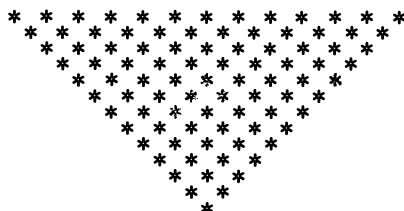




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THE VICTORIAN MARATHON CLUB NEWSLETTER IS PUBLISHED FOR THE INFORMATION OF MEMBERS OF THE V.M.C. AND OTHER PEOPLE INTERESTED IN DISTANCE RUNNING AND IN ATHLETICS IN GENERAL

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.

INTERSTATE LINES OF COMMUNICATION

AMATEUR ATHLETIC UNION OF AUSTRALIA
Mr. A. J. Hodsdon, M.B.E., 41 Carlingford Rd., EPPING,
2121. NEW SOUTH WALES..

<u>NEW SOUTH WALES</u> Mr. C. D. Lee, A.A.A. of N.S.WALES, 280 Pitt Street, <u>SYDNEY. 2000. N.S.W.</u>	<u>QUEENSLAND</u> Mr. J. Bailey, P.O. Box 1554V, G.P.O. <u>BRISBANE. 4001. Q'LAND.</u>
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<u>VICTORIA</u> Mr. A. L. Morrison, 12 McKillop Street, <u>MELBOURNE. 3000</u> <u>VICTORIA.</u>	<u>WESTERN AUSTRALIA</u> Mr. F. T. Treacy, J.P., 33 Selkirk Street, <u>NORTH PERTH. 6006</u> <u>WESTERN AUSTRALIA</u>

New impetus to athletics in Victoria, at least as far as the men are concerned, should flow from the bringing in of two self supporting centres for the 1971-72 Interclub Track and Field Season. Heidelberg and Preston will give more scope for more clubs, teams and athletes to take part and relieve the old venues of some pressure.

However, unless there is going to be a lot of re-thinking at the same time as experimentation, this initiative may well be lost without appreciable gain. A case in point is the incredible scramble which could be seen at the W.A.A.'s opening days at Royal Park West. After originally de-centralising by taking in the track at Sandringham and encouraging new clubs, the women have gone back to one central ground and substituted individual point scoring for team incentive. Now, we have a spectacle of endless heats of sprints, while competitors for the circular events have to hang around until 6.p.m. to have a run and no one caring what anyone is doing in other events to themselves.

The time is more than ripe for a thorough break with the conventional ideas and ways of running competitions. This is not a question of doing away with interclub, on the contrary, the basic principle of team competition is sound and should be maintained. The problem is to achieve more flexibility, to reduce the hours spent on the ground to more manageable proportions such as a maximum of 2½ hours, to widen the variety of incentives, etc.

The introduction of Daylight Saving can be a powerful factor in new ways of running athletics. Twilight periods, or rather after-work-daylight, can be available for up to three hours, a magnificent opportunity for midweek evening meets. A compact programme of 1½ to 2 hours embracing a Challenge Match between two picked sides of two venues plus Junior and Open events for those not chosen in the teams is more than feasible.

The V.M.C. is accepting an invitation from Chelsea A.A.C. again this year to conduct events in conjunction with the Club at Edithvale Oval on the first Tuesday night after the New Year. This time we will also have events for the very young and the Veterans and finish the evening with a get-together around a barbeque, but more details further on.

Response to our summer programme is greater than ever and it is close to overwhelming us unless members exert a lot more self-discipline. We are entirely dependant on punctuality and early reporting in as well as checking in after the race, if we are to keep administration and officiating at a minimum. There are also such jobs as "point duty" at critical corners, marshalling at start and finish, timekeeping and calling, lap scoring, etc. which we would like every member to try and have a go at when they are not actually competing.

The big events of the summer are still to come, the EMIL ZATPEK 10,000 Metres Trophy (holder: JOHN COYLE) and the V.M.C. MASTERS MILE CHAMPIONSHIP (Holder: RON STEPHENS) Both these events will be held on Monday night, December 20th, at the University Oval, at 6.30 and 6.15 p.m. respectively. Competitors are reminded that they are obliged to provide a lap scorer and that their entry must be in the hands of the secretary one week earlier.

These races are restricted to members only, except for 10,000 metre runners who have a time of 32.00 minutes or better to their credit, who may compete by special invitation to enable them to qualify for the National Championships. These rules will be strictly enforced!!!

In conclusion I wish to congratulate members of the V.M.C. on the very fine competitive spirit which they have shown in all the races held so far this year. We are growing and lifting the standards of distance running and with it are improving the enjoyment of athletes for many more people as time goes by.

On behalf of your Committee, I extend the very Best Wishes for the ensuing Festive Season and the Olympic New Year to all members, their families and their friends.

FRED LESTER.

SECRETARY

V.M.C.

SPECIAL PURPOSE MEETING.

OLYMPIC PARK.

WEDNESDAY 15th DECEMBER.

The "Special Purpose" is the establishment of a fund to eventually purchase photo-finish and timing apparatus for use by the V.A.A.A. at Special Meetings. A compact 2 hours programme with all the best of Victoria's athletes will commence at 6.15.p.m.

NOTES FROM THE COMMITTEE

The Committee of the V.M.C. held a meeting on November 11th and here are some of the main points:-

1. The Team Race on 1-Hour day is to be an Open Race over 5,000 Metres, but apart from the Team Trophy no other prize will be awarded.
2. The Treasurer reported further satisfactory reserves and cash in hand, able to absorb slight deficits for some time, hence there will be no need for increased charges in spite of inflation.
3. The Fixtures for Winter 1972 were set tentatively, as follows:-

April 8 or 15	10 Miles, Princes Park.	2.30.p.m.
April 25	7½ Miles "Fallen Comrades", Domain	2.30.p.m.
May 13	25 Kilos. Albert Park.	2.30.p.m.
June 5	20 Miles, King of the Mountains, Point Leo.	1.30.p.m.
June 12 (Monday)	20 Kilos. Albert Park.	2.30.p.m.
June 24	V.M.C. MARATHON, Tyabb.	1.00.p.m.
Aug. 12 or 19.	15 Kilos. Albert Park.	2.30.p.m.
October 8	1 Hour Run Meeting, Mentone.	1.30.p.m.

All these dates are subject to dovetailing in with and approval by the Cross Country Organising Committee, the draw of Football Fixtures and availability of the Albert Park circuit and may deviate up to two weeks from the above.

The Secretary was instructed to forward a letter to the A.A.U. of A. Conference, putting forward the last Saturday of August each year as the date for the National Marathon Championship as a means of stabilising scheduling and preparations for the major events of the winter.

4. The date for the 26th Annual Meeting of the Club will be Friday, March 17th 1972, at Robinson Hall, Albert Park. We are inviting a guest speaker of note as in previous years.

Points from V.A.A.A. Council Meetings:

At the November Meeting, our President, WALLY SHEPPARD, was re-elected Chairman of the Cross Country Organising Committee, and V.M.C. man TERRY HARRISON as Secretary. BERTIE GARDINER is again on the Selection Committee, as well as on the Ranking and Recording Committee together with members KEN TAGGART and FRED LESTER.

Ken is also on the Development Committee and it is important that he be put on the mailing list of your Club for the Annual Report. It would also be useful to have your Club send in verified performances by its members of a standard high enough for inclusion in the official ranking lists, whether made at interclub, special meetings or interstate and overseas. Post that kind of information through your Secretary, Fred Lester, 1 Golding St, Canterbury, 3126.

A senior team of 21 athletes will be selected to represent Victoria at the A.A.U. Championships in Perth on full subsidy. Other athletes may be added at the discretion of the selectors on application to join the team at their own expense.

Persons who wish to be considered for selection as Officials with the Olympic Team should be lodged at the V.A.A.A. office early in December as the closing date with the A.A.U. is December 31st.

At the time of going to press, a meeting of interested Veterans has been called by Wally Sheppard, under the auspices of the V.M.C., to form a Victorian Veterans Club and take steps to promote competition among the over 40 age groups.

Wally has already done much of the spade work for the forthcoming Olympic Trip and can be contacted by letter at 148 Manningham Road, Bulleen, Vict. 3105. All those interested in either the trip abroad or participation in competition are asked to submit full details about themselves to facilitate organisation.

State clearly and in Block Letters: Callname, Surname, Registered Number, Home Club and Association, Full Postal Address including Postcode, Date of Birth, Occupation, Telephone (s), Best Performances over all distances you have ever competed at.

The "Veteran Athlete", published by MAX VAN APELDORN, 163 Antill Street, Downer, A.C.T. 2602, will cater specifically for the older athlete and it is intended to come out quarterly, spacing in roughly between issues of the V.M.C. Newsletter. To make it easier to identify age group of competitors appearing on result lists, we suggest that the year of birth be indicated in brackets behind the name. As this will not need changing from year to year, it will avoid possible confusion during check backs.

V. M. C. 1 HOUR RUN MENTONE 10/10/71

1	ARCH	SANSONETTI	18 Kilos	904.54	Metres	12 Miles - 19 Kilos 312M.
2	TERRY	HARRISON	18 "	884.12	"	
3	NORMAN	FRANZI	18 "	298.55	"	
4	KEVIN	ROCK	18 "	85.50	"	
5	DAVID	MARBURG	17 "	601.37	"	11 Miles - 17 Kilos 702.74
6	IAN	GASKELL	17 "	474.32	"	
7	PAUL	O'HARE	17 "	139.39	"	
8	MAX	OOSTWOUD	16 "	982.47	"	
9	GRAHAM	MOON	16 "	882.60	"	
10	DENNIS	WATTIE	16 "	406.41	"	
11	ROBERT	JAMIESON	16 "	365.10	"	10 Miles - 16 Kilos 93.4M
12	JIM	BEISTY	16 "	292.86	"	
13	HAL	DALHEIM	15 "	392.94	"	
14	SAM	HILDITCH	15 "	322.83	"	
15	JOHN	OLIVER	15 "	169.80	"	
16	BOB	CROKER	15 "	10.01	"	
17	ROSS	O'NEILL	14 "	812.48	"	
18	JOHN	MAHONY	14 "	469.80	"	9 Miles - 14 Kilos 484 M.
19	GORDON	SARFATY	13 "	739.51	"	
20	MIKE	PORTER	13 "	724.26	"	

JUNIOR TEAMS RACE

3,000 METRES.

1	Chris	Schrader	Ivanhoe No. 1.	8 Mins.	50 secs.
2	Neil	Croker	Chelsea	9 mins.	01 secs.
3	Noel	McDonald	Ivanhoe	9 mins.	02 secs.
4	David	Carolane	Ivanhoe	9 mins.	24 secs.
	William	Crooks	Coll. (Ind.)	9 mins.	32 secs.
5	David	Brett	Ivanhoe No. 2.	9 mins.	45 secs.
6	Tom	Strickland	Chelsea No. 1.	9 mins.	50 secs.
	Geoff	Holden	Mentone (Ind.)	9 mins.	51 secs.
7	Jim	Tennant	Ivanhoe No. 2.	9 mins.	54 secs.
8	Gerard	Leeds	Ivanhoe No. 1.	9 mins.	57 secs.
9	Andrew	Neve	Chelsea No. 1	10 mins.	17 secs.
10	Pat	Strickland	Chelsea No. 2.	10 mins.	28 secs.
11	John	Neve	Chelsea No. 1.	10 mins.	33 secs.
12	Rodney	Alacqua	Chelsea No. 2.	10 mins.	38 secs.
13	Graeme	Hills	Chelsea No. 2.	10 mins.	57 secs.
14	Daryl	Stuckey	Ivanhoe No. 2.	11 mins.	21 secs.
15	Greg	Ward	Chelsea No. 3.	11 mins.	33 secs.
16	Colin	Burrington	Chelsea No. 2.	11 mins.	36 secs.
17	Greg	Wilton	Chelsea No. 3.	11 mins.	48 secs.
18	Robert	Carolane	Ivanhoe No. 2.	12 mins.	08 secs.
19	Ross	McDonald	Chelsea No. 3.	12 mins.	28 secs.
	Hal	Dalheim(Jun.)	S.S.H. (Ind.)	12 mins.	58 secs.
20	Colin	Duckley	Chelsea No. 3.	13 mins.	07 secs.

TEAMS RACE

1	Ivanhoe No. 1.	(1 3 4)	8 Points
2	Chelsea No. 1.	(2 6 9)	17 Points
3	Ivanhoe No. 2.	(5 7 14)	26 Points
4	Chelsea No. 2.	(10 12 13)	35 Points
5	Chelsea No. 3.	(15 17 19)	51 Points

SENIOR 5,000 METRES TEAMS RACE

1	Bob	HENDY	C'wood	14.46	
2	Trevor	VINCENT	(Ind.)	14.47	
3	John	BRUCE	C'well		1 Collingwood 1,3,4, (5) 8 Pts.
4	Norm	DUFF	C'wood	15.47	
5			C'wood	15.52	2 Camberwell YMCA 2,6,7,(8) 15 Pts.
6	Jeff	PETERSON	(Ind.)	15.56	
7			C'wood.	16.06	
8	Terry	JORGENSEN	(Ind.)	16.31	
9	Des	ROCK	C'well	17.02	
10	David	BYRNES	C'well	17.52	
11	Dick	DOWLING	C'well	18.14	
12	Graham	SCOTT	(Ind.)	19.09	
13	Ian	BRAY	(Ind.)	19.14	
14	Dave	BRADFORD	(Ind.)	20.08	

Veterans 2 MILES.		WEIGHT FOR AGE.				VETERANS 400 M. TRIAL.	
1	Theo ORR	(0.20)	(1924)	plus .05	10.27	3.	1 Wal SHEPFARD 57.2
2	Bruce RUSSELL	(0.40)	(1929)	plus --	10.47	5.	2 Ron YOUNG 57.6
3	Lindsay HOOPER	(0.40)	(1925)	plus .05	10.50	4.	3 Jim DAVY 58.5
4	Mike O'NEILL	(0.50)	(1927)	plus --	10.59	6.	4 Mike O'NEILL 60.2
5	Alan de VILLE	(1.00)	(1923)	plus .05	11.19	7.	5 Jack SHEPPARD 62.0
6	Mick SKINNER	(0.55)	(1923)	plus .05	11.24	8.	6 Jack STEVENS 62.6
7	John JOHNSON	(2.10)	(1923)	plus .05	12.05	2.	7 Col HANSELL 70.9
8	Eddie GAMBLE	(--)		--	12.24	-	8 Jim CONWAY 70.9
9	Eric FROUDE	(--)		--	12.29	-	9 Mike PORTER 72.0
10	Jim CONWAY	(2.10)	(1930)	plus --	12.41	9.	
11	Joe TENNANT	(1.35)	()	plus --	13.06	11.	
12	Bert PHILLIPS	(4.50)	(1908)	plus .20	14.54	1.	
13	George WILSON	(5.00)	(1912)	plus .15	16.06	10.	

AUSTRALIAN MARATHON CHAMPIONSHIP.			HOBART. 25/9/71.		47 STARTERS	
1	Derek CLAYTON (V)	2.11.28	19	Alan HICKS (VI)	2.36.56	VM.
2	John FARRINGTON(N)	2.12.04	20	Don COX (T)	2.38.05	VM.
3	Brenton NORMAN (S)	2.16.03	21	Alan VOGEL (VI)	2.38.31	VM.
4	John BERMINGHAM(V)	2.21.16 VM.	22	Sean WALSH (W)	2.39.31	
5	Peter BRUCE (V)	2.23.15 VM.	23	Barry BROOKS (VI)	2.41.20	VM.
6	John STANLEY (VI)	2.24.56 VM.	24	Frank HILL (TI)	2.43.05	
7	Bill JAMES (S)	2.24.59	25	Howard BOREHAM (VI)	2.44.02	VM.
8	Rod MACKINNEY (V)	2.25.09 VM.	26	Robert DUFFELL (VI)	2.44.56	VM.
9	Terry HARRISON (V)	2.25.16 VM	27	Kevin FALLOON (V)	2.46.23	VM.
10	David CHISHOLM (N)	2.27.50	28	Jim CRAWFORD (VI)	2.47.13	VM.
11	Julian SCOTT (N)	2.28.28	29	Brian CHAPMAN (S)	2.47.31	
12	Kevin ROCK (VI)	2.28.46	30	Tom CREEVEY (Q)	2.54.49	
13	Henley HARRISON (NI)	2.29.38	31	Mal KIRKWOOD (VI)	2.57.06	VM.
14	John KNEEN (VI)	2.30.02	32	Kent RAYNER (T)	2.58.08	
15	Rodney NICHOLLS (S)	2.31.17	33	Graham TAYLOR (T)	2.58.17	
16	Phil LEAR (VI)	2.32.01 VM.	34	Ian KERRISON (T)		VM
17	Allen HARRISON (N)	2.34.38	35	Keith ROUTLEY (VI)		VM
18	Terry JORGENSEN (VI)	2.36.53 VM.				

LAUREL WREATH ADDITIONS

39.	Rod MACKINNEY	26/6/71	2.26.50	41.	John STANLEY	25/9/71	2.24.56
40.	Andy BOYCHUK	31/7/71	2.18.34	42.	Kevin ROCK	25/9/71	2.28.46

ROD MACKINNEY, previous NSW Champion and Australian Runner-up, has been under 2.30 on many occasions, but was not a member of the V.M.C. at the time.

ANDY BOYCHUK, previous Canadian Champion, also has been under the 2.30 qualifying time previously, but joined the V.M.C. only this year.

JOHN STANLEY, is a championship contender over the longer track events at National, State and Inter-Varsity level since some time ago, but this is his first serious season at the Marathon. Should make his dad, Ex-Victorian and National Champion of the immediate post-war period, GORDON STANLEY, purr with pleasure.

KEVIN ROCK also is in his first serious season at the Marathon, having nearly given the game away some years ago when not getting anywhere with running Quarter Miles.

The Hobart result confirmed the standing of DEREK CLAYTON and JOHN FARRINGTON as out No. 1 and 2, as well as in the World Elite, and both deserve instinted praise for their feats.

BRENTON NORMAN is the coming man with JOHN BERMINGHAM to press him all the way. Both men are also speedy on the track and have shown the toughness typical of Marathon success over the country during the Winter.

PETER BRUCE and BILL JAMES are established now as top Marathon men and it is particularly gratifying to see South Australians giving the team competition a fillip regularly. They had a record 8 entrants.

DAVID CHISHOLM and CHOOK HARRISON, these Marathon fixtures, are to be congratulated on maintaining their enthusiasm apart from their ever present threat to race favourites, and, together with JULIAN SCOTT, make a solid core for N.S.W. 10th, 11th and 13th may not look much on paper, but they were all under 2.30 and fighting all the way with 22 more competitors struggling in after them!!!!

Spare a tear for NEIL RYAN, the outstanding Victorian road man of the Winter. After waltzing away with every V.M.C. race during the current season, the "roof fell in" on him. a Very painful groin injury completely stopped him in his tracks.

RANKING LISTS

<u>100 METRES</u>				<u>200 METRES</u>			
10.7	Lewis	G.	24/10	20.5	Norman	P.	31/10
10.7	Weinberg	B.	29/10	21.0	Fitzgerald	P.	6/11
10.7	Norman	P.	24/10	21.1	Eddy	G.	31/10
10.8	Forbes	R.	29/10	21.1	Fanshaw	L.	31/10
10.8	Haskell	G.	13/11	21.4	Forbes	R.	29/10
10.8	Warlow	M.	13/11	21.5	Darcy	L.	31/10
<u>Assist Wind</u>				21.5	Weinberg	B.	6/11
10.2	Haskell	G.	31/10	21.5	Field	B.	20/11
10.2	Norman	P.	31/10	21.5	Lewis	G.	20/11
10.2	Fitzgerald	P.	13/11	21.7	Stcherbina	B.	31/10
10.3	Fanshaw	L.	31/10	21.7	Haskell	G.	20/11
10.4	Minehan	B.	31/10	21.8	Plant	V.	21/11
10.4	Weinberg	B.	16/11	<u>Assist Wind</u>			
10.4	Plant	V.	21/11	21.4	Minehan	B.	20/11
10.5	Eddy	G.	31/10	21.6	Bottomley	G.	28/11
10	Bottomley	G.	13/11	21.9	Pennell	R.	20/11
10.5	Darcy	L.	16/11	21.9	Donlon	P.	20/11
10.5	Lewis	G.	16/11	<u>800 METRES</u>			
10.5	Lyons	G.	13/11	1.49.8	Fuller	P.	20/11
10.6	Plant	M.	13/11	1.51.0	Doubell	R.	20/11
10.7	Kealy	J.	13/11	1.52.3	Hooker	W.	31/10
10.7	Stcherbina	B.	16/11	1.52.3	Crouch	G.	20/11
<u>400 METRES</u>				1.53.1	McConnell	I.	6/11
47.5	Eddy	G.	13/11	1.53.3	Wheeler	K.	20/11
47.7	Field	B.	13/11	1.53.4	Larkins	F.	31/10
48.2	Duthie	G.	13/11	1.53.4	Wilson	H.	20/11
48.2	Allison	J.	30/10	1.53.5	O'Shaughnassy	T.	20/11
48.3	Catt	D.	30/10	1.53.6	Catt	D.	29/10
48.7	Stcherbina	B.	16/11	1.53.7	Clough	N.	20/11
48.9	Kostos	N.	30/10	<u>5000 METRES</u>			
48.9	Hassett	J.	13/11	13.57.8	Clayton	D.	21/11
49.2	Kenoa	A.	6/11	14.35.6	Birmingham	J.	20/11
<u>1500 METRES</u>				14.41.4	McLennan	B.	21/11
3.44.5	Crouch	G.	13/11	14.43.4	Finlay	R.	20/11
3.44.5	Fuller	P.	13/11	14.54.0	Coyle	E.	20/11
3.49.0	Wheeler	K.	13/11	14.54.0	Scott	W.	20/11
3.49.2	Hall	K.	13/11	14.56.0	Hamer	P.	20/11
3.49.2	Jones	I.	13/11	14.57.7	Crocker	B.	20/11
3.49.5	O'Shaughnassy	T.	13/11	14.59.0	LeBas	D.	20/11
3.49.5	Finlay	R.	13/11	<u>10,000 METRES</u>			
3.49.5	Holdsworth	D.	13/11	29.05.4	Benson	A.	24/10
3.50.0.	Vincent	T.	13/11	31.15.2	Franzi	N.	24/10
3.50.0.	Axsentieff	J.	13/11	31.22.8	Mackinney	R.	24/10
3.51.0	Wilson	H.	13/11	<u>STEEPLECHASE</u>			
3.51.8	Coyle	J.	13/11	9.18.0	Haywood	R.	13/11
3.51.8	Clayton	D.	13/11	9.22.0	Horn	D.	13/11
<u>1 MILE</u>				9.28.4	Studerus	F.	13/11
4.07.5	Williams	A.	21/11	<u>3000 METRES WALK</u>			
4.07.6	Benson	A.	21/11	13.30.4	Gardiner	R.	13/11
4.12.5	Holdsworth	D.	31/10	13.40.0	Allsopp	E.	13/11
4.12.7	Axsentieff	J.	21/11	14.09.5	Smith	R.	13/11
4.12.9	Vincent	T.	31/10	<u>110 METRES HURDLES</u>			
<u>400 METRES HURDLES</u>				14.5	Binnington	M.	20/11
51.8	Field	B.	20/11	14.7	Green	R.	13/11
53.8	Green	R.	21/11	14.8	Baird	M.	24/10
54.0	Buxton	A.	20/11	15.0	Watkins	J.	13/11
<u>LONG JUMP</u>				<u>Assist Wind</u>			
24° 7½	Field	B.	20/11	13.8	Baird	M.	31/10
24° 5	Commons	C.	31/10	14.2	Green	R.	20/11
23° 3	Bottomley	G.	31/10	14.3	Binnington	M.	16/11
<u>Assist Wind</u>				14.5	Fitzgerald	P.	13/11
24° 9	Commons	C.	20/11	14.6	Plant	M.	31/10
23° 5	Bottomley	G.	31/10	14.7	Buxton	A.	20/11
23° 2	Andison	I.	31/10	15.1	James	D.	31/10

RANKING LISTS - Continued:

<u>HIGH JUMP</u>				<u>TRIPLE JUMP</u>			
6'11"	Peckham	L.	20/11	47° 9 ¹ / ₄ "	Wood	P.	23/10
6'10"	Sneazwell	A.	31/10	46° 7 ¹ / ₂ "	Davidson	B.	13/11
6'10"	Burgess	B.	13/11		<u>Assist Wind.</u>		
6'9"	Moss	I.	20/11	50° 1"	Commons	D.	13/11
6'6"	O'Connor	P.	31/10	49° 9 ³ / ₄ "	Davidson	B.	31/10
6'6"	Hunter	J.	24/10	48° 11 ¹ / ₂ "	Commons	C.	31/10
6'6"	Watt	R.	24/10		<u>POLE VAULT</u>		
6'5 ¹ / ₂ "	Shaw	G.	29/10	16° 4"	Johnson	E.	31/10
6'4"	Jacobs	S.	24/10	16° 4"	Boyd	R.	31/10
6'4"	Hicks	J.	13/11	14° 0"	English	J.	31/10
6'4"	Tranter	D.	13/11	13° 6"	Stewart	A.	31/10
6'3"	Harris	J.	30/10	13° 6"	Beal	R.	24/10
6'3"	Bishop	H.	13/11	13° 0"	Huddle	R.	24/10
				12° 0"	Latu	A.	20/11
					<u>DISCUS THROW</u>		
47° 11"	Castle	P.	20/11		Freeman	T.	13/11
45° 8"	Pollock	A.	20/11	130° 9"	Guy	R.	13/11
44° 5 ¹ / ₂ "	Villani	R.	31/10	129° 6"	Van Beuge	H.	13/11
43° 10"	Fahey	T.	20/11	124° 9"			
43° 4 ¹ / ₂ "	Van Beuge	H.	20/11		<u>JAVELIN THROW</u>		
				263° 10 ¹ / ₂ "	Kosciak	S.	31/10
168° 6"	Edwards	M.	31/10	207° 3"	Sheffield	W.	20/11
167° 7"	Pollock	A.	21/11	204° 0"	Lethbridge	R.	21/11
164° 7"	Braden	G.	20/11	196° 7"	Haller	W.	20/11
148° 2"	Reading	K.	13/11	195° 1"	Wallace	B.	20/11
144° 8"	James	T.	20/11	192° 0"	Dillon	C.	20/11
142° 4"	Glass	R.	20/11	185° 2"	Steiner	P.	20/11
137° 3"	Murraylee	C.	20/11	182° 7"	Rohkamper	H.	6/11
				182° 7"	Fahey	T.	20/11
				180° 5"	Illingworth	J.	29/10

Owing to difficulty in obtaining results from all the Interclub Grounds and whether wind assists athletes, there are probably many errors or omissions. Anyone who can assist in corrections or additions should advise Bert Gardiner or Fred Lester, or leave a note at the V.A.A.A. Office, so that correct lists can be compiled for later ranking lists.

Also, as it is early in the Season the lists do not give the accurate assessment of the athletes' ability.

VICTORIAN MARATHON CLUB LIST FOR 1971

Clayton	D.	2.11.08.8	25/9	Van Wijngaarden	H.	2.31.33	31/7
Ryan	N.	2.18.31	26/6	Lear	P.	2.32.01	25/9
Boychuk	A.	2.18.34	31/7	Vincent	T.	2.33.04	26/6
Bruce	P.	2.19.21	26/6	Hicks	B.	2.33.18	26/6
Birmingham	J.	2.21.16	25/9	Harbert	R.	2.34.00	31/7
Mackinney	R.	2.22.42	31/7	Brown	R.	2.34.07	31/7
Harrison	T.	2.23.54	31/7	Jorgensen	T.	2.36.23	25/9
Stanley	J.	2.24.56	25/9	Kelly	T.	2.36.25	26/6
Falloon	K.	2.27.56	31/7	Brooks	B.	2.36.53	31/7
Duff	N.	2.28.44	31/7	Vogel	C.	2.37.34	26/6
Rock	K.	2.29.06	25/9	Horn	D.	2.37.53	31/7
Kneen	J.	2.30.02	25/9				

EARLY DAYS OF THE CLUB.

The first race held by the V.M.C. was the 10 Miles Club Championship in 1947. "Brook" Tovey, still a registered member of the Williamstown A.A. Club, won in 55 mins. 33 secs. with Bob Prentice 56.03, then John Pottage (Still competing) in 56.21, with Gordon Stanley, father of John, with 57 mins. 48 secs. All but Tovey later represented Australia. Percy Cerutti and Arthur Butler also ran. Butler is the only one who competed in that race who is still competing in V.M.C. events.

a 15 Miles Scratch Race resulted in Stanley winning in 89 mins. 5 secs., Pottage 89m. 35s., Tovey 91m. 54s., and the 20 Miles going to Pottage in 1 hour 53 mins. 33 secs., Stanley in 1 hr. 57m. 34s., and Tovey 1 hr. 59m. 56s. These were fast times for that period. Fields were small, rarely more than 15 starters.

UNITED STATES RECORD HOLDERS FOR VETERANS

<u>EVENT.</u>	<u>AGE</u>	<u>TIME</u>	<u>NAME</u>	<u>ACTUAL AGE</u>
800 Metres	40-49	1.59.8	Bill Fitzgerald	(44)
	50-59	2.09.5	Ray Gordon	(50)
	60-69	2.29.4	Bud Deacon	(60)
	70-up	3.15.0	David Fowler	(72)
880 Yards	40-49	1.59.8	Bill Fitzgerald	(44)
	50-59	2.09.5	Ray Gordon	(50)
	60-69	2.29.4	Bud Deacon	(60)
	70-up	3.27.5	David Fowler	(72)
1500 Metres	40-49	4.13.6	Bill Fitzgerald	(45)
	50-59	4.42.2	Alan Waterman	(52)
	60-69	5.12.4	Bud Deacon	(60)
	70-up	6.55.0	Virgil Sturgill	(73)
			Noel Johnson	(71)
1 Mile	40-49	4.26.2	Peter Mundle	(40)
	50-59	4.47.0	George Sheehan	(50)
	60-69	5.18.8	William Andberg	(60)
	70-up	6.55.0	Virgil Sturgill	(73)
			Noel Johnson	(71)
2 Miles	40-49	9.28.0	Peter Mundle	(42)
	50-59	11.05.6	George Sheehan	(50)
	60-69	11.27.0	Norman Bright	(61)
3 Miles	40-49	14.48.6	Peter Mundle	(43)
	50-59	17.22.0	John Lafferty	(50)
	60-69	17.42.6	William Andberg	(60)
	70-up	25.10.0	Noel Johnson	(71)
5000 Metres	40-49	15.42.4	Peter Mundle	(42)
	50-59	17.30.4	Ace Salmon	(50)
	60-69	17.42.6	William Andberg	(60)
	70-up	25.10.0	Noel Johnson	(71)
6 Miles	40-49	31.17.0	Peter Mundle	(41)
	50-59	35.52.4	John Lafferty	(51)
	60-69	37.12.8	William Andberg	(60)
	70-up	52.55.8	Noel Johnson	(71)
10000 Metres	40-49	32.37.8	Hal Higdon	(40)
	50-59	39.13.0	John Wall	(57)
	60-69	37.12.8	William Andberg	(60)
	70-up	52.55.8	Noel Johnson	(71)
10 Miles	40-49	52.44.0	Peter Mundle	(41)
One Hour	40-49	11M. 626Y.	Peter Mundle	(41)
	50-59	9M. 1201Y	Bob Long	(51)
	60-69	9M. 361Y.	Ray Williams	(62)
Marathon	40-49	2.28.27	Virgil Yehnert	(41)
	50-59	2.42.47	Ted Corbitt	(51)
	60-69	2.54.56	Monty Montgomery	(63)
	70-up	3.45.20	Fred Grace	(72)
50 Miles	40-49	5.36.52	Jim McDonagh	(47)
	50-59	5.34.01	Ted Corbitt	(50)
	60-69	8.08.58	Walt Stack	(62)
100 Miles	40-49	13.33.06	Ted Corbitt	(49)
Steeple	40-49	10.50.4	Bill Stock	(41)

The above records were current up to the end of September, 1971, and were supplied by courtesy of Runners World.

Whilst on the subject of veterans, a meeting was being called for the end of November to establish a Victorian Veterans Association.

WORLD CLASS AUSTRALIAN MARATHON. Report from Terry Jorgensen.

The Australian Marathon and also Olympic Trial took place at Glenorchy, Hobart, Tasmania on Saturday, September 25th, 1971. The course was an "Out and Back" from Glenorchy to approximately the 13 Mile post on the Lyell Highway towards Norfolk. The course was regarded as hilly, testing and quite an interesting course to run, mainly because of the many turns along the wide river which the road followed. The weather in Hobart was glorious with the sun shining, very little wind and the temperature about 55 degrees. The police blocked off the traffic at the commencement point of the Marathon to give the 52 men a clear and trouble free start.

From the gun DEREK CLAYTON, JOHN FARRINGTON, BRENTON NORMAN AND ANDY BOYCHUK (running as an individual for Canada) took the lead at a fast pace, leaving the rest of the field to find their own level. These four runners were together for 14 miles, where Andy found the pace too hard and pulled out, leaving Derek and John to fight it out. Brenton has dropped back but was still in the fight. Passing through Claremont and approaching the last hill before the railway bridge near the Claremont Motel, Derek put in a hard surge just as John stopped to take a drink. This was just what he had waited for, a break, and he applied the pressure right to the end to win by a little over one minute in a new Australian Record Time.

There were some very good performances put up by many of the other runners. Note must be made of the course. From the 7 mile mark back to the 14 mile mark the road had just recently been sealed with a new anti-skid bitumen which was very rough and tough on the runners' feet and severely effecting many of the runners legs.

We would like to thank the Tasmanian A.A.A. for staging such a successful Marathon with all the officials and police doing their job very efficiently. One comment should be brought forward though as to the times given. Most runners not in the leading bunches didn't have times given them from 19 miles onwards. These times are very important because it is very hard to judge pace when tiring badly. The Victorian team would like to thank Peter Lucas for his very good management of the team.

Editor's footnote:

"Some of my best friends are Taswegians" but for crying our aloud, is it really so much of a burden or expense to issue time sheets on which names and figures are clearly legible? Furthermore, what does the Editor have to do to get on the mailing list for Marathon results or are the Tassie Marathoners and/or AAA short of a public relations advisor?

However, the Tassis AAA deserve full praise for publishing competitors full names on the programme! Other state AAAs please take note!!!

EXHAUSTION.

Running up the exhausted blackboard turning
spikes as they turn into clattering typewriter
and striding track suit not yet halfway
yet breaking into a sprint with pounding
feet as the training not yet finished with lunge
thumping hearts beating time, time for a
walk down an electric biro to catch our breath,
then with miles to go and addidas footwear
still going strong the repetitious road
winding through the keyboard with one drill
sheet to go the runners wind down their
feverish sand shoes which long for
a drink of chalk, but not yet because
the deadend mind of the town hall clock
has fifteen and a half and must keep on
going to the finish.

Robert Hemley, 15 Years.

Stawell Amateur Athletic Club.

SOME OBSERVATIONS ON COACHING. By FRED LESTER.

Well, well, WELL! The new season's crop of injuries are with us again, so we'll just hum the good old tune - "When will they ever learn". Its not that the coaches are to blame, although in some isolated cases they may well be so, but the almost irrational obsession of the runners of having to do "speeding up work". In practice, it would seem that the way they go about it is probably the most efficient way to slow down, sometimes totally for a period of some weeks.

Yes, we know them all - Achilles troubles, knee joints, shin soreness, tender feet, etc. Coming straight from long running over country or road, it takes a while for the legs to adjust themselves to pressure work of some duration on a track circuit. Almost every case of injury can be led back to excessive pressure on the organism before adequate adjustment to the new requirements has taken place.

Similarly, a constant dose of fast repetitions along straights can lead to the same dire consequences unless it is interspersed and varied with runs of longer duration and less pressure.

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For those wishing to take up Marathon running, it is no good waiting for the Winter to come around before starting to prepare. Your best foundation is a period of some 4 to 5 years of constant athletic competition on track, road and over the country with racing over all distances offering, but not tackling too many of the longer races until your legs are beginning to mature.

Assuming you have these 4 or 5 seasons of regular competition under your belt, you simply go ahead maintaining a number of longer runs in your training programme, while still participating in track races even over 400 and 800 metres apart from any longer ones, but you keep your long training session easy, especially if you can get plenty of racing.

Another trap for the inexperienced is trying to persist with high quality work or prolonged sessions of effort during extremes of weather, be it very hot or cold. Contrary to the belief of some, one does not "acclimatise" to tropical conditions ever in long distance running, although one may acclimatise to a limited degree in general. One cannot afford to overlook the fact that the body already expends a considerable amount of energy simply in operating inbuilt defence mechanisms. In the case of heat signs of stress such as excessive perspiration, high pulse rate and laboured breathing, among others, are an indication that instead of building up you are actually more likely to "flatten" yourself.

Avoid the heat of the day, ease the pace while keeping up a fair amount of mileage. If necessary split your sessions, or don't hesitate to take a cooler under the shower during a session. However, if you can find the time to train regularly every day, the best way out is to make your session short and sharp, with rest periods between efforts, when days of extreme weather occur. You can always go back to your intended schedule when conditions go back to normal, sticking to a plan rigidly regardless of changes in outside influences may bolster your ego at the expense of your body.

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The world is full of trite sayings, cliches, which usually serve merely to mask ignorance or the capacity to use one's critical faculties, or in other words: to think. One of the classics in athletics is to say that "Running is natural".

Beats me what is meant by the word "natural" in this case, although I suspect these ignoramuses mean to say that the ability to run, and run competitively, falls into an athlete's lap as of itself.

Well, let's cut the crap and state emphatically that running is a skill, an acquired and developed skill which has taken years to learn and more years to perfect into the art of competitive running. Just look at a three year old as compared to a State or National running champion, or even a fairly fit man-in-the-street as against such a champion, simply just running over some stretch at training. Even a blind man would be able to pick the difference in ease of movement, in rhythm, on co-ordination, in control of pace, etc.

So, what do we do if we are going to run and be good at it? We watch what we do, we check our movements constantly in training, we repeat certain sequences time and time again until the skill so acquired becomes second nature to us, "natural" as our cliché mongers would say.

Some of us look real smooth using knife and fork on a chicken in a restaurant, most of us get by with these tools in a crowd, many of us never master the art after years of endeavour, how many of us are "smooth" as runners.

Our sports writers in the public press nearly outdid themselves in the aftermath of the Marathon Trial by ADRIENNE BEAMES. Innuendos flew thick and fast, such as that the men would not be game to have Adrienne compete against them for fear of being shown up - that Adrienne suffered some kind of deprivation by not being able to run in the A.A.U. National Marathon at Hobart, etc.

Just let us get the record straight for all, including the wiseacres of the press whose hang-ups about athletics would defy the diagnosis of Dr. Freud.

Adrienne is a very fine and dedicated runner who reportedly covered a course close to the one used by amateurs and professionals at Werribee in a time within the reach and credit of male or female Marathoners. We would very much appreciate verification by three official watches as well as certification of the course of being the required length, in spite of being prepared to hail Adrienne's effort as an outstanding trail blazer in women's athletics.

Under the rules and regulations of the A.A.U. of Australia, the National Marathon Championship is a contest between the Associations of the different states and individuals who have reached the qualifying standard. It may be unfortunate although a fact that the governing body of Women's Athletics in Australia does not recognise any distance above 2 miles as a competitive distance for its members, still it's individual members are bound by that ruling and no other body has the right either to ignore or to supersede this ruling.

The V.M.C. firmly believes that there should not be any division in the ranks of athletes on any grounds, including differences in sex, for all who so wish to participate in whatever event they desire. Our concern is for the safety of their wellbeing while enjoying the participation in athletics.

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We wholeheartedly join with JACK CANNON (Herald-17/11/71) in his plea to keep up Physical Education. We also note J. POTTER of the Phys. ED. Branch writing in the Technical Teachers Associate News on the subject.

Mr. Cannon says that the Australian Universities Commission should tell Melbourne University officials to maintain their physical education department and help meet the cost of upgrading the course to degree level. He goes on to quote the ALP member for Bendigo, Mr. David Kennedy, a university graduate and former school teacher, as saying that schools throughout Australia should give physical education as much importance as academic subjects.

Mr. Kennedy quotes from the Universities Commission Inquiry:

"The purpose of physical education in schools is seen as extending beyond the development and maintenance of physical fitness in pupils, to building attitudes and providing experience in a range of activities which will have continuing relevance throughout life and which are especially important in industrial societies."

Only 75 teachers were graduating each year from a department where the total enrolment is limited to about 170 for the two year course. Each year 700 students apply to do the course, but just over 10% can be admitted. Taking Mr. Potter's report, he states that exit students are entering the Technical service from Melbourne at a decreasing rate, i.e. with Dip.P.E. and T.S.T.C.: 1969: 4 men, 5 women - 1970: 6 men, 3 women - 1971: 3 men, 2 women (figures as at April, 1971.)

At present there are 62 qualified and 115 temporary men Physical Education teachers, 16 qualified and 40 temporary women Physical Education teachers in the Technical Service. Schools with no Phys.Ed. staff qualified or unqualified numbered 12 in 1970 and 14 in 1971. Of the 14 schools unstaffed, four have properly equipped gymnasiums or Physical Education wings.

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The big twilight meeting and barbeque at Chelsea will feature events for all, young, old, girls and boys from 6 to 8 p.m. Bring your own goodies - soft drinks and tea obtainable at the ground, cost is 20¢ to defray expenses, cooking facilities available.

Ground is on Edithvale Road, half a mile from Edithvale station. Edithvale Road is the continuation of Springvale Road for those who come from the North or East.

There will be a 10,000 Metres to give aspirants for the Nationals the chance to qualify, as well as a Junior 3,000 Metres and a number of trials for Veterans. Let your secretary know by letter if you are coming.

POST ENTRIES WILL BE ACCEPTED.