

V. M. C. NEWSLETTER

AND

29th ANNUAL REPORT 1974 - 1975

AUTUMN 1975

VOL. 6. No. 4

MARCH, 1975



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

THE VMC NEWSLETTER is the responsibility of the Editor 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 ORDER FOR THE FIRST 3 PLACEGETTERS IN EVERY HANDICAP, ALSO TO THE COMPETITORS GAINING THE 3 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 V.M.C. Meetings with full voting and electoral rights.

FOR FURTHER INFORMATION DIRECT YOUR ENQUIRIES TO THE HONORARY SECRETARY OF THE VICTORIAN MARATHON CLUB, FRED LESTER, 1 GOLDING STREET, CANTERBURY. 3126.

INTERSTATE LINES OF COMMUNICATION

AMATEUR ATHLETIC UNION OF AUSTRALIA. Mr. A. L. MORRISON, 15 HEATH STREET, SANDRINGHAM. 3191	
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VICTORIAN MARATHON CLUB

NOTICE OF ANNUAL GENERAL MEETING.

NOTICE IS HEREBY GIVEN TO ALL FINANCIAL MEMBERS OF THE VICTORIAN MARATHON CLUB THAT THE ANNUAL GENERAL MEETING WILL BE HELD ON FRIDAY, 14th MARCH, 1975, at 8.00.P.M. AT ROBINSON HALL, ALBERT PARK LAKE.

Business will include reports of Executive Officers, election of Office-Bearers for the ensuing year and General Business.

V.M.C. member GERRY SOFIANOS has some films and we shall have the opportunity to view some shots of the recent Commonwealth Games later in the evening.

* * * * *

FINAL NOTICE

THIS ISSUE IS THE LAST NEWSLETTER YOU WILL RECEIVE FOR YOUR CURRENT FEE. MEMBERSHIP FEES ARE NOW DUE FOR THE 1975/76 SEASON, COMMENCING ON 1st APRIL.

If you wish to continue as a member of the V.M.C. and receive your NEWSLETTER, then you are advised to fill in the attached membership form, PRINT YOUR NAME and ADDRESS (use CALL NAME and include your POSTCODE NUMBER - we cannot obtain postal concessions without such number) on the self-stick labels and

RETURN THEM TOGETHER WITH \$1.00 TO THE TREASURER :-

NEIL RYAN,
14 PETERLEIGH GROVE,
ESSENDON. 3040.

If you renew your membership in this manner, you will avoid any long delays that occur at the OPENING RUN.

REMEMBER - Come March 31st, you cease to be a registered athlete!!!
and

YOU CEASE TO BE A FINANCIAL MEMBER OF THE V.M.C.!!!

29th ANNUAL REPORT.SEASON 1974/75

After looking at the previous Annual Report, prior to sitting down to compile the current one, it is pleasing to note that a little bit of progress has been made. Those of you who still have the old report will do well to re-read it and compare the situation, both in the V.M.C. and the Victorian Athletics.

On the positive side, there has been a lift in performances among the distances, both men and women. At long last we seem to be getting away from the "fear of being beaten", of somehow 'dinting our status' if we are not first over the line, and competitors are showing new zest with corresponding results.

Our membership has topped the 350 mark (351 as against 244 in the previous year) and we have maintained our "minimum of fuss" tenet in spite of the increase in organisational problems brought on by growth like this. Our dinner-dance following the V.M.C. Marathon was a tremendous highlight of the Season, the New Year Midnight race and barbeque a similar success in the summer period. For the statistically minded: In the 7 winter fixtures 769 took part, an average of 97 per race day. In the 4 summer fixtures 343 took part, an average of 86 per race day. In all regular fixtures 1022 took part, an average of 93 each race day. In addition, 12 started in the 1 hour run, 3 in the 2 hour run, 52 in the midnight run. These figures include everybody, regardless of age or sex.

Now, the words "a little bit of progress" is appropriate as we are faced with a new and fast growing situation that we will not be able to cope with unless we alter our own approach and methods. Obviously, in a situation where not only participation has increased several fold and standards are much higher than 10 or 20 years ago, but also the V.M.C. is expected to give a lead in many ways, we are also facing a change in quality, a completely new perspective, a challenge to change our own ways in tackling our sport or be left behind.

Athletics in Victoria, and to some degree throughout Australia, had jogged along in the same old way for decades until the beginning of last season and changes had to take place if we were to avoid stagnation. At present, athletics is very much in an experimental stage, trying to find ways and means of adjusting to the demands of the day and there is never a smooth path to success. Mistakes will be made, but it is only people who do nothing who never make mistakes!

There was an excellent response to the call for an extended committee meeting of the V.M.C. for which a special letter went out to our most frequent participants in recent times. The letter asked people to indicate in what way they may be able to contribute towards the effectiveness of the club, similarly to the membership form attached to the Notice of Annual General Meeting, and it is essential to the wellbeing of the club that many more members think about the way in which they would like to help in the running of our own affairs and tell us about it. What is important is that you want to do it for yourself.

We envisage a pool of people for each activity of the club, whether on race day or other times, who will work together with whoever takes responsibility on behalf of your Committee, taking turns if need be, so that no one is ever overburdened with jobs and everyone can take part in running and other activities of the club.

Our friends and members overseas and interstate have also been active for and with the club, it is hard to put into words how much their contributions to the V.M.C. Newsletter means to all our members. Their contributions are most eagerly received and give us all a great lift. Keep up the good work!

Our thanks go to all those clubs and organisations, and individuals, who worked together with us in providing facilities and competition for our members. MABEL and ALF ROBINSON, who ensure that the Newsletter reaches you in readable shape, are very vital people behind the scenes for us and receive special thanks.

Our Committee has carried out its responsibilities to the members effectively throughout the year. A number of our members have come forward on many occasions to shoulder different tasks in the spirit of self-help,

DO NOT LEAVE IT TO SOMEONE ELSE!!! V.M.C. BUSINESS IS EVERY MEMBER'S BUSINESS!!!

Fred Lester. Secretary

REMINDER The Annual General Meeting will be followed by a SMORGASBORD SUPPER, not just a pie or biscuits!

MARATHON CLUB EVENTS:		HANDICAPS:		FASTEST TIMES		
APRIL 15	1 Peter	BATTRICK	(23.25)	69.34	Neil RYAN	51.38
10 M.	2 Graham	MILNE	(7.05)	54.19	Bob RAYMEN	53.11
98 Starters	3 Bob	WELSH	(6.30)	54.08	Dave MARBURG	53.15
APRIL 25	1 Rob	HORSBURGH	(10.30)	45.17	Chris WARDLAW	37.21
12km F.C.	2 Kon	BUTKO	(8.15)	43.11	Ian MINTER	38.24
136 Starters	3 Allan	JONES	(16.30)	51.27	Neil RYAN	38.32
MAY 11	1 Grant	HARDY	(11.05)	69.26	Dave MARBURG	65.59
20km	2 Gerry	RILEY	(20.20)	78.42	Neil O'SULLIVAN	66.29
68 Starters	3 Ray	BARRATT	(24.15)	82.45	Bob GUTHRIE	66.48
MAY 25	1 Bruce	WATT	(25.28)	96.26	Peter BRUCE	81.04
25km	2 Peter	BATTRICK	(42.40)	114.22	Dave GAZLEY	83.49
74 Starters	3 Peter	LOGAN	(27.30)	101.40	John MURRAY	84.57
JUNE 17	1 Dennis	WATTIE	(8.15)	58.47	Neil RYAN	53.25
17km	2 John	DUCK	(4.45)	56.28	Andy HILL	54.19
78 Starters	3 Graham	SMITH	(10.30)	61.18	Bob RAYMEN	54.51
JUNE 29	1 John	DUCK	(25.30)	2.39.22	Neil RYAN	2.20.59
Marathon	Neil	O'SULLIVAN	(17.30)	2.32.45	John ROBINSON NZ	2.28.35
74 Starters	Peter	BETHERAS	(55.30)	3.10.56	Neil O'SULLIVAN	2.32.45
JULY 27	1 Gerry	COLLIE	(14.20)	1.55.28	Phil HAMER	1.47.00
32km KM	2 Phil	HAMER	(4.10)	1.47.00	Bob RAYMEN	1.50.08
38 Starters	3 Joe	GOBEL	(34.20)	2.18.23	Ian MINTER	1.51.21
OCT. 13	1 Andy	HILL		19km 583.10m.		
1 Hour Run	2 Eemo	KERANIN		18km 650.30m.	(10000m 31.18/15km 48.04/10M 51.35)	
12 Starters	3 Graham	MILNE		18km 441.40m	(All Vict. & Aust. Junior Records)	
NOV. 6	1 Bruce	HOOLEY	(7.30)	56.32	Gerry SOFIANOS	50.39
16km	2 Gerry	SOFIANOS	(1.36)	50.39	Max FREELAND	52.14
57 Starters	3 Tony	TURTLE	(11.06)	60.13	Bob RAYMEN	53.28
NOV. 20	1 Mike	CUMMINS	(11.10)	48.00	Gerry SOFIANOS	38.28
12km	2 Alan	HICKS	(4.00)	40.33	Max FREELAND	38.53
70 Starters	3 Brian	LANYON	(9.30)	46.45	Andrew WELLS	40.10
DEC. 4	1 Trevor	ROBBINS	(9.20)	31.32	Gerry SOFIANOS	24.18
8km	2 Peter	BATTRICK	(9.35)	31.53	Bob GILFILLAN	24.21
91 Starters	3 Kevin	SOLOMON	(4.35)	26.54	Graham ANDERSON	24.28
DEC 16/17/18	1 Mike	CUMMINS	(9.55)	36.21	John AXSENTIEFF	29.25
3000 EZ	2 Frank	BONECKER	(17.15)	44.11	Chris WARDLAW	29.29
100 Starters	3 Jim	McCAULEY	(4.45)	31.46	Max LITTLE	29.59
DEC. 18	1 Hans	MEISELBACH	(1.25)	5.31	Tom ROBERTS	4.29
Masters Mile	2 Lindsay	HOOPER	(0.35)	4.48	Tom KELLY	4.44
10 Starters	3 Tom	ROBERTS	(Scr)	4.29	Lindsay HOOPER	4.48

In addition, 103 U/17 & 12 Women started (12 in Winter Runs, 30 & 5 in Summer Runs)

OTHER OUTSTANDING PERFORMANCES BY CLUB MEMBERS

V.A.A.A. Marathon:		Veterans 10km Aust.C.C.C.		A.A.U. Marathon		
1 Graham	ANDERSON	2.22.40	40-45 1 Tom KELLY	38.34	4 John STANLEY(N)	2.21.03
2 Paul	O'HARE	2.24.36	45-49 6 Mike PORTER	50.23	5 Paul O'HARE (V)	2.22.26
3 Bob	RAYMEN	2.24.59	50-54 3 Keith ROUTLEY	43.34	6 Peter BRUCE (V)	2.24.07
4 Frank	LARKINS	2.25.05	60 up 1 Stan NICHOLLS	45.40	8 Gerry SOFIANOS(V)	2.24.39
5 Terry	HARRISON	2.25.46			9 Graham ANDERSON(V)	2.24.45
6 Peter	BRUCE	2.30.11			11 Frank LARKINS(V)	2.26.04
7 Peter	HANNAFORD	2.32.35			12 John BERMINGHAM(V)	2.26.25
8 Terry	JORGENSEN	2.34.26				
9 John	MORRIS	2.35.05				
10 Trevor	VINCENT	2.35.59				
<u>The first 20 were all V.M.C</u>			<u>Hamilton (NZ) Marathon</u>			
<u>DECEMBER INTERNATIONAL 5000</u>			2 Neil RYAN	2.17.59		
			<u>Traralgon Marathon</u>			
			1 Bob GUTHRIE	2.28.34	<u>OCTOBER 10,000m</u>	
			2 John MORRIS	2.32.01	1 Bill SCOTT	28:18.0
			3 Phil LEAR	2.34.18	2 Steve AUSTIN	29:55.6
			4 Martin THOMPSON	2.42.48	6 Eero KERANEN	30.46.0
			5 Robert ORR	2.49.05	(Vict. & Aust. Jun. Record)	
1 Bill	SCOTT	13.28.6				
3 Steve	AUSTIN	13.53.4				
4 John	AXSENTIEFF	13.54.0				
5 Chris	WARDLAW	13.57.2				

V.M.C. 8 KILOMETRES - 2 BRIDGES COURSE. 91 STARTERS, 83 FINISHED. 4/12/74

Pl.	Name	Time	Hcp.	H.Pl.	Pl.	Name	Time	Hcp.	H.Pl.
1	Gerry SOFIANOS	24.18	0.00	36	43	Gerry RILEY V	28.59	5.00	30
2	Bob GILFILLAN	24.21	1.05	12	44	Rod HEALEY	29.02	4.30	42
3	Graham ANDERSON	24.28	0.00	E 39	45	Geoff BAIRD	29.09	--	--
4	Max FREELAND	25.29	0.40	51	46	Mike O'RYAN	29.11	--	--
5	Peter SHARE	25.35	1.45	25	47	John CLARKE	29.11	4.10	56
6	Bob GUTHRIE	25.38	1.10	E 39	48	Tom COGHLAN	29.27	4.25	57
7	Graeme GARDNER	25.58	--	--	49	Les MOLLARD	29.30	6.45	5
8	Terry COLLIE	26.02	2.20	24	50	Tom SVIKART	29.36	6.40	8
9	Ray BROWN	26.08	1.10	54	51	Barry LYNCH	29.40	5.30	33
10	Silvio RADOSLOVIC	26.15	2.15	31	52	Glen MACKWELL	29.41	--	--
11	Steve O'CONNOR	26.17	1.40	63	53	Tony TURTLE	29.42	4.25	62
12	Col EATON	26.22	2.25	E 28	54	Dick HUTTON	29.46	4.35	59
13	Martin STOCK	26.23	1.35	E 49	55	John WALKER	29.59	--	--
14	Barry WHEAR	26.29	2.15	35	56	Merv BROWN	30.04	5.40	37
15	Bruce MEAKIN	26.30	--	--	57	Art TERRY	30.06	5.30	44
16	Steve FISHER	26.35	--	--	58	John CONDON	30.11	5.15	53
17	Norm MacDONALD	26.50	2.15	43	59	Neil GRAY	30.37	3.00	68
18	Kevin SOLOMON	26.54	4.35	<u>3</u>	60	Kevin SKELTON	30.52	--	--
19	Gerry HART	27.04	3.55	11	61	Lindsay BEATON	31.04	--	--
20	Steve SZEGEDI	27.13	2.25	E 49	62	Doug GRINSTEAD	31.08	7.40	17
21	Jeff BEE	27.14	--	--	63	Peter BEGGS	31.13	7.40	21
22	Barry TREGENZA	27.17	2.05	60	64	Mike CUMMINS	31.15	7.10	32
23	Don WILLIAMS	27.20	2.35	47	65	Peter COLTHUP	31.32	8.25	10
24	John STAFFORD	27.25	3.35	33	66	Trevor ROBBINS V	31.32	9.20	<u>1</u>
24	Paul GRINSTEAD	27.25	3.35	25	67	Wayne FITZSIMMONS	31.43	--	--
26	Alistair McRAE	27.42	--	--	68	Peter BATTRICK	31.53	9.35	<u>2</u>
27	John PHAIR	27.45	4.50	E 6	69	Rob MEISELBACH	31.55	8.25	E 18
28	Bob WALCZAK	27.48	2.35	61	70	Peter FORTUNE	32.13	6.25	64
28	Bill JOYCE	27.48	1.55	52	71	Andrew BANGER	32.22	--	--
30	Larry SYKES	27.49	4.10	23	72	Hans MEISELBACH	32.37	8.55	20 V
31	Alex TADIC	28.01	3.30	41	73	Mike PORTER V	32.27	8.55	20
32	Rob BROWN	28.14	----	----	74	Des MIDDLETON	32.43	--	--
33	David POTTS	28.24	--	----	75	Norm MacLEISH V	33.20	8.40	45
34	John WOMERSLEY	28.25	3.25	55	76	Gary HOATH	34.37	11.00	22
35	Max OOSTWOUDE	28.26	3.20	58	77	Col CRAWFORD	36.22	12.25	E 28
36	Harry HALDANE	28.31	--	--	78	David TALBOT	36.36	--	--
37	Peter KEHOE	28.35	5.40	E 6	79	Harry LOGAN	36.50	13.20	18
38	Mike HUBBERT	28.42	4.00	46	80	Frank BONECKER	38.56	11.45	66
39	Ross SHILSTON	28.51	3.00	65	81	Derek BEVAN	40.41	15.55	48
40	Bruce WATT	28.52	4.25	38	82	John Zeleznikov	43.20	15.55	67
41	Lindsay HOOPER V	28.53	5.00	27	83	George SIMPSON	50.57	15.55	69
42	Mal KIRKWOOD	28.59	5.55	9					

V.M.C. SUN-JUNIOR & WOMEN - 2 KILOMETRES - 2 BRIDGES COURSE. 14 STARTERS, 4/12/74

1	Wayne HINTON	6.33	0.00	4	8	Orasio MATESESE	7.50	--	--
2	Gary GRINSTED	6.44	0.00	6	9	Emil SIMATIC	7.51	1.30	<u>3</u>
3	Trevor ELSEY	7.02	--	--	10	Chris WILLIAMS	8.13	W	<u>1 W</u>
4	Alan PRYCE	7.02	--	--	11	Gary HUTTON	9.12	3.10	<u>1</u>
5	Chris RILEY	7.06	0.30	5	12	Kay BEATTY	9.14	W	<u>2 W</u>
6	Steven APAP	7.46	--	--	13	Mary-Ann HOATH	9.15	W	<u>2 W</u>
7	Tony DIMAIUTA	7.50	1.30	<u>2</u>					

HANDICAPPERS NOTE

Insufficient data is to hand for several of the competitors.

As there were no previous performances listed, no handicaps could be allotted.

P.S. Karen WALKER ran 2 laps of the course (4 Kilometres) in 19.25.

"EMIL ZATPEK" 10,000 METRES. OLYMPIC PARK. "A" DIVISION. 18th DECEMBER, 1974

Pl.	Name	Time	Hcp.	H.Pl	Pl.	Name	Time	Hcp.	H.Pl
1	John AXSENTIEFF	29.25	Scr.	E 19	11	Max FREELAND	31.12	2.50	E 14
2	Chris WARDLAW	29.29	0.05	38	12	Dave GAZLEY	31.14	2.55	E 11
3	Max LITTLE	29.59	0.30	42	13	John BENDER	31.15	Invit	--
4	John FINDLAY	30.05	0.25	48	14	Bill JOYCE	31.17	0.55	64
5	Neil RYAN	30.35	0.40	E 51	15	Eero KERANEN	31.23	1.10	50
6	Geoff NICHOLSON	30.43	0.40	55	16	Peter BRUCE	31.28	1.00	E 66
7	Paul O'HARE	30.52	0.35	62	17	Alan ASHMORE	31.40	2.55	23
8	Gerry SOFIANOS	30.56	0.55	54	18	John DUCK	31.48	3.20	E 16
9	Phil CUFFE	31.01	0.45	61	19	Bob GUTHRIE	31.52	2.55	E 28
10	Terry HARRISON	31.10	0.25	E 70					

"EMIL ZATPEK" 10,000 METRES. OLYMPIC PARK. "B" DIVISION. 17/12/74. 37 STARTERS

1	Graham GARDNER	31.00	3.00	7	16	Barry WHEAR	33.04	4.55	9
2	Bob WALCZAK	31.06	3.25	5	17	John STAFFORD	33.23	4.55	E 16
3	Graham KIPP	31.23	2.50	22	18	Max CARSON	33.24	5.05	E 11
4	Graham MIENE	31.31	2.05	41	19	Chris McCULLOCH	33.25	4.15	33
5	Malachy LAVERY	31.39	Invit.	--	20	Theo ORR V	33.28	4.25	E 31
6	Jim McCAULEY	31.46	4.45	3	21	Neil GRAY	33.46	5.30	10
7	Dennis SMITH	31.54	2.05	50	22	Barry TREGENZA	34.00	3.30	68
8	Peter SHARE	31.57	3.05	27	23	Peter BETHERAS	34.26	4.50	44
	Peter HANNAFORD	31.58	2.35	35	24	Rob JAMIESON	34.29	4.50	E 46
9	Terry COLLIE	31.59	3.30	19	25	Tony PYE	34.47	6.25	E 14
11	Graeme MILLER	31.59	4.10	6	26	Rob ORR	35.50	6.25	E 39
12	Silvio RADOSLOVIC	32.16	3.25	E 25	27	Ken FRASER	35.52	7.20	21
13	Steve O'CONNOR	32.22	3.00	34	28	John EYRE	35.55	5.10	E 70
14	Paul DUCK	32.28	3.10	35	29	John PHAIR	35.59	5.40	63
15	Col EATON	32.33	4.05	E 16	30	John CLARKE	37.08	6.35	69

"EMIL ZATPEK" 10,000 METRES. OLYMPIC PARK. "C" DIVISION. 16/12/74. 24 STARTERS

1	Tom KELLY V	32.56	4.25	30	13	Noel ANDERSON V	38.33	8.05	E 66
2	Gerald HART	33.08	2.45	65	14	Cyril DRIVER V	39.09	9.30	E 46
3	Geoff PAYNE	34.45	4.40	E 56	15	Chris RILEY J	39.22	9.15	56
4	Larry SYKES V	34.48	5.45	E 31	16	Trevor ROXBINS V	39.32	10.35	E 28
5	Bob BROWN	35.07	6.20	24	17	Hans MEISELBACH V	39.34	11.45	4
6	Rick HUTTON	35.39	7.20	E 11	18	Doug OLIVER	39.36	10.45	E 25
7	Peter KEHOE	36.20	6.45	43	19	Mike PORTER V	40.02	11.55	8
8	Mike CUMMINS	36.21	9.55	1	20	Peter BATTRICK	40.03	10.25	45
9	Tony TURTLE	36.50	6.55	E 51	21	Noel McLEISH	41.04	12.05	30
10	Gerry RILEY V	36.54	7.10	49	22	Frank BOECKER V1	44.11	17.15	2
	Barry LYNCH	37.52	7.55	53	23	Harry LOGAN	46.32	17.15	34
12	Tom SVIKART	38.00	7.55	E 56	24	John ZELEZNIKOW	52.20	22.10	59

"MASTERS MILE" OLYMPIC PARK. 18/12/74. 10 STARTERS. MILD - BOISTEROUS WIND

1	Tom ROBERTS	4.29	Scr.	3	6	Noel ANDERSON	5.30	0.40	9
2	Tom KELLY	4.44	0.05	5	7	Hans MEISELBACH	5.31	1.25	1
3	Lindsay HOOPER	4.48	0.35	2	8	Peter COLTHUP	5.35	0.50	7
4	Larry SYKES	4.59	0.25	4	9	Harry LOGAN	6.33	1.45	8
5	Gerry RILEY	5.17	0.35	6	10	George SIMPSON	8.28	2.35	10

BITS AND PIECES BY BIG EARS

The Zatopek is certainly turning out to be the state's top 10km track race. This year the organisers were caught with the pants down as over 80 entries were received for the two divisions, which was far too many for track races, so a third division had to be promptly organised. If the popularity for this race continues, the next December could see a fourth division coming into operation. The Victorian State 10 km Title attracted around 55 entries.

How many cities in the world could boast holding 5 international track meetings in a season? Melbourne can, and what has been the result? Even a large squad of Kenyans couldn't draw the crowds to Olympic Park, as it was reported that a crowd of around 1500 attended the Tues, Wed. meets. This is "b"all when you consider that there are supposedly over 6000 athletes registered. Where were they?

RESULTS, VMC MIDNIGHT RUN 1974-5, 8km, Alexandra Av., Weather - Cool, clear and calm

1 Gary ZEUNER(SA)	24.10	16 Phil LEAR	27.18	31 Brendan KAVANAGH	29.58
2 Gerry SOFIANOS	24.15	17 Peter KEHOE	27.33	32 Frank FIELD	30.00
3 Andy HILL	24.49	18 Rob ORR	27.43	33 Mike HUBBERT	30.31
4 Graham MILNE	24.50	19 Bruce POWER J	27.50	34 Rob MEISELBACH	30.32
5 Hugh WILSON	24.52	20 Malcolm ALLEN S.A	27.59	35 Trevor ROBBINS V	30.55
6 Terry JORGENSEN	24.85	21 Trevor PEARCE	28.04	36 Mike KELLY J	31.18
7 Bob GUTHRIE	25.22	E22 Ken ORR J	28.27	37 Kevin ALEXANDER	31.43
8 Mal LAVERY	25.36	E22 Jim HARTNETT SA	28.27	38 Chris RILEY J	32.11
9 Terry COLLIE	25.40	24 Mike BAIN	28.48	39 Hans MEISELBACH	32.15
10 Ross SHILSTON	25.41	25 Alan CLOSE	28.52	40 Matt HASSALL	34.55
11 George CLAXTON	26.25	26 Jim CRAWFORD	28.52	41 Ian BRAY	34.55
12 Theo ORR V	26.27	27 Gerry RILEY V	29.00	42 Peter SZABO	37.11
13 Tim KELLY	26.51	28 John CLARKE	29.17	43 John ZELENIKOW	42.39
14 Gerry HART	26.55	29 Terry HUNTER	29.35		
15 Tom KELLY V	27.03	30 Keith V ROUTLEY	29.46	45 STARTERS	

V.M.C. MIDNIGHT RUN - 1974-5 - 4km - WOMEN

1 Lynn TENNANT	14.03	3 Di HUXLEY	20.45	5 Margaret Williams	24.21
2 Sue ORR	18.10	4 Pam McNAUGHT	24.21	7 STARTERS	

For the third year in succession the weather was as near perfect for running as we could wish, and again the numbers were up. Supporters must have outnumbered the competitors by at least 2 to 1, and, except for the patchy harassment on the part of some groups of people along the river who had overindulged, a very good night was held by all. Treasurer, Neil Ryan, the originator of this race, had the trophies and "Lucky Spot" prizes well organised again to add to the enjoyment. We did not forget the unfortunate victims of the recent Darwin disaster, all entry monies paid on the night will be paid into the Darwin Relief Fund. Special thanks are to the large number of members and supporters who came forward to assist in the running of the event and thereby contributed greatly to its success.

VENUE INFORMATION

VENUE INFORMATION

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TWO BRIDGES COURSE - At rear of Olympic Park, around river between Swan Street and Morell Bridges - 2000m circuit - Tram in Batman Av/Swan Street corner.

ALBERT PARK - Walkers Club Rooms (Robinson Hall) Low cream brick building facing Lake, adjoining Basketball Stadium, just off Albert Road - circuit 5000m. 2km from City, tram along St. Kilda Rd., just past Shrine.

PRINCES PARK - Royal Parade, Parkville, between Melb. University and Carlton Football Ground, Brunswick or Coburg tram in Elizabeth St. to Ievers Street. Pavilion nearest to Football Ground - Circuit 2 Miles (3200m.)

DOMAIN Road - immediately circuiting Botanic Gardens and Music Bowl, starting at rear of Shrine - Circuit 4000m (2½ Miles)

TYABB Main Road to Hastings - Wells Rd. and Frankston Bypass, just past Somerville. Public Hall in Tyabb is on 10,000m circuit corner.

POINT LEO - Flinders Rd. via Wells Rd. and Frankston Bypass, Moorooduc, Merricks to Pt. Leo Beach Rd intersection with Red Hill South Rd.. St. Johns Boys Camp 400m from corner away from beach. 13km to Arthur's Seat - 300m elev.

TRACKS - Olympic Park - Tram Batman Av/Swan St., train to Richmond station, 1km away.

University - Tram either Swanston or Elizabeth St. to far end of University.

Preston - Train to Reservoir, along Edwardes Street to Edwardes Lake.

Heidelberg - Bus in Russell St (City) to Olympic Village, or car to Murray Rd, Preston, (Northland Shopping Centre) cross creek to track.

Box Hill - Train to Box Hill, bus to Elgar Road, 1km from Whitehorse Rd.

Sandringham - Train to Hampton, 1km east along Thomas Street from Hampton St.

Mentone - Train to Mentone. By car along Pt. Nepean Rd, 21km from City.

Oakleigh - Huntingdale Rd. South, 600m from North Rd. Overpass adjoining the Huntingdale Railway Station.

Chelsea - Edithvale Road, (Beach end of Springvale Rd) 1km from Edithvale R.Stn.

NEW ZEALAND GAMES DISTANCE REPORT BY PAT CLOHESSY

New Zealand should be congratulated for promoting another great feast of international athletics. The Kiwis have certainly showed the way in this part of the world in the post Clarke period - and they now have the quality and quantity of distance stars as a well earned reward.

On the first day of the Inaugural New Zealand Games, popular Dick Quax raced away to an overdue victory in a classic 5000m. "Quax This Time" was the banner headline and the N.Z. Games never looked back. The crowds flocked with great expectations to see Bayi-Walker in 800m, Davies and co in the steeple, and then the Walker-Crouch-Dixon climax in the 1500 finale to four days of thrilling and inspiring distance racing. (Olympic sprint champion Borzov was certainly a comparable attraction in the track events.)

5000m - Jan. 23. Bill Scott led out strongly in the middle stages but Quax, Mjaya (Tanzania) and Ronoh broke away over the last two laps. Quax looked in control - he raced home in under 2 minutes to score in 13:34.6 from Bayi's countryman, Mjaya, 13:36.2 and Ronoh, 13:37. Hermans, 10,000m winner later in the Games, and Bill Scott (13:44.6) followed - a creditable debut. David Fitzsimmons finished strongly in 13:49.

800m - Jan. 24. Bayi, Walker and Kipkurgat were the headliners in another classic race. Bayi showed his class and intention by racing clear as the field moved out of the 300 staggers, and accelerated at the bell after 51.6. Down the back straight the long striding Kenyan Kipkurgat challenged - and was repulsed. But John Walker still looked dangerous - he slipped past the Kenyan at the top of the straight and set out after his arch rival Bayi. The blond Kiwi narrowed the gap but Bayi hung on well to score a typical all the way win in 1:45.5; Walker 1:45.9; with 1974 Christchurch Champion Kipkurgat fading in 1:47.3.

3000m Steeple - Jan. 25. Hendy unlucky. Bob Hendy, Davies (Britain) and Ndege (Kenya) raced away from Kantener Garderud and other stars with two laps to go. Handy accelerated to take the lead at the top of the back straight but clipped the steeple and crashed to the track. Davies edged past the Kenyan, 8:26.8 to 8:27.2 with Kantonen third in 8:29.4. Bob Hendy recovered to run 8:46.8. He was the unlucky runner and seemed certain to make it a three-way finish.

1500m - Jan. 26. Walker, Crouch star. A crowd of near 30,000 eagerly awaited the 1500 and what a race it was. In the absence of Bayi, John Kipkurgat led the field through in 58.5 and 1:58 with Crouch and Walker passing 800m in 2:00. Walker came from the rear of the field in the third lap with Crouch in close pursuit. Crouch moved right up to Walker around the first bend of the final lap with Dixon and Omwanza also in attendance. The pace really quickened down the back straight, and it was a race between two as Crouch flashed past the blonde Kiwi early in the last curve. Walker responded quickly, accelerated past his Australian rival and edged away as the pair pounded down the final straight. Walker, 3:36.4, Crouch, 3:37.1, his finest race, and Olympic Bronze star Dixon third again in 3:38.6. Graham Crouch certainly confirmed his class as he and Walker raced home in 1:53 past 800 and sub 54 final circuit. Bob Hendy finished strongly to record 3:41.8, a superb run after his heavy steeple fall on the previous day.

10,000m. Dutchman Joe Hermans, 25, won the 10,000 in 28:56.4 from Ronoh and Juma. Juma, Ronoh, Shaughnessy, Hamada and Bill Scott all took laps. After a series of four laps of 70, Bill Scott dashed to the front and picked up the pace with 66, 66, 68, and 67. He later relinquished the lead and nine runners were still bunched with 4 laps showing. Juma, Hermans and Ronoh dominated the last laps with the flying Dutchman sprinting home the winner in 28:56.4 from Ronoh, 28:58 and Juma 29:00.2, another Juma (Tanzania) 29:03.8, Bill Scott, 29:05.2, Rose, 29:06, Foster 29:11.4 (World Veteran Record).

General: In the women's distance races Australian girls performed brilliantly. Charlene Rendina repeated her Commonwealth success despite a fractured toe, and then Angela Cook took the 3000 - 1500 double with dominating finishing runs. Angela's 9:14 and 4:16 double proved too good for the highly rated New Zealand and international fields.

Results:

100m. Riddick 10.41; Haskell 10.58.
 200m. Borzov 21.02; Smith (NZ) 21.4; Haskell 21.47.
 400m. Chepkwong 45.34; Smith 46.75; Gee 47.09 (heat 46.88)
 110m Hurdles: Kimalyo 13.85; Hill (US) 13.86; Parr 14.21.
 400m Hurdles: King (US) 50.53; Field 51.69; Koskei 52.31.

Pat Clohessy's Report on the New Zealand Games - Continued:

Long Jump: C. Commons 7.91; Hodluzhniy 7.75.
Triple Jump: Saneyev 16.53; Campbell 16.05.
High Jump: Beers 2.17; Windeyer 2.10; Sayers 2.05.

Marathon: Kevin Ryan (NZ) 2:14.29; Jones 2:24.01; Irwin 2:25.59.

In the International School Meeting held in conjunction with the Games, Victorian athletes dominated. Barry Besanko won a treble - 100 in 10.7; 200 in 21.7; hurdles in 13.9. He also ran 48.0 in the 4 x 400 relay. Bruce Thompson surprised with strong wins in 400 (49.5) and 800 1:53.5). Robert de Castella scored in 5000m in 14:34.2 from Robert Gilfillan, 14:43.6. Gilfillan took the steeple in a fast 9.15. To complete the Victorian domination Ron Wynhoven won the shot (15.97) and discus (53.72) and Grant Sargent the triple jump (14.18). Yes - the young team certainly was worth supporting!

NOTES FROM TASMANIA

From Mike O'Loughlin

5,000 METRES. Tas Bevis Memorial - 8/2/1975 25° Very hot and humid

Kent Rayner lead from the start to record a convincing win in the time of 15 minutes, 04.8 seconds. There was a very good race for the minor placings between Alan Bennett, Hayden Neilson and Bill Ling, with Alan winning the tussle.

The hot weather conditions took toll with only eight of the twelve starters completing the course. Times in general were slow but acceptable under the very hot conditions. Results:-

- 1. Kent RAYNER 15min. 04.8sec. 5. John ARNOLD 16min. 41.2sec.
2. Alan BENNETT 16min. 06.4sec. 6. Clive ROPER 17min. 22.6sec.
3. Hayden NEILSON 16min. 10.0sec. 7. Roy BEADELL 17min. 23.6sec.
4. Bill LING 16min. 26.0sec. 8. Bill HAWTHORN 17min. 46.4sec.

1 HOUR RUN. 8/2/75 26° Hot and windy.

Anthony Risley led for the first 8,000 metres and then Kent Rayner took the lead and gradually drew away from the field. Kent managed to hold on to his lead for the duration of the hour and won comfortably from Anthony.

Although twelve starters faced the gun, only six completed the hour, with little seperating the groups of runners.

Sub-Junior John Arnold just missed out on the State Record by a few metres.

Results:

- 1. Kent Rayner 18,679 Metres 4. John Arnold 16,579 Metres
2. Anthony Risley 18,429 Metres 5. Clive Roper 16,043 Metres
3. Alan Bennett 16,664 Metres 6. Pay Kaufman 16,037 Metres

FROM HERE AND THERE.

By Big Ears

An Official Tale:

One of the officials at University approached an athlete who was running along lane one of the track and told him that he wasn't allowed to warm up on the inside lane. The athlete was heard to reply that he was actually in a race and although he was somewhat behind he was entitled to finish.

Olympic Park - Someone forgot to ring the last lap bell for the competitors in an 800 metres event and instead, just as the winner approached the finishing line the official began ringing the bell madly. Should have seen the winner's face. Ah well, better late than never they say.

International movements. Eero Keranen has gone to the USA, but Eric Sigmont has just returned after five years study at the University of Oregon. Perhaps we can persuade him to write us an article about his experiences over there.

Someone said that Terry Phelan is also living and running in Toronto, Canada.

RUN V.M.C. - " WITH A MINIMUM OF FUSS."

DON'T FORGET THAT THIS WILL BE THE LAST NEWSLETTER YOU WILL RECEIVE, UNLESS OF COURSE YOU PAY YOUR CIRRENT MEMBERSHIP FEE OF \$1.00 TO NEIL RYAN.

NOTES FROM THE U.S.A.

From Brian Chapman

Despite your intended resignation from the V.M.C. Executive position, I hope this information may still be of interest to you and perhaps for readers of the Newsletter. This report is brief because I have encountered my annual affliction which I can only describe as "weak, empty, hungry legs". This I have not raced since November. Results which may be of interest:-

A.A.U. CROSS COUNTRY TITLE (10,000m - 285 starters)

- 1. John NGENO (Washington State University) (Kenya) 29.59.
 - 2. Neil CUSACK (New York Athletic Club) - (Ireland) 30.16.
 - 3. Ted CASTANEDA (Colorado T. C.) 30.34.
- Shorter, Liquini, Bait and Tracy Smith were among the casualties.

N.C.A.A. CROSS COUNTRY TITLE (6 Miles - 250 starters)

(Equivalent to the Australian Universities championship)

- 1. Nick ROSE (Western Kentucky) - (Britain) 29.22.
- 2. John NGENO 29.37.
- 3. Wilson WAIGMA (Univ. of Texas, El Paso) (Kenya) 29.52.
- 4. Paul GEIS (Univ. of Oregon) 29.57.
- 32nd. Gary BENTLEY (South Dakota S.U.) (Ex-NSW) 30.46.

PORTLAND INDOOR MEET - (2 Miles - 22 laps of 160 yards board track)

- 1. Steve PREFONTAINE (Oregon T.C.) 8.27.
- 2. Mike HANLEY (Oregon T.C.) 8.44.
- 3. Terry WILLIAMS (Univ. of Oregon) 8.45.

- (1 Mile - 11 laps.)

- 1. Ken ELMER (Canada) 4.07.
- 2. Scott DAGGETT (Univ. of Oregon) 4.08.
- 3. Mark FEIG (Univ. of Oregon) 4.08.

Randall Markey arrived at the University of Oregon in January with a junior Tasmanian runner (John?) Bender. Randall had recently run a 4 min. mile, but within days of arriving here he had developed an achilles tendon injury which has prevented him running. As he is ineligible to compete for the U. of O. for a year, this is not too important in the short runs. At present, he is living in an athletic apartment complex with the other 7 sub-4 minute milers here - has settled in well. Hopefully the injury will clear up and he'll be able to exploit Eugene's "fastest track in the world" (it holds world's records for the 100m, 440 yards, 880 yards, 120 yards hurdles)

My race experiences have been limited to two mediocre cross country performances, a win in the Bend 11½ miles road race (59.07) and a catastrophic 3:08.33 in the Island (Portland) Marathon. This latter event saw me 5th at 15 in 81 mins, and 1:54 at the 20 (dying) Then I did a "Birmingham" also known as a "Chapman" and spent 74 minutes over the final six. Innumerable blood tests and interviews with Olympic Coach Bill Bowermann and Munich Marathoner, Ken Moore, have shed little light on my leg problems. Still, other than that, Oregon is great.

From reports, it sounds as if Victoria is undergoing some sort of "Athletic Revolution" at present. Excellent performances by Bill Scott, (?) Austin, (?) Hall, Graham Crouch and some of these juniors are almost hard to believe. Can you pinpoint any reason for the breakthrough, Fred, or is it just part of the cycle? I hope the trend continues for Australia's sake.

There were some familiar faces passing through the "hole in the fence" on the nights the Kenyans were competing. Is this an indication that the \$2 admission charged is rather steep and could also be a factor as to why attendances are down?

"Not on your life" say the complimentary ticket holders. Anyway I think a great deal more thought should be given when deciding future international meetings as I am sure the sponsors are not going to continue backing financial flops.

Best of luck to Lyn Tennant (V.M.C. Member) who was selected to represent Australia in the International Cross Country Championship in Morocco in March, provided she can raise \$600 of course. In fact all of the girls in the team have to raise that much money as grants only totalled \$900 per member, so it's out with the raffle tickets and organise the Bar-B-Ques.

Best wishes to Eero Keranen - Williamstown, who has left for the U.S.A. to study at the University of Texas at El Paso.

Chris Wardlaw writes:

Dear Fred,

As usual I've found the Summer Newsletter informative, stimulating and relaxing reading. However, three items have rankled me sufficiently to write some garbled, I suppose, reply. These were the items by Neil Ryan on the International Meet on 20th November; Mike Hennessy on Interclub; and I presume, your comment regarding Kerry Beattie.

1. I am sure Neil did not mean to be destructive re the meet on 20th November, but that's the way his comment came out. Sure - it must have been slow and maybe unimaginative, but don't lose sight of the fact that it was the first serious attempt at a quality non-titles meeting for over two years. Perhaps Neil might have mentioned in more detail Peter Larkins 8:40.3 'chase, Colin McQueen's and Don Hanley's 47.0 sec. 400m, all not yet 21 years. The 1500m was a farce, but only because the organised "rabbit" got unorganised. Surely Neil was joking about schools relays and handicaps - as constructive as suggesting an egg and spoon race for women over 35. Agreed, an 800m for the moderate performer, but the general idea is to lift the meeting out of the Inter-club syndrome. Nuff said.
2. Mike Hennessy's contribution was constructive, if somewhat contradictory. His 'against's' Interclub seem to far outweigh the 'fors'. I think the crucial argument against Interclub is that it provides very poor competition for every grade of athlete. The discrepancy in standards between first and last right through the grades, if studied carefully by some avid time and motion expert would, I'm sure, shock us. Grading athletes is a necessary condition to make decent competition possible. This does not necessarily mean Interclub be abandoned. The English Southern Counties system achieves club and graded competition simultaneously to solve the myopic paranoia of club-minded delegates and officials. To achieve such a system in my view will require two years - next year a shortened World Cup Round Robin Interclub Season followed by graded competition after Christmas, then in 1976 a synthesis of the two systems.

It will take that long to work out such a system to fit our circumstances. But first, we must all come to a common ground - Interclub has been castrated by its lack of imagination and stultified club stance. Athletes suffer by our refusal to see beyond it.

3. Deleting Kerry Beattie's performance rankled me most. Are we so naive to think that by diligently crossing him out from our Tyabb result that we have achieved anything at all. Have we somehow made our minds and bodies as pure as the driven snow? I would certainly not agree that Beattie had unethically stated an affiliation which he did not in fact have, but the fact remains, he ran 9th in 2:48.50. He was a runner who gave competition and comradeship on the roads of Tyabb. I personally hold that any professional athlete should be welcomed to compete in V.M.C. events in as unrestricted fashion as we welcome our own members. Our races are in principle fun 'amateur' events for no financial reward - why can't a professional compete under these terms. In that way we might make a small contribution to athletics as a human and fulfilling activity which knows no prejudice. I therefore refuse to delete Beattie's performance. He ran 9th in the V.M.C. Marathon and to think otherwise is the same as the proverbial white dove burying its head in the sand.

Yours in athletics Chris Wardlaw.

A BIT FROM HERE AND THERE

By Big Ears.

Another great night was had by all who attended the 3rd Annual New Year's Eve run around the two bridges course. A record number of starters (52) took part, including 7 ladies and 3 South Australians. The weather was ideal as the field fronted the starter, Fred Lester, and well over 100 enthusiastic spectators lined Alexandra Avenue to cheer them off. This year the runners were sent off on the stroke of midnight and immediately the pace was on as can be seen by the results. The first 6 home ran sub 25 minutes for the 8km course. Except for a minor skirmish among other spectators a very good night was had by all. At the conclusion of the event finishers received their well deserved can of beer or soft drink and then commenced to welcome in the New Year around the barbeques. Trophies and "Lucky Spot" prizes were presented and certificates were handed out later on. The run is proving a great success and looks as though it is here to stay and will continue to improve in size and presentation. All entry fees for the event were donated to the Darwin Disaster Appeal. One thing noticed was the number of finishers who preferred to have a can of soft drink in preference to the beer!!!

NOTES FROM CANADA.

From Col O'Brien

Dear Fred,

With steady snow and a couple of inches already accumulated on the ground I thought I may as well sit down and add my contribution to this edition of the Newsletter as I cannot travel to school. I received the Newsletter with mixed reactions last November when I read of your decision to step down from the position of secretary, Fred. I agree with you that there is the danger of stagnation and possible stifling of new ideas when a person occupies the one position for a long period of time. Personally, I think that when you have a winning combination going and a person who is as genuinely interested in improving the sport and forever striving to achieve that goal as you are why change the status quo. But with the risk of improving the Newsletter (it's pretty good now) then you may have made a correct decision, Fred. Many thanks to your great work over the years for an excellent job, mate, and I hope that you will continue to work in the club in the future with the same enthusiasm. It wouldn't be the same without you.

I do not have as much information re the running scene here as previous letters as we are just beginning our indoor season after a couple of quiet months after the cross country season. Andy Boychuk (Ontario) is back in action again and running quite well. I believe he was down there for a while. He won a 10 mile road race in December in 48:44 but I think the course is a $\frac{1}{4}$ mile or so short. Three weeks earlier he was leading most of another 10 miler (wheel measured) when he suffered a muscle pull in the last 2 miles and only ran 55:57. Winning time was 50:46 by Bob Moore. First Master was R. Lazenby (don't know his first name) in 56:07. Jerome Drayton won a 3 Mile in Toronto last weekend and narrowly missed Puttman's world mark with a 13.06. In an indoor meet in Toronto in early January Dan Shaughnessy won a 3,000 in 8:00.4, defeating two twenty year olds Neil Hendry (8:04.4) and Bill Marcotte (8:05.2) 19 year old Peter Richardson from New Brunswick (about as far out of the way as Perth) ran an indoor 3:45 1500 last weekend. Also last weekend Ian Stewart ran an 8:03 3,000 in Britain and defeated some tough opposition. Steve Prefontaine has run (indoors) this year - an 8:24 and an 8:27 2 miles (won both) and a 3:58 mile (2nd). There are rumours of him turning pro although so far he has not. The pros here (USA) are trying to organise a \$100,000 "super-mile" in the Houston Astrodome with \$60,000 for the winner.

Frank Shorter ran a marathon in Hawaii 8 days after Fukuoko but suffered an injured leg (wonder why?) and jogged in for 4th in 2:33. The Montreal Olympic marathon course has been approved. It is basically a quadrilateral. Much of the course is tree-lined and there are two major gentle climbs. Over the first 4,000 metres the course rises 120' (31m) Between 21 and 28km the course climbs steadily from 65' (20m) to 280' (85m) and then drops fairly quickly to 32km and is flat to the finish where there is a further downhill into the stadium. The start is scheduled for 4.30.p.m., July 31 but may be delayed to 5.30.p.m. Average Montreal temperature in July at that time is about 76° F. with humidity 54%. By 7.p.m. the temperature has dropped to 73° with 61% humidity. The pre-Olympic Marathon is to be held on August 2nd this year which is also the 1975 Canadian Championship. 25 year old Jackie Hansen ran a fem's world best for the marathon in 2:43.54.6 at Culver City last December. The course is officially certified by the A.A.U. Race winner was Mexican Mario Cuevas in 2:18.08.8.

The Canadian Cross Country Championships in November were won by Neil Cusack (Eire) who ran the 12km course in 33:23. Next came Tony Simmons (G.B.) 33:42, Paul Baldwin (USA) 34:09; Chris McCubbins (American now living in Canada) 34:17 and Grant McLaren (Ontario) 34:27. Andy Boychuk was 8th in 34:36. Morrie Aarbo was 4th in a 6.147 mile road race in Calgary in November in 33:16 won by 26 year old English export in 31:04.

I myself have had only a few races the last 3 months as I had exams in December and am just running long with plenty of hills, but managed to squeeze in a 31:42 10,000 in December. Fred, if any of the people reading this newsletter ever do any travelling which brings them to this town (Vancouver, British Columbia) and are looking for a place to rest for a few days my wife and I would only be too glad to accommodate them as we have a spare bedroom. Our address is 5534 S.E. Marine Drive, Burnaby 1 (Suburb of Vancouver) B.C., Canada. Our phone is 435 9122 and my wife's work number 324 4111. We will be here until just prior to the Montreal Olympics and are then heading home through Europe and Asia after seeing the Games. I had better close now before I make this letter too long. Cheerio for now, sorry I have no results of Aussies over here. All the best - Col O'Brien.

P.S. Hope the decision to change the name of the V.M.C. is defeated. Like it as is.

VICTORIAN RANKING LIST TO FEBRUARY, 1975

<u>100 METRES</u>		<u>200 METRES</u>		<u>400 METRES</u>	
10.6 G. Haskell	O.P.21/6	20.8 P. Fitzgerald	O.P.24/11	46.3 P.Fitzgerald	OP. 1/9
10.6 P. Fitzgerald	O.P.20/10	21.2 V. Plant	O.P.20/10	46.4 D.Hanly	OP.17/12
10.6 B. Weinberg	O.P.26/10	21.2 P. Soanes	O.P.16/11	47.0 C.McQueen	OP.20/11
10.6 I. Campbell	O.P. 2/11	21.3 B. Weinberg	O.P. 4/12	47.1 R.Mitchell	OP. 4/2
10.6 P. Grant	O.P.10/12	21.4 L. D'Arcy	O.P.16/11	47.3 B. Field	OP.17/12
10.6 V. Plant	O.P.11/1	21.4 G. Haskell	AD,25/1	47.3 J. Higham	OP. 4/2
10.7 R. James	O.P.20/10	21.5 D. Morgan	O.P.20/10	47.5 P. Grant	OP. 4/2
10.7 P. Soanes	O.P.20.10	21.5 R. Mitchell	O.P.20/10	47.8 J. Crane	OP. 4/2
10.7 D. Morgan	O.P.20/10	21.5 I. Campbell	O.P.16/11	48.0 M.Binnington	OP. 8/2
10.7 B. Besanko	O.P.20/10	21.5 R. James	O.P.14.12	48.2 W. Hooker	OP.23/11
10.7 B. Humphrey	B.H. 9/11	21.5 D. Hanly	U.14/12	- - - - -	- - - - -
10.7 I. Rodgers	B.H. 9/11	21.5 B. Besanko	O.P.17/12	<u>400 METRES HURDLES</u>	
10.7 B. Minehan	U.23/11	- - - - -	- - - - -	50.4 B. Field	OP. 5/2
10.7 L. D'Arcy	O.P.17/12	<u>110 METRES HURDLES</u>		50.9 D. Hanly	OP. 4/12
<u>Wind Assisted</u>		13.8 V. Plant	O.P.16/11	51.0 P. Grant	BH.14/12
10.3 V. Plant	O.P. 8/2	14.0 M.Binnington	O.P.20/11	52.0 M.Binnington	OP. 5/2
10.3 I. Campbell	O.P.28/10	14.1 M. Baird	O.P.20/11	53.2 M. Baird	OP.10/12
10.3 G. Haskell	O.P. 8/2	14.5 S. Latu	O.P. 9/11	53.2 R. Green	OP. 5/2
10.4 P. Fitzgerald	AD.25/1	14.5 P. Grant	O.P.11/1	54.0 B. Besanko	OP.18/1
10.5 L. D'Arcy	S.28/11	14.8 R. Green	H. 26/10	54.0 J. Dunkin	OP.18/1
10.5 P. Soanes	S.23/11	14.8 D. Hanly	O.P.16/11	54.2 M. Gurry	OP.30/11
10.5 R. James	AD,25/1	14.8 D. Gargan	O.P.16/11	54.2 D. McGlade	OP.10/12
- - - - -	- - - - -	14.8 J. Watkins	H. 30/11	54.7 P. Bolger	P. 14/12
- - - - -	- - - - -	14.9 G. Holliday	H. 1/2	- - - - -	- - - - -
<u>800 METRES</u>		<u>1500 METRES</u>		<u>5000 METRES</u>	
1:47.6 J. Higham	5/2	3:36.9 G. Crouch	4/2	13:25.6 W. Scott	4/12
1:49.2 W. Hooker	4/12	3:38.8 K. Hall	4/2	13:53.4 S. Austin	4/12
1:49.6 G. Crouch	/8	3:41.8 R. Hendy	25/1	13:54.0 J. Axsentieff	4/12
1:50.0 B. Carroll	5/2	3:43.9 B. Petts	4/2	13:55.8 C. Wardlaw	4/2
1:50.1 K. Hall	1/2	3:47.0 D. Holdsworth	4/2	14:03.0 R. Hendy	4/12
1:50.2 C. McCurry	14/12	3:47.4 W. Scott	20/11	14:04.0 R.de Castella	4/12
1:50.5 A. Gibson	4/12	3:48.4 A. Gibson	8/2	14:05.0 W. Bourke	4/12
1:50.5 R. Smith	14/12	3:48.6 J. Berringham	22/11	14:06.0 B. Lewry	4/12
1:50.6 B. Power	17/12	3:49.0 P. O'Hare	10/12	14:10.0 P. O'Hare	4/12
1:51.3 R. Hendy	16/11	3:49.0 E. Wilson	2/4	14:10.0 G. Nicholson	4/12
- - - - -	- - - - -	- - - - -	- - - - -	- - - - -	- - - - -
<u>10,000 METRES</u>		<u>3,000 M STEEPLECHASE</u>		<u>DECATHLON</u>	
28:18.0 W. Scott	22/10	8:35.0 R. Hendy	5/2	6034 R. Mooney	27/1
28:25.6 J. Saxsntieff	18/12	8:40.4 P. Larkins	20/11	6006 R. Wynhoven	22/12
28:29.0 C. Wardlaw	18/12	8:45.4 R. Walszak	5/2	5819 P. Urban	27/1
29:55.6 S. Austin	22/10	8:49.3 C. Wardlaw	20/11	5773 B. Babijcjuk	27/1
29:59.0 M. Little	18/12	9:00.7 E. Keranen	20/11	5756 G. Bourne	27/1
30:06.0 J. Finlay	18/12	9:01.0 P. Cuffe	5/2	5639 P. Leane	27/1
30:13.4 W. Bourke	22/10	9:03.5 T. Harrison	20/11	5473 D. Kennedy	22/12
30:19.0 A. Hill	13/10	9:04.6 G. Zeuner	7/12	5276 R. Huddle	22/12
30:36.0 N. Ryan	18/12	9:08.0 E. Coyle	20/11	5268 C. Carbis	22/12
30:40.8 P. Cuffe	22/10	9:08.8 G. Taggart	7/12	5033 B. Leane	27/1
- - - - -	- - - - -	- - - - -	- - - - -	- - - - -	- - - - -
<u>1500 METRES WALK</u>		<u>3000 METRES WALK</u>			
6:05.0 R. Haywood	O.P. 1/2	12:36.4 R. Haywood	O.P. 5/2		
6:13.0 P. Nugent	O.P. 30/11	13:05.0 P. Nugent	O.P. 4/12		
6:20.5 P. Bethune	.P. 30.11	13:21.4 W. Cullen	O.P. 4/12		
6:20.8 G. Bluett	B.H. 7/12	13:25.8 P. Bethune	O.P. 4/12		
6:34.8 Z.Sokolowski	O.P. 14/12	13:29.8 G. Bluett	O.P. 4/12		
6:34.8 G. Dent	O.P. 18/1	13:44.0 G. Dent	O.P. 5/2		
6:34.9 D. Smith	U. 30/11	13:49.6 Z. Sokolowski	O.P. 17/12		
6:36.5 G. Ellis	O.P. 30/11	13:53.8 D. Smith	O.P. 9/11		
6:38.0 A. Cavanagh	U. 30/11	13:54.0 T. Erickson	U. 7/12		
6:38.6 J. O'Connell	U. 2/11	13:57.4 A. Cavanagh	O.P. 25/1		
6:38.8 W. Cullen	P. 30/11	13:59.0 G. Ellis	O.P. 10/12		
6:39.0 T. Erickson	O.P. 18/1	14:09.0 J. O'Connell	U. 7/12		
- - - - -	- - - - -	- - - - -	- - - - -		

RANKING LISTS - Continued:HIGH JUMP

2.08	B. Burgess	S	16/11
2.05	J. Hunter	B.H.	2/11
2.05	R. Watt	O.P.	14/12
2.05	L. Peckham	O.P.	11/1
2.01	C. Donald	B.H.	16/11
2.00	P. Wright	U.	26/10
1.98	S. Jacobs	P.	26/10
1.96	D. Tranter	B.H.	23/11
1.96	J. Knight	Syd.	/1
1.95	G. Ronald	O.P.	9/11

LONG JUMP

8.02	C. Commons	O.P.	18/1
7.30	D.A. Commons	B.H.	5/10
7.30	B. Field	Ch.	26/1
7.28	B. Davidson	U.	30/11
7.28	P. Wood	S.	14/12
7.20	D.J. Commons	B.H.	16/11
7.10	P. Halson	H.	1/2
7.06	R. Sarah	H.	2/11
6.96	I. Campbell	H.	30/11
6.95	B. Besanko	O.P.	26/10

TRIPLE JUMP

16.08	I. Campbell	O.P.	2/11
16.00	P. Wood	O.P.	7/12
15.73	D.J. Commons	O.P.	8/2
15.55	C. Commons	O.P.	20/11
15.46	D.A. Commons	H.	2/11
14.56	R. Sarah	O.P.	5/2
14.44	G. Sargent	Syd.	8/12
14.18	B. Davidson	O.P.	25/11
14.15	R. Buckland	H.	9/11
14.10	T. Soo	O.P.	2/2

POLE VAULT

5.26	D. Baird	Ko.	10/7
4.75	R. Boyd	O.P.	5/2
4.60	A. Stewart	O.P.	5/2
4.40	M. Coricadden	B.H.	16/11
4.40	R. Huddle	O.P.	20/11
4.00	B. Mustafa	P.	9/11
4.00	C. Tulgenzi	O.P.	23/11
4.00	S. Sherry	O.P.	14/12
3.95	M. Price	B.H.	16/11
3.95	P. Leane	B.H.	7/12
3.95	J. English	O.P.	25/1

SHOT PUT

16.33	R. Rigby	O.P.	30/11
14.70	A. Pollock	S.	14/12
14.39	S. Latu	U.	30/10
14.27	R. Glass	H.	14/12
13.80	R. Wynhoven	O.P.	4/12
13.56	R. Villani	P.	23/11
13.23	J. Reynolds	O.P.	23/11
13.20	A. Gusbeth	S.	26/10
13.10	H. Van Beuge	O.P.	25/1
13.03	G. O'Shea	O.P.	2/2

DISCUS THROW

45.86	R. Villani	O.P.	5/2
45.84	R. Wynhoven	O.O.	5/2
45.63	A. Pollock	Ade.	/1
44.76	A. Wilks	O.P.	2/2
43.48	S. Latu	O.P.	11/1
42.80	C. Considine	O.P.	5/2
42.74	R. Rigby	O.P.	4/12
41.64	G. Young	O.P.	5/2
41.52	R. Glass	H.	7/12
40.88	A. Gusbeth	S.	26/10

JAVELIN THROW

75.06	S. Koscik	O.P.	18/1
72.81	M. Rohkamper	O.P.	20/11
68.64	R. Lethbridge	O.P.	20/11
64.56	R. Buckland	O.P.	18/1
61.39	S. Ellis	O.P.	18/1
61.38	R. Fritz	O.P.	1/2
61.30	W. Sheffield	U.	2/11
60.80	A. Farr	S.	16/11
60.40	A. Gusbeth	B.H.	16/11
59.52	P. Keene	O.P.	9/2

HAMMER THROW

60.76	G. Puopolo	B.H.	16/11
53.64	A. Pollock	O.P.	18/1
53.00	G. Braden	O.P.	4/12
52.02	A. Gusbeth	B.H.	16/11
51.50	L. Botolaeis	O.P.	4/12
49.77	M. Edwards	O.P.	14/12
49.12	K. Readwin	P.	23/11
48.62	R. Glass	H.	14/12
47.29	N. Regos	U.	2/11
45.62	R. Wilks	O.P.	9/2

BITS & PIECES FROM HERE AND THERE

By BIG EARS.

How long will the new administration down in McKillop Street last in power ? Judging by the discussions and comments that are being made by athletes and club officials it is evident that maybe the change was not for the good.

One thing that can't be overlooked in any organisation and that is communication between the administrator(s) and the members it represents.

Believe a top coach has suggested that the VAAA should be run by businessmen.

Who will win the big race between Ron Clarke and Derek Clayton on the "FUN RUN" day. Apparently both runners have been putting in some solid sessions of training up at Ferny Creek on Sunday mornings.

Good to see Peter Norman back on the track again showing some of his old pace.

LETTER FROM NEW ZEALAND

From Gerry Sofianos

Sorry for this letter being sent late, as you and many fellow runners knew of my run in the Invitation Marathon at the New Zealand Games through the hospitality of the club coach who I ran with during my previous stay in Christchurch.

Before I tell you of the results of the Marathon I will tell you what went wrong and what can go wrong before a Marathon. My build up for this Marathon was the best I have ever built up for a race. Logging around 100-120 Miles per week since my p.b. 2:24.39 in the Aussie Marathon and using the VMC races as time trials.

Getting back to the NZ Marathon, which was run at 5.50.p.m on Jan. 25th, 1975, and started from the Q.E. II Park Games Track. The course was two laps of a circuit around the Avon River, which was flat and fast. Three days before the race I got stomach cramps, which I put down to being nervous or something. I tried to jog the last few days but it was hopeless. I didn't want to pull out after travelling all that way to N.Z. The day arrived for the Marathon and my stomach cramps were slightly better, but after a warm-up, I knew I would be in pain.

After a slow start and going only one mile I was in pain but I kept running and trying to relax so that I could keep running. In this, my only sixth Marathon, I finished 5th in 2:28.12, being 2nd for the Canterbury Title, 32 seconds behind the winner Roger Sharpe. I spent a good hour after the race in pain in the medical room where Doctor Tom Anderson checked me over. It was stomach cramps all right, caused by lack of salt, which I never have on my meals. What a damn fool."

Anyway, the race was won by Kevin Ryan in 2:14.29, making him N.Z.'s fifth fastest. Second was Barry Jones in 2:24.01, third was R. Irwin in 2:25.59, fourth was Roger Sharpe in 2:27.30, who blew up near the end. Fifth was myself and sixth J. Jones (Onslow).

Three days after the Marathon I ran a 15 miles in the hills at a steady pace, showing not only that I recover quickly, but also that I should have run a p.b. of a sub-2:20!! The N.Z. Games were great and I met many athletes from overseas, local and from Aussie at the Games Party after the last day's running. I could tell you a few stories when I get back! After ten days in Christchurch I arrived in "windy" Wellington. Don't wear your hat there, Fred! "

My first race was in the Wellington 8 miles road race which I took easy to win in a slow time of 44:35. This was on the 8th Feb. 1975. I wonder how many runners in Melbourne, if not in Australia, have ever run a 27-28 miles cross country course. An ex-runner from Club in Christchurch and who finished 3rd in the Wellington Marathon in early January did 2:44.11, his name Raman Farmer. We both set out at a steady pace for the first 14 miles "about half" along the rugged hills of the Hutt which is about 15 miles from Wellington. Being in the open hills it was very windy as vegetation is very poor around Wellington, not like our Great Dividing Range. We finished in 3 hours 13 minutes, my longest ever cross country run. On the Wednesday the club with which I am training invited me and a Brisbane runner to run in a select 2 miles event. I finished fourth in 9.24, winner's time was 9.14. The Club is now trying to get me an invitation for the Wellington Championship 3000 Metres in which heats are run in the morning and the final in the afternoon. I am hoping to start in the New Zealand Marathon at Dunedin, South Island, on the 1st of March, only one day before I am due to leave for Melbourne. I am considering returning to Christchurch or Wellington for the cross country in a few months. Cross country and training is great over here, not like Melbourne with same course and same race each year, how sick could you get from four cross country races.

Anyhow, so much for that, I hope I haven't bored you with my life story, Fred. The result of the Wellington Marathon at Lower Hutt - 1st David Matthews, a 26 year old Masterton farmer running his first marathon, 2:31.46. 2nd was R. McGregor, Hutt Valley, 2:36.52; 3rd Raman Farmer, Scottish Harriers, 2:44.11. The course record is held by well-known New Zealand representative Brian Rose in 2:25.

I hope I have covered the main points, Fred. Please do me a favour and thank Tom Kelly for getting me the singlet for the marathon, only a day before I left. Also, tell Neil Ryan about the result of the marathon. If you like to put any of this letter in the next Newsletter, it is up to you, Fred. Until I return to Melbourne best of luck.

Your fellow V.M.C. runner, Gerald.

* * * * *

Congratulations are in order to George and Robin Claxton on the recent birth of their son John David.

U.S.A. Culver City - California. In December, Jacki Hansen set a new world's mark for the women's marathon run when she ran 2 hours 43 minutes and 54 seconds.

WINTER FIXTURES 1975

Mar.	29	Cowra (N.S.Wales) Half-Marathon.
Apr.	6	(SUNDAY) VMC 16km, Women's 4 miles and U/17. Princes Park. 2.30.p.m.
Apr.	12	V.A.A.A. Cross Country Opening - Flemington Racecourse
Apr.	19	VAAA U/17 5000m C.C.Ch., Open and U/Ages 5000m runs. Coburg.
Apr.	25	(FRIDAY) VMC 12km "Fallen Comrades", Women & U/17 4km. Domain. 2.30.p.m.
Apr.	27	(SUNDAY) Monash Relays - Yallourn.
May	3	VAAA Regional 5,000m - Under Ages C.C.Runs.
May	10	VAAA 8km Open & U/17 C.C.Ch., U/14 & U/13 C.C.Runs - Benalla.
May	11	(SUNDAY) VMC 20km, Women 5km, U/17 km, Open - Albert Park, 2.30.p.m.
May	17	VAAA - Sandown Relays - Stawell Marathon
May	24	VAAA Regional 5,000m - Under Ages C.C. Runs (Eastern Group Control) Bendigo to Eaglehawk 4 Miles Handicap Road Run.
May	25	(SUNDAY) N.S.Wales Schoolboys Cross Country Champs. Scarborough Park.
May	31	VAAA 12km Open, U/19 8km C.C.Champs - U/15, U/14 C.C.Runs. Bundoora. A.C.T. - R.G.M. 12km. Cr. Country - Grevillea Park.
June	1	(SUNDAY) Traralgon Marathon V.M.C. 25km; Women 10km, U/17 & Open 10km. Albert Park - 2.30.p.m.
June	7	VAAA 16km Open, U/19 5km C.C.Ch., U/14 5km.Run. Sunbury N.S.Wales 25km Road Championship - Hensley Field.
June	14	V.M.C. 15km., Women & U/17 5km. Albert Park - 2.30.p.m. Ballarat - "Chas Suffren" 4 Miles Road Handicap.
June	16	(MONDAY) Ballarat - Wendouree Relays (6 X 3km.)
June	21	V.M.C. MARATHON - DINNER DANCE - TYABB - 1.00.P.M. <u>Open, Women, U/17 Mini-Marathon (10km)</u>
June	28	VAAA Regional 5km. - Under Ages C.C.Runs. (Northern Group Control) VAAA MARATHON CHAMPIONSHIP - POINT COOK. 1.00.P.M. N.S.Wales Marathon Championship - Richmond.
June	29	(SUNDAY) Power House to Somers Relay Race
July	5	VAAA Schoolboys cross country championships. Warringal Park, Heidelberg. Lalorbe Valley, 25km Open, U/16 10km.
July	12	VAAA Regional 5km. - Under Sges C.C.Runs. (Southern Group Control)
July	19	VAAA 25km. Road Championship, U/14 & U/13 Run. Sandown Racecourse. A.C.T. Jack Pennington 16km C.C.Trophy. A.N.U.
July	26	VAAA 12km. Road Champ, Master & U/Age Runs. Werribee Racecourse.
July	27	(SUNDAY) Bendigo - 25km Road Handicap.
Aug.	2	Relay Race - In the Dandenongs.
Aug.	9	AUSTRALIAN MARATHON CHAMPIONSHIP. POINT COOK. A.C.T. Noel Jago 16km Road Race - Grevillea Park.
Aug.	16	VAAA 10km. Cross Country Trial. Traralgon - 25km King of the Mountains, U/16 15km.
Aug.	17	(SUNDAY) Sydney - City to Surf Run.
Aug.	23	Victorian Country Marathon Championship. Morwell.
Aug.	24	(SUNDAY) N.S.Wales 10km. C.C.Champ. Macquarrie University.
Aug.	30	VAAA 15km. Road Championship, U/15 Road Run. Fishermens Bend. A.C.T. Rex Foulkes Half-Marathon, Grevillea Park.
Sept.	6	V.M.C. 26km King of the Mountains. Point Leo. 1.30.p.m. <u>Women and U/17 10km.</u>
Sept.	13	AUSTRALIAN 10,000 METRES CROSS COUNTRY CHAMPIONSHIP.
Sept.	14	(SUNDAY) Warragul - Half-Marathon.
Sept.	24	(WEDNESDAY) A.C.T. 10,000m. Track Champ. Duntroon Track. 5.15.p.m.
Oct.	12	(SUNDAY) V.M.C. 1 Hour Run - Teams Races Oakleigh All Age Events and distances.

SECRETARY OF THE A.A.U. of A. ARTHUR HODSDON RETIRES

After 27 years as the top administrator of athletics in Australia, Arthur Hodsdon, M.B.E. has stepped down from office after nearly three decades of complete changes in the athletic scene in this country.

A dinner to mark his retirement is to be held in Adelaide as a prelude to the opening of the Track and Field Championships on March 21st., 22nd., and 23rd.

This dinner will be held at the Fethers Hotel, costing \$10 per head (a little cheaper than the one in the Great Hall) and those interested in attending are asked to immediately notify the VAAA office of their wishes.

VENUE INFORMATIONVENUE INFORMATIONVENUE INFORMATION

ALBERT PARK - Walkers Clubrooms (Robinson Hall) Low cream brick building facing Lake, next to Basketball Stadium and near South Melbourne Football Ground. Just off Albert Road, 5,000m circuit - 2km from City, by tram along St. Kilda Road to just past the Shrine.

PRINCES PARK - Royal Parade, Parkville - between Melb. University and Carlton Football Ground, by Brunswick or Coburg Tram in Elizabeth St., get off at Ievers St - Pavilion nearest Football Ground - 2M(3200m) circuit.

TYABB - Main road to Hastings via Wells Rd and Frankston By-pass, just past Somerville Hall in Tyabb on corner of 10,000m circuit. Motel is 650m along cross road.

POINT LEO. - Flinders Rd via Wells Rd and Frankston By-pass. Moorooduc, Merricks Nth, or Merricks to Pt. Leo Beach Rd - Red Hill 5th intersection. St. John's Boys Camp 400m from corner away from beach. 13km to Arthur's Seat, elevation 300m.

OAKLEIGH TRACK - Huntingdale Road, 600m south of North Road Overpass adjoining Huntingdale Railway Station.

JOTTINGS FROM MEETINGS

VAAA Council, 11/12/74:- 950 athletes were involved in the Inter-Venue meet at Olympic Park. A Government Grant of \$36,000 was made towards the track at Bendigo prior to the Victorian Country Championships. A proposal to raise registration fees was defeated. The holding of Victorian T and F Championships in all under age groups in conjunction with the senior championships was agreed to.

VAAA Council, 8/1/75:- Notices of items to be included in the AAU Conference and received at this meeting were not received until 2 days prior to meeting. Elections of nominations for officers of the AAU were sprung on delegates at the meeting without prior notification. A motion for financial assistance to a Victorian Secondary Schools Team to travel to New Zealand Games was lost. The loss on the abortive Special Dinner to raise funds for the Photo-Finish equipment was expected to be just over \$3,000. The Dept of Sport & Recreation may contribute \$2400 and Adidas \$2000 towards the Photo-Finish. The only meeting to show a profit at this stage was the Schoolboys Champs. with approx. \$2250. VMC member, Frank Larkins, Vice-President of the VAAA was elected one of the delegates to the AAU Conference.

VAAA Council, 12/2/75:- The increased expenditure of the VAAA on a number of items and losses incurred in various ventures were discussed at length. The matter of late notifications and unsatisfactory selection procedures deriving from that, to send an Australian Team to the International Cross Country Champs in Morosso was debated, but it was felt that the present squad was representative (VMC members Bill Scott, Chris Wardlaw and John Axsentieff) are the Victorian members of the men's team, Lynne Tennant and Lavinia Petrie in the women's team). Expo Keranen's Junior 10,000m, 10 Miles, 15 Miles, 25,000m, 30,000m and 1 hour performances last winter and spring were recognised as Victorian Records and passed on for Australian Records where applicable. Time ran out and the meeting was adjourned for a fortnight.

WHAT'S ALL THIS TALK ABOUT RETIRING ?Fred Lester

Maybe one ought to feel flattered or experience some emotions when a few people keep telling you how ell things are going, etc. atc.

Seems to me that people are missing the main point in regard to the changes we need to make if we are going to stay abreast of developments. Nobody is talking about retiring, certainly not I, as nothing could be further from my intentions. It is simply a case of not standing for re-election for a certain position because it is neither in the interest of the organisation nor the person involved that an atmosphere of proprietary interest be created.

I have indicated that my interests lie in the direction of organisation of competition and the maintenance of a regular newsletter, to which end I am prepared to work in with the other members of the VMC.

It would be hypocritical for me to deny that I like expressions of appreciation of a job I have done, we all do, and what is more important is to tell people if their efforts are appreciated.

To be a member of the VMC is to have many friends who are doing things together.

WHAT DO YOU MAKE OF IT? ODDS AND ENDS AND RANDOM THOUGHTS. . . . By Fred Lester

One thing is sure about this season's Summer events (on and off the track) its got everyone stirred up and talking! At least as far as people interested in athletics are concerned, the press is doing its best to keep it a dark secret from everyone else. But that is really not as important as a lot of people seem to think, the media's purpose is to serve the community not to run it, after all we at least are not in the game to make a profit, personally.

The talking points of this summer are the tremendous increase in athletic activity, the greater variety in competition, the problems in administrating and officiating, the assays in sponsorship, etc. Even during the Melbourne Olympics in 1956 the athletic scene was never livelier. Sure, it has pushed a lot of people out of plodding ways and made them re-think, uncomfortable as that may be, but it has also brought us face to face with problems that we have been avoiding.

This season has been one of experimentation, even if some of it has been mis-applied, and we could not possibly expect to come out of it without paying for it to some extent. But who does not pay for experience!?! It is vital that when the season has been completed and the dust has settled, we go over our experiences and sort out, without rancour or recrimination, what was good, what was bad, what ideas and methods can we persist with and where do we go from here.

A problem which beginning to worry most people concerned with the conduct of competitions is the grave shortage of individuals prepared to act as officials. As most readers are well aware, it becomes virtually impossible to conduct events efficiently unless there are enough competent people to hold watches, count laps, measure jumps and throws, judge finishes, check technical requirements, move equipment, etc.,etc. Few people are not competent enough not to be able to do any one of the many jobs required to ensure that competition can be held satisfactorily.

SO - WHY THIS SHORTAGE?

Is it that officials want to be just a little happy bunch by themselves making newcomers feel like intruders? Is it that officials tend to treat athletes like irresponsible half-wits? Is it that an elaborate system of grading, form filling and examinations is too much like the ~~buro~~ bureaucracy we try to get away from in our own time on weekends? Yet, almost every official who is out there in the hot summer's sun for hours on end is putting in a hard day's work for athletics which most athletes do recognise and respect. Maybe a bit of respect and confidence both ways can help towards minimising the problem!!

Remember, its the job you do, not the gear you wear, that counts!!

It is hard to find a more talkative mob of people than athletes after competition, especially around the watering places, yet when it comes to jotting down a few lines for the VMC Newsletter their thoughts dry up, their fingers cramp (from holding the glass) or they have a sick aunt to visit. I am like this when it comes to seeing my dentist, but that is likely to hurt.

Seeing that this is the last page, I sometimes wonder how many of you actually read the Newsletter with the attention that you should. Judging by the burnt dinners and cold cups of coffee due to unnecessary enquiries caused by inattentive reading of VMC Newsletters, the number who do would fail to make a quorum at an AGM. I'll only believe I'm wrong when I get more than 200 returns from Page 2a.

REMEMBER WHAT WAS ON THAT???

That's enough of the sarcasm, distance runners would put a rhinoceros to shame in any case, so I'll put it straight to you. Fill in those b..... forms and send them in to save time, effort and money and so that we can get on with it.

And while you are at it start thinking now about what races you will be entering, book for June 21st at Tyabb, and above all make sure you're financial.

The mention of halfwits above brought to mind the extraordinary spectacle in this year's Grand Final of Interclub when the two strongest clubs, with distance runners laid on, had two runners compete in the 5,000m on a hot afternoon, while suffering from Small Pox injections. These injections, mind you, were given in preparation for the trip to Morocco where the two men concerned are expected to do their best for Australia when they compete in the World 10,000m Cross Country Championship. What price - Common sense!!!