

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

THE V.M.C. NEWSLETTER is the editorial responsibility of the 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 down to a minimum.

Articles for publication MUST be accompanied by the name and address of the contributor, together with his signature. The writer of the article shall retain full responsibility for the contents of the article.

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

THE VICTORIAN MARATHON CLUB IS -

OPEN FOR MEMBERSHIP For any registered amateur athlete
COSTS \$1.00 per annum for Seniors
 \$0.50 per annum for Juniors (Under 19)
CHARGES 50¢ Race Fee for each event
AWARDS TROPHY ORDERS FOR THE FIRST THREE PLACEGETTERS IN EVERY HANDICAP, ALSO TO THE COMPETITORS GAINING THE THREE FASTEST TIMES IN THESE EVENTS.
 THE V.M.C. MARATHON CHAMPIONSHIP CARRIES EXTRA PRIZE TROPHIES.

ENTITLES All financial members to share in the awards, receive information issued by the Committee, and to attend V.M.C. Meetings with full voting and electoral rights.

FOR FURTHER INFORMATION DIRECT YOUR ENQUIRIES TO THE HONORARY SECRETARY OF THE VICTORIAN MARATHON CLUB, TERRY HUNTER, 69 LYNTHURST STREET, RICHMOND. 3121

THE INTERSTATE LINES OF COMMUNICATION

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Every now and again the talk shifts around to discussing what we expect to get from participating in our sport and almost invariably, the key point of agreement is on the amount of enjoyment we hope to derive from it. This does not mean that what is enjoyment for one is necessarily also the same for the next. By and large the ingredients are the same, the mixture that suits our own particular taste is an individual matter, our expectations vary according to our personalities. But to find the particular enjoyment that each of us strives for, we need to band together to train and race so that we can derive that very personal pleasure in running which we all seek in our own way.

From this follows that we need to learn more about ourselves, to recognise what we want and what we enjoy, and not expect someone else to provide it for us. After all the person we may leave it to also has his or her own desires and concepts and how to go about it and the less people actually set about doing things together (not just talking about it but actually doing!!) the bigger the gap will be between our expectations and the actual enjoyment we are achieving from whatever we are doing.

Distance runners spend a lot of time running countless miles, a splendid opportunity for doing a lot of thinking also, without anyone interrupting our being with ourselves. How much thinking about our sport and other interests do we actually do when we get the chance, how far do we think beyond the immediate day to day activities? Are we afraid to think differently, to be different, to change our mind if we come to a different conclusion ourselves? Are we afraid, jealous or even hostile of and towards other persons who insist on "doing their own thing" instead of respecting their individuality as much as want our own to be respected?

There is no contradiction between working together, to help each other to conduct and enjoy our sport successfully and having individual desires and goals. We all complement ourselves: no top runners with tailenders, no records without timekeepers and lap scorers, no distance runs off the track without someone marking the course, no V.M.C. Newsletter without contributors and distributors, etc., in short, we all need to back up each other.

Now we come to the crux of the matter in asking: Why and When did things go wrong with our sport? Basically the answer is: When we think and act in terms of using up some other people, leaning or sweating on them, seeking advancement and glory at the expense of enjoyment derived by other people in our sport, and worst of all putting enjoyment for ourselves into the background and looking upon sport as a fight for survival. Once prestige, status and money (you can please yourself in what order or combination) dominate a sportsman's thinking, he is right back in the rat race that he tried to get away from when he first prompted to take up sport!!

Some people (top runners and officials among them) seem to think that the game owes them something, and there are others who suggest to people that they owe the game something. Well, they are wrong in both cases, because once you get into the way of feeling that someone or something owes anything at all, see sport in terms of a debtor-creditor relationship, it has ceased to be sport as a form of recreation.

Nothing could be more calculated to inhibit individual and social development, one could even go as far as to say that such attitudes are detrimental to human relations within sport and outside it.

Nobody owes anyone anything, we are in the sport because we want to participate and participation means more than just running, or just holding a watch, or just beating someone else. It means all these things and lots more, and unless there is a wanting to and enjoyment and awareness of other people with similar needs and desires the sport is not for us.

These are some of the things we need to think and talk about, we have to face up to them in our clubs and associations. There are no rules or constitutions that can cover all situations or tell us what we want ourselves, make our own decisions and be prepared to do the work necessary for our mutual enjoyment and development as athletes.

You cannot leave it to someone else to do it for someone else,

WHOSE SPORT IS IT?

Fred Lester - Editor

FIXTURES AND VENUE INFORMATION

Dec. 3 (Wed) VMC 8km Open, 2km Women and U/17. 2 Bridges Course 6.00.p.m.
 Dec. 15 (Mon) VMC "Emil Zatopek" 10,000m, C & D Divisions, Olympic Park, 6.30.p.m.
 Dec. 16 (Tues) VMC 'E.Z' 10,000m, B Division, Women 3000m, Ol.Park (Special Meet)
 Dec. 17 (Wed) VMC 'E.Z' 10,000m, A Division, Masters Mile, Ol.Park (Special Meet)
 Dec. 26 (Frid) Boxing Day Picnic Meeting with Veterans, Box Hill.
 Dec. 31/Jan. 1 - VMC Midnight Run, 2 Bridges Course, Barbeque, Along Alexander Ave.
 Jan. 6 (Tues) Chelsea - VMC Run-for-your-Supper & Barbeque, Edithvale, 6.00.p.m.

PLEASE NOTE - All entries for the Emil Zatopek 10,000, MUST be in the hands of the Secretary by SATURDAY, Dec. 6th, 1975. Terry Hunter, 69 Lyndhurst St., Richmond, 3121.
 Cut-off times for "A" are 32.00 for 10,000m & 15.00 for 5000m, achieved since 1/4/74
 Cut-off times for "B" are 35.00 for 10,000m & 16.30 for 5000m, achieved since 1/4/74
 Cut-off times for "C" are 39.00 for 10,000m & 18.00 for 5000m, achieved since 1/4/74
 Only FINANCIAL members of the V.M.C. are eligible in B, C, and D Divisions.
 Non-Members of the VMC may be permitted to run in invitation in the "A" Division, provided they have reached a minimum standard of 31.30 and 14.20 respectively since April 1st, 1974. Race Fees apply without exception.

EVERY COMPETITOR is required to have another person available and capable of assisting in lap scoring. _ _ _ _ _

To facilitate grading and handicapping in the Emil Zatopek 10,000m, you must put in an entry giving your best time ever over the distance since April 1st, 1974 as well as the date and track where it was achieved.

VENUE INFORMATIONVENUE INFORMATION

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

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

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

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

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

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

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

UNIVERSITY - Tram either Swanston St 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 north from Whitehorse Road.

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

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

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

CHELSEA - Edithvale Road (Beach end of Springvale Rd) 1km from Edithvale Station.

RINGWOOD - End of New St., 1km south from Maroondah Highway, Bill Patterson corner, Traffic Lights.

GLENHUNTLY - North Road. Corner, Murrumbeena Road.

NOTE: The 30th ANNUAL GENERAL MEETING OF THE VICTORIAN MARATHON CLUB will be held on Friday, 12th March, at 8.00.p.m. in the Vic. Walkers Rooms (Robinson Hall) alongside Albert Park Lake. Put this date into your calendar now, the next notification will go out with the Annual Report and the next (March, 1976)
 V.M.C. NEWSLETTER.

V.M.C. 15 km Handicap. Albert Park. 14/6/75. Weather - Cold, slight wind.

68 started.

65 finished.

Pl.	Name	Act. Hand. Pl.	Hand. Time	Pl.	Name	Act. Hand. Pl.	Hand. Time
1	Neil GALE (Tas.)	-	46.24	34	Ivan HARRY	-	55.44
2	Garry HENRY	2.30	46.59	35	John DRIVER	8.55	55.47
3	Dave GAZLEY	0.45	47.32	36	John CLARKE	10.25	56.04
4	Don COX (Tas.)	-	47.45	37	Garry GRINSTED J	10.25	56.19
5	Rob GILFILLAN	Scr.	48.08	38	Richard HARVEY	10.40	56.27
6	Dave MARBURG	0.55	48.25	39	Reid KEAYS	-	56.38
7	John DUCK	1.25	48.40	40	Neil TAYLOR	10.00	56.48
8	Terry COLLIE	3.50	48.53	41	Arthur DREDGE	8.35	56.53
9	Andrew WELLS N.F	4.00	49.04	42	Tony TURTLE	10.05	57.06
10	Henk WIJNGAARDEN V	3.55	49.45	43	Geoff BAIRD	10.30	57.23
11	Murray WATSON	-	49.55	44	Sam HILDITCH V	11.10	57.48
12	Neil CROKER	2.30	49.58	45	Dennis WATTIE	7.35	57.57
13	Leigh BANKS	3.25	50.05	46	Max WOHLGEMANN	12.10	58.16
14	Paul BENNETT	-	50.15	47	John MAHONEY	11.50	58.21
15	Kevin SOLOMON	5.15	50.15	48	Jim CONWAY V	13.05	58.38
16	Rob JAMIESON	4.40	50.19	49	Lindsay BEATON	14.15	59.30
17	Howard BOREHAM	2.55	50.51	50	Roy JENNINGS V	13.55	59.31
18	Peter BETHERAS	3.50	51.19	51	Les MOLLARD	13.45	59.57
19	Rob WILSON	1.50	51.19	52	Andrew BANGER	13.35	60.34
20	Phil LEAR	4.40	51.19	53	Ray BARRATT V	15.45	60.40
21	Tom GRONERT	5.50	51.54	54	Peter BATTRICK	15.15	60.51
22	Steve SZEGEDI	5.35	51.58	55	Peter COLTHUP V	14.15	61.03
23	John STAFFORD	5.05	52.42	56	Rob FALLOON	9.55	61.38
24	Robert MANDILE	6.10	53.02	57	Ben BUNTMAN	-	62.46
25	George KUTZ	6.00	53.26	58	Neil GRAY	9.35	63.20
26	Denis ANDREW	7.10	53.30	59	Rob LISTER	17.05	63.51
27	Paul WINTERTON	-	53.53	60	Allan JONES	18.20	66.02
28	Terry FISHER	-	54.01	61	Col CRAWFORD	12.55	67.27
29	John McDONNELL	8.20	54.04	62	Frank BONECKER	13.25	68.01
30	Ron HARRY	-	54.19	63	Robert LAUGHTON	-	69.49
31	Gerry HART	6.00	54.46	64	Dave TALBOT	15.25	70.38
32	Bill HARRISON	9.35	55.02	65			71.52
33	Bruce WATT	8.45	55.26				

SUB-JUNIOR 5000 Metres

1	Alex KUTZ	16.42	6	Ross GRINSTED	21.44
2	Neil PILLING	17.29	7	Brendan STEVENSON	21.58
3	Tim GIULIERI	17.34	8	Hume WHITE	21.58
4	Doug LEE	17.53	9	Rory FALLA	23.16
5	Peter TONKIN	18.21			

WOMEN - 5000 METRES

1	Karen O'BRIEN	19.30	4	Colleen KELLY	21.15
2	Susan TILLEY	21.12	5	Bronwyn BARRATT	22.44
3	Melindy DAVIS	21.15	6	Lyndal O'BRIEN	26.00

V.M.C. 20 MILES HANDICAP. POINT LEO. 6/9/75. Weather: Cool and wet.

1	Gerry SOFIANOS	Scr.	108.39	E6	15	Robin YOUNG	-	133.35	-
2	Rob GILFILLAN	Scr.	108.39	E6	16	Doug OLIVER	29.45	135.34	3
3	Dave MARBURG	2.25	111.33	9	17	Jim WILLIS	19.55	136.29	19
4	Terry COLLIE	6.25	116.38	10	18	Gerry RILEY	20.45	138.00	20
5	Dennis O'BRIEN	6.25	118.02	13	19	John Mac DONNELL	18.40	142.23	22
6	Ron HARRY	15.15	119.28	1	20	Peter LOGAN	23.45	145.20	21
7	Rob JAMIESON	8.40	120.29	14	21	Geoff ALFORD	33.30	148.40	16
8	Barry SAWYER	13.15	124.16	11	22	Peter FORTUNE	38.15	153.41	17
9	Bernie CARROLL	12.00	125.35	15	23	Roy THOMAS	-	157.50	-
10	John O'BRIEN	12.45	128.18	18	24	Ian WRIGHT	-	159.52	-
11	John CURRY	19.25	128.18	8	25	Jim SCROGGIE	-	163.53	-
12	Steve THOMAS	17.05	128.18	12	26	Ron FARNILL	60.00	165.16	2
13	Terry DAVIS	20.50	129.16	5	27	Dave COLQUITT	-	166.21	-
14	Sam HILDITCH V	25.15	133.14	4	28	Barry JONES	30.15	166.21	23

V.M.C. ONE HOUR RUN. RINGWOOD TRACK. 19/10/75. WEATHER: Cloudy and humid.

P1	Name	10,000	15,000	10 Miles	1 Hour
1	Rob GILFILLAN	31.40	*47.55	51.25	18km 663.40 metres
2	Terry HARRISON	32.14	48.33	52.10	18km 469.30 metres
3	Matt RYAN	34.57	51.43	55.22	17km 575.85 metres
4	Max CARSON	34.21	52.06	56.00	17km 242.60 metres
5	Phil LEAR	36.46	55.31	59.30	16km 261.40 metres
6	John MACDONNELL	36.52	55.49	59.42	16km 186.10 metres
7	Rob GRAYSON	36.56	55.37	59.49	16km 149.10 metres
8	Gerry HART	37.05	56.17	-	16km 34.25 metres
9	Sam HILDITCH	38.00	57.35	-	15km 691.25 metres
10	John DRIVER	38.26	58.04	-	15km 543.80 metres
11	Peter LOGAN	38.21	58.07	-	15km 519.70 metres
12	Keith MacINTOSH	39.13	58.53	-	15km 294.15 metres
13	Geoff ALFORD	39.02	59.19	-	15km 199.90 metres
14	Bruce WALKER	39.06	59.20	-	15km 180.80 metres
15	Gerry RILEY	39.09	-	-	14km 836.30 metres
16	Tim DUCK	42.35	-	-	13km 954.60 metres
17	Fred McINTOSH	44.11	-	-	13km 195.95 Metres.

* Victorian and Australian Records. - 1 Hour, Victorian junior Record only.

V.M.C. SPRING TRACK RACES. CHELSEA. 12th OCTOBER, 1975

3000 METRES JUNIOR TEAMS RACE					5000 METRES OPEN TEAMS RACE				
Indiv. Pl.	Team Pl.	Name	Club	Time	Indiv. Pl.	Team Pl.	Name	Club	Time
1	Inv.	R. GILFILLAN	Oak1.	9.03	1	Inv.	R. GILFILLAN	Oak1.	15.53
2	Inv.	J. BEE	B'tn	9.17	2	1	C. STOCK	C'well	16.06
3	1	F. JORDAN	Ivan.	9.32	3	2	N. CROKER	Chel.	16.07
4	Inv.	B. McPHERSON	B'tn	9.36	4	Inv.	WRIGHT	Frank	16.20
5	2	J. HARRIS	Wav.	9.43	5	3	S. O'CONNOR	S'vale	16.26
6	3	N. ROBERTS	Ivan.	9.47	6	Inv.	R. JAMIESON	Oak1.	16.54
7	Inv.	B. TATT	Cob.	9.51	7	4	M. STOCK	C'well	17.02
8	4	R. BALWIN	S'vale	9.59	8	Inv.	A. McDONALD	W'gong	17.08
9	5	A. KUTZ	S'vale	10.01	9	5	WINTERTON	S'vale	17.13
10	6	F. HARDY	Wav,	10.06	10	Inv.	STEVENSON	Wav.	17.20
11	7	P. VINES	Wav.	10.07	11	Inv.	DREDGE	D'noing	17.53
12	Inv.	M. FLANAGAN	Yall.	10.09	12	Inv.	G. HART	S.S.H.	18.01
13	8	G. McMAHON	Frank.	10.10	13	6	R. HUTTON	S'vale	18.17
14	9	R. ACKLAND	Ivan.	10.11	14	Inv.	BRAIN	Frank.	18.35
15	10	L. LENNY	S'vale	10.18	15	7	J. CLARKE	C'well	18.36
16	11	P. McGURRIE	Frank.	10.21	16	8	BALDWIN	S'vale	19.09
17	Inv.	D. THOMPSON	Cob.	10.24	17	Inv.	R. Meiselbach	G'hunt.	19.15
18	Inv.	K. GREEN	Morwell	10.26	18	Inv.	G. RILEY	S.S.H.	19.18
19	12	N. PILLING	S'vale	10.27	19	Inv.	BROWN	S'vale	19.23
20	13	D. BURNS	Frank.	10.38	20	9	K. ONLEY	Chel.	19.25
21	14	J. HALLY	Chel.	10.59	21	10	R. CROKER	Chel.	19.38
22	15	C. SMITH	Chel.	11.14	22	11	I. STRICKLAND	Chel.	20.51
23	16	G. MARSH	Frank.	11.23	23	Inv.	BUCKLEY	Chel.	21.21
24	17	T. O'CONNOR	Chel.	11.32					
25	18	G. GARLICK	Chel.	11.35					
26	19	C. SCHRADER	Ivan.	12.08					
27	Inv.	C. BEILKEN	Chel.	12.34					
28	Inv.	H. WHITE	Chel.	12.34					

TEAMS SCORE:

1	CAMBERWELL	1, 4, 7	12 pts.
2	SPRINGVALE	3, 5, 6	14 pts.
3	CHELSEA	2, 9, 10	21 pts.

TEAMS SCORE

1	IVANHOE	1, 3, 9	13 pts
2	WAVERLEY	2, 6, 7	15 pts
3	SPRINGVALE	4, 5, 10	32 pts
4	FRANKSTON	8, 11, 13	32 pts
5	CHELSEA	14, 15, 17	46 pts.

3000 METRES VETERANS WEIGHT FOR AGE HCP.

1	Bob TURNEY	---	10:24.4	--
2	Sam HILDITCH	.30	10:34	4
3	Gerry RILEY	.10 (+10)	10.55	5
4	Fred LESTER	1.15 (+20)	11.03	2
5	Peter COLTHUP	1.25 (+20)	11.10	1
6	Hans MEISELBACH	1.50 (+10)	11.56	3
7	Allan JONES	2.00 (+10)	12.48	6

MARATHON RUN AND 20 KILOMETRES WALK CHAMPS - 1976

These events will be combined in sydney for 1976 and the date decided upon is SATURDAY, 31st JULY, 1976

V.M.C. 16 KILOMETRES - 5/11/75. 2 BRIDGES COURSE. WEATHER - Cold, wet, windy.

41 Starters. 35 Finished.

P1	Name	Hand.	Act.	Hand P1.	Name	Hand.	Act.	Hand P1.	
				Pl.			Time	Pl.	
1	Gerry SOFIANDS	.Scr.	52.28	24	19	John CLARKE	11.20	61.40	7
2	Neil RYAN	1.15	53.35	23	20	Keith MACINTOSH	12.50	61.41	4
3	Matt RYAN	3.50	54.22	12	21	Mike HUBBERT	10.15	61.53	22
4	Silvio RADOSLOVIC	3.10	54.27	21	22	Art TERRY	12.00	63.04	19
5	Grant HARDY	4.10	54.50	14	23	Barry MOORE	13.50	63.19	6
6	Peter BETHERAS	4.30	55.21	16	24	Peter COLTHUP 1V	15.20	63.52	2
7	Ron HARRY	6.20	57.09	15	25	Mike CUMMINS	14.00	64.34	13
8	Gerry HART	6.30	57.40	10	26	Hal DALHEIM	15.30	64.43	5
9	Roas SHILSTON	8.00	58.52	17	27	Peter BEGGS	14.20	64.46	10
10	Bruce WATT	9.40	59.08	6	28	George LATHAM	-	66.31	-
11	John MACDONNELL	8.30	59.32	18	29	Fred MACINTOSH	-	68.00	-
12	Peter MOORE	-	60.19	-	30	Colin CRAWFORD	22.00	69.13	1
13	Terry DAVIS	10.10	60.38	11	31	Alan FAIRBANKS V	22.10	70.44	3
14	Ken RAGNARSSON	-	60.58	-	32	Allan JONES V	20.50	74.30	25
15	Barry SAWYER	6.30	61.08	-	33	Peter PATTRICK	17.30	75.19	28
16	Neil COUTTS	-	61.20	-	34	Norm McLEISH V	20.15	76.11	27
17	Peter LOGAN	11.00	61.25	9	35	Dave BRADFORD V	14.30	78.05	29
18	Lindsay HOOPER	11.10	61.34	8					

JUNIOR 6,000 METRES RUN.

1	Chris RILEY	24.15	3	Matthew HART	28.41
2	Peter FAIRBANKS	25.49			

MORE WEIGHT LOSS DATA.

By Bruce Watt

The letter from Pater Lahiff in Townsville was interesting from a number of aspects. Firstly the early start at 6.40.a.m. We have been talking of morning starts to avoid summer heat. But 6.40.a.m.!! We all know how sluggish the body feels on early morning runs.

The second interesting aspect was the weight loss of the runners. I would say that the weight losses were not out of the ordinary. The average loss was 5.8%. A 3% sweat loss in races of 10 miles plus, is to be expected in even moderate heat(1) The lost weight is mainly sweat of course, but blood volume is also significantly reduced (2). One test on Boston Marathoners found an average loss of 7.4 lbs. (3)

This brings up the third interesting item of Lahiff's letter, that is, the high weight of the Queensland runners. Their average weight was 164 lbs. In a test on 300 top U.S. athletes in 1972, it was found that the average weight of long distance runners was 142 lbs.

Finally as corroboration of the above observations, South Melbourne Club recently organised a long run for which we recorded weights before and after. The run started at 8.00.am. Temperature was 13° at start, and 16° at finish. Relative humidity was 48%. A strong wind averaged 12 to 16 knots gusting to 31 knots.

RESULTS	START Wt.	FINISH Wt.	% LOSS	DISTANCE RUN
Gerald Hart	10:10	9:13	7.3%	36 Miles
Jim Crawford	10:2	9:7	6.3%	36 Miles
Peter Logan	9:4	8:9	6.9%	33 Miles
Bruce Watt	10:6	9:11	6.2%	30 Miles
Phil Lear	9:12	9:6	4.3%	26 Miles
Average	10:1	Average	6.2%	

REFERENCES:

- 1 Adams, William C Running in the Heat. Track Technique. Mar. 1975. pp1872- 1873.
- 2 Cade, Robert and Kaufman, David. Heat Stress and Fluid Replacement. Track Technique. June 1975, pp 1918-1919.
- 3 Costill, David. Heat Burden on Runners. Guide to Distance Running pp 32-33.

HAMILTON, NEW ZEALAND - "ECLIPSE WIRE MARATHON". 25th OCTOBER, 1975

Pl.	Name	Club	10km.	20km.	30km	FINISH
1	K. RYAN	Lyndale	31.10	61.40	1.33.40	2:14.07
2	M. Ryan	Manurewa	31.10	61.13	1.34.15	2:14.23
3	J. Foster	Rotorua	31.10	61.55	1.33.55	2:16.07
4	T. Good	N. Brighton	31.10	63.03	1.36.40	2:18.31
5	F. Smith	Owairaka	32.30	1.05.05	1.38.00	2:18.49
6	T. Reavley	Owairaka	32.11	1.04.15	1.38.00	2:20.27
7	D. Fisker	Manurewa	32.30	1.05.05	1.38.20	2:20.40
8	D. Sirl	Owairaka	31.50	1.04.05	1.36.50	2:22.38
9	J. Robinson	Tokoroa	31.50	1.03.13	1.36.24	2:23.22
* 10	R. Squirrell (NSW)	St. Geo. Sydney	33.15	1.06.63	1.40.27	2:23.39
* 11	R. Irwin (W'nd)	Owairaka	32.33	1.05.05	1.38.20	2:24.29
12	J. Julian	Owairaka	31.50	1.04.05	1.37.55	2:24.48
* 13	D. McInnes (NSW)	S. Canberra	33.57	1.08.30	1.43.27	2:25.05
14	A. Stock	Hamilton	32.35	1.05.51	1.40.45	2:25.47
15	D. McKenzie	Tokoroa	33.31	1.08.03	1.42.40	2:26.07
16	S. Struthers	Massey	35.10	1.10.30	1.44.35	2:27.43
* 17	T. Jorgensen	W.D. Sydney	34.00	1.09.20	1.45.20	2:28.27
* 18	G. Sofianos (Vict.)	VMC. Melb.	31.50	1.07.03	1.41.50	2:29.20
* 26	D. Edwards (VMC)	St. Geo. Sydney	34.00	1.09.20	1.45.20	2:34.51
* 32	R. Dowling (Vict.)	VMC. Melb.	35.10	1.10.05	1.46.50	2:36.56
* 35	P. Piper	S.C. Sydney.	36.27	1.12.56	1.50.25	2:39.06
* 46	H. Boreham (Vict.)	VMC. Melb.	36.20	1.13.10	1.52.30	2:47.14
* 53	S. Radoslovic (Vict.)	VMC. Melb.	34.37	1.09.20	1.49.05	2:49.06
* 75	J. Cozens (Vict.)	VMC. Melb.		1.16.31	1.56.55	3:02.35
* 107	T. Hunter (Vict.)	VMC. Melb.	38.30	1.16.20	1.56.05	3:25.29

10,000 METRES TRACK RACE. BOX HILL. 28/10/75. 7.20 p.m. Start.

DIVISION 1. Warm, light wind, Humid. 20° DIVISION 2. Warm, light wind, Humid. 23°

1	Chris	WARDLAW	Mon.Un.	28:55.2	1	David	JONES	Coburg	34:11.0
2	Dave	CHETTLE	Tas.	29:12.6	2	Jim	SEYMON	O.Par.	34:19.0
3	Max	LITTLE	S.S.H.	29:21.8	3	John	MacDONNELL	R'wood	36:41.0
4	Jim	LANGFORD	W.Aust.	29:32.0	4	John	EYRE	Yallourn	36:49.0
5	Graham	CROUCH	B.Hill	29:54.0	5	John	CLARKE	C'well	37:17.0
6	Stave	AUSTIN	Ivan.	30:13.0	6	Gary	WILSON	Mentone	37:22.0
7	Graham	KIPP	S.S.H.	30:57.0	7	Mike	CUMMINS	Brighton	38:08.0
8	George	HOOPER	S.S.H.	32:11.8	8	Bruce	WALKER	C'well	38:21.0
9	Matt	RYAN	Sand.	34:51.0	9	Ivan	CARTER	Coburg	39:28.0

SOME COMMENTS ON ROAD SAFETY

By Ross Anderson

With reference to your comments on Page 23, Vol. 7, No. 2, V.M.C. Newsletter, about which side of the road to run on, I agree with your comments and that runners should run on the left hand side and not the right.

In fact I always run on the left hand side when training.

Another thought about running on roads at night - a colleague at the Institute has given me a double sided piece of silver reflector material mounted in plastic which is given away by a Bank in Norway.

It is designed to be hung around the neck so that you become more visible to traffic during the dark Winter months in Norway.

I have used it quite a lot when running on the country roads at night and am informed that the jiggling reflector makes one very visible.

It is about 2½ inches by 1½ inches and of course the Bank has some advertising material printed on the plastic.

The initial one from Norway is of course aimed at the general public and not the runners.

LETTER FROM ENGLAND.

From Martin Thompson

Dear Fred,

Sorry for the delay in contacting you - it's now 7 months and 14 marathons/ultra marathons since we left Australia (wife and self). I had my first taste of marathon running in England shortly after our arrival. I was told that conditions were perfect - shivered the whole way to finish 24th in 2:47.11. I might add that the few weeks of training I managed prior to this run meant braving icy cold conditions and slipping and sliding on the snow-covered pavements. This weather was in marked contrast to that of our departure from Tullamarine where it was about 96° F. (25/2/75)

We set off from Manchester (in March) on bicycles with the intention of making for Europe and south to Spain and some sunshine. The navigation went a 'bit astray' and with a list of marathon dates (courtesy of R.R.C.) we found ourselves just outside Nancy (France) on the eve of the Vandoeuvre Les Nancy Marathon (and not heading south for Spain). There was a lot of "Fan-fare" with bands, Marching Girls and crowds at the start which was at 9.00.a.m. The field numbered 568 and the race was to be a most successful one for me - I won with a time of 2:55.00. The course may explain the time - bloody mountainous, run on forest/dirt roads most of the way with mud around 4'6" deep in many parts. It had rained for 3-4 days before the race and the course was controlled by army units which delighted in churning up as much mud as possible. We enjoyed being treated as celebrities after the race (champagne banquets, etc.) and the following day headed for Luxembourg as there was another marathon at a place called Schifflange just 6 days off. I ran 3:08.38 (28th) from over 100 starters on a very flat, fast course, and I struggled all the way with aches and pains from the previous week's running. Helmut Urbach - well known for his efforts in the popular 100K races - won in 2:27.38.

With a week to the International Marathon in Amsterdam we cycled off through the Ardennes to Bruxelles and then on up to Amsterdam to arrive in pouring rain on the eve of the race. A very big field assembled for this race which had as its venue the Stadium of the 1928 Olympics. 244 finished and I was 96th with 3:01.24 - ran too fast early with a gale force following wind - blew up badly running into it on the return journey. Again there were bands and marching girls plus mobile vans playing music over loud-speakers to the runners. Jensen of Denmark won in 2:16.51.

Our cycle touring then took us further north through north west Germany to Denmark. Made it to Copenhagen and then beat a hasty retreat at the astronomical cost of living. Stopped off at Neumunster (W.Ger.) for a 21.6k race and was pleased to run 3rd in 71.20. A total of 800 took part in various events at Neumunster and my wife won a 10.5k race in 45.47. A week later I ran a marathon near Detmold (W.G) finishing in 11th place (118 finished) with a time of 2:47.46. The weather was very hot and times suffered as a result, with the winner C. Morales running 2:29.44. The course was flat and was through a N.A.T.O. exercise area - had to dodge a few craters in the road and signs soon put an end to anyone's ideas of taking short cuts. "Beware - Unexploded Bombs" - "Beware - Phosphorous Area". Meanwhile tanks played war games right beside the course. We pushed on down to Cologne and had ideas of making for Biel (Switzerland) for the Annual 100k which attracts over 2000 starters. Unfortunately we had our camera and some money stolen in Cologne and this plus over 10 weeks in the saddle made us decide to head back to England.

My next race was the R.R.C. Marathon (Milton Keynes) 345 started and 186 finished - it was fairly warm and the course had some deceptive uphill grades. I ran 2:58.08 which placed me 103rd and the winner E. J. Watson did 2:18.47. Two weeks later I ran the Welsh Open Marathon - finished 16th from a field of 56 with a time of 2:56.43. R. Sercombe won the race in 2:22.01 which was pretty good considering the humidity and hills. A week later I ran the Woodford to Southend - my first taste of ultra-marathon running - 37 $\frac{3}{8}$ miles. It was a very hot day and the course never did flatten out. I got to 30 miles before falling apart (ran through the marathon in 2:57) The last 7 $\frac{3}{8}$ miles took me 72 minutes and I "ran" all the way. I was surprised with my placing - 13th, and my final time was 4:42.38. Highlight of this race was the post race dinner (inclusive in the 25p entry) and the R.R.C. presented me with a medal for 1st overseas runner. Two weeks later I ran the Preston-Morecambe "Milk" Marathon - less said the better - I didn't feel too good after this one - 16th out of 82 - in 2:59.38. Winner was M. Mountford 2:26.16.

With bad memories of this race I put in 2 weeks of training for the Two Bridges, 36 Miles race in Scotland. I was pleased with my effort in this one - 20th out of 55 in time of 4:06.24 (marathon, 2.50) It may surprise you that there were only 2 or 3 D.N.F.'s in this race which is very well organised and has an excellent dinner and social afterwards. I might add that the Forth Bridge is long enough to lose 5 places when there is only 3 $\frac{1}{2}$ miles to run. Caven Woodward (a prolific competitor) won in a time of 3:36.45.

Martin Thompson continues:

I had a busy racing schedule last month starting with the South London Harriers 30, which is actually 30 miles and 616 yards. Kevin Rock (Camberwell YMCA) now running for Croydon (London Club) was leading in the early stages of this 4 lap course. He pulled out and Don Faircloth won in 2:53.13. I finished 16th out of 50 in 3:21.31 after passing through the marathon in 2:53.25.

The following week I ran the London Marathon (Highgate) which is a 2 lap hilly course and came home in 16th place with a time of 2:45.27. I haven't got the result sheets of this race as yet, but the winner was M. Mountford in approx 2:22.(excellent going considering the course. A week later I ran the Rotherham Marathon - 15th out of 122 in time of 2:4;.07. Received a printed "T" shirt and gift voucher (first 15 places. It was an'easier'course but very windy. I ran the early stages with Eddie Kircup (former British representative in the early 1960's. I can't fill you in on the winner, etc. as I haven't the result sheet of this race as yet.

Last weekend I ran the London to Brighton which was 0.6 mile longer than usual owing to road diversions, making it 53.1 miles. This race was probably my best effort so far. It was a bit eerie to be getting up at 4.40.a.m. - dark outside to start a race. The actual start is at 7.00.a.m. on the gong of "Big Ben". The race this year attracted 38 overseas competitors and a total of 122. There was a lot of excitement before the start with the South Africans and their big contingent of assistants and supporters, a large group of Americans, the now familiar faces of English runners and officials dashing back and forward. The first 5 miles came up in 31.50 and the 10 miles call was 63.40 (even pace). I looked round at the company I was keeping -Ron Bentley, World 24 Hour Record Holder, George Kay, winner of the Rhodesian 50 Mile, John Offley, missed the Pennine Way record by 1½ hours, Gerry Archer, 4th in the Woodford and a couple of others who had finished ahead of me in marathons. I started to feel a bit uneasy but decided to stick with them - the group dwindled and eventually broke up with Kay getting away from me.

I was very pleased not to fall apart and jubilant to finish in 14th place with a time of 5 hours 54 minutes and 39 seconds (R.R.C. 1st Class standard is 6.15) Apart from a large blister I pulled up O.K. and the real test of endurance was the 7 hour drive back to Leeds (stuck in London traffic for 2 hours.

I have now been invited to run in the "Accolade 100" mile track race in 3 week's time on 25/10/75 and would appreciate it if you could dig into your records for Australian Best Performances over 50 and 100 miles.

We will be resident in Leeds until July '76 (at least) as last week I began studies for a post graduate Advanced Diploma in Physical Education at the University of Leeds and Carnegie College. I hope to do some research into exercise physiology and psychology as related to distance running.

If anything our travels and experiences so far have made us appreciate Australia a lot more and we are both looking forward to our return.

Well Fred, there are three sides of information to bash into shape and use as you see fit for the Newsletter. It might explain to the marathon fraternity my absence.

My father has the result sheet of the London to Brighton.

My Marathon / Ultra Marathon tally stands at 40!

Best wishes - Martin Thompson (Traralgon Harriers A. A. C.)

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"BACCHUS 12000" - EASTER SATURDAY, 1976. SPONSORED BY GRIFFITHS WINEMAKERS.
From Geoff Sainby, President, Griffith & District Amateur Athletic Club.

On Easter Saturday, 1976 we plan to hold the 2nd Annual "Bacchus 12000" last year's race was won by John Stanley, who received return air fare to San Francisco - John came 5th in that race.

I enclose preliminary statement about the race. Could you include it in your Newsletter. Yours sincerely, Geoff Sainby.

The Brochure reads:-

First Australian resident past the post in this race will receive return air fare from Sydney to San Francisco to compete in the famous "Bay to Breakers" 12.5 km Run.

Each competitor completing the course will receive a specially selected and labelled bottle of wine with certificate attached showing name, time and place.

Individual prizes to first female, first secondary male and female, first primary male and female and veteran. Plus other sporting events.

Entry forms: Griffith Athletic Club, Box 1327, P.O. Griffith. 2680.

NATIONAL CROSS COUNTRY

By Pat Clohessy

JONES, SCOTT SHARE OPEN

September 13th was certainly a memorable day in Australian athletics. On that day Australia's top open and junior runners showed world class. So let's hope they have chances to prove this.

Ten runners started in the Open Championship - and what a race it was. Jim Langford set a blistering pace and maintained a clear lead through 1000 metres before game Chris Wardlaw took over with four pursuers, Bill Scott, David Fitzsimmons, and Bruce Jones, with Max Little, Steve Austin and Tony Bart also prominent. Wardlaw led past 5k in 15.15 with the group intact. Jones shared the lead on occasions as the pace was sustained through 7k.

9k marked the spot where local champion David Fitzsimmons took off, gained 30 metres, then another 20 and raced for home looking a clear winner followed by Jones and Scott with Little gaining ground, and Austin Bart and Nicholson coming home strongly. The game Fitzsimmons then met his adversary - the final testing hill - David faltered badly over the last 100 metres, and Bruce Jones raced on strongly to catch the unlucky S.A. international a mere 15 metres from his national goal.

David fell 5 metres from the line and Bill Scott stopped to let his rival through. David couldn't make it and Bill walked to his resident national title, while Max Little, who had finished powerfully over the last 2000m, flew home to be placed third. Full credit must go to David Fitzsimmons for a very fast and courageous run. Bruce Jones, a great Australian distance runner, who was unlucky to miss Christchurch Games at 5 and 10 kilos and World C.C.C. in Morocco, ran magnificently and was a worthy Australian Champion.

Bill Scott also deserves special commendation for competing so well after his tiring European tour. His 28 mins 10k in Europe proves his class and Bill showed it again in Adelaide in adverse circumstances. He has learnt much from Morocco and his European track tour. Incidentally Bill won a Gold Medal in the Adelaide race as Bruce was strangely deemed ineligible on residential grounds.

Max Little and Chris Wardlaw also turned in world class performances. Max' second 5k was the fastest of anyone and Chris dominated the race for 9k despite a suspect leg. What an example this aggressive dynamo gives to Australian athletes. He proves that inspiration, ambition and aggression are the vital attributes rather than just physical strength.

Steve Austin and Tony Bart also ran impressively and showed world class potential while Geoff Nicholson was another to catch the eye in this sensational race.

DE CASTELLO DOWNS BARRETT

In the Junior (under 19) event, two of the nation's outstanding distance runners clashed over Adelaide's testing undulating 10,000m course. Gerard Barret, the favorite among the experts after his 10,000 - 5000m double in March in the same city, met Robert de Castella, 3 miles, 5000 Junior Record Holder and vastly improved since March.

De Castella raced clear after 400 metres, earned a 15 metre break at 1000 metres, the Victorian was 30seconds clear and going away at 5000 metres in a powerful 15 mins. 18 seconds. He kept up the pressure and won by 1 min. 28secs in 31:22.6, Barrett, 32:50.8 and Fewtrell (Q) 33.02.

Queensland won the Teams Race with 2,3,5 from Victoria 1,7,8. Three other Victorians were prominent - Robert Gilfillan ran into third place early but could not hold it. Stephen Foley and Bruce Hooley ran excellently and finished strongly into 8th and 9th places in their first interstate meeting and national championship. John Sheehan and Jeff Bee also ran creditably and all these young runners will benefit greatly from their Winter Season.

RESULTS:

<u>OPEN</u>			<u>JUNIOR</u>			
1	B. Jones	N.Zeal.	30:54.2	1	R. De Castella	Vict.. 31:22.6
2	W. Scott	Vict.	30:58.2	2	G. Barrett	Q'land 32:50.8
3	M. Little	Vict.	31:03.0	3	G. Fewtrell	Q'land 33:02.8
4	D. Fitzsimmons	S.Aust	31:05.0	4	S. Poulton	N.S.W. 33:10.0
5	C. Wardlaw	Vict.	31:19.0	5	B. O'Brien	Q'land 33:14.0
6	S. Austen	Vict.	31:34.0	6	H. Trist	N.S.W. 33:22.0
7	A. Bart	S.Aust	31:48.0	7	R. Gilfillan	Vict. 33:42.0
8	J. Langford	W.Aust	32.00.0	8	S. Foley	Vict. 33:48.0
9	A. Risby	Tas.	32:26.0	9	B. Hooley	Vict. 34:09.0
10	G. Nicholson	Vict.	32:28.0	10	D. Smith	Tas. 34:14.0

NATIONAL 10,000 METRES CROSS COUNTRY CHAMPIONSHIPS - Open and Junior.

TEAMS RACES

<u>OPEN</u>			<u>JUNIOR</u>	
1	VICTORIA (2, 4, 5, 6)	17 pts.	1	Queensland (2, 3, 5) 10 pts.
2	S.AUSTRALIA (4, 7, 18, 22)	51 pts.	2	Victoria (1, 7, 8) 16 pts.

THE 65th "DIPSEA"

By Keith Routley

Returning from Toronto, two days were spent in San Francisco by some of our Veterans Team and a chance notice of a newspaper article about this annual cross country prompted inquiries and acceptance for about twelve of us.

The race, first held in 1904, attracts between 1000 - 2000 annually. It has given inspiration to a poet and song writer and the permanent naming of the course of the "Dipsea Trail". After surviving its tortures one realised why the record for the 6.8 miles is seemingly a mediocre 44.49.

The race is a handicap affair with the limit of 15 minutes start for the aged, women and kids, staging down through 2-3 yearly groupings to 16-25 old males who are off scratch. Starting is a simple but efficient procedure - a line up of each age grouping indicated by a letter prefix and they move to the starting line in turn to be started at one minute intervals.

The race starts in the Square of the pretty Town of Mill Valley, over a mountainous peninsula to the neighbouring town of Stinsons Beach with a 1500 ft rise taking charge of the first 4 miles. After a short clearing run through the Mill Valley Streets, a cliff is scaled with the assistance of 671 steps, a further short climb - 400 yards of road running relief, a precipitous plunge down a scrubby ravine and then a mile long climb through woods along a rock, log and root covered silvan goat track - walking only for all but the demented. A mile of running up Cardiac Hill (walkers only again) then a further mile to peak at Low Pine Springs - all under the surveillance of a helicopter ambulance.

The clouds now beneath and the fun starts" for real" A crazy hell-for-leather stumble into a gulch called "Swoop Hollow" where local knowledge is a must. Bodies hurtling in from Mysterious and devious side tracks, yelling and screaming, demanding right of way, numerous crashes and much vituperation then the big news - "Elijah has wiped out" - Elijah, the course record holder and hero has had a fall - but to hell with Elijah.' - just watch your feet that are flying and flaying with a speed unknown in the wildest of athletic dreams - the race has become a dicey affair.

Next a climb for half a mile or so up something short and nasty called Insult Hill, then low and behold - its back to the gentle slopes of Sunbury's 15k course and its sweet smell of cows and sheep to a final downhill splurge to the Stinsons Road and the finish. Thousands cheer, traffic is in a turmoil, no police control.No cares.

Black, White, Young, Old, fat and thin are having their annual occasion and the Downunder cynics learn that America is not the streets of New York and S. Francisco after all. To bad time did not permit acceptance to post race "do's". I was prepared to back my trip bank-overdraft on that 55 years of muscle and zipp - Sydney's George McGrath, who off 13 minutes could have lost only with Puttemans or Viren in the field, but, over-caution in an unfamiliar terrain caused George to slip from em early lead into third placing. However, history was made when 40 years old Joe Patterson from Queensland became the first non-American to ever win the event and the biggest trophy in the world. Steeplechaser Doug Worling pipped a bird for 12th placing and thanks to a two days food free diet induced by the local water supply, yours truly drifted, enfeebled through the torture, to come in 24th, who could complain.

The first 25 to finish won a momento T Shirt and all who finished, a medal until the supply ran out. Admittedly this event has been generating for 70 years, but how wonderful to have something of its kind in Victoria.

Can we find the engredients for such a 10k course with picturesque starting and finishing points, good facilities, cheat proof, traffic free, rugged, and beautiful? Perhaps the Dandenongs could hold possibilities with the start at the Ferntree Gully National Park. Some Ferny Creek addicts might know of a rugged course to finish at Sassafras or Monbulk, but not being a keen hill man, I cannot offer any more than the suggestions. Could Victorians come to the party with sponsorships covering publicity, trophies, computer services and a helicopyer ambulance for the collapsed cases on the likes of Cardiac Hill? These athletic fiestas seem to thrive in Europe, America and even in New Zealand, with its marathons.

The "Dipsea" is for competing athletes of all ages and sexes and as far as I have tried to portray, one filled with much atmosphere. Lets have some ideas because so far in this case its 'God Bless America'

In recent years close ties have been established with the Hamilton Harrier Club in New Zealand and these were (hopefully) further cemented this year. Since an article by Fred and Neil on the V.M.C appeared in their latest News Letter it seems appropriate to record some impressions if only from the point of view of an outsider looking in.

The best bit first. Since New Zealand is not 'blessed' with a separate ladies administration men and women actually run together there. Hamilton Harriers is no exception and boasts about 30 lady members out of a total of approximately 300. The advantages of such a setup are obvious. Husbands, wives (and kids) all running together, spare birds to inspire would be Dixons to even greater heights and most importantly a hell of a social life, an advantage we discovered at the Tiran Pub on the day of our arrival. While the run is naturally the focal point of the day's activities, the tea/and/or pub afterwards is also considered important. Not at all like Victorian distance races.

Hamilton Harriers is as its name suggests is purely a road and cross country club. Regular coaching and training sessions are however carried out on the track in summer but no racing. Anyone wishing to compete there regularly is quite at liberty to join the H.A.A.C. Here then we have a setup similar to our own where everyone shares a common interest, i.e. road and cross country and no one is forced to mingle with those odd people who are called athletes despite not being distance runners.

This common interest certainly provokes much enthusiasm and a quite incredible willingness to assist. They were able to rake up over 60 officials for the Marathon despite having a large number of members competing. The Patron, the President and most of the Committee are all active competitors however, and so the finding of officials can get a bit difficult at lesser races simply because everyone wants to run.

The Kiwis are very keen on relays, both road and cross country and a fair number are held each year. Hamilton Harriers send several teams to the larger ones and also organise club ones of their own with teams (both sexes of course) graded to approximately the same level of ability. It seems as good a way as any to promote new friendships within the club and an equally good way to drive the handicapper up the wall.

An important event in the Hamilton Harriers syllabus is the annual training camp which our members have been privileged to attend for the past couple of years. This takes place over a complete weekend and includes running, coaching sessions, discussions, games and a great deal of fun. Some of the games get a bit serious as it took me about three days to recover from the "soccer match"!!

What can we in the V.M.C. learn from our association with this Club? Well, for starters, can we stimulate more interest amongst the birds even despite the segregation problem we have? Should we drive Bruce Watt crazy by trying to organise a club relay? Could we expand our activities into cross country? Should we try to encourage more people into the sport by advertising and organising pack runs with a view to ultimately getting them racing?

Hamilton Harriers can and do do all this and we are just as large a club as they are.

If you think the above sounds like a rave review you are probably right, but I am sure that everyone who has been there will agree that they are a pretty effective organisation. If the club as a whole has any failings one of them is certainly not lack of hospitality.

On behalf of the V.M.C. members who went this year I would like to thank everyone in the Hamilton Harriers Club who helped to make our visit so enjoyable. If we had not have to run a marathon it would have been perfect.

* * * * *

BIG EARS REPORTS:

CANADA: Montreal Marathon held over the Olympic Games route with the conditions being very hot and humid.

1 Mizukami (Japan)	2:22.46	4 Usami	(Japan)	2:27.05
2 Toivola (Finland)	2:25.50	5 Røveyn	(Belgium)	2:31.20
3 Ron Hill (U.K.)	2:26.01	6 So	(Japan)	2:32.38

Among the non-finishers due to the condition was E. Løse (G.D.R.)

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<u>WEST GERMANY:</u> Women's Marathon - Monspart (Hungary)	2:54.57.
Preuss	2:56.02

By Brian Lenton

The Cross-Country Club had its most successful season ever with record fields in both championships and minor events. There are now over 50 athletes who compete fairly regularly during the winter. In the 4 Challenge Matches in Camberra this year against Newcastle, Sydney University, Scottish harriers (N.Z.) and Glenhantly, the club had an undefeated record.

In the N.S.W. 10Km C.C. Title, the club had its best cross-country performance ever, finishing 4th overall (behind Sutherland, Randwick-Botany and St. George), and first in the country section. The N.S.W Road Relays saw an under-strength No. 1 Team finish 7th, with the No. 2 and No 3 Teams placing 11th and 18th in a field of 27. Possibly the most remarkable performance by a club member this year was Dave McInnes' 2:25.P5 marathon at Hamilton (N.Z.) in 13th place. Mc Innes had been out of athletics for over 2 years with injury problems and went into this marathon with only four months training.

Below is a summary of the main performances of our top three athletes:-

Nigel Beeson -

- (a) 3rd - Sutherland $\frac{1}{2}$ Marathon in 68.17 (John Farrington, 66.33)
- (b) 3rd - N.S.W. 15Km C.C. 47.07 (John Farrington 46.19)
- (c) 7th - N.S.W. 10Km C.C. 32.52 (Rob McDonald 31.43)
- (d) 1st - Pennington 16Km C.C. 53.49.
- (e) 17th- National 10Km C.C. 32.55.

Mike Kennedy -

- (a) 7th - 15Km C.C. 48.15
- (b) 2nd - N.S.W. 10Km C.C. 32.02.
- (c) 16th - National 10Km C.C. 32.48

Terry Jorgensen -

- (a) 4th - N.S.W. 25Km Road. 83.48 (John Farrington 79.44)
- (b) 1st Rex Foulkes $\frac{1}{2}$ Marathon 69.47.
- (c) 1st Noel Jago 16Km Road. 51.43 (Record)
- (d) 17th Hamilton Marathon (N.Z.) 2:28.27.

1975 RANKING LIST (CROSS-COUNTRY AND ROAD)

Only athletes with a minimum of 10 races are ranked - the figures in brackets represent the number of races and the average score of the 10 best performances. The most notable absentee is Mike Kennedy with only 9 races and a score of 97.6. The three most improved awards went to Chris Caton, Dennis Smith and John Fraser.

1 N. Beeson	(14, 98.3)	9 D. Hobson	(20, 93.5)
2 T. Jorgensen	(10, 96.9)	10 K. Bradley	(16, 93.3)
3 D. Smith	(19, 96.5)	11 D. Woolner	(13, 93.2)
4 P. Rudkin	(22, 95.9)	12 J. Fraser	(25, 89.3)
5 G. Lavers	(18, 95.9)	13 J. Gilbert	(10, 88.9)
6 G. Moore	(21, 94.6)	14 A. Duus	(20, 88.6)
7 G. Moon	(16, 94.2)	15 B. Millett	(11, 88.6)
8 B. Lenton	(24, 93.6)		

QUEENSLAND

by Paul Circosta

10,000 OPEN CHAMPIONSHIP. BURPENGARY 2nd AUGUST, 1975.

1. G. Barrett	T'wong)	31.14	17 M. Williams	Mt. Grav.	36.21
2 C. Hearle	Nun.	31.29	18 F. Cook	Univ.	36.28
3 I. Brotherton	Nun.	32.25	19 R. Grant	Cabool.	36.47
4 M. Pullinger	Nun.	32.35	20 D. Wright	Indoor.	37.05
5 S. Crane	N.S.W.	33.20	21 I. Tickle	Univ.	37.12
6 J. Patterson	Vet.	33.25	22 R. Dyers	Rang.	37.18
7 R. Dowine	S.S.	33.35	23 E. Hayes	Nun.	38.17
8 J. Woodriff	S.Coast	34.00	24 B. Morgan	Mt. Grav.	38.46
9 D. Ferris	Rang.	34.20	25 R. Freeland	T'wong	39.05
10 M. Carter	Rang.	34.32	26 R. Doyle	Mr. Grav.	39.07
11 G. Barralet	Rang.	34.58	27 B. Biddle	Nun.	39.10
12 R. Hill	Cabool.	35.14	28 N. Henzell	Mr. Grav.	40.09
13 I. Murray	Univ	35.29	29 T. Smith	Cabool.	42.25
14 P. Circosta	Rang.	35.39	30 W. Davies	Inala	42.49
15 M. Knight	S.S.	36.02	31 R. Ralph	Univ.	42.59
16 D. Stapleton	Rang.	36.13	32 R. Dunstan	Rang.	44.49

NOTES FROM EUGENE, OREGON.

By Brian Chapman.

Highlights here since July have been routine - two world's records, the Pan-Am Games Trials, a successful summer all-comers track programme, the North-West Cross Country Titles and the fastest marathon by an American this "qualifying year" starting from May.

NIKE O.T.C (Oct. 12) - WORLD RECORD BROKEN!

This marathon is sponsored by the Nike Shoe Company (manufacturers of a very comfortable 6 oz nylon wobble soled running shoe) and the Oregon Track Club. First Prize was a plane trip to L.A. for the National Marathon, there were shoes for winners of 5 age groups, T Shirts for all age group placegetters and free refreshments afterwards.

At last I know what it is like to be in a world record race. 90 runners, including 2 women lined up in the centre of downtown Eugene to face the starter, Bill Bowermann (U.S. Coach at Munich, 1972) Weather was perfect (55°⁰, no wind) Favorites were Jon Anderson (Boston winner in 1973, Bruce Dewsberry (Canada), and Don Kardong (a sub 2:20 man). As usual I was out to break 2:20 and as usual I didn't.

At the mile it was Jon, Don, Bruce - an unknown guy from the Colorado Rockies called Buerka and Bob Gray (5.15). Myself, Ken Norton (@:09 miler and 13:40 3 miler) and Mike Merrill (a swimmer - turned marathon) followed in 5:21. At 5 miles the leading four had stepped it up to pass in 25:35 while my group of four clocked 26:40. At 10 miles the leaders were 52:10, then Ken and Mike (53:40) had dropped me (54.00) At 15 miles Jon Anderson and Don Kardong led in 78.00, just ahead of Bruce Dewsberry and Buerka, then Ken and Mike (80:30) and me (82:00) Jon got away to be 1:44 at 20 miles from Don, Bruce, Buerka Ken (1:48) Mike and myself feeling tired in (1:50) From there Jon shot home brilliantly in 32 minutes. But the real shock came when in 11th place, a 26 year old women, Jacki Hansen, came striding round the park to record a fabulous 2:38 (60.00 at 10, 2.01 at 20). She is from Los Angeles, trained by an Iglai disciple and is 5'3". She does 70 - 80 m.p.w, and follows "the diet" (looks feminine too I might add)

The worrying fact is that no longer can we say "if you have a bad marathon you may get beaten by a women". Now "if you have a good marathon you may still get beaten by a woman". Kacki is now out for 2:30 and there seems little doubt that a women's marathon in the Olympics will be introduced in the foreseeable future and justifiably so.

Perhaps in 1994 when the Australian A.A.U. moves to admit women into men's races (especially marathons) we may begin to catch up. Jon Anderson was exhilarated with his win in 2:16. It is the leading U.S. time this year (ahead of Frank Shorter's 2:17 in Louisiana recently). My 2:26 caused me to cash in my Montreal tickets in exchange for some Moscow ones - in continuation of a habit of mine which began in 1968. All I can say is good luck to Farro, Normy, Chetts or whoever goes to Montreal.

RESULTS:

Jon Anderson	(O.T.C.)	2:16.06.	Son of Eugene Mayor, Olympian.
Don Kardong	(C.N.W.)	2:19.24	
Ken Norton	(O.T.C.)	2:22.45	
Bruce Dewsberry	(Toronto)	2:22.57	
James Buerka	(Colorado)	2:23.04	
Mike Merrell	(Indep)	2:23.45	
Brian Chapman	(O.T.C.)	2:26.55	
Clayton Steinke	(O.T.C.)	2:35.44	
Greg Jacob	(O.T.C.)	2:38.09	
Jerry Peterson	(O.T.C.)	2:38.14	
Jacki Hansen	(S.F.T.C.)	2:38.19	New Women's World Best.

Hansen lowered the previous mark of 2:40.15 by Christa Vahlsnek (West Germany) 31 finished under 3 hours and 60 under 3:21. - - - - -

DECATHLON WORLD'S RECORD In August I had the privilege of seeing my third world record since arriving in Eugene. Most of us agree decathlons would be about the most boring event you can watch back home in the heat of summer. However, 4000 Eugeneans supported an exciting U.S.A. V Poland V Russia contest featuring half a dozen Olympians (including the top 3 at Munich) The second day went from noon till 8.40 p.m. at night when the final 1500 metre heat occurred. With Bruce Jenner needing 4:26 to break Nick Avilov's world record, the noise was just shattering. Avilon actually led the first lap, then Jenner streaked home in 4:16. After the dust had settled, they found that 8 decathletes had beaten 8000 points, also record.

RESULTS: Bruce Jenner (U.S.A.) 8525; Fred Dixon (U.S.A.) 8227;
Nick Avilov (U.S.S.R.) 8211.

PAN-AM TRIALS The A.A.U. offered to pay air fares to Eugene for the top 12 men in each event. Certain top "moaner-winger" types showed just how shallow and selfish their complaints are by not even bothering to show up. Results of note were:-

800: 1. Keith Francis, 1:47.4; 2. Tom McLean, 1:47.5; 3. James Baxter, 1:47.6;

1500: . This was a kickers race with splits of 66., 2.10, 3.11.

1. Tony Wardrop, 3:50.5; 2. Scott Daggett, 3:51.0; 3 Steve Heidennech, 3:51.3.

5000: 1. Mike Slack, 13:40.2; 2. Ted Castaneda, 13:40.8; 3 John Gregorio, 13:41.7.

10000: 1. Gary Bjorklund, 28.25; 2. John Gregorio, 28.37; 3. Don Kardong, 28.56.

4. Gary Tuttle, 28.58; 5. Jon Anderson, 29.10; 6. Gerry Garcia, 29.27.

Steeple: 1. Mike Manley, 8.27; 2. Randy Lussenden, 8.27; 3. Jim Johnson, 8.30.

PREFONTAINE TRAIL. A 5 Miles sawdust-wood-chip jogging trail has been constructed in the Eugene River area (materials donated) It is in memory of the recently deceased distance ace who helped fame for the town. They arranged for an opening run to establish a foundation aimed at paying fares for top European athletes to compete in Eugene. Entry fee was \$5 with free T-Shirts and beer the reward. \$2000 was raised.

SUMMER SEASON. Eugene's answer to Interclub is the "Allcomers Meets". There are five of these meets on Fridays held in August. No clubs, no uniforms, no points, only 5 officials for 450 competitors! Events range from 100 yards to 6 miles (on request) with heats of the shorter events arranged by age. Cost is 20¢ to enter and the first six placegetters receive ribbons. Most popular event is the joggers mile, held in 3 divisions (Sub 5 minutes, Sub 6.30, and slower) They attract up to 120 runners in the one race - fantastic spectacle.

Mike Manley ran a mile in 4.07; Pat Tyson ran 2 miles in 8.42; Lee Evans (Yes, that Lee Evans) ran a 4.27 mile - did I hear a tut-tut coming from Aussie A.A.U. H'qrs. Another pro, Ed Liscombe, vaulted 17'0. Incidentally Manley didn't lose his amateur status competing against Ev'ns. Last week he won the Pan-Am Games Steeplechase in Mexico City (9;04)

NORTH WEST CROSS COUNTRY (Nov. 1.) The College Season has just begun and this 6 mile affair was held at Eugene's Emerald Valley Golf Course (all U.S. cross country courses are flat as pancakes) Washington State Univ. seems to have recruited the potential Kenyan Olympic Team because the three Africans swept the event and looked in great shaps.

1. Josh Kimeto (W.S.U. Kenya) 28.10; (I think he ran at Christchurch in 1974)

2. John Ngeno (W.S.U. Kenya) 28.19; won A.A.U. Cross Country in 1974;

3. Sampson Kamombwa (W.S.U. Kenya) 28.27.

4. Paul Geis (Oregon) 28.52 - a 12.55 three miler;

5. Dave Taylor (Oregon) 28.56; 6. Hailu Ebba (O.S.U. Kenya) 28.57.

U.S. OLYMPIC TRIALS. These are slated for Eugene in mid June. The top 12 in each event will be flown here to compete. The Marathon Trials will be held on May 22, also in Eugene (Spring). At present only those marathoners who break 2:20 will be allowed to run in this trial (efforts are being made to change this to 2:25, since only Shorter, Anderson and Kardong have qualified so far.

Readers may be interested to know that it is easier to make an American Olympic Team in the Marathon than in to the Australian Team.

The U.S.A. sends the top three regardless of time (e.g. In 1972 Jack Batchelor was selected on his 2.20, which was 3rd place - he came 9th in Munich.

When will Australian Selectors make up to the fact that by not sending winners of Australian Trials (and 3 marathoners) REGARDLESS of their performances, they are denying athletes the most important incentive to train and improve.

MARATHONS

Netherlands - Women - 1. Konings 2:57.17.

Enschede Marathon: 1. Ron Hill 2:15.59.2

South Korea - Seoul: Asian Championships, held in 30° C Heat:
 1. Tanaka (Japan) 2:32.06

Comrades Marathon (Durban to Petermartizburg) 56 Miles:
 1 Derek Preuss (S.Africa) 5 hrs. 53 minutes.
 Interesting to note that of the 1352 starters (!!)
 only 110 did not finish.
 For the first time black athletes were officially
 recognised.

PERCY WELLS CERUTTY - 1895 - 1975

By Mike O'Neill

Much has been said and much more will be said of Percy's contribution to athletics, particularly the period covering the Olympics 1952 Helsinki to 1956 Melbourne, to 1960 Rome and to a lesser extent 1964 Tokyo and 1968 Mexico City. During the last ten years Percy, by his own words to me said that he had virtually become a prisoner at Portsea during this period. He was grounded, his Rover car which had given him reliable service for many a long day decided to retire, in addition Percy's licence expired. Then, apart from brief appearances in Melbourne, working at the Golden Bowl Health Centre and a few appearances on T.V. he spent most of his time in the "Inner Sanctum" a name given to his glass sunroom where he used to sit most of his time writing poems, philosophies and random thoughts.

Enthusiasm for teaching and demonstrating the way to ultimate fitness and running ability was thus confined to a few athletes who wandered down to Portsea on the odd weekends. Some two or three times a year I used to take some twenty or so boys from Mentone for a long weekend, Friday night to Sunday night.

Percy's only contribution during this time was to appear on his 110m circular track between 11am and 1pm and talk of the golden era of Australian distance running, of Elliott-Landy-Thomas-Power and other top athletes, Halberg, Baillie, etc. who may have spent a weekend at CERES. Part of his talk would incorporate his sexual desires and achievements, but I always felt that even though 90% of the lecture was useless and irrelevant, there was however something to learn from the deliberations, jumping up and down occasionally or tearing off around the track.

Percy has gone. The land has been subdivided and holiday units are to be built for what it's worth. A corner of the track has been set aside to be known as CERE'S CORNER, as a reminder of bygone days. Enthusiasm and emotion are the keywords to all Percy's disciples. Enthusiasm to extract from oneself more than we realise we are capable of and without emotion we are dead.

"Do the best with what you've got."

P.S. It would not be right not to mention Nancy Cerutti. I feel that without her patience and tolerance she showed towards Percy and the amount of work she did, Portsea would not have been what it was. She would feed, house and wash for the many athletes who were there and it would never have survived as a camp but for her.

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PERCY PUSHED DISTANCE RUNNING AHEAD.

By Fred Lester

Never having been one of Percy's disciples, even for the briefest of spans, it may make me qualified to make some comments as a non-involved observer. At the same time I am very disappointed that some of the former followers of Percy in the early days, who have been asked to make some comments, have been unwilling to do so. Nevertheless, that is their right whatever the reasons.

The very fact that the bulk of our so-called distance runners in the immediate pre and post World War II period trained nowhere as much and consistently as overseas runners, and that our standards are abysmally low beneath any kind of international level was the point which Percy never ceased to drive home to all and sundry, whether they liked to listen or not. He was the most ardent advocate for all runners to put much more into their training, even to the extent of putting in exhausting efforts time after time, asking everyone to be ruthless with their own bodies.

There is no doubt whatever that as the more intensive training idea caught on, those who did make extra efforts reaped benefits in better performances, although in many cases they did not go far beyond some initial successes. Hard work by itself was not enough, although it provided the most necessary element of basic conditioning.

Those who wanted to go further found out that they had to seek the answer by developing initiative and taking steps to suit their own particular personality and needs. They could not expect Percy to provide them with all the answers, they had to make the greatest effort in the direction of learning to know themselves. Maybe it was the lack of fulfillment of such expectations which led to some frustrations, and Percy's abrupt manner and anarchistic approach in argument was of no help to anyone seeking help in thinking things out.

The outline history of the V.M.C. in this issue is a tribute in itself to the initial push provided by Percy and the splendid effort and cooperation put in by distance runners irrespective of whether they belonged to this camp or that, or to none at all.

A BRIEF OUTLINE HISTORY OF THE VICTORIAN MARATHON CLUB, 1946 - 1975.

" On Monday, September 3rd, 1946, it was decided to form a Club to foster and promote amateur long distance running..." read the circular going out to possible members, headed by the names PERCY CERUTTY AND GORDON J. PHOMPSON.

There is no doubt that it was Percy, whose persistent nagging, cajoling, stirring and preparedness to run himself into the ground, and at the same time focussing increasing attention on distance running. He even obtained the support of former Olympic swimmer, Sir Frank Beurepaire, who donated the shield which is the permanent V.M.C. Marathon Trophy. But it was in 1950 and the V.M.C. Marathon was held in conjunction with the Victorian State Marathon Championship. Naturally enough, VMC members who competed regularly were dominating the event. Gordon Stanley and Bob Prentice also won Australian Titles and represented Australia overseas.

A solid core of distance men in Victoria centred around the V.M.C. and, by 1950, new men came into the committee as Percy decided to concentrate on his coaching venture. The most significant feature of the Club's administration since then has been that almost every office bearer was himself an active distance runner, competing at top level. Those who did not fit into that category were either former champions or regular club runners. Ex-Australian Walking Champion Bert Gardiner, 1952 Olympian and National Champion Les Perry and others carried the burdens of administration at different periods.

The basic program set for the winter season was designed to enable runners to work up towards the Marathon over distances from 15km to 32km(20 miles), usually about 5 races, other opportunities, although limited, came from official VAAA Events. The fields were from 10 to 30 starters, with an occasional larger entry in indicate better things to come. By 1960, the club's membership fluctuated around the 40 mark.

1960 was a watershed in the history of the V.M.C. That was the first year in which a regular pattern was set with 7 winter events and 4 summer evening runs and numbers exceeded 30 starters several times. In 1961, three Victorians broke the 2:30 barrier, to join Les Perry in that feat. Les was the first Victorian to do so in the 1056 Australian Olympic Trial and Championship with a time of 2:29.08.

That was also the year when a regular Club Bulletin kept members informed. The 10,000 track event was named the Emil Zatopek Trophy and Ron Clarke won the inaugural one to complete the treble in succeeding years, annex two world records in his third win and go on to dominate the world record scene for some time.

V.M.C. President, 55 year old Alf O'Connor ran 3 marathons in 2:50.11 - 2:47.40- and 2:46.31 to be 4th in the VMC Champion in the South Australian Title and 4th in the Victorian Title and helped to boost considerably the campaign for recognition of Veteran's events for the over 40's.

In 1962, a grading was introduced which entitled members who completed a marathon in under 3:30 to add one star to their VMC insignia, those under 2:50 could add two stars and those under 2:30 could wear the insignia of a laurel wreath. Winter events drew well over 40 starters. In 1964, Victoria recaptured the Marathon Teams Championship from N.S.W. after having lost it in 1962, took it in 1960 after years of N.S.W dominance.

At the 20th Annual General Meeting, our membership had climbed over 90, over 40 starters lined up for every winter event and over 25 for every summer race. 17 members had dipped under the magic 2:30, distance running was booming and it was the first season that official Veterans Events were held in Victoria for the over 40's.

In 1967 Australian Marathon running came of age with the establishment of the National Championship as an annual event, a battle we had been waging for some time. VMC were really moving - entry of 52 for 7 winter runs and 33 for 4 summer runs. In 1968 we introduced Prizes for 1st Veteran in Handicaps in addition to the normal 3 prizes in open handicaps and fastest time prize in open section.

1969 saw the inception of VMC Newsletter, partly because of growth of membership to 149 seniors and 27 juniors and partly due to the demise of Australian Harrier Magazine, which we had supported as an Australian wide effort. In that year we first topped 100 entries at the 12km "Fallen Comrades" with 107 burning up the tarmac.

In our 30th year, we are topping the 350 membership mark and are involve more and more members in running their own club, This is the result of a consistent policy over the years that we are a body of people joined together for enjoyment of our favorite sport in a spirit of self-help and no privileges for anyone. We approach our problems in a spirit of lively debate and willingness to compromise for mutual benefit, our rules are kept to a minimum and are a guide and not a straightjacket. Conducting our sport for benefit and enjoyment is as much part of our club as competing, we must share in that as well. The surest way to kill any activity is to let it degenerate into a chore, something we think we ought to do but not really want to do!

Letter from Canada.

From Col O'Brien

Concerning your proposal for an increase in membership fees and the price of the Newsletter you have my support. I still can't think of a better publication for distance running and at \$1.60 a year it is great value. I have been thinking why I enjoy the Newsletter so much but it is hard to put into words. Basically I think that the exchange of ideas by people who put a lot of time and thought into what they say and are not afraid to speak their mind when it comes to criticism of any issue which they feel needs improving - is it? Your publication never lacks interest, Fred, and always seems well abreast of developments in track and field.

As far as track and field news from this part of the globe is concerned I think perhaps I should start where I left off in my last letter. That time I made the comment that I did not think the financial outlay being made for amateur sport here would be justified in performances by the athletes. Well, the Canadian Track and Field Nationals on August 21 to 23 saw dramatic improvements in quality and depth sufficient to make the rest of the world begin to think Canada is beginning to arrive as a track power. Briefly - Men's 100 Metres Hugh Fraser, 10.4 (has run 10.1 this year), 4th place, Cole Dote (19 years) 10.5.

400 Metres - Brian Saunders (Ont.) 46.3 with Brian Cookshaw (Man.) 4th in 47.4.

1500 Metres - 1st. Peter Spir (B.C. - 19 years) 3:41.4; 2nd. Nick Rose (UK) 3:41.7; 3rd. Paul Craig (Ont.) 3:41.8; Paul Pearson (Ont.) 3:42.3; Bill Smart (B.C) 3:42.4.

In one heat with 6 to qualify for the final the unlucky 7th was Tom Lobsinger, (Ont. & 16 years) in 3:47.5. He is Canadian Junior Champ with a 3:47.1.

It must have been satisfying to officials to see 7 athletes fighting it out for the finals berth and running from 3:45.5 to 3:47.5. The other heat also saw a mass finish closely contested with times of 1 through to 6 at 3:49.5 to 3:50.5.

5000 Metres - Grant McLaren still reigns supreme in this event in Canada but has a couple of youngsters breathing down his neck. Grant made his customary move with 500-600 metres to go and recorded 13:49.0 (excellent after his 10,000 of two days previous), 2nd was Lou Groark in 13:49.8 from Alberta (22 yrs.). 3rd was Tony Staynings (U.K.) 13:51.7, John Sharp (Ont.) 13:52.4 (22 yrs) A week later Groarke and sharp were 2 and 3 behind Jerome Drayton in the 5000m won in 13:39, Groarke recording 13:41 and Sharp an excellent 13:43 (His P.B. in 1974 was 14:05).

10,000 Metres - Jerome Drayton was in complete command here and was never headed in his solo 28:39.6. 2nd was Grant McLaren in a P.B. 28:49.2; Andy Boychuk (ex SSH) was 6th in 30:05.4. I was 8th in 30:25.0, my best for the season.

800 Metres - This is still a weak event and was won by Ken Elmer (B.C) in 1:50.2. 6th was 1:50.9.

High Jump - This is probably Canada's strongest event and already 5 men have qualified for Montreal. 1st was Rick Cuttell (B.C.) with 2.21m. He also won the Long Jump with 7.51.'). 2nd in High was Claude Ferragne, 2.18m and 3rd Dean Bauck, 2.10m.

Hammer Throw - 1st was Murray Keating (B.C.) in a National Record 67.46m. 2nd was 18 years old Scott Neilson with 65.46m, a tremendous improvement on last year's 58.86.

Shot Put - 1st Bruce Pirnie (Manitoba) 19.77m a new Canadian Record.

Women's 1500 - 1st. Thelma Wright, 4:15.1; 2nd Abby Hoffman (Ont.) 4:15.4; 3rd Maureen Crowley (B.C) 4:16.3; 4th Sheila Currie (B.C) 4:17.5.

Wright has run an 8.55 for 3,000m this season.

Women's High Jump - Another event with excellent depth. 1st Louise Walker (Ont,) 1.85; 2nd Debbie Brill (B.C) 1.80; 3rd Julie White (Ont. and 15 years old). Incidentally Jones from Saskatchewan who won the Pentathlon with a Canadian Record of 4,673 points, set a National High Jump record during the competition of 1.87.

These were some of the highlights of the Nationals. The Pan-American Games were just completed two weeks ago in Mexico City and I have only sketchy results. As expected the distance runners found the going tough. John Sharp in the 5,000 with a 16:19; Brian Stride in the Steeple (P.B. in Nationals with 8:45) recording 9.24; Ken Elmer running 3:55 in the 1500 (best of 3:42 this year). Tom Howard was a creditable third in the Marathon in 2:25.48, with a Cuban winning in 2:25.03. Jerome Drayton passed it up preferring to train for next year's Montreal Marathon. Apparently he is running quite well as evidenced by his stride for stride battle with Frank Shorter in the recent Springbank Road Race (12 miles). Drayton finally outkicked Shorter in the last 300 yards for a thrilling victory in a course record. The first 3 miles went by in 13.26 as I understand the pressure was on from the gun. After an excellent track season in which he recorded P.B's of 13.34 and 28.13 Drayton is concentrating on the Montreal Marathon and one would have to give him an excellent chance.

Col O'Brien continues:

I must strighten out a statement made by Brian Chapman in the Newsletter regarding Jon Anderson from Eugene. Brian said Anderson had won the Canadian 5,000 Title - but he slightly exaggerated as it was the B.C. Title. Also the B.C. 10,000 (Not the Canadian) was won by Tom Howard (not Hoffman) in 29.56, and not in the high 28's. Maybe Brian should check on his source of information.

I continued running track after the Nationals and managed to knock up a couple of P.B's with a 1500 in 3:50.2; a solo 3000 in 8.24 and my best 800 in 3 years of 1:55.1. I am suffering now as I have a bruised heel or something which does not respond to treatment and I have not run for a month. My Doc says it is gout.

The Canadian National Marathon was won by Brian Maxwell in 2:18 in October. It is a break-through for Brian who is only 22 and a considerable improvement over his 10,000 performance of 30.22. The course is quite hilly and slow and is worth a couple of minutes.

Tom Howard only just broke 2:18 last year.

Also, Fred, the Olympic Officials have fortunately seen the light regarding next year's Montreal Marathon and have wisely decided to start the event at 7.00.a.m. - a smart move although I imagine it would still be a little warm. Time for me to close - cheers for now. Col O'Brien.

* * * * *

LOCKO IN GERMANY

As a former Chief Scrubber I took steps last year to recapture the elation of finishing up front instead of at the rear since I was growing dispirited at fighting to keep ahead of aged men who are obviously consuming monkey glands.

I took a job near Stuttgart for four months in order to do some secret training and to my amazement discovered that a small band of enthusiastic runners flourished in the neighbourhood. I soon began to see why they were so keen (some rose at 5.30.am. two or three times a week!) My first training run revealed that they had thousands of acres of forest and pasture wrinkled with hillocks and streams, criss-crossed with path and tracks at their back door.

Even more astonishing was the availability of races, there being one or two every Sunday morning within driving distance during the Summer at least. The English gentlemen will shudder to hear that the start times were usually around 8.00.am. Distances ranged from 10km to the marathon and a great many age groups were catered for. These far-sighted people had even divided the seniors into two age groups (21-31, 32-40) thus recognising that when men grew up their urge to ceaselessly pound the streets wanes as other desires and pursuits take over with a consequent reduction in physical fitness.

Most of the races are put on by local clubs with support from town or village -, a small 'fest' is incorporated to ensure the slaking of everybody's thirst at the hour when the need is greatest and not when brewers and publicans oblige.

Another delightful feature of the forests was the provision of the "Trim Dich Pfad" (lit "Weightlosers Trail"), an outdoor training circuit with some 15 to 20 points where pine-log apparatus was rocted or stacked together with a board describing the exercise to be indulged in. It is well known that Germany is well equipped with top quality tracks.

The town of Leinfelden with 20,000+ inhabitants had just completed a superb large size Tartan track with stand, changing rooms, limited seating and so on. The inaugural championships were those for Baden Wuerttemberg's blind and disabled including thalidomide children. It was heart-rending to see a few hundred men, women and children of all ages, walking, running, throwing and jumping with enormous determination and evident enjoyment, despite severe physical injuries in some cases.

I would like to finish by heartily recommending anyone who finds themselves in or near Leinfelden to contact Messrs. Frev, Esefeld, Leibrand or Pawelcik, all very friendly and hospitable gentlemen and join them in a leisurely training run from "Jakobs' runnen" at 6.00.p.m. on a Wednesday evening.

The writer, David Locke, an Englishman, runs with the Ranelagh Harriers and was a Richmond Harrier whilst on a working holiday in this country. Ranelagh is basically a cross-country and road club with its clubrooms situated at the rear of the "Dysart Arms" hotel - glug glug - which just across the road from the famous Richmond Park.

AUSSIES ARE MOST WELCOME.

The crowds are certainly returning to the track and field meetings over in the U.K. which sounds good for all concerned. Take the Edinburgh Highland Games track

meet at Meadowbank for instance where an over-capacity crowd of 16,000 fans packed the stadium and that was with the gates closed before the first event. Yes, they had to refuse admittance for lack of space. The U.K. v U.S.S.R. Match held at Crystal Palace drew crowds of 13,000 on a Sunday and 15,000 on the Monday (Bank Holiday). Another big meeting at the Gateshead Sports Stadium saw a crowd of over 13,000 fans attend. 10,000 of these fans had purchased their tickets prior to the day of the event. With crowds like that attending no wonder the sport is on the up and up, with performances improving dramatically. It certainly shows our meetings up that's for sure. I don't think we would get that many fans along even if the beer was free, cause not that many would know about it!!

I suppose one could not help having his say about the manner in which the V.A.A.A. have gone about raising a bit more money to keep themselves out of debt, Could I? Yes, I know it was up to the club delegates to vote it in or out, but, I can't blame them entirely as i'm sure that when the matter of raising the fees was mentioned the majority of delegates would have been asleep, and that's just not fair. Now, I'm not objecting to the fees going up, but please gentlemen? - back-dating them was just too much. Who said the Russians or Chinese were coming, they are here, or at least, their ideas are, when things like that are going on. If the V.A.A.A. has the power to back-date fees, this sort of thing could go on every year or so or whenever the Association gets into financial difficulty. I mean, why backdate 6 months or 12 months, why not a couple of years, what's to stop them doing it. Just imagine the directors of the R.A.C.V. getting up before the members and announcing that it's in financial trouble (purely Hypothetical of course) and suggesting that they put the fees up and at the same time back-dating them. Gee, the members would throw them out of the building. Good suggestion - yes? I just wonder where all the money the V.A.A.A. had has gone? The big question next year will be "where have all the registered athletes gone"? Oh well, never mind, when in trouble just ask for more, particularly when the majority of delegates are asleep. Wake up, delegates, your Club needs you! So much for that before they say 'Off with his ears' or '''

A FEW MORE RESULTS:

MOSCOW - U.S.S.R. CHAMPS. - Women's 800m. 1. Morgonova - 1:59.4;
2. Shtula 2:00.8; 3. Izmaylova 2:02.3.
1500m. 1. Kazankina 4:07.9; 2. Dvirna 4:12.0.
3000m. 1. Katyukova 9:00.6; 2. Ulmasova 9.03.2.
3. Romanova 9:10.4.

WEST GARMANY: Women's 10,000m Track. 1 Christa Vahlensieck 34.01.4.
(reached 5,000m in 16.55.) (World Best)
That time would get her in the "B" Division of the "Emil Zatopek",
if she were a member of the V.M.C.

SPAIN: 1 Hour Track. 1 Haro - 20,493m. 2 Hidalgo 20,137m.

G.D.R. 1 Hour Track. 1 Kuschmann - 19,598m.

V.M.C. MEMBER MAKES HISTORY.

Mike Porter, a member of the V.M.C., the Frankston A.A.C. and the Victorian Amateur Walkers Club, walked himself into the limelight when he led the field at the conclusion of the 24 Hours Walk on Saturday and Sunday, 18/19 October.

Mike recorded 21 hours 48 minutes and 47 seconds as he passed the 100 Miles and was the first of a total of 5 competitors to see out the 100 miles within the 24 hours. The others were Stan Jones of St. Stephens Harriers, Chris Clegg of the U.S.A., Dudley Pilkington of Tasmania and John Harris of Queensland.

This event was a first in more ways than one. Never before in Australia have more than three walkers seen out the distance within the 24 hours. It was the first event of its kind to receive sponsorship - on this occasion by General-Motors- Holden. Conducted by the V.A.W.C. for the Australian Centurions Race Walking Club, Tim Erickson of the Ivanhoe Harriers took the opportunity to slice nearly a quarter of an hour off the 50 Miles Record when he did 8:14.44.

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

Inflation is catvhing up and this is the first time that the Newsletter is priced at 40¢. High participation and good management have combined in our Treasurer's advice that we can wait a little longer before dues may have to rise. 360 paid-up members and over \$800 in our account makes us look healthy enough.

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Still on inflation, Judy Patching, Secretary-General of the A.O.F. was quoted that the expected cost of a 200-strong team to Montreal has risen from \$800,000 to \$1 Million. In the same par (Australian 15/11/75) he was quoted as "bloody confident" the Federal Government crisis would not interfere with the Montreal Games teams grant, as former Minister Frank Stewart had promised to meet the air fares of the team, an amount of between \$300,000 and \$400,000.

"I have complete confidence we will receive the moneys promised whatever the Government situation, We believe Mr. Stewart's promise will be honored. The Labor Government has shown definite interest in encouraging sport in this country in recent years. This has helped Australia's image overseas and I am sure whatever Government rules after December 13, the policy will continue."

I certainly hope so - it is most important for Australia and Australians. Besides, without the support we expect from the Federal Government we will be in trouble raising the money needed to finance the Montreal Team.

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Latest tobring our a Newsletter is the Championship and Special Meetings Committee. Distance runners please note that the 10,000m will beheld on 15th January and entries WILL CLOSE ON 22nd DECEMBER. There will be a qualifying time of 31:00 (and 14.20 for 5000m) which must have been achieved on a track since 1st April, 1974. At this stage there are already 22 runners qualified and we expect some more after the Emil Zatopek races.

It would be very good if some Club could organise a further 10,000m event near the date of the Victoria Championship during twilight hours or under lights, hopefully in conjunction with some other races on the programme. This would give those who didn't make it this time in the big one a chance to test themselves in open competition.

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It is high time some Clubs took a different attitude towards the question of fielding and filling teams in Interclub Competition. With the tendency of nominating more teams than they are sure to fill, pressure is being put on runners to compete in several events for the sake of gaining points for understrength teams. Regular doubling up in distance events such as the 1500m-S.C. and the 800-5000m pairings can only result in eventually flattening the competitor. This is particularly so in the case of runners who have to run close to their limit each time, usually comprising those who with better distribution of their efforts are the most likely ones to improve towards the business end of the season. The other disturbing feature with an over-abundance of unfilled teams is the lack of competition available to the few who do turn up and find that at best they are having a hard training run among themselves without opposition.

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At the last Committee Meeting of the V.M.C., it was resolved to lay down a firm policy for selection of a team to the Hamilton Marathon, in view of the bitching and sniping carried on by some people in the Club.

The selection will be based on the placings in the V.M.C. Marathon in order of finishing. In the case of unavailability the next in line will step up to replace the one unable to go.

The date for the Olympic Selection Marathon has now been fixed for April 3, 1976. We hope that the A.A.U. will try to establish an 8 o'clock start, so that runners will be spared the full force of the sun.

The dates put forward to the Cross Country Committee of the V.A.A.A. for their approval, and still subject to negotiation, are as follows for the next winter season:-

April 19. (Easter Monday) 16km. Priñces Park.

April 25. (Sunday) 12km Fallen Comrades., May 8. 30km King of the Mountains;

June 5. V.M.C. Marathon; July 3. 15km; August 7. 25km;

September 4, 20km - Traralgon Marathon; June 13, A.A.U. Marathon. will be held in Sydney on July 31.