

V. M. C. NEWSLETTER

SUMMER 1973

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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 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, 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.

DEADLINE FOR COPY - THE 15th DAY OF FEBRUARY, MAY, AUGUST, NOVEMBER.

THE VICTORIAN MARATHON CLUB IS -

- OPEN FOR MEMBERSHIP for any registered amateur athlete.
- COSTS \$1.00 per annum for Seniors
\$0.50 per annum for Juniors (Under 19)
- CHARGES 50¢ Race Fee for each event.
- AWARDS TROPHY ORDERS FOR THE FIRST THREE PLACEGETTERS IN EVERY HANDICAP, ALSO TO THE COMPETITORS GAINING THE THREE FASTEST TIMES IN 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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Getting back from the National Marathon at Perth this year, I found a letter from our Canberra friend Jack Pennington, whose admirable enthusiasm both in regard to running and writing letters commands respect. He was mainly concerned with replying to my comments in the previous VMC Newsletter on the subject of organising and competing in events..What I found a little puzzling was the remark: "From what I've heard, the VMC revolves around one man."

To set the record straight, and the newsletter has been appearing for 8 or 9 years now, although it is only in its fifth year in its present form, all the evidence points towards a well functioning committee, aided by other members, for any regular reader. No decisions are taken by anyone without consultation with others and when meetings are called as deemed necessary, almost every committee member attends or his absence is accounted for by an apology. There is not any attempt to heap responsibilities on anyone, we share them out as widely as possible.

It has always been my feeling from when I first joined the VMC, and many others have expressed the same since, that this club is the runners' very own concern, both in competing and managing our affairs. We have no desire to set an example or lay down any rules how anyone should enjoy him or herself, ours is a co-operative effort for everyone to participate as fully as they may desire.

Similarly, the V.M.C. Newsletter itself is an expression of the membership of the Club. Its columns have carried letters, comments and articles from all over Australia and the world. Many articles and parts are often critical and impatient of official attitudes and comments from both sides are welcome - it is only in free and unfettered discussion that we can sort out opinions and attitudes. Prior to that they are merely the means by which we hope to focus attention on things which bother us and this eventually leads to action for the good of our sport.

The importance of an independent voice within athletics cannot be overstated. There have been times, and the question still crops up periodically, when suggestions have come forward that the Newsletter become the official organ of the Association or the Union, that we seek advertisers to foot the cost of production and distribution, that another publishing enterprise in a similar field absorb it, etc., etc. Comments further on in this issue point to the stifling effect an "official" label would have on criticism. The fact that we are only a quarterly journal, which prefers to gather enough news and views to make it interesting to our readership from start to finish instead of "padding it" to meet commercial schedules, offers little attraction to advertisers. Besides, we don't want to run the risk where we may have to weigh our opinions and criticisms against commercial considerations.

That we are on the right track is born out by the numbers of letters we receive and the increasingly wider spread of contributions from interested parties. One recent letter stated the writer's dismay that he failed to maintain his membership and remain on the mailing list.

On the basis of past experiences, your committee is moving for changes in the form of our program. Some of the younger runners feel that not enough incentive is provided in the under age groups, a promise of proper races depending on turn-up of possible competitors is simply not good enough. Hence, we will include separate competition for the under 17's and for women, run mainly in conjunction with open events, but over distances which will provide suitable competition at their level. Above all, we need your views and comments at any time, either to confirm the effectiveness of what we are doing or to adjust our activities to bring them into line with the demands of the day.

Fred Lester.
Secretary. V. M. C.

There was that member of the V.M.C.
Who was neglectful of paying his fee,
It spoiled half his fun
When he scored in a run
And the Treasurer said: The trophy is the next man's, you see!

AMENDMENTS TO VICTORIAN FIXTURES FOR SUMMER OF 1973/74.METRIC CHAMPIONSHIPS - to be conducted on February 10 - 12 - 14 - 16 - 23 - 24.DECATHLON & PENTATHLONS - at Sandringham on March 10 and 11.10,000m CHAMPIONSHIP - at Essendon - February 28 (heats) March 7.(Final)(Aberfeldie)RELAY CHAMPIONSHIPS - at Sandringham - March 10 and 11.BRITISH MEASURE CHAMPS. - at Box Hill, January 7 & 9 - 100 Yards and 1 Mile
- at Sandringham, January 21 and 23 - 3 Miles.REMAINING V.M.C. SUMMER EVENTS:December 18 (Tuesday) Emil Zatopek 10,000m (B Division) Aberfeldie. 6.30.p.m.
(For runners not having bettered 33.00 or 15.00 for 10km or 5km.)December 19 (Wednesday) Emil Zatopek 10,000m (A Division) Aberfeldie. 6.30.p.m.
Masters' Mile (Veterans 40 and over)
Women's Special 3000 Metres.

Non-members of the VMC, who have bettered 32.00 for 10,000m or 14.30 for 5000m may run by invitation on paying the normal race fee of 50¢.

There will be NO EXCEPTIONS to the cut-off times, the standards will have to have been reached within the last 18 months.

December 31. (Monday) Midnight Run from Barbeque in Alexandra Avenue.

January 8. (Tuesday) "Run for your Supper" - 3000m Junior, 5000m Open.
Invitation events for all ages and sexes. Chelsea AAC Track.
COMMENCING AT 6.00.P.M.
Bring your own cooking. Soft drinks available at ground.PROPOSED V.M.C. WINTER FIXTURES - 1974 (Subject to ratification by C.C.O.C./Traralgon)

April 15 (Mon.) 10 Miles Open, 2 Miles U/17 and Women - Princes Park.

April 25 (Thu.) 12km Fallen Comrades, U/17 and Women, 4km. - Domain.

May 11 20km Open, 5km U/17 and Women, - Albert Park.

June 1 25km Open, 10km.U/17 and Women, - Albert Park.

June 2 (Sun.) MARATHON - Traralgon.

June 17 (Mon.) 15km Open, 5km U/17 and Women, - Albert Park.

June 29 VMC MARATHON Open, U/17 and Women, Half-Marathon, Tyabb.

July 6 Traralgon 25km.

V.A.A.A. COUNCIL MEETING JOTTINGS:September: A report was received to create a standard 100m distance for all under age track hurdle races, to overcome time delays and confusions over markings. The age limit ruling was re-defined to permit boys reaching the age of 12 during the athletic year to become registered during that particular year and to compete.October: Moves to have registrations increased failed to gain a sufficient majority in votes.
The motion to debar junior athletes from competing in Marathon (see previous VMC Newsletter) was rescinded by an overwhelming majority. Bill Warr (President of the Victorian Sports Medicine Association, submitted a letter on behalf of the major officebearers in the State and National Sports Medicine bodies in support of the notice of rescission, moved by your secretary.

The Chairman had a shot at the VMC Newsletter (See elsewhere this issue) Terry Harrison submitted a letter of resignation from the C.C.O.C. (see elsewhere this issue)

The latest coaching course showed a good attendance of 120 people.

The V.A.A.A. has obtained a sponsor to the tune of \$6,500 for the Australian Championships at Melbourne in March, 1974.

November: Old Trinity A.A.Club advised of disbandment of club.
Strong dissatisfaction was expressed at the early date of the recent Games Trials.

The cost of the new track at Olympic Park was given at \$184,000.

Barry Tregenza was elected as the new secretary of the C.C.O.C.

Criticism was raised of the habit in the Association to deal with only one airline, instead of varying arrangements to obtain a better deal.

It was resolved to do some shopping around in future.

RESULTS: V.M.C. 1 HOUR RUN MEETING. HUNTINGDALE TRACK. OCTOBER 14th. 1973.

1. Terry HARRISON	18km 41.9m. (10m - 53.25.)	8. Ross ANDERSON	15km 103.5m
2. Colin EATON	17km 452.0 (10m - 55.23.)	9. Dennis WATTIE	14km 942.7m
3. Terry HORGENSEN	16km 868.8 (10m - 57.20.)	10. Sam HILDITCH	14km 616.2m
4. Ross SHILLSTON	16km 354.9m (10m - 59.10.)	11. Peter BATTRICK	14km 67.2m
5. Bill McNULTY	16km 339.5m (10m - 59.05.)	12. Kon BUTKO	14km 24.5m
6. Rod HEALEY	16km 7.6m	13. Dave BRADFORD	14km 680.5m
7. Greg WILSON	15km 621.9m	14. Des MIDDLETON	13km 456.8m

5,000 OPEN TEAMS RACE

1. Rod PITT	(C'well YM)	14.54
2. M RYAN	(S.V/N.Pk.)	15.06
3. Bob RAYMEN	Ind.	15.23
4. John BRUCE	(C'well YM)	15.41
5. David BYRNES	(C'well YM)	15.49
6. S. O'CONNOR	(S.V/N.Pk.)	15.54
7. Neil GRAY	(S.V/N.Pk.)	16.06
8. P DAVIES	(S.Bendigo)	16.07.5
9. Bruce PETTS	(S.Bendigo)	16.12
10. Ray WILSON	(C'well YM)	16.25
11. G WILSON	Ind.	16.54
12. Rob JAMESON	Ind.	16.57
13. Rob ORR	Ind.	17.22
14. R HUTTON	(S.V./N.Pk.)	17.39
15. A CLOSE	(S.Bendigo)	18.05
16. R. PILCHER	(S.Bendigo)	18.05
17. R. BALDWIN	Ind.	18.09
18. John CLARKE	Ind.	18.13
19. Alan JONES	Ind.	19.36

TEAMS:

- 1. Camberwell Y.M.C.A. 8 Points
- 2. Springvale/Noble Park 13 Points
- 3. South Bendigo

3,000 JUNIOR TEAMS RACE

1. Rob GILFILLAN	Ind.	8.54
2. Frank JORDAN	(Ivanhoe)	9.16
3. Daryl STUCKEY	(Ivanhoe)	9.37
4. Noel ROBERTS	(Ivanhoe)	9.43
5. B ACKLAND	(Ivanhoe)	9.48
6. ?	Ind.	10.22
7. Neil PILLING	(S.V./N.Pk)	11.07
8. Ian PILLING	(S.V./N.Pk)	11.41
9. M. BALDWIN	(S.V./N.Pk)	11.53
10. Chris RILEY	Ind.	12.11

TEAMS:

- 1. Ivanhoe 6 Points
- 2. Springvale/Noble Park 18 Points

1000m TRIAL:

1. Paul O'HARE	2.30
2. John JAMES	2.31
3. Gary RENNIEW	2.37
4. Chris McCULLOCH	2.39
5. Geoff JAMES	2.41
6. Rob CHEBAKOF	2.43
7. Mike SHARKEY	2.47
8. Kon BUTKO	3.03

It seems almost traditional for this Track Day in early Spring to bring with it an air of relaxation and friendly get-together for members and their families. If there was cause to complain, it may be that there is a very real danger of too much lackadaisicalness (Hey - say that again !!) as we were scratching desperately to have enough scorers and markers for the main race. Also, if you study the results above, it looks rather shoddy not to have the full name of competitors. Thanks are due to Oakleigh A.A.C. for their hospitality, to Mrs. Orr for attending to the entries, and to the competitors and non-competitors who volunteered to fill the gaps in officiating.

was heartening to see the enthusiasm of the South Bendigo lads to take part in addition to the metropolitan competitors. Several races were held over other distances and some of the veterans took the opportunity to run themselves into shape for the big meeting at Xmas.

The numbers entered for the annual Veterans "Weight-for-age" 3000m Handicap were disappointingly small this time, only 4 starters toeing the line.

1. Theo ORR	(Hcp - Scratch, loading .05)	9.32.	Hand.Pl.	1
2. Gerry RILEY	(Hand. 0.45 , loading --)	10.38.	" "	3
3. Peter COLTHUP	(Hand. 1.10 , loading .15)	11.09.	" "	2
4. Jim CONWAY	(Hand. 1.05 , loading .05)	11.37.	" "	4

* * * * *

Don't forget the BIG ONE - the last for the year and the first for the new year. Yes - the SECOND ANNUAL MIDNIGHT FIVE will once again take place this New Year's Eve commencing at midnight from Alexandra Avenue near Anderson Street hill. All finishers will receive a cold can of amber or soft stuff if you prefer, and be in the running for a cold bottle of champers. All those intending to take part are requested to either inform Neil Ryan personally or drop him a line, making sure you state your preference for a beer or soft drink.

ENTRIES WILL BE RECEIVED UP TO 6.00.P.M. on the night of the race.

Entries can be sent to:- Neil Ryan,
43 Vine Street, MOONEE PONDS. 3039.
or Phone 37-1663.

Don't forget to bring along some meat for barbeque after race. ALSO YOUR 50 CENTS.
FRED LESTER.

Pl.	Name	Hand.	Actual Time	Hand. Place	
1	Max	LITTLE	--	24.04	--
2	Terry	HARRISON	Scr.	24.48	49
3	Rod	PITT	4.20	25.03	14
4	Bob	RAYMEN	1.35	25.40	45
5	Dave	BYRNES	2.50	25.42	E 36
6	John	BRUCE	3.00	25.48	34
7	Kevin	SOLOMON	4.10	25.55	23
8	Colin	EATON	3.30	25.55	29
9	Mike	GOERKE	--	25.59	--
10	Silvio	RADOSLOVIC	3.25	26.04	30
11	Geoff	WARREN (Vet.)	4.10	26.08	27 (4th Vet.)
12	Dave	MARBURG	1.30	26.15	E 47
13	Terry	JØRGENSEN	4.10	26.22	28
14	Mike	O'RYAN	--	26.35	--
15	Steve	O'CONNOR	5.15	26.43	20
16	Dick	DOWLING	5.25	26.45	18
17	Barry	SAWYER	5.40	26.56	17
18	Neil	GREY	--	27.11	--
19	Neil	RYAN	4.30	27.21	35
20	Dennis	WATTIE	4.45	27.31	33
21	Gerry	VAN DER PLOEG	4.00	27.35	43
22	B	WALSH	--	27.36	--
23	Bob	McCARTNEY	5.50	27.39	25
24	John	VISSER	6.20	27.41	19
25	Terry	HUNTER	7.45	27.51	E 8
26	Rob	ORR	7.10	27.55	15
27	Mike	HUBBARD	6.20	28.00	22
28	Peter	HOLLAND	--	28.08	--
29	Rod	HEALEY	--	28.13	--
30	Ken	FRASER	7.25	28.21	16
31	John	PHAIR	--	28.28	--
32	Gerald	HART	8.10	28.42	11
33	Steve	SZEGEDI	4.50	28.43	44
34	Rob	JAMIESON	6.10	28.53	31
35	Mike	HENNESSEY	--	28.57	--
36	Rowan	HARRISON	2.50	28.58	52
37	Bill	MONULTY	6.20	29.04	32
38	Terry	DAVIS	6.10	29.14	39
39	R	HUTTON	--	29.21	--
40	Tony	TURTLE	--	29.23	--
41	Peter	LOGAN	6.20	29.30	40
42	Sam	HILDITCH	10.10	29.42	4
43	Lindsay	HOOPER	8.10	29.48	21
44	C	GIBSON	--	29.51	--
45	Bruce	WATT	9.20	29.56	12
46	Barry	LYNCH	6.25	30.17	36
47	Gerry	RILEY	10.20	30.18	7
48	D	HOLDEN	--	30.20	--
49	Keith	McINTOSH	10.20	30.27	10
50	Warrick	YARNTON	11.10	30.30	E 2
51	Tom	DAVIDSON	--	30.41	--
52	Mike	CUMMINS	11.35	30.45	1
53	Ross	ANDERSON	11.10	30.55	6
54	B	ELLISS	--	31.04	--
55	Barry	YOUNG	11.05	31.11	E 8
56	Jim	CRAWFORD	6.40	31.15	46
57	F	LYNCH	--	31.16	--
58	Ray	BARRATT (Vet.)	10.35	31.17	13 (2nd Vet.)
59	Mike	PORTER (Vet.)	12.10	31.30	E 2 (1st Vet.)
60	Jim	CONWAY (Vet.)	8.45	31.43	38
61	Chris	RILEY (Jun.)	12.50	32.30	5 (1st Jun.)
62	Wilf	BISHOP (Vet.)	--	33.46	--

Continued next page.

44 Starters.

Weather: Sunny, warm.

Pl.	Name	Handicap	Actual Time	Handicap Place
1	Paul O'HARE	2.45	85.42	11
2	Bob RAYMEN	2.30	86.26	15
3	Steve O'CONNOR	7.10	89.53	9
4	Barry SAWYER	8.15	90.20	7
5	Bill McNULTY	10.45	93.23	8
6	Geoff HALL	10.50	93.37	10
7	Dennis O'BRIEN	12.10	94.11	6
8	Frank CORR	11.10	95.15	16
9	Kerry PRITCHARD	15.30	96.28	5
10	Dennis WATTIE	14.25	97.58	13
11	Terry COLLIE	10.20	99.34	20
12	Bob WILSON	16.20	99.34	12
13	Terry DAVIS	12.50	100.31	18
14	Trevor HEGARTY	-	100.31	-
15	Gerald HART	22.20	102.26	3
16	Paul WINNERTON	-	104.57	-
17	Keith McINTOSH	27.30	107.13	2
18	Noel ANDERSON	28.10	108.58	4 1st V.
19	Mike PORTER	27.30	111.22	14 2nd V.
20	Dave BRADFORD	35.15	123.40	19
21	Peter BAI	37.20	123.40	17
22	Norm McLEISH	-	131.07	-
23	John ZELEZNIKOW	56.50	136.05	1

RANKING AND RECORDING REQUIREMENTS - SEASON 1973 - 74

To all Club Secretaries, Track Captains, Coaches, Statisticians and Athletes!

Please submit performances which reach or surpass the standards set out below to the Ranking and Recording Committee of the VAAA. This will enable correct Victorian and Australian ranking lists to be kept, facilitate the work of various selection committees and enable balanced seedings to be made for championships.

	Aust. List.	Vict. List.	Vict. Under 19.	Vict. Under 17
100m	10.6	11.0	11.5	12.0
200m	21.6	22.0	23.0	24.0
400m	48.4	49.0	51.5	55.0
800m	1.52.2	1.53.0	1.58.0	2.04.0
1500m	3.51.0	3.51.0	4.05.0	4.15.0
5000m	14.35.0	14.50.0	16.00.0	----
10000m	31.45.0	32.00.0	----	----
MARATHON	2:40.00	----	----	----
110m H	15.2	16.0	16.0	16.0
400m H	54.4	56.0	60.0	----
3000m ST.C	9.16.00	9.30.00	4.35.0(1500m)	----
3000m W	14.15.00	14.50.00	16.40.00	----
Long Jump	7.00m	6.50m	5.80m	5.50m
Triple Jump	14.65m	13.50m	12.80m	12.00m
High Jump	1.93m	1.83m	1.75m	1.65m
Pole Vault	3.66m	3.50m	3.00m	2.40m
Shot Put	13.45m	12.50m	12.50m	12.50m
Discus Throw	42.00m	36.00m	36.00m	36.00m
Javelin Thr.	58.00m	50.00m	50.00m	50.00m
Hammer Throe	44.00m	40.00m	40.00m	40.00m

The following persons are acting for the Ranking and Recording Committee at the different venues:-

Northern - KEN FRASER Central - MIKE HUBBERT Heidelberg - PAUL JENES
 Southern - HOWARD GRAHAM Eastern - KEN TAGGART University - BOB FOWLER.

In addition BERT GARDINER and FRED LESTER are concerned with road events.

Any information on performances, either here or overseas, by Victorian or Interstate athletes, should be passed on to one or the other of the people listed.

IMPORTANT: Information should list distance or time, wind reading, date of birth of competitor if under age, date and place of performance.

PAUL JENES - CONVENOR - RANKING & RECORDING COMMITTEE.

3 KILOS HANDICAP * Continued:-

63	Justin	COXHEAD	--	34.32	--	
64	L	MOLLARD	--	35.19	--	
65	C	TURTLE (Jun.)	--	36.06	--	
66	Frank	BONECKER	11.10	36.38	51	
67	Rod	BYRNES	12.45	37.30	E 47	(2nd Jun.)
68	Harry	LOGAN	15.40	37.34	26	(3rd Vet.)
69	John	ZELEZNIKOW	16.30	38.18	24	
70	Derrick	BEVAN	14.20	38.54	42	
71	George	WILSON	17.06	42.26	50	
72	George	SIMPSON	23.15	46.45	41	

AUSTRALIAN CAPITAL TERRITORY NOTES.

Jack Pennington.

Round-the-Lake 10. Rain and cold wind. Mike Kennedy, Kev Morrissey, Noel Jago missed the start. Held September 1st.

Results: 1. Graham MOON, 55.28; 2. Derek WOOLMER, 58.04; 3. Doug TUMILTY, 58.17.

KIWIS DON'T PANIC

New Zealand athletes are having their trials for the Games on the first weekend in December, or exactly five weeks after we held ours in Sydney. They will have had a substantial slice of early season competition under their belts.

Answer to question: A "Non-Athletic Competitor" (Big Ears, P.11. Vol.5, No.2.) is a slip of the pen. Most readers will have worked out that it should have read: Non-Competing Athletes, specifically meaning athletes not competing on the day, like the ones who keep our VMC events on an even keel!?

A.A.A. MARATHON AND COMMONWEALTH GAMES TRIAL. October 27th. HARLOW.

1.	Ian	THOMPSON	2:12.40	7. A.	DOMLEO	2:17.24
2.	Ron	HILL	2:13.22	8. J.	McLAUGHLIN	2:17.40
3.	Col	KIRKHAM	2:15.25	9. S.	EDMUNDS	2:18.11
4.	Malcolm	THOMAS	2:15.58	10. S.	KENYON	2:18.29
5.	M	COLEBY	2:16.18	11. R.	BROWN	2:18.39
6.	M.	CRITCHLEY	2:17.02	12. C.	LEIGH	2:19.02

300 started in the race. Thompson and Thomas, both ran in their first Marathons!

WHAT YOU DID NOT KNOW ABOUT MONTREAL - A GREAT AND LONG TRADITION.

The sound of heralding trumpets, and the sight of the flag being raised to the Olympic sky, will mean that Montreal is finally a part of a great and long tradition.

In fact, long before the Games of the XXI Olympiad had been awarded to Montreal by the International Olympic Committee, long before Montreal had requested the privilege of acting as host, even before Pierre de Coubertin had rekindled the Olympic flame in 1896, Montreal had already the spirit of the Olympic Games.

Montreal presented its version of the Olympics in the 1840's, some 50 years before the first Olympics of modern times. Though modest in size, for their day the games were carefully planned and were presided over by the Governor-General of the country, then known as Lower Canada.

In spite of their simplicity, these games included many events which will attract in 1976, the greatest athletes of the world, such as the high jump, the long jump, the triple jump, the hammer and discus throws, sprints of 100 and 400 yards, a mile race and many other contests originally held at the first Olympic Games.

The success of these first tournaments encouraged Montrealers to seek similar meets. In 1929, the city made application to host the Winter Games of 1932 when, for the first time, Alpine skiing events were to be included in the program, and again in 1939 for the Winter Games of 1944.

Other representations by Montreal have been made to the International Olympic Committee since then: in Rome in 1966, seeking the 1972 games and, finally, the application that was submitted by the Committee in Amsterdam on May 10, 1970, making Montreal the Rendez-vous 76 of the Olympic world.

Over the years Montreal has equipped itself with the facilities and resources that reflect its young and dynamic population, until now, three years before the Games, the City is almost ready.

HAMILTON (N.Z.) MARATHONBy Veteran Reporter - Rod MacKinney

No doubt the results of this race are published elsewhere in this Newsletter, and the less said about my performance the better. The organisation was quite good, and there are perhaps a few things we could learn from our cousins over the water.

The course consisted of four laps of about $6\frac{1}{2}$ miles each. There is an obvious advantage in this arrangement, as it is not necessary to have officials spread along 13 miles of road. If the lap can be selected so that it is exactly 10,000 metres long, only two feeding stations per lap would be required, as international rules require stations to be 5,000 metres apart. If timekeepers were stationed at the same points, it would guarantee times to the competitors no less frequently than every 5,000 metres. This would be an improvement on most marathons, when the calling of times gets more and more infrequent, until after about 15 miles when there is usually nothing. This was my only criticism of the organisation at Hamilton. Despite the opportunity that a lap course afforded, times were called to me only at 10, 20 and 30 Kilos. Not that it would have made much difference as it happened.

Another advantage of lap courses is that it should be easier to find a relatively quiet stretch of road $6\frac{1}{2}$ miles long than it is to find 13 miles of the same conditions. This may mean that a course might be found a little closer to the City. In addition, it is easier to police the traffic on a shorter course, and anyway, there is little need for spectators to follow the athletes by car, since they will be coming by every half hour or so.

Now I have a really radical suggestion. Why not hold a marathon around Albert Park Lake? The course is very conveniently 5,000 metres, which means that only one feeding station and one time point is required. It may even be possible to get the road closed off for the duration of the race - they do it for football. As to the psychological problem of doing $8\frac{1}{2}$ laps, well, it wouldn't worry me. I think the other factors would more than make up for it. I think the psychological problem is all in the mind. (Work that one out).

New Zealanders have a rather strange habit of starting marathons in the morning, and I found this quite hard. Because of the short notice, I was only able to arrange to get there a day before the race, and the two hours time differential coupled with the 9 a.m. start, certainly had a deleterious effect. I was, in effect, racing at 7 a.m. Melbourne time. So, one needs a few days to adjust, and a very light breakfast indeed is called for. I had my usual bowl of rolled oats. That's O.K. for running to work in the morning, but it sat on my stomach like concrete the whole way in Hamilton.

I don't know whether early morning starts would be acceptable here, but it might be worth an experiment. Once you get going, it really doesn't make much difference, long as the athlete prepares properly. Maybe it would be easier to close Albert Park in the morning rather than in the afternoon. And think of it - you would be able to get to the pub by 2 O'clock, and you've got 8 hours of solid boozing to go! Naturally this would not appeal to the clean living athletes among us, such as myself.

Another good idea is that individual clubs, despairing of help from the administration, are raising and using funds in their own right. One way this is being done in N.Z. is by the sponsored race, the current one being a 24-hour race. One chap will collect several thousand dollars if he completes 15 miles! The money is to be used to send athletes on trips and similar worthy causes. It's worth a thought.

The prospects of significant changes in the policy of administration of athletics in Australia are remote in the short term, and the only realistic course is to take independent action, within the present framework of course. The result of the N.Z. venture is that the winner of this year's race, John Robinson, will be sent over to run in the vmc race in 1974, and the exchange is hoped to be the forerunner of closer links.

Max Holmes sends his regards to all his mates here. I stayed with Max, and his hospitality was much appreciated. Evergreen Andy Galloway also wants to be remembered to his friends, and he remains the backbone of athletics in the Hamilton area. Sort of like Freddie Lester here, although rather a different kind of personality. Andy kindly drove me to and from Hamilton, from Auckland, despite being very busy with the organisation of the race itself.

All the ideas expressed above may not prove to be practical, but if it makes us think about things a bit, putting them to paper will have been worthwhile.

SOUTH AUSTRALIAN NOTES

Brian Chapman

(Edited somewhat - parts appear elsewhere)

... back here, things have gone slowly since the A.A.U. MARATHON ...
... the Distance Runners Club Consistency Award went to Brenton Norman (Senior) and Grenville Wood (Junior), both of whom ran at Bundoora....

Brenton Norman jogged 2-3 weeks after Perth, then into very fast 400's, 800's, 3 lappers with 3-5 minutes recoveries. Paid dividends in Sydney Trials.

Bernie Vine planning to compete in a Marathon at Christchurch in December, on Games Course. Running steadily.

Dave Fitzsimmons - Interspersing parkland 10 miles steady runs with track sessions of the 20 X 200, 20 X 300, 20 X 400 style (hard - with short recoveries). Paid off.

Gary Zeuner probably surprised interstaters with his third in Sydney Trials Steeplechase. Doing same as Norman.

CITY - BAY RUN RESULT:-

- | | | |
|---------------------|--------|--|
| 1. Derek Clayton | 34.05. | 6. Bernie Vine |
| 2. Dave Fitzsimmons | 34.09. | 7. Gary Zeuner |
| 3. Tony Bart | 34.18 | 8. John Harty |
| 4. Brenton Norman | | 9. Bill Shean |
| 5. Rod Nicholls | | 10. John Williams, Hans Larsen & Stewart Cummings. |

CANADIAN NOTES

Morris Aarts.

Morris was a staunch member of the V.M.C., represented Victoria in the Marathon in Sydney in 1964, and was the ninth VMC member to qualify for the Laurel Wreath. The Laurel Wreath Board now holds 51 names.

Morris is the editor of "The Announcer" which is sponsored by the Alberta Track and Field Association, and the Spring-Summer issue has just arrived. The editorial is worth reprinting, especially in view of our own editorial and other comments throughout the Newsletter.

"Readers of the Announcer, if there are still many left, may be wondering why there has not been an issue out for some time. Well, Sport Alberta has finally, or for the time being, been caught up in its own bureaucracy and budget cut-backs and are not doing any typing and only limited printing of such things as the Announcer. (sic! Editor VMC Newsletter). Material that I submitted on July 6th was never processed and I was one of the last to hear of the change at Sport Alberta. This issue is being typed, duplicated and mailed out at the total expense of A.T.F.A.

At the moment the Announcer is in a state of limbo

... At this point I must say that the Announcer has failed to live up to some of the expectations I had for it. The delay in getting it typed and mailed out has been a source of frustration as results are sometimes 2-3 months old, and it is impossible to carry any announcements of meets and changes in track schedules under such an arrangement. I have found it virtually impossible to get people to send me results of meets. If it were not for the co-operative effort of Roger Burrows the job would be almost hopeless. I can't get to every meet to obtain results. If this rag is supposed to be an information bulletin what has become of the A.T.F.A. executive? Minutes of meetings, selection criteria and numerous other details should appear in each issue"

The Announcer, in spite of the lack of support as stated in the editorial, is a very competent job in content and results, containing 76 pages, 55 of which are taken up by results. We note that Morris took a 5 miler in May with 24.34 by a wide margin, finished a 20 miler in 1:49.27 in second place behind the winner, Michael Graham in 1:48.22, in September.

One of the things raised by Morris in his letter was the peculiar habit we have during the Winter of running our National Cross Country Championship over 10,000m, whereas the international event is run over 12,000m, and all countries have brought their national event into line with that distance.

However, there is the single exception of Britain, which carries on with a 9 miler (appr. 14,500m), we suppose "because it's there."

Extracts from Report by JOHN FARRINGTON.

John Farrington and John Stanley went to represent Australia at the classic Kosice event this year, arriving at the small town on November 1st. All visiting athletes stayed at the Slovan Hotel which offered good accommodation and meals. Training facilities were available at a small forest nearby.

Unfortunately the two John's developed sore throats, with Farrington contracting a head cold, although by the day of the race, they were both reasonably fit. Cardiographs were taken before the race and Farrington had a further one after the race. That one showed that his heart was beating irregularly and he was advised not to train for a few days after the race.

Entertainment included a visit to the Ice Hockey and a Puppet Show and our two men also received some pocket money.

The day of the race was fairly warm, 75 F, according to John and the sun was a bit hot for marathon running.

Farrington took the lead right from the start and nobody else was prepared to go with him, and he steadily drew away until he was 2.58 ahead at 25km. Shortly afterwards he began to feel the effects of dehydration and at 30km he was 2.35 ahead. At 34km he was completely spent and could not go on, although he still was a good way ahead.

Stanley elected to go with the main body of runners, but shortly after the halfway mark he tore a muscle in his calf. He stopped for about 15 minutes rubbing and massaging the injured part and then carried on in considerable pain to finish in 23rd place with 2:29.38.

RESULTS:-

1 Vladimir MOSEYEV	USSR	2:19.01.2	11. Ronald DAWSON	USA	2:24.20.2
2 Hans-Joachim TRUPPEL	GDR	2:20.44.0	12. Desmond MacGANN	IRE	2:25.12.4
3 Viktor ISSILAYEV	USSR	2:20.57.6	13 Lars-Bertil REHN	SWE	2:25.32.2
4 Ferenc SZEKERES	HUNG	2:21.16.6	14 Vladimir VRENOV	USSR	2:25.51.2
5 Bernd ARNHOLD	GDR	2:21.29.4	15 Hans Ingemar JONSSON	SWE	2:25.55.4
6 Yuri VELIKORODNIC	USSR	2:22.11.0	16 Edward LEGOWSKI	POL	2:27.02.6
7 Ronald SCHWERT	GDR	2:22.22.0	17 Daniel WALSH	IRE	2:27.02.6
8 Manfred KUSCHMANN	GDR	2:23.08.2	18 Donald KENNEDY	USA	2:27.12.8
9 Matti VUORENMAA	FIN	2:23.16.6	19 Jorgen JENSEN	DAN	2:27.19.4
10 Per-Ove MALMQUIST	SWED	2:23.41.8	20 Walter VRENTERGHEN	BELG	2:27.30.8

Three 10,000m races were held in September/October to give the opportunity for times to impress the Australian Selectors and score qualifying limits for National and Emil Zatopek races. One was held at Sandringham track but no results were forwarded to us - one was held at Olympic Park through Ray Weinberg and Fred Lester getting their heads together - the other at Heidelberg through Dick Dowling's efforts.

OLYMPIC PARK 16/9/1973

Billy	SCOTT	29.19.0
2. Kent	RAYNER	30.11.6
3. Andrew	HILL	31.22.8
4. Max	LITTLE	31.51.0
5. Bruce	JONES	33.50.4

SANDRINGHAM 30/9/1973

1. Derek	CLAYTON
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HEIDELBERG 6/10/73

1. Derek	CLAYTON	29.31.6
2. Arch	SANSONETTI	30.41.6
3.	O'BRIEN	32.37.4
4.	BELL	32.41.2
5. David	BYRNES	34.03.6
6. Rod	PITT	35.35.0
7. Chris	McCULLOCH	36.23.6
8. Mark	HENNESSY	37.03.6
9.	MACDONALD	44.03.0
10. David	BRADFORD	44.06.0

The race at Olympic Park, held on Sunday morning, enjoyed excellent conditions, while the races at Sandringham and Heidelberg suffered from rather strong winds. There is a move afoot to establish an early season 10,000m at the end of October as a regular feature of our calendar, possibly within the framework of a combined meeting run by Ivanhoe and Camberwell Clubs.

RESULTS - REX FOULKES - HALF-MARATHON, CANBERRA. 23/9/1973. Jack Pennington.

1. Noel	JAGO	72.24	6. Doug	TUMILTY	78.37
2. Richard	PICKUP	73.05	7. Pat	FISHER	80.16
3. Peter	KANNEWELL	73.44	8. John	SOUTER	81.44
4. Keith	BRADLEY	77.02	9. Brian	LENTON	81.56
5. Mark	DAWSON	78.28	10. Bob	BARBER	84.21

21 starters, 18 finished. VMC member Allan JONES was 13th in 94.27. He was the only non-ACT competitor.

Chairman of the VAAA Council Meeting, Alan McDonald voiced his disapproval with my use of the term "Booze-up" in referring to the Australian Cross Country Championship Reception, which you may recall was held at the Club in McKillop Street on the night of the event. I was present when one of the interstate managers and several of his team members used the same term as I did, and in fact used a few more words to describe this exclusive reception.

The manager was so disgusted with the poor show, that he declared he would personally see to it, that when it was his State's turn to stage the title, it would be far better than our effort, if you could call it that.

He also referred to the lack of entertainment, very little to eat, but, naturally plenty to drink, and apparently a restriction on the number of females that were permitted to attend.

I'm told that it was the intention of the organisers to limit the number of fems and thus, only a selected few were invited, mostly wives of executive members. I do know of one fem who managed to get in, but, no names mentioned - she was not invited.

To sum up, there is a German proverb:- "Getroffene Hunde Bellen" which translated means: "Hit Dogs Howl."

An indication of just how far into the future our Association looks, can be seen, when earlier this year it was decided to purchase more wind gauges, no, not in metric, but the old measurement, feet. Ah well, we can't think of everything, can we.

Former world steeplechase champion, Kerry O'Brien has been appointed fitness co-ordinator to the Port Adelaide Football Club. Kerry retired from athletics last July and, as has already commenced his duties with the footy club. It would appear that runners do have something to offer footballers, when you remember that Ron Clarke went to North Melbourne F.C. on his retirement and also Barry Stanton went to the Richmond F.C.

Talking of Barry Stanton, he has been appointed to the position of Supervisor of Physical Education over in South Australia. Barry, 36 years, had put in some 14 years down at Richmond F.C. as a fitness advisor.

When are we going to do away with the present system of obtaining accreditations. I can see no reason why the local associations cannot issue them instead of having to apply to the AAU in Sydney. After all, how much more info would Big Brother have, about us?

Adelaide is the latest City to have organised a butchers' picnic road race. There, it is called the City-Bay, and was held on Nov. 4th over a 7 miles course. The race was sponsored jointly by Coca-Cola and "The News" newspaper, and there were some 1580 entries received, which was great, when you consider that there are only 100 registered distance runners in the state.

Besides every Tom, Dick and Luigi taking part, 1200th place went to a dog, he was probably being used to advertise some special fortified dog food or vitamin pills. A paraplegic was pushed in a chair all the way, and a 75 year old 1st World War Veteran, won the Gallantry Award, for completing the distance. Apparently weeks before the event, joggers were seen everywhere pounding the parklands and pavements around the city.

Results were:- 1st - Derek Clayton, 34.05., 2nd. Dave Fitzsimmons, 34.09., 3rd - Tony Bart, 34.18.

Two VMC members finished, and they were Bernie Vine, 6th., and John Harty, 8th. Probably the most important question is - how many of those taking part will continue to do some jogging?

The other cities holding such mob events are Sydney - City - Surf, and Hobart - City - Casino. May I suggest Melbourne could run one calling it the Bay - Brewery (the one at the top of Swanston St.). We could start the race from St. Kilda Pier, run up Fitzroy Street, then along St. Kilda Road and finish up at the brewery, with one hours free drinking time and entertainment from the Hawking Brothers. Idea???

Believe that no help at all was forthcoming from the N.S.W. Government towards financing the construction of Sydney's Tartan Track. That's typical.

How is it possible that a person can be selected for the Commonwealth Games Team on his Trial win, when that winning time was slower than the qualifying time for the Aust. Champs?

BITS AND PIECES -- HERE AND THERE.

BIG EARS

Why call a Track & Field Meeting a Games Trial, when the winners or placegetters are never certain of gaining a position in the Team? Actually I couldn't see how the selectors could choose a team on the results in Sydney, when the standard was well below par. I feel it would have been better to have selcted the team from a series of trials, held in various cities.

A Professional Report -

"Eleven seconds for the 100 metres isn't bad - bit I can go faster. I know I will have to go faster next time!" What, in football boots!!! Prior to the League Grand Final, this is what Kevin Morris of the Richmond F.C. was timed at during a training session, remembering it was the best time out of 15 X 100 metres sprints, flat out. Morris said later that he was holding back that last tenth of a second. Sprinters - you are wasting your time running in spikes, football boots get you there faster."

It has been said that the V.A.A.A. is like a bank - "It cares for your money and gives little interest."

Hear tell that Mike Kennedy - A.C.T., has solved the high cost of living by residing in his motor car. Don't laugh, it's a fact and fair dinkum, and to add a bit of professionalism to the sport, he turns up to races in a taxi. I suppose you could call him a tru blue road runner.

Rumour has it that two more amateurs are considering the change to pro. since the Commonwealth Games Team was selected. One is a well known middle distance runner and the other is a former Olympic Games sprinter ???

It's not very often we congratulate governing bodies, local councils, etc., for their work done to help athletics, but on this occasion we must do so. The Melbourne City Council has provided the Debney's Park Little Athletics Centre with a new 250 metres, 6-lane track and a 100 metres 10-lane straight, which makes it one of the best centres in Victoria. To add a bit of glamour, former Aussie sprint champion, Gary Holdsworth is on hand on Saturdays to give advice to the up and comers. Well done - M.C.C.

HITCHING POST NEWS:

- Colin "Skippy" Sedgman - Camb. YMCA. - to marry Su Swift in the U.S.A., Nov. 10th.
- Ray Solomon - Richmond - to marry Glenda Tatti - November 24th.
- Norm Duff - Collingwood - to marry Anne Hart, - January 5th.
- Fred Lester - to marry his army hat and whistle!!!!.

To all these couples, the V.M.C. wishes them the very best for the future. If you know of any member who is going to get married, then drop us a line, as there are many of us, not only here but overseas, who are interested to learn of such events, particularly when it may be someone they once competed against.

You may be pleased to know that more and more people are taking up reading the V.M.C NEWSLETTER. If you know of any runner who is not in the Club, let him read your Newsletter, then tell him where he can get it.

As one past member put it -"I feel that the NEWSLETTER is a MUST for anyone in Australia who is interested in athletics, and who wants to know what is going on inside and outside the country" Thanks for the \$1.00 -- Treasurer.

A Technical School Principal, whilst making a sporting presentation to one of his pupils was overheard to remark - "Congratulations, I only hope that you will put as much effort into your studies next year as you did this year into your football."

Already there is talk that the new Chevron type track being laid at Olympic Park will not be much better than the old rubberised bitumen one, and certainly not up to the Tartan type. Some mention has been made that out of 4 Chevron tracks put down on the west coast of U.S.A., 2 were pulled up. Apparently the difference between a Chevron and the better Tartan track was \$10,000.

AUSTRALIAN MARATHON CHAMPIONSHIP. SEPTEMBER 8th.1973. HERNE HILL. WEST.AUSTRALIA

1. Derek	CLAYTON	V	2:12.07.6	12. Fred	LANGFORD	W	2:32.51
2. Brenton	NORMAN	S	2:14.33	PB.	13. Dave	EDWARDS	NI 2:33.39
3. John	STANLEY	VI	2:20.30	PB.	14. Ron	GRIBBLE	N 2:36.45
4. Bernie	VINE	S	2:22.40	PB.	15. Terry	PHELAN	V 2:37.02
5. Charley	Mac AULEY	VI	2:23.04	PB.	16. R	CHESTER	S 2:39.57
6. Rod	MACKINNEY	V	2:23.17	--	Bill	ISTEAD	- 2:40.28
7. Brian	CHAPMAN	S	2:24.51	PB.	17. John	BERMINGHAM	V 2:44.25
8. Kevin	FALLOON	V	2:25.49	--	Ron	WALL	- 2:44.55
9. Gerry	SOFIANOS	VI	2:26.24	PB.	18. Max	SCHNIEDER	W 2:45.57
10. Terry	HARRISON	V	2:27.20		19. Jack	BUTTS	W 2:46.05
-- David	ELTRINGHAM	-	2:28.07.4(18Y)		20. Angelo	JONES	NI 2:56.03
11. Julian	SCOTT	N	2:32.08				

In a way the runners were lucky that they struck the 12th wet weekend out of the last 16 at Perth, the thermometer had climbed to 27 plus Centigrade on the Thursday, and clouds took the brunt of the sun's rays during the race.

Derek Clayton and John Farrington took off from the gun to time 1 Mile in 4.44; 2M in 9:38; 5M in 23.05; 7M in 34.47 and 10M in 49.23. Brenton Norman also commenced at a fast rate to settle down at about 8 secs per mile slower than the leaders. Bernie Vine, John Stanley and most of the other runners ran as a solid pack in the main up to that stage. The sun broke through near the 8 miles mark and sponges were much in demand after that.

Derek kept hammering away, always just a stride ahead, until a gap appeared between him and John coming up to the 15 miles mark, to pass in 73.53 to John's 74.00. At 18 miles in 89.12, John was struggling 43 seconds behind, while Brenton was maintaining his steady pace to be exactly 2 minutes behind Derek. At the 20 miles post, Farrington called it a day, being at the point of complete exhaustion and 75 seconds down on Derek's 99.45, Bernie being only 41 seconds behind and closing fast.

The pack were now engaged in the battle for the minor placings. John Stanley and Charlie MacAuley, the two independant Victorians, had broken clear soon after the halfway mark, but with Bernie Vine and Rod Mackinney in hot pursuit and the others stringing out behind. Stanley applied a little extra pressure and had shaken off the opposition to be 1 minute clear at 20M in 107.18 and looking most determined. The only "slow" beginner to pick up a few places was Fred Langford, who was 21st at 10 miles in 57.24.

Western Australia ran their own state title in conjunction with the big race, only their official team is included in the placings above, the blanks are individual W.A. runners. Junior David Eltringham ran a very fine race, being with the main bunch for most of the way until he faded gradually from the 20 miles onwards. Ron Wall may be remembered by some of our members as a keen competitor in VMC races.

The W.A. AAA organisation functioned reasonably well. Full points to them for staging their Junior Half-Marathon on the same day prior to the main race, giving the triers a chance for a hard race at their own level. Full points also for the traffic-light loop course. While equipment had been organised well beforehand, a misunderstanding led to the position that at the first sponging point only ONE sponge was available for the main bunch. That failure was remedied later. What on earth, or elsewhere, prompted local secretary Theo Treacy to introduce the 30 odd national competitors while they were fidgeting at the start -- their track suits off -- we may never know, it certainly was no help to the runners. Some individuals, ignored the plea by the organisers to use only the roads within the loop to get to vantage points, and drove onto the course itself. There was one blatant case of actually impeding the leading two runners on the part of one spectator car, reported to contain officials not concerned with the conduct of the race at that stage.

The social aspect was better than we have experienced in other states. Arrangements had been made for all runners, officials and their friends to use the Swan Districts Football Club's facilities straight after the race and relax in the absence of all formality. Full points to W.A. for that one.

Just one more plea to the A.A.U. of A and all state AAA's: Do give the first names of all people on the programme, especially the runners, but also the officials as well as officebearers of the organising bodies. It's high time we got closer to each other on occasions such as this, it'll make us appreciate each other's points of view a lot better.

Afterthought: No competitors from Queensland or Tasmania in Perth for this Games Trial. Might have something to with fares ???

FRED LESTER.

T A S M A N I A N N O T E S

At last Tasmania has come of age as regards Cross Country running. Over the years Tasmania has not been strong in Cross Country running but on July 7th, 1973 at the Australian Titles we gained second place in the Junior Teams and Individual Events. With this experience and developing juniors we are looking to the future especially next year in Western Australia.

Below are the Tasmanian Cross Country Rankings for 1973:-

1. NEIL GALE. Neil finished a close second to N. Bart (S.A.) in the Australian Junior Title after leading for most of the race. He won every Junior Title and was a regular winner in interclub competition. Neil also won the Inaugural City-to-Casino Run for Fun, and was flown to Sydney for the City-to-Surf where he finished seventh.
2. KENT RAYNER. Kent represented Australia in the Pacific Conference Games at Toronto. During the Cross Country, Kent was busy preparing for Toronto and did not produce his usual high class performances. Due to injuries Kent has been quiet for a while but is now preparing for the Track Season and University Exams.
3. JEFF JAMES. Jeff has dominated the competition in Launceston throughout the season. He represented Tassie at the Australian Titles. Jeff has become an excellent road runner especially up to the 10 miles mark, winning all the Northern Road Events.
4. JOHN BENHOLM. John competed very successfully during the Cross Country Season and gained a place in the Tasmanian Cross Country Team. John won several Southern Titles and was prominent in some of the Interclub races. He has moved to the north of the State and due to business commitments cannot find time to train, which will be a loss to Tasmanian athletics.
5. IAN KERRISON. Ian has been successful during the Cross Country Season winning State 4 Miles Title. He also represented Tasmania at the Australian Titles. A strong Northern Team led by Ian won the North versus South team competition, his team mates including Glen Ford, Terry Nailer and Jeff James.
6. DAVE SMITH. Dave represented Tasmania, being our third team member home in the second placed junior team. With a very solid and concentrated Cross Country Season, Dave is looking forward to setting some very fast times on the track in the sub-junior section. Dave has already broken two of Randal Markey's records and should follow in his footsteps.
7. NOEL JAGO. Noel comfortably won the Tasmanian Marathon in the time of 2 hours 37 minutes 45 seconds. Noel intends to concentrate on the Marathon so we look forward to a great improvement in the near future.
8. ALAN McCREARY. Alan was running very consistently early in the season, being a regular place-getter. He unfortunately received an ankle injury which forced him to take things easy. Because of the injury he had to retire from the Tasmanian Cross Country Team for the Australian Championships.
9. ANTHONY RISBY. Anthony recently returned from overseas after studying in America for several years and where he competed very successfully. Anthony was a regular place-getter, running consistently throughout the year. He gained selection in the Tasmanian Senior Cross Country Team. He is looking forward to a good year on the track after a solid Cross Country and Road Season.
10. STEPHEN RICHARDS. Stephen was one of the most improved Junior Cross Country runners this year. He gained selection in the Tasmanian Cross Country Team, although still a sub-junior. He has been a regular place-getter in all Tasmanian Junior Titles, winning the Junior Half-Marathon.

Looking forward to the future we anticipate Tasmania to be well represented by our experienced seniors and developing juniors at next year's Australian Titles. Tasmanian Titles next year include the Mountain Relay (September 7th) which is a Teams Event with runners turning at the summit of Mount Wellington.

We look forward to Interstate Teams competing next year. Full details will be included in next issue.

Accommodation will be provided so keep the 7th of September free.

* * * * *

ANOTHER BIT FROM HERE AND THERE.BIG EARS.

Plenty of rumours circulating around town, about the great race across Aussie between Tony "Shuffler" Rafferty and George "Whistler" Perdon. One question being asked is this - if Perdon gave Rafferty one week's start, passed him in Adelaide, which was about the halfway mark, and continued on doing the same amount of mileage per day, why did he only reach Sydney one (1) day ahead of Rafferty? Tony R. didn't increase his mileage and over the last 100 miles into Sydney, he was timed at doing the mile in 13 minutes.

MORE NOTES FROM TASMANIA:

TRACK NOTES.

RANDAL MARKEY. Randal has established himself as one of the greatest distance runners ever produced in Tasmania. His recent selection in the Commonwealth Games Squad for Christchurch has climaxed several years of dedication by Randal and his coach Max Cherry.

In the first Interclub Competition in Southern Tasmania on 10th November, 1973, Randal smashed the Tasmanian Junior 5,000 metres record. In windy conditions he clipped 12.2 seconds off the previous record to finish in 14 minutes 38.4 secs.

* * * * *

FIXTURES TASMANIA SOUTHERN AMATEUR ATHLETIC BRANCH (Titles underlined)

1974 CROSS COUNTRY PROGRAMME.

Table with columns for Date, Distance, Event Name, and Location. Includes events like 3000 Metres, 5000 Metres, 10,000 Metres, and various championships and marathons.

* * * * *

ANOTHER LITTLE BIT

We all know how hard it is to get publicity in the newspapers, re athletes and athletics, and thus when it does appear, I suppose we should be thankful and not criticise the manner in which it is written. Unfortunately, I must criticise Steve Hayward of the Herald, for the manner in which he did write up the pre-race publicity for the Aussie Marathon.

Let's face it - everyone knows the life history of Derek off by heart, when and where he was born, the fact that he is the best, what brand of jockettes he wears, how much training he does, all of his times, when he goes to bed, what time he rises, and the fact that he wears a Johnson and Johnson band-aid, its like a second skin, on his little toe, right foot.

Yes, Steve, we get it everytime, but really, couldn't you have just managed a little mention about a few of the other umpteen triers in the event. After all, if it wasn't for these 'other ranks' you would not even have a race.

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LADIES LONG-DISTANCE RUNNING AND BEAUTY. By Dr. van AAKEN, SCHWALMTAL.

(Submitted by Angelo Jones, N.S.Wales)

Beauty, it might be said, is in the eye of the beholder. One cannot get away from the fact that the lady competitors who ran the 800 metres in 1928 and 1934 were, to say the least, mainly of a manly appearance and could hardly be said to be lovely. This, together with their apparent lack of training, was off-putting to most of the experts and the spectators who watched them.

The world of sport was then of the opinion that women were not capable of running distances greater than 100 metres. This concept is basically wrong; it is not the lady long-distance runners who are the exception, but the lady sprinters. Ladies, generally speaking, are lacking in the muscular development of a man which is necessary for the motive power required for sprinting. That is why, on an average, men will always be better than women over distances between 100 and 800 metres.

Since Maureen Wilton (Canada) in 1956 and Anni Pedé (West Germany) in 1967 set ladies' World Records over the Marathon distance, the image of lady runners has changed dramatically. The winner of the Olympic 800 metres in Munich, Hildegard Falck, could be described as beautiful. This is not only the personal view of the author, but also the opinion of most others who saw her.

Ice skaters and gymnasts who train some 4 - 8 hours per day, in common with most of the middle and long-distance runners lady runners, are of such physical grace that it is a sight for sore eyes to see them in action. (They retain these attributes even in their every day attire) The long periods of stamina training undertaken by ice skaters and gymnasts likewise do not undermine the participants' feminine charms. They, as with marathon runners, acquire well developed legs, optimal blood circulation and pulse rate. Hence, their graceful figures. It is obvious however, that those runners who undertake distances of one hundred kilometres or more, are not only able to overcome the after effects of training and competitions, but also epitomise the aesthetic body type which from a biological point of view could be called ideal.

Their features not only retain their charm but also quite noticeably their posture and grace of movement make them stand out from any group whose activities are less strenuous and sustained.

In the past virtually every women's doctor would have contended that the opposite would apply and this opinion would have been supported by doctors dealing with sports.

We may, with their permission, name three such runners, who can be taken as examples for many others:-

Mrs. Natalie Cullimore, born in 1937, ran 100 miles in 16 hrs. 11 minutes. A picture shows her during the race in which she can be seen to be wearing a plaster collar as the result of an injury to the neck vertebrae. It is her beautiful slender legs which are most noticeable in her running style. In America, in March 1973, she won a 100 miles race, ahead of all male competitors. Her best time for the Marathon is 3 hrs. 18 minutes, while her best result over 50 miles is 7 hours and 35 minutes.

In 1971 Frau Ina Wester, born in 1936, and mother of three children, took part in the Biel (Switzerland) 100 km race. After only 6 months training, she covered the distance in 14 hours 29 minutes, and was 330th of the 1,971 who completed the course. Soon thereafter, in Unna, she covered the same distance in 11 hours 35 minutes, and in a field of 861, left 728 men behind her.

In addition to her normal household responsibilities, she trains frequently over 10 and 20km in approximately 46 minutes and 1 hour 35 minutes respectively. This, however, she does without difficulty.

Frau Kalweit from Essen covered 20 km in good time of 1 hour 27 minutes. She is a dedicated runner but her appearance is pleasing, as is the case with many others of her sex, 82 of whom successfully completed the Black Forest Marathon in 1971.

LADIES LONG-DISTANCE RUNNING - Continued:

The fact that today's lady swimmers who train some 3 - 7 hours per day are youthful and attractive, is known to all sports enthusiasts. Yet only a few decades ago quite factless arguments were set out against these examples of sport-trained femininity. Women's doctors spoke of childbirth problems and the stiffening of the pelvic muscle tissues, although they had never seen, let alone examined a fully trained woman particularly a stamina trained one.

It is a well known fact that athletics trained women, when giving birth, experience minimal difficulty.

Nowadays, trained women competing for the Sports Proficiency Badge, on average, run the 5,000 metres faster than the men. Over even greater distances professional footballers, who are trained too hard and one-sidedly, would have to bow to the superiority of such ladies.

People of any age group can gain stamina! Even this statement used to be ridiculed! But in Biel, in 1972, the 72 year old Rosa Vogeli, of Switzerland, completed the 100 km course in 16 hours 40 minutes, and came 794th out of nearly 2,000 competitors.

Lady long-distance runners are not only healthy and virile, but also as a result of their training, appear 20 years younger. They do not, as was once maintained, lose their charm and become manly or hard-featured.

The beautiful woman becomes even more beautiful!

Such a fact cannot be established around a table, but only after years of observation, and practice in training and competition.

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OBITUARY. ALBERT PHILLIPS - V.M.C. MEMBER - AN AMAZING MAN - DIES.

The sudden death on October 1 of Albert J. Phillips is a loss to the community of one of its best known and remarkable personalities. Born 65 years ago on the Western Australian goldfields, he spent most of the last 50 years of his life in Sth. Melbourne.

His 1928 model Rolls Royce, his achievement in running a marathon race at the age of 62 after suffering a coronary attack, his collection of rare 78 rpm records (including a complete collection of Caruso discs), his interest in athletics, art, literature and music circles made him a person well known and much sought after.

After starting as a junior teacher at the Eastern Road School, Stc. Melbourne, he taught in the Mallee and later at technical and high schools at Collingwood, Leongatha, Melbourne High, Moreland and Murrumbena.

He was endeared to many a child who benefited greatly from the contact of his enthusiasm and inspiring personality. He was a rebel against bureaucracy and queried deeply many of the most dearly held prejudices and customs of his time.

As Knight Grand Cheese of the Bread and Cheese Club of Melbourne for many years he did much to foster the development of literary talent among aspiring writers of poetry and prose.

Throughout his life he was a firmness fanatic. In his youth he was an amateur boxer and in his sixties was still leading an active physical life, running with the South Melbourne Harriers and the Victorian Marathon Club. He was also an official of the Victorian Amateur Athletic Association which he represented both at home and interstate. In his "Rolls" he crossed Australia many times in the late 40's, and was an early pioneer to Ayres Rock, the Birdsville Track and Sturt's Stony Desert.

Twice alone, he toured America and Europe, travelling through the latter continent during one year in a single seater Messerschmidt bubble car in which he crossed the Swiss Alps. He conversed with the people in Italian, French and to a lesser extent, Spanish, to get to know these people as they really were. By this means he made many friends.

The fame of his record collection gave him contact with many personalities in the western world, one of them being the famous "Golden Age" tenor Martinelli. We shall miss the sight of him jogging daily round St. Vincent Gardens and the ancient Rolls parked outside his gate. He was, in the words of the physician who attended him in his last seven years fight against "coronary", a "most amazing man."

Other features of Bert's life were:-

Having won the Featherweight Boxing Championship, of the Mallee, fighting Edgar (now Sir Edgar) Tanner for the Victorian Title, which he lost on a points decision.

Performing High Diving Exhibitions, including a series of dives from Princes Edge.

To enable him to continue his studies towards his B.A. and Dip Ed. at Melbourne University he would often compete in Pro Middle Distance runs throughout the country where prizes of text books were given as trophies.

After his first coronary, his Doctor advised him to be satisfied with nothing more than brisk walking. This he found to be inadequate and soon after, the urge to run returned. In the next 7 years he completed 3 marathons plus numerous road races.

LETTER FROM INDIA. Alan Gilmour (C/o Doctor Antonio Fialho, Baga, Calangute, Goa)

Dear Fellow Runners:

You may remember a poor clubless athlete. Well, I've turned up again, having run a Marathon in India, and very happy to do so.

This one was quite a challenge, as I had only read of the race on Friday, and the start was to be at 6.a.m. on Tuesday. I was able to get in a couple of sessions, probably the wrong type (Always knew Aussie beer is best! Ed.) But you know how it is, the magic of Marathon again.

There was a doctor in attendance, nine starters and a mass of officials; (Hey, get onto that, you VMC pikers who can't even mobilise a scorer!! Ed.) plus trucks of police to keep an eye on things I guess. At one stage during the race I had a van load of eight police to keep me company for an hour. They were waiting for me to give up, I could see they were impatient to get on with their police duties. Just as much as I wanted to finish the distance!

From 20km I had to resort to short walks, before I could run on, but I didn't stop at any time, except to go to the toilet. The day before the race I started to get the runs, this was my first experience of dysentery. During the race I clung onto newspaper that was inside a polythene bag, along with my cash. I didn't let go of either through the experience.

The organisation was well conducted with three doctors on the course and refreshments at 11km, 16km and so on, under Olympic Rules. Out of the nine starters, four finished, I was fourth. The race took place on November 5th. 1st. Frank Afonso - 2:50; 2nd. Luciano Fernandes - 3:13; 3rd. Pedro Araujo - 3:25.

This was the first full marathon to be run in Goa, there was a 33km on September 21st as a warm-up. Once again Frank Afonso won in 2:20, no times for 2nd and 3rd, Nicholes Pereina and Pedro Araujo. Last Saturday (November 10th, there was a track meet: 5000m - Floriano Almeida, 16:37.8; 1500/800m, Thurs Deosta, 4.28.5 and 2.07.2. 400/200m, Sagand Vaiganker, 53.6 and 23.9. Womens 1500m, Elma Deunha, 6:31.8; 800m, Rosalia Xavier, 2:44.9; 200/100m, Queeney Ferrandes, 28.5 and 13.6s, 100m Hurd. Avita Dsouza, 19.5s; Men's 100m, Daniel Colaco, 11.2s; 110m Hurd. Joao Cuetaro, 16.9s.

I read in a sports magazine of a Marathon held in New Delhi, on the afternoon of October 13th. The write-up called it the worst conducted in 30 years - strong words! 44 starters - 1st. Jagbir 2:37.18; 2nd. Ram Narin 2:37.33 (former National 20/50km Walk Champion) 3rd Karnail, 4th Sardul.

Apparently several runners lost their way during the race, including guest runner Tony Reavby of England. I intend to run in the Nationals in the Punjab in a month's time. Another Marathon will be run in Goa in three month's time.

On arriving in India I bought myself a secondhand bicycle for \$13. This was in the south, at Tanjavur. I tripped north to Madras, west to Bangalore, Mysore, then along the coast to Goa. I had planned to go a good deal further by bicycle, but didn't, covering only 1700km in all. I've now changed the bicycle thing for two months rent of a room at the above address, which is a good deal.

I'm still waiting for a clearance to come to my home address in England. If that can be hurried along a little, I would be obliged. And if it hasn't been sent, it would be great to have it forwarded to the above address.

Also it would be great if you could send the results of the VMC Marathon, in which I ran 2:29; the best thing of all would be the VMC Magazine sent to the above address.

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Most senior at a three nation women's international Marathon was a 73 year old, Rosa Vogeli-Iseli. When her son, a medical practitioner, advised her three years ago to jog on the spot on her carpet for 20 minutes a day to improve her blood circulation, she wanted to know why she could not do that in the garden or even in the woods. Since then she has become a regular competitor, outdistancing many younger women and even men.

Rather the opposite was provided by a male Marathon runner, who in the past months and weeks made his appearance in every Sunday Marathon race. Asked about his training frequency he was rather taken aback and replied: "What? Train in between? Man, I'd be running backwards!"

BIKILA - THE AFRICAN KING.

By Christopher Brasher.

Courtesy of 'The Observer, 28/10/73.

I was in a car, the machine that wrecked Abebe Bikila's life, when I heard the news of his death on Thursday, and within an instant my mind had transported me back to the Via Appia, in Rome, 13 years ago. I heard again the shuffle of his feet - a whispering sound which marked one of the great landmarks of athletics history.

I came to the office and turned up the old files of those Olympic Games in Rome in 1960: the account of the marathon, the supreme test of any man, and this, in the OBSERVER of 11 September, is what I found -

"As we waited for the leaders to appear at the 32 kilometre mark, darkness was closing in over the flat plain, and lights were peeping from the hills. The wind had died, and it was very still except for the chorus of crickets and the occasional song from one of the soldiers, stationed every 25 yards along the Appia Antica, with long torches ready to light the way. It was a narrow road, just one chariot wide, with every two kilometres or so the ruin of an old fort.

Television cars, police cars and motor cycles crept up the road, but there was still no sign of any athletes. Then torches began to flare in the distance, and a small yellow Fiat car came up the road, stopping opposite every soldier and lighting his long paraffin torch. Every fifth one or so failed to light, and a large man with a spanner leapt from the car, adjusted the valve, and lit the torch with a pocket lighter.

Suddenly two dark figures appeared, the sweat gleaming on their legs and shoulders. Abebe was bare-footed, and both he and Rhadi were shuffling along at a tremendous pace. Neither seemed distressed, and in the silence it was their feet rather than their breathing that one heard."

The whisper of their feet, the ease of their breathing, that was the mark of their superiority: two African athletes, Abebe Bikila, from the Emperor of Ethiopia's bodyguard, and Abdesiem Rhadi, from Morocco, easing their way to the first Gold Medal ever to be won by any African athlete born in Africa. Only when they came in sight of the Arch of Constantine and the arc lights that marked the finish did Bikila stride away to win - a complete unknown from the Dark Continent.

Four years later in Tokyo he did it again and we saw every step of it on the tiny portable television sets on every journalists desk in the main Olympic Stadium. Only five weeks before, Bikila had been operated on for acute appendicitis. Eleven days later he was training again and three weeks and three days after that he ran the fastest marathon of all time, beating the greatest field of marathon competitors ever assembled by the astonishing margin of three quarters of a mile.

For 10,000 metres (just over six miles) the pace was incredible, and only Ron Clarke and Jim Hogan were able to stay with him. Then Bikila started to surge as Zatopek and Kuts used to do in their 5,000 and 10,000 metre races. He burnt off Ron Clarke and then Jim Hogan (running in the green vest of Ireland).... and then he was on his own.

There is one unforgettable shot of him in the Tokyo Olympic film. For one minute and 24 seconds those astonishing Japanese cameramen held Bikila's head in their viewfinders, and you can see the sweat forming on his dark forehead, trickling down his cheeks and dropping with metronome regularity from his chin. He is relaxed, dignified, the master athlete showing his superiority to the world. Nobody else had ever won the Olympic Marathon twice.

Afterwards he sat at a table under the vast concrete stand and we asked him if he would compete again in 1968 in Mexico City. He smiled and said: "Yes, and I will win. Mexico City is at the same height as Addis Ababa."

But at those Games Bikila had a hairline fracture in his foot. Not even he could overcome such a handicap.

Then, some years later, he was found, severely injured, under an upturned car outside Addis Ababa. He never walked or ran again, and now he is dead at the age of 46, from a brain tumour. Abebe Bikila, of Ethiopia, was not simply the first African athlete to win a gold medal, not simply the first man ever to win the marathon at two successive Olympics, but a man whose presence and bearing dignified the world.

MARATHONS - WHY NOT ?

We are indebted for this snippet to Der Leichtathlet, East Germany, out of an interview with Ludmilla Bragina, the Soviet 1500m gold medallist and world record breaker on each occasion she ran at Munich.

To the question on stamina: Do you envisage that women can accomplish similar feats of stamina as men, especially since reports have come in that women have run the marathon distance within 3 hours?

"Marathon - why not? With specialised preparation - and I see that as long runs over several years - there is no question that women can accomplish a Marathon in 2:40 or better. Nevertheless, I have doubts as to the value of over-long distances for us. I am of the opinion that women are capable of the same feats of stamina as men, they do it in training, except that they may need a little more time to achieve the same quantity."

GUNS TO THEIR HEADS:?

The recent trials for the Commonwealth Games in New Zealand, held under atrocious conditions at Sydney, fully three months prior to the actual event, were held 6 weeks too early in the opinion of most followers of athletics, experts or otherwise.

Now, it appears that the AAU of A was almost handed an ultimatum by the Commonwealth Games Association, by virtue of the representatives of the other sports insisting on the October 31st deadline for team selection. The weightiest reason advanced to clinch the issue was the difficulty to have uniforms, etc. i.e. trousers, blazers, skirts, etc. manufactured in time during the holiday period and the athletes better agree to that or else!

Makes us wonder, how the USA AAU manages to have their trials 4 to 6 weeks prior to international games, also at the height of their (Northern Hemisphere) holiday season, or the two Germanys, the Scandinavians or some of the others? There are no gold medals for the best dressed team, and besides, are there such drastic changes to the uniforms from set of Games to the next? Quite a number of team members may only have to change the insignia on their pockets!

GUN TO OUR HEADS ?

Seems that some people are not prepared to accept criticism and instead of having a thorough look at the merits or demerits of such criticism take a threatening attitude towards the critics. It is reported in the minutes of our Association's Council Meeting that the Chairman of Council cautioned the Secretary of the VMC re criticism of officials and functions run by the Association, occurring in the VMC Newsletter.

Maybe, this is an opportunity to draw attention to the fact that the VMC Newsletter is open to everyone to express opinions and air views in good faith and in relation to our sport. That goes just as much for officials as for athletes, frankness and independence of opinion and thought is essential to progress. Is not that also part of Sportsmanship?

MARATHONS ? CERTAINLY !

This comes from the journal "Leichtathletik", West Germany, and devotes three pages approximately to women running Marathons. International match result at Braunlingen showed:-

- | | | |
|----------------|------------------------------------|-----------|
| 1. Switzerland | (Schiess, Aerni, Mugeli) | 10:30.39 |
| 2. Germany | (Kieninger, Kiermeier, Schumacher) | 10:30.40 |
| 3. Austria | (Dorbrowolny, Fendt, Hermann) | 12:52.38. |

First home, Gabriele Schiess, in the fine time of 3:09.02, and Denise Aerni unanimously declared that if the I.A.A.F. put the Marathon on the women's programme, they would switch from the 1500 and 3000 immediately and enjoy the longer distances.

The 103 competitors were very outspoken, as one put it:

"Here in Germany, there are far too few flexibly minded men in the leading positions of athletics who can recognise new developments and draw correct conclusions.

Most want to jog along in the same old way!! "

CORRESPONDENTS BOOST OUR NEWSLETTER:

Our thanks go to the very many people who have contributed letters, articles, comments and clippings, of which we have selected the most telling (we hope). Keep up the good work, this is your Magazine. If anything you think is worth telling about, let us know about it!!!