1986 South Melbourne Marathon

HARRISON AND EDWARDS AGAIN TOP VETERANS

Of the 175 finishers at last year's three-hour South Melbourne Athletic Club, was held in front of the veteran's medals, 1986 Mitra Copiers South Melbourne Marathon, held on Sunday, 16 November.

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

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

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

Virtually nothing is left to chance.

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

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

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

Of the 175 finishers at least three men achieved personal bests which surely must be an all-time record for an Australian Marathon.

Overall winner this year was Kevin-Camberwell athlete Harold Kelly in the excellent time of 2.23.25, and similarly in the female division, a brilliant exhibition by pre-vet Linda Thompson, 32, from Traralgon Harriers, to record the 2.49.43, just seven days after winning the Albany marathon in 2:49.30, in Western Australia! Some back to back performances from the girl who also won this event in 1985, in 2:49.40. What consistency, and from someone fast approaching Veteran Status.

First Veteran over the line was the ever consistent Terry Harrison, 40, who capped off a great season in 2:38.29, first overall and winner of his age-group. Terry recently captured both the 28k and 10 mile State titles in fine style.

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

In the female division Margery Forden was in a class by herself, finishing three minutes clear of Joan Bould, who was previously a two-time winner of the W.A. State Cross Country Championships.

On the undulating, quite demanding 8km course around Perth's Kings Park, Hoye was in a class of his own, with the likes of, who all went into the start at heart, by the blistering pace set by the leading group of Terry Harrison, Croydon veteran Bruce Peters, W35, from Traralgon Harriers, who all went into the start at heart, by the blistering pace set by the leading group of Terry Harrison, Croydon veteran Bruce Peters, W35, from Traralgon Harriers, were shown to the main group led by Carse, who worked together much of the way with Phyllis Head and Phyllis Farrell and held off another gutsy challenge from Carse to win by two seconds. Hoye came in a gallant third place forty seconds further back.

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

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

The tremendous support given to this event was evident by the fact 5% of the entire field were over 35 years of age, which must be of great concern to organisers in view of next year's impending clash with the W11 World Veterans Games marathon.

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

Refer page 17 for results.

— Dot Browne.

W.A. STATE CROSS COUNTRY CHAMPS.

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

BY BOB SAMMELS

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

On the undulating, quite demanding 8km course around Perth's Kings Park, Hoye was in a class of his own, with the likes of, who all went into the start at heart, by the blistering pace set by the leading group of Terry Harrison, Croydon veteran Bruce Peters, W35, from Traralgon Harriers, were shown to the main group led by Carse, who worked together much of the way with Phyllis Head and Phyllis Farrell and held off another gutsy challenge from Carse to win by two seconds. Hoye came in a gallant third place forty seconds further back.

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World record attempt by John Gilmour — during Second Test Match in Perth

World record attempt

John Gilmour

— during Second Test Match in Perth

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

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

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

Gilmour, owner of the great publicity the occasion will have on the W11 World Games in Melbourne next year, has been training hard for this event and is confident he can break the records.
Today, December 1st, 1986, marks a small but important milestone in the short history of the "Veteran Athlete." Not only is it our seventh and final issue for the year, but our Christmas edition, and the end of our first six months of production.

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

Penny and I would like to take this opportunity of expressing our utmost sincere thanks to so many of you out there in "Vetland," especially our wonderful advertisers who have made this whole thing possible, International Sporting Tours, for the tremendous support and encouragement given to us by the late Cas Mudgen, before his untimely death and likewise the never to be forgotten Wally Sheppard, Alfies, for their faith in us and total commitment; Air New Zealand, Boulton & Paul, Penny and Neil Ryan of Runners World. Last but not by no means least, the World Organising Body Inc., spearheaded by the effervescent Peg Smith, who provides the stimulus of worldwide interest, as the exciting prospect of the V11 World Games in Melbourne grows ever closer.

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

As we approach 1987, the greatest year in our short history, we hope, with your support to continue to bring you, the veteran athlete, all the exciting news and stories as they happen in the lead up to the V11 World Games. Our widespread recruiting campaigns are beginning to take effect in most states and numbers are growing rapidly. Great promotional foresight such as John Gilmour's World record attempt, in front of possibly 30,000 hometown fans at the WAC, during the 3rd Test Match in Perth (see front page) can only boost the Veteran image and provide much needed publicity. We need many more of these feature events to gain media attention.

Also on the subject of feature events you will notice an entry on Page 17 for the 1987 Gold Coast Veterans T. & F. Championships. Most director, Des Pen, extends a warm welcome to all Vets to join them on their Australia Day Carnival weekend.

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

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

Mike Hall.

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

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

VII World Games plans under review at Olympic Park

BY PEG SMITH

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

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

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

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

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

Meanwhile the now planned second track at Olympic Park will be used for track, field and road events regularly by the Vet Games with an estimated 5000 competitors.

The Melbourne University complex, less than four kilometres from Olympic Park, will also be used for sprint events. The layout of the complex is an excellent warm-up area with the opportunity to conduct selection events if the need arises.

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

In addition to the grants from the Federal and State Governments, sponsorships from Qantas, Australian Airlines and Nike have assisted in meeting early financial commitments while the University track, less than four kilometres from Olympic Park, has been re-surfaced.

Road walks will be on a 4.2km circuit in the Domain area, with the open area adjacent to Olympic Park meeting the needs of those field events which cannot be provided for in Olympic Park itself.

In these particular events the co-operation of the Councils contribute to the proper conduct of the events and overall success of the Games.

The Executive Director, Peg Smith, and the Competition Director Ray Callaghan had the opportunity to confirm the requirements for a successful Championship Meeting when in August they attended the 3rd European Veteran Games at Malmo in Sweden. On this occasion there was expressed satisfaction that the basic work has been done, together with the planned operations and the overall standards required by the WAVA representatives in December.

Further boost to World Games

PUBLICITY CAMPAIGN SOUGHT

States asked to increase media exposure

The Organising Body for the VII World Veterans Games plan to approach all nationally circulated magazines and periodicals and T.V. networks to obtain the widest national and international publicity.

The assistance of people with experience in journalism and a knowledge of the Veteran Movement should be sought. They will have to be prepared to write articles and their relationship to the games and veteran activities in the twelve months prior to November 1987.

In addition to the submission of articles to the above outlets it is intended to issue media releases on the progress of the Games and other noteworthy events as they come to hand.

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

The assistance of people with experience in journalism and a knowledge of the Veteran Movement should be sought. They will have to be prepared to write articles and their relationship to the games and veteran activities.

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

Work begins on $1.4m upgrading of Olympic Park Complex

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

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

The university track is an excellent warm-up area with the opportunity to conduct selection events if the need arises.

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

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

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

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

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

The Executive Director, Peg Smith, and the Competition Director Ray Callaghan had the opportunity to confirm the requirements for a successful Championship Meeting when in August they attended the 3rd European Veteran Games at Malmo in Sweden. On this occasion there was expressed satisfaction that the basic work has been done, together with the planned operations and the overall standards required by the WAVA representatives in December.
NEW ATHLETIC HORIZONS FOR WOMEN

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

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

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

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

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

In November 1985, I was invited to speak on women’s masters athletics at the International Athletic Amateur Federation Women’s Meeting, held in Gateshead, England, on the occasion of the IAAF Women’s 15kms Road Race Championships. The delegates present were genuinely responsive to my remarks about the involvement of older women in athletics. They were surprised at the range of events contested, and jails when informed, for example, that the W35 8000m world record stood at 1:57:4. (Ed. note — In July 1985, at Gateshead, Mary Decker Slaney, then 26, had lowered the American record to 1:57.40.)

Listening to reports from some other delegates, however, was saddening, for instance, the African representative reported that although he had been unable to attend the Regional Championships in Cairo due to lack of funds, he understood that the female competitors there were only allowed onto the track — and had to compete — in fully ripped-up sweat suits, with temperatures well over 90 degrees in the shade.

There were no women masters athletes within his ambit and, of course, no competitive opportunities. Other delegates mentioned social pressures and restrictions imposed on young women, most of whom abandon any athletics once they leave school.

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

— By Bridget Cushen, Women’s Delegate, WAVA

UNDER THE WATCHFUL EYE

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

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

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

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

First Central Australian Masters Games

Alice Springs — Oct. 18-25, 1986

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

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

Twenty-two sports were represented — including approximately 100 Track and Field competitors. It was gratifying to see many new N.T. Veterans from Darwin and Alice Springs figuring in the athletic programme.

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

Among the notable were Reg Austin (one week after his 50th birthday and breaking records already), 40 year old youngster Peter Cromebe and Tony Turnbull, from N.S.W. performing in an amazing array of events including the 5000 metres walk. Everyone Fred Turner (M45), made a clean sweep of the 100, 200, 400, 800, high jump, long jump, and second in the 1000m walk! Rodd Hochstatter, one day short of his 60th birthday, bowed out to have a crack at the 60 year old record, shortly. He won the 55’s shot put, discus, javelin and long jump and chalked up seconds in the 100, 200 and 400. One of the surprises was former Stawell Gift winner, Peter Toyne, now resident in Alice Springs winning the 100m in 11.3 but unfortunately breaking down with a hamstring in the 200m. Rumour had it he was also in good shape for the 400m having recently clocked 52.0 in training.

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

Also well known Victorian duo, the seemingly ageless Stan and Arley Nichols from Ballarat, dual Australian 5000 and 10000m record holders also world and Australian champions.

The walking fraternity was also well represented, particularly by the large contingent from Victoria, between whom took the honours in eight individual age categories in the 5000m event with wins by Barbara Wilson, Jean O’Neill, Marge Colthup, Stella Mumane and Arley Nichols (women) and Gordon Gooday, Jack Killatye and Stan Nichols (men).

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

Overall the Games were a great success. The Northern Territory Government, delighted with the result have decided to run the event again in 1988. They believe with more time to prepare, the number of competitors will double and the conduct of the Games will improve with the experience gained this time.
Nothing will stop him

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

Over the last ten years, veteran athletics has enabled Reg to exploit his rare talent for sprinting. You can only imagine the frustration he must have felt as a young fellow knowing that he had the ability to win Olympic medals but being forever denied the opportunity. His face was sealed at age 17 years when he accepted a ten pounds prize for his part in a foot race. Don't imagine it was all depression though. That's not Reg's style. He continued on as pro-racer winning more races than any other person in the history of the sport. He cleaned up 47 major meets, including the Waangamilla Games, Reg demolished the opposition by winning 12 seconds flat off a handicap of 7 yards over 130. And at that 38 years of age.

Reg's fate was such that he doesn't have to prove anything to anyone. But he made a real point at age 39. For at White Plains in 1975 he won 200 metres in 20.6 seconds. It was a special interest to note that at the 1982 Olympic Games a few months later that time would have made the final. Then there have been five World Veterans Games so far. Reg has won the 200 metres in every one of them. In his ten years of running with the Vets, in fact, no one has ever beaten him over 200 metres. His world record of 21.99 secs for 40-44 years still stands.

Since compiling this story the Sixth World Games have been held. At the wrong end of the five year age group, Reg still managed individual gold and silver medals. Only a few elite performers have ever finished ahead of him in the 100 and 400 also. Probably his most breathtaking performance occurred during the last World Games in Puerto Rico. There, aged 47 years, he slaughtered the World record for the 45-49 years group in the 400 metres by running 50.5 secs. If I were writing a fiction I wouldn't have the gall to invent times as good. But he makes a joke of it, one gets the feeling that Reg is really pleased about coming originally from a town in New South Wales called Gulargambone. I guess that everybody in Gulargambone knows of Reg and his achieve­ments.

Reg has the confidence that grows with competence. When he nominates a performance, it is bound to please that he can deliver the goods. It was of interest to me to ask such a man what his running ambition is. I've met enough good athletes by now not to be surprised at record performances, but Reg's reply left me speechless. In short, he aims to be the first person in the world to run 100 metres in 10 seconds, mark you. "I believe that Top Marks is something that has been needed for a long time," he said.

I will fill a gap in statistical information to veteran athletes and comes at an appropriate time in view of the Fifth World Games in Melbourne next year. "It should also underline the new vitality emerging in veterans' athletics and particularly in Australia," Mr Gray says.

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

Get with the best now. Fill in the coupon below, giving your full name and address, and tick the appropriate boxes.

**What's the rest of the world up to?**

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

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En route, he smashed the world 15K single-age record 48:21.

50 10K time in 57:12 and the 10K single-age mark with Seattle, Wash., on Septem­

Left from the 1920's.

Harry Barrett (ex pres­

ident of the NSW Walkers Club Marathon and AAU '64, '68, '76) Ron Laid, 48,

ved with athletics.

Bert Gardiner (1925) Vic 1m and 25m with A.A.U.

Numerous other Victor­

1919-1950, an inaugural walk.

Records in the Walkers Club and training takes most of his spare

and a coach with Little Athletics, his commitments with

most years. In 1953 he finally broke the great Tom

mins 56.4 secs

World-Vets titles at Toronto in 1975 and Christchurch in

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Tony Rafferty plans coast to coast ultra

A race across Australia between the world’s 20 best endurance runners would provide a great spectacle, according to distance runner Tony Rafferty, who has become the first woman to run across the bouncy texture of the world’s No. 1 endurance race. Now the time is approach­

ting to Perth.

The French spectators cheered, the “Most Gutsy Performance” award, won by a woman, was presented to Sue Andrews, the 1000 miles (18:11:37); 200km record holder (23:56:11); 12 hours (18:56:04). David’s great effort of 228.50km resulted in a substantial increase in his PB as well as a PB for 100 miles (the fastest run in the world’s No. 1 endurance race since George Perdon in 1973) set during the race. Also, David is the first South Australian overall winner of this race, all the others have been Victorians.

The remarkable Cynthia Christensen continued the string of record breaking performances by capturing the following records: 50 miles (18:11:37); 200km record (23:56:11); 12 hours (18:56:04). Congratulations to all runners and support crews. We were again blessed with lovely Sri Chinmoy girls during the race, and the runners support crews were we again very energetic and more than helpful.
OVERSEAS NEWS

86 BVAF Marathon Championships

At age 60, Miller earns $3,000

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

Stahl, aged 60, and Andersen, aged 58, were bestowed on two of New Zealand's most prominent Veterans, both for their contribution to sport over many years.

The 9th Annual Flying Fox Marathon, which incorporated the B.V.A.F. Marathon Championships, was held at St. Andrews, excellent Marathon conditions.

Although slightly overcast for the high noon start, the weather became brighter as the race progressed. Many of us had not the previous evening at the main topic of conversation, our weather was on the likely winner of the race. Although, John Davies, the holder, had his share of injuries by century, but was not so do others 36 minutes behind him in the 13:50 under his target time.

One aspect of athletics that has not been given both the mile and the National Title, and the National 1500 and 5000 Mile titles, so it was appropriate that he should be the first fitness of the Fitzgerald Athens Marathon Trophy, is the 2:35:06, which Eddie not only won the race, but still managed to finish near 2:35:06, to successfully

Stahl, with another title to his name, already a World record holder, is certain to be ratified. It is doubtful that the W65 Long-haul record set in Split.

Thus the WR application form should also be used for the vets can hardly be expected to witness this great athlete in life of 60 years old, in last year's Games — 150 masts (8.27, 5000 masts 10.80.60. All achieved in high humidity, some heat and against the best Veteran athletes in the world.

For those entering the new era of units that equalled his record timing for WR's. It is doubtful that the W65 Long-haul record set in Split.

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## Central Australian Masters Games

### TRACK & FIELD RESULTS

#### MEN’S 100 METRES

<table>
<thead>
<tr>
<th>Competitor</th>
<th>State Pic</th>
<th>Distance</th>
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<tbody>
<tr>
<td>G. Ford</td>
<td>VIC</td>
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</tr>
<tr>
<td>J. Denny</td>
<td>NT</td>
<td>11.3</td>
</tr>
<tr>
<td>G. Menis</td>
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#### 30-39

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<tbody>
<tr>
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</tr>
<tr>
<td>R. Turner</td>
<td>NT</td>
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<tr>
<td>C. Butcher</td>
<td>NT</td>
<td>40.17</td>
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<tr>
<td>N. Wylies</td>
<td>VIC</td>
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#### 40-49

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<tr>
<td>R. Austin</td>
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<tr>
<td>J. Pratt</td>
<td>NT</td>
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<td>S. Hume</td>
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#### 50-59

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<tr>
<td>M. McKinnon</td>
<td>VIC</td>
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#### 60-64

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<td>D. Saw</td>
<td>VIC</td>
<td>60.30</td>
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<tr>
<td>M. Picc</td>
<td>QL</td>
<td>60.45</td>
</tr>
<tr>
<td>K. Hocken</td>
<td>VIC</td>
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#### WOMEN’S 100M

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<tr>
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<tr>
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<tbody>
<tr>
<td>E. Holmes</td>
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<td>S. Westcok</td>
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<tr>
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<td>K. Kofelie</td>
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<tr>
<td>F. Turner</td>
<td>VIC</td>
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<tr>
<td>E. Holmes</td>
<td>NT</td>
<td>22.35</td>
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<tr>
<td>T. Smith</td>
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<td>VIC</td>
<td>37.31</td>
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<tr>
<td>J. Smith</td>
<td>VIC</td>
<td>38.43</td>
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### MEN’S H/JUMP

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<tbody>
<tr>
<td>G. Breen</td>
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### MEN’S 5000M WALK

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<tbody>
<tr>
<td>D. Pirie</td>
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### MASTERS GAMES

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<tr>
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### MENS SHOTPUT

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<tr>
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### OCTOBER 12, 1986

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<td>VIC</td>
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A town like Alice

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

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

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

A town like Alice

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

One thousand competitors from every State of Australia, represented 20 sports. Each seemed to march with great pride on their chosen sport, squash, therefore not having to warm the track and field grandstand all day — cheering John on to personal bests.

Springs, Ms. Leslie Oldfield, the Masters Games Chairman and the Games Information and memorabilia — we participated in a most impressive Opening Ceremony at Traeger Park.

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

Future Masters Games in the Northern Territory deserve your support.

— By Daphne Pirie (Q.V.A.C.).
Dear Reader,

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

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

We have extensive experience in this field dating back to 1971 when we organised a tour to the Munich Olympics. Since then, we have arranged highly successful tours to every subsequent Olympic Games, Commonwealth Games, World Track & Field Championships, World Veteran Games, Oceanias 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 Olympic team, Australian Track & Field teams, Australian and Chinese Volleyball teams, Australian University teams, Australian Winter Olympic 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.

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

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

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

Jeff Jones.

INTERNATIONAL SPORTING TOURS
A DIVISION OF MUSKENS BOURKE TRAVEL PTY. LTD.
8 Whitehorse Rd., Ringwood, Vic. 3134
PHONE: (03) 879 4044
(03) 879 4245

2nd World Track & Field Championships — Rome
29th August — 6th September 1987

This is undoubtedly the Track & Field Blue Ribbon event!

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

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

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

PROPOSED PACKAGES

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

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

Non Refundable Registration Fee ........................................................... $300

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

Registrations for the 1988 Olympics will also open in June.

We shall need to have some indication of numbers in the near future as we intend to visit Korea shortly to contract for our accommodation for the Olympic period.

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

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

20th WORLD VETERANS CHAMPIONSHIPS
ISRAEL 1987

WORLD VETERANS ROAD RACE & COUNTRY CHAMPIONSHIPS

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

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

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

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

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

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

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

19.3.87 — Tel Aviv Marathon/Half Marathon.

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

Accommodation prices, including above program (excluding race entry fees, Farewell Party, and transport to Cross Country; 3 Star US$302. 4 Star US$325. 5 Star US$500). Prices based on half board (breakfast and evening dinner) per person sharing double room. Single supplements available on request.

Championship entry fees: 1 race — US$15. 2 races — US$25. 3 races — US$35.

Farewell Party US$15.

Transport to Cross Country & T-Shirts can be purchased at Registration Hall.

Tel Aviv Marathon Entry Fee US$15.

World Championship Grand Tour of Israel and Egypt. Details and prices available from Sharmus Ltd., the official Tour operator, at the address given below.

Closing date for Registration — 31st January 1987.
THE THROWING SCENE

BY ROY FOYLE

The throwing scene continues with the Heavy Throws on 12 October, 1986.

<table>
<thead>
<tr>
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<td>Ilmar MANCS</td>
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<td>Werner WIDERA</td>
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<td>Lynda VIZIENA</td>
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<td>7m5</td>
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ACT throws winter season ends

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

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

However, Martin’s throw of 11.04 metres in the shot put brought out the best in both George Mendik and Ray Green who threw 12.02 metres and 11.74 respectively.

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

Photo: Coluna Photographics.

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Photo: Coluna Photographics.
1987 National Track and Field Championships

SPONSORED BY AUSTRALIAN AIRLINES

Australian Championships, Friday 17th April, Saturday, 18th April, Sunday, 19th April, Monday, 20th April. Penrith, hammer women, discus women. Thursday, 19th April: 100m, 200m, 400m, 800m, 1500m, hurdles women, long jump, shot, javelin. Saturday, 19th April: 400m, 800m, 1500m hurdles, discus, javelin, shot. Sunday, 20th April: 200m, 400m, 800m, 1500m hurdles, discus, javelin, shot. Women's 4x400m relay.

PARRAMATTA MONTHLY HANDICAP

Former western suburb middle distance runner, Graham Taylor, reports on the monthly & handicaps on every 4th Thursday of each month in Croydon Park. Tel: 9768 8603 for further details.

METROPOLITAN SOUTH
Bill Seary (Southside Masters) reports on Sydney South Castlereagh

Above: The mercurial George McGrath winner of the 60+ age division, at the recent Budget Melbourne Marathon 1987.
Women's Association of Queensland Division). Engaging in sports since her early days, Una has accumulated numerous achievements in this area. Will she continue with her exemplary athletic career? Of course, just try to stop her as she looks to showcase her skills in front of the crowd!

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

Her natural ability at a very young age saw her competing in all school athletic sports. At ten years of age she became Queensland Primary School champion over 75 yards at Brisbane, also first in 4x100 yards relay. During her years at Hervey Bay High School, she competed in all team sports and won most individual events she entered.

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

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

After her marriage, and a short break from athletics, the couple left for Denmark where she returned to athletics with the encouragement from her husband, also a keen sportsman (Danish Cycling Federation). In Denmark training for the 7th World Veterans Games in Puerto Rico, Una captured a magnificent total of seven medals — 2 gold, 3 silver and 2 bronze, despite competing with a painful spur under her heel for most of the championships.

Una's most memorable moments include equalling the world record for 80 metres hurdles in 1975, and representing with a painful spur which later bettering it again at the Australian Titles in Melbourne and then improving on it at the World Titles in Puerto Rico. She is now in serious training for the 7th World Veterans Games in Melbourne, competing in 45-49 age group and will contest many events.

Due to her husband's serious illness, Una subsequendy moved to Brisbane, becoming a member of Queensland Salesmen Athletic Club at the insistence of her good friend, Helen Dobert.

In 1981, Una's son Brett, sponsored his mother to participate in the 45-49 World Veterans Games in Christchurch, New Zealand. She brought back a total of five medals — gold and silver.

permanent home base for QVAC?

It was reported that the Toowoomba Harriers and Athletics Club had invited Una to join with the Toowoomba Harriers Little Athletics Club in the Toowoomba Vets Carnival and to compete in the 7th World Veterans Games in Brisbane, competing in 45-49 age group and will contest many events.


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Athletic

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

It draws about 3000 runners, making it the second largest in the Capital Territory and among the largest in Australia. It is promoted by a political body. It is a big contributor to the promotion and development of Canberra's Lake Ginninderra each September, making it the second largest and one of the most popular events in the city.

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The ACT VETRUNNER

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

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### W.A. Track and Field Age Group Records

**Compiled by Dick Horsley, W.A. Statistician**

| Age Group | Men | Women | 100M | 200M | 400M | 800M | 1500M | 3000M | 5000M | 10000M | 20000M | 30000M | Shot Put | Discus | Javelin | Hammer | Steeplechase | Walk 1500M | Walk 2000M | Walk 3000M | Walk 5000M |
|-----------|-----|-------|------|------|------|------|-------|-------|-------|--------|---------|---------|---------|---------|---------|---------|---------|-------------|------------|------------|------------|------------|
| M40       |     |       | 2.12 | 2.29 | 2.58 | 3.58 | 5.08  | 6.57  | 8.11  | 10.23  | 12.37   | 14.51   | 20.34   | 24.20   | 28.65   | 33.1     | 37.63      | 42.16      | 46.79      | 51.42      |
| M50       |     |       | 2.84 | 2.97 | 3.24 | 4.24 | 5.74  | 7.24  | 8.74  | 10.87  | 13.00  | 15.13  | 21.00  | 25.57  | 29.14   | 33.71   | 38.28      | 42.85      | 47.42      | 52.00      |
| M60       |     |       | 3.62 | 3.74 | 4.00 | 5.00 | 6.50  | 8.00  | 9.50  | 11.63  | 13.76  | 16.89  | 22.75  | 27.31  | 30.88   | 34.44   | 38.01      | 41.58      | 46.15      | 50.72      |
| M70       |     |       | 4.40 | 4.52 | 4.78 | 5.78 | 7.28  | 8.78  | 10.28 | 12.41  | 14.54  | 17.67  | 23.53  | 28.09  | 31.65   | 35.21   | 38.78      | 42.35      | 46.92      | 51.50      |
| M80       |     |       | 5.18 | 5.30 | 5.56 | 6.56 | 8.06  | 9.56  | 11.06 | 13.19  | 15.32  | 18.45  | 24.31  | 28.87  | 32.43   | 35.99   | 39.56      | 43.13      | 47.70      | 52.28      |

**1986 Albany Marathon**

9 November

**Veteran Age Category Winners**

- W55 B. Meriady 4:03:40
- W55 S. Walton 3:55:38
- W45 M. Stewart 3:02:42
- M60 J. Psenley 2:56:52
- J. Barnes 2:51:14
- L. Stolar 2:52:34
- M55 H. Steffers 2:56:55
- J. Pellet 2:59:28
- M50 G. Audley 2:58:33
- P. Parkinson 3:02:09
- E. Coenillo 3:03:20
- M55 F. Davies 4:01:40
- M60 A. Tyson 3:33:11
- M70 S. Green 4:18:25
Sue Worley makes her mark on the Ultra Scene

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

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

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

CONCLUDED FROM FRONT PAGE

RESULTS

Men:
1. B. Kelly......................... 2.23.25
2. B. Sanders NSW ................. 2.25.59
3. P. Walsh NSW................. 2.31.36
4. J. Desmon (Denmark)........... 2.31.38
5. T. Larsen (Denmark)........... 2.31.39

Women:
1. L. Thompson................. 2.49.43
2. M. Edwards................. 2.50.06
3. C. Bowker................. 3.11.34

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

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

M50
1. B. Peters................. 2.39.42
2. J. Fay................. 2.46.29
3. J. Waite................. 2.51.20

M60
1. D. Gunter................. 3.07.13
2. E. Greaves................. 3.08.17
3. K. Matchett................. 3.30.45

M70
1. J. Bennett................. 3.44.07
2. L. Thompson................. 3.49.43

W30
1. M. Edwards................. 3.00.46
2. K. Allan................. 3.00.50
3. R. Boyne................. 3.12.38

W35
1. M. Edwards................. 3.11.34
2. G. Clarke................. 3.13.41
3. J. Waite................. 3.15.20

W40
1. C. Bowker................. 3.33.47
2. B. Money................. 3.33.57
3. J. Waite................. 3.35.22

W45
1. C. Bowker................. 3.35.22
2. B. Money................. 3.35.22
3. J. Waite................. 3.35.22

W50
1. T. Donovan................. 3.20.52
2. A. Matchett................. 3.21.51
3. R. Lewis................. 3.33.22

W55
1. T. Donovan................. 3.20.52
2. N. Young................. 3.20.46
3. A. Matchett................. 3.21.51

W60
1. T. Donovan................. 3.20.52
2. N. Young................. 3.20.46
3. A. Matchett................. 3.21.51

1987 Gold Coast Veterans Track and Field Championships

CONDUCTED BY Q.A.A., Q.V.C. & G.C.V.C.

SUNDAY, 25th JANUARY, 1987, 12 NOON

CARRARA SPORTS COMPLEX — Nerang Broadbeach Road

GOLD COAST/ALBERT VETERAN ATHLETIC CHAMPIONSHIPS

5th ROUND QUEENSLAND ATHLETIC ASSOCIATION GRAND PRIX

VETERANS CHALLENGE 4 x 100 RELAY (Open to men 40 and over) — $ CASH PRIZES FOR THIS EVENT ONLY.

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

All competitors will gain free admission to grounds.

VETERANS ENTRY FEE: $2.00 per event

Challenge Relay $10.00 per team

Swedish Relay $5.00 per team

P.O. BOX 5066, GOLD COAST MAIL CENTRE, SURFERS PARADISE, Q. 4217

(07) 599 792, (07) 582 237 (A.H.)
AROUND THE GROUNDS IN VICTORIA

WITH PETER COTHLUP

INTER-CLUB ROUND-UP

KNOX D GRADE 15/10/86
100m - 325.4
1 M. Parsons ..........59.1
4x100 1 R. Porter..........58.00
800m - 3.34
1 L. Howard 22.04
1 M. Parsons ..........19.9
2 N. Beachley..........23.05
400m - 57.8
1 R. Porter...... 25.5
2 R. Parson........ 55.4
3 L. Howard...........64.8
1500 (W) 1 M. Parsons...........10.55
1500 (W) 2 L. Howard.... 22.8
110(H) 3 M. Parsons.......... 19.1
110(H) 1 R. Porter ............. 12.4
400m 4 T. McDonnell.... 62.7

RANGE CLASSIC

1986 Bush

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

This increasing popularity of the event in Victoria, conducted by the Croydon veteran, has developed into a great competition with a marvellous social atmosphere from all venues to get to know each other.

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

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

In near perfect conditions this year’s challenge event was won convincingly, and in great style by the Montrose No. 1 team of Rosemary, Lucas, George Moore, Colin Waite, Peter Gourlay and John Anderson from Aberfeldie and Croydon.

The honours in the Fun Run section went to Springvale No. 2, also led by Kevin Ouley and was well supported by Colin Stoule, Allan Bennie, Ian Trebou and John Anderson, defeating Croydon No. 5 and Croydon No. 4.

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

Race Director Ken Walters extends an open invitation to all inter-club clubs to enter teams in the 1986 Bush Ranges Classic scheduled for 1 November next year.

There were congratulations and a vote of thanks to Ken and his large team of organis­ers; Ray Callaghan for his results service, completed communication with the Institute of Australia), who maintained continuous communication with the organisers throughout the entire event.

Fierce competition at a vital changeover, in this year’s edition, led by Kevin Onley and George Moore, Col­

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FOOTNOTES FROM THE APPLE ISLE

FROM LIZ TOOMEY

Quiet Achievers of Track and Field

— Jan Shaw

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

Jan first became interested in athletics at the ripe old age of 10, firstly because of her involvement in athletics in the involvement in the sport, and secondly to achieve a greater degree of fitness for her other sporting love — soccer.

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

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

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

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

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

Jan's best events are probably the 400 metres, 400 metre hurdles and 800 metres; her best times being, respectively, 63.7, 7.45, 2.26.4.

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

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

— Ken McConnell.

ARE YOU IN TRAINING?

FOR THE VII WORLD VETERANS GAMES

King and Queen of the mountain

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

Mike Harding was the King in a time of 43.95. Ron McCulloch was first vet to finish in 5th place overall in 54.57. Roy Pennington finished 12th in 59.52. Kevin Cleaver 14th in 62.40. Bob Robertson 15th in 62.57 and Jim Burr 16th in 62.57. The first hour and nine second improvement on last year's time.

The Queen of the Mountain race was run over the 8km course starting at the Springs, Sally-Anne Newlands won in 40.53 with Sue Baker-Finch 1st Vet and 2nd overall in 43.33 Teresa Littler was 3rd in 46.33.
PRODUCT: de Castella Trainer.

FUNCTION: High mileage training shoe.

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

COLOUR: White with navy and red.

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

WHERE: Sporting goods stores and fine department stores.

MANUFACTURER: adidas