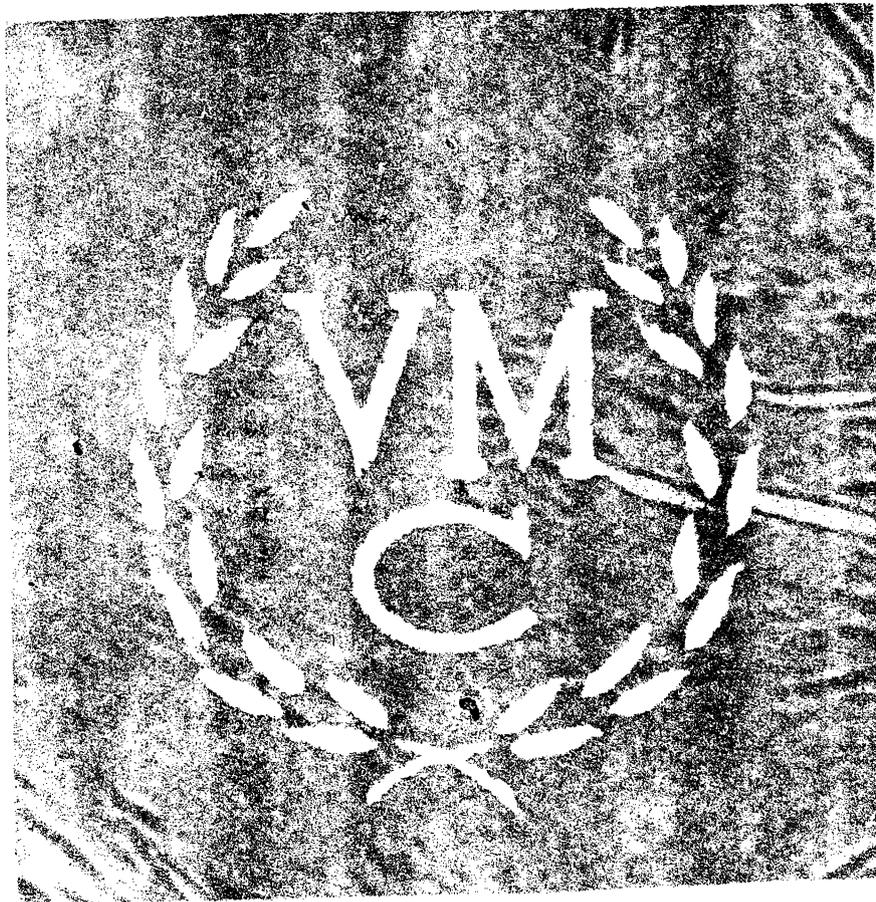


V. M. C. NEWSLETTER

WINTER 1972

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

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

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

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

Intending contributors of articles are asked to note that MATERIAL FOR PUBLICATION MUST BE SUBMITTED ON SINGLE SPACED TYPED FOOSCAP, 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.

DEADLINE FOR COPY ARE ON THE 15th OF FEBRUARY, MAY, AUGUST, 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 INQUIRIES TO THE HONORARY SECRETARY OF THE VICTORIAN MARATHON CLUB:
FRED LESTER, 1 GOLDING STREET, CANTERBURY. 3126.

INTERSTATE LINES OF COMMUNICATION :-

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The new Season got under way with yet another record burst, both in attendances and performances. As you will be able to see in the pages of this newsletter, the statistics are rather imposing.

Actual membership figures are also way up on previous years, so you can see that organisationally we are also faced with a growing task. Under these circumstances, it becomes all the more important for every member to do all in their power to prevent our organisation from degenerating into another bureaucratic structure.

We can only achieve this, and at the same time maintain the informal and tension free atmosphere of our functions, if we are conscious of the part we play in this ourselves in a spirit of full co-operation. The fact that members have checked in one hour before starting time, that non-competing members have come forward to give a hand in writing, clocking, marshalling and other jobs, has been the key factor in the success of our operations so far.

On the occasion of our "King of the Mountains" at Point Leo, we had the great pleasure to see a group of New Zealanders, all members of the NZ Veterans Club, join in with us, and, from all accounts, enjoy the outing immensely. Thanks go to our VMC members who at very short notice made themselves available to arrange transport for our New Zealand friends.

xxx xxx xxx xxx xxx xxx xxx

The 26th Annual General Meeting of the V.M.C. was held at the V.A.W.C. rooms, Albert Park on March 17th. 27 members attended, under the chairmanship of President WALLY SHEPPARD, and adopted the Annual Report and Balance Sheet as circulated in the previous newsletter. The election of Office Bearers resulted:

President:	Wally	SHEPPARD	Secretary:	Fred	LESTER
Vice-Pres:	Neil	RYAM	Asst. Sec:	Harry	LOGAN
	Jim	CRAWFORD	Treasurer:	Neil	RYAN
	Col	EATON	Asst.Treas:	Mike	PORTER
	Terry	JORGENSEN	Committee:	Ken	FRASER
	Peter	BRUCE		Mike	O'NEILL
Handicappers:	Bert	ELLIS		Bob	SCHICKERT
	Gordon	CUMMING	Club Capt:	Neil	RYAN

During general discussion the idea was put forward that we should send a member of the VMC overseas to compete internationally. In view of the support voiced for the idea a sub-committee was set up to go into the matter of organising functions, partly to raise money for this purpose. Wal VOIGT, Jim CRAWFORD and Terry JORGENSEN were elected to form the social sub-committee.

At the conclusion of the business side of the AGM, Andy BOYCHUK took the floor to address members and answer questions in relation to conditioning and diet and a lively discussion followed, appreciated by all present. We wish to express our thanks to Andy for giving us his time and ideas on the occasion.

xxx xxx xxx xxx xxx xxx xxx

Since then a Committee Meeting was held, April 21st to be precise, to deal with matters raised at the AGM and additional issues. Among the points raised on this occasion the following should be noted by members:

1. At that time the Treasurer reported a total of 124 financial members. The total at the time of writing is already above the 200 mark.
2. Recipients of trophy orders are urged to act a little more promptly in redeeming the chits as long delays do create extra work in accounting and payment.
3. It was reiterated that it would be advisable to avoid having events on Sundays, out of consideration for training requirements.
4. Oakleigh AAC has been approached for the use of their track on October 8th., Sunday, for the VMC Track Day.
5. The Secretary is to negotiate with Athletics International in reference to the holding of the "Emil Zatopek"
6. Chelsea, Mentone, Coburg and other clubs are to be approached with a view of holding additional distance events runs during the Summer.
7. Strong dissatisfaction was expressed with the programming of the major track distance events at the recent VAAA Championships and we seek ways of overcoming similar mishaps.
8. Sincere appreciation was expressed to DOUG OLIVER and SAM HILDITCH, both long standing members of the VMC Committee and both recently married. We wish them all the best in their married life and look forward to seeing them compete with us for quite a while yet.

FRED LESTER. SECRETARY, V.M.C.

16 Kilometres - Princes Park. SATURDAY, APRIL 9th. 96 Starters

Early shower, mild and humid.

Pl.	Name	Hand.	Act. Time.	Hand. Pl.
1.	John BERMINGHAM	1.15	49.01	13
2.	Steve AUSTIN	0.50	50.30	29
3.	Rod MACKINNEY	1.30	50.34	17
4.	Terry HARRISON	Scr.	51.22	75
5.	Bob HENDY	0.50	52.14	76
6.	Bryce DUNKLEY	1.40	52.28	E 61
7.	Terry PHELAN	2.00	53.41	E 78
8.	Neil McLENNAN	2.00	53.49	80
9.	Terry JORGENSEN	3.30	53.53	49
10.	Tom KELLY	3.30	54.01	55
11.	Leigh BANKS	4.00	54.12	E 45
12.	Noel MacDONALD	4.00	54.35	E 56
13.	Alan HICKS	4.10	54.43	54
14.	Norm DUFF	4.20	54.55	E 56
15.	Steve SZEGEDI	5.00	55.01	43
16.	Barry McINTYRE	5.10	55.02	E 36
17.	David GAZLEY	5.20	55.04	31
18.	Silvio RADOSLOVIC	6.00	55.11	20
19.	Harry ROCKS	5.30	55.13	30
20.	Paul O'HARE	4.30	55.40	69
21.	Robbie MORGAN-MORRIS	5.00	56.02	64
22.	Jim BEISTY	6.30	56.02	26
23.	John TELFER	5.00	56.12	71
24.	Dennis WATTIE	6.35	56.29	39
25.	Dick DOWLING	8.00	56.42	12
26.	Kevin ROCK	4.00	56.45	83
27.	Martin THOMPSON	8.10	56.48	E 10
28.	David PALMER JUN.	7.00	56.52	E 36
29.	David BYRNES	7.10	56.59	E 33
30.	Peter HANNAFORD	7.15	57.07	E 36
31.	Peter BETHERAS	7.15	57.12	41
32.	Wolf VOIGT	7.20	57.18	42
33.	Barry SAWYER	6.00	57.19	72
34.	David JONES (Preston)	7.10	57.59	63
35.	Steven STERN	7.30	58.14	60
36.	Murray WATSON	9.30	58.38	19
37.	Bill McNOLTY	9.30	58.45	21
38.	Geoff DUFFELL	9.40	58.47	18
39.	James TENNANT	9.00	59.12	E 45
40.	Ken FRASER	10.10	59.26	22
41.	Bob SCHICKERT	10.00	59.48	32
42.	Dave CAROLANE	10.20	60.09	E 33
43.	John WALSH	10.00	60.29	52
44.	Craig ELLIOTT	10.15	60.34	48
45.	Hal DALHEIM	11.20	60.39	23
46.	Jim CRAWFORD	7.30	61.15	84
47.	Bill HARRISON	12.50	61.28	E 10
48.	Brian LANYON	13.20	61.31	6
49.	Frank JORDAN	10.20	61.52	77
50.	Gerald HART	12.40	62.03	25
51.	Wal SHEPPARD	12.30	62.05	27
52.	Bill COYNE	12.00	62.06	44
53.	Kon BUTKO	15.20	62.53	4
54.	Leigh THOMPSON	16.30	63.04	2
55.	Bob FALLOON	12.00	63.07	E 66
56.	Tony TURTLE	12.00	63.11	70
57.	Allan SMITH	12.00	63.21	E 73
58.	Bruce INGLIS	12.10	64.12	82
59.	Eddy LYNN	12.20	64.15	81
60.	Jim CONWAY VET.	18.10	VET. 64.26	1
61.	Julian WALSH	14.10	64.35	51
62.	Gus MacDONALD	16.10	64.59	E 14
63.	John VISSER	14.00	65.08	68
64.	Kevin CUMMINS	15.20	65.16	40

16 Kilometres - Princes Park - Continued:

65. Terry	DAVIS	15.40	65.18	28
66. Peter	LOGAN	15.00	65.24	50
67. Bob	CAROLANE	15.00	65.35	E 56
68. Mike	CUMMINS	15.30	65.42	E 45
69. Keith	McINTOSH	17.10	65.59	E 14
70. Gordon	CUMMING	7.10	66.30	85
71. Noel	ROBERTS	16.00	66.35	E 56
72. Mick	SKINNER	15.20	66.41	E 73
73. Darryl	JOHNSTON	16.00	66.48	E 61
74. Graeme	SMITH	16.00	67.41	E 78
75. Roy	THOMAS	17.00	68.07	E 66
76. Mike	PORTER	17.50	68.19	53
77. John	JOHNSON	20.00	68.19	7
78. Dave	BRADFORD	20.10	68.32	8
79. Peter	FORTUNE	19.20	68.42	24
80. Ray	BARRETT	20.30	71.35	65
81. Joe	TENNANT	25.10	72.45	5
82. Barry	YOUNG	25.00	73.31	9
83. Graham	ANDERSON	26.20	75.13	16
84. Peter	BATTRICK	34.10	81.30	<u>3</u>
85. George	WILSON	34.30	84.21	35

UNDER 15 - 3.2 KILOMETRES. PRINCES PARK. 9th APRIL, 1972.

1. Carl	DALHEIM	Time	13.01.	3. Rod	BYRNES	Time	14.13
2. Hal	DALHEIM	Time	13.11.	4. Chris	GRIFFITHS	Time	14.34

BITS AND PIECES FROM HERE AND THERE.

By BIG EARS.

When will they ever learn? It happens at just about every meet here in Melbourne, and in Perth for the Aussie Champs it wasn't any exception. What am I talking about? the Public Address Announcer, bursting forth with some information, just at the precise moment the competitors are on their marks, or a vaulter about to vault, as was the excellent example of Ray Boyd just about to make his jump for the record. If one didn't know the announcers better you would think they planned it that way. Why don't they organise a few lectures for the announcers to attend, and learn what to do?

If it had not been for the 'fems' competing, then the whole affair would have been a flop, spectatorwise and performances.

Could someone tell me how on earth they decided Perth was the ideal place to hold the Champs, especially as this is the Olympic Year?

Certain Melbourne 'Adidas' rep over for the Champs was a little upset to see the girls wearing 'Puma' tracksuits, which were on loan to them, so the local rep was informed, and he was round in a flash to try and entice the girls to change to "Adidas". Some did and some didn't.

I'm beginning to wonder who the running timetable of events of the State Champs are organised for. It isn't the athlete I'm sure, could be the T.V. or the still expected crowd. Come on, Gentlemen, it's about time some thought was given to us, the athlete. How 'Bloody' ridiculous, holding the 10000 Metres in mid afternoon, when it's stinking hot, or running the 5000 Metres and Steeplechase Finals the day after the heats, especially when the champs are held over the two weekends.

During the walk, a voice in the crowd - "Keep going Greg, the fellow in front is slowing to a walk".

If we are going to have big fields in the finals of the 1500 and 800 metres, why not form two lines, the fastest across the front and slower at the back, instead of trying to squeeze everyone across the starting line. This would help alleviate some of the pushing and shoving that took place.

12,000 METRES. "FALLEN COMRADES"

123 Starters.

Fine and warm.

Pl.	NAME	Hand.	Act. Time	Hand. Place
1. Peter	BRUCE	0.50	38.06	20
2. Terry	HARRISON	1.30	38.20	11
3. Bob	HENDY	1.40	39.11	E 25
4. Norm	FRANZI	1.50	39.36	30
5. Alan	HICKS	3.20	39.40	E 3
6. Norm	DUFF	3.25	39.43	1
7. Col	EATON	2.30	39.51	23
8. Steve	AUSTIN	1.00	40.08	48
9. Terry	JORGENSEN	3.50	40.10	E 3
10. Barry	McINTYRE	3.25	40.19	14
11. Terry	PHELAN	3.10	40.28	31
12. Peter	HANNAFORD	4.20	40.41	E 5
13. Henk	Van WIJNGAARDEN	3.50	40.55	18
14. Silvio	RADOSLOVIC	4.10	41.08	E 15
15. Paul	O'HARE	3.45	41.11	24
16. Noel	McDONALD	3.15	41.19	E 34
17. David	GAZLEY	3.30	41.27	E 32
18. Mike	HOWE	4.15	41.32	21
19. Theo	ORR	4.00	41.35	E 7
20. John	TELFER	4.30	41.42	19
21. Tom	KELLY	3.25	41.45	38
22. Ray	BROWN	1.20	41.45	62
23. Vic	FOX	4.00	41.54	31
24. Barry	SAWYER	4.20	41.55	27
25. Barry	WHEAR	5.00	41.58	E 15
26. John	STAFFORD	4.30	42.01	E 25
27. Jim	BEISTY	3.55	42.10	37
28. Graeme	YOUNG	4.00	42.23	39
29. Wolf	VOIGT	4.20	42.32	36
30. Kev	ROCK	4.10	42.38	41
31. Glenn	FORD	5.20	43.17	E 32
32. Mal	THOMSON	5.20	43.24	E 34
33. Harry	HALTON	7.10	43.31	E 5
34. Jim	CRAWFORD	5.00	43.45	44
35. Dennis	WATTIE	5.05	43.56	45
36. Harry	ROCKS	3.45	43.58	61
37. Dick	DOWLING	4.10	44.00	58
38. Robert	JAMIESON	6.25	44.05	28
39. David	JONES	4.50	44.20	51
40. John	McDONNELL	6.40	44.23	29
41. Chris	ELLENBY	5.20	44.29	49
42. Ken	FRASER	5.40	44.35	46
43. Max	HOLMES	8.00	44.51	12
44. Ron	YOUNG	5.20	44.56	57
45. Bill	HARRISON	8.40	44.59	2
46. Rowan	HARRISON	3.10	45.13	79
47. Kon	BUTKO	7.00	45.33	42
48. Hal	DALHEIM	6.15	45.37	55
49. Brian	LANYON	6.40	45.56	52
50. Garry	HOLDEN	5.20	45.57	68
51. John	KARLADIS	5.30	46.06	67
52. Wal	SHEPPARD	6.55	46.48	59
53. Julian	WALSH	6.10	46.51	69
54. Terry	HUNTER	6.00	47.02	71
55. Tony	BRERETON	5.30	47.13	78
56. Jim	CONWAY	8.00	47.18	E 53
57. Gerald	HART	6.55	47.22	E 63
58. Kevin	ONLEY	4.30	47.27	82
59. George	MILL	6.15	47.29	72
60. Kevin	SKELTON	8.20	47.33	50

VET.

12.000 METRES "FALLEN COMRADES" Continued:

Pl.	Name	Hand.	Actual Time.	Hand. Place
61.	Steve PRIGG	11.00	47.49	<u>10.</u> JUN.
62.	Terry DAVIS	8.50	47.51	49
63.	Brian ELLIS	11.00	47.52	13
64.	Ian BRAY	8.40	47.55	51
65.	Geoff SWEENEY	6.20	47.59	77
66.	Keith McINTOSH	9.30	48.05	40
67.	Alan SMITH	7.40	48.08	E 65
68.	Peter LOGAN	8.55	48.13	E 53
69.	Mal KIRKWOOD	7.50	48.18	E 65
70.	Kevin RYAN	6.20	49.09	81
71.	Peter FORTUNE	10.40	49.18	43
72.	Tom DAVIDSON	8.30	49.22	70
73.	Bill FORD	12.50	49.26	9
74.	Julian WALSH	8.25	49.44	73
75.	Geoff BAIRD	9.00	50.34	16
76.	Keith MURPHY	9.20	50.52	75
77.	Graeme SMITH	11.00	51.05	60
78.	Barry YOUNG	9.00	51.33	80
79.	Allan JONES	10.10	51.38	74
80.	Gordon SAFARTY	15.30	52.25	E <u>7</u> VET.
81.	Ian CARSON	9.00	53.26	84
82.	Ray BARRETT	9.00	53.37	85
83.	Steve WHITE	9.00	53.43	86
84.	John VISSER	8.45	53.52	87
85.	Dave CRAIG	8.10	54.12	88
86.	Dave BRADFORD	16.10	56.37	E 63
87.	Graham ANDERSON	15.00	59.10	83
88.	George WILSON	25.00	61.59	17

 UNDER 15's - 'FALLEN COMRADES' 4 KILOS. 8 KILOS.

1.	Frank JORDAN	13.56	
2.	Gus McDONALD	13.59	
3.	Peter BRECKNELL	14.28	
4.	Rod BYRNES	14.51	36.00
5.	Ken ROBERTSON	14.57	
6.	Hal DALHEIM	18.15	38.50
7.	Wayne O'DONNELL	18.38	
8.	Chris GRIFFITH	19.33	

 BIG EARS AGAIN.

Couldn't understand why races were held up, sometimes 10 minutes, just because it wasn't the official starting time. They certainly don't mess around in advancing the time during INTERCLUB.

Believe there could be another all weather track out in the Western suburbs area. Who for? NOT SURE YET. Could be Footscray, Power House or Sunshine.

Those visiting Americans and Kenyans must have been upset when they found out they had to compete on a grass track up in Sydney. Whose brainy idea was that?

England: Jean Roberts - ex Melbourne - tossed the shot 53'9" to break what I'm told is the existing record in Australia.

I think it is about time Mother Hubbard swept out the cupboard!

One of the grandstands from the Olympic Velodrome has been purchased by Uncle Bob Jane and removed to his car racing circuit at Calder. The power of money and the Olympic Park Dogs. How much did it take them to buy the influence needed.

Heard that Barry Sawyer is back on the road again putting in a few miles.

25 KILOMETRES. ALBERT PARK. SATURDAY 6/5/72

Pl.	Name	Handicap	Actual Time	Hand. Place		
1.	Terry	HARRISON	2.20	80.03	3	
2.	Rod	MACKINNEY	4.00	81.40	2	
3.	Ross	HAYWOOD	-	85.51	-	
4.	Terry	PHELAN	6.20	86.11	10	
5.	Henk	VAN WIJNGAARDEN	6.50	86.47	11	
6.	David	GAZLEY	4.10	87.25	32	
7.	John	COYLE	2.50	87.54	39	
8.	Leigh	BANKS	8.10	87.57	9	
9.	Frank	HILL	-	88.11	-	
10.	John	SHANAHAN	7.00	88.24	17	
11.	Graeme	YOUNG	10.40	89.17	5	
12.	Steve	SZEGEDI	9.00	89.31	14	
13.	Vic	FOX	8.30	89.32	15	
14.	Theo	ORR	10.10	90.26	13	VET.
15.	Jim	BEISTY	10.40	90.46	12	
16.	Paul	DUCK	13.10	91.24	4	
17.	Martin	THOMPSON	12.30	91.52	E 7	
18.	Colin	EATON	6.40	91.52	40	
19.	Dennis	WATTIE	11.20	93.05	26	
20.	Steve	STERN	12.10	93.45	20	
21.	David	BYRNES	14.40	93.55	6	
22.	Don	WILLIAMS	15.20	94.42	E 7	
23.	Richard	JEFFERY	15.10	96.34	19	
24.	Peter	BETHERAS	12.00	96.58	38	
25.	Dick	DOWLING	11.40	97.22	46	
26.	John	BREKETON	14.00	97.33	34	
27.	Greg	WILSON	16.00	97.39	E 21	
28.	Robert	ORR	16.00	98.17	28	
29.	Harry	HALTON	14.10	98.59	37	
30.	Tom	GRONERT	13.00	99.04	47	
31.	Neil	GREY	14.00	99.19	43	
32.	Kevin	SKELTON	22.20	99.31	1	
33.	Bill	HARRISON	14.30	99.43	41	
34.	Con	BUTKO	14.50	100.05	42	
35.	Mal	THOMPSON	10.50	100.18	54	
36.	Arch	THOMPSON	19.00	100.40	23	
37.	Geof	DULLELL	15.10	103.14	52	
38.	Eddy	LYNN	22.00	103.29	18	
39.	Tom	DAVIDSON	20.20	103.41	33	
40.	Terry	DAVIS	22.30	104.38	27	
41.	Gerry	SWEENEY	22.10	104.53	30	
42.	David	CAROLANE	22.10	104.57	31	
43.	Tony	TURTLE	24.10	105.18	16	
44.	Julian	WALSH	24.00	106.22	29	
45.	Gerard	HART	22.00	107.22	44	
46.	Ray	OWENS	20.00	110.26	56	
47.	Peter	FORTUNE	23.50	111.01	50	
48.	Howard	Bell	25.00	111.13	48	
49.	Mike	PORTER	27.20	111.21	36	
50.	Alan	JONES	30.30	112.14	E 24	
51.	Bruce	INGLIS	31.10	112.49	E 21	
52.	Gordon	SARFARTY	29.20	112.55	35	JUN.
53.	Barry	YOUNG	28.00	114.28	49	
54.	Ron	BALDWIN	28.00	115.14	51	
55.	Ivan	CARTER	28.00	119.31	57	
56.	Ray	BURRATT	30.30	120.12	55	
57.	Leigh	THOMPSON	25.10	123.25	58	
58.	John	ZELEZNIKOW	50.00	135.31	45	
59.	George	WILSON	55.00	143.45	53	

67 Starters (Including 10 New Zealanders) Weather, cool fine, light wind.

Pl.	Name	Handicap	Actual Time.	Hand.Place		
1.	Rod	MACKINEY	3.50	105.20	1	
2.	Peter	BRUCE	Scr.	106.24	7	
3.	Terry	HARRISON	2.30	108.38	<u>3</u>	
4.	Bruce	HICKS	6.10	109.04	<u>2</u>	
5.	Colin	EATON	6.40	113.25	9	
6.	Terry	JORGENSEN	7.20	113.40	E 4	
7.	Alan	HICKS	7.10	113.41	6	
8.	John	MORRIS	8.20	115.31	10	
9.	Dave	GAZLEY	4.00	116.44	20	
10.	Peter	HANNAFORD	6.50	117.10	13	
11.	Henk	VAN WIJNGAARDEN	7.00	117.45	14	
12.	Martin	THOMPSON	12.30	118.50	<u>E 4</u>	
13.	Jim	BEISTY	11.40	121.49	12	
14.	Dennis	WATTIE	11.40	122.27	15	
15.	David	BYRNES	16.40	124.29	11	
16.	Steve	STERN	12.30	125.04	19	
17.	Dick	DOWLING	11.40	125.05	21	
18.	Theo	ORR	11.00	127.05	29	
19.	Hal	DALHEIM	20.40	127.20	8	VET.
20.	Joe	LEDERMAN	13.50	128.03	<u>26</u>	JUN.
21.	Bruce	JOHNSON	14.00	128.35	27	
22.	Bill	COYNE	14.00	128.41	28	
23.	Kon	BUTKO	14.50	128.44	24	
24.	Barmie	GARROLL	15.00	128.44	23	
25.	Bill	HARRISON	14.30	131.01	30	
26.	Rowan	HARRISON	10.20	131.14	33	
27.	Jim	CONWAY	22.00	133.11	16	
28.	Bob	SCHICKERT	22.00	133.57	18	
29.	Keith	ROUTLEY	21.00	134.40	22	
30.	Kevin	ONLEY	21.45	135.49	25	
31.	Archie	THOMSON	19.00	135.51	29	
32.	Leigh	THOMPSON	25.10	136.45	17	
33.	Tom	DAVIDSON	20.20	138.26	32	
34.	Geof	DUFFELL	16.10	140.04	36	
35.	Murray	WATSON	12.20	140.33	46	
36.	Peter	LOGAN	23.00	142.04	41	
37.	Jim	CRAWFORD	13.20	148.44	43	
38.	Jim	COOK	N.Z.	149.41	N.Z.	
39.	John	OLIVER	19.10	150.39	42	
40.	Peter	FORTUNE	25.20	150.45	38	
41.	Alan	JONES	30.30	152.16	34	
42.	Dave	BRADFORD	36.20	159.07	35	
43.	Bruce	INGLIS	31.10	159.15	39	
44.	Bruce	EKIN	N.Z.	161.15	N.Z.	
45.	Geo	BRAIN	26.40	164.19	45	
46.	Keigh	WILLIAMS	21.10	168.17	46	
47.	Geo	DAVIS	N.Z.	170.24	N.Z.	
48.	John	ZELEZNIKOW	50.00	172.50	37	
49.	Steve	THOMAS	23.10	181.55	48	
50.	Steve	O'BRIEN	24.00	181.55	47	
51.	Geo	WILSON	55.00	183.40	40	

 BIG EARS. AGAIN

Bob Wallace - Tigers - University of Long Beach, U.S.A., recently turned out a 28.44 for 6 Miles.

Roger Ellis - Tigers - University of Utah - ran a 13.54 - 3 Miles.

Kerry Pearce - Tigers - former El Paso University, has at last joined the ranks of the married. Hasn't been doing much lately due to achilles trouble after attempting to race twice a week.

IS THERE A REAL NEED. by NEIL RYAN

Last September, 1971, a little over a week before the Aussie Marathon in Hobart, I returned one night from training to notice that my right leg was very painful. There wasn't any sore spot that I could put my finger as it seemed to be in the centre of the leg, extending from the groin through to the top of the hamstring.

The soreness appeared very bad when I moved my leg straight out from the body to the right, nothing felt when kicking forward, also when climbing stairs, doing step-ups or just turning over in bed.

I carted this injury around to three doctors, who have the reputation of specialising in the treatment of sports injuries, but was never cured, until I tried a fourth doctor, a friend, don't ask me why I didn't go to him, just that I thought it was better to start at the top and work down, any, he helped me to find out what I did have.

Below, I have written down what I was told by these doctors and the treatment they gave me, and finally what I do have.

The question remaining - is there a real need for doctors to only specialise in treating sports injuries?

After noticing this injury, I visited Doctor "A" on the Tuesday before the Marathon. He asked me where it hurt, when I first noticed it and then started to finger the area where I felt it hurt the most, in the groin.

He gave me an injection inside the leg about the thigh region and told me to apply ice on the area the following day and then start jogging. I would be -kay to run in the Marathon, it's possibly ducta muscle.

I did this but the soreness didn't disappear completely, this I decided not to run.

As Doctor "A" was away the following week and I wanted to get the injury cleared up, I made an appointment with Doctor "B". He asked me where it hurt, looked at the area, got me to stretch my legs outward whilst he applied pressure against them. After this he advised me to do some stretching exercises and to take "Tanderils", I'd heard that before, don't know why I bothered going to him, and also some "Mylanta" liquid. His verdict was a torn Ducta Muscle.

I did what he advised and after a week of exercises, my leg was worse, in fact I was in fact in a lot of pain and had to give them away.

I telephoned Doctor "B" and told him that since doing those exercises the leg was more painful, to which he replied, "The last fellow that told me that, after I had advised him to do these exercises, had a fracture." He then suggested another visit for an injection.

I did this, and he gave me a biro to place a cross on the spot where it felt sore, whilst he went and attended someone else. As I could not put my finger on a sore spot, I commenced to do some exercises and step-ups in an attempt to cause some pain and thus locate a spot for the needle.

Whilst in the middle of doing the exercises, a nurse came in and asked what was doing and after telling her she advised me not to worry because the doctor would soon find out, to which I replied - I was afraid he would as I had previously experienced his needles before.

The Doctor came back, and I hurriedly put a small cross on a soft spot away from the bone, and thought of the days when my Mum used to tell me that I would get ring worms if I wrote things on my hands in biro.

It all sounded so hygienic. The Doc picked up the needle and was wielding it around as though he was going to try and pick a winner from the Saturday Sun Racing Guide. "Whereabouts" he said, and looking for the cross. I know it was only a small one, and I didn't want to die from biro poisoning, so I had to indicate the spot again, and then wow, he struck. In it went, feeling as though he was trying to put a three inch nail in, anyway it was there, then he shot me full of plastic and then moved the needle around, as if he was stirring a thick soup, struck the bone, I yelled for mercy, mum or dad, , he assured me that was the spot allright, another shot and it was all over.

He gave me another prescription for "Indocid" pills, I quickly whipped my strides on, and limped out of his surgery in a more painful manner than I had entered, wondering if it would have been better to just get another leg from the transplant king, Captain "Blood" Crawford, Plumber.

The leg didn't improve nor did my confidence in Doctors, so I decided to give it a rest for awhile. I eventually had to give the pills away too, due to the extreme pains in my stomach, no, I wasn't expecting, and numerous pimple things over my face.

IS THERE A REAL NEED? Continued:

I did go back to Doctor "B" and this time he thought it was hamstring trouble up in the origin, and I assured him that the needle hadn't done any good nor the pills, but, as I still got some more to take and had to persist with the exercises and see a physiotherapist, which I did for awhile. A lot more time went by, I continued to do some light training, running with a limp, and had an occasional race. The training increased and I resolved myself to running with a bit of pain perhaps forever, that is, up until the Vic. Champs, when after having to race on a Saturday and Sunday, I was in trouble again, so, I went to Doctor "C".

I explained everything, what the other Doctors had done and the physio treatment received. He asked the usual questions, lifted the legs and appeared to know what he was talking about. He felt that it was a Ducta muscle and pulled out a book to show me the whys and wherefores. He did make some mention of an X-Ray but that was that. He does have X-Ray equipment in his surgery. His advice was to see another physio for Ultra-Sonic, which I did and the leg appeared to be improving, maybe because I wasn't doing any training. Another two races and that was that, I decided to leave it to nature, after all you didn't have to be someone to get priority treatment.

At the conclusion of a month I went for a training run, 8 laps slowly, but to no avail, the leg was sore, so I decided to see a friend of mine, Doctor "D" who wasn't a claimed specialist in treating sports injuries. I spoke with him by phone and after explaining everything that had taken place he advised an X-Ray before anything else. The following day an X-Ray was taken and the next day I was in his surgery with the result, which didn't reveal anything besides knowing there wasn't any calcification on the bones. He then advised me to seek an opinion from the country's top orthopedic surgeon who wasn't connected in any way with sports medicine.

I saw the surgeon and after wanting to know everything that had happened he advised the taking of more X-Rays, which was done within the hour. He studied them thoroughly and then told me he was sure I had a fracture in the pelvis area, but, as he had not seen anything like it before, he would like to seek further opinions, just to be certain.

He also stated that the area of the fracture often occurred in ballet dancers, which made this more interesting, but it was hard to imagine it happening to marathon runners, although he said, "I suppose that just about anything can happen to a marathon runner, when you think of the pressures on the body."

A week later he officially advised that it was definitely a stress fracture, which had occurred last September, 1971, and that the only cure was rest, possibly 6 months.

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It was pleasing to meet the ten New Zealand Veterans with their wives who have been in Melbourne for the past week. They turned out for the tough one "King of the Mountains" down at Point Leo. It appears that one of them took a wrong turn, went the wrong way and ended up by running round the coastline asking people how to get back to Point Leo.

A "not yet" veteran, Ken Harland - 39 years - covered a 5 miles in 24.00 minutes recently in England.

Amongst our members we seem to be building up quite a large following from the 'apple isle' Tasmania. They pay regular visits to Melbourne and take part in many of our races.

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Our two marathon representatives in the Australian Team to the Munich Olympic Games will be in the team which has been invited to take part in a track and field meeting in Warsaw on the 17th of August.

Although they have been named to compete in the marathon event only at Munich the opportunity will be available to do a bit of pace work in a 10000 metres event in Russia. Although both athletes are basically marathoners they can show a good turn of speed over the shorter distances, for both Clayton and Farrington can turn on a hippy pace when required.

OVERSEAS JOTTINGS

Had a letter with loads of news from COLIN CRAWFORD, which missed our last issue by a month, but here is a summary:-

Colin went up with PHIL LEAR and MARTIN GREY to Cambridge on March 18th to watch Gaston Roelant's triumph in the International C.C.A. It was a very well organised show with about 5,000 spectators. Some of you may know by now that Gaston had his shoe ripped off, stopped to put it on again, and still won handsomely in the 12 Km. (7½M.) race to be followed home by HARO of Spain and Ian STEWART of Scotland. England only just made the team honours, closely pressed by Morocco.

A cutting sent by Colin tells of the sweeping changes in the C.C.C. set-up, which is now an I.A.A.F. controlled body, envisaging in this way a greater participation from interested nations.

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From the USA, there is a letter just hand by COLIN SEDGMAN. Best of the stateside men appears to be ROB WALLACE with clocking of 9.02 for 2M., 13.54 for 3M. and 28.45 for 6M.

CCL O'BRIEN has been plagued by injuries but has used the Winter months to achieve some fitness, with a 4.10 mile at the beginning of the track season.

DAVID CAMPBELL, better known here for Steeplechasing, has finished at Eastern Michagon and is doing post-graduate work at Michagon.

The El Paso contingent, as far as Col has heard, has distinguished itself socially, BOB CROWE and KERRY PEARCE are rumoured to be married.

ERIC SIGMONT is still running with Houston without setting the world on fire, while KEN NALDER is at one of the Northern Colleges.

AL LAWRENCE, who is back in the States and busy coaching, is also taking part in Veterans Races, but no details are to hand.

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From England MAL COTHER (a mate of Neil Ryan's of Ranelagh Harriers) and ex E.M.H., sent a detailed escription of the 40th Finchley '20' as well as a message from DAVID LOCKE, 36 Ladywood Rd., TOLWORTH, SURREY, ph. 397-2973, offering any footloose Aussie athlete assistance in finding club or clubs to suit their particular athletic inclnation, whether track, distance, walk or orienteering.

This year's Finchley incorporated the Intercounties Championship as well as 6 separate County and the Southern Counties Championships, a great exercise in statistic dexterity for all concerned, even if they didn't run.

Of the 240 starters, BILL ADCOCKS was favorite. Ranelagh's team of nine, 1 Scot, 1 Aussie (Mike HUBBARD), 2 half-Aussies (David LOCKE and Ivan BOGGIS (Sth. Aust.) and five natives, had great hopes for Ian McINTOCH.

On the fairly flat 5 miles course, defending champion Tony Moore and Adcocks turned the first lap in 24:34, 7 seconds clear of the nearest, but by 8 miles Adcocks was on his own and through 10 in 48:47, well clear of his strung out pursuers, McIntosh in third place.

By 15, Adcocks was 2 minutes in front of Watson and McIntosh a short way further back. At the finish, Adcocks had knocked 61 seconds off Tim Johnson's 1969 record. Results:

1. W. ADCOCKS (Coventry) 1:39.01; 2. B. WATSON (Cambridge) 1:42.04;
3. I. McINTOSH (Ranelagh) 1:42.13; 4 David LOCKE , 1:50.20; Mike HUBBARD, 2:02.00.
First Veteran was A. WALSHAM 1:49.28. 230 finished the course.

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Culled from the overseas athletic press (East Germany's Leichtathlet) among their reguler athletic statistics giving the yearly "Best 10" in each individual Olympic Event and assessed on the Internation Scoring Tables: Australian Men total for 18 events: 1971 - 166040 (1970 - 166196) (1969 - 166020) a miserable average of 9224 per event. The best: 5000m. - 9967, the worst: Shot Put - 8166.

What should concern us more than anything else is the lack of continued improvement in the face of rising standards all over the world. Italy's figures covering the same periods: 1971 - 169242/ 1970 - 167592/ 1969 - 167156.

It is good news from our Committee's point of view to hear that only a few retired runners have taken advantage of "Athletic Anonymous. The "A.A" will continue to offer their 24 hour service.

GIVE THE 10,000 METRES MEN A FAIR GO!!! From Richard Dowling.

Last track season, approximately 136 Victorian athletes competed in 10,000 metres races of which there were a meagre five events conducted in the metropolitan area.

Added to this lack of opportunity for distance men to compete on track were the bad weather conditions which caused 36 athletes to retire in four races.

The two premier 10,000 metres events of the year, the VMC 'Emil Zatopek' and the Victorian Championship final were both conducted in humidity and above 80 degrees temperature, thus cutting back the number of qualifiers for the Australian Championship (31 minutes limit) to a small handful of seven athletes.

It was unfortunate that the Emil Zatopek was hit by humid conditions as it was held at 6.30.p.m.. However, it was pure bungling on the part of the VAAA that the Victorian Championship 10,000 metres final was held in late January during mid-afternoon, obviously at a time when 85 degrees heat occurs regularly and indeed did. There were 23 starters in this race, of which the high number of 10 competitors pulled out, including star South Australian, Brenton Norman.

Conclusions to be drawn from these observations are:

1. All 10,000 metres races (especially State Championships) should be held at twilight or night meetings where good conditions would give athletes every opportunity to perform well.
2. More 10,000 metres events should be held during the track season to give distance runners a fair chance to compete regularly on the track and perhaps qualify for the Nationals.

I also feel that the Victorian Championships 10,000 metres heats and final should be conducted later in the season. As it now stands there is a good two months between the Victorian final and the National title race. I think the Victorian final should be held in late February at a night meeting and possibly in conjunction with an International Meeting.

So, come on V.A.A.A. and Interclub Venues! Give distance runners a fair go! Conduct more 10,000 metres races at twilight or night meetings!!!

I would also like to congratulate VMC man TERRY HARRISON on his great victory over the 1968 Olympic Champion, Temu, at the Nationals in Perth. Terry looked beaten with a lap to go, but showing great guts and determination he rallied twice and eventually won with a great sprinting burst in the final straight.

RESULTS: 1. TERRY HARRISON (V) 30:19.2.; 2. NAFTALI TEMU (K) 30:22.;;
3. M. LITTLE (W) 30:34.;; 4. T. WOODS (S) 31:07.;; 5. J. SCOTT (N) 32:26.

WARRNAMBOOL 20,000 METRES ROAD YACHT HANDICAP NOTICE.

DAVID BEATON, Warrnambool Secretary wants to remind all concerned that the race is on Saturday July 29th, and the local Club is making a special effort to build it into a local attraction. Participants on previous occasions have enjoyed the trip and runners are asked to make plans now.

The organisers would also be pleased if they could have several people acting as officials, a chronic shortage in the more outlying centres.

REMAINING FIXTURES OF SPECIAL INTEREST (Full list in last Newsletter.)

June 11. (Sun.)	TRARALGON MARATHON
June 12. (Mon.)	VMC 20 KILOMETRES - ALBERT PARK. 2.30.P.M.
June 24.	VMC MARATHON - TYABB - 1.00.P.M. START - REPORT AT 12 NOON.
July 22.	Victorian Country MARATHON - EUROA.
Aug. 12.	VMC 15 KILOMETRES - ALBERT PARK - 2.30.P.M.
Aug. 19.	VICTORIAN MARATHON CHAMPIONSHIP. WERRIBEE.
Sept. 16.	AUSTRALIAN MARATHON CHAMPIONSHIP. SYDNEY.
Oct. 8.	VMC 1 HOUR RUN - TEAMS RACES - VETERANS' EVENTS.
	ALL AT OAKLEIGH

Surely there must be some other Clubs with members overseas in Universities. If so, why not send us a bit of information about them and their doings.

REPORT FROM V.A.A.A. COUNCIL MEETING DOINGS

At the March Meeting of the Council, EDDY MOORE, a former active distance man and in later years a very active official in Cross Country and on the Track, was made a Life Member of the Association and we join in the congratulations to him on achieving this high honour.

A record number of athletes had been registered for the last Season. There were 6055 in total, of which 4695 were in the metropolitan area and 1360 at country centres.

Main points from the April Meeting were from the A.A.U. Conference: 1974 Track and Field Championships will be held in Melbourne, the Marathon in South Australia and the 20 Kilometres Walk in Queensland.

Australian registrations were 14,127, of which 1996 were under 12 years. Deducting these figures from the total, Victoria had 49% of male athletes over 12.

Age grades were designated as follows: Under 19 - Juniors; Under 17 - Sub-Juniors; Under 15 - Juveniles, and Under 12 - Sub-Juveniles.

The next Pacific Games will be held in Toronto, Canada.

The May Meeting spent a fair amount of time on problems of raising funds for the Olympic Team. Members are asked to assist in the sale of stickers available at Ampol stations in most districts. Torch Relays are being organised from various local country centres into the City and fund appeals will be made along the route. The relays will be run on Sunday, June 11th.

The Council agreed in principle that the Executive approach the Victorian Women's AAA with a view of arranging combined Track and Field Championships.

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It was good to see ROBBIE MORGAN-MORRIS back in action when down on leave from Nauru. Robbie utilised his time well to inspire some new blood into his old Club, Melbourne Harriers.

No less welcome were our Tassie friends BILL and GLENN FORD when they hammered it out around the Shrine. We really put on some good weather for them too.

Some of the "Old Stagers" have been getting around in a hurry with us this season and they may continue the good work when they get overseas. NORM DUFF, TOM KELLY and THEO ORR are well up on the results lists.

The 'terrible' Terry's are right up this year: HARRISON, JORGENSEN, PHELAN.

The 'B's' are giving the 'Terry's' a run for their money though, I mean Trophy Orders, John BERMINGHAM, Peter BRUCE and Leigh HANKS, the latter being one of the most improved runners since last season.

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WOW - we have only had 4 VMC races so far and already our membership is well over the 200 mark as compared with 198 by November, 1971, and also our attendances have averaged out at 97 per race. This is certainly encouraging for the Committee which is always endeavouring to provide you, the road runner, with the best possible organised competition. It's obvious that we can't please everybody, so if there are any suggestions to help improve the running of this Club then don't hesitate to let us know.

The way things are warming up for the Veterans World Games could be a better show than the Olympics. Latest performances from overseas are indicating that the Marathon could be a red hot affair. Recently Erik Ostbye - Sweden - 50 years of age - burnt up the bitumen to record 2:29.42 in the Sollentuna Winter Marathon. One thing for certain, he didn't have the weather on his side because the report was that there was ice on the road and snow was falling. He was probably wearing chains too!!!

Boston Marathon was won by a Finn, Olavi Suomalainen in 2:15.39.

United States - Yank Monty Montgomery, 65 years, scorched a 2:53.03 marathon.

Neil Ryan informs me that many members have shown an interest in his article "Just how much does it cost". Most people felt that it was well worth writing about and most interest was shown in his use of Vitamins and also the fitting of Metatarsal Bars to his shoes. Steve Austin - Ivanhoe - was the latest to feel just how painful Metatarsals can be.

SOME OBSERVATION ON COACHING. By Fred Lester

From some of the comments received, it appears that a number of athletes have read this column last time and given the problem of conditioning some thought. I propose to take the matter a little further this time, so I put it to you strongly to go back to the previous essay and read it again in conjunction with this one as otherwise it may appear highly contradictory.

For a start you need to overcome the dreadful urge to conform, to get into a comfortable rut, to accept an idea or method as a rigid law, in other words, be critical, but in a constructive manner, of what you read, see or hear and be extra critical towards yourself. The very essence of life is change, a constant developing and dying away, ebb and flow, altering of relationships to things and events and the most successful of living beings is the one which adapts itself the quickest and easiest to the new relationships and circumstances.

If you change your job or your place of abode, you may have to contend with a different time of day available for training, a training track may be not as handy as previously, your new road course may be hilly instead of flat, etc. So you have to adjust, but hasten slowly if the changes are drastic and give your body a couple of weeks to get used to the new routine.

There is no point in repeating the general "wave pattern" outlined last time, as a General pattern it also applies to athletes doing 100 Miles (160 Km.) per week or doing only 20 M. (32Km.) In other words, for 3295 runners there are 3295 variations on the theme, or, in a different key again, you have to keep adjusting your personal variation as your needs change.

Probably the most solid obstacle to the development of the flexibility necessary in our approach to the problem is the tendency to "compartmentalise". It is not for us at this moment to examine whether it is the fault of ever greater specialisation, mechanisation and computerisation of the society in which we live. The sad fact is that even at a very early age we put things neatly into categories and pigeonholes, we attach labels to things, people and ideas and then blame everything except ourselves when life refuses to be simplified in this manner and upsets our calculations and intentions, no matter how well drawn up and beautifully designed.

How many of us, and coaches are often more rigid than athletes, go to the mental drawer labelled "distance work" or "speed work" or "Fartlek" and so on and so forth. Some are very proud of having quite a variety of drawers as if that was a proof of their "balanced" approach to training, pulling out different drawers on different days!

In the early fifties, there was a very good trio of Hungarian distance runners under coach Mihaly Igloi. When all four of them came to Melbourne in 1955, I took the opportunity to watch them at training and discuss methods and ideas. Without suggesting that one should blindly follow the details, it is worth noting the general concept put forward by Igloi - every training session should contain elements of speed, pace and endurance, it is important that the mixture is adjusted according to the needs of the individual at the moment. In actual practice, the three runners trained together, but while for brief periods their training coincided, each one had a different workout to the other two nearly every time!

Now let's come back to our own local personal training program. While we are endeavouring to build up a basic weekly mileage total within our capabilities for the moment, we also need to incorporate variations for strength, speed and stamina. This was mentioned briefly as structuring our workouts previously, taking care not to maintain long periods of overload. There is nothing to prevent us from using two or three different variations in the one workout, on the contrary, such procedure can often help us over a dead patch, when training seems an awful grind.

Running up hills is possibly the best exercise for strength in distance running, taxing lungs and heart as well as the legs, but used to excess will take off the edge from someone already fined down for racing. One needs to assess grade and length of a hill which is used for repetition and decide on the optimum number of attempts in a set, much in the same manner as one would have to allow for length, speed and time of recovery in repetitions on the track. If sets are used, it seems advisable to intersperse them by a recovery run of 3 miles or more. Any fool can go out and run until he is tired, the art of running is to develop control at varying speeds and keep improving your economy of action and smoothness of movement.

P.S. It is not a bad idea to use your head for thinking about some of these things while you are out running. After all, you are taking it with you, so why waste it?

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It's a pity more members could have attended the Annual Meeting to hear an excellent talk on foods, training, etc. by Canadian, Andy Boychuk.

It's really marvellous the way a lot of people can find their voices all of a sudden when things don't go to their liking. Some even find their voices on more than one occasion, naturally, having done nothing in the meantime to prevent a recurrence!

That includes YOU, dear reader, who feels so smug in your complacency and passive conformity. Before you throw up your hands in outraged denial think of what you have or have not done about a whole number of things which have been discussed since the last Olympic Games in 1968.

We can stick just to the narrow interests of distance runners if you like. Has you Club done anything about catering for distance men in the Summer months? Have you ever investigated one or several venues as possible alternatives or additions to the ones used by the Cross Country Committee of the VAAA or the VMC? How often have you acted as an official, either to give someone a spell or to gather experience in organising athletic events? If some other people have not appreciated criticisms and suggestions coming from you have you tried either to re-examine and alter where necessary your own ideas, or have you given it away as fruitless?

Possibly the worst obstacle to progress is the tendency by many people, unfortunately, several in responsible and decisive positions, to look upon anything different to their ideas and ways of doing things or beyond their ken as suspect, if not even an affront to their personal dignity. It should be clear by now to the regulars in the VMC, that we all have something to contribute, no matter how much it may be raked over by everyone else. We are all in this together, old and young, man and woman, no matter how it is put, we all want the best out of our endeavours.

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Not far removed from the above is that bastion of conservatism, the medical profession. Recently the press had a fair bit to say about the mysterious and almost indecipherable descriptions on Chemists prescriptions. With all due respect to Medicos in general, who are no better and no worse than the rest of us when it comes to lay matters, the mumbo-jumbo language combined with a superior attitude towards clients does little to inspire confidence. All that secretiveness and elitist manner does nothing to distinguish today's medico from the Medicine Man of savage tribes. With this kind of carry-on, nothing is contributed toward the allaying of anxieties and apprehensions on the part of the sufferer. A sick or injured athlete is no more mentally retarded or unable to accept responsibility than the man with a medical degree or a pharmaceutical diploma.

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While we are at it, has it ever occurred to you to what extent you are responsible for inflated telephone bills? Next time you rush to the phone to tell or ask someone, as you reach for the receiver say aloud: Is this really necessary? Then walk away and put the money saved towards a new pair of running shoes.

It's odds on that the information regarding the race was in the VAAA Handbook or the VMC Newsletter. The result will be available, properly checked in good time, the registration numbers take ten days to go through in spite of your call, the already busy receiver of your call will yet pour another luke-warm half-cup of coffee down the sink!

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Gee, it's hard to find any bouquets, but just a little one to N. J. RUDDOCK of the T.A.A. ASSOCIATION for the complimentary results/report of the 1971 National Marathon. That gives us the chance to correct all the misreading from that horrible Fordigraphed post-race slip. It is interesting to note that the expenses (payments on statement) totalled \$423.87. Out of 53 entries, 44 faced the starter and 35 crossed the finish line.

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THE EARS AGAIN - TOWER LAST SAY FOR 3 MONTHS

Why does Barry Minehan wear those black socks? Simple, they are the only ones that his feet feel comfortable in.

Don't forget - Big out of town Marathon - Eraralgon - SUNDAY - JUNE 11th.

New Zealand. 4 X 1 Mile Relay. Kevin Ross, 4.01; Tony Polhill, 4.02; Richard Taylor, 4.01; and Dick Quax, 3;58.8 broke the world's record of 16:05.0 held by Oregon Track Club with a time of 16:02.0.

Noticed that between March and the end of June there are at least 27 marathons taking place throughout the U.S.A.