Great win for Joe Petkovic
in S.A. Marathon Champ’ship

The SAVAC’s 1986 Marathon Championship was this year held in conjunction with the South Australia State Marathon, on 20 July.

The course followed the route from Gawler Oval to the Adelaide Aquatic Centre, in North Adelaide. The field of 124 starters included twenty-two veterans vying for honours in the various age-group categories.

Cherry Ripe winner of the event for the incredible fourth consecutive year was the brilliant S.A. Veteran Joe Petkovic, in the excellent times of 2 hrs 26 mins 06 secs, which also gave him the gold medal in the M35 division.

The diminutive Mary Leith was first female to finish, and winner of the woman’s W40, in 3 hrs 24 mins 35 secs. She was followed by W35 gold medalist Sue Worley, in 3.41.10.

The ever consistent Frank Hoppitt took the honours in the M45 after a great duel with John Martin, M50. Both were credited with the same time of 2 hrs 43 mins 42 secs, after a totally absorbing battle for most of the race.

Mary Leith has good reason to look pleased as she toast her recent success in the SAVAC’s 1986 Marathon Championships.

A superb exhibition of front running, after a cautious start, gave Terry Harrison another great win in this year’s Victorian Veterans 25km Road Championships at Landyfield, Geelong, on Sunday, 26 October.

Fresh from his recent success in the State 10 Mile Championships at Princess Park recently, Harrison capped off an excellent winter season in fine style, winning comfortably in 1.23.42, from his arch-rival and ever-consistent Lew Harvey, with last year’s M35 winner Jeff Walker, a close third.

The course this year consisted of a three lap circuit around the roads surrounding the Landyfield Athletic Track, with the finish on the track itself.

A strong head wind at times, together with some testing hills, made conditions difficult for most of the competitors.

Though overall numbers were down on last year’s event, the depth of talent was certainly evident on the field, with 64 finishers all placing in the medal presentations all finishing within ninety minutes.

A particularly noticeable feature of the quality this year was also in the M50 division where the top four finishers, Mike McAvoy, 1:32.55, Bill Hughes, 1:34.11, Bert Gaudion, 1:37.09 and Rex Young, 1:46.42, would have all taken the medal honours in the lower M45 category!

In the female division Vicki Thompson held on strongly to win overall, from Jeannette Harrison, W35, and take the gold medal for W40.

This challenges her own existing State, National and the Oceania record, pending subsequent ratification.

Chris Schultz, the "mighty atom" from Wew, Melbourne, competing in the recent 3rd Waitangi Games in Western Samoa, hurled the discus (W35), a mammoth 47.86 metres.

This is his third consecutive win in the Games, and he wants to better his world record of 48.82 in his next attempt.

Chris Schultz sets new mark in Samoa

Chris Schultz, the "mighty atom" from Wew, Melbourne, competing in the recent 3rd Waitangi Games in Western Samoa, hurled the discus (W35), a mammoth 47.86 metres.

This challenges her own existing State, National and the Oceania record, pending subsequent ratification.

Chris, who set a new National record at the Australian Championships in Adelaide at Easter, with a throw of 47.36 metres, also took the honours in the Shot Put and Javelin, winning all three of his chosen events.

U.S. PLANS WORLD GAMES TOUR

The National Masters News will combine with Sports Travel International, Ltd. to host a tour to Australia in 1987 for the VII World Veterans Games, and we invite you to join us.

The tour will be led by Al Sheehan, editor of the National Masters News; David Pain, founder of the U.S. masters track & field program; and Helen Pain, head of Sports Travel International.

David Pain organized the first masters international tour from 1972-1976 to Europe, New Zealand, the South Pacific, Africa and Australia. Helen Pain’s Sports Travel International, Ltd. agency has conducted many successful overseas masters tours, including trips to all six previous World Veterans Games.

The VII World Veterans Games next year in Melbourne, from November 28 thru December 6, is shaping up as the best World Games ever. Its director, Ray Callaghan, seems remarkably well organized and his staff appears quite capable of staging an event of this magnitude.

Peg Smith, Executive Director of the Games, has rounded up sponsorship commitments of $1 million Australian dollars (U.S. $660,000) to help provide all the extras that can often make a difference between a good and a great event — such as keeping the entry as low as U.S. $40, which would include the WAVA levy of $5 to join us.

The Olympic Park facilities in Melbourne — the same venue that hosted the 1956 Olympics — are excellent. Two first-class tracks are adjacent to each other, just like in Rome, so that an athlete doesn’t have to bus across town to a second track, as was the case in San Juan and Nurnoover.

While no housing is available next to the track, the University housing is only about three miles from the tracks. Hotels, in all price ranges, are within a mile or two.

We will try to house everyone on the tour in one of three locations — all centrally located and proximate to the tracks and to each other. Some tour members will want no-frills, dormitory package, and we will have one. While the university accommodations are going fast, we have already sent a substantial deposit to Melbourne to reserve 100 dormitory beds.

Others on the tour will want to stay at a top hotel, and we will provide that, as well. Still others may want something in between, so we are also reserving rooms at a moderate-budget hotel.

We hope you’ll start making plans, now, to go to Australia. Details of the tour and prices will be available next month. Please be ready to send a deposit.
Dedicated to all existing and potential Veteran Athletes in Australia.

There is of course, next year's inaugural Australian Masters Games in Hobart, Tasmania. Further possibilities of even more great competition in our region of the South Pacific are looming. With the advent of the 1990 Commonwealth Games in Auckland, New Zealand being preceded by the 2nd Commonwealth Veteran Games (the inaugural meet was held in Edinburgh, last July) again in N.Z. during the summer of '89/90, the 1st World Veteran Long Distance Championships to be held in Hamilton. These will include 10k Road, 10k Cross Country, Marathon and Road Walks.

Also in 1990 the busy Kiwis will host the 5th Oceania Games.

So you see, folks, things are really happening, and guess what? Even the 'Poms' are about to launch a National Veterans newspaper after all these years! Now there's progress for you!

Seriously though, to Sylvester Stein and Bill Taylor, who have both been a great source of encouragement to me, best wishes to all concerned. I'm sure it will be a great success.

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

— Mike Hall.
Wayne Richards informed us that his wife Sue supported his Executive Director in what became a whirlwind of television and magazine interviews. This was compounded by appearing to about 1000 individuals who wanted an update on what is happening. “Downdown” with all our committees who are working so hard to ensure that everything will be smoothly running.

Our expenses were covered by Qantas, travel agents and the sale of our “In Training” T-shirts. I had a lot of a complaints about getting going through US and Canadian customs as if they only had the clothes I was wearing. I stood up in two or three cases of t-shirts. Qantas also supplied posters, large bags of literature and carry bags to give out to committees, who were making enquiries about Australia for their next destinations.

We were fortunate to be guests of that true gentleman of sport, former Australian Ambassador at Expo 86. The great John Landy, promoting the V11 World Games to Canadian television, seen here being interviewed by Bill McIlwraith.

The eyes of the world were once again focusing on “V11 World Veterans’ Games” when our promotions team headed for the USA and Canada, where the World Veterans Road Championships were held early October.

Wayne Richards informed us that his wife Sue supported his Executive Director in what became a whirlwind of television and magazine interviews. This was compounded by appearing to about 1000 individuals who wanted an update on what is happening. “Downdown” with all our committees who are working so hard to ensure that everything will be smoothly running.

Our expenses were covered by Qantas, travel agents and the sale of our “In Training” T-shirts. I had a lot of a complaints about getting going through US and Canadian customs as if they only had the clothes I was wearing. I stood up in two or three cases of t-shirts. Qantas also supplied posters, large bags of literature and carry bags to give out to committees, who were making enquiries about Australia for their next destinations.

We were fortunate to be guests of that true gentleman of sport, former Australian Ambassador at Expo 86. The great John Landy, promoting the V11 World Games to Canadian television, seen here being interviewed by Bill McIlwraith.

The eyes of the world were once again focusing on “V11 World Veterans’ Games” when our promotions team headed for the USA and Canada, where the World Veterans Road Championships were held early October.

Wayne Richards informed us that his wife Sue supported his Executive Director in what became a whirlwind of television and magazine interviews. This was compounded by appearing to about 1000 individuals who wanted an update on what is happening. “Downdown” with all our committees who are working so hard to ensure that everything will be smoothly running.

Our expenses were covered by Qantas, travel agents and the sale of our “In Training” T-shirts. I had a lot of a complaints about getting going through US and Canadian customs as if they only had the clothes I was wearing. I stood up in two or three cases of t-shirts. Qantas also supplied posters, large bags of literature and carry bags to give out to committees, who were making enquiries about Australia for their next destinations.

We were fortunate to be guests of that true gentleman of sport, former Australian Ambassador at Expo 86. The great John Landy, promoting the V11 World Games to Canadian television, seen here being interviewed by Bill McIlwraith.

The eyes of the world were once again focusing on “V11 World Veterans’ Games” when our promotions team headed for the USA and Canada, where the World Veterans Road Championships were held early October.

Wayne Richards informed us that his wife Sue supported his Executive Director in what became a whirlwind of television and magazine interviews. This was compounded by appearing to about 1000 individuals who wanted an update on what is happening. “Downdown” with all our committees who are working so hard to ensure that everything will be smoothly running.

Our expenses were covered by Qantas, travel agents and the sale of our “In Training” T-shirts. I had a lot of a complaints about getting going through US and Canadian customs as if they only had the clothes I was wearing. I stood up in two or three cases of t-shirts. Qantas also supplied posters, large bags of literature and carry bags to give out to committees, who were making enquiries about Australia for their next destinations.

We were fortunate to be guests of that true gentleman of sport, former Australian Ambassador at Expo 86. The great John Landy, promoting the V11 World Games to Canadian television, seen here being interviewed by Bill McIlwraith.
Here we are in the penultimate decade of the 20th century and at the crest of a movement of mature aged sportspeople who are making us aware of the health benefits which contribute to longevity that sport affords. In the mainstream of Australian sport, in particular women's sport, it is no longer acceptable to harass the mature aged athletes or to treat them according to outdated concepts of sport for mature age athletes which has not, until recently, been the case. 

Twenty years ago very few sports catered for the mature aged sportspeople and they were forced to organise their own athletic events. Today there are over twenty athletic groups within the state of South Australia alone which have formed to compete. A further extension of this activity emerged with the maturing of women's football which is now established throughout the country. 

Another sport which contributed to the emergence of the mature aged sportspersons was Ten Pin Bowling. Here we now have a national team which will represent Australia. 

Unfortunately, the mature aged people were not well catered for within their individual sporting disciplines and had to form their own groups. 

Reassuring the bond between these groups of mature aged sportspersons and the mainstream sporting community is a task which has been helped by the doors opened to them by people like my wife, Lynne, and other women. Perhaps mature aged sportspersons are more us than they were 20 years ago. 

The Confederation is committed to the development of the sport of mature age athletics to ensure that mature age athletes are well catered for in their interest and enjoyment of sport. 

The Confederation espouses the adherence to the Sport for All philosophy of the Australian Sports Commission and the Offices of Sport and from our own standpoint, will continue to support the mature age sector of the Australian sporting community. 

In 1986 the Confederation was formed to provide a platform for the organisation of athletic groups and to provide an umbrella body for established athletes to be affiliated from a lifetime membership. 

In 1988 the Confederation of Australian Masters Games was set up to conduct world-class sporting events for mature aged athletes up to and exceeding 55 years of age. 

The Confederation of Australian Masters Games is committed to the development of the sport of mature age athletics. It is dedicated to the promotion of the health and well-being of mature aged athletes. As such, the Confederation has established the concept of "Sports Report" to provide information and statistics to increase the public awareness of sport for mature aged athletes. 

In conclusion, the Confederation of Australian Masters Games is committed to the development of the sport of mature age athletics. It is dedicated to the promotion of the health and well-being of mature aged athletes. As such, the Confederation has established the concept of "Sports Report" to provide information and statistics to increase the public awareness of sport for mature aged athletes. 

The Confederation of Australian Masters Games (C.A.M.G.) is the national governing body for the sport of mature age athletics in Australia. It is a non-profit organisation that was established in 1986 to promote and develop the sport of mature age athletics in Australia. C.A.M.G. is committed to the development of the sport of mature age athletics and is dedicated to the promotion of the health and well-being of mature aged athletes.

The Confederation of Australian Masters Games (C.A.M.G.) is the national governing body for the sport of mature age athletics in Australia. It is a non-profit organisation that was established in 1986 to promote and develop the sport of mature age athletics in Australia. C.A.M.G. is committed to the development of the sport of mature age athletics and is dedicated to the promotion of the health and well-being of mature aged athletes.
You have 62 bones in your legs and feet. And 114 muscles.
The muscles are attached to the bones by 82 ligaments.
Having all this bio-mechanical machinery in good running order is something most athletes regard as priceless.
This would explain why so many people are prepared to pay an arm and a leg for good, protective running shoes.
When in fact they don't have to.
Puma's new Allegiance running shoes are a very reasonable $110.
Yet their shock- absorption and stability are neck and neck with shoes costing twice as much.

**Protects 62 bones, 114 muscles, and 82 ligaments for only 110 dollars.**

- A new type of shock absorber.
- Like the more expensive running shoes, the Allegiance has layers of highly shock-absorbent material in the midsole.
- But unlike the others the Allegiance has them laminated at 45°.
- These shock-absorbent stripes send the energy of the heel strike forward, dissipating it throughout the length of the shoe.

Run in comfort.
The further you run in Puma Allegiance the more your feet will thank you for buying them.
- The internal construction is like a moccasin. So they’re light and flexible.
- The upper is a breathing nylon reinforced with leather. So they’re strong while letting your feet breath.
- A soft heel tab protects your Achilles tendon without interfering with your foot’s range of motion.
- Inside, your feet rest their arches on a firm, removable insole.
- Add the tough, hard-wearing sole and reflective patches for night-running and you’ll probably find your feet pointing you in the direction of a Puma stockist.

- And why not?
You've got 62 bones, 114 muscles, 82 ligaments and over $110 to save.

- A much healthier place for it than in your ankles and legs.
- Maximum stability.
- You'd probably know that over-pronation has brought many runners to their knees.
- The Puma Allegiance reduces the risk of this painful injury by incorporating extra dense layers of shock-absorbent material along the inner side of each shoe.
- Coupled with the stiff, thermal plastic heel cradle, your feet will enjoy running on the same plane as the ground. And your knees will breathe a sigh of relief.
Dedication and persistence finally pays off for Vic Townsend

What was proposed as an hour’s related work-out ended two hours later when Vic seemed to take his first breath, after reminiscing non stop about over thirty years of race-walking.

His thoughts and memories however, were mostly about other athletes, as with typical modesty he was reluctant to talk about his own many achievements in a long and chequered career.

Vic hasn’t changed very much despite his age, since nearing his fiftieth year! As we parted company the following year Vic was nearing his fiftieth year! As we parted company the following year Vic

0150 Metres

35 yr, 1. M. Gorb, Vic, 7m 05.5, 2. Claude Martin 7m 07s, 40 yr, 1. P. Waddell 7m 06.

The sad news from NSW is the passing away of Former NSW 50k and 20 miles rep George Buck, who represented NSW between 1963 and 1966. He said, “I became involved in athletics when 3 papers called.” He is a member of the Melville Melb Athletics Club – coach as well as his involvement as a coach. He is the technical adviser to NSW Veterans, and an official for the W.A.A.

Jim Turnbull sets his sights on ‘87 World Games

50 year old Jim Turnbull, winner of the Western Australian 50k Open Title in July in 5 hrs. 13 mins., has been an active sportsman since leaving Freemantle school, participating keenly in most sports.

As a member of the Claremont Police Club he won the 1952 Federation Police and Citizens’ Light-Weight Boxing Title. The following year he won the State 50k and 20 miles reps in Singapore and Perth in 1953/54. He hung up his running shoes in 1955, but for the next few years playing football, rowing, golf, and tennis.

Jim is training for his attempt to walk 100 miles in 24 hours during the Kingsway 24 hours race on December 13th, and after recovering from this will “start to prepare for next year’s State and Australian 50k titles as a build up for the World Vet 20 Mile Title in Melbourne’.

FOR YOUR INFORMATION

ON THE GRAPEVINE

Senior Walk Champ in 1957, 1958, 1959, 1960, 1961, and 1962. His son Len, who now lives in Canberra, was NSW Victorian rep Clarrie Jack is having his best season for years. 40-year-old Clarrie finished 2nd in the Open 50k title in 1985, and was the 2nd Vet to finish behind Wally Sawall and 7th in all the Victorian 50k title in Adelaide.

Clarrie only recently became a ‘Vet’ and will participate in various events in honour of the 1961 Vic joined the Ryde-Hornsby Club in Sydney and has represented NSW repeat­edly in State Titles with Steve Hauflf and John Homsby Club in Sydney. He was involved in athletics when 3 papers called.” He is a member of the Melville Melb Athletics Club – coach as well as his involvement as a coach. He is the technical adviser to NSW Veterans, and an official for the W.A.A.

ON THE GRAPEVINE

Senior Walk Champ in 1957, 1958, 1959, 1960, 1961, and 1962. His son Len, who now lives in Canberra, was NSW Victorian rep Clarrie Jack is having his best season for years. 40-year-old Clarrie finished 2nd in the Open 50k title in 1985, and was the 2nd Vet to finish behind Wally Sawall and 7th in all the Victorian 50k title in Adelaide.

Clarrie only recently became a ‘Vet’ and will participate in various events in honour of the 1961 Vic joined the Ryde-Hornsby Club in Sydney and has represented NSW repeat­edly in State Titles with Steve Hauflf and John Homsby Club in Sydney. He was involved in athletics when 3 papers called.” He is a member of the Melville Melb Athletics Club – coach as well as his involvement as a coach. He is the technical adviser to NSW Veterans, and an official for the W.A.A.

ON THE GRAPEVINE

Senior Walk Champ in 1957, 1958, 1959, 1960, 1961, and 1962. His son Len, who now lives in Canberra, was NSW Victorian rep Clarrie Jack is having his best season for years. 40-year-old Clarrie finished 2nd in the Open 50k title in 1985, and was the 2nd Vet to finish behind Wally Sawall and 7th in all the Victorian 50k title in Adelaide.

Clarrie only recently became a ‘Vet’ and will participate in various events in honour of the 1961 Vic joined the Ryde-Hornsby Club in Sydney and has represented NSW repeat­edly in State Titles with Steve Hauflf and John Homsby Club in Sydney. He was involved in athletics when 3 papers called.” He is a member of the Melville Melb Athletics Club – coach as well as his involvement as a coach. He is the technical adviser to NSW Veterans, and an official for the W.A.A.

ON THE GRAPEVINE

Senior Walk Champ in 1957, 1958, 1959, 1960, 1961, and 1962. His son Len, who now lives in Canberra, was NSW Victorian rep Clarrie Jack is having his best season for years. 40-year-old Clarrie finished 2nd in the Open 50k title in 1985, and was the 2nd Vet to finish behind Wally Sawall and 7th in all the Victorian 50k title in Adelaide.

Clarrie only recently became a ‘Vet’ and will participate in various events in honour of the 1961 Vic joined the Ryde-Hornsby Club in Sydney and has represented NSW repeat­edly in State Titles with Steve Hauflf and John Homsby Club in Sydney. He was involved in athletics when 3 papers called.” He is a member of the Melville Melb Athletics Club – coach as well as his involvement as a coach. He is the technical adviser to NSW Veterans, and an official for the W.A.A.

ON THE GRAPEVINE

Senior Walk Champ in 1957, 1958, 1959, 1960, 1961, and 1962. His son Len, who now lives in Canberra, was NSW Victorian rep Clarrie Jack is having his best season for years. 40-year-old Clarrie finished 2nd in the Open 50k title in 1985, and was the 2nd Vet to finish behind Wally Sawall and 7th in all the Victorian 50k title in Adelaide.

Clarrie only recently became a ‘Vet’ and will participate in various events in honour of the 1961 Vic joined the Ryde-Hornsby Club in Sydney and has represented NSW repeat­edly in State Titles with Steve Hauflf and John Homsby Club in Sydney. He was involved in athletics when 3 papers called.” He is a member of the Melville Melb Athletics Club – coach as well as his involvement as a coach. He is the technical adviser to NSW Veterans, and an official for the W.A.A.

ON THE GRAPEVINE

Senior Walk Champ in 1957, 1958, 1959, 1960, 1961, and 1962. His son Len, who now lives in Canberra, was NSW Victorian rep Clarrie Jack is having his best season for years. 40-year-old Clarrie finished 2nd in the Open 50k title in 1985, and was the 2nd Vet to finish behind Wally Sawall and 7th in all the Victorian 50k title in Adelaide.

Clarrie only recently became a ‘Vet’ and will participate in various events in honour of the 1961 Vic joined the Ryde-Hornsby Club in Sydney and has represented NSW repeat­edly in State Titles with Steve Hauflf and John Homsby Club in Sydney. He was involved in athletics when 3 papers called.” He is a member of the Melville Melb Athletics Club – coach as well as his involvement as a coach. He is the technical adviser to NSW Veterans, and an official for the W.A.A.

ON THE GRAPEVINE

Senior Walk Champ in 1957, 1958, 1959, 1960, 1961, and 1962. His son Len, who now lives in Canberra, was NSW Victorian rep Clarrie Jack is having his best season for years. 40-year-old Clarrie finished 2nd in the Open 50k title in 1985, and was the 2nd Vet to finish behind Wally Sawall and 7th in all the Victorian 50k title in Adelaide.

Clarrie only recently became a ‘Vet’ and will participate in various events in honour of the 1961 Vic joined the Ryde-Hornsby Club in Sydney and has represented NSW repeat­edly in State Titles with Steve Hauflf and John Homsby Club in Sydney. He was involved in athletics when 3 papers called.” He is a member of the Melville Melb Athletics Club – coach as well as his involvement as a coach. He is the technical adviser to NSW Veterans, and an official for the W.A.A.
### 1986 BVAF Track and Field Championships

#### 100 M

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W35</td>
<td>1.</td>
<td>Vivien Bosser</td>
<td>26.8</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>Brenda Ford</td>
<td>20.0</td>
</tr>
<tr>
<td>W40</td>
<td>1.</td>
<td>Jane Holmes</td>
<td>18.1</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>Betty Norrish</td>
<td>18.4</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Pat Oakes</td>
<td>21.7</td>
</tr>
<tr>
<td>W45</td>
<td>1.</td>
<td>Susan Jenny</td>
<td>24.7</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>Pat Ross</td>
<td>24.8</td>
</tr>
<tr>
<td>M35</td>
<td>1.</td>
<td>John Watson</td>
<td>11.0</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>John Dowsett</td>
<td>11.3</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Peter Ferguson</td>
<td>11.6</td>
</tr>
</tbody>
</table>

#### 200 M

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W35</td>
<td>1.</td>
<td>Vivien Bosser</td>
<td>52.8</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>Daphne Barklay</td>
<td>54.5</td>
</tr>
<tr>
<td>M30</td>
<td>1.</td>
<td>John Darlington</td>
<td>35.7</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>Michael Toole</td>
<td>36.2</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>John Scott</td>
<td>36.7</td>
</tr>
</tbody>
</table>

#### 400 M

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W35</td>
<td>1.</td>
<td>Daphne Barklay</td>
<td>63.5</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>John Darlington</td>
<td>65.7</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Michael Toole</td>
<td>66.2</td>
</tr>
<tr>
<td>W40</td>
<td>1.</td>
<td>John Darlington</td>
<td>70.0</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>Daphne Barklay</td>
<td>70.4</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Michael Toole</td>
<td>70.8</td>
</tr>
</tbody>
</table>

#### 800 M

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W35</td>
<td>1.</td>
<td>Daphne Barklay</td>
<td>1:36.7</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>John Darlington</td>
<td>1:37.0</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Michael Toole</td>
<td>1:37.2</td>
</tr>
</tbody>
</table>

#### 1500 M

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W35</td>
<td>1.</td>
<td>Daphne Barklay</td>
<td>4:12.6</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>John Darlington</td>
<td>4:13.3</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Michael Toole</td>
<td>4:13.6</td>
</tr>
</tbody>
</table>

#### 5000 M

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W35</td>
<td>1.</td>
<td>Daphne Barklay</td>
<td>16:22.1</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>John Darlington</td>
<td>16:24.2</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Michael Toole</td>
<td>16:26.3</td>
</tr>
</tbody>
</table>

#### 10000 M

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W35</td>
<td>1.</td>
<td>Daphne Barklay</td>
<td>33:14.7</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>John Darlington</td>
<td>33:16.3</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Michael Toole</td>
<td>33:18.6</td>
</tr>
</tbody>
</table>

#### 5000 M WALK

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W45</td>
<td>1.</td>
<td>Daphne Barklay</td>
<td>38:45.1</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>John Darlington</td>
<td>38:46.2</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Michael Toole</td>
<td>38:48.1</td>
</tr>
</tbody>
</table>

#### 3000 M S/C

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W45</td>
<td>1.</td>
<td>Daphne Barklay</td>
<td>10:27.9</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>John Darlington</td>
<td>10:29.0</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Michael Toole</td>
<td>10:30.3</td>
</tr>
</tbody>
</table>

#### 10000 M S/C

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W45</td>
<td>1.</td>
<td>Daphne Barklay</td>
<td>32:55.1</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>John Darlington</td>
<td>32:57.2</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Michael Toole</td>
<td>32:59.3</td>
</tr>
</tbody>
</table>

#### TRIPLE JUMP

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W35</td>
<td>1.</td>
<td>Daphne Barklay</td>
<td>11.35</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>John Darlington</td>
<td>11.37</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Michael Toole</td>
<td>11.39</td>
</tr>
</tbody>
</table>

#### LONG JUMP

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W35</td>
<td>1.</td>
<td>Daphne Barklay</td>
<td>6.38</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>John Darlington</td>
<td>6.40</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Michael Toole</td>
<td>6.42</td>
</tr>
</tbody>
</table>

#### HIGH JUMP

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W35</td>
<td>1.</td>
<td>Daphne Barklay</td>
<td>1.87</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>John Darlington</td>
<td>1.89</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Michael Toole</td>
<td>1.91</td>
</tr>
</tbody>
</table>

#### WEIGHTED HURL

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W45</td>
<td>1.</td>
<td>Daphne Barklay</td>
<td>45.52</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>John Darlington</td>
<td>45.54</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Michael Toole</td>
<td>45.56</td>
</tr>
</tbody>
</table>

#### JAVELIN

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W45</td>
<td>1.</td>
<td>Daphne Barklay</td>
<td>44.59</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>John Darlington</td>
<td>44.61</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Michael Toole</td>
<td>44.63</td>
</tr>
</tbody>
</table>

#### DISCUS

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W45</td>
<td>1.</td>
<td>Daphne Barklay</td>
<td>44.59</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>John Darlington</td>
<td>44.61</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Michael Toole</td>
<td>44.63</td>
</tr>
</tbody>
</table>

#### HAMMER

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W45</td>
<td>1.</td>
<td>Daphne Barklay</td>
<td>44.59</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>John Darlington</td>
<td>44.61</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Michael Toole</td>
<td>44.63</td>
</tr>
</tbody>
</table>

### Book Review

**The Running Guide to Keeping Fit**

Sylvestor Stein

**Guernsey Press Co Ltd.** 1986

**RUNNING AFTER 35**

How to Start • How to Train • How to Become a Master Runner • How to Run Marathon

Sylvestor Stein was born and brought up in South Africa. After a university training in engineering and war service in the navy, he came to London in 1950, becoming political editor to the Rand Daily Mail and later editor of the African magazine Drum. In 1957 he came to England and worked as a journalist in Fleet Street until 1961 when he started his own magazine publishing company and founded Running Magazine.

In 1972, he took up running at the age of 51. He was one of the founders of the British and International Veter Running Magazine. He was a World and European and World Champion runner in the 100m, 200m and 400m and is currently the World 800m Silver Medallist in the 100m. He is chairman of the British Veterans Athletic Federation.

Sylvestor Stein lives in London with his second wife Sarah Cawkwell. No long ago runners in their thirties were counted as being over the hill. They were expected to coast gently down the hill again and turn off into the clubhouse, to join the rest of the elders there looking after the new generation.

But then men and women in their later forties began demanding something for themselves, not merely permission to cheat from their spot on the scrapheap. And today, as never before, with great sporting events like the World Games in Australia, the Great North Run, and Fun Runs everywhere, people are running and realizing that there has been a break in the European and World Champion runner in the 100m, 200m and 400m and is currently the World 800m Silver Medallist in the 100m. He is chairman of the British Veterans Athletic Federation.

Sylvestor Stein lives in London with his second wife Sarah Cawkwell. No long ago runners in their thirties were counted as being over the hill. They were expected to coast gently down the hill again and turn off into the clubhouse, to join the rest of the elders there looking after the new generation.

But then men and women in their later forties began demanding something for themselves, not merely permission to cheat from their spot on the scrapheap. And today, as never before, with great sporting events like the World Games in Australia, the Great North Run, and Fun Runs everywhere, people are running and realizing that there has been a break in the European and World Champion runner in the 100m, 200m and 400m and is currently the World 800m Silver Medallist in the 100m. He is chairman of the British Veterans Athletic Federation.
George Audley wins Hi-Tech 24 Hour Ultra in Perth

Canberra Restauranteur Ernie Walker, M50, burst on to the Ultra distance scene recently by successfully completing 100 km Ultra marathon, 10 hrs. 20 mins. 00 secs., by Canberra club member Derek Quintus (M50). The attempt, organised by a six person support group, covered twenty laps of the 5km circuit around the Central Basin of Lake Burley Griffin on Sunday, 12 October, in warm but windy conditions for most of the event.

Walker, confident his current fitness level will stand him in good stead, recently left to contest the gruelling Honolulu Marathon in December.

Ernie Walker sets new mark for 100km Ultra Marathon

1986/87 Ultra Calendar

November 1/2: 24 Hour Track Race, Adelaide, Hamelin Gardens Raceway, 8 a.m. start, contact Ian Walkem, 341 323.
November: 1987 February 28/March 1: 24 Hour Track Race, Vic. Veterans Club, 8 a.m. start, contact Dar Brown, 495 274.
March 7: 12 Hour Peninsular Run on grass track at Village Green, Nepean Highway, Rosebud, Vic., 8 a.m. start, contact Terry Cox (059) 847 702.
March 7: 6 Foot Track Run, N.S.W. Knockout to Western Cape, Blue Mountains — tough mountainous marathon.
March 27: Westfield Run Sydney to Melbourne, contact John Dargin (02) 356 6337.
April 18: 100 Miler at Mary N.S. (Eastern Suburbs), contact Ian Hinchliffe (02) 195 111 (W) or (047) 588 050, 3 p.m. race.
May or June: 24 Hour Track Race, N.S.W. (more details when available).
June 27: 50 Mile Track Race (Australian Championship) at Box Hill, Vic., 9 a.m. start, contact Geoff Hook, 42 Swan Street, Maidstone 3145 or phone (03) 288 9739.
June 28: 60 Mile Road Race (Victorian Championship) at Carlton Victoria, 8 a.m. start, contact Geoff Hook, 42 Swan Street, Maidstone 3145 or phone (03) 288 9739.
August: 50 Miler, Ballarat, C.H.S.E. Carnival, contact Andrew Bush (035) 321 434.
August: 50 Miler, Sydney to Wellington, Road Race, contact Tom Gillis, 7 Wilston Street, Sydney 000.
September: 100 km Track Race at Coburg, Vic., contact Trevor Pottigoe, phone (03) 354 5019.
September: 50 Mile Road Race at Bathurst, N.S.W., contact Ian Taylor, 206 Rankine Street, Bathurst 2795 or phone (063) 313 230.
September: 24 Hour Race at Cole, Victoria.

1986 National Track Rankings

BY DOT BROWNE

George Audley, 50, on his way to a new state record for 100km., at the McGilliavray Oval, Perth, on the 27th July. Results —

1. Margaret Smith (1985) 219.361
3. Jeff Chalmers (1985) 207.808
4. George Audley (1985) 205.105
7. Trisha Spain (1985) 196.000
10. Anyce Melham (1985) 189.400

Ernie Walker has good reason to smile as he successfully finishes his first Ultra Marathon, in Canberra recently.
Australian Association of Veteran Athletic Clubs

The undernoted conditions will be the accepted norm for the ratification of Australian records, and through the Australian Secretary, the progression of World Records for ratification by W.A.V.A.

1. The rules of World Association of Veteran Athletics and the I.A.A.F. where applicable shall prevail.

2. Recognition of records at World and International meetings.


4. State Championships.

5. State interclub meetings where we have a team entered for competition, or where a Veteran competes for a registered club. Meetings sanctioned by the Committee of the respective State bodies.

6. The Manager and/or Track and Field Referee must be nominated prior to the start of a meeting and be responsible for the correct distances, heights of hurdles and implement weights if a record application is to be submitted. In the event of a wind gauge not being available, then the responsible person shall be aware of possible wind assistance and rule accordingly.

7. Recognition of timekeepers under the age of eighteen (18) years is not desirable.

8. Running watches will not be recognised for record purposes except for events over fifteen (1500) hundred metres. (Your comments and advice, please).

9. Official forms will be made available for record applications. You will note the abbreviated forms made available. With our proven record over the years of being capable of conducting a meeting, the official form is sufficient to collate the results. One copy only is necessary.

10. Records will only be recognised and recorded for events as laid down by a recent decision of the A. A. V. C. which means, in effect, those events approved by the World Association of Veteran Athletics.

11. If a person making application for a record is not financially at the time of making the record, or is not a member of the State branch, then it is within the jurisdiction of the State Committee of Management to reject the application.

12. All applications for a record shall be in the hands of the National Statistician within twenty one (21) days.

13. There is bound to be some query and discussion as to the record holder and results, and the Statistician will only accept well authenticated printed results. If you can find any errors or omissions in the data presented, please feel free to assist me.

With the wide publicity given to record making through the Veteran Athlete, a number of photostated official results have been forwarded to me for consideration. These are welcome in the light of our desire to have a fully authenticated and complete list of records which should be completed by December 1986. The additions are undated for your attention.

1500 metres STEEPLECHASE
A.R. M60 T. Orts V 4m50.80s S.A. 30/02/73

MARATHON
A.R. M65 T. Orts V 2m41m12s 14/07/73
A.R. M55 T. Orts V 2m55m4s 01/10/77
A.R. M75 T. Poelms V 4h32m22s 1980

HAMMER
A.R. M60 A. Paultins V 40m02cm (5kg) 23/03/85

HIGH JUMP
A.R. W30 Y. Craig A.C.T. 1m57cm A.C.T. 19/12/85

SHOT PUT
A.R. M65 G. Nemick A.C.T. 1m83cm N.S.W. 15/03/86

400 Metres HURDLES
A.R. M60 M. McCaig V 74.6s 19/01/85

DISCORMA
A.R. M60 T. Orts V 45m26cm 31/08/86

I came across some results of the 3000 metres WALK- MEN recently. As this event was held in National title in N.S.W. in 1979 and W.A. in 1982 and is not a recognised WAVA event, as a result of a request from the A.C.T., to ratify all walking events from 400 metres upwards, and with a request from S.A. to ratifice them, I have decided to ratification at National Conference shall be by Peg Smith in the near future, those matters, and a decision on running watches should therefore enter your consideration and ultimate vote.

We do need a great deal of thought on the 1/100th and 1/100th split timing. What type of watches do we recommend? The increasing popularity of electronic quartz watches is now old time 1/100th timing. Let us know your thoughts on these very important matters.

AUSTRALIAN ASSOCIATION OF VETERAN ATHLETIC CLUBS
Application for record validation

NAME: (please print)..............................................STATE: ..................................

EVENT:..................................................AGE GROUP: ......................

DATE: ...................................................

PLACE OF COMPETITION: ..................................................

TIME: ...................................................

DISTANCE: ................................................

WEIGHT: ...................................................

HEIGHT: ...................................................

I hereby certify to the correctness of the above details and that the meeting was conducted according to the rules of the World Association of Veteran Athletics and with whom the A.V.A.C. is affiliated.

SIGNED: ...................................................

State Statistician.

DATE: ...................................................

Single copy to be sent to the National Statistician — Roy Foley, 7 Kinloch Avenue, Murrumbeena, 3163, Victoria. (03) 570 4898.

WEIGHT: ...................................................
Ruth Frith makes athletic comeback at 77!

Ruth Frith, 77, from Wahroonga, NSW, would most certainly be a living example of the Veterans Athletics philosophy — you’re never too old to start.

At an age when most ladies of Ruth’s vintage are quite content to while away their few remaining years sitting quietly knitting or perhaps reading a book just waiting for the inevitable reckoning, Ruth decided even at 73 it was time for her to start competing again after a break of nearly sixty years!

Born in Goulburn, NSW in 1909, Ruth was soon making a name for herself at Track & Field Athletics, representing her school in the NSW Combined High School Championships on numerous occasions, winning particularly over the short sprint distances.

However, after leaving school in 1924 she turned her interests to hockey, where once again success followed, culminating with representative honours in NSW Country Championships.

Her interest in athletics was rekindled while living in Bathurst where she was appointed Secretary for the newly formed Mid-West Athletic Club, covering the regions of Cowra, Orange and Bathurst.

On moving to Sydney in 1960, Ruth became once again actively involved with the rigors of administration, this time with the NSW Womens Athletic Association as Country Secretary. She also served on the State Executive for 16 years, became a Life Member and was largely responsible for the transition and amalgamation between the men and women to form the basis of the NSW AAA as it is today.

Ruth has been a tireless worker for the Veteran movement throughout all NSW country areas and the results of her dedication can be seen by the rapid growth of Veteran members in all regions of this State.

Her belated return to the world of athletic competition began in 1982 with just one tentative event, the shot put, at the State Titles.

The following year under the watchful eye and guidance of the late Sylvia White, Ruth made her National debut at Olympic Park, Melbourne, a rather harrowing experience after such a long absence from the competition arena. However, overcoming nerves and the opposition, she went on to win the gold medal in the W70 shot put.

Her confidence now improving with each success, Ruth ventured on to the World Veterans Games at Puerto Rico later the same year, and came home with a bronze medal.

In 1984 at Canberra, in the Combined 12th Australian Veterans Athletic Championships and 2nd Oceania Games, Ruth scored a triple success by taking out the gold medal in all her events, shot put/javelin/discus, in the W70 category.

Now in the higher age group, W75-79, her greatest thrill was at last years World Games in Rome, where in the same three events she was successful by gaining a silver medal in each.

Always ready for a new challenge, her life has taken on a whole new dimension with even the 100 metres sprint being added to her track and field programme. Ruth’s first attempt over this distance produced a World, Oceania, National and State record for her age!

All this at 77 years. What an incredible lady she is, an inspiration to us all in the Veteran organisation. Ruth Frith, after many years of dedicated administrative work for Athletics, is now enjoying a new lease of life in the twilight of her long career. We wish her well in her ultimate quest for gold at next year’s World Games in Melbourne.

---

**SHOOT A BIRDIE — CATCH A TROUT**

**DURING THE**

**NEW ZEALAND VETERAN GOLFERS INTERNATIONAL CHAMPIONSHIPS**

The tournament will be held at the Taupo Golf Club from 16 to 20 February, 1987. The Centennial and Tauhara courses are both par 72, providing fast conditions and easy walking.

Taupo Lake has a world-wide reputation for trout fishing. It is a fisherman’s paradise. There are also six golf courses within 30 miles, thermal attractions throughout the area, the magnificent Huka Falls, Waipahhi Botanical Reserve, relaxing hot water bathing pools and a wide range of sporting and water activities. In summary, a superb outdoor holiday resort area.

For further information please return the coupon to Mr Jones or phone him on 63 2288.
Dear Reader,

As the official Travel Agent for the Victorian Veterans, we are delighted to be associated with this 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 individuals travelling 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.

---

Israel to Host 1987 World Veterans Long Distance Running Championships

This is the time when runners are deciding where to run in 1987. In recent years, thousands of distance runners have planned their annual vacations around some international running events. Marathons and other races offer runners of every calibre the thrill of being part of a major sporting event. There is great satisfaction in visiting new countries and seeing different cultures.

For the veteran runner, Israel will be an attractive and exciting venue for the 20th World Veterans Distance Running Championships on March 15-17, 1987. Despite any apprehensions, Israel is an extremely safe and fascinating place, and well worth visiting.

It is a dynamic country which combines the splendors and traditions of ancient civilizations with the vitality of a newly-born and developing nation. Perhaps it is fitting, therefore, that the anniversary of the 20th World Veterans (IGAL) Championships will be held in Israel in 1987.

Not only will the event celebrate the 20th year of the veterans movement, but it will be the first Veterans World Championship to be officially recognized by the IAAF, the world governing body for athletics. This should increase participation by athletes from many more nations.

As world veterans track & field (WAVA) and long distance running (IGAL) programs move into one umbrella organization (WAVA), this new expression of harmony and goodwill will be demonstrated in Israel next March.

Three Championship events are on the program. After the opening ceremony, there will be a series of 8K cross-country races for the various age groups, held on a three-lap course in a kibbutz in Central Israel on March 15.

On the 16th, the 10K road races will take place on the streets of Netanya, a Mediterranean seaside resort famed for its diamond industry, oranges, sandy beaches and sidewalk cafes. There will be separate races for the 40+, 50+ and 60+ age groups, and the number of female entries should justify a separate women’s race.

The 25K road race will be held on March 17 with a mass start for all participants.

World championship titles will be awarded for every five-year age group, with men starting at 40 and women at 35.

Competition will be keen, but in the veteran movement, participation and international friendship are primary. The 10K, for example, will have finishing times ranging from 29 minutes to 75 minutes. If you fit into this time span, you qualify to participate in the World Championships.

The Championships are being held to coincide with the national holiday of Purim, which is celebrated with a carnival atmosphere of music, dancing, fancy dress, parades and parties. Official tours and receptions are planned to enable competitors to get the most out of their trip.

As race director, I always wanted to give the ordinary runner the full VIP treatment. So often he’s just a number in a mass marathon. Now I can welcome fellow runners to Israel and promise them a running experience they will never forget.

Entry forms are available from the Organizing Committee, 20th World Veterans Championships, 6 Shmuel HaNatziv St., Netanya 42281, Israel. (By Barry Shaw, 43, a 2:30 marathoner and a member of the IAAF Veterans Committee.)

---

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 action, Rome will provide the venue for a full Med 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.

---

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 at that time to contract for our accommodation for the Olympic period.

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

---

WORLD VETERANS ROAD RACE & CROSS COUNTRY CHAMPIONSHIPS

ISRAEL 1987

20th WORLD VETERANS CHAMPIONSHIPS

12.3.87 — Arrival at Ben Gurion Airport. Meeting, assistance and transfer to hotel. ROOM ONLY.

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 Gala Dinner at Kibbutz Givat Han. Awards ceremony. Evening musical entertainment for all in Netanya.

16.3.87 — Morning outdoor entertainment for all. 10Km Race World Championships — 40+, 50+ and 60+ age groups. 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), 7 Star US$300, 6 Star US$225, 5 Star US$160. 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.


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 Sharmont Ltd., the official Tour operator, at the address given below.


---

INTERNATIONAL SPORTING TOURS

A DIVISION OF MUSKENS BOURKE TRAVEL PTY. LTD.

8 Whitehorse Rd., Ringwood, Vic. 3134

PHONE: (03) 879 4044
(03) 879 4245
The process of evolution would no doubt have experienced a significant change in the development of an ACT Veterans Athletic Club. The time was ripe, and the organizational infrastructure in place to support the initiative and motivation to establish this new thriving club in the National Capital is more than impressive. The redoubtable Woden Valley AA

The dedicated Daniels was founding Secretary, a post he held for ten years, and which was rewarded with Life Membership Certificates almost a year ago. A winner at 1982, George McGrath and a successful athlete in his mid-fifties - George McGrath then in his mid-fifties, came up from the club's 'most improved'.

The first meeting was held in September 1979 and drew an attendance of 200 plus by the consistent Peter Tessyman. The club's first appearance was at the 1982, M50, 35.06.  In, Peter Tessyman, who these days is living in his native country, Yugoslavia.

The current from his M40 days. He now lifts 200s and in the 100m in 1982 at the first appearance. Very strong in appearance, Peters Kallio smashed all previous club records. This was not always listed then), filling 5th place in 31.25 226 behind the winner, Dave McInnes.

The motivation to form a local Veterans Club came from the realization of a number of mature age runners encountered when Ken Daniels came up with a respectable performance by Dick Telford 23.9, Pole Vault 2m30, 400m 15.2, 800m 2.28.39. This was registered by the Australian Athletic Federation. He now lifts 200s and in the 100m in 1982 at the first appearance. Very strong in appearance, Peters Kallio smashed all previous club records. This was not always listed then), filling 5th place in 31.25 226 behind the winner, Dave McInnes.

The motivation to form a local Veterans Club came from the realization of a number of mature age runners encountered when Ken Daniels came up with a respectable performance by Dick Telford 23.9, Pole Vault 2m30, 400m 15.2, 800m 2.28.39. This was registered by the Australian Athletic Federation. He now lifts 200s and in the 100m in 1982 at the first appearance. Very strong in appearance, Peters Kallio smashed all previous club records. This was not always listed then), filling 5th place in 31.25 226 behind the winner, Dave McInnes.

The motivation to form a local Veterans Club came from the realization of a number of mature age runners encountered when Ken Daniels came up with a respectable performance by Dick Telford 23.9, Pole Vault 2m30, 400m 15.2, 800m 2.28.39. This was registered by the Australian Athletic Federation. He now lifts 200s and in the 100m in 1982 at the first appearance. Very strong in appearance, Peters Kallio smashed all previous club records. This was not always listed then), filling 5th place in 31.25 226 behind the winner, Dave McInnes.

The motivation to form a local Veterans Club came from the realization of a number of mature age runners encountered when Ken Daniels came up with a respectable performance by Dick Telford 23.9, Pole Vault 2m30, 400m 15.2, 800m 2.28.39. This was registered by the Australian Athletic Federation. He now lifts 200s and in the 100m in 1982 at the first appearance. Very strong in appearance, Peters Kallio smashed all previous club records. This was not always listed then), filling 5th place in 31.25 226 behind the winner, Dave McInnes.

The motivation to form a local Veterans Club came from the realization of a number of mature age runners encountered when Ken Daniels came up with a respectable performance by Dick Telford 23.9, Pole Vault 2m30, 400m 15.2, 800m 2.28.39. This was registered by the Australian Athletic Federation. He now lifts 200s and in the 100m in 1982 at the first appearance. Very strong in appearance, Peters Kallio smashed all previous club records. This was not always listed then), filling 5th place in 31.25 226 behind the winner, Dave McInnes.

The motivation to form a local Veterans Club came from the realization of a number of mature age runners encountered when Ken Daniels came up with a respectable performance by Dick Telford 23.9, Pole Vault 2m30, 400m 15.2, 800m 2.28.39. This was registered by the Australian Athletic Federation. He now lifts 200s and in the 100m in 1982 at the first appearance. Very strong in appearance, Peters Kallio smashed all previous club records. This was not always listed then), filling 5th place in 31.25 226 behind the winner, Dave McInnes.

The motivation to form a local Veterans Club came from the realization of a number of mature age runners encountered when Ken Daniels came up with a respectable performance by Dick Telford 23.9, Pole Vault 2m30, 400m 15.2, 800m 2.28.39. This was registered by the Australian Athletic Federation. He now lifts 200s and in the 100m in 1982 at the first appearance. Very strong in appearance, Peters Kallio smashed all previous club records. This was not always listed then), filling 5th place in 31.25 226 behind the winner, Dave McInnes.

The motivation to form a local Veterans Club came from the realization of a number of mature age runners encountered when Ken Daniels came up with a respectable performance by Dick Telford 23.9, Pole Vault 2m30, 400m 15.2, 800m 2.28.39. This was registered by the Australian Athletic Federation. He now lifts 200s and in the 100m in 1982 at the first appearance. Very strong in appearance, Peters Kallio smashed all previous club records. This was not always listed then), filling 5th place in 31.25 226 behind the winner, Dave McInnes.
Stan Green, 72, from Albany, W.A., may not be one of our current World Champions as yet, but the sheer pleasure he obtains from running is illustrated in this photo as he crosses the finishing line in the recent Albany, Port to Point 10.5 K Fun Run. Stan, a late starter like so many of us, has certainly made up for those lost years.

Born on the eve of the first World War, he took up running just ten years ago at the ripe old age of 62 and soon succumbed to that inevitable lure of most athletics.

Through the medium of our national publication “The Veteran Athlete”, we have read many examples of wonderful inspiration and achievement by our older members, however we have just learnt of one man, who possibly personifies more than most, the benefits of Veteran Athletics, health, fitness and enjoyment derived from friendly competition.

Stan Green, 72, from Albany, W.A., may not be one of our current World Champions as yet, but the sheer pleasure he obtains from running is illustrated in this photo as he crosses the finishing line in the recent Albany, Port to Point 10.5 K Fun Run. Stan, a late starter like so many of us, has certainly made up for those lost years.

Born on the eve of the first World War, he took up running just ten years ago at the ripe old age of 62 and soon succumbed to that inevitable lure of most athletics.

Through the medium of our national publication “The Veteran Athlete”, we have read many examples of wonderful inspiration and achievement by our older members, however we have just learnt of one man, who possibly personifies more than most, the benefits of Veteran Athletics, health, fitness and enjoyment derived from friendly competition.

Stan Green, 72, from Albany, W.A., may not be one of our current World Champions as yet, but the sheer pleasure he obtains from running is illustrated in this photo as he crosses the finishing line in the recent Albany, Port to Point 10.5 K Fun Run. Stan, a late starter like so many of us, has certainly made up for those lost years.

Born on the eve of the first World War, he took up running just ten years ago at the ripe old age of 62 and soon succumbed to that inevitable lure of most athletics.

Through the medium of our national publication “The Veteran Athlete”, we have read many examples of wonderful inspiration and achievement by our older members, however we have just learnt of one man, who possibly personifies more than most, the benefits of Veteran Athletics, health, fitness and enjoyment derived from friendly competition.

Stan Green, 72, from Albany, W.A., may not be one of our current World Champions as yet, but the sheer pleasure he obtains from running is illustrated in this photo as he crosses the finishing line in the recent Albany, Port to Point 10.5 K Fun Run. Stan, a late starter like so many of us, has certainly made up for those lost years.

Born on the eve of the first World War, he took up running just ten years ago at the ripe old age of 62 and soon succumbed to that inevitable lure of most athletics.

Through the medium of our national publication “The Veteran Athlete”, we have read many examples of wonderful inspiration and achievement by our older members, however we have just learnt of one man, who possibly personifies more than most, the benefits of Veteran Athletics, health, fitness and enjoyment derived from friendly competition.

Stan Green, 72, from Albany, W.A., may not be one of our current World Champions as yet, but the sheer pleasure he obtains from running is illustrated in this photo as he crosses the finishing line in the recent Albany, Port to Point 10.5 K Fun Run. Stan, a late starter like so many of us, has certainly made up for those lost years.

Born on the eve of the first World War, he took up running just ten years ago at the ripe old age of 62 and soon succumbed to that inevitable lure of most athletics.

Through the medium of our national publication “The Veteran Athlete”, we have read many examples of wonderful inspiration and achievement by our older members, however we have just learnt of one man, who possibly personifies more than most, the benefits of Veteran Athletics, health, fitness and enjoyment derived from friendly competition.

Stan Green, 72, from Albany, W.A., may not be one of our current World Champions as yet, but the sheer pleasure he obtains from running is illustrated in this photo as he crosses the finishing line in the recent Albany, Port to Point 10.5 K Fun Run. Stan, a late starter like so many of us, has certainly made up for those lost years.

Born on the eve of the first World War, he took up running just ten years ago at the ripe old age of 62 and soon succumbed to that inevitable lure of most athletics.

Through the medium of our national publication “The Veteran Athlete”, we have read many examples of wonderful inspiration and achievement by our older members, however we have just learnt of one man, who possibly personifies more than most, the benefits of Veteran Athletics, health, fitness and enjoyment derived from friendly competition.
1986 South Australia Veterans Marathon

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>M. Leith</td>
<td>29</td>
<td>4:02.44</td>
</tr>
<tr>
<td>S. Worley</td>
<td>24</td>
<td>3:41.10</td>
</tr>
<tr>
<td>H. Barnes</td>
<td>27</td>
<td>3:31.37</td>
</tr>
<tr>
<td>J. Martin</td>
<td>30</td>
<td>3:25.52</td>
</tr>
<tr>
<td>P. Worley</td>
<td>25</td>
<td>3:22.35</td>
</tr>
<tr>
<td>R. Mount</td>
<td>29</td>
<td>3:11.38</td>
</tr>
<tr>
<td>T. Boswell</td>
<td>30</td>
<td>3:10.37</td>
</tr>
<tr>
<td>T. Leith</td>
<td>24</td>
<td>3:02.08</td>
</tr>
<tr>
<td>D. Edyvean</td>
<td>23</td>
<td>3:02.20</td>
</tr>
<tr>
<td>R. Barber</td>
<td>34</td>
<td>3:00.21</td>
</tr>
<tr>
<td>A. Docherty</td>
<td>31</td>
<td>3:00.55</td>
</tr>
<tr>
<td>A. Cockshold</td>
<td>30</td>
<td>3:02.04</td>
</tr>
<tr>
<td>D. Hayes</td>
<td>29</td>
<td>2:58.24</td>
</tr>
<tr>
<td>R. Martin</td>
<td>28</td>
<td>2:57.17</td>
</tr>
<tr>
<td>D. Harvey</td>
<td>29</td>
<td>2:54.56</td>
</tr>
<tr>
<td>J. Duran</td>
<td>40</td>
<td>2:52.20</td>
</tr>
<tr>
<td>H. Thompson</td>
<td>25</td>
<td>2:51.55</td>
</tr>
<tr>
<td>N. Martin</td>
<td>24</td>
<td>2:49.33</td>
</tr>
</tbody>
</table>

---

**1986 Centenary Bay Sheffield Sprint**

This year looms as a big one for the S.A. Athletic League as it prepares to stage the 100th Bay Sheffield sprint event on Colley Reserve, Glenelg.

Once again the Veterans Club has been invited to do the program and all who complete will receive a commemorative medal in honour of the occasion. The usual placegetters trophies will also be awarded.

The dates are Saturday, 27th and Sunday, 28th of December and veteran 100m, 400m and 800m handicap events will be staged. The heats of these events will be run on the first day with the finals on the second day. If the 800m is run without heats it is likely to be run on the first day.

On the afternoon of December 7th a dress rehearsal or pre-meet will be held at Colley Reserve and 100m and 800m handicap events are available for veterans.

One intending competitor on Proclamation Day who will also run down Memory Lane is new member John Green, 61, who won the Bay Sheffield in 1950. John, in serious training for his return, is somewhat bemused at the slower rate that the landscape flashes by as he stretches out at speed these days.

Find out more about finalised start times for the events from Jack Dale our co-ordinator closer to the day of competition. (Ph: 261 8219). Entries close November 12th on Entry Form below.

---

**ENTRY FORM S.A.A.L. MEETINGS**

To Jack Dale, 26 Third Avenue, Klemzig. 5087.

Competitors name

Age at competition...Telephone number

Please enter me for 100m 800m on 7th December. Please enter me for 100m 400m 800m on 27/28 December. (Circle preferences)

Best performances during last 12 months have been:

---

** Adelaide to Victor Harbour Ultra Marathon**

90 Kilometres 12th October, 1986

This event was conducted by the Distance Runners Club of South Australia Inc., each year, for those hardy souls who wish to pit themselves, and the patience of their dedicated crew, against the distance. Glenelg's Hill, the wind, the hills, the motors, the tempests, and a time limit of 11 hours.

It has always had quite small numbers of entrants. This year there were 10 starters. Of these, Andy Docherty, Ross Martin and Roy Sutcliffe are members of the South Australian Veterans' Athletics Club. Each of them has entered the event several times before. Ross has completed the event each time it has been conducted. Roy Sutcliffe originated the event in 1980, both organising it and running in it.

The event has, for the last few years, been held a few weeks before the popular 24 hour run organised by the S.A. Athletic League as it prepares to stage the 100th Bay Sheffield sprint event on Colley Reserve, Glenelg.

---

**Victor Harbor Relay**

<table>
<thead>
<tr>
<th>Leg Number</th>
<th>Team A</th>
<th>Team B</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Peter Worley</td>
<td>Mary Rhodes</td>
</tr>
<tr>
<td>2</td>
<td>Paul Boyce</td>
<td>Sue Worley</td>
</tr>
<tr>
<td>3</td>
<td>Denis Haynes</td>
<td>Glyn Boyce</td>
</tr>
<tr>
<td>4</td>
<td>Doug Smart</td>
<td>Carl Wilson</td>
</tr>
<tr>
<td>5</td>
<td>John Rhodes</td>
<td>Roy Sutcliffe</td>
</tr>
<tr>
<td>6</td>
<td>George Adams</td>
<td>Colin Garrenne</td>
</tr>
<tr>
<td>7</td>
<td>Marcus Brueg</td>
<td>Jody Aull</td>
</tr>
<tr>
<td>8</td>
<td>Bob Auld</td>
<td>Frank Boswell</td>
</tr>
<tr>
<td>9</td>
<td>Ron Woodcock</td>
<td>Doug Smart</td>
</tr>
</tbody>
</table>

---

**THE ELITE**

BY BRIAN SHARPE (1965)

A useless task, a pointless quest, athleticism, Why can they know real physical elation?

He does not lose the man who beats the man Of repetition jump and hurl and run

Who can describe a place when never there?

How can they grasp a higher plane of living

That only pruning brings rejuvenation,

No, not for me your stoic concentration,

It must go all for nought, your endless schedule

That thrives on pain and strain, and calls it fun?

Refuting Nature and her laws plainly implied,

And adrenals have long since reached stagnation.

Where heart and lungs are never full distended

So speak the sadly unenlightened.

To cleanse from human frames decay and rust,

Forsaking fear to strive uncompromising

It's more, much more than sport, this high endeavour

That he who conquers self has conquered all.
Joining in – the first steps

By COL WHEELER

Recently, the Queensland Veterans’ Athletics Club held a new members’ meeting, which was well attended. The members of the Executive Committee were present and keen to meet new members, who worked hard to bring about that meeting. Members of the Executive Committee may have spent some time in the local block, in sandshoes, in running around the roads. Training has had an influence being bedevilled by over-information-overload and the latest trendy singlet. If that is your way, others get a psychological lift by avoiding this. My enjoyable first year as a Vet has been running for the road, then it is critical that it be as comfortable as possible while still being sturdy enough to give it some durability. This should also enable your body’s mechanics to work naturally.

Running form worries

Sprinners do not land on their toes. Nor do distance runners, and it would seem that every single runner – at least, while displaying good running form. Modern filming shows that we all land on flat feet. But my advice is not to give it any thought. Just run. The body’s mechanics will work it out for you. You will not run faster by training yourself to take a shorter stride. It is far better to stay with your natural gait. As you become stronger, while continuing controlled stretching exercises, you are likely to find that your knees are lifting more when running hard. When this happens, the rear leg will have been given a little longer time in which to exert a driving force. Consequently, your running stride will gain slightly in length. If you want to sprint fast, you will have to pump your arms more. Make the legs keep up. For distance runners, the arms’ main function is to help distribute weight so that we do not all balance in the same way. Pistoleers are too, by trying to copy an elite hand and fast rules can be misleading. Do not

The Veteran Athlete Sustainer Club

This exclusive group of dedicated readers, who have freely donated additional financial support to our work, has now risen to twenty one. We would like to take this opportunity of thanking you all.

Bursteed, Ted Vale, Brian Worski, Colin Duffy, Andy Smith, Jan and Dave Morrey, Jack and Barbara Radford, and especially Pat Malters and John Cane who have been members of the Sustainer Club for many years.

The hand of God

Dear Mike,

Some time ago, I was asked to consider entering the trial for the 1987 West Run. It was to be a 4-hour Trial. The runners would assemble in front of West Shopping Centre and run out to do laps of the 1.4km circuit for the remainder of the 48 hours. A weekend was set at the end of November.

A Westfield representative phoned me last night, most unexpected. The main reason was that they had to be reorganised. The Pope was due to arrive in Melbourne that weekend so consequently police supervision and media coverage were both unavailable.

Well, I’ve never had one of my offers refused by the Pope before. I’m wondering if you might consider giving a big pay-off for me neg­lecting my running. I would be at right angles, and the hands will not swing beyond the mid-line of the chest, in front, nor the hips, in rear.

First-class performers show beautiful running actions from the hips, down.

A mature attitude

My memory tells me that every single runner, in taking their first timid steps toward joining the Vets, has asked the question: What times do they do? Since folk who have reached this point are com­petitive by nature, the question is hardly surpris­ing. The answer is: Faster than you might think.

When you examine the results from the last club meet or from recent State Titles, keep in mind that the people first across the line are champions. You would do better to con­centrate on your own stan­dard, whatever it is. Des­pite what a minority of veteran athletes might say with conviction, I am unable to agree that those running the line first are necessarily winners. Let us explain.

Young animals, human or otherwise, love to run. If they were not so per­ced by adults, nine and ten year olds would want to run every day whether they were first across a line or not on any partic­ular day. Left to their own devices, actually, they would all be winners. The bodies of young adults, on the other hand, cry out to prove themselves to others. Their training is in them­selves superior, art unreal­istic. Their goals is that they are often both too hard and too understandable to be real winners.

The droves of admirable competitors that you will meet in the veteran move­ment, have reached a level of self actualisation. With rare exceptions, you will find that your knees are lifting more when running hard. When this happens, the rear leg will have been given a little longer time in which to exert a driving force. Consequently, your running stride will gain slightly in length. If you want to sprint fast, you will have to pump your arms more. Make the legs keep up. For distance runners, the arms’ main function is to help distribute weight so that we do not all balance in the same way. Pistoleers are too, by trying to copy an elite hand and fast rules can be misleading. Do not
Horst Ruckweid wins Parramatta 8K.

Horst Ruckweid conquered a field of 72, 30 degrees heat, and the handicapper to win the monthly Pawprint 8K, at graduate and subhandicapped men. No finishers.

Ruckweid recorded 29m 21s, to defend Andy Rooke's 29m 24s and Ian Camer 27m 9s. John Stony narrowly beat Adam Laferla for 4th, followed by John Sheedy and former Waratah subhandicapped men Graham Taylor. Next was Brian Dean close behind.

Aussie Mackie checked a P.B. - 29m 4s, and Phil Millian 27m 9s.

Bob Carter, 27m 9s, recorded the fastest time, and Rae Cliff was the first female to finish.

With only 2 monthly handicaps to finish the year at the end of November, Andy Rooke's 2nd place puts him well in front on 128 pts from Ron Bonham 109 and John Melbourne 106. John's 4th place in the Hops moves him up 10th in the point score with Lex Gennell on 103 pts and John Cavanaugh on 101.

Horst Ruckweid wins Parramatta 8K.

For runners to be able to use these physical and mental skills, it is necessary to develop basic speed, so that they do not fall into the trap of a large oxygen debt too early, and then find it impossible to match the price near the end of the race.

For runners to be able to use these physical and mental skills, it is necessary to develop basic speed, so that they do not fall into the trap of a large oxygen debt too early, and then find it impossible to match the price near the end of the race.

How then, is this basic speed achieved, and how is it applicable to sprint, middle distance and long distance running?

No matter the distance, speed development is necessary for both anaerobic and aerobic running, if a runner requires to obtain the greatest possible output of running.

Technique of effort is paramount to run balanced and relaxed. Maintaining Narrowly beat Aiden Leathern for 4th place.

1967 Pawrat Sprint Series

Ken Cameron, a former 'Wests' distance athlete in the mid-40's, has been recorder / timekeeper / handicapper since 1974, except for a short period following his heart attack in December 1978.

Secretary / timekeeper Ken Cameron now has 32 members on his books for the 1986/87 season.


This season we have entered Veteran teams in D & E grade competitions through to State level. Everyone welcome as entry standards are reasonable.

Spence / Australian Athletics. Formentino / Australian Athletics. Formentino / Australian Athletics. Formentino / Australian Athletics.

SPONSORED BY AUSTRALIAN AIRLINES

1987 National Track and Field Championships Sydney

1986/87 NSWAAA Intercub Interclub Track & Field Season

1987 NSW Veterans State Championships.

This season we have entered Veteran teams in D & E grade competitions through to State level. Everyone welcome as entry standards are reasonable.

1986/87 NSWAAA Intercub Interclub Track & Field Season


This season we have entered Veteran teams in D & E grade competitions through to State level.

Everyone welcome as entry standards are reasonable.

Some typical optimum to standard scores points are: D Grade: 50m, 60m, 70m, 85m, 95m, 100m, 105m, 115m, 120m, 130m, 140m, 150m, 160m, 170m, 180m, 190m, 200m, 210m, 220m, 230m, 240m, 250m, 260m, 270m, 280m, 290m, 300m. 100m hurdles, 100m hurdles, 300m hurdles, 400m hurdles, 500m hurdles, 600m hurdles, 700m hurdles, 800m hurdles, 900m hurdles, 1000m hurdles. Please note: no points scored for running

Previous 12 months performance:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/03/2018</td>
<td>100m</td>
<td>11.2</td>
<td>85.0</td>
</tr>
<tr>
<td>10/03/2018</td>
<td>200m</td>
<td>22.9</td>
<td>220.0</td>
</tr>
<tr>
<td>10/03/2018</td>
<td>400m</td>
<td>53.3</td>
<td>490.0</td>
</tr>
<tr>
<td>10/03/2018</td>
<td>800m</td>
<td>1:55.5</td>
<td>1550.0</td>
</tr>
<tr>
<td>10/03/2018</td>
<td>1500m</td>
<td>3:55.3</td>
<td>3550.0</td>
</tr>
<tr>
<td>10/03/2018</td>
<td>5000m</td>
<td>15:25.0</td>
<td>15250.0</td>
</tr>
<tr>
<td>10/03/2018</td>
<td>10000m</td>
<td>31:05.0</td>
<td>31050.0</td>
</tr>
</tbody>
</table>

1987 NSW Veterans State Championships.

This season we have entered Veteran teams in D & E grade competitions through to State level.

Everyone welcome as entry standards are reasonable.

Some typical optimum to standard scores points are: D Grade: 50m, 60m, 70m, 85m, 95m, 100m, 105m, 115m, 120m, 130m, 140m, 150m, 160m, 170m, 180m, 190m, 200m, 210m, 220m, 230m, 240m, 250m, 260m, 270m, 280m, 290m, 300m. 100m hurdles, 100m hurdles, 300m hurdles, 400m hurdles, 500m hurdles, 600m hurdles, 700m hurdles, 800m hurdles, 900m hurdles, 1000m hurdles. Please note: no points scored for running
Col Wheeler – is his pen mightier than the javelin?

Popular Queensland Veteran, Col Wheeler’s name may not appear in any State or National records, but his insatiable hunger for achievement and the enjoyment he derives from it makes him an important part of QVAC and just about hard to beat.

Col is always ready to accept a new challenge that any event has to offer. Whether it is to race 100+ metres, javelin or National records, but his insatiable hunger for achievement and the enjoyment he derives from it makes him an important part of QVAC and just about hard to beat.

Queensland track and field season under way

SUNDAY, 5th OCTOBER

The first day of competition saw a good roll up of new and old members. With a number of new events on the programme it proved to be a most interesting afternoon.

For the women the highlight of the afternoon was the hammer event. All age groups in the age groups had the privilege of setting records. Heather Doherty proved herself a multiple winner as she by recording the greatest distance from any age groups.

Queensland Track and Field Meet St. Lucia 5 October 1986

QVAC Track & Field Meet

St. Lucia 5 October 1986

QVAC 10k Cross-Country Championship

Sunday, 3rd August

**Comming Events**

November 9: Sri Chinnom, 5km, 5pm. Southside Cottages, Currumbin.

November 15: Ruby Beach Cup Run, 5km, 4pm. Rainbow Beach Parks, Coolangatta.

November 22: Rainbow Beach Fun Run, 10km, 4pm. Rainbow Beach, Gold Coast.

November 27-29: 30 Teachers Credit Union World Challenge 10k Relay (Teams of 20 runners).

November 28-30: OMGRC, 10km, 4pm. Olympic Club, Race McNeill Park, 6.30am.

December 7: Sri Chinnom, 10km, 7am. Olympic Club, Race McNeill Park.

December 14: OMGRC, 15km, 6am.
FOOTNOTES FROM THE APPLE ISLE

Kingston to Pinnacle
(of Mt. Wellington) Relay

BY JIM BLAIR

This event is conducted annually by the Southern Athletic Branch (S.A.B.).

The distance of 16 miles is run in a series of one mile legs. Teams of four cover the route by each member running four separate mile stages. All but four of the mile legs are totally uphill.

The start at Kingston to the Pinnacle is a rise of about 1200 metres and the entire journey is on a good bitumen road surface to the top of Mt. Wellington.

The race was held on Saturday, 13th September and it is conducted on an inter-club basis. Ten local teams took part and an enthusiastic independent team of four even travelled down from Burnie for the event.

Veterans teams comprised seven members, the VAAT, and one invitation runner, 29-year-old Martin Hayes.

Our correspondent, Jim Burr, M.I. needs all his inherited dourness to tackle this hill in the recent Royal Life Saving Half Marathon.

This popular event on the cross-country calendar is a great experience, involving a wonderful competitive but friendly camaraderie between runners. We will all be back next year again.

Any interstate Veterans on holiday or visiting Tasmania, who would like information on training runs or possible competition, can contact Jim Burr, 16 Wyndham Rd., Clarenceville, 7011, or phone (002) 49 1073.

There are many delightful locations in the Hobart area and regular athletic meets every Wednesday evening at the excellent Domain Athletic Track, commencing at 6.30pm. All are welcome.

1986/7 Southern Summer Calendar

Wed., 22nd October: A 6.15pm Domain A.C.
Wed., 29th October: B 6.15pm Domain A.C.
Wed., 5th November: C 6.15pm Domain A.C.
Wed., 12th November: D 6.15pm Domain A.C.
Wed., 19th November: A 6.15pm Domain A.C.
Sun., 22nd November: Fun Run 10.00. Five Mile Beach.
Wed., 26th November: B 6.15pm Domain A.C.
Wed., 3rd December: C 6.15pm Domain A.C.
Wed., 10th December: D 6.15pm Domain A.C.
Wed., 17th December: A 6.15pm Domain A.C.
Wed., 24th December: B 6.15pm Domain A.C.
Wed., 31st December: C 6.15pm Domain A.C.
Sun., 18 January: Fun Run 10.00. Fern Tree - Pipeline.
Wed., 21 January: D 6.15pm Domain A.C.
Wed., 28 January: A 6.15pm Domain A.C.
Wed., 4 February: B 6.15pm Domain A.C.
Wed., 11 February: C 6.15pm Domain A.C.
Wed., 18 February: D 6.15pm Domain A.C.
Wed., 25 February: A 6.15pm Domain A.C.
Wed., 3 March: B 6.15pm Domain A.C.
Wed., 10 March: C 6.15pm Domain A.C.
Wed., 17 March: A 6.15pm Domain A.C.

Five Mile Beach

In true cross country conditions, this year’s club championships were held on the same course as the 1985 National Titles, at The Lea, Kingston, Nth Hobart on Sunday, 26th October.

The Committee decided this year to hold road-race titles for southern members at Seven Mile Beach, to see if veterans were interested in this type of event from time to time, rather than nominated time events on every occasion. About 200 people turned out on a day where the weather looked somewhat uncertain.

The course was a virtual out and back 10km circuit, similar to that used for 1985 National Veterans Road Walk Titles.

Despite the small numbers some good performances were noted, notably those of Ron McCollough (M40) the overall winner in 64 minutes 4 secs, and Adele Lucas (W70) the fastest woman to finish in 65 mins 19 secs. Adele, as most members know, is a sprinter during the track season, and when offered a choice of cross-country, always chooses the short run.

David Hancock, the winner of the M45 section in 36 mins 51 secs, ran a personal best by a large margin for the distance, and continues to demonstrate the benefits of a Pritikin diet.

This run appeared to be enjoyed by all who participated, and was wound up with a presentation of certificates to the Vice-President David Hancock.

Finally, the Committee would be interested to hear from members what they think of running this type of race at Seven Mile Beach in our cross-country calendar.

Results:

M30
P. Lyden .............. 35.02
R. Beadle .............. 35.29
R. Perdew .............. 35.69
R. Kemp .............. 38.09

M35
K. Cleaver .......... 35.29
J. Smith .............. 36.49
J. Creagh .............. 40.02

M40
R. McCollough ........... 34.01
R. Godfrey .............. 35.25
C. Williams .............. 39.57
T. Moore .............. 45.10

M45
D. Hancock .............. 36.51
P. Hunter .............. 37.11
T. Smith .............. 42.07
T. Ault .............. 42.34
B. Virtz .............. 43.28

M50
R. Beadle .............. 37.09
G. Thurlow .............. 43.34
T. Ault .............. 45.23
N. Andrews .............. 45.30

M60
J. Creagh .............. 48.17
T. Topp .............. 51.08

W30
A. Lucas .............. 45.19

W40s
A. Slater .............. 48.34
J. Creagh .............. 50.10

At Bob Richards, M50, battles on to gain notable honours in his age-group at the recent Tas. 10km Cross-Country Championships at The Lea, Kingston.
### COMING EVENTS

**Sunday, November 2nd:** Veterans 10km Bush Ranges Relay, Cannon, Freeentry.

**Sunday, November 16th:** Melbourne Marathon. Start 7am from the Shrine of Remembrance.

**Sunday, December 7th:** World Games: Pro-Am Golf Tournament in the Morning, Olympic Park. First event 12 noon. Late entries.

### Saturday, November 4th: Victorian Championships

**Track and Field Championships:**
1. **Windsor** 1.32.55
2. **B. Orelli** .... 1.40.34
3. **A. Smith** ..........50.01
4. **R. Dunstan ...... 1.47.20
5. **G. Hughes 7m.08s.**

**Road Walks:**
1. **R. Jennings 4m43;**
2. **J. Bible** .... 19.5.
3. **M. Hall 1st 50.4.**
4. **J. Huxley 65.8.**
5. **E. Greaves 65.6; 4. G. Moore 7m.08s.**

**Senior Walks:**
1. **J. Bible** .... 19.5.
2. **J. Huxley 65.8.**
3. **E. Greaves 65.6; 4. G. Moore 7m.08s.**

### Saturday, November 11th: Vic. Vets.

**Victorian Championships**

**Track and Field Championships:**
1. **J. McAvoy .... 1.32.55
2. **M. Hall 1st 50.4.**
3. **E. Greaves 65.6; 4. G. Moore 7m.08s.**

**Road Walks:**
1. **R. Jennings 4m43;**
2. **J. Bible** .... 19.5.
3. **M. Hall 1st 50.4.**
4. **J. Huxley 65.8.**
5. **E. Greaves 65.6; 4. G. Moore 7m.08s.**

**Senior Walks:**
1. **J. Bible** .... 19.5.
2. **J. Huxley 65.8.**
3. **E. Greaves 65.6; 4. G. Moore 7m.08s.**

### Saturday, November 18th: Vic. Vets

**Victorian Championships**

**Track and Field Championships:**
1. **J. McAvoy .... 1.32.55
2. **M. Hall 1st 50.4.**
3. **E. Greaves 65.6; 4. G. Moore 7m.08s.**

**Road Walks:**
1. **R. Jennings 4m43;**
2. **J. Bible** .... 19.5.
3. **M. Hall 1st 50.4.**
4. **J. Huxley 65.8.**
5. **E. Greaves 65.6; 4. G. Moore 7m.08s.**

**Senior Walks:**
1. **J. Bible** .... 19.5.
2. **J. Huxley 65.8.**
3. **E. Greaves 65.6; 4. G. Moore 7m.08s.**

### Sunday, November 26th and December 6th, 1987:

**V11 World Games, Olympic Park, Melbourne.**

**Track and Field Championships:**
1. **J. McAvoy .... 1.32.55
2. **M. Hall 1st 50.4.**
3. **E. Greaves 65.6; 4. G. Moore 7m.08s.**

**Road Walks:**
1. **R. Jennings 4m43;**
2. **J. Bible** .... 19.5.
3. **M. Hall 1st 50.4.**
4. **J. Huxley 65.8.**
5. **E. Greaves 65.6; 4. G. Moore 7m.08s.**

**Senior Walks:**
1. **J. Bible** .... 19.5.
2. **J. Huxley 65.8.**
3. **E. Greaves 65.6; 4. G. Moore 7m.08s.**

### Victorian Ten Mile Championships

A field of ninety-two competitors, including twelve women, lined up for the start of the 1986 ten mile road race at Princes Park, Carlton, on Sunday, 28th September.

Although the weather was grey and dry, the runners visibly blear from the onset expected the road to have been made up on every two mile circuit of the lap.

Another test for the World Games organizers, spearheaded by the Bexfield Field, proved successful, and congratulations, to all concerned for a well conducted event.

Newcomer to the scene, Lew Harvey, set a cracking pace for the first four miles, before being joined by Trevor Harrison and Peter Hannaford, thus. gaining an absorbing battle of supremacy over these three during the third lap of the circuit.

Shortly after the six mile mark the persistence and strength of Harrison began to emerge as little by little the main group got ahead of the other two.

Back in the field, the relentless pace of Dot Browning, leading the female events, proved unassailable, for a well conducted event. Congratulations to all concerned for a well conducted event.

A strong run by Newborough’s Ted Evison clinched the M50 age group, from the ever consistent Doug Broom, winning the M55 silver medal.

### 1986 John Monash Run

**28th October**

**Veteran category results:**

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>T. Colluth</td>
<td>1.06.26</td>
</tr>
<tr>
<td>25</td>
<td>B. Wirth</td>
<td>1.15.12</td>
</tr>
<tr>
<td>30</td>
<td>R. Dunstan</td>
<td>1.22.18</td>
</tr>
<tr>
<td>35</td>
<td>R. Young</td>
<td>1.26.17</td>
</tr>
<tr>
<td>40</td>
<td>R. Dipierro</td>
<td>1.30.05</td>
</tr>
<tr>
<td>45</td>
<td>D. Mather</td>
<td>1.35.18</td>
</tr>
</tbody>
</table>

### 1986 Stawell Festival Olymics

**Women 55+:**

1. **T. Colluth** | 1.06.26 |
2. **B. Wirth**   | 1.15.12 |
3. **R. Dunstan** | 1.22.18 |
4. **R. Young**   | 1.26.17 |
5. **D. Mather**  | 1.35.18 |

**Men 40+:**

1. **T. Colluth** | 1.06.26 |
2. **B. Wirth**   | 1.15.12 |
3. **R. Dunstan** | 1.22.18 |
4. **R. Young**   | 1.26.17 |
5. **D. Mather**  | 1.35.18 |

### 1986 Victorian 10 Mile Championships

**Results**

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>T. Colluth</td>
<td>1.06.26</td>
</tr>
<tr>
<td>25</td>
<td>B. Wirth</td>
<td>1.15.12</td>
</tr>
<tr>
<td>30</td>
<td>R. Dunstan</td>
<td>1.22.18</td>
</tr>
<tr>
<td>35</td>
<td>R. Young</td>
<td>1.26.17</td>
</tr>
<tr>
<td>40</td>
<td>R. Dipierro</td>
<td>1.30.05</td>
</tr>
<tr>
<td>45</td>
<td>D. Mather</td>
<td>1.35.18</td>
</tr>
</tbody>
</table>

**VETERAN ATHLETES**

Are you suffering from aches, pains or soreness?

Then contact:

**GEORGE BALINT**

Member of V.A.R.M., A.M.A.T.T.

**SPORTS REMEDIAL AND RELAXATION MASSAGE**

5 Weaber Street, East Brighton, Victoria Ph 578 5117

### 12 ISSUE INTERNATIONAL SUBSCRIPTION RATES

<table>
<thead>
<tr>
<th>Country</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Zealand</td>
<td>$24</td>
</tr>
<tr>
<td>Australia</td>
<td>$24</td>
</tr>
<tr>
<td>Europe</td>
<td>$69</td>
</tr>
<tr>
<td>Asia</td>
<td>$149</td>
</tr>
</tbody>
</table>

### Subscriptions

<table>
<thead>
<tr>
<th>Form</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>New</td>
<td>$24</td>
</tr>
<tr>
<td>Renewal</td>
<td>$12</td>
</tr>
<tr>
<td>Combined subscription</td>
<td>$63</td>
</tr>
</tbody>
</table>

*Payment enclosed. Cheque/Money Order:*

**... as a contribution to your work.**

*Then contact: a member of the AAVAC.*

*Do you wish to become a member of the AAVAC?*

*Any one who wishes to continue receiving the monthly newsletter.*

*Must be a member of the AAVAC.*

*Then contact: a member of the AAVAC.*

*All new subscriptions will continue to receive the monthly newsletter.*

*An annual subscription is $149 for 11 issues (1 year).*

*All new subscriptions will continue to receive the monthly newsletter.*

*An annual subscription is $149 for 11 issues (1 year).*

*All new subscriptions will continue to receive the monthly newsletter.*

*An annual subscription is $149 for 11 issues (1 year).*

*All new subscriptions will continue to receive the monthly newsletter.*

*An annual subscription is $149 for 11 issues (1 year).*