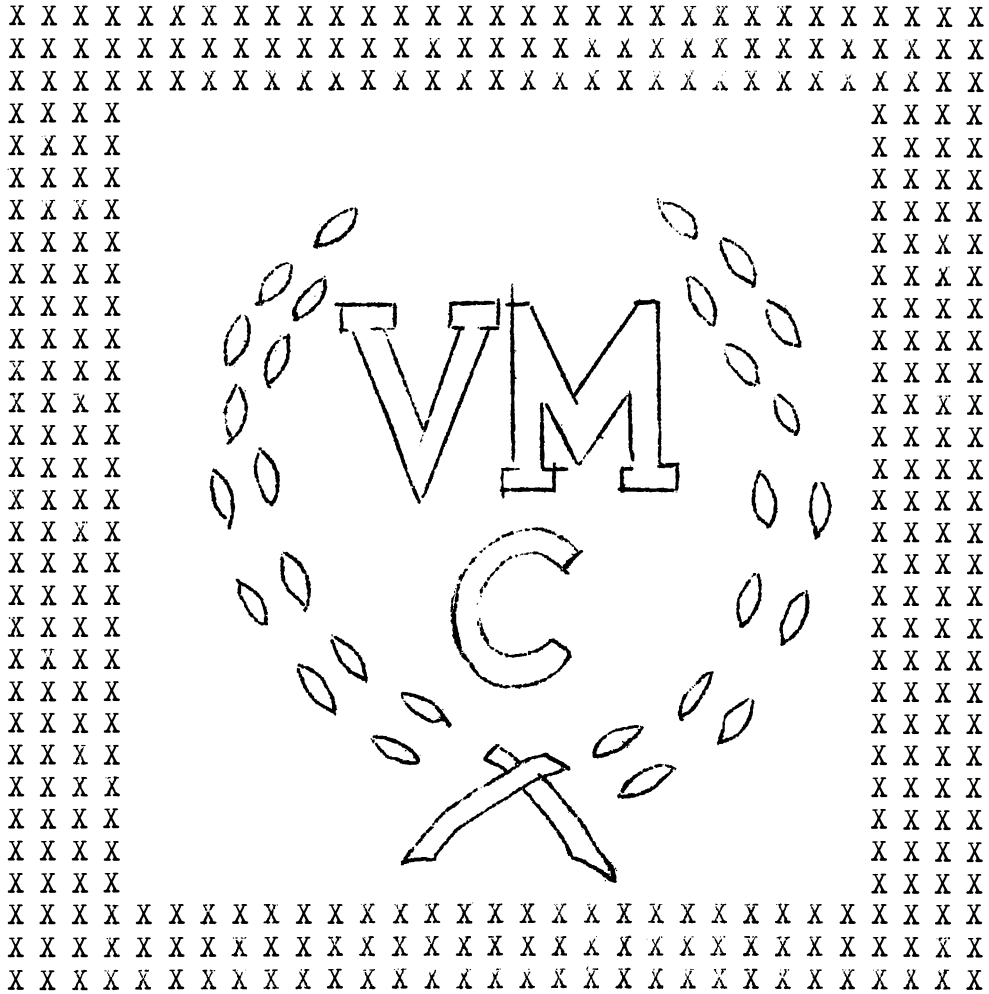


V. M. C. NEWSLETTER

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

THE V.M.C. NEWSLETTER is the editorial responsibility of Newsletter Editor on behalf of the members of the V.M.C.

It is issued four times a year, corresponding to seasons, 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 FOOLSCAP PAGES, 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 attend all 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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Just prior to this year's Marathon, we received a letter commencing:
"Dear Fred,.. The arrival of the Winter Edition of the VMC Newsletter reminded me it is time to jet another note to you. It also gave me a good bit of pleasure to read the many and varied articles. Moreover, how reassuring it is to be reminded that some people actually do run because they enjoy it - a factor I often overlook until I do some heavy thinking and realise what running means to me individually and how I could never give it up. I must enjoy it I guess."

Now, I could not think of a better lead-off for an editorial than the above paragraph, pinpointing as it does the very essence of sport. Certainly, enjoyment is not the only ingredient that makes us run, or engage in some other sport for that matter, but it is the most vital ingredient of all in developing physically and mentally. The writer of the letter is Bruce Jones, now resident in NZ, the balance of his epistle you will find in the subsequent pages.

The tremendous success of the VMC Marathon day underlines Bruce's remarks, the desire to take part and share in the enjoyment outscored by far any personal disappointments some runners experienced as well as snags in organisation which tended to ruffle some minds. I cannot recall another social function in connection with sport that I have attended which contained as much enjoyment and relaxation as the dinner-dance after the big event. At this stage it would be a good idea to have another look at the editorial in the last Newsletter if you've still got it around and examine our experiences this Winter in connection with it. By examining is meant to analyse where we did well, where we seemed to miss out, what we could have done to have better participation, fit in with other events on the calendar, etc.

At the risk of sounding pedantic I must reiterate the importance of taking part, of being involved personally in our common activities. We must never leave to someone else, no matter how well qualified they may appear, only we ourselves know what suits us in the end. The death of any organisation of people is to leave the running of things to someone else, of having a coterie of office-bearers, a club within a club, managing and doing things, ensconcing themselves behind a host of rules and regulations (Red Tape) and always telling members what's good for them. Everyone is capable of doing something, provided they want to, if it means something to them.

As most of you know, I've been involved in most facets of athletics, competitor, coach, administrator, and virtually every official task on track and field, and I very much doubt that there is any good reason why almost every other athletic enthusiast should not be able to carry out the same sort of job when needed. On the contrary, I go as far as to say that there is every reason that everyone should have a go at a whole number of different responsibilities, it makes you appreciate your sport all the more and with more people becoming involved the lighter the load all round!!! Talking about sharing responsibilities remains just an empty rhetoric unless it is translated into taking turns also. Just doing the same job year-in year-out is virtually no different to a semi-skilled processing job, as after a certain period at it you begin to stagnate.

One of the biggest obstacles to the smooth and harmonious functioning of clubs and organisations, the one that bugs me most, is the infernal obsession with status within our community, You don't have to be even a member of the committee to be capable of accepting and carrying out any sort of responsibility. The club, every member and every committeeman is interchangeable at all times without loss of prestige or privilege of ordinary membership to any single person. We elect to the committee those people who are willing to co-ordinate the activities of the club in its various spheres, and the committee in its turn delegates responsibility for carrying out specific tasks to different individuals or groups. Once a person has been entrusted, and I draw attention to the word 'trust', with an undertaking any subsequent interference with such delegated responsibility takes place at the peril of efficient and harmonious relations within the organisation, unless there is evidence of gross inefficiency or neglect needing to be remedied.

One of the most pleasing developments in the life of this Newsletter is the way in which several of our correspondents have taken on the responsibility of reporting regularly from all parts of Australia and the world, all without being elected to a committee or coerced by one. We creaked along for a while, and some rather caustic comments did come from the editor in the absence of variety in contributions, but this is a long time ago now. If you think it's worth noting and talking about, send it to the VMC Newsletter, then we can all chew on it. This is your Club and your Newsletter, let's keep it that way!?

Fred Lester, Secretary, V.M.C.

DATES REMAINING - WINTER - 1974

SEP. 8 (Sun) GEOFF WATT Half-Marathon, Warragul - 1.30.pm. Incl. Women, U/17 & U/15.

SEP. 14 NATIONAL MARATHON - ADELAIDE

Morwell AAC - 15 Miles King of Mountains, 2 pm. at Gippsland Institute,
Churchill, and Under 17 & Under 15 - 4 Miles.

OCT. 13 (Sun) VMC 1 Hr. Run, 5000m Open, 7000m Jun. Teams Races, 3000m Veterans H'cp.
Other events on demand - Oakleigh Track - Huntingdale.

1974/75 SUMMER FIXTURES - VICTORIAN MARATHON CLUB

OCT. 22 (Tue) Camberwell/Ivanhoe 10,000m, Heidelberg Track. 6.30 pm. Qualifying Trial.

NOV. 6 (Wed) VMC 16 km Open, 6km Women, & U/17. Two Bridges Course, rear O.Park. 6.30pm

NOV. 20 (Wed) VMC 12 km Open, 4km Women, & U/17. " " " " " "

DEC. 4 (Wed) VMC 3 km Open, 2km Women, & U/17. " " " " " "

DEC. 18 (Wed) VMC Emil Zatopek 10,000m-A & B Divisions, Masters Mile,
Sub-Junior 3000m, Women 3000m. Olympic Park night meeting.

DEC. 31/Jan. 1 VMC Midnight Run, Two Bridges Course, Barbeque to finish.

PLEASE NOTE All entries for the "EmilZatopek" 10,000m MUST be in hands of secretary by Saturday, December 7th, 1974. Cut-off times for "A" are 33.00 for 10,000 and 15.00 for 5000m, and must have been achieved since April 1st, 1973. Only Financial members of the VMC are eligible to compete in "B" Division. Non-members of the VMC may be allowed to run by invitation in "A" Division provided they have reached a minimum standard of 32.00 and 14.30 respectively since April 1st, 1973. Every competitor is required to have another person available and capable of assisting in lap scoring.

CLUB AFFAIRS:

A Committee Meeting was held at the secretary's home on Aug. 2nd., 7 members in attendance, 4 apologies received. It was reported - 1. Summer Fixtures had been approved by VAAA.; 2. Olympic Park booking for Emil Zatopek Trophy for a night Meeting had been confirmed and Secretary was to liaise with other interested bodies within the VAAA to create an attractive programme around our basic events, as well as to indicate our willingness to underwrite any joint venture against loss up to the basic charges required by Olympic Park Trust, 3. The Treasurer indicated a further buoyant position with a record membership of 314 at this stage and suggesting that a review of the membership fees be left to a future date, 4. Participation at VMC races showed a total of 564 in 7 open events; 84 in 6 U/17 events, 11 in 2 women's events, the latter a disappointing result, 5. A post-mortem on the VMC Marathon showed a clear preference for persisting with a lap course, preferably a 6 miles or 10,000m circuit.

The Hamilton Marathon on Oct. 26th has been confirmed, concession bookings are at approx. \$158 for a minimum period of nine days are available.

Moves for next year's winter scheduling of races will have to be co-ordinated early in view of the National Marathon now slated for early August. The feeling of the Committee is that it would be desirable for Traralgon to maintain their now traditional early Marathon on first Sunday in June, that the VMC King of the Mountains be shorter and fit in two weeks later and the Victorian Marathon on last Saturday in June. If the V.A.A.A. wish to hold their event after the National to give runners longer to build up for the race, we would be quite happy to provide our Marathon on last Saturday in June as a selection race. The other alternative is for the VMC Marathon to be on the last Saturday in August to give enough spell before the Hamilton Marathon.

V.A.A.A. COUNCIL JOTTINGS

June was a momentous Council Meeting when the "Rebel" Group was successful in gaining a majority on the Executive, change long overdue, as the voting showed. This overshadowed two other elections, one for Manager of C.C.Team to Perth, where Trevor Vincent was successful over Dick Turner, the other for Manager of Marathon Team to Adelaide where Peter Lucas was successful against Fred Lester (beaten for 4th time in succession). A move to subsidise teams only to the extent of 50% was deferred, pending support from Federal Government, a peculiar move in the first place in view of the complete subsidy last year!!

Jult saw the hammering out of the Summer Programme, with a remarkable stand of the new "Rebel" executive in T & F coming down virtually on the old style to block change for at least 12 more months by 38 votes to 37!!!

August meeting reported the election of deposed VAAA Secretary Lee Morrison to the post of Secretary-Treasurer of the A.A.U. of A. New Zealand will hold Games at Christchurch January 24,25,& 26, 1975 and will send an Under 23 team over here in late March. The death of Murray Edgerton highlighted the risk taken in training on roads, see further comment later on.

V.M.C. 25km.					ALBERT PARK					SATURDAY 25th MAY, 1974				
P1.	Name	Act. Time	Hcp.	Hcp. P1	P1	Name	Act. Time	Hcp.	Hcp. P1					
1	Peter BRUCE	81.04	1.30	21	25	Gerald HART	97.33	21.25	7					
2	David GAZELY	83.49	6.25	11	26	Dick HUTTON	98.16	16.00	33					
3	John MURRAY	84.57	5.10	37	27	John HAGAN	99.56	17.10	36					
4	David MARBURG	85.10	6.00	18	28	Sam HILDITCH	100.13	14.15	42					
5	Bob GUTHRIE	85.12	3.25	29	29	Mat GELMAN	100.50	N.F	44					
6	Paul DUCK	87.16	10.25	9	30	Gerry RILEY Vet	101.16	19.10	31					
7	Silvio RADOSLAVIC	88.41	6.15	35	31	Peter LOGAN	101.40	27.30	3					
8	John DUCK	88.57	10.30	16	32	Keith McINTOSH	101.40	26.13	6					
9	Alan HICKS	90.09	10.10	24	33	Tom DAVISON	102.01	22.40	20					
10	Rob JAMIESON	90.20	15.10	5	34	Arthur DREDGE	102.31	N.F	45					
11	Max CARSON	91.09	10.45	26	35	Hal DALHEIM 2Vet	102.51	25.10	13					
12	Gordon BRACHER	91.59	8.45	38	36	Gary HARRIS	103.17	23.40	22					
13	Dannis WATTIE	92.16	12.00	47	37	John MAHONEY	103.19	24.00	19					
14	Bob TURNEY Vet.	92.23	10.30	30	38	Bryn HARRIS 1 Jun	103.44	29.30	4					
15	Dick DOWLING	92.33	10.20	32	39	Mike CUMMINS	103.53	N.F	46					
16	Kon BUTKO	93.05	16.05	10	40	Tony CHARNLEY	105.38	N.F	47					
17	Martin O'MALLEY	93.50	11.30	34	41	Leigh THOMPSON	112.04	25.50	8					
18	Sieve O'Connor	94.12	8.55	41	42	Peter BATTRICK	114.22	42.40	2					
19	Brendan McVEIGH	94.50	12.20	28	43	Joe GOBEL	115.07	26.30	43					
20	Rob MANDILE	95.38	13.50	37	44	Jack TIERNEY 3 Vet	115.31	37.10	15					
21	John CLARKE	95.47	11.30	40	45	Dave BRADFORD	121.30	42.40	17					
22	Ken FRASER	96.20	18.25	14	46	Lance BERRYMAN	121.52	N.F	48					
23	Bruce WATT	96.26	25.28	1	47	George WILSON 1 Vet	140.23	62.45	12					
24	Peter BETHERAS	96.36	15.55	27	48	Norm McLEISH Vet	142.51	58.40	39					

74 STARTERS 16 SUB-JUNIORS

SUB-JUNIORS:-

1	Paul GRINSTEAD	35.29	Scr.	14	8	Tim GIULIERI	40.39	6.00	5
2	Gerald HALLINAN	36.38	1.10	13	9	Mike PROUSE	40.56	6.15	6
3	David POTTS	36.50	1.30	11	10	Mark BREEN	41.09	7.10	2
4	Alex KUTZ	36.52	1.50	8	11	Phil SHARP	41.28	8.00	1
5	Gary GRINSTEAD	37.00	2.30	4	12	Chris RILEY	42.06	7.45	3
6	Neil PILLING	38.16	3.10	9	13	Hal DALHEIM	45.05	9.50	10
7	Gary HONEY	39.11	4.15	7	14	Dermot GRIFFIN	45.33	10.10	12

V.M.C. 17 km. (10.56 MILES) ALBERT PARK. MONDAY 17th JUNE 1974

78 STARTERS - 16 JUNIORS - 3 WOMEN.... WEATHER : Fine, SUNNY (Perfect)

P1.	Name	Time	Hcp.	Hcp. P1	P1	Name	Act. Time	Hcp.	Hcp. P1
1	Neil RYAN	53.25	0.15	E 20	23	Rod HEALEY	62.08	6.40	57
2	Andy HILL	54.19	0.30	E 31	24	Bill HARRISON	62.13	9.10	58
3	Bob RAYMEN	54.51	0.30	38	25	Rex PERKINS	62.20	9.25	15
4	Terry JORGENSEN	55.09	1.20	E 31	26	Alan HICKS	62.29	3.40	61
5	John DUCK	55.28	4.45	2	27	Tony TURTLE	62.39	11.35	4
6	Neil O'Sullivan	56.10	1.40	39	28	Dick HUTTON	63.03	9.20	29
7	Bob GUTHRIE	56.35	1.15	49	29	Jim COZENS 2 Jun	63.07	10.15	14
8	Paul DUCK	56.43	3.45	E 17	30	Bruce WATT	63.17	11.45	8
9	Steve O'CONNOR	57.36	4.40	16	31	Sam HILDITCH	63.29	8.35	43
10	Matt RYAN	58.17	6.15	9	32	Larry SYKES 3 Vet	63.36	10.50	12
11	Neil GRAY	58.36	5.10	23	33	Mike MURRAY	63.43	10.10	25
12	Dennis WATTIE	58.47	8.15	1	34	Tony CHARNLEY	64.10	12.45	7
13	Peter HANNAFORD	58.59	6.10	13	35	Gerry RILEY 2 Vet	64.11	11.50	11
14	Barry WHEAR	59.14	5.50	22	36	John CLARKE	64.43	10.30	35
15	Rob JAMIESON	59.41	8.25	6	37	Brian LANYON Vet	64.52	11.20	24
16	David HAMER	59.49	6.00	E 31	38	Wolf VOIGT	64.57	8.15	54
17	John VISSER	59.49	6.10	26	39	Dave CRAIG	65.12	11.30	28
18	Gerry CANTWELL J.	60.21	7.23	E 17	40	Richard JEFFREY Vet	65.50	12.10	27
19	Rod McKINNEY	60.32	1.15	62	41	Barry LYNCH	66.01	9.25	52
20	Gerald HART	60.40	7.30	E 20	42	Ian DENOVAN	66.20	6.10	63
21	Martin O'MALLEY	61.04	9.00	10	43	Noel ANDERSON Vet	66.23	12.15	39
22	Graham SMITH 1 Jun	61.18	10.30	3	44	Ron BALDWIN Vet	66.37	11.20	E 47

V.M.C. 17 Km Cont:-

45 Ray	BARRATT	67.05	15.50	5	56 Peter	Dattrick	71.55	13.20	60
46 Ian	DICKIE	67.17	10.15	55	57 Les	MOLLARD	72.29	18.15	30
47 John	MAHONEY	67.29	13.10	37	58 Allan	JONES Vet	74.23	19.20	44
48 Neil	PILLING Jun	69.07	14.50	36	59 Doug	LEE	76.46	19.05	53
49 Joe	GOBEL	69.21	14.25	44	60 Mark	BALDWIN Jun	77.16	18.50	59
50 Barry	YOUNG	69.26	14.10	46	61 Lance	BERRYMAN	77.51	22.15	40
51 Ray	JENNINGS Vet	69.28	13.30	51	62 Hans	MEISELBACH Vet	77.55	23.10	41
52 Merv	BROWN	70.52	13.25	56	63 Dave	BRADFORD	79.06	18.40	64
53 Allan	SMITH	71.09	13.10	58	64 Frank	BONECKER Vet	81.05	25.50	45
54 Doug	GRINSTEAD Vet	71.33	16.15	E47	65 George	WILSON Vet	85.52	28.15	57
55 Jim	CONWAY Vet	71.33	16.40	42					

SUB-JUNIOR - 5.66 Kilos. (3.55 Miles) MONDAY 17th JUNE, 1974

1 Bruce	POWER	19.00	0.35	<u>2</u>	9 Ray	TYERS	23.17	3.05	11
2 David	POTTS	19.15	0.55	<u>1</u>	10 Peter	CAUCHI	23.18	4.05	7
3 A ex	KUTZ	19.47	1.10	<u>4</u>	11 Tim	DUCK	24.05	4.40	8
4 Gary	GRINSTEAD	19.52	1.25	<u>3</u>	12 Mark	BALDWIN	24.46	4.35	10
5 Gary	HONEY	20.18	1.15	5	13 Brian	BALDWIN	27.02	6.10	13
6 Chris	RILEY	20.41	1.30	6	14 Arthur	KUTZ	32.10	8.40	14
7 Phil	SHARP	21.50	1.20	12	15 Gary	HUTTON	32.22	8.25	15
8 Chris	TURTLE	22.00	2.10	9					

MEN - 5.66 Kilos. (3.55 Miles) MONDAY 17th JUNE, 1974.

1 Chris	WILLIAMS	25.18	2.30	<u>1</u>	3 Janice	O'BRIEN	34.47	10.10	2
2 Pam	WEIR	32.54	7.50	3					

V.M.C. MARATHON - TYABB - 29th JUNE, 1974 - PROGRESS CHART

Name	7M	11M	20km	13M	17M	30km.	20km
N. RYAN	36.35	58.03	65.34	68.25	-----	98.12	P. BRUCE 65.34
J. ROBINSON	36.35	58.30	66.00	69.05		102.40	D. RAMMEN 66.55
N. O'SULLIVAN	-----	62.55	70.55	74.08	98.00	107.29	D. GAZLEY 69.34
D. GUTHRIE	38.53	62.09	69.47	72.50	96.10	105.36	I. McCONNELL 70.40
J. DUCK	40.40	64.43	72.58	76.10	101.40	110.35	T. JORGENSEN 70.55
P. DUCK	40.40	64.43	72.58	76.10	101.40	110.28	S. GRIFFITHS 72.56
D. LUGTON	41.45	66.08	74.35	78.00	104.00	114.40	R. SHILSTON 76.43
I. GASKELL	43.25	68.50	77.25	80.53	106.22	116.47	N. GRAY 78.52
K. BEATTIE	43.25	68.50	77.25	80.53	106.22	116.48	J. ORR 79.39
T. DEHR	42.38	67.30	76.14	79.35	105.10	115.47	B. BRICKNELL 79.42
WATTIE	41.45	66.07	74.35	78.00	102.37	113.04	M. HOGARTH 81.36
S. O'CONNOR	44.38	70.18	78.52	82.15	107.47	118.04	
P. LEAR	39.32	64.44	73.20	76.50	107.47	118.44	
T. KELLY V	40.42	64.44	72.57	76.15	101.46	113.10	G. RILEY 86.00
K. FRASER	41.53	67.30	76.14	79.48	107.18	118.11	L. SYKES 86.50
M. GELMAN	-----	69.00	78.12	81.15	108.20	119.22	J. WILLIS 88.00
G. HART	-----	70.22	79.37	83.00	-----	122.31	R. BARRATT 89.30
J. CRAWFORD	48.00	76.13	85.58	89.50	117.50	-----	D. CRAIG 91.00
M. CARSON	44.40	70.18	78.52	82.15	108.37	120.34	I. DENOVAN 91.40
R. ORR	43.37	69.25	78.20	81.55	110.30	120.29	D. COLCLOUGH 92.10
J. CLARKE	45.00	72.10	82.00	85.45	-----	-----	L. MOLLARD 93.20
D. WILLIAMS	46.25	73.28	82.48	86.30	113.32	124.14	G. BRUIN 93.35
S. HILDITCH	45.45	72.47	82.23	86.00	114.12	-----	J. CONWAY 94.15
B. WATT	45.45	73.05	82.23	86.00	-----	-----	C. RILEY 95.00
M. THOMPSON	45.40	72.10	81.12	84.45	113.27	-----	KEHOE 95.00
T. TURTLE	45.45	73.35	82.48	86.45	114.00	-----	S. NICHOLLS 97.00
P. BETHERAS	43.28	69.18	78.04	81.36	-----	-----	D. BRADFORD 109.00
R. HOLLIS	42.55	68.42	77.25	80.53	-----	-----	G. WILSON 110.00
K. McINTOSH	48.00	76.13	85.58	89.50			
P. LOGAN	48.00	76.13	85.58	89.50			
D. HUTTON	45.45	72.45	82.23	86.00			
J. GOBEL	48.00	76.13	85.58	89.50			

Times at 5 Miles for leaders were:-
 26.03; 26.03; 27.10; 28.15; 29.12;
 29.12; and 30.01.
 Wattie, 30.00; Lear, 28.50; Kelly, 29.13

See bottom of next page for further running comment.

V.M.C. TYABB. SATURDAY, 29th JUNE, 1974. 74 STARTERS. WINDY, COOL

P1	Name	Act. Time	Hcp.	Hcp P1	P1	Name	Act. Time	Hcp.	Hcp P1.
1	Neil RYAN	2:20.59	2.00	9	22	John CLARKE	3:04.06	48.10	4
2	John ROWINSON(NZ)	2:28.35	Scr.	33	23	Don WILLIAMS	3:04.42	44.20	18
3	Neil O'SULLIVAN	2:32.45	17.30	2	24	Sam HILDITCH	3:05.26	41.55	25
4	Bob GUTHRIE	2:33.03	10.30	23	25	Gerry RILEY Vet	3:07.05	47.05	14
5	John DUCK	2:39.22	25.30	1	26	Bruce WATT	3:07.47	41.15	31
6	Paul DUCK	2:40.27	19.05	19	27	Martin THOMPSON	3:09.02	27.10	41
7	David LUGTON	2:47.40	23.10	27	28	Tony TUTTLE	3:09.41	52.40	7
8	Ian GASKELL	2:48.32	29.05	12	29	Peter BETHERAS	3:10.56	55.30	3
9	Kerry BEATTIE(Tas)	2:48.50	22.40	30	30	Roger HOLLIS	3:11.46	32.10	40
10	Tarquin OEHR	2:50.29	28.15	21	31	Peter LOGAN	3:13.28	54.50	8
11	Dennis WATTIE	2:51.28	31.10	16	32	Keith McINTOSH	3:13.28	54.10	11
12	Steve O'CONNOR	2:52.47	30.15	22	33	Dick HUTTON	3:19.36	57.50	20
13	Phil LEAR	2:53.59	16.35	36	34	Joe GGBEL	3:27.04	70.15	6
14	Tom KELLY Vet	2:55.13	30.10	28	35	Ray BARRATT 1 V	3:29.40	70.05	13
15	Ken FRASER	2:56.51	36.30	17	36	Barry JONES	3:29.40	52.10	37
16	Matt GELMAN 1 J	2:57.15	38.10	10	37	Jim CONWAY Vet	3:29.40	60.30	35
17	Ross ANDERSON	3:00.18	31.25	34	38	Robert DOWNES	3:39.34	55.20	42
18	Gerald HART	3:00.34	37.15	24	39	Dennis COLCLOUGH	3:52.15	74.30	38
19	Jim CRAWFORD	3:03.00	46.35	5	40	Gerry BRUIN	3:52.15	84.10	32
20	Max CARSON	3:03.01	42.50	15	41	Ian DENOVAN	4:18.20	98.45	39
21	Rob ORR	3:03.07	37.50	42	42	George WILSON	4:24.10	120.30	26

MINI - MARATHON, 1 LAP OF 10,000 METRES - OPEN TO ALL

E1	Ray BROWN	36.00	11	Rob CANNING	41.27
E1	Jim HUNT	36.00	12	Chris TURTLE	41.45
3	Howard BOREHAM	37.01	13	Doug LEE	42.25
4	Mike HUBBARD	37.50	14	Jim McLAUGHLIN	42.31
5	Alex KUTZ	38.43	15	Mike WILSON	42.40
6	Ron HALL	39.02	16	Paul KEY	44.54
7	Mike LILLICRAPP	39.24	17	Peter O'BRIEN	46.06
8	Neil PILLING	39.35	18	Norm McLEISH	46.53
9	Bill WARR	40.18	19	Chris WILLIAMS	50.07
10	Frank SEDGMAN	41.27	20	Gary HUTTON	67.15

In the MARATHON at Tyabb, the 20km figures are the most reliable, and except for Ross Anderson I was able to check through every runner. Other figures have been derived as closely as possible by taking the 20km as a guide. The absence of race numbers makes it very difficult for most helpers to pinpoint actual runners.

RUNNING AROUND THE WORLD

By GLOBE TROTTER

WESTLAND INTERNATIONAL MARATHON. MAASSLUIS (NETHERLANDS) MAY 11th.

1. N. Mangano (Ita.) 2:21.10. 2. F. Fink (Aut.) 2:22.40. 3. K. Darlow(UK) 2:23.32.
180 started. 152 finished.

OSLO. 31st JULY. Rick Wohlhuter (USA) 1000 m. World Record - 2:13.9 secs.

CANADA. MARCH 17. MONTREAL MARATHON. 1. Guy Lepine. 2:43.15.

HAMILTON (ONTARIO) MARCH 30th. 19M. R.R. 1. Jerome Drayton, 1:39.40

BOSTON (MASSACHUSETTS) MARATHON. APRIL 15th.

1. Neil Cusack (USA) 2:13.39. 2. Tom Fleming (USA) 2:14.25

3. Jerome Drayton (Can) 2:15.40. 4. Lucien Rosa (Ceylon) 2:15.53.

1705 started - Qualifying Standers 3hrs.30mins. 161 under 2:40 - 325 under 2:50.
611 under 3 hours.

BOSTON MARATHON WOMEN:

1. Miki Gorman (USA) 2:47.11 2. Christa Kofferschlager (W.G.) 2:53.00

3. Nina Kuoscik (USA) 2:54.24 4. Manuela Preuss (W.G.) 2:58.46.

43 started - 35 finished - 20 under 3:30 - 32 under 4:00.

In future we intend to include as much overseas results as possible. If you receive any results at all and feel it's worth a mention in the Newsletter, then send it along. We would like to get any info about Aussies competing overseas.

V.M.C. KING OF THE MOUNTAINS - PT. LEO. 27/7/74. Cool, windy, drizzle at times.

32 km.				38 Starters			
P1	Name	Act. Time	Hcp. H.P.	Name	Act. Time	Hcp. H.P.	
1	Phil HAMER	1:47.0	4.10 2	18 Tony TURTLE	2:15.15	30.15 7	
2	Bob RAYMEN	1:50.08	4.50 10	19 Mike HUBBERT	2:16.13	22.10 20	
3	Ian MINTER	1:51.21	3.30 15	20 Tom DAVISON	2:16.35	31.45 4 1V	
4	Terry HARRISON	1:55.05	2.30 19	21 Joe GOBEL	2:18.23	34.20 3	
5	Robert WILSON	1:55.19	10.20 6	22 Jim CONWAY	2:20.45	24.25 24	
6	Terry COLLIE	1:55.28	14.20 1	23 Keith McINTOSH	2:21.39	19.40 31	
7	Bob GUTHRIE	2:01.20	5.10 23	24 Peter LOGAN	2:21.39	17.50 33	
8	Ian GASKELL	2:01.40	16.35 E8	25 Robert JAMIESON	2:21.39	10.45 34	
9	Kon BUTKO	2:04.05	17.10 13	26 Mike PORTER	2:27.39	26.35 29	
10	Howard BELL Jnr.	2:04.15	17.40 12 1J	27 Doug OLIVER	2:27.39	26.40 28	
11	Jim WILLIS	2:07.28	18.55 17 V	28 Allan JONES	2:33.11	32.30 27	
12	Gerald RILEY	2:09.19	21.50 14 V	29 Peter BATTRICK	2:34.22	38.40 21	
13	Ross SHILSTON	2:10.00	24.55 E8	30 Bill SMITH	2:36.03	40.10 22	
14	Gerald HART	2:10.17	20.45 18 V	31 Mike CUMMINS	2:36.52	39.10 26	
15	Tom SVIKART	2:10.38	22.40 16	32 Dave BRADFORD	2:42.07	45.15 25	
16	Rex PERKINS	2:10.48	25.50 5	33 Ron FARNHALL	2:52.35	50.40 30	
17	Geoff BEE	2:14.08	28.40 11	34 George WILSON	3:02.55	60.10 32	

V.M.C. 16 km.				PT. LEO. 27/7/74.			
1	Martin STOCK	J	56.16 3.40 1	7 Ray TYERS	67.35	10.20 6	
2	Murray WATSON	S	57.24 4.35 2	8 Chris TURTLE	68.32	11.25 E4	
3	Mike HOWE	S	62.35 2.50 11	9 Peter GIULIERI J	69.45	11.40 9	
4	Gerald HALLINAN	J	66.03 8.45 7	10 Tim GIULIERI J	71.50	13.15 10	
	Gerry BRUIN		66.17 9.10 E4	11 Chris RILEY J	72.27	15.05 8	
6	Wayne HINTON	J	66.58 10.50 3	12 George TURNBULLS	79.31	19.25 12	

V.A.A.A. MARATHON CHAMPIONSHIP. PT. COOK. 10/8/74. 15 ⁰				Cool, firm wind. 120 STARTERS			
1	Graham ANDERSON		2H 22M 40S	38 Jim CRAWFORD	3H 00M 39S		
2	Paul O'HARE		2H 24M 36S	39 Tom COGLAN	3H 00M 49S		
3	Bob RAYMEN		2H 24M 59S	40 John CLARKE	3H 01M 03S		
4	Frank LARKINS		2H 25M 05S	41 John WOMERSLEY	3H 01M 24S		
5	Terry HARRISON		2H 25M 46S	42 Keith McINTOSH	3H 03M 03S		
6	Peter BRUCE		2H 30M 11S	43 Kon BUTKO	3H 02M 31S		
7	Peter HANNAFORD		2H 32M 35S	44 Tom DAVISON	3H 02M 36S		
8	Terry JORGENSEN		2H 34M 26S	45 Joseph MURPHY	3H 03M 21S		
9	John MORRIS		2H 35M 05S	46 Mike WELLS	3H 03M 21S		
10	Trevor VINCENT		2H 35M 59S	47 Barry JONES	3H 05M 16S		
11	John DUCK		2H 36M 23S	48 David MILLS	3H 06M 37S		
12	Peter SHARE		2H 37M 57S	49 Jim CONWAY	3H 07M 08S		
13	Paul DUCK		2H 38M 12S	50 Leigh THOMPSON	3H 08M 37S		
14	Rod MACKINNEY		2H 40M 02S.	51 Kevin LYONS	3H 08M 53S		
15	Alan HICKS		2H 40M 16S	52 Rob JOHNSTONE	3H 08M 54S		
1	Stewart HANDASYDE		2H 41M 57S	53 Joe GOBEL	3H 10M 17S		
1	Bruce MEAKIN		2H 43M 34S	54 Graeme SMITH	3H 10M 35S		
18	Geoff WARREN	V	2H 43M 53S	55 Jim COZENS	3H 10M 35S		
19	Tarquin OHR		2H 44M 09S	56 Frank THORP	3H 10M 47S		
20	Theo ORR	V	2H 44M 41S	57 Rob HEALEY	3H 12M 19S		
21	Craig MORRISON	NSW	2H 46M 35S	58 Tom SVIKART	3H 13M 05S		
22	Max CARSON		2H 47M 14S	59 Chris MURPHY	3H 13M 06S		
23	Ross SHILSTON		2H 49M 10S	60 Rob DOWNES	3H 13M 27S		
24	Martin THOMPSON		2H 49M 25S	61 Ivan CARTER	3H 14M 42S		
25	Rob MANDILE		2H 50M 09S	62 Andrew KELSO	3H 15M 35S		
26	Gerry HART		2H 50M 28S	63 Graham GRAY	3H 19M 58S		
27	Doug BOURNE		2H 52M 01S	E 64 Graham GOVAN	3H 20M 35S		
28	Peter BETHUNE		2H 52M 46S	E 64 Mike COX	3H 20M 35S		
29	Barry WHEAR		2H 54M 16S	E 64 John O'BRIEN	3H 20M 35S		
30	Jim SEYMON		2H 55M 20S	67 Alan CLOSE	3H 22M 46S		
31	John TOZER		2H 57M 20S	68 Ian DENOVAN	3H 23M 50S		
32	Terry HUNTER		2H 58M 45S	69 John KEEN	3H 24M 17S		
33	John OLIVER		2H 59M 15S	70 Ron BALDWIN	3H 25M 17S		
34	Ernie CHRISTOPHER		2H 59M 23S	71 Ray BARRATT	3H 25M 54S		
35	Richard JEFFERY		2H 59M 37S	72 Dennis WATTIE	3H 26M 17S		
36	Gerry RILEY		2H 59M 58S	73 Frank MONAGLE	3H 27M 31S		
37	John HAGAN		3H 00M 22S	74 Peter BATTRICK	3H 28M 20S		

2 others outside time limit (3:30.0)

HINTS TO PARENTSBy MIKE PORTER

The biggest handicap a young sportsman must endure is usually his own parents, yet these people are those to whom he owes the most. As a guide to those with youngsters in sport, we humbly submit the following:-

"If you are good at the sport yourself then be available as a practice partner or opponent.... but don't offer coaching hints . leave that for the teacher-coach.

"Don't force training or practice. They may not care about it as much as you do. If you want a champion try to be one yourself.... Don't force your offspring to do it for you.

"If they take lessons DON'T sit and watch. Only give advice yourself if specifically asked. Even then be brief and to the point.

"When watching a game... match... race... be silent. DON'T call out abuse to an opponent, or discuss the Umpire... Referee... Judge.

"If asked "What did I do wrong?" DON'T go into prolonged detail. Be short on commiseration and strong on encouragement.

"DON'T ask "What happened?" He will tell you if he wishes. Create a feeling that he will talk because you are interested and he will not face an inquisition.

"When told how well he has played..raced, say "Thank you". DON'T elaborate.

"Display trophies but DON'T proceed to identify every cup or medal.

"If he gets nervous before competition let him be. Forget all about pep talks.

"Never criticise his coach.. teacher. If you have a problem discuss it with the coach privately.

"If injured, let him seek his own cure. Just make certain he avoids 'quackc'.

"Let him work out his own problems. If he does seek advice, ask for his solution first, then give yours."

P.S. Fred, I saw the above hints to parents in a country school newsletter to parents and thought it worth copying. We read so much nowadays about parents living in the reflected glory of their children's deeds, sporting and otherwise. Indeed, I'd go as far as to say that on occasions at some athletic meetings I have seen some 'proud' parents carry on in a quite unusual fashion. I feel sure we have no such parents in the V.M.C., however, if any of our members agree with me that this is a timely set of rules to follow they may like a copy of same. Perhaps they know of some 'proud' parents who would receive the hints kindly.

VETERANS DOINGS:From MIKE PORTER

From a small beginning of 40 members less than 3 years ago, the Veterans now number 200 and are making a big drive for new members. In this State we can offer members enough competition to keep them running most weekends through Winter. This coming Track and Field Season we have been offered a chance to field a Team in D Grade in the shorter season .. October to December. An exciting prospect and one we feel sure the Veterans will respond to with a will.

The Veterans have been well catered for in past seasons by special events and age sections provided by the VAAA, our friends in the V.M.C. and Walkers Club.

The best feature of veteran competition is that runners compete in their age sections which makes for an evenness of competition. With more members it would be possible to break these sections into more even groups -- Five yearly.

This year awards have been instituted for the best performance in age sections for Cross Country, Road and Walks, based on all the State titles and marathons.

On a wider scale the Veteran Movement in Australia has formed an association of veterans clubs. This will be responsible for conducting national titles, collating records and sending away teams for international competition. The first President is Ron O'Neill of Sth. Aust. In future the National Titles will be held at Easter each year, in Adelaide 1975, Brisbane and Perth in the following years.

In 1975 there will be a World Veterans Track & Field Meeting in Toronto as part of the Canadian Exhibition in August. Any veteran wishing to compete should contact Secretary-Treasurer of the Association of Veterans - Wal Sheppard.

There is no doubt that veteran athletics has done much to revive the interest of the older retired athletes. Now, instead of hanging up his spikes as he may have done, he has the prospect of continued competition with the veterans. It is quite common nowadays to overhear the remark 'Just wait until I turn 35..40.. or 50.'

Have you thought of joining the Veterans ?

NEWS FROM NEWCASTLE. ANNUAL MARATHON. 25/5/74.

BY JIM BEISTY

Twelve Sydney athletes, two from Wollongong and one from Queensland lined up with seven local athletes for the start on the new Williamstown course. After his recent 5th in the Sutherland half-marathon (70.03) Glyn was most fancied local runner.

Hugh Brown (R/B) took the lead almost from the gun and by 5km he, Glyn Cox and Dave Marsh (N.H.) had detached themselves from Steve Manuel (Gos.) Laurie Wells (Suth.) Ron Gribble, John Bowers and Dave Edwards (St.G.) At 8km (25.45) the order was maintained but by 11km Marsh had dropped slightly (Brown/Cox 36.08, Marsh 36.15, Manuel 36.27, Wells, Bower, Edwards and Gribble (37.54). The field continued to stretch out as the runners battled the cold wind along the Finnan Park water catchment.

The slower starting Jones, Kirkman, Gillis and Bateman were now catching the faster starters. At the turn, Hugh Brown (71.39) led Glyn Cox by one second, with Dave Marsh two minutes in arrears. The St. George trio, Gribble (75.05), Bowers and Edwards (75.12) had passed Steve Manuel (75.30). Jones passed through in 76.10 with Laurie Wells (76.12) beginning to feel the pace. Between the turn and 32km, Brown raced away from Cox. Brown passed 32km in 1h.49m.35s with Cox walking in 1.52.00. He retired shortly afterward.

Dave Edwards was now looking good, passing 32km 3.42 in arrears to Brown. Gribble passed looking comfortable in 1.56.15. Jones, Kirkman, Bateman and Gillis had consolidated their positions with Bowers, Wells and Manuel having retired. Dave Edwards came through in the last 10km to catch and pass a gallant Hugh Brown with 400m to go. Edwards won in 2h.30m.1.6s with Brown 24.6s behind. Ron Gribble finished still looking comfortable on 2h.36m.20.2s. First local runner was David Marsh.

It is hoped the flat, traffic free course will encourage more runners to compete in this race in future years.

1 D. EDWARDS (St.George)	2:30-1.6	9 T. VASSALIS (R/B)	2:50-59.0
2 H. BROWN (R/B)	2:30-26.0	10 P. RYAN (Suth)	2:54-12.0
3 R. GRIBBLE (St.George)	2:36-20.2	11 R. STEWART (R/B)	2:54- 0.4
4 A. JONES (R/B)	2:38-59.8	12 R. CIRCOSA -	2:55- 0.6
5 H. KIRKMAN (Q'land)	2:40-29.2	13 P. THOMPSON (R/B)	2:56-14.0
6 J. BATEMAN (Suth)	2:42-21.2	14 H. TILLER (Myers Pk)	2:56-11.0
7 T. GILLIS (R/B)	2:43-23.6	15 M. MADDISON (Newcas)	2:58-46.6
8 D. MARSH (N'cas)	2:50-27.0	16 R. STITZENER (E.S.)	3:16- 0.8

N.S.W. STATE C.C. CHAMPIONSHIPS. 23/6/74.

Sub-Jun. 2km. Terry Moody 4th Junior 5 km. Brian Morgan 7th
Sub-Jun. 4km. Mike Beisty 6th. Arthur Kinsland 9th.

Newcastle athletes competed in the State C.C. Championships held at Macquarie University. Younger runners whilst overshadowed by the race winners, finished well up in all sections, as shown above.

Hard training and developed team spirit paid off for senior athletes who won both individual and team honours in the country section. Tony Green, taking 7th place in the race won the country title and was named reserve for the State Team to travel to the National C.C. Glyn Cox in 17th place (second country runner) and Steve Manuel in 30th place made a solid trio which allowed lower team members to battle for the 4th place medal in the winning country team:-

7 A. GREEN 33.27	17 G. COX 34.39	30 S. MANUEL 35.28
65 J. BEISTY(V) 39.57	69 A. MUMFORD 40.34	70 H. TILLER 40.34
75 A. ROSS (V) 41.55	89 J. DUNN 45.25	

15 MILES - KING OF THE MOUNTAINS - CESSNOCK. 29/6/74

Glyn Cox smashed the previous record, held by Paul Reardon and set in 1969. Reardon's time 1:24.31 was set as a junior and has stood up well for 5 years. Cox and Dave Marsh quickly separated themselves from the rest of the field, Glyn reaching the summit in 44.28, twenty-two seconds ahead of Dave.

Running very fast on the return downhill journey, Glyn finished even further ahead to break the previous record by 80sec. Dave Marsh ran his second fastest time on the course to finish well ahead of Steve Manuel who held third place throughout the race. Hans Tiller improved by two minutes over his previous performance on this course.

This meet is never very well supported by Sydney runners. The local organisers do include races for juvenile, junior and senior women and juvenile, sub-junior and jun.men.

1 Glyn COX 1:23-11.2	Rec. (44.28 at Summit)		
2 Dave MARSH 1:25-33	44.50	7 Dave JONES 1:51-14	
3 Steve MANUEL 1:29-32	46.30	8 Alan ROSS (V) 1:52-41	
4 Hans TILLER 1:33-26.4	59.00	9 C. KEMP 1:52-52	
5 Jim BEISTY(V) 1:34-54.2	51.40		
6 Brian COOK 1:39-22	51.20	Four did not finish	

A.C.T. CC. CLUB "ROUND THE LAKE" 10mils.

(16k) Road Race - 27/7/74

1	Mike KENNEDY	51.44
2	Mike LAVERS	53.19
3	Alan WILSON	54.17
4	Geoff MOORE	54.33
5	Garry LAVERS	56.14
6	Dave HOBSON	56.39
7	Brian LENTON	57.22
8	Doug TUMILTY	58.06
9	Box BARBER	59.20
10	John FRASER	59.30
11	Denis GOODWIN	60.18
12	John SOUTER	61.24
13	John GILBERT	62.04
14	Rod CALVERT	63.28
15	Neil JAMES	63.39
16	Dave BODEN	64.27
17	Graeme SMALL	65.01
18	Ron SIDNELL	67.12
19	Stan ELDRIDGE	68.40
20	Rod CORNISH	69.25
21	R. CURRAN	69.25
22	J. McKERRAL	70.00
23	R. TAYLOR	70.08
24	LOWRY	72.14
	M. PAINE	D.N.F.

Course flat, well marked. 8°C, fairly windy
Jack Pennington.

A.C.T. CC. CLUB "JACK PENNINGTON" 10 miles

Cross-Country, ANU. Oval 6/7/74.

Record: 51.52 (M. Kennedy 1973)

1	Mike KENNEDY	53.00
2	Mike LAVERS	56.16
3	Peter KENNEWELL	56.54
4	Geoff MOORE	57.18
5	Noel JAGO	58.32
6	Denis SMITH	58.53
7	Keith BRADLEY	59.27
8	Doug TUMILTY	60.03
9	Dave HOBSON	60.03.5
10	Brian LENTON	61.21
11	Philip O'HARA	62.00
12	Bernie MILLETT	62.13
13	Jack PENNINGTON	62.15
14	Steve BROWN	63.04
15	John FRASER	63.10
16	Dave SELTH	63.28
17	John SOUTER	63.33
18	Dennis GOODWIN	64.03
19	John GILBERT	65.27
20	Pat FISHER	66.07
21	Rod CALVERT	66.35
22	Neil JAMES	69.32
23	Stan ELDRIDGE	73.14
24	Rod CORNISH	76.12

Course muddy, strong cold wind 6°C.
Jack Pennington

BEST 40 TIMES FOR THE COURSE

1	51.52	Mike KENNEDY	'73	21	58.32	Noel JAGO	'74
2	51.55	Dave McINNES	'72	22	58.53	Denis SMITH	'74
3	52.15	Dave McINNES	'71	23	59.24	Peter KENNEWELL	'72
4	53.00	Mike KENNEDY	'74	24	59.27	Keith BRADLEY	'74
5	53.09	Mike KENNEDY	'71	25	59.35	Brian LENTON	'72
6	54.12	Rod NICHOLLS	'70	26	59.59	Julian SCOTT	'70
7	54.22	Mike LAVERS	'73	27	60.03	Doug TUMILTY	'74
8	54.32	Alan WILSON	'71	28	60.03	Dave HOBSON	'74
9	56.12	Dave McINNES	'69	29	60.11	John GILBERT	'71
10	56.16	Mike LAVERS	'74	30	60.14	Ralph TOLSON	'70
11	56.54	Peter KENNEWELL	'74	31	60.22	Denis SMITH	'69
12	57.07	Russell GOWARD	'72	32	60.34	Ralph TOLSON	'71
13	57.08	Dave McINNES	'70	33	61.03	Noel JAGO	'72
14	57.18	Geoff MOORE	'74	34	61.06	Peter KENNEWELL	'71
15	57.21	Garry LAVERS	'72	35	61.18	Jack PENNINGTON	'73
16	57.31	Peter McCULLAGH	'70	36	61.21	Brian LENTON	'74
17	57.37	Res FOULKES	'69	37	61.26	Mark DAWSON	'72
		Dereck WOOLNER	'70	38	61.32	Ralph TOLSON	'69
19	57.46	Geoff MOORE	'73	39	61.39	Richard PICKUP	'71
20	58.21	Peter McCULLAGH	'69	40	61.48	Tom POWER	'70

BITS AND PIECES FROM HERE AND THERE.

BIG EARS

Hooray, at long last athletes will be able to train on the Chevron Track at Olympic Park. The track will be open from 4.30 pm to 7.30 pm Monday to Thursday and 9am to noon on Sunday. Contrary to what has been reported in an edition of the Herald, pros, amateurs and anyone who just wants to have a run on the ground will be permitted to use it for a small charge of 20¢. I believe that Peter Norman did a great deal of work behind the scenes to gain this privilege, from our most un-cooperative friends, the Olympic Park Trust. Apparently the Trust Committee were dead set against opening the Park for training, for numerous reasons to mention, but after a talk with the King of Youth, Sport & Rec., Brian Dixon, they suddenly changed their minds. They say that money speaks all languages and with \$196,000 being owed to the Trust for payment of the new OP track, I suppose that I too would change my mind.

Whilst on the subject of spending money for recreational purposes, Melbourne's first stage of a bicycle path to be constructed alongside the Yarra River will cost \$130,000. The path will follow the river from Princes Bridge to Bridge Rd., Hawthorn, a distance of 8.5km and vary in width between 4½ and 6ft. The type of surface is not yet known but the path should be completed within 12 months, so they say.

BITS & PIECES FROM HERE AND THERE.BIG EARS

John Farrington won the City to Surf road race for the second successive year, Sunday 11th August. Out of 5300 starters, 4700 finished the 15k course from Sydney town hall to Bondi. A team of 14 soldiers ran the distance in full uniform including boots and seven youths from the NSW Royal Blind Society's school also took part, each one "homing-in" on a beeper carried by a school instructor. All of them finished in less than 100 minutes. It was interesting to note that the event was advertised as a "race" and that the first prize was the trip to San Francisco to run in the Bay to Breakers race. Most of you will recall how last February the Sec. of the VAAA, Lee Morrison, warned amateurs against taking part in a similar event, the "fun run" because professionals were taking part, and that the event was a "race" due to the prizes being offered; well, I just wonder how many of those 5300 were actually amateurs? From what I gather, Melbourne's next "fun run" will again see the pros starting separately from the lilywhites just to ensure the latter doesn't become contaminated.

David Marburg - East Melbourne has left our shores to take up residence in Papua-New Guinea. Good luck Dave.

Did you know that Bill Murray who is now 92 years, was the winner of the first Victorian Marathon Championship in 1910 with a time of 2:58-48 and that the youngest winner ever was Jack Lewis, 19 years who won the event in 1911 in 2:59-30.

The Treasurer would like to acknowledge the donations made to the VMC by Graeme Briggs - Hobart and MB Travel (Case Muskens). Thank you both.

What a year! VMC membership is at its highest ever with 316 members on the books and record fields taking part.

There is a strong possibility that the VMC will be changing its name next year and also cutting down the distance of the King of the Mountains. It is thought that a flat 20 miler will be staged too. Has anyone suggestions for a new name for the club?

Loss of a fellow member.

Murray Egerton, 17 years - Ivanhoe was fatally injured at 9 pm. Sunday 28th July whilst on a training run. It appears that Murray was running along Lower Plenty Road against the traffic as there isn't any footpath, when he was hit by a motor car travelling towards him. He was wearing white shorts and a blue top at the time. To his relations we offer our deepest sympathy.

At long last a wide variety of books on athletics is available here in Melbourne from Neil Ryan at a reasonable price. Neil is representing both World Publications (Runners World) and Tafnews Press (Track & Field News). Mail orders are welcome and a booklist is available upon request from Neil of 43 Vine Street, Moonee Ponds 3039.

Big Ears certainly had to eat his words as well as his meal, at the VMC Marathon dinner-dance when a capacity crowd of 120 people attended the Tyabb Fly-in Motel for an evening of dining, dancing and drinking. As you will all remember B.E. stated in the last issue that members were tight as fishes and that the function planned after the race would be a flop; well, I was wrong. Not only did we fill the motel, but we had to refuse bookings a week prior to the race. The publicity leading up to the event, thanks to Dick Dowling, "Fleet of Mouth" was fantastic and certainly created a great deal of excitement especially with New Zealand's John Robinson taking part, which gave the event an international flavour. Unfortunately John wasn't at his best and had to be content with second place to Neil Ryan. John has guaranteed Neil a tough race when he goes over to Hamilton for the Eclipse Marathon on October 26. Accompanying Neil will be Fred Lester, Dennis Wattie - South Melbourne and Terry Hunter - Richmond. Sounds like a great trip. If anyone else is interested in going along then contact Neil Ryan for further info. The air fare could be as low as \$158 if you stay for 9 days.

RUNNING AROUND THE WORLD (Cont.)

Japan. Otsu City 21.4

Japan Champs. Marathon. 1 Usami 2:13-34.2. 2 Satoh 2:16-26. 3 Hamada 2:18-07.

Greece. Athens 6.4. Marathon

1 Ian Thompson UK 2:13-50. 2 Max Coleby UK 2:18-49. 3 Carlie USA 2:22-40.

Italy. Varese 25.4. Marathon

1 Cindolo (It) 2:15-41.8

South Africa, Port Elizabeth 23.4. Marathon Championship.

1 Ferdie le Grange 2:12-47. 2 Brimelow 2:24-49

USSR. Uzhgorod, 21.4. Marathon

1 Matveyev 2:16-09. 3 Sharafetdinov 2:16-58 (first marathon)

1973 NATIONAL MARATHON RANKINGS TO 2:30-oCompiled by Dick Dowling

1	FARRINGTON John	2:11-12.6	NSW	N
2	CLAYTON Derek	2:12-7.6	VIC	A
3	NORMAN Brenton	2:14-33	SA	A
4	BERMINGHAM John	2:17-21	VIC	V
5	BRUCE Peter	2:18-46	VIC	V
6	ROBINSON Alan	2:20-35	NSW	N
7	STANLEY John	2:20-50	VIC	A
8	FALLOON Kevin	2:21-46	VIC	V
9	VINE Bernie	2:22-40	SA	A
10	HARRISON Terry	2:22-43	VIC	M
11	MACAULEY Charlie	2:23-04	VIC	A
12	MACKINNEY Rod	2:23-17	VIC	A
13	PHELAN Terry	2:24-15	VIC	V
	RAYMEN Bob	2:24-15	VIC	C
15	CHAPMAN Brian	2:24-51	SA	A
16	SOFIANOS Gerry	2:26-24	VIC	A
17	GRIBBLE R	2:26-53	NSW	N
18	HARTY John	2:27-17	VIC	M
19	GUTHRIE Bob	2:28-05	VIC	T
20	GAZLEY Dave	2:28-24	VIC	V
21	SCOTT Julian	2:29-00	NSW	N
22	EDWARDS D	2:29-18	NSW	N
23	FREGENZA Barry	2:29-34	VIC	V

AUSTRALIAN ALL-TIME MARATHON RANKINGS20/3/74. Compiled by Dick Dowling.

1	CLAYTON Derek	2:08-33	VIC	1969
2	FARRINGTON John	2:11-12.6	NSW	1973
3	NORMAN Brenton	2:14-33	SA	1973
4	BERMINGHAM John	2:17-21	VIC	1973
5	RYAN Neil	2:18-31	VIC	1971
6	BRUCE Peter	2:18-46	VIC	1973
7	MACKINNEY Rod	2:19-06	VIC	1966
8	HARRISON Terry	2:20-23	VIC	1972
9	WHEELER Ian	2:20-25	VIC	1969
10	CLARKE Ron	2:20-26.8	NSW	1973
11	ROBINSON Alan	2:20-35	NSW	1973
12	COOK Tony	2:20-44.6	VIC	1966
13	WOOD Thomas	2:20-48	SA	1972
14	STANLEY John	2:20-50	VIC	1973
15	HARRISON Alan	2:20-55.8	NSW	1969
16	NICHOLLS Rod	2:21-21	SA	1972
17	FALLOON Kevin	2:21-46	VIC	1973
18	OLLERENSHAW Keith	2:22-12	NSW	1956
19	POWER Dave	2:22.15	NSW	1962
20	HOWE Fred	2:22-18	VIC	1965

Code:

M VMC Club C'ship, Tyabb, Vic. 2 June
 T Traralgon M. C'ship, Traralgon Vic. 17 June
 N NSW M. C'ship, Richmond NSW, 14 July
 V Vic. M. C'ship, Pt. Cook, Vic. 14 July
 C Vic. Country C'ship, Ballarat Vic. 11 Aug.
 A Aust. C'ship, Herne Hill, WA., 8 Sept.

VMC MARATHON IN PERSPECTIVEFrom Dick Dowling.

The recent staging of our VMC Marathon saw it go International with the inclusion of an invited New Zealander.

Next year, this number will increase from one to possibly six Kiwi starters as our ties with the Hamilton NZ Marathon become stronger. Similarly we can expect larger, stronger fields and even interstate champions of John Farrington's calibre joining our ranks and contesting our Championship for its valued first prize of VMC representation in the Hamilton NZ. Marathon Championship.

Yes! our VMC Marathon is fast becoming a prestigious and important event on the Australian National winter distance running calendar. It is for these reasons that its organisation and conduct be well planned, considered and executed with the efficiency and import its international stature warrants.

Our previous "haphazard", "she'll be right mate" attitude to this particular event must cease. We are not conducting a club "pack run"! We are conducting an INTERNATIONAL MARATHON. This MARATHON will become the future highlight of Kiwis fortunate enough to win the right to represent their country overseas in Australia at Tyabb. They, when selected, will spend months of preparation and travel 2800 miles hoping to win, represent their country well, and record a p.b. at Tyabb. Therefore, they do not want to compete in a disorganised shambles, they want to run in a well-conducted, well-planned and well-organised event at which they can perform well, unfettered by worries about the course, officials (or lack of them), feeding stations, sponge stations, timing, etc.

In short, nothing should be left to chance when the athletes, officials, the public, and the media have their attentions focussed on our race and are expecting us to come through.

Therefore the VMC Committee AS A WHOLE must scrutinize and closely supervise the organisation and conduct of the marathon to ensure its future success.

It is not my intention to bog down this race with officialdom, red tape and bureaucracy, but it is my opinion that we conduct the event to the best of our ability.

There is an old saying which is applicable here: "If you want to do a job, do it well, or don't do it at all". So fellow members, let's do it well in the future and learn by the mistakes we made this year.

Let's not be content with a GOOD Marathon, let's be content with a GREAT MARATHON!!!

NOTES FROM CANADAFROM COL O'BRIEN

Thanks again for the eagerly awaited-for Newsletter which as usual is full of interesting news. I thought I would try and make my correspondenc a little more regular to keep you informed of results and news from this part of the world. Our track season is nearing its peak with the Nationals scheduled for Aug. 27/28 in Winnipeg, Manitoba. There is far more interest in track and field in this province this Summer which is a direct contrast to last year when most athletes were unable to obtain any comptition during the last 6-8 weeks before the Nationals. A Grand Prix series has been introduced for men and women in field events, jumps and hurdles, sprints and distance. There are 8 events in each division and in the men's distance they are 800, 1500, 1000, 2000, 3000 flat and steeple, 5000 and 10000. Points are given for each performance, based on a set of international tables, and the athlete with the highest total in each division is the winner. There are also two 'Grand' prizes for the Men's and Women's divisions, Total prize money is \$2000, coming from a local sponsor and entry fees (\$1 per event). Of course the prizes are not cash, as after all, we wouldn't wish to damage our lilywhite amateur status (?). The response has been very good as the chances of "getting in the money" are greatly reduced if you miss an event as I did when I was competing for my Uni.

There were a number of top athletes who missed half of the events as they were away with the National team which had a 6 weeks tour of Europe competing against other national teams. The only criteria used was the best two performances in the events the National body considered to be of high enough standard and 60 men and women were selected. Some of the big improvers were 18 year-old Greg Joy: 7'0 to 7'1 7/8; 20 year-old Paul Craig 3:59.8 mile (7th) to 3:39.9 1500 (1st); Peter Richardson, 18; 3:49.8 to 3:43.5 and Maureen Crowley: 2:04.4 to 2:00.3. The trip was part of an overall goal to produce medal winners for the 1976 Montreal Olympics and in the past 18 months five national coaches have been appointed in the various areas. It is a very positive approach by the Canadian Track & Field Association, but the benefits may not be fully realised until the 1980 Olympics.

The recent CTFA announcement on travel assistance for the Nationals may be of interest. The 'A', 'B' and 'C' classified athletes (approximately the top 60 male and female performers in Canada) and 30 athletes from each of 5 regions (B.C., Prairies, Ontario, Quebec, Atlantic Provinces), as selected by regional selection committees, are eligible, and will receive return air tickets. Additional Canadian athletes will be accepted provided they equal or better the listed standard (8th place ranking, 1973), but they will receive no travel assistance. The number of athletes receiving air tickets will be 200+ which is a considerable number. The travel assistance by the CTFA for national events relieves the financial burden on provincial bodies greatly.

Some of the top performances so far this season - Tom Howard - fastest marathon in 2:14.34. Tom has also run 13.53 and 28.51. Grant McLaren has the fastest 5000 with 13.34. The fastest steeple is only 8.46 which is fastest time in past 3 seasons. Peter Spir from B.C. who has just finished his first year at University of Oregon and is 18, ran a 4:02.6 mile in which he was only 6th placegetter from his school. Bruce Kidd who was the 1962 Commonwealth Games 6 Miles Champ. has come out of retirement and this season has run a 30.30 10000 and 14.35 5000. Thelma Wright who won the bronze in the 1500 in Christchurch has run a 4.10 in Europe as well as a 9.09 3000. Last weekend in a meet somewhere in the states Rick Wolhuter shattered the world 1000 metre record with 2:13.9. Boit was second in 2:16.4, then came Walker and Dixon from New Zealand with 2:17.1 and 2:17.2. I myself have run a P.B. 5000 with 14:23.9 and a 3:53.4 1500(not a P.B.) so far this season. I have not heard any results of Eric Sigmont in Eugene. Rob Wallace was 6th in NCAA 6 miles in 29.11 in hot and humid conditions. 34 Year old Rob Taylor from Melbourne who is now living in Vancouver recently ran a 2.30 marathon for the 3rd time. Rob's best is 2.29 and he did not start running until he was 29.

I have heard recently that there is concern down there on the declining registration in athletics. It certainly isn't improving in this part of the world either but the Australian club system certainly leave the North American system (if it could be called that) far behind. It is unfortunate that there is a lack of world class competition in Australia from overseas but the development process is gradual and thorough. In the U.S. and to a lesser extend in Canada there is only provision for top athletes, little better in Canada, but average athlete suffers.

I will send complete results of our Nationals, they may be of interest. They are selection trials for Pan-American Games - April next year - and for 2 Canadian meets against the Italian National Team. I see Dennis Mee from Sydney impressed in Aussie Titles. I ran against him a number of times when he was Emporia College and I was at Dallas Baptist. Aussie environment agrees with him. Am trying to obtain Canadian Masters Champs. in Vancouver a month ago. Regards to all, best in running.

SOUTH AUSTRALIA REPORTS:

FROM ROD NICHOLLS

D.R.C. 15 MILES KUITPO HALL. 18/5/74. 20 STARTERS - WEATHER - COOL AND SUNNY
K. AND A. HILL TROPHY

Pl.	Name	Time	Pl.	Name	Time
1	Dave FITZSIMMINS	73.15	11	Wally BEAMES	90.24
2	Rod NICHOLLS	78.54	12	Jim HARTNETT	90.50
3	John WILLIAMS	82.57	13	Trevor READ	92.11
4	Bill JAMES	84.58	14	Rob CLARKE	V 95.00
5	Ivan BOGGIS	86.27	15	Bill KIRKWOOD	V 96.07
6	Hans LARSEN	87.27	16	Taylor TAYLOR	98.05
7	Phil AFFORD	87.59	17	Roy SUTCLIFFE	V 103.16
8	Bernie O'CONNELL	88.31	18	Joe LOVATT	V 104.25
9	Grant FRY	89.43	19	Brian FIEGERT	V 106.29
10	Peter FAULKNER	90.03	20	Alan GIBSON (Late Start)	91.30

This was the fastest 15 miles in S.A. Beating O'BRIEN'S 73.36 on Oakbank Course.

S.A. A.A.A. 10 MILES ROAD CHAMPIONSHIP. VICTORIA PARK. 1/6/74. 34 Starters.

1	Rod NICHOLLS	51.55	24	Len HART	V 68.10
2	Peter DEANE	52.57	25	Mike CUBIT	69.03
3	Robin CHESTER	53.16	E 26	Rowly FERRIS	V 69.50
4	John WILLIAMS	53.49	E 26	John BRYSON	V 69.50
5	Stewart CUMMINGS	54.21	28	Brian FIEGERT	V 70.26
6	Bill JAMES	54.59	29	Herbert HERBERT	73.27
7	Richard AMERY	55.38	30	Dave KIMBER	75.17
8	Mike PORTMAN	56.05	31	Cockington COCKINGTON	76.30
9	Gerry HICKS	56.55	E 32	Al DIGANCE	V 78.17
10	Grant FRY	57.18	E 32	Don BROWN	78.17
11	Phil AFFORD	58.12			
12	Mike CLEARY	58.13		Fitzsimmons - injured	
13	Wally BEAMES	V 58.35		Norman - not fit.	
14	John PEARCE	58.52			
15	Gerry NADER	60.04		JUNIOR 5 MILES. 26 Starters	
16	Mal ALLEN	60.15	1	Tony BART	25.54
17	Bob CLARKE	V 60.48	2	Steve GRAVES	26.01
18	Roy SUTCLIFFE	V 62.29	3	P WHYMAN	26.28
19	Paul MOYLE	V 63.16	4	Steve PARKIN	27.15
20	Granville WOOD	65.48	5	Geoff KEEN	27.28
21	Reg WHITE	65.58	6	M. LAPAGLIA	28.11
22	Alistair KENNEDY	67.27			
23	Allan GOTTSCHALK	V 67.32			

S.A. A.A.A. MARATHON. ROSEWORTHY COLLEGE. 3/8/74. WEATHER - 14°, fine, windy.
23 Starters (25 to 30 knots)

1	Granville WOOD	2:37.42	9	Trevor READ	V 2:59.54
2	John WILLIAMS	2:41.43	10	Wally BEAMES	V 3:09.59
3	Gerry HICKS	2:46.25	11	Bob CLARKE	V 3:18.26
4	Jim HARTNETT	2:48.18	12	Ben COHEN	3:18.43
5	Peter FAULKNER	2:48.57	13	Phil BUSCH	3:25.41
6	Phil AFFORD	2:52.49	14	Herb BARNES	V 3:57.43
7	Ashley ROACH	2:54.40	15	Fred DEMITRENKO	3:57.43
8	John PEARCE	2:59.24	16	Peter HART	3:58.37

This year's S.A. Marathon was run at Roseworthy Agricultural College, about 30 miles north of Adelaide. This venue will be used for National on 14th September, 1974. The course runs through a quiet rural area and is flat but fairly exposed.

D.R.C. 20 MILES. SANDY CREEK. 22/6/74. Weather - cool, fine, cloudy, no wind.

1	Rod NICHOLLS	109.56	7	Bob MANGLES DORF	133.45
2	Ivan BOGGIS	118.03	8	Trevor READ	V 133.48
3	Phil AFFORD	119.42	9	John PEARCE	135.50
4	Peter FAULKNER	122.22	10	Joe LOVATT	V 148.24
5	Bob CLARKE	V 130.20	11	Brian FIEGERT	V 148.56
6	Wally BEAMES	V 132.40	12	Phil HOLLIS	149.57

In view of the Marathon result it is interesting to note that the winner of the supporting event, a 10 km. Road Run, was Granville Wood in 33.14.

