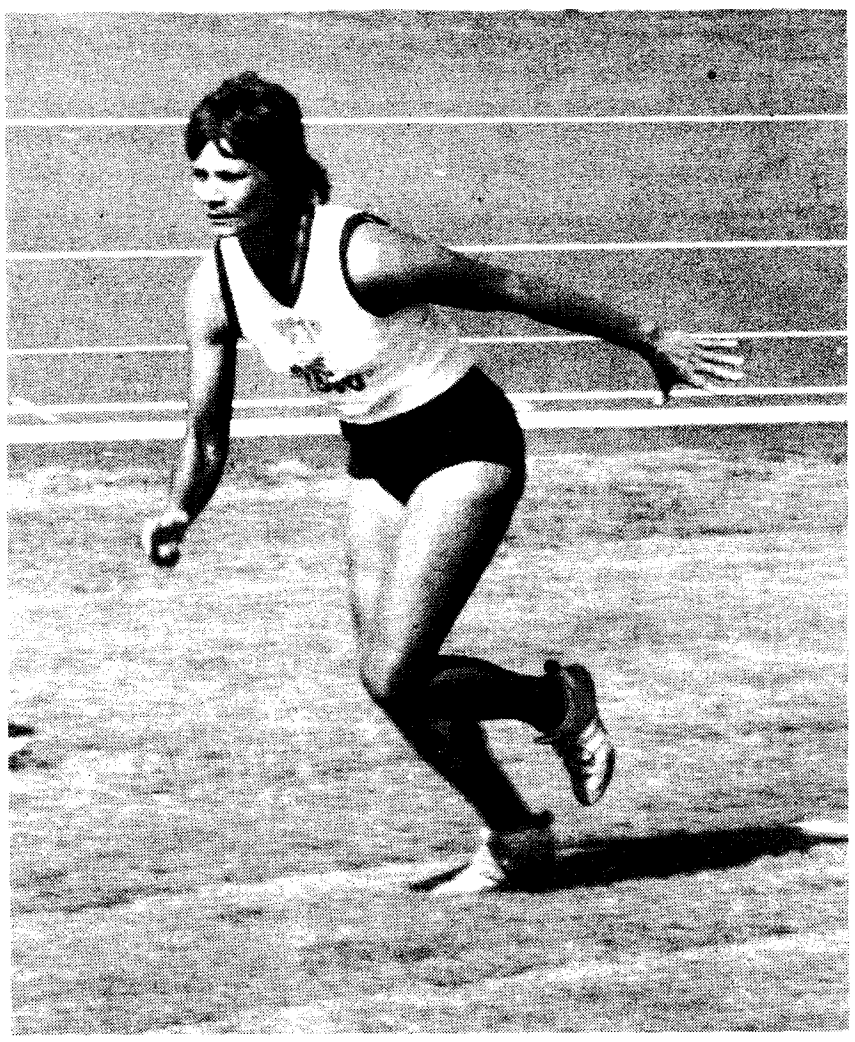
Queensland Veterans' Titles: 1st discus, shot put, javelin, high jump, 80m hurdles, 100m sprint. 2nd 200m and long jump.

National Vets' Titles: 1st 80m hurdles, discus and long jump. 2nd 100m, 200m, high jump, shot put, javelin.

Maryborough Vets' Carnival: 1st 100m, 800m, long jump, triple jump, high jump, discus, shot put, javelin, hammer, pentathlon.

She was also awarded the special Des Frawley Medal for best local female performance in an event (shot put, 11.56m) and overall highest point score in Pentathlon.

There's no doubt Una Lund, the ''golden girl'' from Hervey Bay, Q, will be one of our brightest hopes in the forthcoming World Games. Good luck Una.



Una Lund perfectly poised to take the baton in the 4 x 100 relay at the 1986 Maryborough Athletics Carnival.

— Photo by Coluna Photographics.

Permanent home base for QVAC?

It was reported that the Toowong Harriers Amateur Athletics Club had invited us to join with them and the Toowong Harriers Little Athletics Club in making the Jack Cook Memorial Park (formerly Heroes Park at Toowong our Home Base.

The idea has much to commend it in view of high and increasing costs at QE11 and the uncertainty of our tenure, after the current season, at the University Rugby Union/ Athletics Field.

Your Committee representatives have had worthwhile discussions with Toowong Harriers and it is reasonable to predict that the move to Jack Cook Park is only a matter of time.

As a small token of our respect for Jack Cook (one time Life Member & President of our Club) and as a tangible expression of our interest in the proposal to move to the Park, we have already purchased a $500 ''corporate brick'' for the recently completed Jack Cook Memorial Gymnasium (Club House).

It is understood that some QVAC athletes have also purchased bricks — ''club member's bricks'' at $100 each.

THE ACT VETRUNNER

Annette Perkins is the subject of Mike Adler's profile this month, on members of the ACT Veterans Athletic Club.

The Belconnen Fun Run, held around Canberra's Lake Ginninderra each September, is noteworthy on several counts.

It draws about 3000 starters, making it the second largest in the Capital Territory and surrounding Tablelands. It is promoted by a political body, the Belconnen Labor Club and the Belconnen branches of the Australian Labor Party. It is a big contributor to charity — a cheque for $1000 is handed over at the presentation proceedings to a nominated charity, and the balance of the proceeds, usually several thousand dollars follows when accounts are finalised. And it has a sponsor who provides prizes of Computers to schools with the largest entry as a proportion of enrolment.

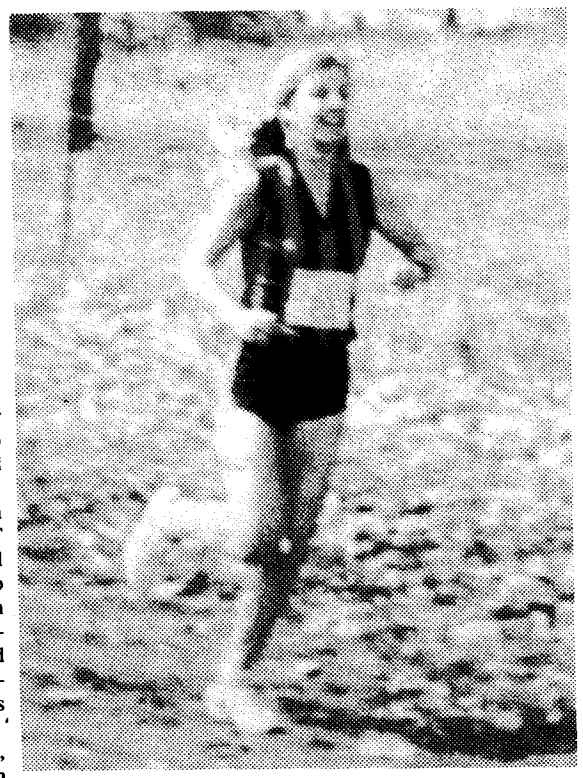
In this run in 1982 a recreational jogger with no previous experience in athletics was an entrant. Completely oblivious to the competitive pressure most entrants assume when the gun is fired, she had assumed Fun Runs were relaxed jogging by a large group in a spirit of FUN. By the time 2 kilometres had been traversed, she was astonished by the general atmosphere of seriousness by the majority of runners, the panting, the gasping and the striving. "Well, if this is what is involved, so be it", she mused, and accelerated, to finish third female overall. The jogger was Annette Perkins, and that run was the Birth Pang of what has become an illustrious career.

A native of Adelaide, Annette's interests as a schoolgirl encompassed hockey and tennis. Later her passion for dance was expressed in a keen involvement with ballet for some years. Her younger sister, an accomplished runner, introduced Annette to jogging in July 1980 and during several years sojourn in Winnipeg, Canada, became hooked and began running every day, describing the advantages as "an easier and more economical way to keep fit, both as far as time and cost are concerned".

Coming to Canberra in 1982, Annette joined the ACT Cross Country Club and Weston Creek Athletic Club in 1983, following that Fun Run debut into the competitive field, and often competed in the regular Friday handicap conducted by the Customs Joggers Club.

In 4 years of competition, Annette has achieved an imposing list of successes. A marathon representative for the ACT in the 4 successive years, she has been a medal winner on each occasion, winning a Bronze in her first National in 1983 and a Silver in each of the next three years. Part of the Gold Medal-winning ACT women's team in 1985 in the Australian marathon in Sydney, being 2nd Australian and 4th woman overall in 2.47.52, Annette repeated those performances in the 1986 Budget National in 2.52.24, again being 2nd Australian woman to finish and 5th woman overall.

Asked to nominate the race from which she derived the greatest pleasure, Annette unhesitatingly nominates the 1983 Wang, as a pre-vet, and in her first year of competitive running, and in only her second outing over the 42.2 course she recorded 2.46.59. This effort places Annette in 2nd place to Rosemary Longstaff on the all-time table of women's marathon performances by ACT runners. Rosemary holds prime position with her 2.43.03 set at Boston in 1981, and was an Australian Women's Cross Country representative on several occasions. Of course Annette tops the Veteran Club record since achieving Veteran status, by reason of her 2.48.01 in the 1984 Australian in Sydney.



Annette Perkins, W35, despite missing the start, on her way to finish 1st Veteran Female in the 1986 Canberra Royal Life Half Marathon.

It is the true accolade to be selected as an Australian representative, and this honour has come Annette's way on three occasions — to the World Cup Marathon at Fukuoka, Japan, last year, in which she was forced out at the 33 km mark. Overcome by heat, feeling dizzy, and with a number of runners collapsing, her professional awareness of the consequences of continuing (Annette is a Nursing Sister), proved a wise decision. She was later tested and found to be suffering an anaemic condition. Her other Representative selections were to marathons in Noumea and the Orange County, Los Angeles, in both of which she filled 4th place.

The proud winner of the trophy as Female Distance Runner of the Year scored on a points basis in the seasons most prestigious events run by the ACT Cross Country Club in 1984-85-86 are indicative that Annette maintains form and is versatile over all distances. Asked her favourite distance, she plumps for 10 miles. "It feels more comfortable, and you don't have to go out like a bat out of hell" is her comment, and this is born out in her breaking the women's course record in the final ACT CCC race of the season at West Basin in September with a time of 61.10.

Consistent times in the ACT women's 10 km Road Championships, in open company, over her 4 years of competition produced Title wins in 36.40 in 1983, 37.14 in 1984, and 36.07 in 1985, and 3rd this season in 36.35. Annette has never jumped, thrown, or tried Orienteering. Her training regimen is a steady one hour run daily, with occasional Fartlek. When preparing for a marathon, and she has contested 12, a second session is sometimes essayed, with the occasional longer run at Canberra's traditional preparation venue, the Cotter 15 or 18 (miles).

I asked Annette how hard she has to push herself to achieve these results. The reply that 'she refuses to drive herself into the ground', shows what a depth of natural talent this lady possesses. If you see Annette mid-race or nearing the end of an event, it is noticeable that a smile creases her face. The reason is that she really loves to run, definitely achieves a "high" particularly after running for about 40 minutes, and is specifically conscious of the feeling and its onset. (My pallor is now back to normal, but I was green with envy that a runner can be so fortunate!)

In the Canberra Edition of this year's Royal Life half marathon, Annette somehow arrived 2 minutes late at the start but still was 1st Vet and 4th woman behind that new star on the running scene, Tani Ruckle (75.51). Annette's time was 83.01 which would nett about 80-81 minutes. Normally it would not be fair to compare the time recorded by a woman, particularly a Vet, with that of Open Class males, but a few comparisons of Annette's efforts with those of Nationally rated men are indeed very flattering:-

2-Bridges Fun Run 1985, 8km, 28.52 against Peter Heynes 23.21.

Queanbeyan Fun Run 1985 8.5km, 30.31 against Lawrie Whitty 25.50.

Point Hut Half Marathon 1985, 1.22.12 against Garry Hand 1.09.37.

Longstaff 8.4km 1986, 31.03 against Graham Clewes 26.20.

Because of work and family commitments Annette has not concentrated to any great degree on the track, but still holds half a dozen ACT W35 records, over the longer distances.

1500m 4.55 (set in 1984).
3000m 10.28 (set in 1985).
5000m 17.29 (set in 1985).
10,000m 36.03.
1 mile 5.08.
1 hour run 15552 metres.

And the ACT VAC half marathon women's course record of 83.48.

As a working mother, with daughters 13 and 9, and a son 11 years of age, the two younger ones being keenest and doing particularly well at school running, Annette is currently at the cross-roads of her racing career. She does see further improvement ahead, particularly if a good season on the track this summer enhances her speed, and if enthusiasm for Track does spark in her, there are plenty of chances for glory at Sydney's Nationals next Easter. A check of the Adelaide results shows Annette at her best close to the W35 winner's times in most events.

AROUND THE TRACK AND ON THE FIELD

First night nerves were conspicuously absent, as evidenced by record-breaking performances on the first night of the 1986-87 ACT Vets track and field season at the Bruce Warm-up track on Thursday, October 30.

Club treasurer Stuart Reid (M50) was kept busy writing receipts for memberships from quite a number of new recruits, but writers cramp did not affect his performance, as Stuart led home the 3000m field comprising the women and the men 50 and over, in 10.57.9.

More than 100 competed, with M40 walker Dave Thompson reducing his own 1500 ACT record from 6.06 to 5.58.9 being the night's highlight performance. On a night when 7 marks were set and one equalled, the honours were with the ladies who altered the board in five events. New to the W50 ranks, Maureen O'Shea was responsible for a new standard in her group's 200m time with a run of 34.8, and also set 14.42.6 for 3000m. Claire O'Callaghan in her first season of middle distance broke the W55 mark with a good 15.00.1. Last season was her first attempt at athletics, and Claire concentrated on field events and sprints, culminating in Adelaide Golds for the long jump and pentathlon.

Sandra Still eclipsed Judy Johnson's W40 triple jump with her 7.36m, while Jonni Yabsley celebrated her return to athletics with an 18.14m W40 Javelin throw. Several seasons ago, Yabsley was a consistently strong middle-distance runner. Audun Fristad reduced his own record of 9.01 to 8.56 for the M60 1500m walk, and in the same age group Ewan Drummond equalled his own standard of 8.90m in the triple jump.

The M35, M40, and M45's competed together in a field of 44 for the 3000m, and Frank Green (M45) had 3.6 secs to spare from M35 Bob Allison, after leading all the way in 9.16.5. Paul Rudkin's 9.22.2 earned him the M40 victory. The sprinters ran close to their averages of last year in the 200m without setting the world on fire, and if any slight improvement was in evidence, perhaps it was M40 John Lightfoot making it into the placings as a portent of better things to come.

FUN RUN REVIEW

Several outstanding performances have been registered by ACT Veterans in recent district Fun Runs. In the Goulburn Lilac Time Festival 9 km Fun Run on October 5, Dick Telford of the AIS finished an extremely close outright 3rd in 30.20 to winner Tony Berghoffer 30.00. Other ACT entrants to take awards were Ken Eyenon (M40), Peter Kallio (M50), Maryanne Busteed (1st woman), Rosemary Parker (3rd Woman), and Lucille Warth (W50). There is a 350 metre extremely steep incline in this event and no-one was running in this section when I was on it (42.26 pace). When I asked Peter Kallio, who finished a magnificent 10th how he coped with the hill, he replied "It didn't really impede me very much". As far as M50's are concerned, Kallio must take the title given to a prominent Carlton footballer and be known as "The Dominator".

* * *

The Canberra Times Fun Run over 10 km one week later, saw three outstanding times set. Frank Green finished in 12th place in 32.32. His 10 km ACT Track record is 32.44 (M45). Dick Telford finished 7th in 31.46 and Frank Green's ACT M40 record on the track is 32.34, while Peter Kallio in taking the M50 trophy finished 58th in the 5762 field in 35.06. Bob Chapman holds the ACT 10 km track record of 36.37. If this makes the course measurement suspect, I am assured that it was carefully measured as accurate by Nike/Canberra Marathon Director Dave Cundy.

* * *

ACT Veterans acquitted themselves creditably in both district fun runs held on Sunday, November 2. In the Spank/North Canberra 9 km in Canberra, consistent Mick Whybrow (M35) filled second place only 25 secs behind winner Paul Rake, while top M45 Frank Green was only 18 secs back in third position and of course M40 class winner. Peter Kallio in a superb 31.20 was M50 winner, and Anne Young led the W50's home in 42.32.

On the same morning Garry Hand had to be content with second place only 3 secs behind race winner Tony Berghoffer in the 10 km Cooma Fun Run. Garry completed the distance in 31.47. Other successful ACT VAC members who contested the southern run were Bob Chapman (M50) 38.06, Mike Adler (M60) 45.43 and Mary Ann Busteed (W35) was a clear winner among the ladies. Topping-off a successful raid by the small ACT contingent was the husband and wife win by John (M40) 37.58 and Linda (W35) Jamieson in 44.17.

No Political "Mileage"

Ever listen to Question Time from Federal Parliament? Would you employ staff at high salaries if they carried-on with that sort of buffoonery and yahooing?

The most disappointing piece of news to come out of Canberra in recent weeks was that because of current financial constraints, among the cosmetic cuts to the one billion dollar new Parliament House, was the 2-kilometre Jogging Track that was to be created around the perimiter of The House.

If it were a condition of nomination for election that all successful candidates must jog 8km each morning before the House sits, I'm certain they would get on with the business of Government, and have less energy left for the insulting antics currently the vogue — and probably get through the business in a lot less time.

— Mike Adler.

Coming Events

Thurs., Dec 4, Bruce Warm-up Track, Disc, HJ, 3000 walk, 200m, 800m. From 5.30pm.

Sat., Dec 6, Parliament House Relays, 10 member teams x 1-mile. 6pm.

Thurs., Dec 11, Bruce Warm-up Track, Shot, Triple J, 1500 walk, 100m, 10,000m. From 5.30pm.

Thurs., Dec 18, Bruce Warm-up Track, Hammer, Long J, 5000m walk, 400m, 3000m. From 5.30pm.

Sat., Dec 27, Bruce Warm-up Track, Javelin, High J, 1500m walk, 200m, 1500m/3000m Steeple. From 2.30pm.

Sat., 3 Jan, Bruce Warm-up Track, Disc, Triple J, Mile Walk, 800m, 4 x 400m relay. From 2.30pm.

Successful Winter Season for ACT's Anne Young

Anne Young, W50, seen here once again getting under the handicappers guard, in the ACT VAC's Forest Drive Handicap.

The fairly rare phenomenon of a woman taking up distance running when approaching her half century is paying dividends for Canberra mother of two teenage boys, Anne Young.

Becoming involved with jogging to accompany Peter, the younger of her sons, Anne took to the roads only two years ago.

In her first season of competition, success came her way with 0/50 section wins in, among other events, the ACT Vets Fun Run, the Belconnen, and Canberra Times Fun Runs.

This spring she has been successful in taking her age group in the Vets, the Rye Park and the Belconnen run, improving her times substantially on those recorded last year, but had to lower her colours to NSW visitor Shirley Redhead in the W50 section of the Canberra Times run.

Over the past few months Anne has contested the Monthly Vets Club handicaps conceding over 14 minutes to limit makers over 10km, and being handicapped to run at 5 min 5 sec kilometer speed.

Although for domestic reasons she is unable to regularly compete in the track programme, it is to be hoped Anne does contest the longer track races as they are programmed, as some of the club records are vulnerable to the pace at which she competes.

Anne is pictured shortly after the start of the ACT VAC's Forest Drive Handicap.

NEWS FROM THE W.A. 'VETRUN'

FROM SANDI WALTON

W.A. Track and Field Age Group Records

COMPILED BY DICK HORSLEY, W.A. STATISTICIAN

	100 METRES	200 METRES	400 METRES	800 METRES
M35	11.2 P. GARE W.A. 20/2/77	23.1 J. GOLD W.A. 12/2/83	50.5 P. GARE W.A. 14/2/76	1.58.0 P. TIPPET (OPEN) ** W.A 31/3/84
M40	11.2 P. GARE W.A. 23/1/82	23.3 P. GARE W.A. 23/1/82	52.3 B. KERNAGHAN W.A. 16/2/83	2.01.1 K. GILBERT W.A. 11/4/82
M45	11.5 B. KERNAGHAN TAS. 6/4.85	23.4 B. KERNAGHAN TAS. 7/4/85	53.1 B. KERNAGHAN TAS. 6/4/85	2.08.0 D. CARR W.A. 17/2/79
M50	12.5 D. JONES W.A. 5/2/77	25.9 D. JONES W.A. 21/1/79	55.75 D. CARR VIC ?/4/83	2.08.8 D. CARR VIC. ?/4/83
M55	12.7 D. JONES QLD. 6/4/81	26.32 D. JONES QLD. 7/4/81	61.00 R. De GRUCHY W.A. 27/2/82	2. 11.9 J. GILMOUR W.A. 11/1/75
M60	14.6 N. GOFF W.A. 10/4/82	31.1 N. GOFF W.A. 11/4/82	69.00 A. TYSON W.A. 15/3/86	2.17.0 J. GILMOUR N.Z. JAN. '81
M65	15.4 R. HORSLEY W.A. 22/3/78	36.1 J.COLLINS W.A. 9/1/77	73.8 T. HORSLEY W.A. 9/10/80	2.36.0 J. GILMOUR W.A. 16/3/86
M70	16.5 R. HORSLEY W.A. 22/3/84	34.6 R. HORSLEY 1/11/84 W.A.	75.36 R. HORSLEY W.A. 23/2/81	2.47.0 R. HORSLEY W.A. 25/10/84
M75	17.5 R. BRIGGS W.A. 8/1/81	37.2 R. BRIGGS W.A. 18/12/80	85.4 R. BRIGGS W.A. 19/2/81	3.39.5 J. SHEPHERD W.A. 11/4/82
M85	22.4 T. JONES W.A. 10/4/82			
M90	24.0 T. JONES W.A. 31/3/84			
** M35				2.02.9 D. CAPLIN (CLUB) W.A. 18/3/79

	110 M HURDLES - MEN	400 M HURDLES - MEN	(MEN) 1500 M STEEPLECHASE	(MEN) 2000 M STEEPLECHASE	(MEN) 3000 M STEEPLECHASE
M 35	16.2 T. REYNOLDS W.A. 30/01/77	58.7 J. MOLLOY (OPEN) W.A. 16/03/86	5.19.0 D. CLARKE W.A. 26/01/76	7.32.4 H. STOFFERS W.A. 19/12/81	10.14.9 F. LANGFORD W.A. 10/04/82
M 40	19.5 R. JOHNSON W.A. 15/01/77	62.6 B. KERNAGHAN W.A. 02/03/85	4.51.9 G. INNES W.A. 20/01/77		9.44.0 E. MASLEN W.A. 22/01/77
M 45	20.7 D. WALKER W.A. 31/01/82	66.6 J. DAVIES S.A. 06/04/80	- - -	6.43.5 E. MASLEN W.A. 20/02/82	10.19.2 E. MASLEN W.A. 07/11/81
M 50	18.3 N. GOFF W.A. 17/08/75	71.2 D. JONES W.A. 10/04/77	5.27.6 A. MERRETT W.A. 10/04/77	8.23.5 D. STONE W.A. 13/02/82	11.07.0 E. MASLEN W.A. 23/11/85
M 55	18.4 N. GOFF W.A. 06/01/79	73.9 D. JONES W.A. 11/04/62	5.42.2 A. TYSON S.A. 05/04/80	8.23.9 A. TYSON W.A. 19/12/81	11.18.0 A. MERRETT F.R.G. 30/07/79
M 60	19.9 N. GOFF W.A. 10/04/82	- - -	- - -	- - -	13.13.7 D. STRACHAN W.A. 19/03/83

	LONG JUMP - MEN	TRIPLE JUMP - MEN	HIGH JUMP - MEN	POLE VAULT - MEN
M 35	6.36 T. REYLOLDS W.A. 08/01/77	12.37 T. REYNOLDS W.A. 20/03/77	1.71 T. REYNOLDS W.A. 10/04/77	2.70 ** T. REYNOLDS W.A. 09/04/77
M 40	5.94 D. SCOTT W.A. 09/04/77	13.40 *** K. BROWN (OPEN) W.A. 01/04/84	1.51 J. GOLD W.A. 07/12/85	3.40 P. SMITH W.A. 10/04/82
M 45	5.49 P. GARE W.A. 16/03/86	11.20 D. CLIVE W.A. 16/03/86	1.45 A. FERGIE W.A. 23/03/85	2.75 E. MASLEN W.A. 21/01/84
M 50	5.64 N. GOFF W.A. 14/12/74	11.30 N. GOFF W.A. 18/01/75	1.45 A. FERGIE W.A. 16/03/86	2.55 E. MASLEN 16/11/85
M 55	5.15 N. GOFF W.A. 10/03/79	11.46 N. GOFF W.A. 10/01/76	1.35 N. GOFF W.A. 29/03/76	2.40 N. GOFF W.A. 03/02/79
M 60	4.35 N. GOFF W.A. 10/04/82	9.36 N. GOFF W.A. 11/04/82	1.20 N. GOFF & A. WRIGHT W.A. 11/04/82	2.05 N. GOFF W.A. 11/04/82
M 65	3.35 R. HORSLEY W.A. 26/11/78	6.20 G. BOAKES W.A. 24/02/83	- - -	- - -
M 70	3.28 R. HORSLEY W.A. 01/03/84	7.08 R. HORSLEY W.A. 23/02/84	- - -	- - -
** M 35				2.70 P. GARE W.A. 14/01/79
*** M 40		10.93 D. BOAKES (CLUB) W.A. 01/04/84		

	1 MILE - MEN	1500 M - MEN	3000 M - MEN	5000 M - MEN	10000 M - MEN
M 35	4.39.0 D. CAPLIN W.A. 08/03/79	4.12.7 D. CAPLIN W.A. 10/03/79	8.52 P. WALL W.A. 02/01/78	15.14 P. WALL W.A. 05/02/80	32.57 J. LANGFORD W.A. 09/04/82
M 40	4.40.0 D. CAPLIN W.A. 17/01/80	4.12.0 D. CAPLIN W.A. 01/03/80	9.09 A. O'HARE W.A. 13/10/79	15.49 F. SMITH W.A. 24/02/83	32.36 F. SMITH W.A. 24/02/83
M 45	4.47.0 D. CAPLIN W.A. 18/10/84	4.11.0 MORLAND SMITH VIC 04/04/83	9.24 C. CAPLIN W.A. 22/03/84	16.22.7 G. INNES W.A. 31/03/84	34.03 E. MASLEN W.A. 03/10/81
M 50	5.08.8 E. MASLEN W.A. 25/01/86	4.31.0 E. MASLEN W.A. 08/02/86	9.55 E. MASLEN W.A. 15/02/86	16.05.8 J. GILMOUR FRG 13/09/72	33.05 J. GILMOUR FRG 27/08/72
M 55	4.40.0 J. GILMOUR W.A. 01/11/75	4.22.0 J. GILMOUR W.A. 05/11/75	9.20 J. GILMOUR W.A. 11/02/76	16.09.7 J. GILMOUR W.A. 22/01/76	33.40 J. GILMOUR 5/8/74
M 60	4.57.1 J. GILMOUR W.A. 13/11/80	4.30.5 J. GILMOUR W.A. 22/12/79	9.41 J. GILMOUR W.A. 22/11/80	16.38.3 J. GILMOUR W.A. 11/04/82	34.23 J. GILMOUR W.A. 26/11/80
M 65	5.20.6 J. GILMOUR W.A. 28/10/84	4.49.16 J. GILMOUR ROME 29/06/85	10.10 J. GILMOUR W.A. 22/11/84	17.25.3 J. GILMOUR ROME 27/06/85	36.11 J. GILMOUR W.A. 16/10/84
M 70	6.11.7 R. HORSLEY W.A. 17/11/83	5.38.9 R. HORSLEY W.A. 06/10/83	12.21 R. HORSLEY W.A. 03/11/83	21.54 R. HORSLEY W.A. 06/12/84	49.14 C. BOULD W.A. 15/03/86
M 75	- - -	7.23.8 J. SHEPHERD W.A. 10/04/82	18.11 R. BRIGGS W.A. 12/02/81	- - -	- - -
M 80	- -	10.23.0 J. SANDERS W.A. 15/03/86	- - -	- - -	- - -

	MEN 1500 M - WALK	MEN 2000 M - WALK	MEN 3000 M - WALK	MEN 5000 M - WALK
M 35	8.28.0 B. DANBY W.A. 26/11/85	11.34 B. DANBY W.A. 25/02/86	14.06.6 D. FAUX W.A. 11/04/82	25.44.7 D. FAUX W.A. 10/04/82
M 40	7.31.0 J. SMITH W.A. 20/12/75	10.18 J. SMITH W.A. 11/02/76	15.16.0 J. SMITH W.A. 08/12/76	26.37 J. SMITH W.A. 20/10/76
M 45	6.57.0 G. AUDLEY W.A. 10/02/85	10.10.3 J. SMITH W.A. 02/02/79	15.44.0 J. SMITH W.A. 22/02/79	26.26.5 G. AUDLEY W.A. 01/04/84
M 50	7.14.0 D. STONE W.A. 11/11/82	9.49.0 D. STONE W.A. 04/12/82	15.03.0 D. STONE W.A. 13/12/82	26.10.8 D. STONE W.A. 22/12/82
M 55	9.06 A. TYSON W.A. 11/11/82	12.09.7 A. TYSON W.A. 27/11/80	17.59 P. DAVIES W.A. 15/03/86	30.21 P. DAVIES W.A. 16/03/86
M 60	7.22 R. HORSLEY W.A. 20/12/75	10.49 R. HORSLEY W.A. 05/12/77	15.22 R. HORSLEY W.A. 16/11/74	26.33 R. HORSLEY W.A. 27/02/74
M 65	7.45.4 R. HORSLEY W.A. 12/03/81	10.40.1 R. HORSLEY W.A. 31/01/81	16.15 R. HORSLEY W.A. 15/03/78	27.32 R. HORSLEY W.A. 19/08/78
M 70	8.08 R. HORSLEY W.A. 02/02/84	11.04 R. HORSLEY W.A. 20/10/83	16.52 R. HORSLEY W.A. 16/02/84	29.35.5 R. HORSLEY W.A. 20/01/83
M 80	12.29 J. SANDERS W.A. 18/02/86	- - -	25.55 J. SANDERS W.A. 15/03/86	44.58 J. SANDERS W.A. 16/03/86

	SHOT PUT - MEN	DISCUS - MEN	JAVELIN - MEN	HAMMER - MEN
M 35	12.90 E. NIEMANIS W.A. 10/12/77	40.24 E. NIEMANIS W.A. 19/11/77	45.52 T. REYNOLDS W.A. 29/ 1/77	46.85 E. NIEMANIS W.A. 19/02/75
M 40	16.51 R. BROWN W.A. 18/03/82	48.16 R. BROWN W.A. 11/04/82	47.20 J. BOWEN W.A. 09/12/85	37.06 * E. NIEMANIS (OPEN) W.A. 28/03/85
M 45	10.31 A. FERGIE W.A. 18/03/82	34.00 ** R. JEPS W.A. 24/03/85	37.40 A. FERGIE W.A. 25/01/81	33.64 A. FERGIE W.A. 24/03/85
M 50	12.94 J. COCHRANE W.A. 15/03/86	33.1 A. STONE W.A. 24/03/85	31.58 A. FERGIE W.A. 16/03/86	39.92 A. FERGIE W.A. 10/02/86
M 55	10.62 W. CHAPMAN W.A. 10/12/83	32.64 W. CHAPMAN W.A. 14/01/84	28.78 F. FAY W.A. 31/03/84	24.48 W. CHAPMAN W.A. 21/01/84
M 60	10.84 W. CHAPMAN W.A. 23/03/85	38.64 W. CHAPMAN W.A. 20/10/84	24.92 N. GOFF W.A. 11/02/82	28.40 W. CHAPMAN W.A. 21/10/84
M 65	8.99 R. HORSLEY W.A. 25/01/78	26.92 R. HORSLEY W.A. 22/02/78	18.82 R. HORSLEY W.A. 14/01/82	16.22 R. HORSLEY W.A. 04/12/80
M 70	8.02 R. BRIGGS W.A. 18/12/80	24.18 R. HORSLEY W.A. 03/02/83	18.88 R. HORSLEY W.A. 13/01/83	19.48 R. HORSLEY W.A. 01/04/84
M 75	7.78 R. BRIGGS W.A. 12/03/81	14.88 R. BRIGGS W.A. 12/02/81	15.78 R. BRIGGS W.A. 18.01/81	- - -
* M 40				31.26 A. FERGIE (CLUB) W.A. 29/01/78
** M 45		30.40 A. CUMMINS (CLUB) W.A. 22/01/77		

	100 METRES	200 METRES	400 METRES	800 METRES
W 30	11.7 E. HINDLE W.A. 28/01/82	24.1 E. HINDLE W.A. 03/12/83	57.7 E. HINDLE W.A. 27/02/82	2.19.3 J. CHAMBERS W.A. 07/01/84
W 35	12.0 K. HOLLAND W.A. 08/02/78	24.6 K. HOLLAND W.A. 26/03/79	56.0 K. HOLLAND W.A. 23/03/78	2.22.0 J. CHAMBERS W.A. 03/11/84
W 40	12.4 K. HOLLAND W.A. 06/12/80	25.6 K. HOLLAND W.A. 10/01/81	59.3 K. HOLLAND S.A. 07/04/80	2.29.6 K. HOLLAND W.A. 28/11/81
W 45	13.5 K. HOLLAND ROME 23/06/85	27.35 K. HOLLAND ROME 25/06/85	60.66 K. HOLLAND ROME 27/06/85	2.50.8 M. HARMAN W.A. 01/04/
W 50	15.0 P. CARR W.A. 23/03/85	32.2 P. CARR W.A. 11/04/82	74.55 P. CARR ROME 27/06/85	3.06.7 L. BUTCHER W.A. 21/10/
W 55	17.2 L. BUTCHER ROME 23/06/85	35.16 L. BUTCHER W.A. 01/02/86	86.00 L. BUTCHER W.A. 16/03/86	3.22.0 L. BUTCHER W.A. 16/03/86
W 60	19 .6 J. STRACHAN W.A. 15/03/86	43.34 V. TYSON W.A. 11/02/86	1.47.2 P. HEAD W.A. 19/03/83	3.43.2 P. HEAD W.A. 20/03/83
W 65	25.2 P. HEAD W.A. 15/03/86	54.2 P. HEAD W.A. 18/03/85	- - -	4.04.0 P. HEAD W.A. 15/03/86

	1 MILE - WOMEN	1500 M - WOMEN	3000 M - WOMEN	5000 M - WOMEN	10000 M - WOMEN
W 30	6.07.0 L. DOCKSEY W.A. 18/11/82	4.39.3 J. CHAMBERS W.A. 17/12/83	10.10 J. CHAMBERS W.A. 18/02/84	18.51 J. CHAMBERS W.A. 31/03/84	40.26.2 J. CHAMBERS W.A. 01/04/84
W 35	5.39.0 J. CHAMBERS W.A. 18/10/84	4.59.2 J. CHAMBERS W.A. 23/03/85	11.27 A. ANSELL W.A. 03/11/83	18.39.7 J. CHAMBERS W.A. 23/03/8	40.05.0 J. CHAMBERS W.A. 24/03/85
W 40	6.00.0 A. ANSELL W.A. 18/10/84	5.24.0 M. HARMAN W.A. 19/03/82	11.43 A. ANSELL W.A. 11/10/83	20.39 M. HARMAN W.A. 11/04/82	45.05.0 C. DRUMMOND W.A. 24/03/85
W 45	7.10.0 D. WHITTAM W.A. 19/11/81	5.34.0 J. PELLIER W.A. 29/11/84	11.28 J. PELLIER W.A. 07/01/86	20.29 J. PELLIER W.A. 15/11/84	42.11.0 J. PELLIER W.A. 07/03/85
W 50	6.35.0 L. BUTCHER W.A. 18/11/82	6.06.0 L. BUTCHER W.A. 11/08/82	13.08 L. BUTCHER W.A. 04/11/82	22.13 L. BUTCHER W.A. 25/11/82	45.58.3 L. BUTCHER N.Z. 25/3/81
W 55	7.29.6 L. BUTCHER W.A. 22/10/83	6.39.0 L. BUTCHER W.A. 25/02/86	14.57 L. BUTCHER W.A. 15/10/85	26.12 L. BUTCHER W.A. 16/03/86	50.01 L. BUTCHER W.A. 11/12/85
W 60	9.10.0 V. TYSON W.A. 18/10/84	7.06.0 P. HEAD W.A. 19/03/83	- - -	27.21 P. HEAD W.A. 11/04/82	57.56.01 P.HEAD W.A. 01/04/84
W 65	- - -	8.36.0 P. HEAD W.A. 16/03/86	- - -	- - -	- - -

	WOMEN 1500 M - WALK	WOMEN 2000 M - WALK	WOMEN 3000 M - WALK	WOMEN 5000 M - WALK
W 30	9.38 J. LANGDON W.A. 12/03/81	13.29 J. LANGDON W.A. 05/02/81	- - -	- - -
W 35	7.42 B. SALTER W.A. 10/01/86	11.57 J. FLETCHER W.A. 21/10/83	16.26.3 B. SALTER W.A. 25/01/86	25.57 B. SALTER W.A. 08/02/86
W 40	9.04 J. FLETCHER W.A. 16/03/86	12.15 J. STONE W.A. 14/03/85	19.05.0 J. STONE W.A. 15/03/86	33.03 J. STONE W.A. 16/3/86
W 45	9.41 M. WARREN W.A. 11/04/82	13.52 M. WARREN W.A. 22/10/81	20.37.0 M. WARREN W.A. 10/04/82	37.55 S. CROSS S.A. 02/04/86
W 50	8.57.5 L. BUTCHER W.A. 17/01/85	12.22 L. BUTCHER W.A. 31/01/85	19.05.0 L. BUTCHER W.A. 07/02/85	- - -
W 55	9.11.0 L. BUTCHER W.A. 07/01/86	12.11 L. BUTCHER W.A. 14/03/85	19.26.9 L. BUTCHER W.A. 23/03/85	33.11.10 L. BUTCHER ROME 27/06/85
W 60	9.53 P. HEAD W.A. 11/04/82	13.24 V. TYSON W.A. 25/02/86	19.04.0 V. TYSON W.A. 07/02/85	- - -
W 65	11.02 P. HEAD W.A. 16/03/86	- - -	22.27 P. HEAD W.A. 18/03/86	- - -

	WOMEN 80 M HURDLES (2'6")	WOMEN 100 M HURDLES (2'9")	WOMEN 400 M HURDLES
W 30	- - -	13.8 E. HINDLE 20/02/82 26/11/83 W.A.	63.2 E. HINDLE W.A. 21/02/82
W 35	- - -	14.0 E. HINDLE W.A. 1984	63.6 K. HOLLAND W.A. 25/03/78
W 40	15.4 J. FLETCHER W.A. 15/03/86	- - -	72.7 K. HOLLAND W.A. 06/02/82
W 45	- - -	- - -	86.8 D. WHITTAM W.A. 20/03/83
W 60	37.1 P. HEAD W.A. 19/03/83	- - -	- - -

	LONG JUMP - WOMEN	TRIPLE JUMP - WOMEN	HIGH JUMP - WOMEN
W 30	5.55 E. HINDLE W.A. 10/04/82	8.67 J. SANGER W.A. 04/02/86	1.49 E. HINDLE W.A. 20/12/81
W 35	5.68 E. HINDLE W.A. 02/03/85	9.69 E. HINDLE W.A. 18/02/86	1.49 E. HINDLE W.A. 04/03/85
W 40	4.29 J. JOHNSON W.A. 16/03/86	8.79 J. JOHNSON W.A. 18/02/86	1.27 E. MERCER W.A. 15/03/86
W 45	4.22 D. GOODWIN W.A. 25/01/79	8.06 D. WHITTAM W.A. 03/12/85	1.20 T. MANLEY W.A. 11/04/82
W 50	2.94 T. MANLEY W.A. 16/03/86	6.04 L. BUTCHER W.A. 19/11/83	1.15 T. MANLEY W.A. 15/3/86
W 55	2.20 V. TYSON W.A. 11/12/80	5.08 L. BUTCHER W.A. 03/12/85	- - -

	SHOT PUT - WOMEN	DISCUS - WOMEN	JAVELIN - WOMEN
W 30	7.54 B. WILSON W.A. 15/03/86	20.10 E. HINDLE W.A. 30/01/83	22.54 E. HINDLE W.A. 11/01/83
W 35	9.04 K. HOLLAND W.A. 25/01/78	27.48 K. HOLLAND W.A. 16/12/78	24.30 J. FLETCHER W.A. 31/03/84
W 40	8.01 K. HOLLAND W.A. 18/12/80	22.76 K. HOLLAND W.A. 16/01/82	23.86 J. FLETCHER W.A. 16/03/86
W 45	8.24 D. WHITTAM W.A. 26/01/83	20.00 D. WHITTAM W.A. 30/01/83	22.80 D. WHITTAM W.A. 16/03/86
W 50	6.29 L. BUTCHER W.A. 18/12/80	14.98 L. BUTCHER W.A. 11/11/82	14.14 L. BUTCHER W.A. 03/12/81
W 55	5.60 L. BUTCHER W.A. 05/11/85	13.20 L. BUTCHER W.A. 20/10/85	10.14 V. TYSON W.A. 13/11/80
W 60	4.47 P. HEAD W.A. 19/03/83	11.10 P. HEAD W.A. 01/04/84	10.90 P. HEAD W.A. 19/03/83
W 65	4.79 P. HEAD W.A. 15/03/86	11.21 P. HEAD W.A. 16/03/86	9.94 P. HEAD W.A. 16/03/86

1986 ALBANY MARATHON

9 NOVEMBER

Veteran Age Category Winners

W35	B. Morrisey	4.01.40
W40	S. Walton	3.53.53
W45	M. Stewart	3.20.42
M40	J. Pressley	2.36.52
	J. Barnes	2.51.14
	L. Naylor	2.52.34
M45	H. Stoffers	2.35.16
	J. Pellier	2.58.55
	B. Robinson	2.59.28
M50	G. Audley	2.58.13
	F. Parkinson	3.02.09
	E. Costello	3.03.10
M55	P. Dawes	4.01.40
M60	A. Tyson	3.33.11
M70	S. Green	4.18.25

"GREY HARES"

BY BOB AULD
(S.A.V.A.C.)

Sue Worley makes her mark on the Ultra Scene

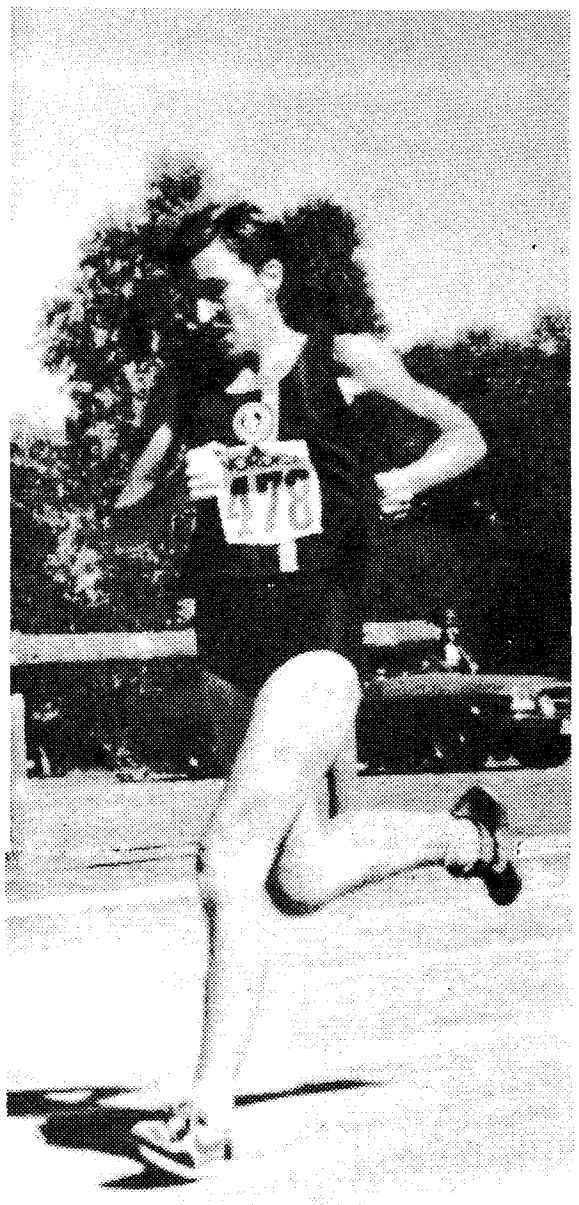
South Australia's Sue Worley, 39, burst onto the National Ultra Distance scene recently in the 1986 Australian 24 hour track championships in Adelaide.

Second Veteran female, behind National Champion, Cynthia Cameron and third female overall to Helen O'Connor, 34, a prevet, also from South Australia, Sue showed great courage to finish 19th in a large field covering a distance of 164.568 kms, in the allotted time.

An improvement of nearly ten kilometres over this event last year now puts Sue fourth on the National 24 hour Rankings, behind Cameron, Margaret Smith and O'Connor.

Sue seems to have found her niche in these endurance events, as she also took the honours and the Gold medal in the W35 age group at the recent SAVAC's Marathon Championships.

Coached and continually encouraged by her husband Peter, who himself captured silver in the M35 — with a time of 2.55.12 — at the same event, Sue seems to have a bright future in Ultra distance running.



Sue Worley strides out in the SAVAC's 1986 Marathon Championships, in Adealide recently.

1986 SOUTH MELBOURNE MARATHON

VETERAN AGE GROUP PLACE-GETTERS

(Concluded from Front Page)

RESULTS

Men:
1 B. Kelly 2.23.25
2 B. Sanders NSW . 2.25.59
3 P. Walsh NSW ... 2.31.36
4 J. Desmond NSW. 2.31.38
5 J. Larsen (Denmark) 2.38.19
6 T. Harrison 2.38.29
7 A. Mandile 2.39.38
8 C. Clarke 2.39.41
9 B. Peters 2.39.42
10 G. Carter 2.41.28

Women:
1 L. Thompson 2.49.43
2 M. Edwards 3.00.06
3 C. Bowker 3.11.34

Veterans:

M35
1 E. Greaves 2.43.15
2 R. Hamilton 2.44.27
3 R. Walsh 2.44.30

M40
1 T. Harrison 2.38.29
2 J. Ingham 2.42.46
3 T. Moore 2.44.36

M45
1 B. Peters 2.39.42
2 J. Fay 2.46.29
3 J. Waite 2.51.20

M50
1 K. Allan 3.00.30
2 R. Boyne 3.12.35
3 G. Clarke 3.13.41

M55
1 T. Donovan 3.20.52
2 R. Lewis 3.33.22
3 B. Morrey 3.33.47

M60
1 D. Gunter 3.07.13
2 K. Matchett 3.30.45
3 N. Brooke 3.47.11

M70
1 J. Bennett 3.44.07

Women:

W30
1 L. Thompson 2.49.43
2 J. McInnes 3.36.26

W35
1 M. Edwards 3.00.46
2 N. Young 3.21.32
3 A. Matchett 3.21.51

W45
1 C. Bowker 3.11.34

Left to right: Noel Vears, Andrew McComb and Ron Woodcock seem to be conducting a post mortem after their event, at the recent S.A. State Titles.

1987 Gold Coast Veterans Track and Field Championships

ALBERT AUSSIE GAMES

GOLD COAST VETERAN ATHLETICS CHAMPIONSHIPS

Conducted by Q.A.A., Q.V.C. & G.C.V.C.

SUNDAY, 25th JANUARY, 1987, 12 NOON

CARRARA SPORTS COMPLEX — Nerang Broadbeach Road

GOLD COAST/ALBERT VETERAN ATHLETIC CHAMPIONSHIPS
5th ROUND QUEENSLAND ATHLETIC ASSOCIATION GRAND PRIX
VETERANS CHALLENGE 4 × 100 RELAY (Open to men 40 and over) —
$ CASH PRIZES FOR THIS EVENT ONLY.

Age Groups and Events:
U/10 and U/12 Boys & Girls ..... 100, Shot & Long Jump
U/14 Boys & Girls ..... 100, 400, 1500 Shot & Long Jump
U/16, U/18, Open and Veterans .... 100, 200, 400, 1500, 5,000, 3,000 Walk, Long Jump, Javelin, Shot and Discus

VETERAN AGE GROUPS:
Men: Pre Vets 35 – 39, Vets from 40 in 5 year groups.
Women: Pre Vets 30 – 34, Vets from 35 in 5 year groups.

SPECIAL EVENT – SWEDISH FAMILY RELAY
(Sponsored by B. & D. Doors)
Team consists of Father, Mother and two of their children. Distances run 400, 300, 200, 100 in that order — Team members choose their respective distances.

AWARDS: Veteran Championship Medallions for first 3 place-getters.

All Competitors will gain free admission to grounds.

VETERANS ENTRY FEE: $2.00 per event
Challenge Relay $10.00 per team
Swedish Relay $5.00 per team

DOORS

ENTRY FORM

SURNAME .....
CALL NAME .....
AGE (on day of meet) .....
BIRTH DATE .....
ADDRESS .....
POST CODE .....
EVENTS ENTERED .....
FEE ENCLOSED .....

ENTRIES TO: Daphne Pirie, Meet Director, P.O. Box 5066, Gold Coast Mail Centre, Surfers Paradise, Q. 4217.
(075) 399 792, (075) 582 237 (A.H.)

AROUND THE GROUNDS IN VICTORIA

WITH PETER COLTHUP

INTER-CLUB ROUND-UP

KNOX D GRADE 11/10/86
(Vets) Veterans 78 — Ringwood 56

Jav 1 L. Howard 30.00
Shot 2 L. Howard 8.70
Disc 1 T. Lebb 14.58
T/jump 1 M. Parsons 11.06
1500 3 M. Parsons 4.55
4 L. Howard 5.04
100 1 R. Porter 12.4
3 T. Lebb 15.6
4 R. Parsons 19.9
1500 (W)
1 R. Parsons 11.44
2 T. Lebb 11.44
110(H) 3 M. Parsons 19.1
2000 (S)
2 L. Howard 7.55
4x100 2 R. Porter 60.9
R. Parsons
L. Howard
M. Parsons
400 1 M. Parsons 58.1
2 R. Porter 60.1
3 L. Howard 64.8

KNOX D GRADE 25/10/86
Vets 104 - S/N Park (2) Nil.

Jav 1 L. Howard 30.24
Shot 1 L. Howard 8.62
Disc 1 L. Howard 19.42
T/jump 1 M. Parsons 9.99
1500 1 L. Mapstone 4.26
2 R. Porter 5.02
3 L. Howard 5.03
100 1 M. Parsons 12.2
2 T. Lebb 16.2
3 R. Parsons 19.4
1500 (W)
1 R. Parsons 10.55
2 T. Lebb 11.00
110(H) 1 M. Parsons 21.00
2000 (S)
1 L. Howard 7.50
2 R. Porter 8.10
4x100 1 R. Porter 58.00
R. Parsons
L. Howard
M. Parsons
400 1 M. Parsons 59.1
2 R. Porter 61.1
3 L. Howard 69.4

KNOX D GRADE 8/11/86
Vets 86 - Pen/R/R 16

Shot 1 L. Howard 8.16
Disc 1 L. Howard 22.04
Disc 1 L. Howard 22.04
L/jump 1 M. Parsons 5.50
H/jump 1 M. Parsons 1.20
400(H) 1 L. Howard 78.3
110(H) 1 M. Parsons 20.1
2 L. Howard 22.8
200 1 R. Porter 25.5
2 T. Lebb 35.5
800 1 R. Porter 2.23
2 L. Howard 2.35
1500 (W)
1 T. Lebb 11.02
2 R. Parsons 11.04
3000 4 M. Parsons 10.35
5 L. Howard 10.49
6 R. Porter 11.01
4x200 1 R. Parsons 2.00
R. Porter
L. Howard
M. Parsons

DONCASTER. D1. 11/10/86
Vets 78 - Nunawading (1) 36

1500 (W)
1 M. Dickinson 6.58
2 J. Salter 7.26
100 3 J. Shand 12.2
4 J. Buckingham ... 12.7
5 P. Nerer 12.7
1500 1 J. Jolley 4.19
2 N. Beachley 4.26
3 L. Harvey 4.31
T/jump 1 J. Buckingham . 10.65
4x100 1 J. Buckingham ... 49.8
P. Nerer
T. McDonnell
J. Shand
Shot 2 I. Mancs 11.51
H/jump 1 J. Shand 1.40
110(H) 1 P. Nerer 19.6
2 J. Shand 21.6
Disc 2 I. Mancs 35.56
400 1 J. Shand 55.6
2 N. Beachley 57.3
4 G. Pinchbeck 61.2

DONCASTER. D2. 11/10/86
Vets 61 - Diamond Vly 56

1500 (W)
1 T. Orr 7.34
2 R. Beveridge 9.10
100 2 T. McDonnell .. 13.00
1500 1 G. Pinchbeck 4.39
2 R. Wilson 4.45
4 A. Fuary 4.54
T/jump 2 P. Nerer 11.03
Shot 2 J. Davis 11.31
Disc 1 J. Davis 31.74
400 4 T. McDonnell 62.7
5 P. Nerer 64.0
6 R. Wilson 66.0

DONCASTER. E1. 11/10/86
Vets 22 - Nunawading Nil

1500 1 I. Allan 5.02
2 R. Hughes 5.09
3 T. Orr 5.15
Shot 1 J. Shand 9.94
H/jump 1 B. Kennedy 1.25
Disc 2 J. Buckingham . 19.18

DONCASTER. E2. 11/10/86
Vets 9 - Doncaster 34

1500 4 B. Kennedy 5.38
Shot 1 J. Buckingham ... 7.78

DONCASTER. D1. 25/10/86
Vets (1) 82 - Coll'wood 51

1500 (W)
1 M. Dickinson 6.58
2 T. Orr 7.18
100 1 J. Shand 12.1
5 P. Nerer 12.8
6 J. Buckingham ... 13.0
1500 1 J. Jolley 4.23
2 N. Beachley 4.27
3 L. Harvey 4.30
T/jump 1 P. Nerer 11.02
400 1 J. Shand 56.7
2 N. Beachley 60.0
3 G. Pinchbeck 62.7
Shot 2 I. Mancs 11.26
H/jump 1 J. Shand 1.50
110(H) 2 P. Nerer 18.9
4 J. Shand 21.4
Disc 1 I. Mancs 36.06
2000 (S)
2 T. Orr 8.13

DONCASTER. E1. 25/10/86
Vets (1) 36 - Coll'wood 84

100 2 T. Livingston 14.5
1500 1 S. Walker 5.00
Shot 2 J. Shand 9.55
Disc 2 J. Buckingham . 19.76
400 1 S. Walker 61.5
3 R. Hughes 65.2
4 F. Tutchener 69.0

DONCASTER. D2. 25/10/86
Vets (2) 49 - Kew Camb 87

1500 (W)
1 J. Salter 7.31
2 R. Beveridge 8.54
100 4 T. McDonnell 13.1
5 B. Wyatt 13.2
6 F. Tutchener 13.3
1500 4 G. Pinchbeck 4.45
5 F. Tutchener 5.13
6 T. Orr 5.17
T/jump 1 J. Buckingham . 10.64
4x100 2 F. Tutchener 55.3
G. Pinchbeck
B. Wyatt
S. Walker
Shot 1 J. Davis 11.93
Disc 1 J. Davis 30.44
400 4 B. Wyatt 61.2
5 T. McDonnell 62.1
6 P. Nerer 64.3

DONCASTER. E2. 25/10/86
Vets (2) 9 - Old Parad. 43

Shot 2 J. Buckingham ... 7.74
Disc 1 P. Nerer 23.90

DONCASTER. D1. 8/11/86

HAM 1 J. Davis 42.06
1500 (W)
1 T. Orr 7.22
2 J. Salter 7.32
L/jump 1 P. Nerer 5.11
200 1 J. Shand 25.0
2 P. Nerer 26.5
4 T. McDonnell 27.2
Shot 1 I. Mancs 11.08
800 3 N. Beachley 2.07
4 L. Harvey 2.11
6 G. Pinchbeck 2.17
110(H) 1 P. Nerer 19.0
3 J. Shand 21.4
3000 4 L. Harvey 9.37
5 N. Beachley 10.07
6 G. Pinchbeck ... 10.13
H/jump 2 J. Shand 1.45
Jav 2 I. Mancs 31.22
4x200 1 B. Wyatt 1.46
P. Nerer
J. Shand.
J. Buckingham

DONCASTER. D2. 8/11/86

HAM 1 I. Mancs 36.82
1500 (W)
1 R. Beveridge 8.35
2 B. Wilson 9.07
L/jump 1 J. Buckingham ... 5.07
200 4 B. Wyatt 26.5
5 J. Buckingham ... 26.9
6 F. Tutchener 30.5
Shot 1 J. Shand 9.72
800 2 R. Wilson 2.19
5 A. Fuary 2.24
6 S. Walker 2.26
3000 2 R. Wilson 10.15
5 S. Walker 10.53
6 T. Livingston ... 11.56
H/jump 2 P. Nerer 1.40
Jav DNQ J. Shand 29.34
4x200 2 T. McDonnell 1.57
S. Walker
G. Pinchbeck
F. Tutchener.

DONCASTER. E1. 8/11/86

L/jump 1 J. Shand 4.13
200 1 S. Walker 27.8
2 T. Livingston 32.3
Shot 1 J. Buckingham ... 8.03
800 1 B. Wyatt 2.28
2 F. Tutchener 2.32
3 T. Livingston 2.34
H/jump 1 B. Kennedy 1.35
4x200 1 T. Livingston .. 1.52.6
R. Wilson
N. Beachley
L. Harvey

DONCASTER. E2. 8/11/86

Shot 2 B. Kennedy 7.20

GLENHUNTLY D. 15/11/86
Vets (1) 88 - Moorabbin 34

1500 Walk
1 P. Hall .... 7m45.6 PB
H/jump 1 P. O'Halloran .. 1.35m
1500m 1 G. Moore 4.33
3 R. Jennings 4.51
2 G. Hughes 4.48
T/jump M. Johnston 9.90m
100m 2 L. Telfer 12.6
3 P. O'Halloran 12.7
4 M. Hall 13.2
Shot 1 G. Hughes 8.58m
4x100 1 P. O'Halloran .....
M. Hall .....
D. Mather .....
L. Telfer .....
Discus 2 G. Hughes 18.90m
110(H) 2 D. Mather 19.35
3 L. Telfer 20.25
200m S'Chase
1 G. Moore 7m.08
3 L. Cassidy 8m.10
400m 1 L. Telfer 56.4
4 G. Hughes 60.6
6 M. Brook 68.0

Vets (2) 42 - Ajax 43

1500 2 L. Cassidy 4.54
4 M. Brook 5.16
5 J. Morrey 5.19.8
100 1 D. Mather 13.1
5 M. Brook 14.6
6 J. Morrey 14.7
Shot 2 J. Fraser 9.43m
4x100 1 M. Brook 52.35
G. Hughes .....
M. Johnston .....
J. Morrey .....
Discus 1 J. Fraser 23.22m
400 2 M. Hall 59.4
5 J. Morrey 66.5

GLENHUNTLY D. 22/11/86
Vets (1) 92 - Ajax 30

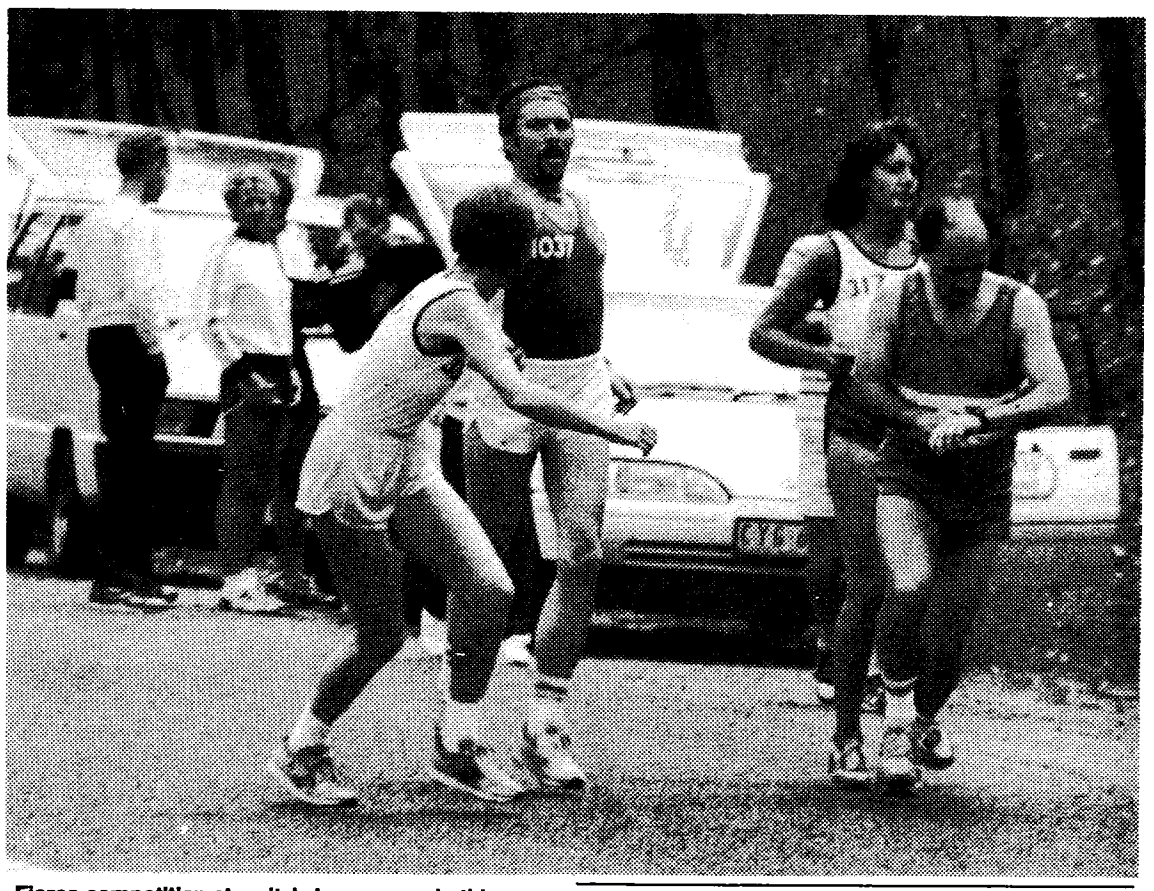
1500M Walk
1 P. Hall .... PB 7m45.3
400m Hurdles
2 B. Moulton 72.0
1 L. Telfer 64.0
3000m 2 G. Moore 9m35
1 E. Greaves 9m34
3 D. Cain 9m39
Jav 1 P. O'Halloran. 31.38m
L/jump 2 B. Moulton 4.02m
Shot 2 D. Penfold 9.20m
Shot 2 D. Penfold 9.20m
200m 2 L. Telfer 25.8
4 M. Hall 26.8
5 D. Mather 27.1
800m 1 G. Hughes . PB 2.16.3
2 G. Moore 2.19.3
3 E. Greaves 2.21.7
110m Hurdles
1 D. Mather 18.5
2 L. Telfer 19.0
4x400 M. Hall 4m.00
B. Moulton .....
G. Hughes .....
L. Telfer .....
Ham J. Fraser .....

Vets (2) 72 - Glen (3) 6

3000m 1 R. Jennings 10.07
2 L. Cassidy 10.43
3 J. Morrey 11.24
L/jump M. Johnston 4.51m
Shot 1 J. Fraser 9.46
200m 1 B. Moulton 29.0
2 M. Brook 30.0
3 J. Morrey 36.0
800m 1 D. Cain 2.18
2 L. Cassidy 2.26.6
3 M. Brook 2.33
110m Hurdles
1 B. Moulton 20.1
Ham D. Penfold .....

1986 BUDGET MELBOURNE MARATHON
Sunday 11 October
Veteran Age Group Winners

40-44	I. Graves	NSW	2.31.51
45-49	P. Hannaford	VIC	2.36.49
50-54	N. Martin	NZ	2.43.16
55-59	V. O'Brien	VIC	3.00.05
60+	G. McGrath	NSW	3.05.50
Oldest Male (73yrs)	E. Walker	VIC	5.33.45
40-44	A. Reithof	VIC	3.20.18
45-49	C. Bowker	VIC	3.13.07
50-54	M. Forsyth	VIC	5.26.11
55-59	S. Young	VIC	3.29.48
60+	V. Palin	VIC	4.11.58
Oldest Female (65yrs)	V. Palin	VIC	4.11.58



Fierce competition at a vital changeover, in this years Bush Ranges Classic as, L. to R. Kathie Donahue takes over from Louis Waser (Mentone No. 3), just ahead of Rhonda Stockdale handing over to Ron Cruikshank (Aberfeldie No. 2).
— Photo Geoff Weaver.

1986 Bush Ranges Classic

The third annual Bush Ranges Classic was held on the 2nd November, at Ferntree Gully, and as in previous years, was an outstanding success.

This increasingly popular event on the Veterans calendar, conducted by the Croydon venue, has developed into a great competition compatible with a marvellous social atmosphere for Veterans from all venues to get to know each other.

A teams event and divided into two categories over a 100km scenic course, it comprises a challenge division — for the serious brigade — four men and one woman, and a Fun Run division with no restriction on team formation.

Each runner is allocated an approximate 5km leg and completes four individual legs in a relay sequence over the total distance.

In near perfect conditions this year's challenge event was won convincingly, and in great style by the Mentone No. 1 team of Rosemary Lucas, George Moore, Col Waring, Peter Bence and John Kneen from Aberfeldie and Croydon.

The honours in the Fun Run section went to Springvale No. 2, ably led by Kevin Onley and were well supported by Col Silcock, Alan Bennie, Ian Treagar and John Anderson, defeating Croydon No. 5 and Croydon No. 4.

This ultra distance relay classic attracted a record 130 starters this year and complimented by an army of officials and spectators along the entire route, as well as at the finish, created a carnival style atmosphere and a memorable event.

Race Director Ken Walters extends an open invitation to all interstae clubs to enter teams in the 1987 Bush Ranges Classic scheduled for 1 November next year.

Congratulations and a vote of thanks to Ken and his large team of organisers; Ray Callaghan for his splendid computerised results service, completed on the day! and Bob Tait and the W.I.A. (Wireless Institute of Australia), who maintained constant communication with the organisers throughout the entire event.

INTER VENUE CHALLENGE

1 Mentone (1) 6.00.01
2 Aberfeldie (1) 6.04.53
3 Croydon (1) 6.08.05
4 Ballarat (1) 6.09.23
5 Mentone (2) 6.14.17
6 Springvale (1) 6.20.03
7 Croydon (2) 6.33.24
8 F.T.G. Tech 6.59.33
9 Altona (1) 7.30.20

FUN RUN SECTION

1 Springvale (2) ... 6.35.24
2 Croydon (5) 6.38.29
3 Croydon (4) 6.41.00
4 Aberfeldie (2) ... 6.41.15
5 Croydon (6) 6.41.31
6 E.Burwood (1) .. 6.44.00
7 Croydon (3) 6.53.54
8 Mentone (3) 6.57.28
9 Springvale (3) ... 7.13.53
10 Croydon (8) 7.24.06
11 Aberfeldie (4) ... 7.25.49
12 Aberfeldie (3) ... 7.31.18
13 Mentone (4) 7.40.24
14 Croydon (9) 7.43.43
15 Croydon (10) 7.43.55
16 Croydon (7) 8.09.54
17 Altona (2) 8.16.38

1986 Super-Vet Competition

This popular event, held for the second time at the Mentone venue, was again a great success.

It is hoped athletes from other venues will now support this competition in the future, as it was intended to encourage all veterans to show interest and participate in their various age groups.

The initial aim of the series is to determine the top all round athletes over distances ranging from 100 metres to 10,000 metres contested over three separate nights. Points are awarded according to finishing order.

Placegetters in this years event were:

Day 1 — M35-40: 400m - 1 P. Bence (57.94), 2 C. Waring, 3 G. Moore. 100m - 1 P. Bence (12.55), 2 C. Waring, 3 G. Hughes. 5000m - 1 C. Waring (16m.18), 2 J. Kneen, 3 P. Bence. M45-50: 400m - 1 M. Hall (59.79), 2 J. Waite, 3 P. Leonard. 100m - 1 M. Hall (13.22), 2 J. Waite, 3 P. Leonard. 5000m - 1 M. Hall (17m32), 2 J. Waite, 3 P. Leonard. M55+: 400m - 1 M. Johnston (66.13), 2 R. Kemp, 3 L. Jackson. 100m - 1 M. Johnston (13.11), 2 G. Gourlay, 3 L. Jackson. 5000m - 1 R. Kemp (18.19), 2 V. Harley, 3 G. Gourlay.

Day 2 — M35-40: 800m - 1 P, Bence (2m.11.3), 2 G. Moore, 3 C. Waring. 10,000m - 1 J. Kneen (33.56), 2 C. Waring, 3 P. Bence. M45-50: 800m - 1 M. Hall (2m17.3), 2 J. Waite, 3 P. Leonard. 10,000m - 1 M. Hall (35.58), 2 J. Waite, 3 P. Leonard. M55+ 800m - 1 R. Kemp (2m33.3), 2 M. Johnston, 3 J. Markham. 10,000m - 1 R. Kemp (37.42), 2 V. Harley, 3 G. Gourlay.

Day 3 — M35-40: 1500m - 1 P. Bence (4.30.5), 2 J. Kneen, 3 C. Waring. 200m - 1 P. Bence, (26.73), 2 C. Waring, 3 G. Moore. M45-50: 1500m - 1 M. Hall (4m48), 2 B Gaudion, 3 J. Waite. 200m - 1 M. Hall (26.85), 2 J. Waite, 3 B. Gaudion. M55+: 1500m - 1 R. Kemp (5m25.2), 2 J. Markham, 3 M. Johnston. 200m - 1 M. Johnston (28.94), 2 G. Gourlay, 3 L. Jackson.

Series Winners: P. Bence (M35-40), M. Hall (M45-50), R. Kemp (M55+).

— by Leigh Cassidy.

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FOOTNOTES FROM THE APPLE ISLE

FROM LIZ TOOMEY

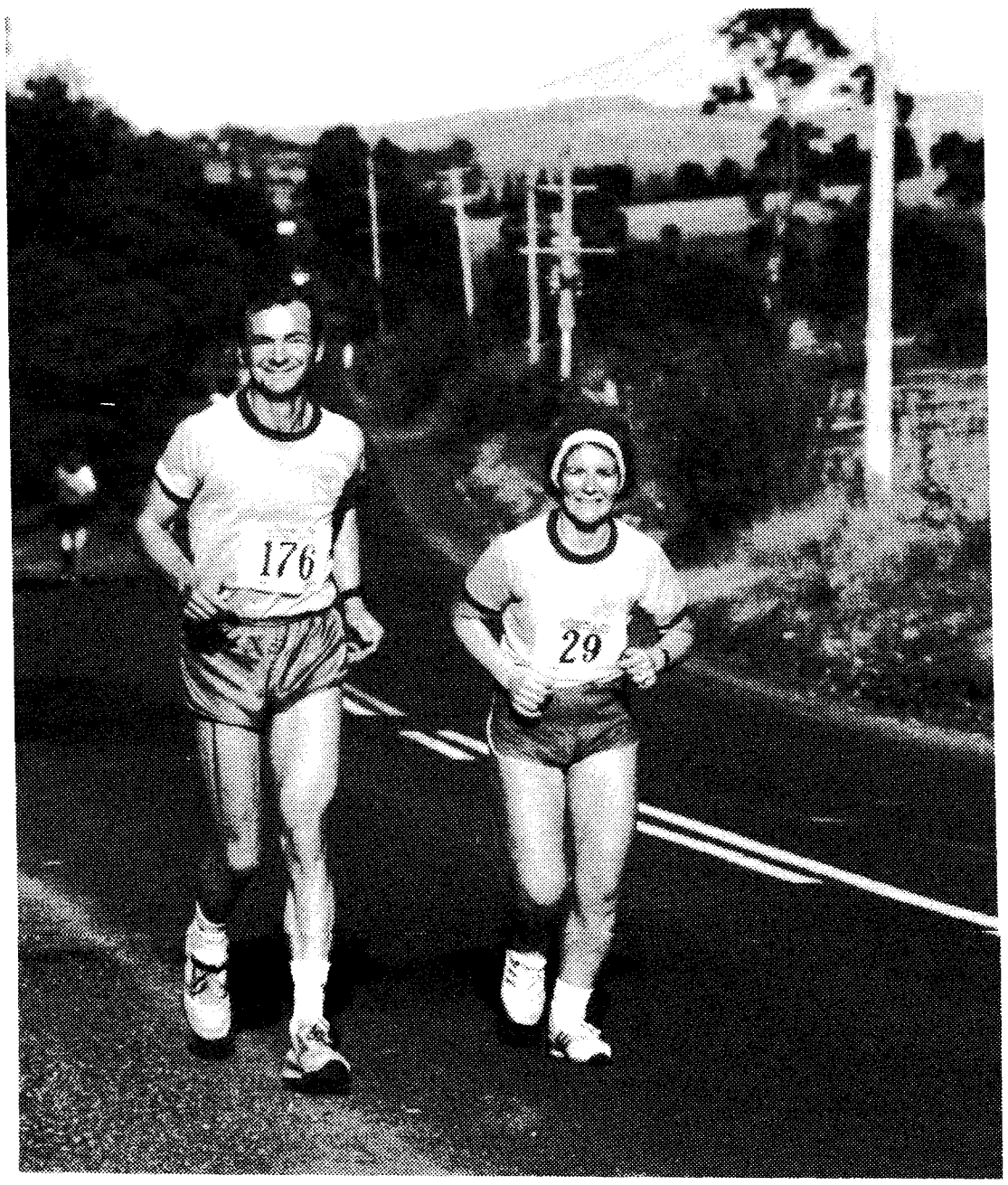
Talays Cygnet Biathlon Series No. 4

The fourth biathlon of the series was held on a warm but rather windy day. The field of twenty starters was the smallest of the series. There were no women competitors. Five VAAT Veteran members took part.

Ray Ward was first Vet to finish in 4th place overall. Allan Bryce, Vern Tuckett and Brian Westwood finished 13th, 14th and 15th respectively and Jim Burr finished 20th. None of these obtained a personal best time due to the adverse conditions.

The fifth and last event of the series to be held over the same course on Sunday 2nd November starting at 11.00am, is the State Biathlon Championship for 1986 when a much larger field of starters is expected.

— Jim Burr.



Popular Tasmanian husband and wife team Tony and Aileen Slater look full of running despite the climb in the recent Royal Life Half Marathon, held at Lauderdale.

Quiet Achievers of Track and Field — Jan Shaw

Pre-vet Jan Shaw of Hobart is our "Quiet Achiever" for December.

Jan first became interested in athletics at the ripe old age of 31, firstly because of her children's involvement in the sport, and secondly to achieve a greater degree of fitness for her other sporting love — soccer.

Having achieved the desired extra fitness, Jan has become really dedicated to athletics, so much so that soccer is now considered the "off season" or secondary sport!

Prior to joining the Vets, Jan's only previous athletic experience was at school, where as House Captain she was expected to compete in the 100 and 200 metre events — in those days the only events available for girls!

Since taking the plunge into Veteran Athletics, Jan has demonstrated her versatility by competing in, and winning, events from 100 up to 1500 metres, long, high and triple jumps, 100 and 400 metre hurdles, javelin throw, discus and shot put. She is the current State record holder in her age group in the Long Jump, High Jump, Javelin Throw, 800 metres, 100 metre hurdles and 400 metre hurdles!

In March earlier this year at the VAAT State Track and Field Championships at St. Leonards, Jan amassed an incredible total of twelve medals, seven gold and five silver, which also included four new State records in the 800, Long Jump, High Jump and Javelin.

Jan has also competed successfully at National level, having won a silver medal in the 100 metre hurdles, and bronze in the 800 metres at this year's Australian Titles in Adelaide. Possibly her greatest triumph was in taking the gold medal in the 800 metres in Hobart at last year's titles.

Jan's best events are probably the 400 metres, 400 metre hurdles and 800 metres; her best times being, respectively, 65.7; 74.75 and 2.26.4.

With her keenness and dedication I believe we will see these times, and several others, lowered by her in the very near future.

Congratulations Jan you are another of our very worthy "Quiet Achievers".

— Ken McConnell.

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VETERAN VIEWPOINT

Gives you the chance to have your say

Dear Mike, — Congratulations on a great publication. The Veteran Athlete is a very informative projection of what we Veteran Athletes have been looking for, for a long time, local, interstate and overseas news and all right up to the minute. Keep up the good work for the benefit of our Sport.

Vin O'Brien,
Vermont South. Vic.

* * *

Re-printed below is a letter to National President, Harry Stanley, re Track and Field events at the First Australian Masters Games in Tasmania next year. What do our readers think?

Dear Harry,

As you know, the first Australian Masters Games are being planned for December 1987, following the World Veterans Athletic Championships.

At the recent meeting of the Board of Directors of the Confederation of Australian Sport, a brochure was distributed. (Copy enclosed). I was concerned to see that the list of events for athletics was incomplete in some respects (i.e. no walks, javelin, triple jump, and hurdles) and included some extras as the mile and 300m. I have spoken with a number of veteran athletes and they agree with me that as this is the first Australian Masters, the list of recognised events for athletics should be included. As National President I leave it to you to follow up.

With kind regards,
Wendy Ey.

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!

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King and Queen of the mountain

This event conducted by S.A.B. and run from Ferntree to the Pinnacle, a distance of 11.6km, was held on Sunday, 12th October.

Mike Harding was the King in a time of 49.35. Ron McCulloch was first vet to finish in 5th place overall in 54.57. Roy Pemberton who finished 12th in 59.32, Kevin Cleaver 14th in 62.40, Bob Robertson 15th in 62.57 and Jim Burr 18th in 82.57, the latter a minute and nine seconds improvement on last year's time.

The Queen of the Mountain race was run over the 8km course starting at the Springs, Sally-Anne Newlands won in 40.53 with Sue Baker-Finch 1st Vet and 2nd overall in 43.33 Teresa Littler was 3rd in 46.53.

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