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NAME T. VINCENT.....

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THE VICTORIAN MARATHON CLUB NEWSLETTER IS PUBLISHED FOR THE INFORMATION OF MEMBERS OF THE V.M.C. AND OTHER PEOPLE INTERESTED IN DISTANCE RUNNING AND IN ATHLETICS IN GENERAL.

The V.M.C. NEWSLETTER is the editorial responsibility of the Secretary on behalf of the members of the V.M.C.

It is issued four times a year, corresponding to the Seasons of Spring, Summer, Autumn and Winter.

All keen athletic people are invited to contribute letters, results, comments, etc., which they feel are of interest to the sport and which would serve to provide information and a better understanding of athletics and the world of sport.

Intending contributors are asked to note that MATERIAL FOR PUBLICATION MUST BE SUBMITTED ON SINGLE SPACED TYPED FOOLSCAP, irrespective of length, but it is suggested that articles should not exceed ONE AND A HALF PAGES OF FOOLSCAP, and so keep editing to a minimum.

Articles for publication MUST be accompanied by the name and address of the contributor, together with his signature. The writer of the article shall retain full responsibility for the contents of the article.

THE VICTORIAN MARATHON CLUB IS:

OPEN TO MEMBERSHIP for any registered amateur athlete.

COSTS \$1.00 per annum for Seniors.
\$0.50 per annum for Juniors (Under 19)

CHARGES 40¢ Race Fee for each event.

AWARDS TROPHY ORDERS for the first three placegetters in every Handicap, and to the competitor gaining Eastest Time in each of these events.

The V.M.C. Marathon Championship carries extra prize Trophies.

ENTITLES All financial members to share in the awards, receive information issued by the Committee, and to attend V.M.C. Meetings will full voting and electoral rights.

FOR FURTHER INFORMATION DIRECT YOUR INQUIRIES TO THE HONORARY SECRETARY OF THE VICTORIAN MARATHON CLUB:-
FRED LESTER, 1 GOLDING STREET, CANTERBURY. 3126.

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INTERSTATE LINES OF COMMUNICATION:

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Mr. A. J. Hodson, M.B.E., 31 Carlingford Rd., EPPING.
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VICTORIA: Mr. A. L. Morrison, 12 McKillop Street, MELBOURNE. 3000. VICTORIA.	WESTERN AUSTRALIA: Mr. F. T. Treacy, J.P., 33 Sellkirk Street, NORTH PERTH. 6006. WESTERN AUSTRALIA.

It is now one year since we put our Club Newsletter into new garb as well as enlarging its contents. The layout and composition of the presentatipn in front of you has been one resulting from the combined efforts of several people. We can thank ALF ROBINSON for the stiff front page idea as well as his attention to making sure that no gaping empty spaces appear on the pages.

BERT GARDINER and SAM HILDITCH have run out the results apart from supplying additional information from time to time and that requires a lot of time and painstaking care.

In terms of popularity, the Newsletter has not shown itself to be a money spinner, there are only approximately 50 copies sold to interested non-members. Interstate - only Tasmania has seen fit to send in reports and take a number of copies by subscription. As far as our members are concerned, everyone of them seems to be keen to receive the new copy as soon as it is available.

As your Editor I can only reiterate that a paper or magazine catering for a specialised audience is only as good as the participation by them, through the contribution of articles and exchange of opinions and ideas, will make it.

Top V.M.C. man of the Winter is undoubtedly PETER BRUCE, whose wins in the "King of the Mountain" 20 Miler and the V.M.C. Marathon, both by comfortable margins, stamp him as a definite National Title threat. The Marathon time is a course and race record.

Two other features of the Winter were firstly the personal best times recorded by TOM KELLY and NORM DUFF, who will ginger up the veterans races next year, and secondly in the maturing of a new crop of roadsters, I am referring to JOHN BERMINGHAM, who followed up his sub 2.30 time in July by lopping off a further 2 minutes in winning the Victorian Country Title in August; GEOFF GREEN, who is steadily closing in on the leaders; DAVID MARBURG and COLIN SEDGMAN.

The completion of his first marathon in under 2 hours 30 minutes by TREVOR VINCENT, former multiple Australian Mile Champion and Steeplechase ace until severe injury put him out, deserves special praise. I only wish that more of our top runners would retain their devotion to the sport both as athletes and as administrators.

KATHY WATT followed our Marathon with great interest and was immensely pleased to present the GEOFF WATT MEMORIAL CUP PETER BRUCE, this year's winner, a friend and opponent of Geoff's of many year's standing.

To conclude the Winter Season, or rather as an overture to the impending Summer, will again conduct the Dolomore Track Meeting. It will be held on Sunday, 11th of October and will commence at 2.00.p.m. The events to be contested and their starting times are:-

- 2.00.p.m. Veterans "weight for Age " 2 Miler. (Special handicap loading.)
- 2.25.p.m. Junior 2 Miles Teams Race (4 to run - 3 to score)
- 2.50.p.m. Senior 4 Miles Teams Race (4 to run - 3 to score)
- 3.30.p.m. One Hour Track Run.

LINE UP YOUR CLUBS AND TEAMS NOW. ENTRIES MUST BE IN - SEPTEMBER 30.

FEES - \$2.00 per Team. 50¢ per Individual Entry.

The limit for the 2 Teams Races will be 8 entries.

Acceptances for these two events will be taken in priority in order of the date of the receipt of entry.

FRED LESTER.

SECRETARY - VICTORIAN MARATHON CLUB.

INTERSTATE CLEANINGS

On July 25th, a 19 man strong contingent of athletes from the Ballarat YCW A.A.C. visited Hobart for the 4 Miles Sealed Handicap held at Blackmans Bay. V.M.C. member in Hobart - NEIL GALE sent us over the clippings from the local paper covering the event.

Headlined "RAYNER OUTSTAYS VICTORIANS" the report goes:
"Local athlete Kent Raynor beat top Victorian Kevin Brady in a four miles road race held at Blackmans Bay on Saturday.

Raynor led all the way to win by nine seconds in an excellent time of 21 minutes and one second for the tough and hilly course.

The third place went to 15 year old Neil Gale of Northern Suburbs, and his time of 22 minutes and 17 seconds was excellent when one considers that there were 18 Victorian and 20 local athletes behind him.

Results: 1 - Kent Raynor (Sandy Bay) 21.01;
2 - Kevin Brady (Ballarat) 21.10;
3 - Neil Gale (Northern Suburbs) 22.17."

A feature well worth the trip was a most sociable gathering of a barbeque held at Sherburd Oval after the race.

xxx xxx xxx xxx xxx

ERIAN CHAPMAN, now teaching at Murray Bridge High School and taking an interest in promoting athletics locally, sent over the bare results from the South Australian A.A.A. Marathon: (Approximate times)

1. Brendan Norman	2 hours 19 minutes 46 seconds.
2. J. Williams	2 hours 31 minutes
3. G. Hicks	2 hours 31 minutes
4. Ivan Boggis	2 hours 35 minutes
5. P. Liddle	2 hours 37 minutes.

The race led over much the same course as the previous National Race held there, except for avoiding the stiff hill. This was a great time for a first-up, but Brendan is reported to be not interested in this year's National.

Poor Bill James was a bad case of tonsillitis and did not start.

xxx xxx xxx xxx xxx

It is well to mention here, in the absence of any further interstate items, that the performance of our athletic team at the Commonwealth Games in Edinburgh was quite good, overall.

The outstanding effort was probably the great win by GEOFF SMITH who came from behind at the close of the first day to forge his way through to a win in the Decathlon.

TONY MANNING's Victory in the Steeplechase, in spite of unlucky KERRY O'BRIEN's bad tumble, was not altogether a big surprise to keen students of the game as it was to the sports writers.

The first rate efforts by the local lads to dominate the long track races surely will be an inspiration to Scottish athletes for some time to come. With a wealth of talent in the British Isles and fast growing standards in Canada, as well as Kenya and Africa in general, Australian men athletes will have to produce much more quality in depth to stay in the race for Games honours.

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Approval has been granted for the V.M.C. SUMMER FIXTURES:

Nov. 2. (Mon.)	8 Km/ 5 M.	Two Bridges (Rear Olympic Park)	6.00.p.m.
Nov. 16. (Mon.)	12 Km/ 7½ M.	Two Bridges (Rear Olympic Park)	6.00.p.m.
Nov. 30. (Mon.)	16 Km/ 10 M.	Two Bridges (Rear Olympic Park)	6.00.p.m.
Dec. 21. (Mon.)	"Masters Mile"	Olympic Park No. 1.	6.00.p.m.
	"Emil Zatopek"	10,000 Metres.	
	(Subject to Olympic Park Board of Management approval)		

PLEASE NOTE - ENTRIES FOR EVENTS ON DECEMBER 21st CLOSE ON DECEMBER 14th.

78 Starters		Cool, overcast, slight breeze		
Pl.	Name	Handicap	Act. Time	Hand. Pl.
1.	ROD MCKINNEY	7.50	81.23	5
2.	RAY HARBERT	14.00	81.43	1
3.	NORM DUFF	8.50	82.17	4
4.	GRAEME YOUNG	-	82.23	-
5.	GEOFF GREEN	7.15	82.26	12
6.	COLIN EATON	7.15	82.41	14
7.	BILL ROGERS	9.30	83.05	6
8.	MIKE BOYLEN	9.30	83.19	7
9.	TOM KELLY	7.50	83.59	17
10.	NEIL McLENNAN	6.45	85.06	31
11.	IVAN BOGGIS (S.A.)	-	85.49	-
12.	PHIL LEAR	13.30	86.41	3
13.	STEVE SZEGEDI	12.25	86.43	8
14.	KEVIN ROCK	12.10	86.47	E 10
15.	MIKE MURRAY	12.15	86.52	E 10
16.	DAVID MARBURG	8.30	86.59	E 32
17.	DAVID HORN	-	87.25	-
18.	COLIN SEDGMAN	10.00	87.35	26
19.	GERRY PLOEG	10.15	87.46	25
20.	MAL KIRKWOOD	10.30	87.48	24
21.	ROWEN HARRISON	13.30	87.51	9
22.	PHIL HAMER	11.20	88.29	Jun. 23
23.	ALAN HICKS	13.15	88.39	13
24.	IAN GASKELL	9.30	89.12	37
25.	TERRY JORGENSEN	11.45	89.22	27
26.	JOHN SHANAHAN	11.50	89.43	29
27.	COLIN O'BRIEN	10.00	90.30	39
28.	JOHN STAFFORD	12.30	90.59	E 32
29.	MAX HOLMES	11.30	92.19	43
30.	JIM BEISTY	11.55	92.54	44
31.	SAM HILDITCH	16.45	92.56	19
32.	KEVIN CUMMINS	13.30	93.40	38
33.	BOB SCHICKERT	12.20	93.40	47
34.	JEFF PETERSON	13.15	94.21	45
35.	ALLAN McDONALD	18.30	94.58	20
36.	PAUL DUCK	23.30	95.00	2
37.	TOM DAVISON	19.15	95.44	21
38.	MIKE CUMMINS	20.15	95.46	15
39.	HANS TILLER	13.00	96.03	30
40.	KEVIN SOLOMON	10.50	96.45	50
41.	MURRAY WATSON	10.40	97.01	51
42.	MAX OOSTWOU	10.15	97.20	52
43.	KEITH ROUTLEY	17.30	98.17	42
44.	ARCH THOMSON	20.45	98.37	28
45.	BOB CUTLER	19.00	99.18	46
46.	DENNIS WATTIE	19.15	99.54	41
47.	BRIAN LANYON	23.45	103.09	36
48.	DES WHITE	16.45	103.58	53
49.	DICK DOWLING	19.00	104.30	49
50.	MAT VEALE	22.10	105.01	48
51.	JOHN BENCZE	-	105.13	-
52.	KEVIN ONLEY	26.15	105.20	35
53.	ROLEY WEBB	30.00	105.49	16
54.	RAY BOXER	29.55	106.34	22
55.	FRANK PROWSE	-	107.09	-
56.	GRAEME SCOTT	28.40	107.14	34
57.	ALAN JONES	31.15	107.25	Vet. 18
58.	GEORGE WILSON	48.00	128.35	40

Ch. HANDICAPS: 1st JUNIOR. PHILIP HAMER
1st VETERAN. ALAN JONES

V. M. C.

20 KILOMETRES

ALBERT PARK.

SATURDAY 15/6/70

51 Starters

Weather - Cool, strong breeze

Place	Name	Handicap	Actual Time	Hand. Pl.
1.	ROD MACKINNEY	3.10	64.01	7
2.	TERRY HARRISON	7.15	64.41	1
3.	GEOFF GREEN	5.35	65.59	2
4.	TOM KELLY	6.05	67.03	3
5.	COLIN EATON	5.10	67.28	15
6.	BOB GERARD	4.30	69.07	29
7.	STEVE SZEGEDI	8.30	69.17	6
8.	BRUCE HICKS	3.20	69.30	34
9.	OHIL HAMER	7.50	70.12	E 16
10.	KEN DICKSON	7.45	70.26	20
11.	MICHAEL MURRAY	8.25	70.56	19
12.	JOHN STAFFORD	9.50	71.01	E 8
13.	JEFF PETERSON	10.40	71.15	Jun. 5
14.	ALAN HICKS	10.25	72.41	14
15.	HOWARD BOREHAM	9.30	73.14	27
16.	DAVID JONES	11.30	73.54	18
17.	GRAHAM MOON	---	74.22	--
18.	DAVID TOUT	---	74.22	--
19.	MURRAY WATSON	9.00	74.47	32
20.	BOB SCHICKERT	9.50	75.31	31
21.	PETER O'BRIEN	13.40	76.02	E 16
22.	MIKE CUMMINS	15.15	76.46	10
23.	SAM HILDITCH	12.10	77.12	30
24.	MIKE HENNESSY	16.10	77.21	E 8
25.	JOHN BARRETT	---	77.35	--
26.	BOB CUTLER	14.25	77.48	23
27.	KEITH ROUTLEY	14.10	78.02	28
28.	KEVIN ROSS	---	78.06	--
29.	PETER FORTUNE	19.00	79.29	4
30.	BILL HARRISON	13.00	79.42	35
31.	BRIAN LANYON	17.45	79.49	13
32.	ARCH THOMSON	16.35	79.55	21
33.	JOHN MCGILL	20.25	83.55	25
34.	NORM McLEISH	20.35	84.16	26
35.	ROY THOMAS	21.15	84.37	22
36.	JOHN TURPIN	14.30	86.10	12
37.	ALLAN JONES	22.40	88.34	33
38.	KEITH LEIGH	31.00	92.36	Vet. 11
39.	STEVE THOMAS	14.30	93.58	37
40.	BERT PHILLIPS	31.00	98.30	36
41.	GEORGE WILSON	38.00	101.26	24

* * * * *

DID NOT FINISH

KEVIN CUMMINS	15 Kilos in 55.13
BOB GRAHAM	15 Kilos in 51.30
JOHN BELSTY	15 Kilos in 51.35
GEO CLAXTON	10 Kilos in 33.35
WAL ROBINSON	10 Kilos in 34.03
WAL SHEPPARD	5 Kilos in 16.52
MARK HENNESSY	10 Kilos in 36.37
DICK DOWLING	10 Kilos in 38.00
WAL RILEY	10 Kilos in 42.05
NEIL GRAY	10 Kilos in 35.35

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IN HANDICAP: 1st VETERAN - KEIGH LEIGH
 1st JUNIOR - JEFF PETERSON.

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V. H. C.

20 MILES - KING OF THE MOUNTAINS - POINT LEO TO ARTHUR'S SEAT

SATURDAY JUNE 27 1970

63 starters. Weather - Cool, fair breeze.

Place	Name	Handicap	Actual Time	Hcp. Pl.
1.	PETER BRUCE	3.00	1.47.33	2
2.	ROD MAC KINNEY	Scr.	1.50.13	20
3.	GEOFF GREEN	3.40	1.50.51	11
4.	TERRY HARRISON	6.00	1.53.36	13
5.	COLIN EATON	8.00	1.54.48	10
6.	JOHN MORRIS	11.00	1.56.53	5
7.	COLIN SEDGHAN	11.40	1.57.53	8
8.	KEVIN ROCK	9.40	1.58.35	17
9.	GERRY PLOEG	12.10	1.59.25	12
10.	JOHN SHANAHAN	11.30	2.00.13	16
11.	RICHARD JEFFERY	14.40	2.00.54	9
12.	DAVE MARBURG	10.40	2.01.54	22
13.	BRUCE HICKS	5.30	2.01.58	32
14.	BOB GERARD	5.30	2.03.44	36
15.	JIM BEISTY	18.20	2.04.11	4
16.	ALAN HICKS	15.00	2.04.30	18
17.	MARK HENNESSY	10.10	2.06.06	30
18.	JOHN VISSER	20.10	2.06.16	7
19.	PHIL HAMER	11.00	2.06.31	Jun. 28
20.	KEVIN CUMMINS	20.30	2.06.34	6
21.	HANS TILLER	22.20	2.07.12	3
22.	IAN GASKELL	13.00	2.09.20	31
23.	DAVE BYRNES	16.30	2.10.02	24
24.	ALJEN McDONALD	29.30	2.12.06	1
25.	JOHN BRUCE	11.30	2.12.41	39
26.	TOM DAVISON	25.00	2.12.51	14
27.	SAM) HILDITCH	19.30	2.14.45	27
28.	ED) BAXTER	23.40	2.14.45	21
29.	MURRAY WATSON	20.20	2.16.00	29
30.	ARCH THOMPSON	27.40	2.17.28	18
31.	JOHN BARRETT	11.20	2.17.28	42
32.	KEITH ROUTLEY	24.00	2.18.04	25
33.	JOHN TURPIN	24.00	2.18.49	26
34.	TREVOR ELLIS	20.30	2.19.18	37
35.	ROWEN HARRISON	14.00	2.19.48	41
36.	DOUG OLIVER	22.30	2.20.18	34
37.	JIM) CRAWFORD	14.20	2.25.55	46
38.	BOB) GREENWAY	22.00	2.25.55	40
39.	KEVIN ONLEY	35.00	2.27.58	23
40.	ALLAN JONES	41.30	2.29.55	Vet. 15
41.	MATT VEAL	33.00	2.30.24	33
42.	ROLY WEBB	35.20	2.33.31	35
43.	GARY) HENRY	15.30	2.38.33	46
44.	COLIN) GREGSON	28.30	2.38.53	44
45.	BRUCE) INGLIS	38.30	2.47.27	43
46.	LEN) RUMBLE	27.10	2.47.27	47
47.	KEITH LEIGH	53.10	2.53.27	38
48.	LEIGH THOMPSON	41.00	3.20.46	48

DID NOT FINISH:

G. WILSON	J. PETERSON	L. WELLS	D. INNES
T. LANGLOIS	G. PARKES	M. PORTER	R. WHITE
A. O'PRIEN	B. THOMAS	P. MURPHY	MIKE HENNESSY
N. ANDERSON	T. JORGENSON	M. MURRAY	

ON HANDICAP: 1st JUNIOR -- PHIL HAMER
 1st VETERAN -- ALLAN JONES

V. M. C.

VICTORIAN MARATHON CLUB - MARATHON CHAMPIONSHIP - TYABB - SAT. 25th JULY, 1970.

60 Starters. Weather - Cool, strong wind, spot showers.

Pl.	Name	Handicap.	Turn Time	Finish Time	Hcp.Pl.
1.	PETER BRUCE	Scr.	68.57	2.20.11	6
2.	TOM KELLY	3.00	70.44	2.25.00	8
3.	NORM DUFF	4.30	70.24	2.26.47	10
4.	TREVOR VINCENT	1.00	74.02	2.28.50	18
5.	JOHN BERMINGHAM	10.00	75.12	2.29.10	3
6.	GEOFF GREEN	4.15	70.27	2.31.12	17
7.	COLIN EATON	11.30	73.43	2.31.36	5
8.	DAVID MARBURG	14.30	73.12	2.32.02	2
9.	RICHARD JEFFERY	16.00	75.12	2.35.26	4
10.	CLIVE VOGEL	18.00	78.07	2.40.25	11
11.	MARK HENNESSY	19.00	78.07	2.45.25	15
12.	MAX HOLMES	23.30	77.33	2.47.29	12
13.	PHIL LEAR	10.30	77.33	2.50.06	23
14.	EDDY BAXTER	30.00	81.47	2.52.14	9
15.	TOM DAVISON	31.30	81.53	2.52.48	7
16.	SAM HILDITCH	27.00	81.53	2.53.49	16
17.	ALLAN McDONALD	29.00	81.53	2.55.20	14
18.	DOUG OLIVER	30.30	84.24	2.56.28	13
19.	BOB SCHICKERT	23.00	84.19	3.00.21	21
20.	STEWART HANDASYDE	30.00	92.07	3.00.35	19
21.	TARQUIN OEHR	30.00	92.07	3.02.27	20
22.	ARCHIE THOMSON	48.30	88.10	3.03.22	1
23.	RAY KELLAR	27.00	84.24	3.06.46	24
24.	JIM CRAWFORD	13.00	89.50	3.10.18	28
25.	VIC HARLEY	28.30	87.37	3.11.07	26
26.	DAVID BRETT	---	87.37	3.11.52	--
27.	DAVID CAROLANE	---	87.37	3.12.16	--
28.	JOEN McDONNELL	34.00	87.37	3.14.30	25
29.	MURRAY WATSON	33.30	93.02	3.17.25	27
30.	ALAN JONES	47.30	88.10	3.25.28	22
31.	KOM BUTKO	28.30	96.19	3.27.49	29
32.	GEORGE WILSON	101.00	109.02	N.T.T.	--
<u>LATE STARTERS</u>					
	MARTIN THOMPSON	20.00	78.25	3.11.49	--
	LEIGH THOMPSON	57.00	90.28	3.14.26	--

DID NOT FINISH:

Terry Harrison	John Morris	Terry Phelan	Ray Harbert
Paul Twining	Neil Gray	Ian Minter	Vic Fox
Kevin Onley	Ian Gaskell	Phil Hamer	Bill Harrison
Brian Lanyon	Doug Trembearth	Bob Greenway	Col O'Brien
Rod Mackinney	Mike Porter	Jim Beisty	Jeff Peterson
Peter Phillips	Jim Mason	Roy Thomas	Stephen Thomas
Mike Hennessy	Bill Allamby	<u>FASTEST VETERAN</u>	<u>E. BAXTER.</u>

TRARALGON MARATHON No.3. 5th JUNE, 1970. Fine sunny weather. 32 starters

1. D. Clayton	S.S.H.	2.13.39	14. A. Hicks	Brighton	2.59.28
2. L. Wells	G'hunt.	2.32.07	15. A. Thomson	Box Hill	3.13.00
3. C. Eaton	Oakleigh	2.33.05	16. C. Collins	Trar.Hr.	3.14.06
4. J. Morris	M.Univ.	2.33.49	17. J. Turpin	Trar.Hr.	3.14.06
5. R. Jeffery	Trar.Hr.	2.35.02	18. N. Lowe	Beaumar	3.20.61
6. J. Bermingham	Trar.Hr.	2.40.22	19. L. Jones	Chelsea	3.23.07
7. B. Hicks	Brighton	2.46.40	20. R. Webb	F'ston	3.23.07
8. G. Henry	Trar.Hr.	2.48.12	21. L. Rumble	Trar.Hr.	3.24.16
9. J. Beisty	G'hunt.	2.50.29	22. N. McLeish	O.Scotch	3.31.21
10. H. Tiller	G'hunt.	2.50.57	23. L. Thompson	Trar.Hr.	3.32.53
11. M. Thompson	Trar.Hr.	2.51.43	24. B. McInerney	S'vale	3.37.37
12. E. Baxter	Croydon	2.53.19	25. G. Wilson	S.S.H.	4.19.23
13. M. Hubbert	R'mond.	2.57.42			

Clayton's time is the fastest run for the distance in Australia.

WALLY SHEPPARD REPORTS ON THE "MASTERS"

After arriving at San Diego, eight days were available for final training and acclimatisation. The latter presented few problems as the weather was ideal - temperature usually in the 80's. This made racing conditions a little difficult in the early part of the daily programme which started at 3.00.p.m., but conditions soon improved.

Competition was conducted over three days and all events both track and field were included, except the triple jump. On the fourth day, Sunday, the Marathon and 20 Kilometres Walk were held with a start at 6.30.a.m. to dodge the heat.

There were about 300 entrants and 600 entries and all events were contested in 3 Divisions - 40 to 49 years; 50 to 59 years; and 60 years and over. Entries have increased each year since they started in 1968 and interest continues to grow. Although United States athletes dominated, there were entries also from Mexico, Jamaica, Canada, Germany and Australia.

While there I met Peter Wood (Ex Melbourne University) and John Kelley (Ex East Melbourne). Peter ran in distance races while John won both walks. He told me he trained with Franz Stampfl as a field games man in those days.

The Championships will be held again at San Diego in July 1971, but may move to Portland, Oregon in July 1972. It is possible that an International Meeting may be held in Europe in August, 1972, just prior to the Munich Olympic Games. I will be supplied with information in this regard and will be happy to pass on details to anyone interested.

Hospitality was extremely generous and the friendliness and helpfulness of the members of the San Diego Track Club and people in the community ensured that my stay there was a happy one.

Competition was keen and there were few easy victories particularly in the 40 - 49 group. In the half mile the leaders went through the 440 in 56.8 with me following in 58.0, too fast really, but I had to be with them if I was to try to win. My time was 2.03.6 compared favorably with my best 1969/70 track time of 2.03.0, especially in view of the fast first lap.

In the mile I elected to follow the 880 winner who was reputed to be an "Iron Man" but he failed to back up and ran poorly. As a result I allowed a gap to develop after the third runner and set myself too difficult a task. Even so, my time of 4.39.4 (best 1969/70 - 4.38.4) was good.

I treated the Marathon as a "fun run" as I had concentrated my training on the 880. I did not expect to finish, but did so in 3 hours 33 minutes, which although slow, was still satisfying.

There were 2 outstanding performances in my opinion. First, the throw of 229 feet with the javelin by Bud Held was a quality effort. The second was the programme undertaken by Walt Frederick, 62 years, who competed in the 440 yards (1st. - 1.15.2) the 880 yards (2nd. - 2.49.1) the mile (2nd. - 6.07.7) the 2 miles (1st. - 13.26.9) the 3 miles (1st. - 20.51.6) the 6 miles (1st. - about 44.0) the 440 yards leg of one relay and the 880 yards leg in another relay. On the Sunday, he then ran the marathon (1st. - 3 hours 43.8s.) He also threw the javelin 92'3". I thought this was a fantastic performance and it should make all athletes consider their own level of fitness.

Two other Aussies competed, Col Junner (Western Australia) and Cliff Bould (Western Australia) who once ran with St. Stephens Harriers. Cliff was the most successful, winning the over 50 2 Miles (11.18.5) the 3 miles (17.19.5) and the 6 miles (36.40). He is able to push himself to the limit, and did so in each race. His determination is outstanding. Colin was 3rd (32.14.5) in the 6 miles and 3rd (2hrs.48m.7s.) in the marathon. He is a typical casual Australian and in the marathon took no fluid during the race, even though it was hot and humid. Col said it was his first marathon in a "Sauna". He relied on sponging to keep cool, but could not find a station late in the race. About a mile from the finish he saw a fish pond in a front garden and decided to cool off there. He stepped in to make splashing easier and discovered - "kerplunk" - the pond was four feet deep.

Apart from minor scratches to arms and legs no harm was done, and duly cooled off he completed the course.

The trip was a great experience from every point of view. It was made possible by the generous support of my Club, Richmond Harriers, under the direction of Ray White and Mike Hubbert. They were supported of course by many athletes and friends from all clubs. I am also indebted to Ron Clarke who arranged for my travel expenses to be underwritten to a considerable extent by a leading sporting footwear firm.

Through the "Newsletter" I would like to express my sincere thanks to all who contributed.

Some results were:-

100 Yards.	G. Rhoden (Jamaica)(43)	10.3 secs.
220 Yards.	R. Stolpe (U.S.A.) (45)	23.0 secs.
440 Yards.	W. Kleinsasser (U.S.A.) (42)	52.7 secs.
880 Yards	W. Kleinsasser (U.S.A.) (42)	2.01.1.
	J. Vantatenhove (U.S.A.) (40)	2.01.2
	W. Fitzgerald (U.S.A.) (45)	2.01.4
	W. Sheppard (Aust.) (48)	2.03.6
1 mile.	J. Vantatenhove (U.S.A.) (40)	4.31.8
	P. Mundle (U.S.A.) (42)	4.34.2
	J. Bessel (U.S.A.) (40)	4.36.8
	W. Sheppard (Aust.) (48)	4.39.4
2 miles.	P. Mundle (U.S.A.) (42)	9.49.8
	J. Bessel (U.S.A.) (40)	9.53.3
	J. Vantatenhove (U.S.A.) (40)	10.01.8
3 miles.	G. Parnell (U.S.A.-Ex Britain) (40)	15.35.8
	(a tactical race)	
6 miles.	P. Mundle (U.S.A.) (42)	31.36.8
	G. Parnell (U.S.A.) (40)	31.53.3
	C. Junner (Aust.) (48)	32.14.5
Marathon.	G. Parnell (U.S.A.) (40)	2.45.10.2
	E. Wake (U.S.A.) (40)	2.47.08
	C. Junner (Aust.) (48)	2.48.07.
1 Mile Walk	J. Kelley (U.S.A.) (40)	7.12.5
	H. Laskou	7.36.3
20 Kilos Walk.	J. Kelley (U.S.A.) (40)	1 hr. 42.55
	D. Johnson	1 hr. 57.10
	H. Laskou	1 hr. 57.42
120 Yards Hurdles	A. Barnard (U.S.A.) (41)	15.1
(Intermediate)	T. Rademacher (U.S.A.) (45)	15.4

San Diego is a city with a population of 750,000 with a morning and evening paper and four Television Stations. Publicity was tremendous, with articles and pictures appearing in both papers for about seven days prior to the meeting, and, of course, a daily coverage of the events with stories and full results.

Interviews were taped in colour at all four T.V. Stations and played during the evening and late news.

The three Australians and Jim Hartshorne, a New Yorker, also appeared at a Press luncheon and gave a brief statement on their careers.

We were then quizzed by the Sports Reporters and Sportscasters.

All considered, the publicity was first class and was a real eye-opener to someone from Melbourne, Australia.

VICTORIAN AMATEUR ATHLETIC ASSOCIATION

TRACK AND FIELD SEASON - 1970-71

Date (Saturdays unless specified.)	Event	Venue
<u>1970</u>		
Oct. 17	Pre-Season Trials, Mentone A.A.C.	Dolamore Oval
24	Pre-Season Trials, Mentone A.A.C.	Dolamore Oval
Nov. 2	(Mon.) Vict. Marathon Club 8km/5mIs. 6.P.M.	2 Bridges Course,
7	All Schools Championships.	Olympic Park.
14	Interclub Day 1.	
16	(Mon.) Vict. Marathon Club 12km/7½m. 6.p.m.	2 Bridges Course,
21	Interclub Day 2.	Olympic Park.
28	Interclub Day 3.	
30	(Mon.) Vict. Marathon Club 16km/10m. 6.p.m.	2 Bridges Course,
Dec. 5	Interclub Day 4.	Olympic Park.
10	(Thur.) Special Meeting 7.30.p.m.	Olympic Park
12	Interclub Day 5.	
16	(Wed.) Sandringham A.A.C. (Night)	Sandringham.
19	Interclub Day 6.	
21	(Mon.) Vict. Marathon Club - "Masters Mile" "Emil Zatopek" 10,000 Metres. Olympic Pk.	6.p.m.
<u>1971</u>		
Jan. 1	(Frid.) Croydon A.A.C. (Afternoon)	Croydon Park.
2	Victoria versus South Australia.	Olympic Park.
9	Interclub Day 7.	
16	Interclub Day 8.	
16)	Shell East Coast Sub-Junior Meeting.	Brisbane
17)		
20	(Wed.) Sandringham A.A.C. (Night)	Sandringham
23	Interclub Day 9.	
30	Interclub Day 10.	
31	(Sun.) Junior Pentathlon Championship)	Sandringham
Feb. 1	(Mon.) Decathlon Championship)	
	Decathlon Championship, Relay Champs.	Sandringham
1	(Mon.) Warragul A.A.C. (Afternoon)	Warragul
6)	Track & Field Championships of Victoria, (Open, Junior and Sub-Junior)	Olympic Park
7)		
13)		
14)	(Sun.)	
20	Interclub Day 11	
21	(Sun.) Hakoak-Ajax A.A.C. Jewish Championships) Victorian 10,000 Metres Championship)	Olympic Park
24	(Wed.) Sandringham A.A.C. (Night)	Sandringham
27	Interclub Day 12	
28	(Sun.) Moomba Championships, 100 Yds, 1 mile, 3 Miles Champs; Relay Championships	Olympic Park
Mar. 3	(Wed.) Sandringham A.A.C. (Night)	Sandringham
6	Interclub Day 13	
12	(Frid.)	
13	(Sat.) Track & Field Champs. of Australia	Brisbane
14	(Sun.)	
20	Interclub Day 14	
27	Interclub Day 15	
Apr. 3	Strathmerton Carnival	Strathmerton

CLOSING DATES FOR ENTRIES:

Junior Pentathlon, Decathlon, 1st Day Relays (4x100m, 4x400m, Jun. 4x200m,
Sub-Junior 4x100m) 11th January, 1971.

Track & Field Championships of Victoria (including 10,000 Met.) 18th Jan.

Moomba Championships - 100yds, 1 mile, 3 miles; 2nd Day Relays, (4x200m,
Jun. 4x100m, 4x400m, Sub-Jun. 4x200m.) 9th February.

V. A. A. MARATHON CHAMPIONSHIP. WERRIBEE. SATURDAY AUGUST 22.

After a succession of windswept competitions, a mild day with a light breeze augured well for a successful race.

An entry of 94 runners had been received, but by the time the starter called competitors into line, scratchings had reduced the field by a third.

Although the bulk of the mob tended to seek a pace to suit their own particular aim of finishing the course in a reasonable time, the seasoned men with prospects of a place in the Victorian Team for the National Title immediately struck a pace which aimed at close to 2 hours and 20 minutes.

A bunch of 11 strong led by IAN MINTER, with clubmates NORM DUFF, RAY HARBERT, PAUL O'HARE, MIKE BOYLEN, title holder PETER BRUCE, New Zealand's TERRY MANNERS, TOM KELLY, COLIN EATON and TERRY PHELAN went through the 2 miles in 10.42. Stringing out behind were RAY WHITE, 10.50, MARTIN THOMPSON, 11.10, JOHN KNEEN 11.14, ROD MACKINNEY 11.18, RICHARD JEFFREY 11.20 and then a wide gap to the next lot.

Virtually nothing changed to the 10 miles point, except for the gaps widening between the different groups. The leading bunch timed at 53.21, Kelly and Manners 5 seconds behind, White 54.59, Mackinney 55.55, Jeffrey and Kneen pairing at 56.53, FRANK CORR on his own 57.47, BILL ALLAMBY 59.55 and Thompson slipping back to be just on the hour.

At the turn Manners had rejoined the leaders in 69.23, while Kelly had a "patch" to be 69.48, O'Hare faring slightly worse for 70.40. Mackinney, lacking sparkle, was closing in on an unhappy looking White, the former 72.23 to the latter's 72.05.

Approaching the "Watershed" at the 16 miles mark, the leading bunch was still turning in 5.20's to pass in 85.32, but the strain showing. Duff, Manners, Bruce and Minter made a foursome as Harbert dropped out. Phelan, 85.55, and labouring, was just ahead of Kelly, 86.00 and Eaton and Boylen 86.02 and fading. O'Hare was 2 minutes behind them with Mackinney, White, Kneen and Jeffrey strung out behind but in sight of each other. The gap to Corr was now a further 4½ minutes with the rest of the field in one's and two's.

Manners now came into his own as he maintained almost the same pace while the others began to slow, except for Kelly making up ground. Manners went through the 20 in 107.12, Duff, 108.09 and Kelly, 108.23. Minter had dropped out and Bruce retired shortly after, Boylen was out too, Eaton and Mackinney retired later as they were making no impression on the leaders.

At 23 miles Manners had established his superiority by over 3 minutes, as Kelly was overhauling his old rival Norm Duff, and went steadily further away to a well deserved victory.

Kelly, O'Hare, Jeffrey, Kneen, Byrnes, Stafford, Handasyde, Corr and Oehr established personal best times. Several of these lads are virtual novices at marathon running.

The organisers, the V.A.A.A. Cross Country Organising Committee, and the Officials Club had the race well controlled, but the number of visitors' cars constituted a sizeable traffic problem. Exhaust fumes are not in the best interest of runners either, so it would be far better if enthusiasts in cars made for vantage points where they can be well off the road and wact proceedings from there rather than pushing past the runners every few miles.

LOOKING AHEAD TO 1972 - XXth OLYMPIAD AT MUNICH- WINTER GAMES AT SAPPORO.

The first of these fixtures will be the Winter Games at Sapporo (Japan) in the month of February. In the space of 100 years Sapporo has grown from a land of marauding bears and other wild life to a well planned city of about a million inhabitants.

The "Flame" for these Games will be lit at Olympia in Greece in December, 1971, flown to Tokyo by air, arriving in January, then relayed by roads to, finally reach Sapporo on the Island of Hokkaido in time for the Opening Ceremony in February.

A second "Flame" will be lit at Olympia later and will be carried over the roads of Europe by relay runners each running a distance of about 1000 yards. As the course of the relay will cover some 4000 Miles, a major task of organisation is being prepared to permit the torch to arrive at the Opening Ceremony at Munich on the 26th of August. Each runner will retain the 'handle' of the torch (total weight of 1½ lbs) as a souvenir of his or her participation in the relay.

The Games at Munich will continue until the 10th of September.

One of the highlights of the Munich Games will be the participation by some 20 sailing ships from the small number now remaining seaworthy in a "Windjammer Race" off the coast of Kiel on the 3rd of September.

There will be a religious Centre within the Village, jointly erected by the Roman Catholic and Protestant communities. It will have prayer and meditation rooms available to other denominations.

Some idea of the lengths to which the Organisers are going to make the Munich Games the best ever can be gleaned from the following details:-

1. Traffic on two levels in the Village - motorised on ground level with pedestrians on raised pathways.
2. Mini-buses allotted to each team - to be used for the exclusive use.
3. The showpiece of the Munich skyline will be the 800,000 square feet of tentlike roof covering most of the stadiums and the connecting walks between them as protection against inclement weather. The material to be used is a transparent and translucent synthetic, slightly tinted but permitting light to come through without interfering with color photography or television.
4. The Village is being prepared for 12,000 athletes and team personnell. Only one person will be allotted to rooms of 144 square feet or less. No matter what the size of the rooms in excess of these figures are, there will be a limit of two persons per room.
5. Every conceivable type of shop will be available within the Village to cater for the many and varied requirements of the visitors from all countries of the world.
6. Catering facilities will be geared to provide for up to 12,000 meals within the space of 2½ hours. (Ray Rigby of "eating fame" excepted)
7. A new and partly underground branch line of the existing railway system is nearing completion. This will run from the centre of the Munich City to the heart of the Village and will be able to handle crowds of up to 26,000 persons per hour.
8. From the 16 different types of running track now available the German product "REKORTAN" has been selected for the athletic competitions on the Main Stadium and for the four training tracks in the Village itself. In addition to having all the known qualities of the "Tartan" tracks it will have the added quality of being fireproof.

Accommodation for the public will be taken care of too. There are 24,000 beds available in Munich hotels, motels and boarding houses, a further 20,000 in the suburbs, and a reserve of 70,000 in outer districts.

The sale of tickets and the reservation of accommodation is being restricted to one company in each country. Thos Cook and ons have been nominated to carry out this task in Australia and it is expected that they will commence operations on sales and bookings early in 1971.

There will be 1112 Medals presented at the XXth Games at Munich.

HOW MANY WILL COME TO AUSTRALIA - HOW MANY WILL BE COMING TO OUR ATHLETES?

It sure was a huge mob when we got to the Camberwell Civic Centre for the launching of a new refreshing liquid (No, no hops and malt in this one!!) and not only a few familiar faces from athletic ranks. A film on training, injuries and fitness followed by answers from a panel of sporting experts as well as a free basket dinner with liquid refreshments acted like a magic magnet.

The whole thing developed into an oversized and chatty club night with plenty of plugs for the new drink, but little useful as far as detailed information on the featured subjects was concerned. The film was trying to cover too much and barely rose above the level of the usual magazine article on sport for general public consumption. Most of the questions from the audience, they were picked over by the compere we presume, covered the same familiar ground and often became material for lighthearted banter from the platform.

Our coaches and sports medicos really need a much smaller and informed audience to develop a campaign for better understanding of the problems involved in sport and physical conditioning. There is of course the question of expense and facilities for such ventures, but it might be worth a try for the V.A.A.A. Coaching Committee, in conjunction with similiar bodies in other sports and special interest groups such as the Walkers' and Marathon Clubs, to promote occasional lectures and discussions along these lines.

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Being in the book trade I often come across people who are looking for books which are going to be helpful to their particular sport, as well as others who are looking for a lift suitable for sports enthusiasts. Just like books on any other subject, plenty is written (you could even say "churned out") but only a very small percentage survives the test of time.

In Athletics, there has been little in recent years to enthuse about and the best buy for any money appear to be the following:

GENERAL: "Athletics for Student and Coach", Dennis Watts (Pelham Books)
This is first class for school use. \$3.90.

"Illustrated Guide to Olympic Track and Field Techniques", Wilt. (Faber). The best picture sequence and commentary on all events so far. Based on Tokyo experiences. \$7.00

"Get Fit the Champions' Way", Corrigan (Souvenir Press)
A lucid exposition of the problems involved, excellent to promote lay understanding. \$3.55.

TRACK: "Track Athletics", Marlow & Watts (Pelham Books)
For the more advanced student and coach. \$3.90

DISTANCE: "How they train", Wilt (Track & Field News, USA) Was first published in 1959 and since revised, added to, etc., is still the most stimulating collection. About \$2.50.
Books by Cerutti, Liddiard, Clarke and several others contain valuable passages, but generally require a fair amount of previous experiance to re-work the ideas for the reader's own use.

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A farewell meeting is planned by the V.A.A.A. for Thursday, December 12th, as a token of appreciation of the performances by some of our leading athletes who indicated that they would retire from top competition subsequent to the Edinburgh Games. RON CLARKE, as far as we know is the only one whose intentions are firm in this regard, and as a member of the V.M.C. of some years standing, which included the holding of our "Emil Zatopek" Trophy, we can assure him of our best wishes of our Club. We even hope that Ron will continue to take an interest in the future of distance running by retaining his membership.

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MEMO DEREK CLAYTON reported as saying "Marathon running is a stupid sport" in the Herald of 31/7/1970.

There is no such thing as a "stupid" sport, only "stupid" statements of infinite variety coming from sportsmen, writers and officials.

Furthermore, what may be stupid to one is not necessarily stupid to the next.