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NAME

ADDRESS

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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 of articles are asked to note that material for publication must be submitted on single spaced TYPED foolscap, irrespective of length, but 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 Fastest 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 with 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.

INTERSTATE COMMUNICATION - LINES OF COMMUNICATION:-

AMATEUR ATHLETIC UNION OF AUSTRALIA
Mr. A. J. Hodsdon, M.B.E., 31 Carlingford Road, EPPING.
2121. NEW SOUTH WALES.

<p>NEW SOUTH WALES: Mr. C. D. Lee, A.A.U. of N.S.W. Office, 280 Pitt Street, SYDNEY. 2000</p>
<p>SOUTH AUSTRALIA: Mr. R. E. Graham, O.B.E., P.O. Box 231, G.P.O., ADELAIDE.</p>
<p>VICTORIA: Mr. A. L. Morrison, 12 McKillop Street, MELBOURNE. 3000</p>

<p>QUEENSLAND: Mr. J. Bailey, P.O. Box 1554V., G. P. O., BRISBANE. 4001</p>
<p>TASMANIA: Mr. N. J. Ruddock, 761 Sandy Bay Road, SANDY BAY, 7005 HOBART.</p>
<p>WESTERN AUSTRALIA: Mr. F. T. Treacy, 33 Selkirk Street, NORTH PERTH. 6006</p>

The athletic year got away to a fast and furious start as far as the V.M.C. is concerned. Attendances are at unprecedented levels with 89 at the 10 Miles Opener around Princes Park, a stampede of 140 setting off in the "Fallen Comrades" and 99 at the Sunday run for the 15 Kilometres at the "Lake". Membership already stands at 175.

Somewhere near 40 members made their way down to Dolamore Oval for the 24th Annual General Meeting, on a miserable night, April the 3rd. Our President, ALF O'CONNOR, was not able to attend owing to illness, so the meeting was ably chaired by WALLY SHEPPARD.

The Annual Report, which was circulated to members in the last NEWSLETTER, as well as the Financial Statement and Balance Sheet, was received and adopted with quiet satisfaction. Similarly, the meeting adopted the fixtures as already circulated.

Election for Officebearers for 1970/71 resulted:

President:	ALF O'CONNOR	Secretary:	FRED LESTER
Vice-	KEN FRASER	Treasurer:	DOUG OLIVER
Presidents:	WALLY SHEPPARD	Asst. Sec.	HARRY LOGAN
	JIM CRAWFORD	Asst. Treas.	GEORGE WILSON
	MARTIN THOMPSON	Committee:	ROGER ELLIS
	NORM DUFF		
Handicapper	SAM HILDITCH	Club Captain	NEIL RYAN
	BERT ELLIS		

The two vacancies on the Committee are to be filled during the year.

During discussion of General Business, the meeting expressed satisfaction with the publication of the V.M.C. Newsletter as a means of maintaining a regular periodical for the information of all interested in distance running.

A final donation of \$25.00 to the Australian Harrier, to assist in liquidating the debts incurred by its Editor, Frank McCaffrey, was approved.

Another resolution was to honour the untimely death of member GEOFF WATT by awarding a special trophy to the winner of this season's V.M.C. Marathon Championship.

At the conclusion of the meeting, RALPH DOUBELL, 800 Metres Gold Medallist of Mexico City Olympic Games, addressed the gathering and answered numerous questions. Ralph outlined some of his own ideas and methods on training and emphasised that training was very much an individual affair, where everyone has to find out what is of greatest help to oneself. There are no blueprints or schedules to fit all occasions. His frank and thought provoking comments were very much appreciated by all those present.

Since the Annual General Meeting, we have had three races as mentioned at the beginning of this Newsletter and V.A.A.A. events have also commenced. Of the problems evident this year is the lack of competition suitable for the younger age groups, particularly in the under 15's.

One of the difficulties is the time factor, as several distance races following each other could mean finishing in the dark for the last ones. We are considering letting some of the younger brigade run at our events, but over a shorter distance than the main race and on a trial basis to test the feasibility of special events for them. The fact is that several youngsters have set out with the runners in our open events, competition which is outside their capabilities at this stage.

Welcome news reported back from the A.A.U. Conference is the abolition at long last of the rule requiring Medical Certificates for those intending to start in a Marathon Race. This example of mid-Victorian thinking managed to survive far too long, much to the annoyance of both runners and medical men.

Since the Annual General Meeting your Committee has met to examine progress to date and put into effect decisions taken. We had a letter from FRANK McCAFFREY, who is still trying to find ways and means of putting Australian Harrier back on its feet. Another letter was from IAN LEEDER, who, owing to lack of competition down Geelong way and the expense of travel involved, has joined the professional ranks and sent the V.M.C. his best wishes for the future. Ian was a regular member of our Club for some years and we wish him well.

In view of the increased membership and attendances at our fixtures, your Committee also decided to add to the prize list in the following manner:-

Delete from the present list of prizes the Fastest Veteran Category (only applicable in two races)

Add to all Open Handicaps a Special Prize for the 1st Junior (U.19) and the 1st Veteran (Over 40) on handicap, equivalent to 2nd Prize in the Open Section.

If the winner in the special category also qualified for a Prize in the Open Section, he has the right of accepting the higher amount when applicable. A gap so created is then filled by the next in line in the Open Section.

No competitor can take out more than one Prize in any one race.

The Treasurer reported a Bank Balance of \$928 and recommended that \$500 be put into short term investment, as on present indications we were not in need of such a large working capital to meet current commitments. This was approved and the prize money increased as outlined above.

It is also very good to note here that in the main, V.M.C. members have rolled up to our Fixtures well on time and it has been borne out in practice that checking in 1 hour prior to starting time is necessary to prevent late starts and finishes. Please keep it up, we do not want to reach the stage when we have to say "Sorry, you can't run - you are too late"

Fred Lester.
Secretary - V.M.C.

V.M.C. Dates Remaining:

June 6. Traralgon Marathon - Traralgon
June 15. V.M.C. 20 Kilometres - Albert Park. 2.30.p.m.
June 27. V.M.C. 20 Miles KING OF THE MOUNTAINS - Point Leo - 1.30.p.m.
July 25. V.M.C. MARATHON - Tyabb. 1.00.p.m.
Aug. 15. Country Marathon - Bendigo.
Aug. 22. V.A.A.A. - MARATHON - Werribee.
Aug. 29. 20 Kilometres - Warrnambool.
Sept.13. "Geoff Watt" Half Marathon - Warragul.
Sept.26. A.A.U. - MARATHON - Werribee.
Oct. 11 V.M.C. - 1 HOUR, 4 MILES & 2 MILES TEAMS,
VETERAN SPECIAL, 2 MILES.

SOME INTERESTING FACTS FROM THE PAGES OF THE V.M.C. MINUTE BOOK:

1946. September 23. Foundation Meeting. President: PERCY CERUTTY.
1947. March 5. First Annual General Meeting.
Fee: 5/- (50¢) Secretary: "SNOWY THOMPSON"
1952. April 16. Ann. Gen. Meeting: Membership Fee - 7/6d.
Marathon Prizes : 15/-; 10/-; 7/6.
1959. March 20. 13th Ann. Gen. Meet. Membership Fee:
Senior 10/-; Junior 5/-.
1962. March 30. 16th Ann. Gen. Meeting:
Paid up Membership - 41
1965. April 2. 19th Ann. Gen. Meeting:
Paid up Membership - 91
1970. April 3. 24th Ann. Gen. Meeting:
Paid up Membership - 185.
Fees: Senior \$1.00; Junior 50¢

V. M. C. 10 MILES CLUB CHAMPIONSHIP. PRINCES PARK. 11th APRIL 1970

93 starters - 69 finished. Weather - cool and humid, strong breeze.

F.T.			Hand.	Hand.Pl.
1.	IAN MINTER	52.11	4.50	2
2.	BRUCE HICKS	52.12	7.25	1
3.	BARRY CROCKER	52.39	3.15	16
4.	TOM KELLY	52.53	4.50	E 6
5.	COLIN EATON	53.50	4.25	17
6.	BOB GERARD	53.54	5.55	E 4
7.	NORM DUFF	54.21	4.40	20
8.	GEOFF GREEN	54.28	5.30	12
9.	TERRY HARRISON	54.35	5.00	19
10.	MIKE BOYLEN	54.51	7.25	3
11.	FRED HOWE	54.59	7.00	E 4
12.	IAN LEEDER	55.07	3.50	31
13.	ROB WARD	55.18	-	-
14.	MIKE McINERNEY	55.32	6.20	14
15.	PETER SHARE	55.46	6.40	13
16.	ACHILLE SANSONETTI	55.48	-	-
17.	ALBERT BAMBROUGH	56.10	-	-
18.	MALC KIRKWOOD	56.31	6.30	23
19.	JOHN MORRIS	56.47	7.25	15
20.	GRAEME YOUNG	57.33	-	-
21.	JIM BEISTY	58.04	9.50	8
22.	BOB WALLACE	58.12	6.20	35
23.	IVAN DAVIDSON	58.16	7.30	28
24.	KEVIN CUMMINS	58.21	10.00	9
25.	GEOFF HALL	58.31	8.20	25
26.	MICHAEL MURRAY	58.55	10.15	10
27.	MURRAY WATSON	58.56	-	-
28.	PAUL TWINING	58.56	-	-
29.	RAY HERBERT	59.00	8.50	24
30.	JOHN VISSER	59.21	10.25	11
31.	SILVIO RADOSLOVIC	59.30	-	-
32.	JEFF PETERSON	59.50	-	-
33.	DAVE INNES	59.54	10.10	21
34.	BOB SCHOCKERT	60.07	8.00	37
35.	MIKE HUBBERT	60.42	9.10	33
36.	BILL WARR	60.53	11.25	18
37.	STEVE SZEGEDI	61.55	8.55	41
38.	SAM HILDITCH	62.02	11.20	27
39.	ALAN HICKS	62.12	11.20	29
40.	CON BUIKO	62.27	-	-
41.	NORM WALFORD	63.37	-	-
42.	ARCHIE THOMSON	63.40	13.15	26
43.	RON HALL	63.40	10.55	40
44.	HANS TILLER	63.51	-	-
45.	ROB CUTLER	63.58	-	-
46.	PETER McGREGOR	64.03	-	-
47.	MICK SKINNER	64.38	8.45	44
48.	MIKE CUMMINS	64.47	12.25	38
49.	KEN FRASER	65.28	13.35	36
50.	BRIAN LANYON	66.01	15.05	30
51.	PETER O'BRIEN	66.37	10.25	46
52.	MIKE KNIGHT	66.43	-	-
53.	RON CHAMBERS	66.48	-	-
54.	BOB CROKER	66.55	14.20	39
55.	DARRYL THOMPSON	67.31	-	-
56.	VIC HARLEY	68.12	12.10	45
57.	ADRIAN NEVE	68.17	-	-
58.	GEOFF BAIRD	68.45	-	-
59.	RAY BOXER	68.53	16.05	34
60.	WALLY RILEY	71.03	23.00	E 6
61.	RUDY GEPPERT	72.00	-	-
62.	GRAEME SCOTT	73.14	-	-
63.	MIKE PORTER	73.56	18.10	43
64.	DON MURPHY	74.04	-	-
65.	RAY THOMAS	75.05	19.30	42
66.	ALAN JONES	75.55	18.00	47
67.	ROY BARRATT	77.13	25.50	32
68.	GEORGE WILSON	81.08	31.15	22
69.	ARTHUR BUTLER	98.14	38.10	48

140 starters. 129 finished. Weather - cool and windy.

F.T. Pl.	Name	Handicap	Actual Time	Handicap Place
1.	TREVOR VINCENT	1.00	37.26	55
2.	PETER BRUCE	2.15	37.45	38
3.	IAN MINTER	3.10	37.55	21
4.	BRUCE HICKS	3.10	38.07	24
5.	ROGER ELLIS	2.40	38.28	45
6.	TOM KELLY	4.05	38.42	20
7.	BOB GERARD	5.00	38.52	13
8.	GEOFF GREEN	4.05	39.03	25
9.	COLIN EATON	3.10	39.38	E 56
10.	TERRY HARRISON	3.45	39.43	49
11.	NORM DUFF	3.15	39.45	62
12.	FRED HOWE	4.25	40.04	41
13.	NEIL McLENNAN	2.20	40.10	79
14.	BOB WALLACE	4.35	40.15	E 42
15.	JIM HUNT	-	40.22	-
16.	PAUL TWINING	7.00	40.28	7
17.	IAN BASKELL	4.40	40.31	46
18.	KEN DICKSON	6.30	40.32	14
19.	DON COX	-	40.34	-
20.	HUGH WILSON	-	40.44	-
21.	JOHN MORRIS	5.45	40.49	27
22.	DAVID MARBURG	4.05	40.54	E 69
23.	BILL GRACE	-	40.59	-
24.	MARK HENNESSY	6.10	41.00	22
25.	MURRAY WATSON	7.00	41.09	17
26.	JOHN BRUCE	5.00	41.28	E 56
27.	COLIN SEDGMAN	4.55	41.38	68
28.	JOHN SHANAHAN	-	41.41	-
29.	GERRY PLOEG	5.10	41.41	63
30.	TERRY JORGENSEN	5.40	41.43	51
31.	LAURIE WELLS	-	41.43	-
32.	RICHARD JEFFERY	8.00	41.45	12
33.	KEVIN CUMMINS	7.40	41.46	15
34.	BRUCE BALLARD	-	41.46	-
35.	HOWARD BOREHAM	8.30	41.52	6
36.	JEFF PETERSON	8.30	42.02	8
37.	STEVE SZEGEDI	6.40	42.03	E 34
38.	BARRY WHEAR	6.40	42.04	36
39.	MIKE HUBBERT	6.50	42.07	31
40.	ROWAN HARRISON	8.00	42.08	16
41.	ALAN HICKS	9.00	42.10	5
42.	RAY HARBERT	6.45	42.12	37
43.	JOHN STAFFORD	6.20	42.14	48
44.	ROY BEADELL	-	42.21	-
45.	MAX OUSTWOD	6.55	42.27	39
46.	BOB SCHICKERT	6.00	42.29	61
47.	JIM BEISTY	7.30	42.35	28
48.	PETER RAMADGE	-	42.39	-
49.	IVAN DAVIDSON	5.45	42.44	72
50.	DAVID INNES	7.40	42.56	30
51.	FRANK DAVIN	6.45	43.13	E 56
52.	WALLY SHEPPARD	5.55	43.20	74
53.	HARRY HALDANE	7.30	43.22	41
54.	DAVID BYRNES	-	43.32	-
55.	DES WHITE	8.15	43.35	E 32
56.	WOLF VOIGT	4.55	43.37	85
57.	MAX HOLMES	5.30	43.53	83
58.	TONY CAVANAGH	-	43.58	-
59.	MAURICE CREAGH	-	43.59	-
60.	RON CHAMBERS	11.35	44.00	2
61.	RON TAYLOR	-	44.07	-
62.	MIKE CUMMINS	9.20	44.12	23
63.	CON BUTKO	8.55	44.15	E 32
64.	BOB CUTLER	9.50	44.16	18

V. M. C. "FALLEN COMRADES" Continued:-

65.	BILL	WARR	8.50	44.30	E 42
66.	RON	HALL	9.30	44.37	29
67.	TREVOR	ELLIS	-	44.39	-
68.	HANS	TILLER	9.40	44.40	26
69.	SAM	HILDITCH	8.35	44.48	52
70.	BOB	SMITH	11.10	44.53	10
71.	MIKE	KNIGHT	11.45	44.54	4
72.	PHIL	CUFFE	11.20	44.56	9
73.	DENNIS	WATTIE	9.20	44.58	40
74.	GEOFF	HALL	6.10	45.05	86
75.	ALLAN	McDONALD	8.50	45.09	E 53
76.	GEOFF	DAVID	-	45.24	-
77.	NOEL	McDONALD	-	45.25	-
78.	PETER	O'BRIEN	8.15	45.28	13
79.	EDWARD	BAXTER	-	45.31	-
80.	ARCHIE	THOMSON	10.10	45.33	E 34
81.	JIM	CURRIGAN	-	45.36	-
82.	NEIL	GRAY	-	45.50	-
83.	DOUG	OLIVER	9.35	45.54	E 53
84.	DICK	DOWLING	-	46.04	-
85.	KEVIN	SOLOMON	5.00	46.11	90
86.	ADRIAN	NEVE	8.45	46.19	77
87.	MIKE	HENNESSY	9.55	46.23	E 56
88.	TOM	DAVISON	9.00	46.29	75
89.	JOHN	McDONNELL	-	46.37	-
90.	BOB	CROKER	10.55	46.54	50
91.	JOE	CUNNINGHAM	-	46.59	-
92.	BRIAN	LANYON	12.25	47.00	19
93.	PETER	MERRETT	-	47.04	-
94.	NOEL	ANDERSON	10.40	47.22	61
95.		MURPHY	-	47.30	-
96.	PHIL	LEAR	5.55	47.41	92
97.	MARK	VINES	9.15	47.41	80
98.	PETER	FORTUNE	16.00	47.44	<u>1</u>
99.	BERNIE	MURPHY	-	47.53	-
100.	IAN	SMITH	-	47.54	-
101.	MATT	VEALE	10.30	48.08	78
102.	TERRY	HUNTER	-	48.28	-
103.	PETER	WHINNEY	-	48.31	-
104.	KEVIN	ONLEY	12.30	48.58	E 56
105.	BILL	FORD	-	49.08	-
106.	IAN	JACKSON	-	49.19	-
107.	KEVIN	ESMORE	-	49.19	-
108.	BRIAN	RADOMSKY	-	49.23	-
109.	GRAEME	SCOTT	13.00	49.49	E 69
110.	BOB	HUTCHEON	8.20	49.55	91
111.	TERRY	LANGLOIS	-	49.58	-
112.	JOHN	McGILL	13.25	50.03	E 64
113.	NORM	McLEISH	13.15	50.13	71
114.	ADRIAN	PORTER	18.00	50.53	<u>3</u>
115.	TOM	STRICKLAND	-	50.53	-
116.	WALLY	RILEY	17.25	51.09	11
117.	ROLEY	WEBB	13.50	51.23	76
118.	ALAN	JONES	13.30	51.30	81
119.	VIC	HARLEY	9.10	52.36	93
120.	ROY	THOMAS	14.55	52.53	80
121.	MIKE	PORTER	13.35	53.01	88
122.	PETER	PHILLIPS	17.30	53.17	44
123.	DON	MURPHY	14.00	53.22	87
124.	GERRIE	SNEYDERS	-	53.39	-
125.	RAY	BOXER	12.50	53.48	89
126.	TREVOR	MEDWIN	-	54.15	-
127.	ROY	BARRATT	19.20	55.58	E 64
128.	GEORGE	WILSON	23.20	59.58	E 64
129.	ARTHUR	BUTLER	29.00	67.35	84

F.T. Pl.	Name	Handicap	Actual Time	Handicap Place
1.	RAY SOLOMON	2.00	47.19	33
2.	BRUCE HICKS	2.25	47.39	30
3.	GEOFF GREEN	4.20	48.17	E 14
4.	ROGER ELLIS	3.10	48.28	E 31
5.	BOB GERARD	3.20	48.51	38
6.	IAN WHEELER	1.25	49.25	E 60
7.	NORM DUFF	3.55	49.31	41
8.	JOHN BERMINGHAM	10.00	49.52	1
9.	TERRY HARRISON	5.00	50.09	29
10.	GRAEME YOUNG	6.50	50.16	10
11.	IAN WILLIAMS	-	50.38	-
12.	BOB GRAHAM	-	50.49	-
13.	PAUL TWINING	5.30	50.52	35
14.	MAX OUSTWOD	8.25	50.52	3
15.	MAL KIRKWOOD	5.50	51.09	E 33
16.	JIM BEISTY	8.20	51.28	6
17.	GERRY PLOEG	5.25	51.32	48
18.	STEVE SZEGEDI	7.35	51.35	E 16
19.	MIKE MURRAY	7.40	51.37	E 14
20.	ALAN HICKS	7.15	51.46	22
21.	WALLY ROBINSON	3.35	51.57	62
22.	PHIL LEAR	6.35	52.05	37
23.	GEOFF HALL	9.10	52.06	5
24.	RICHARD JEFFERY	7.50	52.08	9
25.	JOHN PHAIR	-	52.18	-
26.	HAROLD HALTON	-	52.44	-
27.	JOHN STAFFORD	7.30	52.48	E 31
28.	JOHN SHANAHAN	7.00	52.49	44
29.	BILL ALLAMBY	5.00	52.56	59
30.	DAVID INNES	9.00	53.04	18
31.	GARY HENRY	13.20	53.13	2
32.	KEVIN SOLOMON	5.15	53.38	E 63
33.	MAX HOLMES	6.25	53.48	57
34.	IVAN DAVIDSON	7.00	54.04	56
35.	NEAL GRAY	11.00	54.11	7
36.	JOHN VISSER	10.00	54.28	21
37.	RAY KELLAR	11.00	54.37	12
38.	SAM HILDITCH	10.45	54.45	E 16
39.	RON TAYLOR	8.30	54.54	50
40.	HANS TILLER	10.35	55.01	20
41.	JOHN MATTHEWS	-	55.04	-
42.	DAVID BYRNES	7.20	55.20	E 60
43.	TONY BROOKS	-	55.24	-
44.	MIKE CUMMINS	10.20	55.27	28
45.	CON BUTKO	10.00	55.41	43
46.	ALLAN McDONALD	11.00	55.49	24
47.	BOB CUTLER	10.00	55.57	E 45
48.	JOHN PRESTON	-	56.16	-
49.	ARCH THOMSON	12.25	56.19	13
50.	MARK BULLIVANT	-	56.30	-
51.	NOEL McDONALD	11.00	56.32	39
52.	TOM DAVISON	11.10	56.45	40
53.	PETER O'BRIEN	10.10	56.52	53
54.	DOUG OLIVER	12.00	56.55	27
55.	JOHN TURPIN	-	57.01	-
56.	MIKE KNIGHT	11.00	57.05	47
57.	BRIAN McINERNEY	11.00	57.08	49
58.	BILL CULLEN	-	57.09	-
59.	MARTIN THOMPSON	8.55	57.18	E 63
60.	GEOFF LONT	-	58.13	-

V. M. C. 15 KILOMETRES - Continued:-

61.	BRIAN	LANYON	13.50	58.27	23	<u>1st Veteran</u>
62.	ADRIAN	NEVE	12.00	58.30	51	
63.	LEN	RUMBLE	11.00	58.49	58	
64.	BOB	CROKER	14.10	59.03	25	
65.	PETER	CULLEN	-	59.22	-	
66.	KEVIN	CUMMINS	7.45	59.23	69	
67.	NORM	McLEISH	14.45	59.39	26	
68.	BERNIE	MURPHY	11.00	59.43	65	
69.	KEVIN	ONLEY	16.15	59.50	11	
70.	JOHN	McGILL	16.40	59.55	8	
71.	ROY	THOMAS	17.35	60.05	4	
72.	PETER	FORTUNE	14.30	60.09	42	
73.	TONY	ZERBST	-	60.35	-	
74.	KEVIN	ESMORE	11.00	60.39	67	
75.	STEVE	THOMAS	-	61.02	-	
76.	GRAEME	SCOTT	12.10	61.15	66	
77.	HANK	BRINK	-	61.23	-	
78.	RAY	BOXER	15.45	61.42	E 45	
79.	ROLEY	WEBB	15.25	62.20	54	
80.	TOM	STRICKLAND	11.00	63.03	70	
81.	ALLAN	JONES	16.45	63.23	52	
82.	WALLY	RILEY	19.15	63.23	19	
83.	BRUCE	INGLIS	11.00	63.29	71	
84.	MIKE	PORTER	16.50	63.51	55	
85.	LEIGH	THOMPSON	13.00	68.25	72	
86.	ADRIAN	PORTER	18.20	69.23	68	
87.	GERRY	SNEYDERS	11.00	69.23	73	
88.	GEORGE	WILSON	28.00	73.27	36	

HANDICAP RESULTS

1.	JOHN BERMINGHAM	10.00	49.52
2.	GARY HENRY	13.20	53.13
3.	MAX OUSTWOUD	8.25	50.52

* * * * *

V. M. C. RECORDS

	<u>ROAD</u>		<u>TRACK</u>	
5 MILES	23.53	I. BLACKWOOD	22.50	R. CLARKE
6 MILES	28.52	R. CLARKE	27.17.8	R. CLARKE
10 KILOS	29.55	R. CLARKE	28.15.6	R. CLARKE
7½ MILES	36.06	R. CLARKE		
15 KILOS	45.01	R. CLARKE		
10 MILES	49.59.6	K. WHEELER	48.25	R. CLARKE
1 HOUR			12M.488Y.	R. CLARKE
20 KILOS	61.58	R. CLARKE		
½ MARATHON	69.05	N. McLENNAN & T. BRAHAM		
15 MILES	1.15.28	R. CLARKE	1.23.31	F. HOWE
25 KILOS	1.18.15	R. CLARKE	1.26.33	F. HOWE
30 KILOS	1.34.35	R. CLARKE	1.44.17	F. HOWE
20 MILES	1.47.23	N. RYAN		
2 HOURS			21M.680Y.	F. HOWE
MARATHON	2.21.59	N. RYAN		
50 MILES	5H. 37M. 40S. by the late G. WATT.			

(By Colin SEDGMAN)

100 METRES. E. BIGBY (Q) 10.5; 2. G. LEWIS (V) 10.5; 3. G. EDDY (V) 10.6.

One of the greatest surprises in the 1970 National Titles came in this event, when in the Final, Bigby outclassed Australia's greatest sprinters. Over the final stages of the race, he moved right through the field to gain selection for Edinburgh.

200 METRES. 1. P. NORMAN (V) 21.0; G. EDDY (V) 21.3; G. LEWIS (V) 21.3.

Once again Norman showed the critics that he is still the nation's No. 1 200 metres man. Worried by Wilson (Q) and Lewis (V) Norman fought every inch of the way to win comfortably from Eddy in the end.

400 METRES. R. WILSON (Q) 46.4; 2. I. KIRKPATRICK (S) 47.0; G. DUTHIE (V) 47.4.

The firm favorite for this event must have been the Queensland youngster Wilson, especially after his 47.9 run in the heats, which was run solely against the clock. It was no surprise to see him breast the tape in the final after that.

800 METRES. 1. R. DOUBELL (V) 1.47.6; 2. N. CLOUGH (V) 1.48.6; 3. K. WHEELER (W) 1.49.0.

It was obvious Doubell would win, so the big question was - Who would fill the placings? Clough took 2.1 secs off his season's Personal Best, to gain second place with Wheeler .4 sec behind. It would have been good to see Noel in the Edinburgh Team to defend his Commonwealth Title.

1500 METRES. 1. C. FISHER (S) 3.41.9; 2. A. MANNING (N) 3.43.9; 3. K. WHEELER (W) 3.44.0.

This race proved to be one of the best events in the titles. The eight finalists were all capable of winning. In the first heat 2.4 secs. separated the four qualifiers, whereas in the second heat only .3 sec. separated the first five over the line, with fourth, Francis, and fifth, Vincent, both recording 3.52.4. In the final it was Fisher who dominated, running each of the three last laps in 58 secs.

5000 METRES. 1. A. MANNING (N) 13.55.8; 2. K. O'BRIEN (S) 13.56.6; 3. R. CLARKE (V) 14.05.6.

This event was the upset of the meeting with Manning outkicking O'Brien over the last 100 metres. During the early stages of the race the lead changed often, with everyone having a crack at pacemaking until Clarke made a move. This split the leading bunch into three breakaways and a tail, until Ron himself got dropped by the other two. The run home turned out to be one of the closest top class 5000 Metres finishes seen in Australia for a long time.

10000 METRES. 1. R. CLARKE (V) 29.26.0; 2. B. NORMAN (S) 30.10.0; 3. J. FARRINGTON (N) 30.10.2.

Before this event got under way, everyone was asking - How fit is Farrington, and would he beat Clarke over this distance? That question was answered for most people when Clarke broke away from the field soon after the 2 miles stage. From then on Clarke just kept going further and further in front. As for the second place Farrington thought all he had to do was to "sit" on Norman, letting the South Australian do all the hard work. That was until Farrington found it a bit too hard trying to pass Norman over the last 150 metres or so.

3000 METRES STEEPLECHASE. 1. K. O'BRIEN (S) 8.34.4; 2. R. HAYWOOD (V) 9.03.0; K. FALLOON (V) 9.06.0.

This clearly was O'Brien's race and nobody was going to take it away from him. Blackwood, a former Steeplechase titleholder, went early with O'Brien but could not maintain the pace. Former champion walker, Ross Haywood, ran well to be second, with Falloon looking a good prospect for Munich in third position.

110 METRES HURDLES. 1. M. BAIRD (V) 14.2; 2. G. KNOKE (N) 14.3; 3. J. LANE (V) 14.7.

With the return of Knoke from overseas, there was someone to push our No. 1. sprint hurdler and Baird was out to retain his title. He did this in fine style with Knoke close up all the way.

1970 AUST. T & F CHAMPIONSHIPS - Continued:

400 METRES HURDLES. 1. G. KNOKE (N) 50.2; 2. C. JACKSON (N) 52.5;
3. H. GILES (Q) 52.6

A great deal of interest was taken out of the final when the fastest qualifier, W. HOOKER (V), retired before reaching the first hurdle, due to a leg injury. KNOKE, an Olympic finalist over this distance, put up a world class time.

3000 METRES WALK. 1. G. NICHOLLS (V) 12.56.6; 2. N. FREEMAN (V) 12.57.8;
3. F. LEONARD (S) 13.10.6.

LONG JUMP. 1. P. MAY (W) 7.47m./24'6"
2. B. FIELD (V) 7.42m./24'4"
3. P. REECE (S) 7.40m./24'3 $\frac{1}{4}$ "

TRIPLE JUMP. 1. M. McGRATH (V) 16.47m./54'0 $\frac{1}{2}$ "
2. P. MAY (W) 16.44m./53'11 $\frac{1}{4}$ "
3. G. BOASE (S) 15.99m./52'5 $\frac{1}{2}$ "

HIGH JUMP. 1. L. PECKHAM (V) 2.14m./7'0 $\frac{1}{4}$ "
2. A. SNEAZWELL (V) 2.08m./6'9 $\frac{3}{4}$ "
3. G. MOSS (V) 2.05m./6'8 $\frac{1}{2}$ "

POLE VAULT. 1. R. BOYD (V) 4.90m./16'0 $\frac{3}{4}$ "
2. E. JOHNSON (V) 4.80m./15'8 $\frac{3}{4}$ "
3. D. STORER (S) 4.05m./13'3 $\frac{1}{2}$ "

DISCUS THROW. 1. W. SELVEY (N) 54.24m./177'11 $\frac{1}{4}$ "
2. L. VLAHOV (W) 53.76m./176'4 $\frac{1}{2}$ "
3. M. KEMP (S) 49.54m./162'6 $\frac{1}{4}$ "

SHOT PUT. 1. P. PHILLIPS (Q) 16.78m./55'0 $\frac{3}{4}$ "
2. M. KEMP (S) 16.66m./54'8"
3. R. RIGBY (V) 15.89m./52'1 $\frac{1}{4}$ "

HAMMER THROW. 1. R. LEFFLER (V) 59.36m./194'8 $\frac{3}{4}$ "
2. R. FRAWLEY (Q) 56.86m./186'6 $\frac{1}{2}$ "
3. G. BRADEN (V) 53.14m./174'4"

JAVELIN THROW. 1. S. KOSCIK (N) 77.88m./255'6"
2. N. BIRKS (S) 71.89m./235'10 $\frac{1}{2}$ "
3. R. SPIERS (S) 69.75m./228'10"

4 X 100 METRES RELAY.

1. VICTORIA 40.7s. (L. FANSHAW, G. HOLDSWORTH,
G. HASKELL, P. NORMAN)
2. N.S.WALES 41.0s. (A. BASHFORD, G. QUILTY,
J. CRUMP, G. JAGGERS)
3. STH. AUST. 41.0s. (A. BRADSHAW, D. STOKES,
J. LAW, I. BOSWELL)

4 X 400 METRES RELAY.

1. QUEENSLAND 3m.10.0s. (R. BURGUEZ, H. GILES,
W. EVANS, R. WILLSON)
2. STH. AUST. 3m.10.5s. (C. WOODS, R. SWAYNE,
L. ROSSER, I. KIRKPATRICK)
3. N.S.WALES. 3m.10.6s. (G. KNOKE, J. COLEBOURNE,
B. WEATHERLAKE, P. HIGGINS)

DECATHLON. 1. G. SMITH N.S.WALES. 7283 POINTS
2. R. FILDES VICTORIA. 6986 POINTS
3. I. ENGLISH N.S.WALES. 6859 POINTS.

RANKING LISTS FOR THE SEASON 1969/1970 (including interstate performances)

100 METRES & 100 YARDS. (Conversions) 1 MILE

1. P. King	10.4
2. J. Ramadge	10.4
3. G. Eddy	10.4
4. G. Lewis	10.4
5. L. Fanshaw	10.6
6. L. Haskell	10.6
7. P. Norman	10.7
8. M. Warlow	10.7
9. D. Vaughan	10.7
10. G. Holdsworth	10.7

1. G. Gledhill	4.04.5
2. A. Benson	4.05.6
3. I. Blackwood	4.06.8
4. R. Clarke	4.07.5
5. T. Vincent	4.07.9
6. G. Crouch	4.08.0
7. J. Coyle	4.09.6
8. J. Dalton	4.10.7
9. T. Phelan	4.11.0
9. I. Jones	4.11.0

200 METRES & 220 YARDS.

1. G. Eddy	20.7
2. P. Norman	20.8
3. G. Lewis	21.0
4. P. King	21.2
5. P. Francis	21.2
6. J. Haskell	21.3
7. J. Ramadge	21.4
8. M. Coglein	21.5
9. L. Fanshaw	21.6
10. G. Bottomley	21.6

5000 METRES

1. R. Clarke	13.46.8
2. I. Blackwood	13.59.6
3. A. Benson	14.00.0
4. T. Vincent	14.16.1
5. G. Walker	14.25.0
6. A. Cook	14.26.8
7. R. Doney	14.27.8
8. B. Crocker	14.34.5
9. K. Falloon	14.36.0
10. B. McLennan	14.38.0

400 METRES & 440 YARDS

1. P. King	47.1
2. G. Lewis	47.2
3. G. Duthie	47.4
4. G. Bottomley	47.5
5. W. Hooker	47.6
6. J. Ramadge	47.7
7. B. More	47.8
8. G. Eddy	47.8
9. R. Doubell	47.8
10. P. Francis	48.0

10000 METRES & 6 MILES.

1. R. Clarke	29.15.4	10,000
2. G. Walker	29.21.0	6m
3. R. Graham	29.29.0	6m
4. K. Falloon	29.38.0	6m
5. I. Blackwood	30.57.0	10,000m
5. N. McLennan	30.57.0	"
7. B. Hicks	30.58.2	"
8. R. Ellis	31.02.0	"
9. E. Coyle	31.08.2	"
10. D. Clayton	31.12.0	"

800 METRES & 880 YARDS

1. R. Doubell	1.46.8
2. N. Clough	1.48.6
3. D. Macgregor	1.50.4
4. M. Geraghty	1.50.8
5. G. Gledhill	1.51.3
6. R. Falconer	1.51.7
7. G. Thompson	1.51.9
8. G. Crouch	1.52.8
9. H. Wilson	1.52.8
10. L. Carney	1.52.9

MARATHON

1. N. Ryan	2h. 21.59
2. T. Phelan	2h. 23.03
3. P. Bruce	2h. 24.07
4. T. Kelly	2h. 26.14
5. H. Van Wijngaarden	2h. 26.16
6. I. Leeder	2h. 26.38
7. W. Robinson	2h. 27.22
8. I. Wheeler	2h. 27.49
9. B. Crocker	2h. 27.53
10. R. Solomon	2h. 29.10

1500 METRES.

1. A. Benson	3.47.0
2. R. Clarke	3.48.5
3. G. Crouch	3.49.2
4. I. Blackwood	3.49.5
5. R. Falconer	3.50.3
6. J. Dalton	3.50.8
7. G. Thompson	3.51.2
8. R. Taylor	3.52.0
9. H. Wilson	3.52.2

3000 METRES STEEPLECHASE

1. R. Haywood	9.01.0
2. K. Falloon	9.06.0
3. I. Blackwood	9.06.4
4. I. Minter	9.06.8
5. G. Walker	9.07.4
6. K. Brady	9.16.5
7. D. Horn	9.17.2
8. E. Coyle	9.20.8
9. J. Stanley	9.25.0
10. J. Kneen	9.25.2

VICTORIAN RANKING LISTS - Continued:

110 METRES & 120 YDS. HURDLES

1. M. Baird	14.1
2. V. Plant	14.2
2. J. Lane	14.2
4. D. James	14.6
5. J. Watkins	14.6
6. P. More	14.6
7. R. Green	14.7
7. R. Needham	14.7
9. R. Moore	14.9
9. J. Heron	14.9

440 METRES & 440 YDS HURDLES

1. W. Hooker	51.1
2. R. Green	51.7
3. G. McNamara	52.2
4. B. Field	52.7
5. G. Bourne	53.0
6. J. Grant	53.7
7. J. Watkins	54.1
8. R. Moore	54.4
9. I. Williams	54.8

LONG JUMP

1. B. Field	25'8"
2. C. Commons	23'10"
3. R. Boyd	23'7"
4. G. Bottomley	23'6"
5. C. McGrath	23'4 ³ / ₄ "
6. R. Buckland	23'0"
7. I. Bentley	22'7"
7. R. Lethbridge	22'7"
9. B. Weinberg	22'4 ¹ / ₂ "
10. I. Andison	22'3 ¹ / ₂ "

TRIPLE JUMP

1. C. McGrath	53'11"
2. D. Commons	50'6 ³ / ₄ "
3. C. Commons	49'8"
4. M. Drew	48'1 ¹ / ₄ "
5. I. Bentley	47'5 ³ / ₄ "
6. J. Douglas	47'3 ³ / ₄ "
7. I. Andison	46'11"
8. B. Davidson	46'9 ¹ / ₄ "
9. R. Buckland	46'5 ³ / ₄ "
10. P. Dungan	46'5 ¹ / ₂ "

HIGH JUMP

1. L. Peckham	7'2"
2. A. Sneazwell	6'10"
3. I. Moss	6'10"
4. B. Burgess	6'9 ¹ / ₂ "
5. M. McFarlane	6'9"
6. P. O'Connor	6'8"
6. D. McMennemin	6'8"
8. J. Taylor	6'7 ³ / ₄ "
9. B. Somerville	6'7 ¹ / ₂ "

POLE VAULT

1. R. Boyd	16'0 ³ / ₄ "
2. E. Johnson	15'9"
3. D. Baird	14'6"
4. R. Beal	13'6"
5. B. Hoare	13'1 ¹ / ₂ "
6. D. McKay	12'6"
J. R. Fildes	12'3"

SHOT PUT

1. R. Rigby	54'11 ¹ / ₂ "
2. P. Soucek	46'5 ¹ / ₂ "
3. R. Fildes	45'4 ³ / ₄ "
4. V. Balodis	45'0 ¹ / ₄ "
5. G. Malachowski	44'9"
6. G. Rose	44'3 ¹ / ₂ "
7. J. McCulloch	44'2 ¹ / ₄ "
8. J. Harry	43'8"
9. P. Wills-Cooke	43'5 ³ / ₄ "
10. W. Haller	43'2"

DISCUS THROW

1. P. Clark	157'1"
2. R. Rigby	148'10"
3. W. Haller	144'11"
4. A. Gusbeth	143'11"
5. N. Christensen	142'0"
6. V. Balodis	141'11"
7. R. Guy	139'10"
8. R. Fildes	135'8"
9. A. Pollock	131'7"
10. T. Fletcher	131'4 ¹ / ₂ "

JAVELIN THROW

1. R. Carlton	254'2"
2. R. Buckland	228'11"
3. P. Steiner	223'11"
4. W. Haller	215'8"
5. C. Dillon	213'10"
6. P. Andrianakis	209'5 ¹ / ₂ "
7. A. Gusbeth	205'6"
8. T. Hancock	198'6"
9. J. Tilmanis	198'5"
10. M. Rubenstein	196'1"

HAMMER THROW

1. R. Leffler	200'9"
2. M. Edwards	178'0"
3. G. Braden	177'0"
4. A. Puopolo	164'6"
5. A. Gusbeth	158'10"
6. R. Rigby	154'6"
7. N. Regos	153'5"
8. A. Pollock	147'10"
9. T. Brooks	147'1"
10. R. Sproul	146'8"

DECATHLON

1. R. Fildes	7034 Points
2. B. Field	6986 Points
3. C. McGrath	6783 Points
4. G. Chambers	6210 Points
5. K. Grimm	6081 Points

3000 METRES & 2 MILES WALK

1. G. Nicholls	13m. 03.8
2. N. Freeman	13m. 14.8
3. R. Gardiner	14m. 07.0
4. R. Wood	14m. 07.4
5. E. Allsopp	14m. 08.4
6. R. Haywood	14m. 24.0
7. T. Mayhew	14m. 40.4
8. G. Laycock	14m. 44.3
9. D. Black	14m. 45.0
10. V. Newmark	15m. 00.0

TASMANIAN MARATHON CLUB - 1 HOUR RUN - RATINGS 1970

No.	Athlete	Club	Miles	Yards	Feet	Inches	Date
1.	A. McCreary	(Sandy Bay Harr.)	11	179	2	2	4/1/70
2.	D. Harries	(Northern Suburbs)	10	1672	2	5	9/2/69
3.	R. Taylor	(Glenhuntly-Vict.)	10	1628	2	2	4/1/70
4.	T. Nailer	(Newstaed Harriers)	10	1568	2	8	8/11/69
5.	P. Boer	(Newstead Harriers)	10	1050	1	11	10/1/68
6.	L. Linsell	(Eastern Suburbs)	10	1018	2	9	10/1/68
7.	A. Cannell	(Eastern Suburbs)	10	967	1	10	4/1/70
8.	A. Bennett	(Sandy Bay Harr.)	10	489	2	8	4/1/70

Alan McCreary State Open Record
 David Harries State Junior Open Record
 Alan Bennett Sub-Junior Residential Record

Bill Ford (Newstead) Veteran's Record - 9 Miles 523 Yds. 0 ft. 6 ins.

TASMANIAN AMATEUR ATHLETIC ASSOCIATION - TRIANGULAR C.C.C. 1970

OPEN 4 MILES TEAMS EVENT: (18 Starters)

1.	R. Taylor	(Glenhuntly)	22 mins. 06.8 secs.	
2.	K. Rayner	(South)	22 mins. 38.8 secs.	<u>TEAMS RESULT:</u>
3.	D. Cox	(North)	22 mins. 52.0 secs.	1. SOUTH 13 Points
4.	T. Cannell	(South)	22 mins. 56.0 secs.	2. NORTH 23 Points

JUVENILE 2 MILES TEAMS EVENT: (19 Starters)

1.	K. Laughlin	(South)	13 mins. 05 secs.	
2.	A. Jeffrey	(South)	13 mins. 06 secs.	<u>TEAMS RESULT:</u>
3.	K. Gale	(South)	13 mins. 09 secs.	1. SOUTH 10 Points
4.	A. Heawood	(South)	13 mins. 28 secs.	2. NORTH 26 Points.

LETTERS TO THE EDITOR

The Tasmanian Marathon Club wishes to endorse the remarks of the V.M.C. and extend our sincere sympathy to all the relatives and athletic friends of Rex Foulkes. His tremendous enthusiasm for the sport became imprinted in the minds of athletes throughout Australia. Rex will be remembered by his Tassie friends for a long long time.

----- Alan R. McCreary. T.M.C. President.

V.M.C. LAUREL WREATH BOARD.

1. Les	PERRY	2.29.08	8/9/56	17. Geoff	WALKER	2.28.55	2/10/65
2. Tony	COOK	2.28.51	14/10/61	18. Neil	RYAN	2.28.10	20/8/66
3. Norm	DUFF	2.29.35	14/10/61	19. Rob	WARD	2.29.47	23/7/66
4. Tom	KELLY	2.29.45	31/7/61	20. Barry	TREGENZA	2.29.35	21/5/66
5. Dean	THACKERAY	2.27.37	30/6/62	21. Gordon	NOBLE	2.24.59	8/10/66
6. Rod	BONELLA	2.29.22	30/6/62	22. Barry	SAWYER	2.25.16	27/5/67
7. Ron	CLARKE	2.24.38	27/7/63	23. George	CLAXTON	2.25.28	27/5/67
8. John	COYLE	2.26.05	6/6/64	24. Ray	SOLOMON	2.25.53	27/5/67
9. Morris	AARBO	2.28.03	6/6/64	25. Wallace	ROBINSON	2.25.44	12/8/67
10. Henk V.	WIJNGAARDEN	2.28.25	6/6/64	26. Ray	WHITE	2.26.44	12/8/67
11. Ian	BLACKWOOD	2.29.43	6/6/64	27. Ian	WHEELER	2.24.00	27/7/68
12. Fred	HOWE	2.22.18	24/7/65	28. Terry	PHELAN	2.24.39	27/7/68
13. Pat	CLOHESSY	2.22.32	24/7/65	29. Peter	BRUCE	2.28.13	27/7/68
14. Ban	MACKIE	2.23.55	24/7/65	30. Ian	LEEDER	2.26.38	26/7/69
15. Colin	EATON	2.29.53	24/7/65	31. Barry	CRACKER	2.27.36	26/7/69
16. Derek	CLAYTON	2.22.12	2/10/65	32. Kevin	FALLOON	2.29.53	20/9/69

WHO IS GOING TO BE No. 33 ?

33.	TREVOR	VINCENT	2.28.50	27.7.70.
34.		BERMINGHAM	2.29.10	27.7.70.

SOUTH AFRICA EXPELLED FROM THE OLYMPIC MOVEMENT

May 15th, 1970 was the fateful day on which the International Olympic Committee voted to expel South Africa from the Olympic Movement, the first expulsion of a country since the inception of the Modern Olympic Games.

Noone will derive satisfaction from this happening as the only real solution to the problem created by the policy of Apartheid on the field of sport lies in the immediate halt to such policy. There is no clear dividing line where politics stops and sport begins and anyone who speaks of "No Politics in Sport" is like the proverbial ostrich, rather should he declare that basic principles of sport must not be allowed to be distorted either by political, commercial, or any other considerations.

MIKE HUBBERT, who I have no doubt is motivated by good intentions, presents some very serious flaws in his arguments supporting the invitations to South Africa for a multi-racial team. One can easily interpret the demand to South Africa for "two whites and two coloreds" as a political gesture intruding into sport, where the criterion should always be one of merit.

Furthermore, in view of the attitudes that exist in the field of racial relations in general inside the Republic of South Africa, even if such invitations were accepted by the authorities, a team could be handpicked to mollify public opinion abroad without changing by one iota the existing inequalities within the domain of the Republic, affecting sportsmen from without as well. This then would constitute merely an act of political expediency in answer to a political demand.

The question that must be asked, firstly of ourselves, is:
"Am I prepared to use a criterion other than sporting merit in deciding who I shall play with or compete against?"

If the answer is NO, then we must ask the second question:
"Am I prepared to associate in play or competition with one denies fair and equal competition to my fellow sportsmen on grounds and considerations completely outside sport?"

If your answer is YES or MAYBE then ask a third question:
"If I were excluded because my ancestors were Negro, or Catholic, or Jews, from competing in my sport against all comers, would I associate with those who deny me a fair go?"

And if you still have any doubts let us ask finally:
"Am I callous and unfeeling that I trample on the dignity and self-respect of those of my fellow sportsmen who have been excluded by accepting the ones who have substituted discrimination for sportsmanship?"

What is amazing, and shamefully so, is that Australia's Olympic representative even left a sick bed to try and retain South Africa within the movement, in spite of their unyielding attitude on discrimination. One can only conclude that the men in the high circles of our sport are sadly out of touch with world opinion, not to speak of the realities right on our own doorstep.

As envisaged by the founder of the Modern Olympic Games, Baron Pierre de Coubertin, sport is a wonderful means of bringing people together in friendly rivalry for the mutual benefit of all concerned.

At home we have large groups of migrant nationalities, as well as people from Asia and the Pacific and it is particularly in the home regions of the last two that we will eventually have a constant flow of competition.

If we keep harbouring all kinds of prejudices in either our attitude or in action we will make precious little progress in that direction.

How to put a rope around your own neck, sub-titled "killing enthusiasm scientifically", should be the heading for the latest effort in running an athletic event by the Cross Country Organising Committee of the V.A.A.A.

In the rules for the Annual Sandown Relays, they stipulated that for each team entered there must also be two, repeat TWO, adult, non-competing, repeat, NON-COMPETING officials, and batons for the teams were not handed out until this request had been met, at least on paper. Any club, and we are all aware of the paucity of people willing to act as officials, who can manage to have a ration of 1 official per 6 competing athletes, must indeed be a super club.

The result of the ruling was a great number of disqualifications and a cluster of superfluous people around the scoring zones at change-overs getting in each other's way, and a lot of extra worry for the already much harassed team organisers.

The lesson from this should be that you cannot have rules to cover every contingency and even more important; rules should be kept at an absolute minimum or they will be a hindrance rather than the help they are intended to be.

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News from the A.A.U. Conference:

At long last the need for the archaic custom of Medical Certificates for Marathon runners has been scrapped!

Track and Field Championships for 1971 are scheduled for Brisbane on March 12., 13., and 14.

The 10000 Metres Cross Country Championship of 1971 - Sydney - August 21st.

The Marathon Championship, 1971 - Hobart - September - date to be fixed.

The 50 Kilometres Walk - Sydney - September 25th, 1971.

Track and Field Championships for 1972 will be in Perth, the Marathon in Sydney, and the 20 Kilometres Walk in Perth.

No invitations are to be exchanged with South Africa for the time being,

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Within Victoria, the last meeting of the V.A.A.A. Council quietly changed over to metric distance for major state championship meetings, but retained the 100 yards and 1 mile events as special features.

Registrations for the past athletic year 1969/70 were 5837, split up as 1889 Seniors and 3615 Juniors, a slight drop on the previous year.

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A special reminder to those who are running or following the main road events this year; Traffic on roads is increasing all the time, due partly to our own increase in numbers of competitors. Therefore road safety is also an increasingly more important consideration for all concerned, whether running on the road or just following a race by car.

Race organisers will be specifying places where vehicles will not obstruct the traffic or impede the race and all concerned are asked to observe instructions issued to ensure the safety of all competitors and spectators.

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The V.A.A.A. will be conducting this year's National Marathon at Werribee and will welcome persons who are willing to assist in the conduct of the event. There will be jobs such as timekeepers, feeding station attendants, turn stewards and one or two other jobs, and persons interested are asked to contact either the Secretary of the V.A.A.A., the V.M.C., or the Cross Country Organising Committee.

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V.M.C. FIXTURES. 1970

June 15.	V.M.C. 20 Kilometres - Albert Park.	2.30.p.m.
June 27.	V.M.C. King of the Mountains, Point Leo.	1.30.p.m.
July 25.	V.M.C. MARATHON. Tyabb.	1.00.p.m.
Oct. 11.	V.M.C. 1 Hour Run - 4 Miles Senior - 2 Miles Junior Teams Race - Veteran "Weight for Age" 2 Miles.	2.00.p.m. Dolamore Oval.