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V. M. C. NEWSLETTER

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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.

DEADLINES FOR COPY ARE ON THE 15th OF FEBRUARY, MAY, AUGUST and NOVEMBER.

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 ENQUIRIES TO THE HONORARY SECRETARY OF THE VICTORIAN MARATHON CLUB:-
FRED LESTER, 1 GOLDING STREET, CANTERBURY. 3126.

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Man of the Winter is NEIL RYAN, the first man ever to take out all V.M.C Winter runs by being first over the line in every case. In the process he established records in the 25 Kilometres, the 20 Kilometres, the V.M.C. Marathon and the 20 Miles King of the Mountains, deleting the figures of Ron Clark and Derek Clayton from the records.

Once again, V.M.C. runs have been very popular, and with 6 prizes to be won in every race, this is hardly surprising. There has been a good sprinkling of under-age boys and the over-age boys (also known as Veterans) are also gaining in strength.

Club President, WALLY SHEPPARD, has been busy doing the preliminary organising for the over 40's, with a view of eventually seeing a fully fledged Veterans Club established. JACK PENNINGTON, in collaboration with FRANK MAC CAFFREY (Ex Australian Harrier Editor) and Wally, has been producing a news bulletin for Veterans and plans are well on the way for participation in the overseas trip next year to the Veterans Internationals for competition en route to the Munich Olympic Games.

The V.M.C. itself is fully in support of the Veterans forming their own organisation, and until they are able to do so, we shall endeavour to provide competitive events for them and give publicity to their plans. As things stand now, we expect that there will be a fair sized contingent leaving on the trip. Apart from the people already mentioned there will be well known V.M.C. performers NORM DUFF and TOM KELLY, our Assistant Treasurer, GEORGE WILSON and several others. One of the things we can do to help them is to assist in fund raising efforts to make sure that they can make the trip.

On the 1 Hour Track Race Day, October 10th, we shall also put on a 100 Metres and a 400 Metres for Veterans, in addition to our traditional "Weight for Age" 2 Miler. There will also be the 2 Miles Junior and 4 Miles Senior Teams Races, so please see your Club Captain and/or Secretary to make sure that your Club enters teams. Nearly every time so far, they have been very enjoyable Sunday afternoons at the Mentone Track.

Summer Fixtures will follow the same pattern as before:-

Monday	Nov. 1.	8 Kilometres	Two Bridges Course.	6.00.p.m.
Monday	Nov. 15.	12 Kilometres	Two Bridges Course.	6.00.p.m.
Monday	Nov. 29.	16 Kilometres	Two Bridges Course.	6.00.p.m.
Monday	Dec. 20.	MASTERS MILE.	University Track.	6.15.p.m.
		"EMIL ZAROPEK" 10,000 METRES.	University Track.	6.30.p.m.

For the early runs on the Two Bridges Course (behind Olympic Park) we are prepared to let Under 15's and Women athletes compete at a scaled down distance if they so desire.

One of the things which we haven't had much success with so far, is for Clubs to come forward and say to us: Look - we are putting on events at our ground and we will also make time available for distance runners to have a race in the evening during the Summer.

There still is a great lack of flexible thinking among athletes and club officials, an almost "Zombie" like plodding along well trodden and worn out paths. Some later pages in this newsletter will refer to that, such as attitude towards women in sport, the lip service paid to development, the incredibly callous indifference towards discrimination, the abysmal ignorance of ways and means of conducting our sport in other States and Countries, etc., etc.

What we need badly is stirring, being set up by our ears and shaken into new modes of approaching our sport. There has been a gratifying response from members in regard to interstate and overseas news. We need more than that. We need criticism of our own ways of doing things in a positive manner. We need people trying out new ways and ideas - age and experience are no privilege - they can be merely helpful.

FRED LESTER.

SECRETARY. V. M. C.

V.M.C. 20 MILES. "KING OF THE MOUNTAINS" FROM POINT LEO. AUGUST 21st, 1971.

Pl.	Name	Handicap	Actual Time	Handicap Place
1.	NEIL RYAN	Scratch	1hr. 46m. 52s.	1
2.	COLIN EATON	2.30	1hr. 53m. 38s.	2
3.	BRUCE HICKS	2.30	1hr. 53m. 58s.	3
4.	ALAN HICKS	4.00	1hr. 56m. 48s.	6
5.	PHIL LEAR	5.00	1hr. 57m. 40s.	5
6.	BARRY SAWYER	4.00	1hr. 58m. 14s.	9
7.	JEFF PETERSON	8.20	2hr. 02m. 30s.	8
8.	IAN GASKELL	7.30	2hr. 04m. 36s.	11
9.	GEOFF DUFFELL	15.00	2hr. 06m. 33s.	4
10.	JIM CRAWFORD	8.10	2hr. 09m. 06s.	12
E 11.	TED BONE	8.10	2hr. 13m. 09s.	16
E 11.	RON DAVIS	9.00	2hr. 13m. 09s.	15
E 11.	BERNIE CARROLL	10.00	2hr. 13m. 09s.	14
14.	STEWART HANDASYDE	8.10	2hr. 14m. 32s.	19
15.	KEITH ROUTLEY	22.10	2hr. 15m. 08s.	7 (VETERAN)
16.	DOUG OLIVER	23.00	2hr. 17m. 42s.	10
17.	GARY HENRY	11.00	2hr. 18m. 22s.	20 (JUNIOR)
18.	DAVID CRAIG	18.00	2hr. 19m. 04s.	12
19.	KEVIN SKELTON	15.00	2hr. 20m. 11s.	17
20.	ARCHIE THOMSON	15.00	2hr. 20m. 17s.	18
21.	LEIGH THOMPSON	17.30	2hr. 25m. 00s.	21
22.	ROY THOMAS	18.30	2hr. 33m. 41s.	22
23.	ALLAN JONES	17.10	2hr. 35m. 39s.	24
24.	NOEL ANDERSON	18.20	2hr. 36m. 35s.	23
25.	BRUCE INGLIS	18.30	2hr. 41m. 36s.	27
26.	DAVID BRADFORD	20.20	2hr. 42m. 36s.	26
27.	MIKE PORTER	21.20	2hr. 42m. 53s.	25
28.	GEORGE WILSON	35.00	3hr. 07m. 10s.	28
29.	NORM McLEISH	32.00	3hr. 15m. 50s.	29

There were 42 starters. Weather was fine and coll , light breeze.

NEIL RYAN'S TIME OF 1hr. 46m. 52s. is a new Club Record.

SNIPPETS

U.S. distance standards achieve quality in depth as the latest reults from their National Titles show:-

Steve PREFONTAINE wins the 3 Miles in 12 mins. 58 seconds while the 4th man home clocked 13 mins.04.3 seconds.

Frank SHORTER bolts home in the 6 Miles in 27 mins. 27 secs. while five more runners dip under the 28 minutes.

Sid SINK takes the 3000 Metres Steeplechase in 8 mins. 26.4 seconds, chased home by 2 others under 8m.30s. and nine more to clock under 8m. 40s.

This year's MAXOL Marathon, won by Ron HILL, was run under ideal conditions, that is for England, with Manchester living up to its rainy image and with temperatures decidedly on the cool side.

No fewer than 21 men finished INSIDE 2hrs.20mins., with a further 63 finshing inside 2hrs.30mins!!!!

Former South Melbourne Marathoner DAVY JONES finished 52nd in 2:27.38

GIRL RUNS MARATHON in 3 HR. 1 MIN.

Beth BONNER (18 years) who finished 11th in the International Cross Country Championships at San Sebastian for the United States, made a remarkable debut in Philadelphia on May the 9th.

In a race won by Herb LORENZ in 2hr.23m.46.2s. with ultra-distance star Ted CORBITT 14th in 2hr. 52m. 25s., Beth was placed 21st in 3hr. 01m. 42s., the best time ever recorded by a woman.

V. M. C. 20 KILOMETRES, ALBERT PARK. 14/6/71.

68 Starters.

Weather - Cool, overcast, fair breeze.

PL.	NAME	ACTUAL TIME	HANDICAP	HANDICAP PLACE	
1.	NEIL RYAN	61.38	0.50	6	
2.	IAN WHEELER	62.25	1.50	5	
3.	NORMAN FRANZI	63.07	2.10	8	
4.	TONY WILLIAMS	63.19	3.50	2	
5.	TERRY HARRISON	63.35	2.45	7	
6.	ROBERT WARD	64.51	5.20	3	
7.	KEVIN FALLOON	65.37	3.10	12	
8.	BRUCE HICKS	65.49	2.50	16	
9.	TOM KELLY	66.24	3.50	14	
10.	COLIN EATON	67.31	3.20	28	
11.	ALAN HICKS	67.52	6.10	9	
12.	LEIGH BANKS	68.14	4.28	23	
13.	BARRY SAWYER	68.21	4.20	25	
14.	JEFF PETERSON	68.24	8.20	4	
15.	MARK HENNESSY	68.32	5.00	21	
16.	IAN GASKELL	68.46	6.10	15	
17.	SILVIO RADOSLOVIC	69.09	7.20	10	
18.	JOHN STAFFORD	69.17	7.10	11	
19.	WOLF VOIGT	70.30	6.10	29	
20.	JOHN BRUCE	71.16	6.00	33	
21.	RONALD DAVIS	71.25	8.00	19	
22.	MAL KIRKWOOD	71.40	8.20	18	
23.	KEITH ROUTLEY	72.20	13.10	1	VETERAN
24.	DOUG McLURE	72.40	9.10	20	
25.	JOHN DUCK	73.09	8.45	30	
26.	PAUL DUCK	73.14	10.10	17	
27.	PETER BETHERAS	73.40	-	-	
28.	THEO ORR	74.38	9.50	32	
29.	TARQUIN OEHR	74.56	10.10	31	
30.	ROBERT JAMIESON	75.08	11.00	26	
31.	WALLY SHEPPARD	75.19	11.10	27	
32.	MIKE HENNESSY	75.52	12.00	24	
33.	TOM DAVISON	76.18	8.00	36	
34.	TERRY JORGENSEN	77.11	6.20	42	
35.	ADRIAN NEVE	78.00	15.30	13	JUNIOR
36.	IAN BRAY	78.21	10.30	34	
37.	DENNIS WATTIE	78.29	9.30	40	
38.	BILL WARR	79.02	11.10	35	
39.	ROY THOMAS	79.54	16.10	22	
40.	KEVIN SKELTON	80.30	12.30	37	
41.	NOEL ANDERSON	81.01	12.45	38	
42.	DICK VINES	81.55	-	-	
43.	DENNIS O'BRIEN	83.11	-	-	
44.	DAVID TYLER	84.24	-	-	
45.	JOHN OLIVER	85.29	14.00	43	
46.	JIM CONWAY	87.06	18.10	39	
47.	JOHN NEVE	87.22	-	-	
48.	MATTHEW GELMAN	96.15	-	-	
49.	JOHN ZELEZNIKOV	96.37	18.10	45	
50.	BERT PHILLIPS	104.44	35.00	41	
51.	GEORGE WILSON	108.27	35.00	44	

5,000 METRES

UNDER 15 YEARS

1.	BRIAN SANSTROM	17.10	5.	ANDREW WATERS	20.04
2.	KEN ORR	17.27	6.	NOEL CLIFFORD	22.26
3.	MICHAEL KELLY	18.30	7.	PHILLIP BROOK	22.49
4.	GREG THOMPSON	19.56			

NEIL RYAN broke Ron Clarke's Record of 61.58, set in 1966.

V. M. C. MARATHON CHAMPIONSHIP. TYABB. SATURDAY, JUNE 26th, 1971

69 Starters - 38 Finished.

Weather: Cold, blustery wind, few showers.

Place	Name	Actual Time	Handicap	Handicap Place
1.	NEIL RYAN	2 hrs. 18 mins. 31s.	Scr.	8
2.	PETER BRUCE	2 hrs. 19 mins. 21s.	1.30	5
3.	ROD MacKINNEY	2 hrs. 26 mins. 50s.	7.30	9
4.	TERRY HARRISON	2 hrs. 28 mins. 56s.	8.50	11
5.	JULLIAN SCOTT (N.S.W.)	2 hrs. 29 mins. 51s.	-	-
6.	DAVID McINNES (N.S.W.)	2 hrs. 31 mins. 08s.	-	-
7.	TREVOR VINCENT	2 hrs. 33 mins. 04s.	5.50	18
8.	JOHN BERMINGHAM	2 hrs. 33 mins. 04s.	9.30	16
9.	BRUCE HICKS	2 hrs. 33 mins. 18s.	15.30	4
10.	RAY BROWN	2 hrs. 34 mins. 15s.	6.50	20
11.	TOM KELLY	2 hrs. 36 mins. 25s.	6.00	23 VETERAN
12.	CLIVE VOGEL	2 hrs. 37 mins. 34s.	25.00	<u>1</u>
13.	ALAN HICKS	2 hrs. 39 mins. 17s.	21.10	<u>6</u>
14.	KEVIN ROCK	2 hrs. 40 mins. 12s.	18.00	14
15.	DOUG LE BAS	2 hrs. 41 mins. 26s.	-	-
16.	KEITH ROUTLEY	2 hrs. 52 mins. 44s.	28.10	17
17.	DAVID INNES	2 hrs. 55 mins. 46s.	35.00	13
18.	WOLF VOIGT	2 hrs. 57 mins. 07s.	25.40	24
19.	JIM CRAWFORD	2 hrs. 57 mins. 51s.	30.30	19
20.	DOUG OLIVER	2 hrs. 58 mins. 30s.	36.15	15
21.	JOHN DUCK	3 hrs. 00 mins. 05s.	28.00	25.
22.	ARCH THOMSON	3 hrs. 01 mins. 21s.	45.10	<u>2</u>
23.	RON DAVIS	3 hrs. 01 mins. 46s.	26.00	27
24.	WALLY SHEPPARD	3 hrs. 02 mins. 50s.	42.10	12
25.	ROD McDOUGALL	3 hrs. 05 mins. 13s.	-	-
26.	TED BONE	3 hrs. 05 mins. 45s.	29.00	28
27.	MARTIN THOMPSON	3 hrs. 09 mins. 21s.	35.00	26
28.	DONALD COLLINS	3 hrs. 10 mins. 54s.	-	-
29.	JOHN McDONNELL	3 hrs. 10 mins. 56s.	53.50	<u>3</u>
30.	LEIGH THOMPSON	3 hrs. 13 mins. 38s.	54.00	10
31.	BARRY JONES	3 hrs. 15 mins. 24s.	25.00	31
32.	KEVIN ONLEY	3 hrs. 16 mins. 32s.	48.20	21
33.	GEOFF LONT	3 hrs. 17 mins. 12s.	38.00	30
34.	CON BUTKO	3 hrs. 22 mins. 44s.	65.30	7
35.	COLIN CRAWFORD	3 hrs. 25 mins. 05s.	47.10	29
36.	KERIN RYAN	3 hrs. 27 mins. 00s.	35.00	32
37.	DAVID BRADFORD	3 hrs. 37 mins. 07s.	67.10	22
38.	BERT PHILLIPS	4 hrs. 31 mins. 25s.	78.00	33

 VETERANS PRIZE - TOM KELLY
 JUNIOR - No Junior finished.

IN SOUTH AUSTRALIA.

BRIAN CHAPMAN sent us in a report (results) of the South Australian Marathon Championship, held on 21st of July.

1. Brenton	NORMAN	2hr. 22m. 05s.	4. R.....	NICHOLS	2hr. 32m.
2. Brian	CHAPMAN	2hr. 27m. 27s.	5. G.....	WILLIAMS	2hr. 35m.
3. T.....	WOOD	2hr. 29m. 35s.	6. G.....	HICKS	2hr. 36m.

Bill JAMES was out after 16 Miles with leg troubles.

22 starters faced the gun in cold and miserable conditions.

(Thanks, Brian, we know that you sent the letter off very quickly, but if you can possibly manage it we would like to put in the full names of the fellows as well as the exact time details)

TASMANIAN ATHLETIC SCENE

For the first time since its inception, the State Mountain Relay Run, (Mt. Wellington) was shortened in length to approximately 19 miles, because of the heavy snow in the five miles above the 3000 feet mark.

Newstead (Ltn) ended Sandy Bay's (Hobart) sequence with a fine win by almost three minutes in the cold and snowy conditions.

Eight Club Teams contested the event.

RESULTS:- T.A.A.A. Mountain Relay Run - July 3rd, 1971.

- | | | |
|----------------------------------|--|---------------|
| 1. Newstead | D. Cox, G. Ford, J. Scott, I Kerrison. | 1h.40m.24.2s. |
| 2. Sandy Bay No. 1. | K. Rayner, M. Sporri, G. Cruise, C. Roper | 1h.43m.20.6s. |
| 3. North Launceston,
Newstead | B. Baxter, T. Nailer, B. Matthews, G. Taylor | 1h.48m.43.0s. |
| 4. Sandy Bay No. 2. | N. Jago, M. Stockman, M. Bird, C. Keep | 1h.55m.50.0s. |

RESULTS:- T.A.A.A. 10,000 METRES C.C. CHAMPIONSHIP. JULY 24th.

Conducted over 10,000 Metres Course (Australian) Relbia, (Launceston)
Perfect weather, wet and muddy, very slippery.

SENIOR

JUNIOR

- | | | | |
|---------------------------|------------|-----------------------------|------------|
| 1. D. Cox (Newstead) | 37m.03.2s. | 1. A. Bennett (Sandy Bay) | 37m.36.8s. |
| 2. B. Baxter (N.L'ton) | 37m.56.6s. | 2. G. Ford (Newstead) | 39m.23.0s. |
| 3. K. Rayner (Sandy Bay) | 38m.25.0s. | 3. K. Whitfield (E.Suburbs) | 42m.24.6s. |
| 4. I. Kerrison (Newstead) | 38m.42.4s. | 4. B. Matthews (Newstead) | 46m.17.0s. |
| 5. J. Scott (Newstead) | 39m.55.0s. | 5. M. Stockman (Sandy Bay) | 46m.30.4s. |

TEAMS RESULT:- 1. Newstead. 2. Sandy Bay.

KENT RAYNER, third in the Australian 10,000 Metres in March won the Tasmanian Marathon Championship in his first attempt.

Pre-Race favorite, DON COX, averaging 5.32 per mile, "blew up" around the 18 mile mark and faded into third place.

FRANK HILL, fifth in the Victorian Country Marathon, ran through the field after the 10 miles mark to finish only 4 mins. 44 secs. behind Rayner to take second spot.

In the Junior Half-Marathon, Tasmania's 10,000 representatives for Sydney filled the first three places.

<u>TAS. MARATHON CHAMPIONSHIP.</u>	<u>JUNIOR HALF-MARATHON</u>	<u>JUVENILE 3 MILES</u>
1 Kent RAYNER (SB) 2.42.10	1 Alan BENNETT 1.12.22	1 Dale PROSSER 16.07.4
2 Frank HILL (AYC) 2.46.54	2 Glen FORD 1.14.33	2 Stephen RICHARDS 16.12.2
3 Don COX (N) 2.54.04	3 Ken WHITFIELD 1.28.57	3 Bill LING 16.24.9
4 Tony SHORT (N) 2.59.11		

ALAN McCREARY, whose new address is Flat 3, 5a Chatsworth St., Rose Bay, 7015, is our regular supplier of Tasmanian news. Alan would be a much happier man if he were able to send lots more news, but the lack of enthusiasm among wider sections of Tasmanian runners and absence of participation in events does nothing to provide him with additional copy for print.

What about it you Tasmanian athletes? You don't really start to kick on in a big way until you can get a mob together regularly and get the competition.

The V.M.C. only began to show better results when our fields grew to 20 and 30 in number.

NEIL GALE, of the Northern Suburbs A.A.C. in Hobart, incidentally also a V.M.C. member, came over to Melbourne for the Under 17 - 5,000 Metres Cross Country Championship in June. Out in the heavy and slippery going at Bundoora, he virtually waltzed away from the rest of the field to win in 17.27.

Not enough for Neil though. He came back a few weeks later to have a bash at the Open 10,000 Metres Road Championship and finished in 28th place out of some 300 starters with a time of 33.18, which made him one of the first under-age runners to finish.

DISTANCE RUNNING IN AUSTRALIA - FROM BERT GARDINER'S ARCHIVES

Improvement in middle and distance running in Australia is seen by the fact that only 18 years ago the 'magic 4 minute mile' was not accomplished.

Now it has been done a total of 37 times by 8 Australians, Jim Bailey, Tony Benson, Graham Crouch, Herb Elliott, John Jandy, Mervyn Lincoln, Alby Thomas and Keith Wheeler.

Peter Watson and Alan Robinson have also broken the equivalent for a 4 minute mile in the 1500 metres (3m.41.5s.)

Others who have bettered 4m.03.5s are Clarke, Doubell, Gledhill, Alex Henderson, O'Brien, Power, George Scott, Tongood, Vincent and Ian Wheeler.

THREE MILES - The high standard of 13m.30s. has been broken by Benson, Clarke, Clayton, Clohessy, Cook, Coyle, Landy, Lawrence, O'Brien, Pearce, Power, and Thomas, a total of 70 times.

The equivalent for the 5,000 metres (13m.59.6s.) has been broken a huge total of 104 times.

It appears that an athlete with a name starting with "C" has the advantage with such names as Clarke, Clayton, Cook, Coyle, and Clohessy.

Marathon running has vastly improved in times, and the Australian Championship and Munich Trial should have a record number under the 2h.30m, and with athletes such as Clayton, Farrington, Ryan, Manners, Norman and Bruce in the field a splendid race should result, particularly with the reduced number allocated to Athletics in the Munich Team making time most important.

V.M.C. MARATHON CHAMPIONSHIP.

1953	PRENTICE	R	2h. 35m. 33s.
1954	SKINNER	M	2h. 36m. 46s.
1955	SKINNER	M	2h. 35m. 40s.
1956	SKINNER	M	2h. 36m. 52s.
1957	BENTLEY	E	2h. 48m. 47s.
1958	TUTCHENER	F	2h. 41m. 34s.
1959	HASSEL, I.	NSW	2h. 33m. 04s.
	MURRAY, J.	1stV.	2h. 39m. 05s.
1960	KELLY	T	2h. 40m. 30s.
1961	KELLY	T	2h. 29m. 45s.
1962	THACKERAY	D	2h. 27m. 37s.
1963	CLARKE	R	2h. 24m. 38s.
1964	COYLE	J.	2h. 26m. 05s.
1965	HOWE	F	2h. 22m. 18s.
1966	WALKER	G	2h. 23m. 40s.
1967	HOWE	F	2h. 24m. 13s.
1968	SAWYER	B	2h. 22m. 56s.
1969	RYAN	N	2h. 21m. 59s.
1970	BRUCE	P	2h. 20m. 11s.
1971	RYAN	N	2h. 18m. 31s.

V.M.C. "FALLEN COMRADES" (15 Kilos)

1953	PERRY	L.	46m. 58s.
1954	NEGRI	M.	49m. 40s.
1955	NEGRI	M.	49m. 27s.
1956	PERRY	L.	48m. 18s.
1957	BENTLEY	E.	48m. 41s.
1958	Not held		
1959	KELLY	T	48m. 33s.
1960	WARREN	G.	50m. 48s.
1961	<u>DISTANCE CHANGED TO 7½ MILES</u>		
1961	BONELLA	R	39m. 25s.
1962	DUFF	N.	39m. 36s.
1963	DUFF	N	38m. 54s.
1964	COYLE	J.	36m. 39s.
1965	BLACKWOOD	I	37m. 04s.
1966	WALKER	G.	36m. 47s.
1967	WALKER	G.	36m. 59s.
1968	WHEELER	I	38m. 05s.
1969	VINCENT	T	36m. 59s.
1970	VINCENT	T	37m. 26s.
1971	RYAN	N	36m. 40s.

V.M.C. 10 MILES CHAMPIONSHIP

1947	TOVEY	A	55m. 33s.
1948	TOVEY	A	57m. 01s.
1949	Not held		
1950	HALL	G	55m. 09s.
1951	HALL	G	53m. 30s.
1952	HALL	G	53m. 50s.
1953	WARREN	G	54m. 55s.
1954	HARDING	T	52m. 34s.
1955	WARREN	G	52m. 38s.
1956	PERRY	L	51m. 27s.
1957	WARREN	G	52m. 49s.
1958	PERRY	L	55m. 35s.
1959	LESTER	F	53m. 26s.
1960	DUFF	N	52m. 19s.
1961	DUFF	N	52m. 04s.
1962	COOK	A	51m. 12s.
1963	CLARKE	R	50m. 35s.
1964	WHEELER	K	49m. 59s.
1965	CLOHESSY	P	51m. 09s.
1966	CLARKE	R	50m. 32s.
1967	COYLE	J	51m. 16s.
1968	WHEELER	I	52m. 20s.
1969	RYAN	N	51m. 27s.
1970	MINTER	I	52m. 11s.
1971	RYAN	N	50m. 38s.

ONE HOUR RUN

1955	PERRY	L	11 Mls. 1345 Yds
1963	CLARKE	R	12 Mls. 488 Yds
1965	BLACKWOOD	I	11 Mls. 1751 Yds
1969	BLACKWOOD	I	11 Mls. 1428 Yds
1970	McLENNAN	N	11 Mls. 96 Yds

TWO HOURS RUN

1964	HOWE	F	21 Mls. 680 Yds
1968	CRAWFORD	C	20 Mls. 1178 Yds

15 KILOMETRES RUN

1964	CLARKE	R	45m. 01s.
1965	HOWE	F	48m. 08s.
1966	PEARCE	K	46m. 57s.
1967	RYAN	N	46m. 48s.
1968	SOLOMON	R	46m. 12s.
1969	RYAN	N	46m. 25s.
1970	SOLOMON	R	47m. 39s.
1971	RYAN	N	45m. 20s.

FROM JOHN FARRINGTON's Report on the San Juan Marathon. Puerto Rico. 23rd.June,1971

The San Juan "Marathon", over a distance of 33.3 Kilometres to be precise, is held as the main attraction of the celebrations for the foundation of San Juan in 1521. Runners were invited from all over the world and it was said that the budget for the race was US \$ 100,000.

I left Australia at 4.p.m. June 17th and arrived in San Juan about 2.p.m. June 18th. I had an eight wait in Los Angeles and did not see a bed for two nights. Luckily, for most of the journey, I had 3 seats to myself and was able to get sufficient rest to recover from the trip within a day of my arrival in San Juan.

All foreign athletes resided at the Borinquen Hotel. I shared a comfortable room with David McKenzie of New Zealand. Our rooms were not regularly serviced and on three or four occasions we had to make our own beds. The service and variety of food in the hotel was poor. However, as we were there for only a week we were able to put up with it.

Day temperatures were up to 91 degrees and humidity 75%, the temperature falling to about 80% at night. On the day of the race, at 7.p.m. it was near 85 degrees. Hygiene in San Juan was better than in most tropical places, and water was safe to drink and no sickness was reported. We got the Organising Committee for the race to arrange at the United States Naval Base next to our hotel, that we be permitted to train on the perimeter road which was free from traffic. This proved very convenient as the public roads were dangerous. For the first four days we trained in the heat of the day, and the day before the race we only trained in the evening as we felt we had acclimatised sufficiently and also so that we did not lose too much liquid before the race.

On Monday evening we were presented to the press at a cocktail party. Apart from our photograph, they showed more interest in their drinks than us, so we immediately left and went for a training run. The newspapers published many articles and photos after the race although there was very little pre-race coverage apart from a magnificent full-page spread with the names of all the runners, a map of the course and flage of the competing nations, excepting the Australian flag which I took pains to point out and ask what they would do if I won.

The organisers estimated that 300,000 people lined the route and watched the race. On Tuesday night before the race we met the Lord Mayor of San Juan at a cocktail party, on the morning of the race we were driven over the course with a police escort, touching 80 M.P.H. (!) at times and on the day after the race the prizes were presented at yet another cocktail party.

I felt that few of the organisers understood the problems of athletes. The moment the cocktail party with the Governor had finished on the Friday all the organisers disappeared, never to be seen again and although we were invited to be the guests of honour at the Puerto Rico Athletic Championships, nobody provided any transport and we did not attend. We were told after the race that the Organising Committee would in future make the race a full Marathon. All the athletes agreed that, in view of the climate, this would be ridiculous. In my post-victory speech I pointed out that even the present 33.3 kilometres was too far and a Half-Marathon or 20 Kilometres would be better, and if they did not shorten the race they would be in difficulties obtaining overseas competitors.

126 starters commenced the race and 61 finishers were listed. I led from the start and was never seriously challenged. There was a police escort all the way, as well as press cars. Some people and press cars got in my way during the race. I understand that after the first 10 runners had passed a point, officials did not bother to control the crowds or traffic and it was almost like running the gauntlet.

RESULTS:-

1. John FARRINGTON	Australia	1 hr. 41 mins. 45.3 secs.
2. John VITALE	U. S. A.	1 hr. 45 mins. 27.5 secs.
3. Jose Garcia GASPAR	Mexico	1 hr. 46 mins. 22.5 secs.
4. Dave McKENZIE	New Zealand	1 hr. 47 mins. 10.3 secs.
5. Pablo Garrida LUGA	Mexico	1 hr. 49 mins. 27.7 secs.
6. Alfredo PENALOZA	Mexico	1 hr. 51 mins. 22.4 secs.
7. Bob MOORE	Canada	1 hr. 52 mins. 29.6 secs.
8. Rafael CRUZ	Costa Rica	1 hr. 53 mins. 18.5 secs.

PHIL LEAR REPORTS - THE FOURTH TRARALGON MARATHON. JULY 13th. 1971.

The clash with the V.M.C. 20 Kilometres and the V.M.C. Marathon only two weeks away kept the field down to 34 in the Traralgon Marathon, which was held on a fine day with a light breeze into the runners on the home run.

A group of seven quickly detached themselves from the rest and put in the first mile in 5:32. Laurie WELLS, Jim BEISTY, Barry SAWYER, John SHANAHAN, Phil LEAR, Ray SOLOMON and John BERMINGHAM reached the 2 miles in 11:01. Coming up to 3 miles, Wells moved away taking only Sawyer for company. Most of the others were running too fast at this early stage for their respective abilities anyway, in trying to maintain a 2.24 target.

The two leaders went through the 5 miles in 27.38, half a minute ahead of the bunch now rapidly disintegrating. A bevy of South Melbourne runners, Jim CRAWFORD, Kon BUTKO, Mal THOMPSON and Col CRAWFORD (the last two on their first marathon outing) went through in 29.43.

Still together, Wells and Sawyer made the 10 miles in 55.31, Bermingham chasings them in 56.15, then Lear 56.58, Shanahan 57.05, Beisty 57.10, Solomon 58.20 and a not so fit Richard JEFFERY in 59.43.

At the turn the leaders were together in 79.29, Bermingham closing in with 72.58, Lear and Shanahan 75.00, Jeffery 77.25, Solomon 79.01 and giving it away.

At 15 miles, Wells was going ahead in 84.10, a struggling Sawyer 84.37 and about to be passed by Bermingham in 84.39.

Wells had forged a minute ahead by 20 miles in 1.53.48 to Wells 1.54.55. Sawyer had pulled out and let Phil Lear in for third in 1.58.44. By 22 miles Wells called it a day also, and with a gap of 5 minutes between first and second and 7 minutes between second and third, there was little opportunity for a major reversal before the finish. The results:-

1. John	BERMINGHAM	2h. 32m. 08s.	11. Colin	CRAWFORD	3h. 15m. 00s.
2. Phil	LEAR	2h. 37m. 49s.	12. Geoff	DUFFELL	3h. 15m. 53s.
3. John	SHANAHAN	2h. 44m. 15s.	13. L.	JONES	3h. 22m. 41s.
4. Richard	JEFFERY	2h. 44m. 29s.	14. G.	DAVIS	3h. 36m. 57s.
5. F.	HILL (Tas.)	2h. 53m. 04s.	15. Kon	BUTKO	3h. 43m. 11s.
6. Eddy	BAXTER (V)	2h. 54m. 24s.	E 16. Martin	THOMPSON	3h. 46m. 56s.
7. Arch	THOMSON	2h. 58m. 49s.	E 16. Leigh	THOMPSON	3h. 46m. 56s.
8. I.	MCDONNELL	3h. 01m. 03s.	E 16. Chris	COLLINS	3h. 46m. 56s.
9. Jim	CRAWFORD	3h. 03m. 10s.	19. Geoff	LONT	4h. 03m. 05s.
10. D.	INNES	3h. 11m. 08s.	20. R	WOOD	4h. 54m. 54s.

COLIN O'BRIEN WRITES FROM THE UNITED STATES OF AMERICA (Dallas, Texas, 6/6/71.)

I have just received the V.M.C. March Newsletter - I couldn't help but notice the interstate and overseas long distance report which, of course, was non-existent. Well, I am putting pen to paper:

ERIC SIGMONT (Houston) is currently leading the Texas rankings in the 1 Mile with a 4:03.1. He has also a 13.46 three and a 29.37 six to his credit.

ARTHUR BOTTERILL (Louisiana) has a 4:04.5 mile this season after finding out two months earlier that he was anaemic.

I have just returned from Billings, Montana, after competing in the N.A.I.A. National Track Meet. Eastern Michagon (Dave Campbell's Uni.) won, Dave being 4th in the Steeple in 9:45.4, again affected by the altitude as he had in the previous two years. In late April, Dave stumbled and struck his head solidly against a steeple hurdle. He suffered concussion and had convulsions as he lay on the side of the track. A long gash in his lip needed stitching. He has run a 9:13 since.

I folded in the mile heat in 4:22, although I have run 4:07.9, 4:08.9, 4:11.1 and 4:11.2 this season as well as a 9:04.2 for two and 14:24 for three.

Down at El Paso, Bob WALCZAK ran a 9:02 Steeple 6 weeks ago. Bob CROWE hasn't had a very successful season and has had quite a lot of injuries to contend with.

Back home I often wondered why so many athletes who come over here made such a dramatic improvement in their first year but now I can see why. A person has a lot of time to himself and can arrange it the way he wishes for training and most Aussies thrive on this "gift" of additional time. Also the competition is always first class. Finally, the publicity for athletics is much greater than in Australia. My college has only 1300 students but this year has produced some outstanding results.

We were only 4th in the National Track Meet this past weekend as we were struck by injuries to two athletes while we were there and we should have finished second. Incidentally, the weekend prior to that, our spring relay team ran a 39.9 with a team composed of a half-miler (1:48.4), a hurdler (14.7), and two sprinters who are actually better 220 men (20.7 and 20.6)!!!!

In the January Runner's World, Nell Jackson - head of the National AAU Women's Track and Field Committee - spelled out her position on women participating in long-distance races. She said, in effect, that it hurts the women, hurts the women's programme in general and that marathoning involves "only a few older women out for a lark." Here, Pat Tarnawsky - female marathoner herself, and a Reader's Digest staff member - answers Dr. Jackson with an open letter:-

Dear Dr. Jackson:

I was fascinated by your remarks on female marathoners. They so beautifully sum up three erroneous attitudes we are fighting that they merit some dissection.

1. The Medical Issue. It's true that no study on women's long-distance runners has been completed yet. But we women have this gut feeling that the studies will vindicate us. I know a woman runner who is currently being treated for infertility at one of the nation's best clinics. Her infertility, as it happens, pre-dates her marathon career. But she has questioned the doctors anxiously on whether her strenuous training might be contributing to her problem. The doctors assure her that, as far as they can see, it is not. "Go ahead and run" they tell her. "If anything, your superb fitness gives you a better chance".

Meanwhile, it's obvious that you have never rapped with any women marathoners. They could tell you (in one of those juicily intimate conversations that women have when men aren't around) about how it improves complexions, fights varicose veins, controls the bulges, gets rid of those monthly discomforts and neuroses and gives more energy. So how could something that makes us feel so damn good be basically bad for us?

Your attitude is the last gasp of Victorian over-caution. Fifty years ago, when women were still fighting their way out of corsets and into sweatshirts, my own mother had her go-round with the Dr. Jackson of her day. She was a star high school basketball player. Her team was naughty. Not only were they the first in the state to wear shorts instead of bloomers, but they played boys' basketball - meaning they ran. Doctors clutched their heads, and the coach, I guess was much criticised. Spectators had visions of delicate feminine insides getting snarled up. However, my mother survived to have two healthy children, and these days she really digs Sara Berman.

Finally, we women long distance runners notice that nobody worries publicly about the effects of long distance efforts on the men. Nor is anybody using it as a pretext to curb the men's activities. Yet imagine the temporary effect that a marathon in 9)-degree heat must have on a couple of hundred guys abilities to be a father.

2. This business about the AAU rule that says men and women must compete separately. You think it's a good rule, and accuse us of thoughtlessly jeopardising the men's eligibility.

Now, we wouldn't dream of getting the guys in trouble. They have been too nice to us. But we always obey the dictum that we always stand on the sidelines while the men start. Then we just do our thing. AAU rules don't forbid us from taking a little workout along such and such a piece of road while a men's race is in progress.

Besides, the women runners have never said they want to compete with men. It would be silly to want to, since Derek Clayton runs almost an hour faster than Caroline Walker. What we ask is integration into existing races as a separate section, like the age-group sections that often split up male entrants. Competition goes on within each section, no? So the women would officially compete with each other, and their times would be recorded in a separate list.

The reason we'd rather not have separate races is that we know women's long distance racing will never be as big a thing as women's distance track or cross country. If we settle for separate races, how many marathoners will we get? You know the time, support and money necessary to put on a marathon. We would end up with two or three races. There are only about 30 of us scattered across the U.S., mostly on the coasts. We would have a hard time getting together a good field for these races. But if new legislation let us into hundreds of existing men's races there would be plenty of local events for us to get to, and everybody would be saved the extra money and work.

Besides, AAU rule or no, there's a co-ed trend in the wind for non-contact sports. According to the Feb. 4, 1971, New York Times, chancellor Harvey B. Schribner of the New York State Board of Education has recommended that co-ed athletics be allowed in New York High Schools. The Times opined that the board was expected to approve Schribner's proposal, thus reversing the state's staunch policy of forbidding them.

The legal issue had been raised last fall by a girl tennis player named Phyllis Graber, who had sought unsuccessfully to join her high school's male tennis team (there was no female team). Her coach said she had the skill to qualify. So the New York Civil Liberties Union filed a complaint on her behalf with the city

commissioner on human rights.

This same discrimination is now hurting women long distance runners. It apparently seems okay to you, Dr. Jackson, to discriminate against us because there are only 30 of us. But it wouldn't be okay to discriminate against 30 blacks, Indians, or Chicanos, would it? It isn't okay to discriminate against even one person. That's what democracy is all about.

3. You state that you are not interested in "a few older women out for a lark". This statement is insulting to marathon runners of both sexes, because it makes marathoning sound like, well, hop-scotch or something. I'm afraid that you've said one of those phrases destined to be notorious like "Let them eat cake."

You say that you care only for the "hundreds of little girls" who want to compete at sanctioned distances. But we don't quite follow your logic here. What do these little girls have to do with us? Why does it have to be an either - or matter? The AAU is big enough to include both marathons for older men and cross-country for little boys. Why not the same for females?

For many years, high school and college coaches would have nothing to do with long distances because they were sure it was harmful to little boys. Yet nobody used this as a pretext to hamstringing marathon racing for a handful of older men. Nobody opined that the very existence of men's marathon racing jeopardised school programs. Nobody invited male marathoners - as you have female ones - to get out of the AAU and do their thing elsewhere. In fact, any AAU committee man who might have talked about "older men out for a lark" would probably have gotten kicked in the shins from dozens of well-worn running shoes. Nowadays, marathon running is no longer a no-no for boys, and we feel the same change should apply to women.

Dr. Jackson, do you see Sara Berman and her crew as a threat? Are you afraid that, if you sanction women's marathons, that your hundreds of little girls will immediately be panting to run in the Boston Marathon? If you do, then you might as well legalise us now. Because if you make women's marathons forbidden fruit, then the little girls will be all the more curious about it. Human nature is like that. The Caroline Walkers who dig the idea of running 26 miles, and who are physically and psychologically up to the training, are going to do it whether you like it or not.

So you might as well legalise long distances - five miles up - for women. That way you will be able to exercise some beneficial control, and fewer girls might injure themselves (and I don't mean female-type injuries) through ignorance of proper training techniques.

It's true that only a handful of us are grooving on this "lark" but our numbers are growing. In the New York area, we are seeing several more women taking fire with the idea. A good example is Liz Franceschini, one of the six entrants in the Atlantic City Marathon. When I first met Liz a year ago, Liz was a spectator at the races, content with two-mile jogs. But after she watched Sara Berman and Nina Kuscsik blast through a couple of marathons, she dug in. At Atlantic City, she made it to the half-way mark. Next year she'll probably make it the full 26.2 miles.

No, Dr. Jackson, we're not out for a lark. We're not even deadly serious. We are out - each in her own way - to get back something that an over-repressive, over-protective society took away from us.

Me, for instance. Oh, how I resent the fact that a Dr. Jackson in my high school refused to allow girls' track, instead kept us doing calisthenics and girls' basketball. I loved long runs, but I had to do them on the playgrounds, where I could beat most any boy at a sprint or longer. Had an enlightened coach been around, he might have made a fair cross-country runner out of me. College was even worse. There were Dr. Jacksons who taught us fencing, modern dance and how to walk balancing a book on our heads. But no distance running, with all the superb mental and physical benefits that women can get from it. Our society has refused to recognise how badly women need the sanitizing, mind-bending experience of high-stress sports like long distance running. And it does its best to keep women fretting on the minimal levels, and wallowing in affluent ease. Now that I am 34, and have finally stumbled back into what I wanted to do all along, I intend to make up for lost time.

I am sure that each of the other women marathoners could tell you a similar story about her motive. It is a motive that makes us very stubborn. And you will find it a very hard motive to fight.

Sincerely Yours,

Pat Tarnawsky.

A LITTLE MORE FROM THE AMERICAN SCENE AND WOMEN IN DISTANCE RUNNING.

BETH BONNER now looms up as a solid challenger to Doris Brown who has been supreme for so long in women's cross country running, which is not surprising the way young ladies are running these days. Vieing with her is another graduate from the girls division named ELLYN CORNISH. These two did not bow meekly to Mrs. Brown's reputation. While winning her fourth championship Doris Brown was just 5 seconds ahead of Bonner with Cornish a further second away in third place.

Bonner has an interesting background. At 17 years of age in 1969 she gained a coach. By telephone and mail race walker Dave Romansky began coaching her. She was living in West Virginia and Dave in New Jersey, but despite this distance separating them Romansky's endurance-oriented advice served her well. Beth won the A.A.U's special 3000 Metres Run last June, and ran 1500 Metres in 4m.35s.

Basically, beth likes running long distances, whether in competition or by herself. She would like to try a Marathon and often runs 100 plus miles per week.

Some vital statistics:- Eleanor Beth Bonner - now 18 years old, 5'8" tall and weighs 110 lbs. Times - 880 yards in 2.23; 1500 Metres in 4m.36s.; 1 Mile in 4m.58s., and 2 Miles in 9m.48.2s. Trains twice a day, 7 days a week, 12 months a year, with normal running of 70 to 80 miles a week, reducing to 45 during bad winter weather.

COMPARISONS ARE ODIUS BUT HOW ABOUT THIS!

Shortly before 10.00.a.m. on Monday, 30th August at Werrabee, ADRIAN BEAMES started to run over the marathon distance. 2 hours 46 minutes and 30 seconds later she had completed the 26 miles and 385 yards to slice quite a considerable amount from the 3 hours barrier for women of this distance.

She too covers at least 100 miles a week in training and has some times to her credit which at one time seemed incredible for a woman to produce.

Among them are 5 miles in 28 minutes and 20 seconds; 10 miles in 57 minutes and 23 seconds, and 16 miles in 1 hour 38 minutes and 18 seconds.

By coincidence too, her coach Fred Warwick, while now running marathons in the professional ranks was at one time was once a distance walking star with a lot of potential.

xxx xxxx xxxxx xxxxx xxx

MODERN 'MENITIES FOR MUNICH MARATHONERS.

Extracts from the Olympia Press Bulletin - Number 24 of July, 1971.

FRESH AIR - This is to be made available to Marathon runners and Walkers in quite a literal sense. The course at the 1972 Olympic Games is to be free of both petrol and exhaust fumes, as a joint decision of the International Athletic Federation and the City of Munich lays down that all roads forming part of the course are to be closed to motor traffic three hours before the start of the events. During this time existing fumes will disperse. Electric mobile cars will be used for the transport of competition officials and television teams.

In Munich 43% of the entire course will pass through parks and green countryside. Only 4½ miles will go through the Olympic Park and suburbs of the City. There are even plans to use an oxygen dispenser in certain underpasses on the Marathon route, to ensure that no competitor goes short of fresh air.

No less important than fresh air is the feeding of the runners and walkers on their long pilgrimage. There will be the usual feeding station every five kilometres, and refreshment station between. Every runner can decide for himself what he wants to consume en route, and when. He will turn in his own rations to the race officials beforehand, who will keep them under refrigeration not only before the race but also at the desired station or stations.

Sports doctors are at present engaged in determining the most suitable composition of refreshments to be available at feeding stations.

A more personal following of these distance races will be available to the public in the Main Stadium where an expected 80,000 people will be able to follow the race on a special electronically controlled scoreboard. This board will include a sketch of the course and will progressively indicate the current position of the runners whose times, having been recorded at every 5 kilometres, will then be shown on the scoreboard.

V.A.A.A. COUNCIL MEETING JOTTINGS

Some people got in early? At the June meeting we were informed that the Victorian Olympic Council invited the Association to appoint a representative to a sub-committee which will consider the possibility of inviting certain teams to compete in Melbourne on their way home from Christchurch after the 1974 Commonwealth Games.

Not far behind were the following clubs asking for fixtures on the new season's program: Ivanhoe Harriers 31/10/71; Wimmera A.A.C. 1 & 2/4/72; Strathmerton 8/4/72.

At the July meeting more track meets were approved: Coburg Harriers 10/10/71; Waverley A.A.C. 7/11/71; and Athletics International 25/11/71

Manager for the team to the Australian Marathon at Hobart saw Peter Lucas of the Cross Country Committee elected as the nominee of the Executive.

A rise in fees for registrations was approved after financial estimates for the 1971/72 season had been presented. They are now \$3 for Seniors and \$2 for Juniors in the metropolitan area, while Country Clubs have to pay £2 and \$1.50.

Almost two pages of amendments to the Constitution on the definition of amateurism were also passed, merely to bring that part into line with the constitution of the AAU. One could be pardoned for coming away with the impression that all that rigmarole was concerned with the contract session (the one in fine print) of an insurance or hire-purchase agreement. However, of that more later.

Arising from the August Council gathering, members may take notice as well as advise other interested persons of an important seminar to be held by the Australian Sports Medicine Federation. It will be on the subject "The Physiological and Psychological Aspects of Children's Athletics" and will be held at the A.M.A. Hall, Royal Parade, Parkville on September 17th and open to all interested persons.

The Development Sub-Committee circulated a brief, but very important report, which should have been received, together with the minutes of the August Council Meeting by Club secretaries and delegates and put forward for discussion in every Club of the V.A.A.A. Two major points in the report are: firstly the need to decentralise club competition more completely, even to the extent of full autonomy in respect to the actual type and number of events conducted by area groups, and secondly, that clubs need to aim at a number equal to 10% of their total membership to become qualified officials, if development is to be maintained.

Subsequently, under 'General Business' at the end of the meeting, the problem of the provision of enough officials to adequately staff athletic competition, received some airing. It is somewhat regrettable to observe that the ideas and suggestions put forward merely reflected the parochial and stagnant field of vision of the 'Old Brigade', the ones who have been so far removed from actual competition for such a long time that their sense of proportion has slipped completely out of focus. There they were talking about fines, loss of points and other penalties to be levied on clubs as a way out to gain new officials, not a word on providing some positive attraction to gain numbers! Now, I ask you, what is the likely upshot of waving a big stick over the clubs going to be? More athletes and supporters coming forward to assist in achieving high standards or active sportsmen turning away and going down to the beach to get away from an atmosphere of regimentation on their Saturday afternoon?

xxx xxx xxx xxx xxx
DON'T FORGET THE PICNIC ON SUNDAY, OCTOBER 17th. AT WATTLE PARK.

Bring your own goodies, etc. to eat and your family or company - we'll make it a good old-fashioned picnic day with novelty races for all.

However, we need to have some indication of the numbers, ages and sexes of those likely to be there, so PLEASE, send back to the secretary, as soon as you can, the details on the slip below:

----- TEAR ----- OFF ----- HERE -----

There will be.....adult male(s)Junior male(s)

.....adult female(s)Junior female(s)

in my party coming to the V.M.C. Picnic.

Details of ages and sexes of the junior members are

.....

SIGNATURE ALSO IN BLOCK LETTERS.....

VICTORIAN MARATHON CHAMPIONSHIP. WERRIBEE. SATURDAY, 31st JULY, 1971.

1. A. Boychuk	2hrs.18m.34s.	31. I. Bray	2hrs.56m.45s.
2. R. McKinney	2hrs.22m.42s.	32. G. Forsythe	2hrs.58m.23s.
3. J. Bermingham	2hrs.23m.03s.	33. N. Watson	2hrs.59m.52s.
4. T. Harrison	2hrs.23m.54s.	34. J. McDonnell	2hrs.59m.57s.
5. K. Fallon	2hrs.27m.56s.	35. D. Oliver	3hrs.02m.00s.
6. N. Duff	2hrs.28m.44s.	36. W. Crooks	3hrs.02m.16s.
7. H. Van Wijngaarden	2hrs.31m.33s.	37. H. Halton	3hrs.02m.57s.
8. K. Rock	2hrs.33m.13s.	38. P. Betheras	3hrs.03m.10s.
9. R. Harbert	2hrs.34m.00s.	39. M. Hennessy	3hrs.03m.22s.
10. R. Brown	2hrs.34m.07s.	40. R. McDougall	3hrs.03m.38s.
11. T. Jorgensen	2hrs.36m.51s.	41. D. Collins	3hrs.03m.40s.
12. D. Horn	2hrs.37m.53s.	42. J. Phair	3hrs.05m.16s.
13. C. Vogel	2hrs.39m.51s.	43. L. Thompson	3hrs.06m.20s.
14. F. Corr	2hrs.40m.06s.	44. G. Bloore	3hrs.06m.54s.
15. A. Williams	2hrs.40m.43s.	45. A. Thomson	3hrs.07m.24s.
16. J. Kneen	2hrs.41m.04s.	46. J. Conway	3hrs.11m.53s.
17. D. Marburg	2hrs.41m.27s.	47. C. Crawford	3hrs.14m.35s.
18. P. Lear	2hrs.42m.10s.	48. H. Dalheim	3hrs.14m.51s.
19. S. Szegedi	2hrs.43m.11s.	49. R. Duffell	3hrs.15m.34s.
20. H. Rocks	2hrs.45m.14s.	50. K. Butko	3hrs.16m.45s.
21. T. Orr	2hrs.46m.14s.	51. R. Thomas	3hrs.17m.35s.
22. H. Boreham	2hrs.46m.45s.	52. K. Onley	3hrs.21m.20s.
23. M. Kirkwood	2hrs.47m.43s.	53. L. Jones	3hrs.26m.02s.
24. J. Duck	2hrs.48m.14s.	54. R. Wood	3hrs.29m.15s.
25. P. Duck	2hrs.48m.18s.	55. S. Hilditch	3hrs.29m.27s.
26. J. Crawford	2hrs.48m.37s.	56. J. Wright	3hrs.37m.45s.
27. T. Boylan	2hrs.49m.17s.	57. E. Lynn	3hrs.38m.06s.
28. M. Thompson	2hrs.49m.42s.	58. G. Glue	3hrs.55m.40s.
29. A. Pratt	2hrs.55m.22s.	59. R. Graham	3hrs.59m.38s.
30. K. Graham	2hrs.56m.17s.	60. B. Phillips	4hrs.32m.38s.

Note. N. Watson started 10m.10s. after the field - actual running therefore 2,49.42
Weather - Cold, strong head wind on outward journey. 94 starters.

VICTORIAN COUNTRY MARATHON CHAMPIONSHIP. MORWELL. SATURDAY 29th AUGUST, 1971.

1. D. Clayton	2hrs.24m.40s.	12. J. Eyre	3hrs.04m.14s.
2. B. Brooks (C)	2hrs.36m.53s.	13. L. Thompson	3hrs.08m.15s.
3. J. Lyons (C)	2hrs.40m.19s.	14. D. Kitt	3hrs.10m.09s.
4. T. Kelly	2hrs.40m.57s.	15. R. Anderson	3hrs.17m.24s.
5. R. Brown	2hrs.43m.52s.	16. A. Thomson	3hrs.17m.52s.
6. G. Bloore (J)(C)	2hrs.45m.56s.	17. J. Smith	3hrs.21m.21s.
7. R. Duffell (C)	2hrs.46m.23s.	18. R. Wood	3hrs.29m.19s.
8. J. Crawford	2hrs.49m.34s.	19. J. Kerr	3hrs.38m.42s.
9. D. Palmer (J)(C)	2hrs.57m.54s.	20. L. Rawlings	3hrs.43m.57s.
10. K. Rock	2hrs.57m.56s.	21. J. Bridge	3hrs.44m.21s.
11. G. Smith	2hrs.59m.17s.	22. T. Heyes	4hrs.08m.53s.

Weather - Generally cool with bursts of sunshine. 50 starters.

In supplying the bare facts above we are indebted to HARRY GRINBLAT of Latrobe Valley Regional Centre, also for additional race comments such as:

Police, St. Johns and Red Cross co-operation was first class, with these services stationed regularly along the route. A Police Mobile Squad Car drove well ahead of the lead car to clear any on-coming traffic and they did a first class job in this aspect.

Derek Clayton took the lead from the gun and quickly opened up a big break. He made the turn in 69 minutes and ran strongly throughout.

Barry Brooks of Ballarat Harriers took out the Country Title with a very steady run and John Lyon of Morwell, the Silver Medal with a particularly pleasing run. He passed Tom Kelly of Box Hill at the 25 Mile mark, but Tom came back to bridge the gap, but a further effort from the local runner took him well clear in the end.

Gerald Bloore of Traralgon ran very well to finish in 6th place overall and was the first junior to finish. Several athletes were tackling their first marathon and had the satisfaction of completing the course. One was David Palmer of Camberwell YMCA who ran splendidly for a 16 year old and finished in 9th place.

WHAT DO YOU MAKE OF IT. ??
ODDS AND ENDS AND RANDOM THOUGHTS. BY FREDDIE LESTER.

I had it put to me that I should re-introduce something on the lines of the column 'Some Observations on Coaching' which used to be a regular in the "Harrier" Magazine (of fond memories). Well, that may be all right up to a point and even useful, but it seems to me that what is needed far more at this stage is to really stir everybody up, and make some pungent observations on the 'non-thinking' and stagnant attitude we are in.

For a start, athletics-and sport in general- is just one part of our lives and the life of the community. While it may figure largely in the minds of some people for a greater or lesser period in their lives, we cannot get away from the fact that it is a very minor component indeed in the lives of most. Earning a livelihood, building a home, shouldering family responsibilities, joining into activities with other sections of the community, etc., are things we need to pay attention to if we are to lead sane and balanced lives.

On a previous page I already mentioned the discussion on the problem of obtaining officials for the conduct of athletics. If we cannot get all the qualified officials necessary to certify a record at some run of the mill interclub meet, is the world going to come to an end? It has never done any harm to the achievements of the members of the V.M.C. for active runners to take a turn at officiating on the day, they were fully aware that they contributed to the success of others while having threats of fines or disqualification levelled at them.

Take all that guff on the safe-guarding of amateurism with the reams of rules of do's and don't's. No offence is meant here at the many officials nationally and internationally who are trying to save sport from becoming a marketable commodity. The question here is: Does this approach really work? How many of the top amateurs turn professional eventually so that they can collect openly what they had earned by devious means previously?

Let's have some realism. We are living in a world of commercial enterprise which constantly tries to reduce all values to the value of a particular commodity which can be bought, sold or discarded like a pair of shoes or a motor car. We depend on commercial interests to underwrite our major competitions and matches, for funds to send teams away, for which we grovel to them cap in hand. Yet sport and participation to the highest national and international levels should be the right of everyone without having to beg and cadge.

But where to find a disinterested party to underwrite what is a national asset in health and recreation if not in commerce? No, gentlemen, you cannot have it both ways, sell your soul to the devil and then ask for it back!

Or let's take a look at discrimination in sport on the occasion of the South African Rugby visit. Australian sport must hang its head in shame, not a single one of the many Amateur bodies affiliated to the Olympic movement or the Olympic Committee themselves as much as said 'I object to visits by racially selected teams'. It is a very sad comment on the older generation and the way things are drifting when it is left to students in the main to voice conscience on such fundamental issues in human relations. It is only half a century or so that discrimination in sport excluded women from participation in the Olympic Games and the people who fought for the rights of women were called ratbags and worse in those days. Hangovers of that era are still abundant as shown in the article concerning participation of women in distance running. Closer to home we have that anachronism of the 19th century still surviving in Victoria where women athletes and men athletes compete at different venues to each other!

Well, after all that, I don't know how much this will benefit your running. But you could try and have a look at the world around you even while you are out on your training run, and while it may not make you run faster it is sure to widen your horizon for a start.

Then, you could also go out for a run with a new member or raw beginner for a change and, without thrashing his ears all the way, make him feel part of the scene.

Most of all, if on occasions you may have a thought or idea which has not appeared before or see something out of the ordinary, examine it, talk about it, do something about it except bury it! You could even send it into the V.M.C. Newsletter and stir up something.