Fred Turner hits top form with 200/400 metres double and Fred O’Connor grabs nine gold medals.

NSW athletes have set a cracking pace for the national championships and the World Games later this year.

The State championships in Sydney over the weekend of March 21-22 yielded no fewer than 46 medals — yet to be ratified — and some excellent performances from both men and women. They were also timely, in that they coincided with the centenary year of the NSW Amateur Athletes Association and was ratified — and some excellent performances from both men and women. They were also timely, in that they coincided with the centenary year of the NSW Amateur Athletes Association and were marked by a record number of entries.

Officials estimate that the total entries were up by at least 10% on the previous best figure.

Aspirational crowd at Sydney Athletic Field let its support as new marks were set throughout the two days in warm, sunny weather, marred only by a stiff breeze at one stage which troubled the sprinters in the home straight.

The championships ran like clockwork and gave officials — many of whom were recruited at the last minute because of the centenary year of the NSW Amateur Athletes Association and took as NSW AAA officials were busy elsewhere — a golden opportunity to rehearse their skills for the Sydney-based National Championships over the Easter weekend.

Many of the athletes seem to feel the new spirit of determination which marked these championships and performed accordingly. Midway through the second day the 800 men appeared to have a mortgage on fast times and three State records toppled in quick succession.

Paul Critchley set the pattern by smashing the State record for M45 with a time of 2:18.60, a massive 8s off the existing record and just 1.60 outside the Australian record. Then Bryan Dean (M55) lowered the old mark of 2:18.60 with a splendid 2:14.67. Finally, Ron Gribble raced to a third State record to rehearse their skills for the Sydney-based National Championships over the Easter weekend.

One of the more outstanding performances came from Fred Turner, the former 100 and 200m champion who made a great comeback to 400m running in the M45 category.

Turner, running with a strapped hamstring, pounded through a top-class field to record 52.42 — a fraction over 1.8s outside the previous best to lead home Paul Critchley and Trevor Doyley.

Minutes later former world record holder Reg Ayres again showed a clean pair of spikes with a comfortable win in his new M50 age group by clocking 54.32 and qualifying more than 4s off the old record. Bryan Dean (M55) followed up by coming within an ace of a State record in clocking 59.03 — just 1.31 slower than the existing mark.

There were a host of multi-medal winners but few made the same impact as Fred O’Connor. The 65-year-old veteran health and building inspector from Epping, who would pass the stringent of fitness requirements, was no fewer than five of the 10 events in which he was entered.

His nine medal haul, including his personal victory two weeks earlier, was achieved over the two days in the 100m, 200m, 400m, triple jump, long jump, javelin, pole vault, 400m and 300m hurdles.

Many of the competitors had travelled long distances to compete — up to three, some cases — and there was even one from Western Australia.

Among those who made their long trip were Beverlee Adams (W55) who made her journey from Deep Creek via Scone well worthwhile by setting records in 10 of the seven events she contested. One was in the hammer, in which she recorded 18.52m to automatically claim an Australian record. She was joint instant national record holder by Norma Lindemann (W60), Mary Thomas (W60), Helen Searle (W45) and Yvonne Mielec (W50).

Beverlee Adams added just over 1 metre to the State discus record and established a new record in the long jump with a leap of 5.33m. Heike Forth, Denise Paley and Helen Searle also doubled up by winning their respective discus titles.

Adams, another long-distance runner, and their teammate, Oliver companies of 1985, notched three State records in her category (W55), including the 10km walk staged in Centenary Park, in which her winning time of 1:02.24 was also clocked by Ann Thew (W50) in winning her age group.

Worthy of mention, too, were the performances of Tamworth’s Peter Loecker, who set a State record in the discus of 35.00m, which added 4.0m to the previous best, and distanced the NSW shot put record with a throw of 11.37m, compared with the previous best of 8.96m. Roger Grant (M55), Peter Meehan (5.1m) and Peter Croome (9.58m) who finished fourth, all bettered the old mark.

One of the most surprising performances came from Orange motor trader Bill Simon (M55), who took third place in the 10,000m, grabbed a silver in the 5,000m and raced through strongly in the 400m hurdles to win his age group after Peter Meehan (M55) had set a solid pace.

Hand shatters half marathon records

POPULAR NIKE PRELUDE DRAWS LARGE FIELD AT LAKE GINNINDERRA

In his customary ‘catch-me-if-you-can’ style of powerful front-running, Canberra Super Vet, Garry Hand reduced the National M40 record for 21.1 km by a massive 61 seconds when he led home a large field in 67.00 minutes on Sunday, March 15, in the Weston Creek sponsored event encompassing 3 laps of Lake Ginninderra.

Exhibiting the capacity to recover almost immediately from top class effort, Hand won the ACT Veterans 10,000 metre track championship from a good field on only the previous Thursday evening in 30.22.9, a mere 2.9 seconds outside ex-Olympian Trevor Vincent’s Australian M40 record, and 1.21.1 inside his own ACT age record.

The Weston Creek club inaugurated a series of races to assist runners preparation for the Annual Nike Canberra Marathon. An optional 10 or 20 mile held on Sunday, February 22 saw Hand win the 20 mile division in 1.49.43 with runner-up Peter Murphy 8 minutes behind in 1:57.46.

In his last year’s Weston Creek Half Marathon, he recorded 1:04.14 to finish runner-up to dual Nike veteran Colin Neave (67.33). Veterans featured highly in this year’s results.

Men: 1. Garry Hand 67.00. 2. Chris Cook 67.55. 3. Paul Rake 68.05. 4. Peter Skinner 71.27.


Hand, who is logical, and in Canberra sentiment favourable, will be running his 50th marathon when he leaves the line in the Nike on Sunday, April 12. His PB of 2:16.37 was set in the 1983 Hamilton Marathon, and his PB on the Nike course of 2:18.16 was set in the 1983 event. The open race record is 2:15.16 set by Victorian Graeme Kennedy in 1981.

Other leading contenders this year are top seeds Irene Blair of NZ who will contest his first mara-
Editorial .................................................. 2
'87 World Games Update .............................. 3
Under the Watchful Eye ....................... 4
Racewalk Review ...................................... 5
Profile (Kath Holland) .......................... 6
Overseas News ........................................... 7
Ultra Distance .............................................. 8
The Throwing Scene ............................... 9
World Champions ............................... 10
New York City Marathon ......................... 12
by Murray Whitmore
NSW News (Waratah) ..................... 13
ACT News (Vetrun) .............................. 14
Footnotes from Tasmania .................... 15
Queensland News ..................... 16
W.A. News (Grey Hares) .............. 17
S.A. News (Grey Hares) ............. 18
Vic News .............................................. 19
Around the Grounds from Vic .......... 20
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Victorian Lynne Williams, above, with the 1st Australian Masters Games Promotional Team, at the recent New Zealand Track & Field Championships in Wellington.
BY PEG SMITH

Santa Flora, 
Trinidad, West Indies.

Dear Peg,

I am writing to inform you that about twenty four of the Trinidad and Tobago Masters are interested in taking part in your Games. In these circumstances I am asking if you can send us the appropriate entry forms, including any update on the Games that may vary since the last time you wrote me, i.e. hotel arrangements etc. We hope to see you in November. Write us soon.

Yours respectfully, 
Carl Douglas, 
Vice President.
T & T Masters.

Orebro. Sweden

Dear Peg,

Planning to participate in your V11 World Veterans Games in Melbourne 1987. Could you please send forms and other information as soon as possible. Good luck with all your preparations.

Ove Sundelius.

Colombo 6. SRI LANKA.

Dear Peg,

I wish to place on record my best wishes to the Austral- ian Veteran Athletes Association in the conducting of your next World Games. Although I did not have the honour of meeting you, I shall do my best to provide the best possible service. I am very much interested in other events that can be arranged during the competition. Please include me in your mailing list for any information on the World Games. If you have any other requests please do not hesitate to let me know.

Wishing you all the best.

Yours sincerely,
Hari Chandar.

Singapore Association of Veteran Athletes

Dear Peg Smith,

Received your letter dated 22nd December 1986, and am glad that everything is going on well for the games in substantial amount of entry books. About 50 or more entries are expected. The Singapore Association of Veteran Athletes is pleased to have you as a selection from the World Games 1986, to participate in the Melbourne Olympics in 1990. With the help of the event, I am going to participate in the first event of the Games. With the help of this kind of event, I am sure that you will have a good time. As you are interested, there will be other possibilities to participate in the Games. Hoping to hear from you soon.

Yours sincerely,
Josi Moc,
Chairman of Veteran Committee.

Ceskoslovensky Svaz 
Telesne Vychovy

Dear Peg,

The CEceskowski athletes are going to participate in V11th World Veterans Games Melbourne 1987. (28th November - 6th December). If you send us in entry forms and further information about games, we shall be glad to send in reply to your reply. With our best regards.

Josef Moc,
Chairman of Veteran Committee.

L.A. Valley Athletic Club, 
Los Angeles, California, U.S.A.

Dear Peg,

Please send entry forms for the V11 World Veterans Games, & also group your number approximately 50 people. We should have about 100 by November of this year. In addition, please send some of the enclosed stickers. If you are interested, please send some of the enclosed stickers. They are a big hit & I am all out of them.

Very truly yours,
William E. Adler, Director.

KOTA KINABALU, 
SABAH — MALAYSIA.

Dear Peg,

I am writing to inform you of the numbers of entries permitted per country for the V11th World Veterans Games 1987. Many of our top athletes are training hard for our government.

Yours faithfully, 
Dakin Alysoni Sibilen.

Fairfax, VA. 22032, U.S.A.

Dear Peg,

I plan on attending the World Games as a competitor and coach. I am 80 years old, who will be 80 years old during the competition. Please include me in your mailing list for any information on the World Games. If you have any other requests please do not hesitate to let me know.

Sincerely yours,
Charles R. Des Jardins.

Inter Spidron 
Laufriessen weltweit 
Inter Air Voss-Reisen GMBH 
Frankfurt/M.7. W. Germany

Dear Mrs Smith,

As you have addressed your letter concerning the Veteran Games 1987, held at Olympic Park in Melbourne from 28 November to 6 December 1987. In response to your many enquiries and as we want to offer an inclusive tour to these games we kindly ask you to send us detailed information about your activity and your subsequent letter received by me on October games and your subsequent letter received by me on October games and your subsequent letter received by me on October games and your subsequent letter received by me on October games.

Thank you in advance for cooperation and best regards,

Yours faithfully,
Harald Markert

Quebec, Canada.

Dear Peg,

I also send entry forms and information to me. I would like to express my displeasure at restrictions of the strongly your attempt to have this rule amended.

Yours faithfully,
Gordon Gilmore
276 Jovini Ave.
Dolled Des Ormeaux.

Canadian Road Runner Athletic Club, 
(Affiliated to Karnataka Amateur 
Athletic Association),
Bangalore, South India.

Dear Peg,

Before I begin, let me take this opportunity in wishing you a Happy 1987. Thank you ever so much for sending me an invitation for participation in the 3rd World Veteran Games to be held in your country this year end. In this regard I wish to refer to our discussions on the above mentioned games. I wish to refer to our discussions on the above mentioned games. We hope to forward further details, including entry book/forms as soon as possible. Thank you for your cooperation as always.

Yours faithfully,
Anchikavarty Jayadev
Chief Administrator.

Hauger Skolevei 1
1351 Rud.
Norway.

Dear Peg,

Norwegian Masters who want to take part in the IV World Veteran Games in Melbourne, 28th Nov. - 6th Dec. 1987, would like you to send us the necessary information. We also want to know if there is any possibility for all of us to stay in hotels of hospitality (in private homes) for our team. We speak English.

We know there is a lot of Norwegians living in Melbourne, therefore could you please ask the Scandinavian New Zealand Friendship Ass. about this help. We may also want to know if there is any possibility for all of us to stay in hotels of hospitality (in private homes) for our team. We speak English.

Erling Sverresen, 
Hauger Skolevei 1
1351 Rud.
Norway.

Valldoreix (Barcelona) — Spain.

Dear Peg,

I'm hoping to arrange and organise the Catalan group plans and displays. For this reason would you be kind enough to send me the information relative to the V11th World Veterans Games in Melbourne next year, please.

I also want to know if there is any possibility for all of us to stay in hotels of hospitality (in private homes) for our team. We speak English.

Thank you for helping us.

Erling Sverresen, 
Hauger Skolevei 1
1351 Rud.
Norway.
A profile on Ireland’s great Veteran middle distance runner Noel Carroll who plans to compete in the V11 World Games in Melbourne, later this year. — Courtesy of the Irish Runner Magazine.

LET THE RUNNERS RUN
— JAMES O’BRIEN

The introductory paragraph to Noel Carroll’s “Runner’s Book” possibly in the forefront of the running movement in Ireland, points quite starkly to the diversity of interests which have conspired to place him at the forefront of the running movement in Ireland, which has enabled him to become synonymous with the sport’s most respected ambassadors.

For the best part of 30 years Noel Carroll has been a competitive runner, as well as a key figure in the organisation of running events in the area. In his own eyes he may be a competitor, but his involvement with the sport has been of a more administrative type. This is Noel Carroll in his element.

For the best part of 30 years Noel Carroll has been at the forefront of a tidal wave of feeling from the sport, therefore, Noel’s fundamental understanding of his, seemingly contradictory, role within the sport, therein lies the telling factor and therein lies the story of his career to date. It is pertinent to allow him to become synonymous with the sport’s most respected ambassadors.

The classic Olympic distance has been painstakingly highlighted in “Runners Book” and is now at the disposal of the runner.

Noel Carroll
(born 7.12.1941)

1959 91 1:58.5 *
1960 18 1:49.4 * (world age best)
1961 17 1:47.8 *
1962 20 1:49.0 *
1963 20 1:48.8 *
1964 22 1:47.4 *
1965 23 1:47.5 *
1966 24 1:46.9 *
1967 26 1:54.6
1968 28 1:47.3
1969 29 1:58.5
1970 30 1:46.3
1971 26 1:55.2
1972 30 1:54.6
1973 31 1:50.4
1974 32 1:51.3
1975 33 1:52.3
1976 34 1:55.0
1977 37 1:46.3
1978 37 1:52.4
1979 37 1:46.3
1980 38 1:51.9
1981 39 1:51.9
1982 40 1:53.3
1983 41 1:56.0
1984 42 1:53.3
1985 43 1:55.0

* 400 yard time taken 5-6 weeks.

Carroll’s “Runner’s Book” possibly in the forefront of the running movement in Ireland, points quite starkly to the diversity of interests which have conspired to place him at the forefront of the running movement in Ireland, which has enabled him to become synonymous with the sport’s most respected ambassadors.

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The classic Olympic distance has been painstakingly highlighted in “Runners Book” and is now at the disposal of the runner.
BUSY SCHEDULE AHEAD FOR ACS

ROBIN WHYTE

Canberra’s Robin Whyte, a Foundation member of the A.C.T. Race Walkers Club, Australian Representative in the 1976 World Championship and Vice President of the Australian Athletics Federations, is probably one of the best known athletes and officials in Australian Athletics.

He initiated the meetings which formed the ACT Race Club in 1960, and has been the foundation secretary or treasurer in the many years since.

The A.C.T. Race Club was founded in February 1962, to cater for the needs of racers from the Canberra region. The club was initially a small group of enthusiasts, but it quickly grew in popularity, and by 1966 it had become the dominant force in Australian race walking.

In 1975, the club organized the first Lake Burley Griffin 20 mile title, which was won by Commonwealth Champion Keith Law. The event promoted the sport of race walking and attracted all of Australia's top walkers. In the 1986 titles, nearly 300 entries were received and the 20 mile event was won by Commonwealth Champion Simón Bolívar.

Bill Kirby, the hard-working secretary, has built up the Bris-Queanbeyan district to a strong club with a regular field of 50 competitors. Mr. Kirby, a former NSW 50k team member, has been a regular competitor in the Sunday competition with a few races under his belt.

The most regular competitive golfer at Queanbeyan Golf Club, Whyte is also a walking enthusiast. He has won the 1976 Australian 50k and 20k State Titles over this distance. He also competed in the 1966 ACT State 50k and 10k open titles.

At Queanbeyan to Cameron Little Athletics 1500m in 8m 55s.

**Snippets from the past**

(Extract from Racewalking Magazine, No. 15, May, 1963)

**ACT Open 5km State Titles**

As seems to be the general trend in the capital states, this year's ACT Open 5km State titles were held at the 1987 National Walk Titles, at Bruce Stadium on 6th March.

Forty-one year old Dave Thomp-son dominated the men's division, with a 14m 9s 5k and 24m 30s 5k time. He also placed in 15 local titles. Other prominent athletes in the men's division included 20 year old John Smith, who won the 1976 NSW 50k team in 14.01, Keith Law 14.11, Bob Gardiner 14.24, John Doherty 14.53, Ken Scholes 15.04, Trevor Vogler 15.34, and Dave Thompson 15.48.

**ACT Open 10km State Titles**

As seems to be the general trend in the capital states, this year's ACT Open 10km State titles were held at the 1987 National Walk Titles, at Bruce Stadium on 6th March.

Forty-one year old Dave Thompson dominated the men's division, with a 14m 9s 5k and 24m 30s 5k time. He also placed in 15 local titles. Other prominent athletes in the men's division included 20 year old John Smith, who won the 1976 NSW 50k team in 14.01, Keith Law 14.11, Bob Gardiner 14.24, John Doherty 14.53, Ken Scholes 15.04, Trevor Vogler 15.34, and Dave Thompson 15.48.

**ACT Open 20km State Titles**

As seems to be the general trend in the capital states, this year's ACT Open 20km State titles were held at the 1987 National Walk Titles, at Bruce Stadium on 6th March.

Forty-one year old Dave Thompson dominated the men's division, with a 14m 9s 5k and 24m 30s 5k time. He also placed in 15 local titles. Other prominent athletes in the men's division included 20 year old John Smith, who won the 1976 NSW 50k team in 14.01, Keith Law 14.11, Bob Gardiner 14.24, John Doherty 14.53, Ken Scholes 15.04, Trevor Vogler 15.34, and Dave Thompson 15.48.

**ACT Open 30km State Titles**

As seems to be the general trend in the capital states, this year's ACT Open 30km State titles were held at the 1987 National Walk Titles, at Bruce Stadium on 6th March.

Forty-one year old Dave Thompson dominated the men's division, with a 14m 9s 5k and 24m 30s 5k time. He also placed in 15 local titles. Other prominent athletes in the men's division included 20 year old John Smith, who won the 1976 NSW 50k team in 14.01, Keith Law 14.11, Bob Gardiner 14.24, John Doherty 14.53, Ken Scholes 15.04, Trevor Vogler 15.34, and Dave Thompson 15.48.

**ACT Open 50km State Titles**

As seems to be the general trend in the capital states, this year's ACT Open 50km State titles were held at the 1987 National Walk Titles, at Bruce Stadium on 6th March.

Forty-one year old Dave Thompson dominated the men's division, with a 14m 9s 5k and 24m 30s 5k time. He also placed in 15 local titles. Other prominent athletes in the men's division included 20 year old John Smith, who won the 1976 NSW 50k team in 14.01, Keith Law 14.11, Bob Gardiner 14.24, John Doherty 14.53, Ken Scholes 15.04, Trevor Vogler 15.34, and Dave Thompson 15.48.
KATH HOLLAND REIGNS SUPREME

If there is such a thing as a racing certainty on the athletic track in a World Veterans Championships event, then it surely must be Western Australia’s fleet footed wonder, Kath Holland when she is down on her mark at the start of the 400 metres.

As you can rest assured, just sixty seconds after the gun has gone off she will be flashing down the line to take the gold medal yet again.

At the age of 46 when most women are definitely slowing down a little, the ultra dedicated Kath is hard at work systematically building her fitness level with regular cycling, swimming, general running skills and many track repetitions to maintain a good muscular balance.

To add strength to her varied programme she also competes in Shot Put and Discus at training sessions and hopes to compete in the 100, 200 and 400 metres events.


She naturally is anxious to retain her world title for this event for the sixth successive time over a period of ten years, an achievement unequalled by a Veteran track athlete, male or female, in the history of Veteran Athletics.

To add to this, Kath has also won four other world titles including 200 metres at New Zealand, Puerto Rico and Rome, and 100 metres in New Zealand, a World champion on no fewer than nine occasions since 1977.

Her winning time of 56.50 in the W35 400 metres, at Gothenburg, in 1977 still remains a Games record.

Many times a National champion, Kath also currently holds Australian records for W35 100 (12.00), 200 (24.60), 400 (56.00) and 400 (76.20) 63.70 and sixteen Western Australia State records.

To retain her neat and nimble figure, that of a woman half her years, Kath eats a sensible diet of little meat, plenty of fruit and vegetables and admits to an occasional social drink with friends, on special occasions, weighs 54 kilos and is 160cm tall (5ft 3ins).

Despite her seemingly endless array of achievements on track and field over many years, the delightful Kath Holland is essentially modest in all she does, and must surely not be only one of the all time greats, but certainly one of the most deserving heroes of Australian Veteran Athletics.

Perhaps the adulation of a capacity crowd willing her up the final straight for another gold medal performance at Olympic Park in November will enhance the recognition she so richly deserves. Good luck Kath.

WHERE BETTER THAN A BANK TO INVEST YOUR SUPERANNUATION PAYOUT?

KATH HOLLAND

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Former New Zealand
rivals revolve old times

By KEVIN NORDQUIST

Former sprinting topliners Penny Hunt and Wendy Brown revolved old times with two clashes at the New Zealand veterans track and field championships in Wellington yesterday.

This time the fluent hurdling of Hunt, who is a national sprint and hurdles champion, saw her home with five metres to spare. The meeting featured several great names from New Zealand's athletics past. Recent Commonwealth Games representatives Mene Mene and his wife Sally, seemed to set out to win every title on their age groups, with notable success.

Mene Mene, 41 won the over-40 men's high jump, long jump, javelin and shot put. The 1974 Commonwealth Games decathlete set a national record in the shot with a 13.80 metre put. He had to bow to the Wellsford express in the men's 60 men's 3000 metre walk and Lower Hutt's Heather May in the women's over-55 hurdles.

Kim Robertson, quickly opened the championships by invitation. Therefore Mene recorded 12.16s and added the high jump and javelin titles and finished second to Australian Val Robinson (Pukekohe) in the women's over-55 60s.

Mene Mene, 41 won the over-40 national Val Robinson (Pukekohe) in the women's over-55 60s.

Mene Mene, 41 won the over-40 national Val Robinson (Pukekohe) in the women's over-55 60s.

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Mene Mene, 41 won the over-40 national Val Robinson (Pukekohe) in the women's over-55 60s.
The 1987 Victorian Veterans 24 Hour Track Race was certainly different this year.

The race, established at Box Hill track in 1984, had previously experienced heat-wave conditions, temperatures of 35 degrees C. and more. The problems for me as Race Director have always revolved around trying to keep runners and lap-score- ers cool, keeping the hoses going, maintaining the ice supply, returning the sponges to the bins, keeping the drinks cool and ensuring that the lap-score- ers didn’t get sun-stroke.

There was no call for ice or sponges this year. The soaking rain which persisted from early Saturday morning, and continued all day until around 5 p.m. caused headaches of a different kind. Wet socks gave the runners blisters, wet singlets chafed. The water logged track splashing the black rubber shavings on the legs of the runners, and down into their socks. Lap-score- ers, experienced great difficulty writing on wet scor- ing sheets, and even the spirit marker pen refused to work on the wet leader- board.

However, as usual, despite all the trauma, we survived the ordeal to ensure the event was a resounding success.

Surprisingly though, when we compared results of the heat-wave versus cool/wet conditions, athletes performed better in the heat. While 25 runners ran more than 100 miles in 1986, only 19 covered the same distance in this year’s event.

Despite the conditions, John Punshon, our official photographer, bravely the elements and took ac- tion shots in his raincoat all day, and was back at the finish of the race the next day to Salisbury the proofs.

The sky was overcast and grey, but the spirits of the runners and their sup- port crews were certainly not gloomy, just simply positive and encourag- ing.

We were really grateful this year to have a squad of Runners available for the full 24 hours. The students and graduates from the

Ultra Distance News

18. Kevin Cassidy 47km approximately
17. Ray Carrol 84km 472 metres
16. Colin Stevens 90km 690 metres
10. Stan Miskin 105km 524 metres

Howard Ross, 41, finishing the Percy Curatty Memorial 12 hour run at Box Hill recently.

Percy Curatty Memorial 12-hour Run
7th March, 1987 – Rosebud

1. Peter Amis 116km 921 metres
2. Keith Fisher 115km 434 metres
3. David Young 114km 419 metres
4. Gerry Riley 113km 532 metres
5. Howard Ross 113km 531 metres
6. Tim Donovan 108km 909 metres
7. Klaus Schipper 107km 762 metres
8. Chris Le Dieu 107km 550 metres
9. Klaus Schnibbe 107km 762 metres
10. Stan Miskin 105km 524 metres

Results
1. Barry Brooks (Vic) 227.574km
2. Ian Javes (Qld) 227.074km
3. Bill Beauchamp (Vic) 213.875km
4. Maurice Tavas (NSW) 202.660km
5. Bryan Smith (Vic) 201.606km
6. Barry Allen (Vic) 200.776km
7. Cliff Young (Vic) 197.115km
8. Howard Ross 197.000km
9. Klaus Schipper 176.330km
10. Greg Wissner (Vic) 175.696km

Barry Brooks, 46 on his way to a great win in the 1987 VACC 24 Hour Track Race at Box Hill on 26 February.

Photo — by John Punshon.
VICTORIAN VETERANS' ATHLETIC CLUB INCORPORATED

1987 VVAC PENTATHLON CHAMPIONSHIPS

1ST FEBRUARY 1987

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<th>NAME</th>
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WEIGHT PENTATHLON

15TH FEBRUARY 1987

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HAMMERFEST

22ND FEBRUARY 1987

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1987 VVAC PENTATHLON CHAMPIONSHIPS

14TH MARCH 1987

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HEAVY THROWS

7TH FEBRUARY 1987

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BY ROY FOLEY

Laurel Frawley above takes out the Gold Medal in the W10 discus at the recent Gold Coast T. & F. Championships at Carrara.
The continuation of a series started in the February issue of the Veteran Athlete, outlining all past and present World Champions and current games record holders.
Dear Reader,

As the official Travel Agent for the Victorian Veterans, we are delighted to be associated with this new publication and 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, Oceanian Games as well as various other sporting events.

We have taken care of the travel arrangements for the Victorian Veterans to the Olympics, Commonwealth Games, World Track & Field Championships, World Veteran Games, and the Australian Gymnastic team, and 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.

Intend to forward to being of continued service to you in the future.

Jeff Jones.

XXI WORLD MEET OF VETERAN RUNNERS
The Lake Bomun, Kyungju 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:

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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 accords. 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.

INTERNATIONAL SPORTING TOURS
A DIVISION OF MUSKENS BOURKE TRAVEL PTY. LTD.

8 Whitehorse Rd., Ringwood, Vic. 3134

PHONE: (03) 879 4044
(03) 679 4245
What’s it like to rub shoulders (literally) with 21,500 other people of all shapes and sizes, nationalities and ages in a race that has variously been called “the world’s greatest sporting event”, “this festival on foot”, and “the biggest spectator show on earth”. The event is the New York City Marathon.

The race was held on 2nd November and among the runners were 8,000 Americans who for the first time were achieving more than the greatest sharing and doing events in the world — certainly a high point in my life.

My own opinion after running it with 8 fellow Australians and 1 New Zealander was that it was more than adequate. We had achieved more than the greatest sharing and doing events in the world — certainly a high point in my life.

Our day began with a shattering alarm at 4:45am, then breakfast of pancakes, sausage, eggs, and hash browns — no bacon. It was not yet light as we walked the few blocks to Lincoln Centre where hundreds of buses were lined up in the gloom, some already loading and moving off quickly.

We arrived at Fort Wadsworth at the Staten Island end of the Verrazano Narrows Bridge — a few minutes before the start— just in time the bridge turned pink behind the graceful arches of the bridge. Our early arrival was a blessing and we had three hours before the race started.

A few Sunnys apparently sheltered many people, stretched out relaxing or sleeping, some cocooned in sleeping bags. An hour later, the bridge’s turnstiles were packed with thousands of bodies, wall to wall, whilst thousands more streamed off the bridge. The place looked ominously like a refugee camp.

The first of the Central Park entrance gates were for Australians, 1,200 from France (the largest foreign contingent), 300 from Italy, 250 from the UK, 125 from New Zealand, from Zimbabwe, etc., altogether 5,400 foreigners ran over the line. Entrances from foreign countries are almost a guaranteed start providing they apply in time and acceptances are usually just in the 5% range. An American has a system with 60,000 applicants for the remaining 16,000 places.

The accents changed from Spanish to Mexican, Italian to English, and Black to Jewish as we ran through the ghettos of Brooklyn, combining every language and colour into the back of the person in front — in doing so we spontaneously created an international party, an international jamboree, a celebration of a City and its people — it has proved an emotional and awe inspiring experience.

Perrier with a twist of lemon, which tasted like nectar of the gods together with coffee, donuts and fruit.

A group of Jewish runners nearby prayed three times each morning. At the finish of a marathon there are no winners or losers. For the non-runners, or even those for whom running is just a way of life, the New York City Marathon is worth the cost and the monumental effort. Non-runners usually ask, “where did you come?” as if a marathon is a race against other people. So for the non-runners, my computer printed result card, which arrived home before I did not ask the question.

Garfunkel buzzed through my head “slow down you move too fast” — and I was still feeling groovy as we crossed the finish line at 3 hours, 20 minutes and 3 seconds.

The weather was fine and now and about 15°C, ideal conditions as we crossed the 59th Street Bridge. I was happy to find that Garfield buzzed through my head “slow down you move too fast” — and I was still feeling groovy as we crossed the finish line at 3 hours, 20 minutes and 3 seconds.

The accents changed from Spanish to Mexican, Black to Jewish as we ran through the ghettos of Brooklyn, Queens, The Bronx, Manhattan and Harlem. People blow trumpets and whistles and made any noise they could. I gave a big wave to a large Black Mother who had obviously been cleverly prepared for her interaction — there were Brus Bands, Jamaican Steel Bands, Jazz bands from the South, and Irish Pipes Bands all trumping out motivational stuff that certainly lifted those feet.

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I went through the dreaded 20 mile mark, aching from the blisters that were old and new. The accents changed from Spanish to Mexican, Black to Jewish as we ran through the ghettos of Brooklyn, Queens, The Bronx, Manhattan and Harlem. People blow trumpets and whistles and made any noise they could. I gave a big wave to a large Black Mother who had obviously been cleverly prepared for her interaction — there were Brus Bands, Jamaican Steel Bands, Jazz bands from the South, and Irish Pipes Bands all trumping out motivational stuff that certainly lifted those feet.

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SOUTH SYDNEY ATHLETIC FIELD


The ACT Vetrunner

One of the proudest moments in the divergent track and field careers of Canberra’s most meritorious Vet runners was 1956 Olympic Flame carrier A. Williams. He was life member of the ACT Veterans Athletic Club, Terry Munro, was his personal companion and they traveled the 9,500 miles to Melbourne to carry the Olympic Flame. A Williams was born in 1916 in the ACT, where he attended Canberra High School and later played football and tennis at the Yarrawonga Tennis Club.

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During the Sydney Olympics, the flame was passed by our local hero before being passed on to the next torch bearer.

For the world’s eyes, the Olympic Flame was a symbol of peace and reconciliation. For the athletes, it was an opportunity to showcase their talents to the world and to connect with others from around the globe. The Olympic Flame is a unifying symbol that brings people together, regardless of nationality, race, or religion.

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1987 VAAT Track and Field Championships

FOOTNOTES FROM THE APPLE ISLE

FROM LIZ FIELD

1987 VAAT Track and Field Championships

DOMINANT ATHLETIC CENTRE. 14/15 MARCH.

In excellent warm conditions, this year’s club championships, held at the Domain Athletic Centre, attracted over seventy entries, including several new members and many from the north of the state.

There were many outstanding performances over the weekend which included a monumental feat from the amazing Shirley Brasher, who having recently moved into the W60 division, competed in everything from the 100 to the 1000 metres, the 3000 mile walk, discus, javelin and shot put, amusing a remarkable total of two world records (pending) 500 1.19.9 and 1500 5.48.6, three National 800, 1500 and 5000, and seven State records.

Other notable highlights were Tony O’Shea’s M35 800 in 1.58.5 (a new State record), Mike Maddock, a recent convert to marathoning due to a recurring knee problem, who took the honors in the 10k and 5000m walk, and popular Sue Baker-Finch, winning the perpetual trophy for Best Performer of the Meet.

Track and field championships — 10km road walk: M55, M. Maddock 37.9.0; M30, B. Longmore 1.30.5; 3,000 steeplechase: M45, R. Robertson 11.16.4; M50, J. Kerrison 11.46.0 2, B. Longmore 1.16.4 1; M60, R. Beadell 1.46.0 2.

Since that introduction to the National scene, Bruce has gone on to become one of Veteran Athletics running phenomenons. Some of the highlights of Bruce’s career include three consecutive National 10000 metre titles in 75 years; it gold medals at the Melbourne ’83 , National ’90, 2000m, steeplechase and cross-country, 15 gold in 85 at Hobart; and 2 gold in Canberra in 1984 (10000 and steeple). Bruce’s performances do not stop on the track however. In fact, since starting competitive running in 1978, at the age of 46, he has competed in 18 marathons including 4 in less than 2 hours, 40 minutes. His personal best is 2:36.08 which he recorded in the Canberra Nike Marathon in 1982 at the age of 49.

Bruce considers this his most memorable marathon as he finished 3rd behind Bill Raymond and Peter Kallio, both of whom broke the previous M45 Australian record. The silver medallist from the World Titles in Christchurch, Eric Hunter of N.Z. finished behind Bruce in 4th place.

As a sworn non-distance runner I feel tired just looking at Bruce’s training program. Living on the slopes of Mt. Wellington, most of his training is on trails with a lot of hills by necessity. He runs two meals a day, generally to work and back, and rarely misses a day’s training. His present mileage is approximately 120-150km per week. He completes daily doubles of 7-12 km with longer runs of 20-30 km interspersed.

Bruce Longmore sees himself as a genuine contender for the 1990 Melbourne World Championships. All he needs is a bit of extra weight to take his current 72 kg. Up to age 100, his remarkable constitution seems to enable him to escape injuries and illnesses, and he is able to sustain high mileages for long periods of time.

Some of Bruce’s best times include:

- 10km — 35:48 at age 49, 34:07 at age 50, 30:00 at age 41, 26:19 at age 50. Half-Marathon: 1:15:40, 1987 Hobart Marathon: 2:36.08 1982 Canberra. Bruce is running to compete in Melbourne at the World Titles in 1990, and possibly the Steeple. As he turns 55 in October this year, all I can say is BONUS M55 distance runners all over the world!

— By Ken McCornell

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Note: The text above is a transcription of the original document and includes all the information present. It has been formatted to improve readability and maintain the original structure of the content. The document contains details about track and field championships, with highlights and performances of various athletes, including Bruce Longmore’s notable achievements. The text ends with a note by Ken McCornell, suggesting Bruce Longmore’s potential for the 1990 Melbourne World Championships. The transcription is intended to provide a clear and comprehensive understanding of the document’s content.
Col Wheeler, seen here in the skilled hands of Brisbane masseur, Ted Vale. (Photo — Colin Photos)

The following article by our regular Queensland correspondent Col Wheeler exerts the virtues of the ancient art of massage and the therapeutic benefits the veteran athlete can derive from it.

When I was about thirteen years of age, I had a spasm-time job as ball-boy for the Brisbane and Queensland Rugby League Association. This gave me a chance to get close to the big-time international footballers during their test matches.

Without doubt, my most enduring memory of those days is the occasion when 30,000 spectators at the Brisbane Exhibition Ground gave me a full throated cheer for catching an enormous security yard punt kick from Bill Tyquin one-handed. I happened to be already carrying a ball under the arm after another soaking spell.

After getting soaking, however, is the lingering aroma of liniment and the actions of the old-time rubber bands in getting the footballers warmed up and feeling comfortable. It was an important match. It fascinated me then and fascinates me still.

You might well imagine my interest just about forty years later in having my own skills developed for the first time. This magical form of rub, however, occurred recently in the professional hands of fellow VQAC member and masseur Ted Vale.

Now Ted is not your average born again veteran athlete. He is a real survivor of whom I have written elsewhere. Whatever he does, he does well. Not surprisingly, he has developed his skill of massaging to a fine degree.

Ted has attended seminars and undertaken practical courses in the art of massage, but it still requires that infinite skill like throwing the discus, or timing the finish of 400 metre events, precisely at the moment when the runner overtakes the line on the track. You do the more you do it.

You will notice, at this stage, that I have gone some way towards the point of being embraced when writing about "massage". In the age in which we live, murmurbtions about "massages" are likely to happen to be you open to plenty of flannel.

Not only, but the rawness of the muscles, the adhesions and the hurt. When that one occurs, the massage can be significantly different. Relief is possible and your stiffness and cramping, spasm or twisting effect of massage.

It may also alter reflexes initiated by stimulus. Anyone in good shape has known the benefits of a massage and especially sprinters, can get extra into the warm-up before any event. Anyone can go to sleep while being massaged.

Veteran Athletes, especially sprinters, can get an extra edge in the run-up when injury strikes. If that runner has been trying his inner limit at the body limit, if you were the athletic who was trying to get the extra edge. If you were the athletic who was trying to get the extra edge. If you were the athletic who was trying to get the extra edge.

For the first time in the history of massage, the reply is usually something like "Oh yes, I often go to sleep while being massaged."

Could it be that I am the last to discover the joys of massage, or does it have to do with the pain that is associated with the art? I had not even been aware of what had previ-
NEWS FROM THE W.A. ‘VETRUN’

FROM SANDI WALTON


ACT Track & Field Titles
(Concluded)

<table>
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<td>M. O’Shea</td>
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More records for John Gilmour?

West Australia’s Veteran World Champion back to his brilliant best for the Nationals.

With monotonous regularity the great John Gilmour, 61, from Perth, Western Australia, just keeps on breaking record after record as he gets older. This phenomenon of Veteran Athletics, who late last year reduced the World M65, 2 mile record by half a minute quicker, is at it again.

With the 1987 National Titles in Sydney over Easter weekend fast approaching, it seems this great athlete will be once again one of the major attractions of the Championships.

More records for John Gilmour?

Warren beats a Stephens’ Record

Geoff Warren, Australian distance runner, was determined to end 18 months of almost continual racing with one great effort.

He chose the 5,000 metres in a Bendigo (Vic) meeting - and broke Dave Stephens’ new Australian record (14:29.6), with 14 mins. 23.2 secs.

This indicates that he will move on to a new level next summer.

Stephens, Australian Olympic “hope”, did not run at the Bendigo meeting, not wanting to break into training again. He ended his season with a 3-mile time of 15:34.0.


† It’s for Everyone “JOIN IN”


ATHLETICS HOBART

Venue — Domain Athletic Centre Dates — 9-11 December Competitors +35W + 40M

Events

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<td>65-69</td>
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Age Groups

For an entry form contact your Club Secretary or send this coupon to First Australian Masters Games, P.O. Box 587, Glenorchy, Tas. 7010 or call 002-740750.

Name: .................................... Phone No: .....................................

Address: ..........................................................
Vets Day Rolls Around

By Terry O'Halloran

Drawing a parallel between road and roll, and veteran athletes may seem impossible to many, but for Vets Day running, the comparison is quite easy.

Sheehan, editor and publisher of The Daily News, published an article in the 1980's that focused on young male athletes in the 1950's and 60's. He compared these hardy young athletes to the more current generation of masters athletes, saying that while the older generation focused on winning, the newer generation was more concerned with staying active.

And so it was with the masters' running world. The masters had developed a dislike of it, and secondly they wanted to do well, who train, do their events, and the winner is the one with the best time.

A masters' track and field event is as much a social gathering of old or new friends from across the country as it is a sporting event. It is a way to keep in touch with old friends and meet new ones.

The masters' running world has seen different levels of involvement develop in the last 15 years. One surprising revelation is that over 70% of all the masters runners are between 50 and 60 years old.

In the masters' running world, the problem is not so much a lack of numbers as it is the competition.

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1987 VACC 10km Championships

Around the Grounds in Victoria

With Peter Colthup

VAA Association Finals

The Ballarat Courier Begonia Classic

1987 VIC 10km Championships

Glenhuntly, Saturday, 14 March

Although runners faced a southerly breeze in the main straight, conditions were generally cool, and conducive to good time trials. Accordingly, this year’s edition of the popular 10km Championships held at Glenhuntly recently.

Overall entries were up by more than twenty five per cent, despite a disappointing female contingent of only seventeen, in all age groups.

There were many fast tactical duels in several age groups, to keep spectators totally absorbed as each race seemed to provide the unexpected.

A great tribute to the depth of talent in Veteran running was the manner in which the majority of entrants found the course to their liking, with the all rounder particularly well represented in all age categories.

Commonwealth Games marathon silver medalist, Steve Monnighoff, romped to victory in 37.56. The 36 year old won by 17.22m. For the first time in history, both Australian 10km Championship races were held on one course.

As usual, this popular event attracted many veteran athletes, all keen to compete for the wide range of various category awards. Most successful was 40 year old Ray Ramelli, from Collingwood Vet., who was 10th overall, and 1st Veteran 40/30 in a magnificent time of 56.56, followed by the ever consistent Terry Harrison from 1st Vet. 40/30 and Terry Cavagnol in 3rd.

The female division (Veteran 10km) was won by Penina Threowbridge 67.41, Pam Money Noz 74.45 and Susan Stute 76.56. The 36 year old won by 6.33m. There were eleven women entered with only one woman (Janine Neilson) in her first race.

Other awards included: Brian Kennedy M35 55.16, Michael Mitchell W35 72.35 and peer ross Prodige who was delighted with his earlier prize of a week holiday for two at Surfers Paradise courtesy of Amell Airlines.

RESULTS

10km

Glenhuntly, Saturday, 14 March

John Castle ..........................34.35
Peter McLoughlin ..................35.39
Jack Clarke ..........................37.48
Ken Powar ..........................40.15
John Eyst ......................... 40.64
Joe Wilson ......................... 41.84
Tom Davison ....................... 41.87
Peter Le Gite ....................... 42.60
John Prencich ...................... 43.22
Bob Keeger ........................ 43.50
John Howes ....................... 43.56
Victor Harley ...................... 43.75
Ruben De Castelli ................. 44.47

Results

Theo Orr, 60, National Walk Champion and winner of the M60 10,000 km and 1.6km titles at Glenhuntly.

Marathon - Canberra -
Victorian 10km Road Ch'ships -
25km Road Ch'ship -
Winter T & F Ch'ships.

10km Road Ch'ship -
Ballarat, run in conjunct-
with Ballarat 1/4 Marathon.

Sun, 3rd Nov: Veterans
T & F Ch'ships Day 1.

Sun, 5th Apr: Veterans
T & F Ch'ships Day 2.

Sun, 12th Apr: Veterans
Wright Penitentiary.

Sun, 17th May: Veterans
1/4 Marathon Ch'ship -
Ballarat, run in conjunc-
tion with Ballarat 1/4 Marathon.

Sun, 31st May: Veterans
10 Km Cross Country Ch'ship - Royal Park.

Sun, 12th July: Veterans
Marathon Ch'ships -
Princess Park.

Sun, 2nd Aug: Veterans
10km Road Ch'ship -
Devil Bend Reservoir.

Sun, 22nd Aug: Veterans
10km Road Ch'ship -
Geelong.

Sun, 27th Sept: Veterans
10km Road Ch'ship -
Geelong.

Sun, 5th Oct: Veterans
25km Road Ch'ship -
Geelong.

Sun, 11th Oct: Veterans
10km Road Ch'ship -
Versailles Ch'ship.

Sun, 12th July: Veterans
Marathon Ch'ships -
Princess Park.

Sun, 2nd Aug: Veterans
10km Road Ch'ship -
Devil Bend Reservoir.

Sun, 22nd Aug: Veterans
10km Road Ch'ship -
Geelong.

Sun, 27th Sept: Veterans
10km Road Ch'ship -
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Marathon Ch'ships -
Princess Park.

Sun, 2nd Aug: Veterans
10km Road Ch'ship -
Devil Bend Reservoir.

Sun, 22nd Aug: Veterans
10km Road Ch'ship -
Geelong.
**PRODUCT:** de Castella trainer

**FUNCTION:** High mileage training shoe.

**DESIGN:**
- Dual density polyethylene midsole
- Medial and lateral supports to maintain stability and reduce overpronation
- Dellinger Web for reduced shock
- Slip-lasted forefoot for increased flexibility
- Board-lasted rearfoot for improved stability
- Soft three tier insole
- Firm premoulded thermoplastic heel counter

**COLOUR:** White with navy and red.

**OTHER:** Also available as part of the adidas de Castella range.
- DE CASTELLA COMPETITION, high performance competition shoe.
- DE CASTELLA CENTAUR, excellent intermediate/beginners training shoe.
- DEEKS, excellent junior training shoe.

**WHERE:** Sporting goods stores and fine clothing stores.

**MANUFACTURER:** adidas