

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 ATLETICS 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 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 LYNDBURST STREET, RICHMOND.

3121

THE INTERSTATE LINES OF COMMUNICATION

AMATEUR ATHLETIC UNION OF AUSTRALIA

A. Lee Morrison, 15 Heath St.,
SANDRINGHAM. 3191 VICTORIA

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EDITORIAL

We are well into another athletic year by the time you receive this NEWSLETTER after completing another year, which was successful from quite a number of aspects. The Annual Report gave you all the figures necessary to underline the growth of the V.M.C. in purely physical terms, such as numbers participating in races, higher standards of achievement, financial stability, etc.

The very fact of physical growth brings with it new problems to be solved if the V.M.C. is to continue to express the desires of the members. We must never allow a gap to develop between the different facets which go to make up a successful communal effort, such as the Committee apart and above the rest of the membership, or a coterie of officials which tell others what to do without ever being involved in actually competing themselves, in other words - "a club within a club"!

With some of the membership forms and circulars sent out to V.M.C. members, everyone was invited to consider ways and means in which each one of us could best like to share in some of the tasks, and take part in decision making, to maintain the club as a vital organisation. The response by V.M.C. members was very good, although there was a shortage of adequately worded forms to fill in.

The essential tasks before our club can be outlined in several rather broad categories, in which there is a certain amount of overlap, but which basically embrace the following areas: 1. Timekeeping; 2. Recording and Scoring; 3. Taking entries and assisting with finance; 4 Newsletter despatch and reporting; 5. Membership records and statistics; 6. Billeting (Country, Interstate, Overseas); 7. Transport. In addition some people may think of other functions which may be needed from time to time.

Out of 60 replies received, 47 alone indicated their willingness to assist with timekeeping and 35 were prepared to lend a hand with recording and scoring. It is obvious that while we do not need as many as that on any one day, if all concerned could get together and work out a roster, noone would need to miss out more than once on actual participation in our races.

25 members replied positively as to the despatch of V.M.C. Newsletters, and a working bee cum editorial meeting can do a lot to maintain the newsletter as a vital link of communication between members and other readers. The important thing we must consider is to follow up our good intentions and become involved in making it a joint effort. There is an old proverb - "The path to Hell is paved with good intentions", without action they never become reality!

Fred Lester

Editor - V.M.C. Newsletter

PROGRAMME CHANGES - V.M.C DATES.

JUNE 1 Traralgon MARATHON & V.M.C. MARATHON - TRARALGON - 1.30.P.M. (SUNDAY!!)
There will be no 25km that weekend.

JUNE 14 V.M.C. 15km Open, Women & U/17 5km - ALBERT PARK, 2.30.P.M. (as before)

JUNE 21 V.M.C. 10km Open, Women and U/17, - ALBERT PARK, 2.30.P.M.
(NO DINNER DANCE)

SEPT 6 V.M.C. 32km - King of the Mountain, POINT LEO, 1.30.PM.(Increased distance)
Women and U/17 - 10km.

VENUE INFORMATION

ALBERT PARK Walkers Club Rooms (Robinson Hall) - Low cream brick building facing the Albert Park Lake, just off Albert Road, next to Gold Course.

POINT LEO Flinders Road, via Wells Road and Frankston Bypass, Moorooduc, Merricks, to Point Leo Beach Road intersection with Red Hill South Road, St. Johns Boys Camp 400 metres from corner away from beach.

TRARALGON Along Princes Highway approximately 170km from Melbourne.
At Post Office in main street turn left into Kay Street for the changing rooms at Tennis Club next to Olympic Pool, about 400 metres off highway.

TIMEKEEPERS' MUSTER

Denis COLECLOUGH	Peter BATTRICK	Mark BREEN	Kon BUTKO
Dave GAZELY	Dave CRAIG	Dick DOWLING	Tim DUCK
Mike HUBBERT	Bob GILFILLAN	Bob GUTHRIE	Andy HILL
Doug LEE	Terry HUNTER	Bill JOYCE	Graham KIPP
John MacDONNELL	Harry LOGAN	Peter LOGAN	Bob MACARTNEY
Roy OWENS	Kevin ONLEY	Max OOSTWOUD	Theo ORR
Silvio RADOSLOVIC	Mike PORTER	Andy POWER	Gerry RILEY
Eonnis SMITH	Chris RILEY	Ross SHILSTON	George SIMPSON
Fred LESTER	Dennis WATTIE	Tony WILLIAMS	Jim WILLIS
Bob SCHICKERT	Mike O'NEILL	Neil RYAN	Gary HARRIS
Mike HENNESSY	Ray BARRATT	Mike CUMMINS	Bruce WATT
	Max LITTLE	Tom ROBERTS	John VISSER

SCORERS AND RECORDERS MUSTER

Mark BREEN	Kon BUTKO	Dave CRAIG	Dick DOWLING
Tim DUCK	Dave GAZLEY	Bob GILFILLAN	Bob GUTHRIE
Mike HUBBERT	Terry HUNTER	Graham KIPP	Doug LEE
Harry LOGAN	Peter LOGAN	Bob MACARTNEY	Theo ORR
Roy OWENS	Mike PORTER	Chris RILEY	Gerry RILEY
Ross SHILSTON	George SIMPSON	Dennis W SMITH	Dennis WATTIE
Tony WILLIAMS	Jim WILLIS	Peter BETHERAS	Fred LESTER
Neil RYAN	Bob SCHICKERT	Mike CUMMINS	Gary HARRIS
Mike HENNESSY	Max LITTLE	John MORRIS	

NEWSLETTER DESPATCH MUSTER

Dick ATKINSON	Jack BARRATT	Mark BREEN	Terry COLLIE
Jim CONWAY	Dick DOWLING	Ken FRASER	Dave GAZLEY
Bob GILFILLAN	Peter HANNAFORD	Andy HILL	Terry HUNTER
Allan JONES	Bob MACARTNEY	John McDONNELL	Mike PORTER
Chris RILEY	George SIMPSON	Dennis W SMITH	Noel ANDERSON
Rob LISTER	Fred LESTER	Ray BARRATT	Col EATON
John MORRIS			

RACE ENTRIES MUSTER

Mike HUBBERT	Fred LESTER	Neil RYAN	Bruce WATT
Bob SCHICKERT			

MEMBERSHIP STATISTICS MUSTER

Dave GAZLEY	Andy HILL	Fred LESTER	Bruce WATT
Bob SCHICKERT			

BILLETING MUSTER

Mike HUBBERT	Fred LESTER	Neil RYAN	Bruce WATT
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VETERANS TO THE FORE

VICTORIAN VETERANS dominated the Australian Veterans' Championships in Adelaide on the last weekend in March. While none could stop former National Distance Stars Dave Power and Alby Thomas from taking top honours in their particular age groups, most of the other medals went to well known VMC members such as Jack Ryan, Theo Orr, Tom Roberts, Mike O'Neill, Bill Ford, Graham Wise, etc. Harry Logan won the Javelin Throw in the 55 - 60 age group!!!

117 STARTERS 91 FINISHED WEATHER - COOL, LIGHT BREEZE.

Pl.	Name	Act. Time	Hand.	Hand. Pl.	Pl.	Name	Act. Time	Hand.	Hand. Pl.
1	Gerry SQFIANOS	50.32	1.00	14	47	Gerry RILEY	61.51	12.00	25 V
2	Phil HAMER	50.38	1.00	E15	48	Leigh THOMPSON	61.55	10.00	64
3	Rod MACKINNEY	51.34	3.25	5	49	Bill O'LOUGHLIN	61.59	11.09	49
4	Chris STOCK	52.02	1.30	46	50	John CLARKE	62.13	11.30	48
5	John DUCK	52.12	3.05	11	51	Dick HUTTON	62.25	10.45	62
6	Rob WILSON	52.46	3.00	E22	52	Arthur DREDGE	62.36	10.00	66
7	Dave GAZLEY	53.14	2.45	E42	53	Bob SCHICKERT	62.42	9.45	E71
8	Col EATON	54.17	4.35	E19	54	Rob BARNES	63.08	10.00	74
9	Matt RYAN	54.22	4.00	E37	55	Tony CHARNLEY	63.27	13.30	29
10	Greg PRITCHARD	54.29	4.00	E42	56	Noel ANDERSON	63.33	14.25	12 V
11	Paul DUCK	54.54	4.30	E39	57	John VISSER	63.41	9.00	87
12	Peter BETHERAS	54.56	6.50	4	58	Dave FARNSWORTH	63.48	10.00	82
13	Terrie COLLIE	55.00	4.31	E42	59	Sam HILDITCH	63.54	13.30	E39 V
14	Phil SWEENEY	55.22	4.30	50	60	Peter KEHOE	64.00	11.00	73
15	Jim SEYMON	55.56	4.30	E60	61	Nerv BROWN	64.07	13.55	35
16	H. Van WIJNGAARDEN	56.04	5.00	53	62	Bill ORFORD	64.17	12.00	65
17	Max CARSON	56.12	6.30	E19	63	John BRAHAM	64.24	13.21	52
18	Bob RAYMEN	56.32	3.00	80	64	Des MIDDLETON	64.33	15.20	13
19	Rob JAMIESON	56.43	6.50	E26	65	Mike CUMMINS	64.49	12.00	69
20	Gordon WRIGHT	56.44	6.50	28	66	Jim CONWAY	64.59	14.30	E42
21	Norm DUFF	56.58	3.00	84	67	Phil LEAR	65.07	6.00	91
22	Kon BUTKO	57.00	8.25	7	68	Don HAMILTON	65.34	12.00	83
23	Bob GUTHRIE	57.10	3.00	86	69	Dan DICKSON	65.47	12.27	77
24	Alan HICKS	57.15	6.00	57	70	Mick SKNIER	65.59	16.00	30
25	Leif MICHELSSON	57.17	6.00	58	71	Terry DAVIS	66.04	12.00	85
26	Peter BETHUNE	57.21	8.35	9	72	Les MOLLARD	66.37	14.00	67
27	Barry SAWYER	57.32	7.05	41	73	Peter COLTHUP	66.55	16.40	36
28	Ron BROOKS	57.35	7.00	47	74	John CONDON	67.39	14.30	75
29	Geoff BEE	57.38	8.00	E15	75	Ray BARRETT	67.46	18.00	E22
30	George KUTZ	58.00	8.00	31	76	Lindsay BEATON	67.49	16.35	E55
31	Gerry HART	58.25	7.15	54	77	Allan KILGOUR	67.51	19.00	10
32	Len LOVELESS	58.26	7.00	E60	78	Hans MEISELBACH	68.31	18.45	E22
33	Ross SHILSTON	58.28	6.40	63	79	Rob LISTER	68.46	17.45	51
34	Tom GRONERT	58.40	10.00	8	80	Raul KEY	69.03	26.00	1 V 1
35	Graeme SMITH	58.43	8.50	E26	81	John MAHONEY	69.40	14.00	88
36	Steve SZEGEDI	58.51	5.00	83	82	Geoff O'BRIEN	70.11	20.00	E33
37	Alec TADIC	58.52	8.30	E37	83	Rob MEISELBACH	71.09	15.00	89
38	Denis ANDREW	59.05	9.20	21	84	Barry YOUNG	73.30	20.00	79
39	Jim CRAWFORD	59.06	9.00	32 V	85	John JOHNSON	73.42	20.50	70
	Kevin SOLOMON	59.18	9.40	E15	86	Norm McLEISH	74.11	21.00	76
41	Bruce WATT	60.13	10.35	E15	87	Wally RILEY	74.57	22.00	E71
42	Gerry HARRIS	60.26	14.00	2	88	Keith NICHOLLS	76.24	23.00	80
43	Barry LYNCH	61.08	12.50	6	89	Lance BRERIMAN	77.43	25.00	68
44	Ross ANDERSON	61.21	10.00	59	90	Kei O'CALLAGHAN	78.14	27.00	E55
45	Peter LOGAN	61.31	13.30	3	91	Dave BRADFORD	78.59	20.45	90
46	Mal KIRKWOOD	61.46	11.35	E33					

WOMEN AND SUB-JUNIOR - 4 MILES - PRINCES PARK - SUNDAY 6th APRIL, 1975.

Number of Starters: 7 Women 6 Sub-Juniors. Finished: 5 Women, 4 Sub-Juniors

Overall Place	Name	Act. Time	Hand.	Overall Hcp. Pl.	Women Place	S-Jun Place
1	Lynn TENNANT	22.45	0.00	1	1	-
2	Alex KUTZ	23.22	0.00	3	-	1
3	Lavinia PETRIE	23.39	0.30	2	2	-
4	Gary GRINSTEAD	24.11	0.15	4	-	2
5	Ian PILLING	25.34	0.40	5	-	3
6	Arthur KUTZ (SJ)	26.16	-			
7	Pat MAUGHAN (W)	26.31	-			
8	Di HUXLEY (W)	27.42	-			
9	Sandra MIDDLETON (W)	32.03	-			

VVC 12 KILOMETRES - BOTANIC GARDENS - 25/4/75. 188 Starters, 176 Finished.

Pl	Name	Fin. Time	Hand.	Hand. Pl	Pl	Name	Fin. Time	Hand.	Hand. Pl.
1	Chris WARDLAW	35.53	0.00	E43	65	David JONES	42.16	4.00	E115
2	Andy HILL	36.02	0.50	E 9	66	Glenn FORD	42.16	4.00	E115
3	Rob De CASTELLA	36.27	1.00	E18	67	Mark RYAN	42.19	5.45	74
4	John BERMINGHAM	36.49	1.00	E38	68	Len LOVELESS	42.33	5.50	E80
5	Geoff NICHOLSON	36.52	1.05	E35	69	Jim COZENS	42.38	4.00	125
6	Gerry SOFIANOS	36.54	1.05	E38	70	Denis ANDREW	42.40	7.10	E22
7	Rob GILFILLAN J	37.05	1.30	26	71	Dave MacGREGOR	42.45	4.00	127
8	Graham ANDERSON	37.23	1.40	33	72	John O'BRIEN	42.46	5.15	E99
9	Graham MILNE	37.32	2.00	25	73	Steve THOMAS	42.48	-	-
10	Terry HARRISON	37.49	1.50	E50	74	Tom GRONERT	42.49	6.50	E50
11	Arthur BOTTERILL	37.55	0.55	E88	75	John TELFER	42.53	6.30	E67
12	John DUCK	38.16	2.10	E56	76	Jack RYAN V	42.56	4.00	130
13	John COYLE	38.26	1.30	E85	77	Eric SIGMONT	43.07	4.00	134
14	Max FREELAND	38.28	2.05	E67	78	John LYON	43.11	-	-
15	Chris STOCK	38.28	3.00	21	79	Terry HUNTER	43.13	5.15	107
16	Brian SHARE	38.40	3.00	E30	80	Bob GUTHRIE	43.17	2.50	140
17	Dave MARBURG	38.41	2.10	E71	81	Mark HENNESSY	43.21	7.50	24
18	Rob WILSON	38.51	2.30	66	82	John CURRY	43.27	-	-
19	Silvio RADOSLOVIC	38.52	3.30	15	83	Tom KELLY	43.29	5.50	102
20	Bruce HICKS	38.53	0.50	E109	84	Jim CRAWFORD V	43.32	7.20	61
21	Steve McCAULEY	38.59	1.00	E108	85	Jim WILLIS V	43.33	7.00	E73
22	Garry HENRY	39.00	1.00	E108	86	George CLAXTON	43.36	4.50	128
23	Peter HANNAFORD	39.10	3.00	60	87	Tom SMITH V	43.44	-	-
24	Matt RYAN	39.16	3.40	27	88	Dick HUTTON	43.45	8.05	E30
25	Peter SHARE	39.31	3.00	E71	89	Gordon BRACHER	43.55	6.05	E104
26	Col EATON	39.33	3.35	49	90	Lionel SLEEMAN	43.59	-	-
27	Bill JOYCE	39.37	3.00	75	91	Alan CLOSE	44.01	8.40	E13
28	Matt BREEN	39.50	2.00	E104	92	Bob SCHICKERT	44.04	8.15	E38
29	Dennis SMITH	39.55	2.30	97	93	Gary HARRIS	44.08	8.15	E43
30	Dick DOWLING	40.03	5.00	5	94	Bruce WATT	44.09	8.00	E92
31	Ron BROOKES	40.09	6.00	1	95	Gerry RILEY V	44.10	8.55	11
32	Barry McINTYRE	40.17	0.55	E135	96	John MURRAY V	44.13	3.00	141
33	Dennis O'BRIEN	40.22	5.10	E 9	97	John McDONNELL	44.21	7.20	E88
34	Jim SEYMON	40.27	4.45	32	98	Carl STEVENSON	44.27	-	-
35	Ross SHILSTON	40.34	5.10	16	99	John WAITE	44.31	-	-
36	Terry COLLIE	40.35	3.55	78	100	Peter DEVEREUX	44.33	-	-
37	Paul DUCK	40.36	3.55	E88	101	Gary SMITH	44.34	6.00	123
38	Ray HAMERSLEY	40.38	2.30	111	102	Richard JEFFERY V	44.37	6.00	124
39	Jeff BEE	40.42	6.00	3	103	Bill HARRISON	44.41	8.45	47
40	Greg PRITCHARD	40.44	3.35	E92	104	John BARRETT	44.43	6.30	E112
41	Rob JAMIESON	40.47	5.10	E28	105	Kev CUMMINS	45.01	-	-
42	Bob RAYMEN	40.48	2.20	E120	106	Mal KIRKWOOD	45.02	9.05	48
43	Norm DUFF V	40.52	5.00	42	107	Geoff WILSON	45.03	-	-
44	Eddie LYNN	40.54	2.30	118	108	Rod GAULD	45.07	-	-
45	Frank LARKINS	41.02	1.40	E135	109	John DRIVER	45.14	-	-
46	Phil LEAR	41.03	4.55	E58	110	Barry LYNCH	45.18	8.35	E80
47	Leif MICHELSSON	41.11	5.45	17	111	Leigh THOMPSON	45.47	9.05	79
48	Harry HALDANE	41.13	3.00	E112	112	Neil TAYLOR	45.53	-	-
49	Kev SOLOMON	41.15	5.45	E22	113	Murray WATSON	45.53	-	-
50	Hugh WILSON	41.23	3.00	117	114	Graeme SMITH	45.54	6.50	133
51	Gerry PLOEG	41.27	3.00	119	115	Arthur DREDGE	45.54	9.35	64
52	Mike NOVAK	41.29	3.00	122	116	Richard HARVEY	45.59	9.00	87
53	Steve SZEGEDY	41.32	6.05	E18	117	Tony CHARNLEY	46.05	10.10	E45
54	John STAFFORD	41.35	4.40	84	118	Geoff BAIRD	46.08	9.15	83
55	Barry SAWYER V	41.37	5.20	63	119	Frank NOLAN	46.17	-	-
56	Vince ENGEL	41.43	4.55	82	120	Trevor GRENFELL	46.18	-	-
57	Gerry HART	41.44	5.45	E50	121	Mike CUMMINS	46.21	11.00	E13
58	George KUTZ	41.48	5.45	E53	122	John GRAHAM	46.23	10.20	E53
59	David POTTS J	41.50	6.00	41	123	John MAHONEY	46.27	10.50	E28
60	Peter BETHERAS	41.51	4.05	103	124	Don SHORLAND	46.28	8.00	E120
61	Rob MANDILE	41.58	5.20	76	125	Allan SMITH	46.31	9.00	E99
62	Peter BETHUNE	42.09	5.55	62	126	Noel ANDERSON V	46.40	10.20	65
63	Paul GRINSTED J	42.13	6.25	37	127	John CLARKE	46.42	9.05	101
64	Mike GOERKE	42.14	4.00	114	128	Des MIDDLETON	46.45	10.50	E45

VMC. 12 KILOMETRES - Continued

129 Tony	TURTLE	46.52	9.00	106	153 Ian	DUNN	49.55	-	-
130 Max	WOHLGEHAGEN	46.57	-	-	154 Rob	MEISELBACH	49.58	13.25	E73
131 Peter	BEGGS	47.13	11.05	E58	155 Ray	BARRATT V	50.04	13.25	77
132 Ron	BALDWIN V	47.15	-	-	156 Mark	BALDWIN J	50.08	-	-
133 Jim	KAEHNE	47.16	-	-	157 Peter	FORTUNE	50.08	12.40	69
134 Dave	FARNSWORTH	47.35	10.30	90	158 Bob	HUTCHEON	50.11	6.00	142
135 Tom	DAVISON V	47.38	10.30	91	159 Rob	LISTER	50.39	14.10	70
136 Andrew	BANGER	47.42	12.15	E18	160 John	BENCZE V	51.05	-	-
137 Peter	COLTHUP V	48.06	12.50	12	161 Ben	BUNTMAN	51.13	-	-
138 Wal	SHEPPARD V	48.12	11.00	94	162 Allan	JONES V	51.18	15.15	E53
139 Jim	CONWAY V	48.25	11.10	95	163 John	JOHNSON V	51.21	15.15	E56
140 Geoff	O'BRIEN	48.45	14.00	4	164 Dave	CRAIG	51.22	14.00	96
141 Hans	MEISELBACH	48.59	13.50	7	2V165 Roy	THOMAS V	51.42	-	-
142 Peter	BATRICK	49.00	13.25	34	166 Greg	BIRCHALL	51.49	-	-
143 Jack	TIERNEY V	49.07	13.20	E35	167 Keith	NICHOLLS	51.53	17.30	2
144 Lindsay	BEATON	49.11	12.15	E85	168 Mike	LOVELESS J	52.43	-	-
145 Bruce	INGLIS	49.12	-	-	169 Frank	BONECKER V	53.17	14.20	131
146 Julian	SHARAD	49.13	-	-	170 Chris	BANGER J	54.40	14.40	139
147 Les	MOLLARD	49.17	11.50	98	171 Ron	FARNILL V	55.04	20.00	6 1V
148 Greg	ORCHARD	49.23	-	-	172 Harry	LOGAN V	55.41	20.30	8
149 Alan	O'REILLY	49.30	-	-	173 Lance	BERRYMAN	56.28	18.25	E109
150 Kev	ONLEY V	49.38	10.55	126	174 Ian	BRAY	57.05	18.10	129
151 Des	RIGBY	49.38	-	-	175 Richard	DAVIS	60.05	-	-
152 Geoff	LAWRENCE	49.45	-	-	176 Roger	BANGER	61.30	22.30	132

A LITTLE MORE FROM BRIAN CHAPMAN: (See later pages for preliminary letter)

TRAILS END MARATHON - Perhaps the second biggest U.S.A. marathon. This was won recently by Eugene's Tom Heinonen. A casualty of the infamous 1968 Olympic Marathon Trial at altitude in the Rockies, Heinonen has never recaptured his 2:18 form of that year. Nevertheless the 29 year old was too good for the 525 starters this year at Seaside, Oregon. He sensibly drew back from early 'bolter' Larry Millar (Portland), after receiving a 4:59 call at the mile. However, he collared Miller at 17 miles and went on to win, accompanied by a horse for some of the way.

RESULTS:

1	Tom	HEINONEN	(O.T.C.)	2:21.26
2	Ross	JACKSON	(Vancouver)	2:22.47
3	Fred	RITCHEYSON	(Portland)	2:24.36
4	Ken	BELL		2:25.07
5	Larry	MILLER		2:26.15
6	Peter	MOORE		2:26.26

Coincidentally, the 'women's race' was won by a girl coached by Heinonen himself. She was Lili Ledbetter, a phenomenal 13 year old girl, who clocked 2:56.07. She is 4'9" tall, weighs 75 pounds, and trains 50 to 70 miles per week,

WHAT'S IN A NAME? We do not wish to plagiarise the Bard, we only want people to use the names they have been given and to write them out in full, no matter what the occasion. Recording of results, ranking athletes, keeping accurate records of events are virtually impossible to be done accurately unless FAMILY NAMES AND GIVEN NAMES are entered every time. It seems that the whole of Australian Athletics, no matter which state, is steeped in de-personalising bureaucracy, creating difficulties and additional work to no good purpose. To say that Initials are saving in costs or space in programmes is merely trying to rationalise, to find excuses for not abandoning obsolete practices. It is no consolation to add that records of International bodies and events such as the Olympic Games are also full of inaccuracies and omissions for precisely the same reasons.

V.M.C MEN SHINE AT NATIONAL TITLES - 'Rab' Wardlaw and Andy Hill, 1st and 3rd in the 10,000m on Friday, Bob Walczak and Bob Hendy 1st and 2nd in 3000m Steeple, Bruce Power 1st in the Junior 800m on Saturday; Andy Hill, 1st in the 5000m, Bruce Petts and Paul Grinsted 1st and 3rd in Junior 1500m, Rob Gilfillan 2nd in 1500m Steeple and Bruce Power 3rd in Junior 400m on Sunday made a total of eight VMC regulars among the medals at the recent Australian Track and Field Championships. It looks as though there is something to be said for participating in the distance runners' own club.

V.M.C. 20 KILOMETRES. ALBERT PARK. 11/5/75. 64 starters, 49 finished.

WEATHER: Cold, wet, windy.

P1	Name	Act. Time	Hand	Hand. P1	P1.	Name	Act. Time	Hand.	Hand. P1.
1	Dave G	65.00	0.15	8	26	Phil LEAR	76.05	2.10	46
2	John DUCK	66.49	0.00	29	27	Allan SMITH	76.27	11.35	9
3	Gerry VanDer PLOEG	68.15	4.10	5	28	Graeme SMITH	76.27	8.10	37
4	Henk Van WIJNGAARDEN	.42	4.00	10	29	Gerry RILEY	76.49	11.00	18 V
5	Theo ORR	69.21	4.25	12	30	Gordon BRACHER	77.42	8.30	41
6	Andrew RAMSAY	69.25	-	-	31	Richard HARVEY	78.33	13.10	15
7	Peter BETHERAS	70.03	3.25	28	32	Greg ORCHARD	78.43	-	-
8	Max CARSON	70.13	5.00	13	33	Frank NOLAN	79.04	14.10	11
9	Ron HARRY	70.27	3.55	25	34	John CLARKE	79.30	11.00	39
10	Bob GUTHRIE	71.03	1.00	43	35	Trevor HEGARTY	79.42	13.55	17
11	Norm DUFF V	71.27	4.50	26	36	Mal KIRKWOOD	79.50	11.55	35
12	Barry SAWYER V	71.37	5.40	19	37	Peter LOGAN	80.23	11.55	38
13	Tom GRONERT	72.00	9.15	2	38	Mike CUMMINS	81.41	14.25	E31
14	Steve SZEGEDI	72.25	5.55	24	39	Des MIDDLETON	81.41	15.00	27
15	John WOMERSLEY	72.30	9.00	3	40	Bob SCHICKERT	81.54	11.10	44
16	Gerald HART	72.34	6.20	21	41	John MAHONEY	82.14	14.25	34
17	Greg BUTLER	73.34	9.40	4	42	Tom DAVISON V	82.56	15.40	E31
18	Terry HUNTER	74.07	6.20	33	43	Jim KAEHNE	85.00	16.00	40
19	Jim CRAWFORD V	75.12	9.00	20	44	Lindsay BEATON	87.45	18.25	42
20	John McDONNELL V	75.15	10.45	7	45	John BENCZE	89.08	22.50	23
21	Richard HUTTON	75.27	10.00	16	46	Ron FARNILL V	89.15	21.10	36
22	Jim WILLIS V	75.32	8.30	30	47	Keith NICHOLLS	90.15	24.00	22
23	Gary HARRIS	75.44	10.25	14	48	Peter BEGGS	91.52	16.00	47
24	Arthur DREDGE	75.44	13.10	1	49	Wally REILLY <u>1V</u>	92.54	28.40	6
25	Jeoff BEE	75.45	4.25	45					

WOMEN AND JUNIORS - 5 KILOMETRES - ALBERT PARK. 11/5/75 - SAME WEATHER

3 Women and 7 Juniors started - all finished.

1	Alex KUTZ	16.58	0.00	6	6	Arthur KUTZ	20.32	6.25	1
2	Michael LILLYCRAP	17.16	0.35	4	7	Sue ORR (F)	22.42	-	-
3	Gary GRINSTEAD	17.23	1.10	E2	8	Roley FOWLER	24.02	3.25	8
4	Neil PILLING	17.33	1.20	E2	9	Milindy DAVIS (F)	27.56	9.40	7
5	Michael PROWSE	19.33	2.45	5	10	Kerri YOUNG (F)	27.56	-	-

QUITE A BIT

By BIG EARS

For those interested and fearless, the few that made the effort to attend the VMC Annual Meeting (35 out of 350 turned up) once again had a most interesting night. At the conclusion of the meeting Gerry Sofianos showed some excellent films of the Commonwealth Games in New Zealand. Due to the overwhelming support of those in attendance, all positions for officebearers were keenly contested with replies like - "I decline" - "No" - "I just couldn't make it along to the committee meetings" - (noting that we were lucky to have four in a year) - "I don't have enough time" - "How about so and so" - etc., etc., etc. Just for the record, Terry saved the club from going down the drain by volunteering to assume the responsibilities of the retiring Secretary, Fred Lester. A sigh of relief went up by all, but the President's position remained unfilled as no one there felt they had the necessary qualifications, such as a 'degree', a good suit, or the correct tie. Someone suggested that we could perhaps engage a management consultant firm to seek out a President. The position was left vacant and both Fred Lester and the retiring President were thanked for their services rendered over the past years. Neil Ryan expressed the desire to continue as Treasurer as he still had another year of payments to be made on his car. As a result of this two Auditors, Andy Hill and Kevin Solomon were elected to keep tabs on the books. The meeting ended and all and sundry commenced to try and devour the feast that had been organised by the handicapper, Bruce Watt.

MARATHONNING TO MONTREAL. It is interesting to note that our Selection Trial for the marathon team to Montreal will now take place in April, 1976. One of the reasons for holding it then is to simulate conditions that MAY exist in Montreal at the time the marathon is held there. I wonder if the Selectors will send the first three or two home in this race, irrespective of the time they run?

AMATEUR ATHLETIC UNION OF AUSTRALIA - A TURNING POINT. By Frank Larkins
(Frank was Co-Delegate with Alan McDonald, 1975 Conference)

The retirement of Arthur Hodsdon during 1974 as Union Secretary after 27 years at the helm has produced some timely serious reappraisal of the Union's role in Australian Amateur Athletics. Discussions culminated in some important policy decisions being taken at the Union Conference held in Adelaide from the 18th to 20 March, 1975.

The following represent a personal view of the most important decisions taken at that meeting.

1. The administrative structure was reorganised with an Administration Committee consisting of the President (C. R. Aitken, heading for his 20th year?), two Vice-Presidents (T. C. Blue (Q), A. W. McDonald (V)) as voting members and the Secretary (A. L. Morrison) and Honorary Treasurer (B. J. Sumner) as Advisory Members replacing the President-Secretary Oligarchy.
2. A full-time Union Secretariat is to be phased in subject to available finance. Mr. A. L. Morrison was appointed the first full-time paid Secretary with the brief to investigate as a matter of urgency potential sources of finance from Government and private institutions. The possibility of a National Sponsor for all A.A.U. activities was to be assessed. The feasibility of these initiatives is to be considered within six months.
3. The union agreed that Australia should participate in World Cross-Country Competition, initially on a biennial basis with a junior and senior team; again subject to adequate finance. (Initiatives from enterprising athletes are required here). The Australian Selectors shall select the team in accord with criteria for Olympic and Commonwealth Games participation, thus avoiding the regrettable practices associated with the recent tour. A trial shall be held in December or January if at all possible. An Australian Team will next participate in 1977.
4. A.A.U Championships, 1976: T & F, Hobart 18 to 21 March, Cross Country, Hobart, 11th September, Marathon, Sydney, 31st July, 20k Road Walk, Sydney, date to be advised.
5. Olympic Games - general selection procedures, no changes discussed. Travel - Union to request A.O.F. that team travel separately with a stopover for competition in Japan if possible. Team to arrive 7 to 10 days before first event. There will be three meetings prior to departure - Adelaide, Sydney and Brisbane (Melbourne was considered to be too cold) with a 1 to 2 weeks non-compulsory training camp in Queensland, finance permitting. Olympic Selection Marathon and 20 Kilometres Walk Trials to be held in Melbourne, probably in April.

It would be rash to assert that this Union Conference was the most important for decades, but undoubtedly it was historic and potentially far-reaching in its impact on Australian Athletics. The time is long overdue for the Union to exert some positive national leadership, to promote athletics in the community and to introduce innovations to co-ordinate our great sport in the national interest. Athletes have the right to expect the Union to be much more than an interpreter of International Rules and an accreditation bureau. Hopefully this Conference was the turning point.

NEWS BITS

THE STAMINA SNOWMEN. Our Nordic skiing enthusiasts appear to be happily combining long distance running and skiing. V.M.C. members of some years standing, Gerry Van Der Ploeg and John James have been instrumental in reviving National Nordic News for the benefit of cross country skiers, together with Peter Carter of the Victorian Ski Association.

HIS ADDRESS IS - 52 ASTLEY STREET, MONTMORENCY, 3094.

Another Nordic stalwart, Ross Martin, contributed to N.S.W. Distance Running News the information that his cross country mates include Clive Vogel, Danny Flynn, and Hal Dalheim, all well known to us as runners with the V.M.C. Well known N.S.W runners include Ken Baxter, Tony Green, "Chook" Harrison and Dave McInnes. Ross Martin, Ken Baxter, Gerry Ploeg & John James were in the Australian Cross Country Ski Team in Norway in 1975.

THE STAMINA DESERT MEN, at the other end of the scale, really have a tough time. Mike Henderson, Copper City AAC (Mt. Isa), renewed his VMC membership and details on his membership form evoke some interest. 800m - 2:16; 1500m - 5:10; 3000m - 11:30; 5000m - 19:29; 10000m - 39:08; Marathon - attempted twice, not completed, a comment that all recorded times were taken in extreme heat of 30 C plus !!!

REPORT ON MOROCCO.

By Chris Wardlaw

Australia, for the first time, was represented (by a somewhat unrepresentative team) at the International C.C. Championships at Rabat, Morocco on March 16th. Three V. .C. members, John Axsentiedd, Bill Scott and Chris Wardlaw competed in the 12 Kilo Race run on a racecourse which was very sandy in parts, 6 laps with some not too difficult obstacles, in fact barely enough to make you break rapid stride.

The politics surrounding the team was as exciting as the race itself, many track lovers showing their true colours when the issue of the team had apparently been resolved. But, at last, C-C money was ploughed back into cross country rather than the alienating section of running, that confined to the 400 metres track. It is necessary to ensure that cross-country and road money continues to go towards such events as the International C.C. and other important road events around the world. On the same subject perhaps invitations to events overseas should be put on a more coherent basis. Dave Chettle was, quite rightly, selected to attend a Half-Marathon in Puerto Rica recently on the strength of his Fukioka run - but on his arrival (all expenses paid by the organisers) he was asked where was the other Australian? We cannot afford not to send guys away, especially at no expense. Could not Bill Scott have been invited?

Back to Rabat. We had learnt lessons from an earlier race in Italy in their National C.C. - start are crucial, fast and generally before the gun. But no matter what the start it didn't matter at all since the early pace was impossible for all of us - 5.26 for 2k., i.e. 13.30 5k over the country! Scottie was well back early with Jim Langford, Rob McDonald and myself, suffering 'oxygen debt' laps later for our efforts in getting reasonably close to the front.

Ian Stewart ran 35.20 to beat Haro (2nd four times now) and an unknown Bill (Ray)Rodgers. John Walker ran an incredible fourth and one wonders what he might be capable of over 5k having a 7.40 3k to his credit. Some runners behind were: Roelants 12th; Puttemans 16th; Shorter 20th; Simmons 39th, Wright 50th; Cusack 52nd; Galloway 65th; Brown (Scot.) 72nd; Quax 91st; Batchelor 106th; and Kischmann 107th. Bill Scott did best of the Aussies - 22nd in 36.28; Wardlaw - 47th in 37.01; Rob McDonald 48th in 37.02; Jim Langford 60th in 37.13; Dave Chettle 100th; Dennis Nee 116th; Rob Talay 149th. John Axsentieff withdrew after being bedridden raisin poisoning 48 hours before the race.

The team finished 11th of 23 teams - a creditable first up effort considering we had at least 3 or 4 runners back home in Australia capable of running up to the efforts of say, our 2nd and 4th runners. On that assumption we might have got about 6th, and we are perhaps not so far behind as many of us think especially over the country. New Zealand thrashed the Europeans on their home ground and in their season which was a phenomenal performance without Rod Dixon and Dick Taylor.

There were some lessons learned from this first experience, which I suppose we expected in return for the outlay:

1. A prior race such as our Italian race is essential. We all improved substantially on that run vis a vis those who beat us in Rome. BUT a more serious approach to the major race is necessary, not just dropping in to Rome - our training was seriously interrupted because of a lack of experience. Perhaps the idea of New Zealand in having a training camp somewhere in Europe next time between races.
2. The early pace of cross country in Europe is so totally different to our experience here - it is not just the first 200m sprint, but a sustained effort, with lactic acid accumulation before a third of the race is covered. This training must aim towards the ability to withstand this, then relax into a 12 kilo effort.
3. We must select teams on a national merit basis in future, not a States-who-can-pay basis.
4. Finance must enter calculations now for our next team in 1977 to Tunisia. Perhaps the V...C. can be a part of any financial organisation.
5. In off-years (i.e. Olympic and Commonwealth ones) perhaps a New Zealand versus Australia Test Match in alternate National Cross Country events. The best cross country runners in the world are closer to Melbourne than is Perth.

But the most important aspect is that the International C.C. is truly a great race, in fact possibly the greatest race on the international calendar as it draws runners from 800m to the Marathon into one field. We should think as much about sending teams to it as we do to the Olympic or Commonwealth Games. Lovers of athletics and running in this country must try to de-blinker themselves and see more than the confines of Olympic Park, but perhaps even the worth of Bundoora as more than just a fill-in for the winter.

P.S. That unknown 3rd placegetter, Bill Rodgers is no longer unknown. Won the Boston Marathon - 2:09.55 - 4th man under 2:10 - Previous best 2:19 in 1974.

A FEW THOUGHTS ON DISTANCE RACES AT THE AUSSIE TITLES.

By Chris Wardlaw

The absence of Graeme Crouch, Bill Scott and Dave Fitzsimmons threw the distance races wide open at Adelaide. With the exception of Kenny Hall, that was the way each race turned out with no clear favorites emerging in their absence,

The 800m provided a major shock when Peter Fuller who had got himself to a peak just in time, ran out the fastest runner of the season, John Higham, in the heats. Hall opted for the 1500, no Watson and Rootham meant the race should have been between Col McCurry and Bill Hooker. Bernie Carroll led out of the staggers with McCurry right on the pace as usual, ready to unleash his, so far this season, devastating finishing kick at the 1200m mark. Fuller was second last, well back, and Hooker languishing behind him, obviously not fully recovered from his injury problems. Only Fuller looked any threat to McCurry on the day to come home second in 1:49.6 behind 1:48.5 with Peter Tippet 1:49.7. Bernie Carroll ran 8th in 1:51.4, McCurry's problem will be to qualify for Montreal - he will need fit Hookers, Roothams to set up times for him unless he can vary his 'winning' tactics to incorporate attempts to run fast times.

Fast times are no problem to Ken Hall. So far this season he has 3:38.8; 3:40.3; 3:40.9; 3:59.5; 3:59.6, the latter four solo. His potential is undoubted, and a tour of Europe this Winter should give him the impetus an even greater challenge to Crouch than he already presents. Ken ran 57, 1:54, 2.53 in Adelaide and a 3:35.6 was well within his grasp had anyone been around. Ewen Wilson continued his great improvement to pick up 3rd in 3:45.8 with Neil McKern finishing off a very consistent season with 5th in 3:47. Alan Gibson disappointed with 3:58.

The 5000m was a superb tactical T-V type win for Andy Hill. Nationals are to be won on the day, and although coming back after the 10k, Andy beat convincingly much more fancied opponents, notably Steve Austin. The early pace was right on 14 mins. with Steve Austin 20m behind the pack after 800m and in front by 1200m. Very strange tactics. Andy sat on the pace while George Barratt and Rob McDonald and earlier Austin, fought each other for the lead. The pace slowed to 14:30 pace in the middle laps which made the winning time of 14:03.8 more impressive. McDonald took off with 600m to go, dropping Barratt, Nee and Castella. Austin and Hendy had already lost the race. Hill sat until 100m out when he kicked away easily to win by a second, running 60 secs for the last lap. Barratt was 3rd - 14:06.2; Austin 5th - 14:14.6; De Castella 6th - 14:14.6; Hendy 14:28; O'Hare 14.33, and Bourke 14:44.

The 10,000m, too, was not of outstanding time, though Scottie apart, the times of the first three placegetters would have won all titles in this decade apart from 1970 when Clarke won in about 27:15? This race was quite tactical with a bunched field for almost 4 miles, with Barratt leading for most of the way with intermittent bursts by John Stanley and Kent Rayner. Andy Hill, Brentan Norman and myself sat in during the pick-ups which got rid of Max Little, surprisingly early, Paul O'Hare, Neil Gale and later Stanley, Rayner and Norman. With 4 laps to go I put in a 66sec lap which broke Norman, with Barratt and Hill some 15 metres back. The gap never widened over the last 3 laps of 68, 69 and 63 with Barratt just ahead of Hill, 29:22.2 to 29:22.5, with the winning time 29:19.8. Max Little was 7th - 30:20.6; Paul O'Hare 7th - 31:22.2 and Bill Joyce 31:52.6. The 3 placegetters all ran P.B's, Hill by an incredible 52 secs, but not before time. Barratt undoubtedly has exceptional talent and if he can build on his fluent style He could be a really good runner in the future. Already over 10k he has achieved what it took most of us several years longer to produce.

The Steeple was a virtual repeat of the Vics with Bob Walczak clearly superior over Bob Hendy when he blasted the last water jump and landed well clear. Bob W. has improved remarkably this season the fitter he has got; yet he has still middle lap problems and his version of contact seems to be different to most runners. But his talent is undoubted. Harnessing it this Winter with an in-depth Winter Programme such as he has not pursued in the past will see him a real possibility for Montreal next year. Hendy has had a long season and really it is quite remarkable that he was able to peak so well in November, January and March! He is certainly not a lost cause for next season if he can pursue a more concentrated peak. Fred Langford was 3rd - 8:53, well behind 8:36.8 and 8:39.2. Peter Larkins repeated his Victorian run with 8:57 which seemed incongruous to his 8:40 and 8:42 earlier in the season. Yet he has since the Aussie run 8:40 again in a pleasant Sunday Meeting against the New Zealand U/23 rep. As a Junior Peter was noted for his ability to peak for the occasion. Let's hope he hasn't lost that ability.

In all it was a Hopeful Titles. Something must come out of it next season. Distance has kicked on and it mustn't fall back to the depths.

THE XI COMMONWEALTH GAMES (EDMONTON, 1978)

When it was announced at the 1972 Olympic Games in Munich, West Germany, that Edmonton, Alberta, Canada, had been awarded the XI Commonwealth Games, I am sure that many people from numerous Commonwealth countries reached for their world atlas or encyclopedia to find out just where in the hell this place Edmonton was located. No doubt there were those in Canada who did the same thing!

Edmonton, an inland city of approximately 500,000 population, about 600 miles east (actually slightly north-east) of Vancouver and 2,100 feet above sea level, became the third Canadian city since 1930 to host the now-called Commonwealth Games. There was some criticism, and I think rightly so, of the Edmonton delegation's presentation in Munich, the view at that time being that they spent a large sum of money and may have out-manoeuvred some of the other sincere but less flamboyant countries in this regard. Back in Edmonton there was some criticism of the film presented in Munich as it in parts stretched the truth beyond fair play. To mention two points: Edmonton does not have a rapid transport system although one has recently been started, and the training track with the beautiful mountains in the background was actually taken at Banff, some 265 miles away. I might add that Jasper and the scenic Canadian Rockies are located about 224 miles west of Edmonton, so visitors to Edmonton in 1978 will have to travel some distance in order to cavort in these pleasant tourist attractions, although it will be worth the time and expense. Edmonton is located in flat, plains-type country, with the monotony being broken by the rugged North Saskatchewan River and valley.

Even though there has been considerable local controversy surrounding the Games since they were awarded, I feel that they should be quite a success from the standpoint of facilities and organisation. At this early date considerable consultation has taken place with various New Zealand organising officials so the problems they encountered are known. Unless there are severe budget cuts, some of the technical problems experienced in Christchurch as a result of cost-cutting, which apparently were decisions not made by their competent technical people, the same problems should be avoided here. Nevertheless, problems do and will arise.

No doubt all cities go through a stage of early painful planning when hosting an event as large as this, but maybe of a different nature. I do not think this is the time nor the place to bore readers with some of our domestic problems, but have no doubt about it, there are influential people involved with these Games who have not the slightest interest in the Games as such. The ambition of some is to use the Games as a shabby subterfuge to acquire a large covered gridiron football stadium of the Houston Astrodome variety for the local professional football team. The covered football stadium, which would cost in excess of \$60 million at today's prices (it would cost about \$1 million to heat, air condition and maintain) has been turned down twice by the voters of Edmonton. Unless one has lived in Edmonton, or understands the sporting culture, it is difficult to appreciate the tremendous influence that some professional sports have on the participant or amateur sports in the community, and not all of this influence is in the best interests of amateur sport. Oftentimes the success and intrinsic value of a sport is judged by its spectator appeal and the number of dollars it brings in. The word "amateur" has even been dropped here by the track and field provincial and federal governing bodies with the respective associations being called the A.T.F.A. (Alberta Track and Field Association) and the C.T.F.A. (Canadian Track and Field Association). The word "amateur" here means to most someone who is not good enough yet to be a professional or will never be good enough to be a professional or is one of those crazy nuts that engage in some sport and doesn't get paid for it. That the two sporting philosophies should be in competition over the building of some of the Commonwealth Games facilities may seem strange or unbelievable to others, but to those of us locally who understand the sporting culture, it seems a natural manoeuvre for the entrepreneurs of professional sport.

To give you an example of some of the static that some people have to work against so far, consider some of the proposals made by a Mr. Jim Hole, past president of the Edmonton Eskimo professional football association and a member of the stadium design committee. The committee was formed to act as an advisory group to the City of Edmonton Parks and Recreation Department for the design of the main stadium. Jim Hole made no secret about it while he was president of the Edmonton Eskimo Football Association (his term ended early in 1975) that he was going to do everything in his power to get a much needed football stadium for the team and preferably a covered one. He didn't say at the expense of the Commonwealth Games,

but anyone with an ounce of brains could see the writing on the wall. He has strongly suggested that the track be built to the minimum I.A.A.F. recommendations of 36.5 metres radius bends, not the 41.5 metres optimum. Reason: you can't fit a Canadian football field, which is longer and wider than the American version, inside the track with the 41.5 metres radius curves. He is pushing for a 30 foot below-ground-level excavation for the infield (which would include the track). Reason: It is easier and more economical to cover a stadium of this design. When he was reminded that the marathon and walk usually start and finish within the main stadium and a 30 foot excavation would mean an impossible grade, he was quick to argue that this was a minor point and that the marathon and walk could start and finish outside the stadium. When he found out that the infield, with the exception of the run-ups, had to be grass, he was most upset because they want an artificial surface for the football field before and after the Games. When he was told that the camber of the field could not exceed 7cm, he was most upset because this doesn't conform to football specifications, so he suggested holding the field events elsewhere. He has flatly refused to listen to the recommendation that the stadium be built in a N.W. by S.E. line to best eliminate the prevailing N.W. wind which would cause problems with sprint records, if they should occur. The stadium, he feels, should be built in a N to S line to avoid the afternoon sun in the eyes of the football players. It is interesting to note that most of the football games are played at night under the lights.

Prior to the bid for the Games in Munich, there was never any consultation with the A.T.F.A. or any of the track and field people in Edmonton. This applies to most of the other ten sports as well. This of course has led to some bitterness on the part of those concerned. Many people were shocked and no doubt some were relieved when Geoff Elliott, chairman of the sports division, which encompasses the ten sports plus one demonstration event, resigned in March 1975. He gave no reason for his resignation but of us who know him and have been working with him in the sports division guess that he couldn't stand some of the nonsense that has been going such as the main stadium hassle. Geoff Elliott, as many will remember, was gold medal winner in the pole vault in the 1954 and 1958 British Empire and Commonwealth Games. He was placed 9th in the Decathlon in the 1952 Olympic Games and is now an association professor of physical education at the University of Alberta. I personally feel his resignation was a stunning blow for track and field. The "Texas sporting mentality" of some of the locals will now prevail unchecked I feel.

At this early date the main stadium for the reasons outlined above is the only facility that poses any serious problems. The swimming pool will be built as a competitive pool and used as such after the Games, and will be a constant 1.8 metres deep. The visiting athletes will be housed and fed at the University of Alberta student residences which offer good facilities and are quite centrally located. There will no doubt be some upgrading of the University of Alberta track from the present worn-out all weather surface to a chevron or tartan surface. It will probably remain as the 6 lane track it is with the 34.14 metre radius curves and will be used as one of the training areas. An 8 lane (39.5 metre curves) track was upgraded last summer (June 1974) with a chevron surface and a third track will likely be upgraded before the Games. All facilities with the exception of the University of Alberta track and possibly one of the shooting ranges will be the property of the City of Edmonton and will be operated by the City after the Games. A budget of \$35 million has already been committed, \$11.6 million by the City, \$11.6 million by the provincial government (\$3.7 million has been spent on a 16,000 seat indoor ice-hockey arena) and \$12 million by the federal government. Various fund raising projects have already been started by the group within the Commonwealth Games Foundation with whom this responsibility lies.

In closing, I don't want to open up a new can of worms, but I should remind those that may be directly concerned that Edmonton is 2,100 feet above sea level and the atmosphere is quite dry by comparison with Australian sea coast cities. It will be a small factor in the longer races but runners will tire sooner. Marathon runners going out at sub 5:00 minute per mile pace may hit the wall sooner than they think.

* * * * *

DID YOU KNOW that the New Zealand Games Organisers asked specifically for High School Teams from each of N.S.Wales and Victoria only. There was a move to extend that to an Australian Secondary Schools team but that was not acceptable. In Victoria this matter was finally handled by the State Secondary and Private Schools Athletic Associations; it was never regarded as being under the control of the V.A.A.A. or the A.A.U. of A.

LETTER FROM U.S.A.

From Brian Chapman

Have been receiving the Newsletter O.K. - value it more than "Runners World" as a source of straightforward, unsophisticated, unphilosophical, factual relevant information on distance racing. V.M.C. renewal fees have been forwarded to Neil Ryan. Eugene is living up to its reputation as an "athletic paradise" as we are well into the Spring track season and there have been a number of sparkling performances. Rankings (top 5) are based on the first 4 meets held in Eugene are:-

<u>100 Yards</u>		<u>200 Yards</u>		<u>440 Yards</u>	
9.4	Mike BUSH (UCLA)	20.9	Pablo FRANCO (UW)	46.2	Benny BROWN (UCLA)
9.4	Pablo FRANCO (UW)	21.0	Al DUKOWSKI (UO)	48.0	Denzil DAVIS (UO)
9.4	Bob MARTIN (OTC)	21.1	Mike BUSH (UCLA)	48.0	Keith TINNER (UW)
9.5	Chris BRATHWAITE (UO)	21.3	Chris BRATHWAITE (UO)	48.2	Bill HICKS (UW)
9.5	Duran WOOTEN (UO)	21.3	Gordon PEPPARS (UCLA)	48.5	Dave HAGMEIER (UO)
<u>880 Yards</u>		<u>One Mile</u>		<u>Three Miles</u>	
1:51.0	Steve BENCE (UO)	4:01.3	Scoot DAGGATT (UO)	13:23	Paul GEIS (UO)
1:51.3	Tony VENEY (UCLA)	4:01.7	Curtis BECK (UCLA)	13:28	Terry WILLIAMS (UO)
1:52.2	Geoff HENDERSON (OSU)	4:02.7	Gary BARGER (UO)	13:37	Dave TAYLOR (UO)
1:52.7	Gary SEIVERS (UO)	4:03.2	Lars KAUPANG (UO)	13:39	Gary BARGER (UO)
1:53.1	Alvin GILMORE (UCLA)	4:04.2	Mark FEIG (UO)	13:40	Jon ANDERSON (OTC)
<u>10,000 METRES</u>		<u>3,000 MET. STEEPLE</u>		<u>120 YARDS HURDLES</u>	
28:09	Steve PREFONTAINE (OTC)	8:48	Gary BARGER (UO)	13.3	Clim JACKSON (UCLA)
29:07	Jon ANDERSON (OTC)	8:50	Scoot HOLMES (UW)	13.8	Stan WHIGHAM (UO)
30:11	Billy McCHESNEY (SEHS)	8:53	Peter SPIR (UO)	14.0	Bart PIERCE (OSU)
30:11	Don BECKWITH (UO)	8:54	Ole KRISTENSEN (OTC)	14.0	James OWENS (UCLA)
30:14	Bob HENSLEY (UO)	8:54	Lucas OLOO (OSU)	14.1	Mike Chriss (UO)
<u>440 YARDS HURDLES</u>		<u>4 X 100M RELAY</u>		<u>POLE VAULT</u>	
52.7	Lynnsey GUERRERO (UCLA)	40.4	U.C.L.A.	17'7"	Mike TULLY (UCLA)
52.9	Brian MONDSCHHEIN (UW)	40.5	U.Oregon	17'0"	Jeff TAYLOR (UW)
53.0	Phillip MILLS (UCLA)	41.0	U.Washington	17'0"	Roger MOOERS (UCLA)
53.0	Dave HAGEMEIER (UO)	41.2	Oregon State U.	16'6½"	Tinker HATFIELD (UO)
53.4	Randy MOORE (UO)	41.3	U. Oregon 'B'	16'6"	Scoot FISHER (OSU)
<u>HIGH JUMP</u>		<u>LONG JUMP</u>		<u>TRIPLE JUMP</u>	
7'2¼"	Mark WILSON (OSU)	24'4½"	Rory KOTINEK (UCLA)	53'1¼"	Willie BANKS (UCLA)
7'0½"	Rory KOTINEK (UCLA)	24'4¼"	James HOLLOWAY (UO)	51'6"	W HINKLEY (UW)
6'10"	Mike FLEER (OSU)	23'10¾"	Ted FARMER (UO)	51'4¼"	Clarence TAYLOR (UCLA)
6'10"	Greg FRIES (UO)	23'5¼"	Randy CARTER (Lin)	50'1¾"	Ed BILUSAK (UO)
6'10"	Kelly GRAHAM (LCC)	23'2¾"	Devon BROWN (OSU)	49'5½"	John TRIPLETT (UW)
6'10"	Jay MEISLER (UCLA)				
6'10"	Tom WOODS (OSU)				
<u>SHOT</u>		<u>DISCUS</u>		<u>JAVELIN</u>	
60'5"	Russ VINCENT (UW)	191'10"	Borys CHAMBUL (UW)	263'10"	Rod EWAILKO (UW)
59'8"	Kent PAGEL (UCLA)	187'7"	Dave VORHEES (UO)	247'8"	Jeff CARTER (UO)
59'2"	Bruce HILL (UO)	181'0"	Rick GUNTHER (UCLA)	240'5"	Bruce DOW (OTC)
58'3¾"	Howard BANICH (UO)	180'10"	Howard BANICH (UO)	228'1"	Doug HINKINS (OSU)
57'6¾"	Butch SCHMIDT (OSU)	174'0½"	Robin EARL (UW)	221'5"	Dennis DURHAM (OTC)
<u>HAMMER</u>		<u>ABBREVIATIONS</u>			
185'10"	Rich PERKINS (UO)	UCLA	= University of California at Los Angeles		
181'3"	Mike BOLLIGER (UO)	UW	= University of Washington (Seattle)		
178'11"	Carl ECKLUND (UO)	OTC	= Oregon Track Club (Eugene)		
171'7"	Jeff HAMMONS (OSU)	UO	= University of Oregon (Eugene)		
156'5"	Ray BURTON (UO)	OSU	= Oregon State University (Corvallis)		
		SEHS	= South Eugene High School		
		LCC	= Lane Community College (Eugene)		
		Lin	= Linfield College		

These ranking lists may interest Victorian Track fans because they give an indication of the tremendous and depth of track and field on the west coast of the U.S.A. in Colleges and Universities. Remember that these performances are mainly by university students aged 18 to 23 years. Only OTC athletes are open club runners as in Australia. Perhaps this can better be demonstrated if one considers that the best performances (above) would have won 10 out of the 19 Australian Titles at the recent Championships in Adelaide. These events would have been the 100; 400; 5000; 10,000; 110 Hurdles; Shot; Discus; Javelin; High Jump and Pole Vault.

Brian Chapman continues:

These ranking lists may help any readers who are interested in the prospects of acquiring an athletic scholarship at a U.S.A. university. Senior athletes might well consider the possibilities, because as long as they have not received a university degree in Australia they will be eligible to compete over here. It might be stressed however that the above are only early season marks - the quality will undoubtedly rise as the June Championships approach.

INDIVIDUAL PERFORMANCES:

- 1 Steve Prefontaine's 1975 outdoor track debut in the 10,000 metres has been the highlight. Billed as a world record attempt, thousands were attracted to the Hayward "Eurathyn" track. Pre had just come down from the Colorado Rockies after a month's training with friend, Frank Shorter. However, biting cold and a persistent head wind in one straightaway limited the champion to a 28:09 made up of 4:28; 4:26; 4:30; 4:36; 4:40; and 4:38 miles. He is presently helping to host the Finns (Laase Viren, Pekka Vassala included) who are touring the west coast for a series of competitions. He meets Viren in May at Seattle and Eugene, and in fact, rejected the U.S. Team trip to Peoples' Republic of China in order to confront his Munich rival here. Pre will not turn pro before Montreal - he has made a definite statement on this.
- 2 Jon Anderson (1973 Boston winner and a son of the Eugene Mayor, followed Pre in, but ran a much steadier pace of 70 second quarters throughout.
- 3 The rising star among the juniors is a 16 year old high school student, Billy McChesney. Built like a sparrow, the lad won the opening six mile race of the season in 28.58 (converted in the above 10,000m ranking list). Most surprising were his 3 mile splits - 14:55 followed by 14:03. Perhaps it will be McChesney versus Barrat (Queensland) in 1980 in Moscow.
- 4 The 3 miler, Geis, appears something of a hypochondriac - some say smoking a certain type of weed causes a lowering of resistance and higher susceptibility to viral complaints. He has only raced in Eugene once in a year, and an unpopular victory it was as he sat on team mate Williams for 11 laps before kicking with a 57 quarter. (He has done 12:55 I believe)
- 5 BOSTON MARATHON - In case you don't know, 2300 faced the gun for the "200 year celebration" Boston race (not bad for a 3 1/2 hour qualifying mark). Included were over 50 women. Britain's Bernie Allen did his usual pacemaking duties in the early going while Will Rodgers sat behind the leading pack as he did last year. However, instead of "blowing" to 2:19 (he was 14th last year), Rodgers assumed the lead before the halfway mark and went on to an American record smashing 2:09.55 - one of the world's fastest ever. The winner is no flash in the pan for he has been running for years (now aged 27 years), was a university track star and had an excellent cross country season under his belt. From photos he looks to be about 5'8" and stocky.

RESULTS IN DETAIL:-

1	Will	RODGERS	(Gt. Boston TC)	2:09.55
2	Steve	HOAG	(Twin Cit.T.C.)	2:11.54
3	Tom	FLEMING	(New York A.C)	2:12.05
4	Tom	HOWARD	(Canada)	2:13.23
5	Ron	HILL	(England)	2:13.23

Notable, of course, is the number of new names among the Americans who broke 2:20 or went close. However, Hoag and Fleming have been around for years and it would appear that their breakthrough is a reward of their

perseverence. Jerome Drayton (Can.) was second at 24 miles, but decided to drop out! The weather was reported as perfect and runners were assisted by a tail wind throughout. The women's 'world best' was lowered again, this time by 1974 world champion Liane Winter (West Germany) to 2:42.23. Second was Kathy Switzer (2:51.50) and third G. Barron (2:54.39). At the rate women are improving it seems reasonable to predict that an Olympic Marathon for women will be programmed in the 1980's.

- 6 I.T.A. (Professional) - Ben Jipcho is all the rage in the pro ranks being unbeaten in 22 races. Most impressive was his double, 3:56/8:27 1 and 2 miles at Los Angeles in the space of 56 minutes. Jim Ryun made sort of comeback with 4:00.3 for 3rd place. Tracy Smith was 2nd in the 2 miler with 8:29. Brian Oldfield broke Feuerbachs world record in shot put but of course it won't be recognised by the I.A.A.F. Interesting - Oldfield incorporates a discus turn in his shot technique.

OTHER NEWS - Randall Markey is making steady improvement from achilles problems. He is now jogging 30 minutes daily. However, a Summer Tour of Europe seems to be out of the question. Dave Chettle dropped into Eugene en route from Puerto Rico where I believe he ran 13th in the Half Marathon after a 36 hour plane flight. He did some running with Tom Heinonen (and others) and made a good impression.

LETTER FROM AUSTRALIAN CAPITAL TERRITORY

BY BRIAN LENTON

Cross Country and Road Running is booming in Canberra. In the 15 year history of the A.C.T. Cross Country Club, fields have never been higher. The number of starters in previous years varied from 15 to 25 starters for weekly events, peaking at 35 to 50 for major events. Fields in minor events now average 35 to 50, and a record field of 80 started in the first major fixture this year - the 2nd Annual Anzac Relays. This pattern should continue throughout the year.

In the last 5 years the winter season has been dominated by a few athletes. In 1971 and 1972 Dave McInnes and Mike Kennedy dominated the scene. Then in 1973 and 1974 injuries stopped Dave from competing and Mike was unchallenged. Now in 1975 two runners are now dominating the scene again, Mike Kennedy and Nigel Beeson, formerly of Sydney's Sutherland Club. Beeson is fast regaining his form and enthusiasm of 1969 when he ran 3:47 for the metric mile. We have a number of Victorians running here apart from Mike Kennedy. Terry Jorgensen arrived late last year and will greatly strengthen our maraton ranks. Terry looks like cracking 2:30 later in the year. Also Bob Taylor (ex-Glenhantly) has started training and racing again after a two year lay-off. Athletes like McInnes, Kennedy and Beeson have had a tremendous effect in bringing down the times of other runners and we are starting to see this depth in races now. In the 1974 Anzac Relays, only 3 locals broke 14 minutes for the course, while this year no less than 12 Canberra athletes cracked this barrier.

Match races have been organised this year against Newcastle and Glenhantly (14th June). Both these matches will be in Canberra this year with the A.C.T. travelling next year. In 1974, in the N.S.Wales Road Relays (4 X 10km) Newcastle finished 1st and the A.C.T. 3rd, and as the club is considerably stronger this season, we are confident of improving on that result. The last challenge match for the A.C.T. was the 5 miler in 1968 against a Ballarat V. W. team.

From late March to late September the club conducts weekly races. The proportion of road and cross-country, and the ratio of short and long distances was decided on by surveying members, and from this questionnaire the committee drew up a fixture list. This year there are about 30 official races at about 20 different venues. We are fortunate in Canberra in having extensive pine forests close to the city, for training and racing. Areas around Lake Burley Griffin also make for pleasant and interesting courses.

With the help of a computer, all runners, in addition to getting a place and time, also obtain a percentage score for each race. The course record gets a score of 100% (or if there is no course record - the winning time) and everyone in the race is scored in relation to this. This computerised system of scoring allows runners to compare their performances from race to race, irrespective of the type of course or the distance raced. It also enables the committee to draw up a ranking list at the end of the season. Reliance is also placed on computer technology for race handicapping.

The club also had another first this year - the organisation of a weekend camp for athletes and their families. About 50 people attended full time with another 20 to 30 people coming at various times for training, racing, films and to hear our Guest Speaker, Ron Clarke. Despite a busy business schedule in recent weeks, Ron very generously gave of his time and money to make the weekend a total success.

All enquiries regarding Cross Country in the A.C.T. can be directed to:

The Secretary - John Gilbert,
44 De Graaff Street, HOLDER.
A. C. T. 2611. (Ph. 88-4687)

A BIG EARS BIT Due to the V.M.C MARATHON DATE being changed to June 1st, there will not be any New Zealanders taking part. Apparently a team of 6 were expected to have taken part at Tyabb, but the change of date has meant that they could not obtain the Winter Air-Fare concession which commences on June 1st. Last year's Hamilton winner, who would have run in our marathon, Kevin Ryan - 2:14.29 at the recent N.Z.Games has decided to take part in the State Marathon Champ. on June 28. After all the hard work that was put into last year's Tyabb affair, it's a shame to see it go by the board. If V.M.C. organisers are not careful their marathon could end up as just another event with very little importance.

Rumour has it that moves are afoot within the so-called Rebel Group to put up a new candidate for Secretary of the VAAA. I wouldn't fancy having wheels on my seat.

BITS AND PIECES FROM HERE AND THEREBy Big Ears

A familiar occurrence. Lasse Viren suffered a thigh injury in the Spring 74 and continued to train with it. By doing this the injury was aggravated with the result that he tore the muscle and thus leg surgery is necessary. His chances of complete recovery are just even. When will we ever learn.

Alan Hicks - Brighton, leaves this month for the 'motherland' on a 12 months holiday, including some running.

Lose one, gain one - Colin "Skippy" Sedgman and his wife will be leaving New York on June 21st on board a freighter heading for Sydney Town.

At the end of a rainbow there's a pot of gold. For Bill Scott he hopes that the gold is in the form of a medal and the rainbow ends in Montreal 76. To give himself any chance of gaining that medal he needs top competition and that's why he is leaving our polluted shores along with Graeme Crouch and Ken Hall next month on a trip to Europe. The trio jet out of Melbourne on June 21st to take part in track meets at places such as Helsinki, Stockholm, London and Edinburgh, and hope to return home in early September. We all wish Bill well and know that, given the right conditions, he can produce the goods and Conquer.

Our trackside clocker informs me that Crouchy ran a solo 600 trial the other night at Box Hill in 78 seconds.

From sore feet to a sore bum! Yes- that's right, Arch Sansonetti - St. Stephens, has finally traded in his running shoes for a racing bike, to join his three brothers in the road racing game.

In the USA some colleges are finding it hard to come by the mighty dollar for use on sport. In fact, expenditure on athletics is being cut back drastically, but such is not so in France. The French Government recently adopted a policy whereby leading athletes will be paid whilst training for top competition. The Vice-Minister of Youth and Sports was quoted as saying "Athletes who desire, and are able, to pursue an athletic career at the highest level will be taken over by the state and completely supported by the state. They will be supported for a period of two years so they will be able to prepare without other worries." This decision was made after 18 months of study by the sports Ministry.

Businessmen will be asked to grant special leave to athletes they employ and such leave will be paid for by the state. Could you imagine us doing that here? About the only study we could carry out effectively is on the racing guide in the local paper.

'Fallen Comrades' Day was certainly a boomer in more ways than one as a record field of 225 faced the starter and almost a firing squad of 1 soldier. Prior to the event, as all were assembled on the sacred turf surrounding the "Shrine" the armed guard from the memorial made a gallant move to disperse our gathering, stating that we were contravening certain rules and regulations which prohibited us from holding our meeting. Quick thinking by the starter in getting the race under way saved the guard from becoming another 'fallen comrade'. Chris Wardlaw won the event and certainly made a mess of the previous course record as can be seen from the results which appear elsewhere in this Newsletter. Several doubted the accuracy of the timekeeper's watch and rumours quickly spread that independant clockers differed by as much as 30 seconds slower than the official times given. VNC officials quickly acquired the watch in question and ordered a swab be taken. This was duly carried out the next week by the VAAA's official timepiece examiner. Over a period of 2 hours the watch gained 2 tenths the first hour with the face up and then lost 2 tenths the next hour with the watch hanging face out. So there you, "uppy yours" as the Chinese say.

Did you hear how the Yanks selected their team for the International Cross Country Championship in Rabat, Morocco, march 16th. They held a special trial on Feb. 9th over a course of 15km, which was composed on 1 mile and 4 mile loops laid out over firm turf, with 4 steeple barriers on each loop, simulating conditions in Rabat. The temperature at the time, 69 degs. Now, can anyone tell me how Australia selected its team?

Ian Thompson in a recent interview was quoted as saying. "A marathon takes ten weeks out of my life and it is just not on this Summer". He was replying to a question in regard to when his next marathon would take place. He went on to say that he will only run one marathon before Montreal, that being in Japan next December. He felt that if he was asked to take part in a Games selection trial, the race must be held at least three months before Montreal.

LETTER FROM NEW ZEALANDFrom Bruce Jones

With May 15th at the back of my mind I think I might break your Newsletter deadline for the next issue. Quite a bit of news to relate about N.Z. athletics. Just to be different I'll start from now and work back. However, before I do, I have some sad news. I don't know if you or Neil met Keith Falla whilst over here for the Hamilton Marathon. Keith represented Guernsey at the Christchurch Games in the 800m (a 1.49 man) and the 1500m, and stayed on and settled in the Waikato area with his wife Caroline. Caroline was a prominent athlete and represented N.Z. at the recent N.Z. Games. Well, last night, whilst out running with Caroline, Keith was struck by a car and died in hospital an hour later. Very sad news, as they were devoted to each other and to athletics. Keith would have been running against^{us} in today's Tokoroa 5 X 3000m (over cross country) relay. This relay was won by Auckland University from Manurewa. John Walker ran fastest time of 9.02 in beating Dick Quax (9.15) over the first lap. Then Varsity took over with Bruce Bennett (9.50), Phil Wilson (9.37), Wayne Madden (9.30) and myself (9.30). Other times which may be of interest were Jack Foster(9.34), Mike Ryan (9.31), John Davies (Bronze Medallist over 1500m, Tokyo)(10.38 and Bob Gerrard (10.31).

Two weeks earlier the Rotorua Marathon was staged in cold and windy conditions. Jack Foster made it all his own little affair in running all the way in the front in 2:18.31, Mike Ryan, 2nd. 2:19.45; an Englishman, Roger Reverly 3rd, 2:20. Ex-Aussie Bernie Vine was 4th in 2:21. Twenty two runners were under the 2.35 barrier on this notoriously tough and hilly course.

Back to early March, the New Zealand Marathon Championship was held in Dunedin and the foreign legion really dominated placings. Roger Reverly, out for a 9 months stay, took 1st placing in 2:19, Bernie Vine, 2nd in 2:22 and Ron Irwin (ex-Q'land) 3rd in 2.23. (Sorry I haven't exact times but my issue of the N.Z. Athlete hasn't arrived this month.)

Always interested in reading your Newsletters and results from newspapers, etc. The vics certainly dominated the Australians but that doesn't surprise me. What does is my old schoolmates - 'Rabbit' Wardlaw and Bob Walczak in winning Australian Titles!! And then there was Hilly too.

With the Winter Season just commencing the likely contenders to fame (and fortune) are shaping up. Kevin Ryan is so dedicated to his 150 miles a week that he's sure to perform well in the Victorian Marathon. John Walker, Dick Quax (who has just disappeared off the face of the earth when he heard I was writing to you, Fred) something about he owes you a letter on Victorian athletics. I don't think it is his favorite subject so I didn't pursue it any further) Rod Dixon and Stewart Melville line up against the Kenyans next Saturday for a 4 X 1500m race on Auckland's new Tartan track. Walker has developed into a super athlete with his 4th placing in Morocco and in case you haven't heard the other New Zealand placings in Morocco were Ewan Robertson, 5th, Dave Sirl, 26th, John Dixon, 27th, John Sheddan, 33rd, Bryan Rose, 34th, Jack Foster, 36th, Kevin Ryan, 71st and Dick Quax, 114th. To win the teams race by 60 points without Rod Dixon and Dick Taylor was a great effort. Taylor looks to be in real trouble with arthritis in his feet. Not even walking, let alone running. He has almost given up for Montreal. Rod Dixon is in great form and at Hastings for an Easter meet he ran a 4:04 mile on the Saturday and on the Monday within one hour he reeled out a 14:10 (5000m) and a 3:51 (1500m) Incidentally I ran a 15:53 in that 5000m - a bronchitis attack just before the New Zealand Nationals hit me around a bit, and I am still recovering two months later.

Actually I'm writing this letter from a motel in Tokoroa and Quax is telling me to tell 'Rabbit' to get off the grass.

To Dick Dowling from Wayne Madden ... "you'd be proud of me, Dick."

And Quax wants to know if Dick is still the champion of the tan.

And from me I'd like to know if 'Rabbit' can still make it up the 2 mile hill (Clarke's Hill)

I'm going to come over for a 3 weeks stay in August and have a run in the "Australian Cross Country Championship"

To anyone who is interested, the New Zealand Cross Country Championship is on in Wanganui on August 9th.

DISTANCE MEN BUILD UP IN CANBERRA. Ex VMC men Mike Kennedy, Terry Jorgensen and Graeme Moon are well to the fore on the local distance scene in Canberra, John Farrington and David Deeson have arrived from Sydney and there are rumours that Dave McInnes and Julian Scott, NSW stalwart distance men, are likely to swell the ranks at the National Capital. David Pentelow has also made his way there from Adelaide. If anyone can make their way there for a local race date they are bound to get good competition.

29th ANNUAL GENERAL MEETING - 14/3/1975.

Out of a total of 351 paid up members, 36 made the effort to attend the A.G.M. to review the past and plan the future of the club. Financially, the picture presented by Neil Ryan was very bright indeed, with an increase in the Bank Balance of \$87 to \$354, and an untouched short-term deposit of \$500. The fixtures, as worked out by the Secretary in conjunction with the VAAA C.C.O.C., were agreed to with the exception of the Marathon date. A letter was received from South Melbourne A.C. strongly opposing the suggested date and after debate the meeting elected a sub-committee to choose an alternative date, immediately after the close of the business of the night. The decision reached was to hold the VMC Marathon in conjunction with the Traralgon Marathon, subject to the Traralgon Club's approval.

The elections results were: President - not filled; Secretary - Terry HUNTER (he volunteered); Vice-Presidents, Harry LOGAN, Gerry RILEY, Peter BURGE, John STAFFORD, Dick DOWLING; Asst. Sec (Records) Bruce WATT; Asst. Sec (Membership) Fred LESTER; Treasurer, Neil RYAN; Asst. Treas (Trophies) Peter LOGAN; Committee- Dave GAZLEY, Mike HUBBERT, Chris RILEY; Handicappers, Bruce WATT, John ZELEZNIKOW, Phil LEAR; Auditors, Kevin SOLOMON, Andy HILL; Club Captain, Neil RYAN.

An offer to stage a race at the Showground Trotting Meeting was accepted as a means of publicity for distance running. Wal Sheppard reported on expressed favourable attitudes to Women's Road Running by the VWAAA. A motion to increase membership fees was lost, not surprising in view of the reported sound financial position of the club. It was moved and carried to send 1 fully-paid and 2 half-fare paid members to the Hamilton (NZ) Marathon, the team to be chosen on the best performances during the winter season.

V.M.C. COMMITTEE MEETING - 3/4/1975.

Twelve people attended the meeting and the Committee accepted the offer of KEN FRASER to be President for the 1975-76 season and take the chair. The alterations to our winter program were agreed to as follows:- Marathon, June 1 at Traralgon, and 25km cancelled; Dinner-Dance, June 21, cancelled and 10km race to be held at Albert Park for all divisions on that date; King of the Mountains, Sept. 6 to be 32km as before. The CLUB UNIFORM was finally agreed to as a White Singlet with VMC badge on the centre of the chest, Blue and White Shorts with alternating coloured quarters. It was decided to press for widening of participation in the National Marathon to at least 20 of additional qualified entries from each state. It was also decided to press for the closing of roads through Albert Park to through traffic on weekends. (This was being enforced now on days when South Melbourne F.C. play at home!) It was agreed to stagger our main and subsidiary races.

V.A.A.A. COUNCIL MEETINGS - March, April, May.

MARCH - Dissatisfaction was expressed at the handling by C.C.O.C. of the matter of a trial for selection to the Australian Team to go to Morocco, no such trial was held in spite of a direction to do so by the December Council Meeting. The matter of regular participation in the World Cross Country Championships and proper selection of Australian Teams was put forward by John Boas in the form of a resolution to the A.A.U. Conference and carried by Council.

APRIL. A number of letters from clubs pressed the point that future Victorian T & F Championships should ensure that under age championships be held separately from Open and Junior events. The A.A.U. answered several queries on the Ron Clarke Trust Fund, (the one set up to assist promising athletes to gain overseas experience) which amounts to some \$30,000. There are several applications by Victorian athletes for assistance from this Fund.

MAY. The Power House delegate reported that the Annual Albert Park - Somers Relay had to be abandoned, especially since there was no assistance from the Police. Three athletes had been granted \$250 each from the Ron Clarke Fund: Don Commons, Ray Boyd and Rob Lethbridge. (We wonder whether this will be enough to pay just for the transport of Ray Boyd's Vaulting Pole!!!) An approach is to be made to Olympic Park authorities to open the facilities for mid-week training nights in winter. Frank Larkins had two motions endorsed to go to the A.A.U. for approval and which should be of great assistance to lifting the standard on Australian distance running. The first was to interchange the 5000m and 10,000m events on the A.A.U. T & F Championship program (Making the exhausting longer event the later one, 2 days after the 5000m. The second motion was to eliminate the arbitrary restriction of 14 per state of Marathon entrants to be additional, and make the attainment of a pre-set standard the only qualification, just as in the case of the other events in the T & Field Championships. At present the existing restriction is a discriminatory measure, mainly affecting Victorian Marathon men, but it could re-act against other states just as badly, as they gain strength. (Canberra looks to be a coming force)

Letter from Canada.From Col O'Brien

Greetings again from the top (almost) of the world. We are just getting under way here with the outdoor track season but for Canadians it is slow getting under way while in the U.S.A. it is more advanced. Locally there is little to report although Tom Howard has started off where he left off last season with a recent 20 kilometres Canadian track record of 60:20 (10 miles in 48.14). Also in the same race was a Canadian 15 miles record of 1:16.48 by John Currie of the same club. Chris White (again the same club) ran an 8:49 - 2 miles (P.B. by 11secs) behind Howard who ran 8:47. The Boston Marathon was run two weeks ago and was won by Bill Rodgers of the U.S.A. in 2:09.55. Third was Tom Hoffman (U.S.A. and 4th was Tom Howard in 2:13.20. Jerome Drayton from Ontario was apparently with Rodgers until a few miles to go and then 'died' and I think, pulled out with one or two miles left. Ron Hill (Britain) was about 10 seconds behind Howard. Andy Boychuk was 10th but I do not know his time.

Terry Phelan, who is now in Toronto, has run an 8:29 - 3000m, but I do not know of any other times for him. Rob Wallace of El Poso University recently ran a 13:37 - 3 miles. I ran a 29:45 - 6 miles in March, but little else as I have been having trouble with injuries.

I will include with this letter some results of a dual meet last weekend between U.C.L.A. and U.S.C. (University of California at Los Angeles and University of Southern California) two of the strongest schools in the States. The meet was won by U.C.L.A. - 75 points to 70.

The shot put was won with 60'5 $\frac{1}{2}$ " by Pagel (UCLA) with 2nd place, 59'10"; 4 X 110 relay, won by USC in 39.1s.; UCLA, 39.5s.; 1 mile, Beck (UCLA) 4:03.4. (Sorry - no first names given). In long jump, Williams, Olympic Champion, only managed 3rd with 25'3 $\frac{1}{2}$ ", with Banks (UCLA) 1st with 26'2 $\frac{1}{4}$ "; 120 yards hurdles, Jackson (UCLA) 13.5s., Johnson (USC) 13.7, Williams (USC) 13.8s. 440 Yards won by Randle (USC) 45.1s., Brown (UCLA) 45.2s. and Campbell (USC) 47.7. 100 yards won by Gilkes (USC) 9.3s., Abrahams (USC) 9.4s., Bush (UCLA) 9.5s. Pole Vault to Tully (UCLA) 17'10" (3rd place, 16'6"); 440 hurdles to Andrews (USC) in 50.2s., Discus to Frugugletti (USC) 194'6" (3rd place, 193'); 220 yards to Wilkes, 20.4s., Brown, 20.6s. and Randle, 20.6s. triple jump to Banks, 55'1", Cohee (USC) 54'3 $\frac{1}{2}$ " and Bryson (USC) 53'9". High jump, Kotinek, (ULCA) 7'3 $\frac{1}{2}$ ", Meisler (UCLA) 7'2"; 4 X 440 Relay, 3:07.2 (USC). Attendance was 15,000 with several thousand standing. Performances, as you can see, were outstanding!!

Sorry this letter is so late Fred, but hope it makes in in time. In the next letter I will tell you of our school's trip to Mexico on which we are going in May and June for two weeks, spending most of our time at St. Luis Potosi, (5,800') and Mexico City. As I have never raced or trained at anything higher than 4,800' it should be interesting. We have an international meet here next Thursday with Prefontaine and Shorter clashing over 5,000. There are a number of top Finnish track and field men and women competing also. Prefontaine will be coming off an American record 5:01.4 - 2,000, so is fit. On May 9th an 18 year old high school runner from Florida equalled the world 100 yards record with a 9.0 seconds. His name is Houston McTear and his style is similar to Bob Hayes.

Olympic Games tickets went on sale here last week and I managed to obtain all my wife and I were after, which considering the allotment of the total 1% of the total ticket sales for B.C. I was lucky. Quebec managed to allot themselves "only" 60% of the total - slightly unfair distribution.

QUESTION TIME:

Brian Chapman asks two questions which are of interest to many readers:

1. Why were Brenton Norman, David Fitzsimmons and Tony Bart NOT included in the International Cross Country Team for Morocco?
2. Why were Paul Sutcliffe and James Batten NOT included in the N.Z. Games "Schools" Contingent?

To 1. There was no National Selection for this particular team. Each state was asked by the Union to nominate candidates to the extent that they were also prepared to subsidise the trip. South Australia DID NOT nominate anyone, presumably because of heavy financial commitments with new Tartan Track.

To 2 Answered at bottom Page 13.

RANDOM NOTES

Questions at the May Meeting of the Council of the V.A.A.A. brought to light the facts that the contribution by Adidas towards the Phot-Finish Apparatus was approximately \$600 less than anticipated.

The abortive Special Dinner, towards which several sponsors had agreed to foot bills for overseas athletes, gave rise to a very unusual set of circumstances, to put it mildly.

When ex-Olympian, Bob Morrow, was asked to return his air ticket, in view of the cancellation of the venture, he apparently insisted upon a reimbursement of some \$600 odd before he would do so.

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Amusing sidelight at the Annual Sandown Road Relays. Two runners in lower grades were just finishing their stint, one of them a doughty veteran overhauling and about to pass his much younger rival. The reaction of the youngster as he saw the grey head about to put him to shame was as if an electric shock had been administered. He simply flew home!!!

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Dates for next year's Australian Track and Field Championships.

In Hobart - March 18 to 21 - 1976.

Australian Marathon in Sydney - 31 July, 1976.

Olympic Marathon Trial, late April, Melbourne, 1976.

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It seems ironic that one of the world's strongest nations in Track and Field should still stick to the outmoded Feet, Inches and Pound measurements in their statistics. While the rest of the world has adopted the decimal system as the most convenient for all kinds of measurements and transactions and has in this way made it a lot easier to communicate across the barriers of geography and language, U.S. dishards in sport maintain difficulties for their own athletes with outworn traditions.

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Quality books on athletics are not easy to obtain.

The bulk of books published on sport are little different from articles in the average magazine, the "personal interest" chokes out analytical and scientific information. Neil Ryan is well known around V.M.C. events for the better than average selection of books on athletics, all of which he ferrets out for the benefit of our members.

We would also be very grateful to any of our readers who have come across a book they consider worth recommending. Send in the title, the name of the author, and most important, the name of the publishers.

It would help all concerned too if you could give us a quick rundown on the contents and its favourable points. We can then let others know.

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JAPAN.

It took 5 years for a 67 years old grandmother to complete a 1000 miles jog from Tokyo to her birthplace in South-Western Japan.

Mrs Aya Hatano completed her life long ambition and remarked afterwards - "It wasn't easy of course, and sometimes I was compelled to cover 20 miles a day."

During her run she carried a photo of the late Abebe Bikila because he inspired her interest in marathon running.

S O

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T H E R E I S H O P E

F O R S O M E O F U S

Y . E . I

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

One of the most remarkable meetings in the history of Victorian athletics took place the other night when for the first time in memory people from all the different committees concerned with competition met together to pool their experiences, thoughts and ideas to map out a general program for the next Track and Field Season. Most of them had already discussed the problems within their own group so that at the combined meeting they were able to put forward concrete suggestions. Discussion at every point was tuned into trying to obtain maximum agreement with all concerned and this should lead to a better understanding of all factors involved when Council of the V.A.A.A. approves the final draft.

All who attended that meeting were unanimous in approval of the concept and the attitude which prevailed in the discussions. There is a very useful lesson in this for all of us, namely, that details of proposals for action need to be hammered out or at least put into workable shape prior to any meeting designed to either approve or disapprove of such proposals. The working groups formed in the VMC to handle various aspects in the conduct of our affairs are envisaged to tackle our problems within the VMC in similar fashion. No General Meeting of any organisation is ever in a position to deal effectively with proposals that have numbers of ramifications flowing from them and involving varying personal attitudes. - - - - -

The success of the competition between the NZ U/23 team and Victoria U/23, both men and women, was due mainly to the effort put in by a small handful of men in the last few days prior to the meeting. The women had no trouble in taking up their side of it well in time, but the men started virtually from scratch on the Wednesday night. As one who has for years indicated that there are always two places available at my abode for billeting, and knowing that there were several others of like intent, it was almost unbelievable that there was no list of billeteers available at the V.A.A.A. OFFICE. VMC stalwart, Mike Hennesry, acting as chairman of the co-ordinating committee formed for the occasion, and his associates finished off a job well done in the finish. Incidentally, it is rather ironic that the men's section was dominated by Victoria, but the NZ women outclassed the Vic opposition to give NZ a win overall.

Again, for the effective functioning of the VMC, we would like to hear from as many members as possible what number of billets they can make available, either for male or female (or both), in view of the likely influx of NZ and interstate visitors for some of the major distance races in Victoria this season and in the future.

It has come as quite a shock to learn that yet another athlete has fallen victim to the road toll (see letter from NZ). Keigh and Caroline Falla were an athletic couple whom it was a pleasure to meet and associate with. Those of us who went to Hamilton last year were aware of how naturally both of them fitted in with the local scene and contributed to the life of athletics. It is unfortunate that it takes occurrences such as this to underline the very real dangers facing any pedestrian on the road, no matter how fleet of foot, and it should make athletes everywhere redouble their efforts to demand safe paths and areas where people can engage in healthful pursuits without harassments and threats of injury or death. The VMC expresses its most heartfelt sympathy to Caroline Falla. - - - - -

I have almost reached the stage of closing a mental door very firmly as soon as the words "Constitution" or "Amendment" come calling on me like some persistent Encyclopedia salesman. The amount of waffle that clogs my letterbox and fouls up intended meaningful discussions and meetings seems to grow in inverse ratio to the amount of work accomplished.

What bothers me even more is the spectacle of active and practical people of intelligence becoming victims of this creeping disease. In the end it reaches the stage where all this shovelling of paper crap has built up into a wall isolating the shovellers from realities of life like a self-imposed prison.

When it is all bailed down, it is people who have to do things themselves, no amount of paper full of the best rules and intentions will do it for them, people have to want to work together for common achievements. What we may want to do today, we may not want to do tomorrow, or next month, or next year, so why waste so much of our time and effort in build paper walls which only have to be breached anyway.

Finding letters in my mail box from correspondents at home and abroad always gives me a warm feeling of personal contact with friends, which I am sure is felt even more so by those who are abroad when they receive letters from home. Being a rather poor writer of personal letters myself I nevertheless appeal to all of you enthusiastic athletes and readers to keep sending letters to fellow athletes and friends - there are no better morale boosters, long or short!!