

AUTUMN 1976

V. M. C. NEWSLETTER.

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AND

March, 1976

30th ANNUAL REPORT

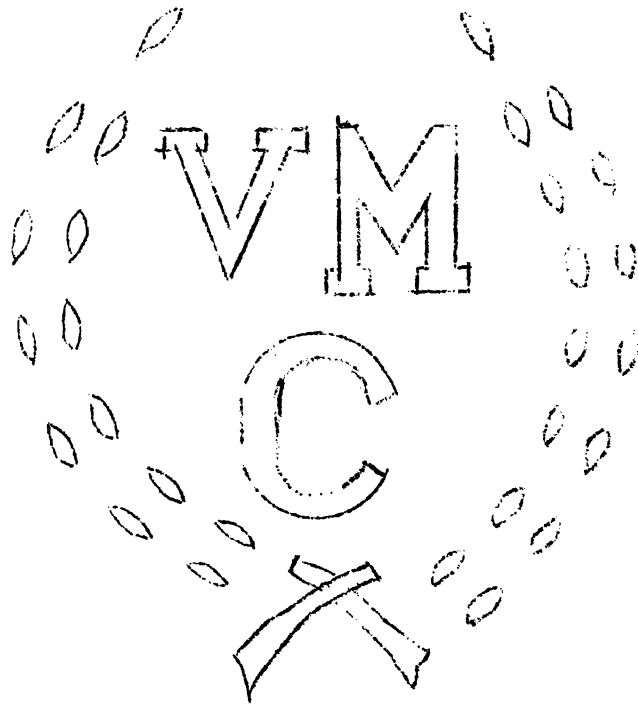
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THE VICTORIAN MARATHON CLUB NEWSLETTER IS PUBLISHED FOR THE INFORMATION OF MEMBERS OF THE V.M.C. AND OTHER PEOPLE INTERESTED IN DISTANCE RUNNING AND ATHLETICS IN GENERAL.

The V.M.C. NEWSLETTER is the editorial responsibility of the 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 and 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 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 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 LYNDHURST STREET, RICHMOND 3121

* * * * *

THE INTERSTATE LINES OF COMMUNICATION

AMATEUR ATHLETIC UNION OF AUSTRALIA A..L. Morrison, 31 Abbott St., SANDRINGHAM. 3191. VICTORIA
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VICTORIAN MARATHON CLUB

NOTICE OF ANNUAL GENERAL MEETING

NOTICE IS HEREBY GIVEN TO ALL FINANCIAL MEMBERS OF THE VICTORIAN MARATHON CLUB THAT THE 30th ANNUAL GENERAL MEETING WILL BE HELD ON FRIDAY, 12th OF MARCH, 1976, AT 8.00.P.M. AT ROBINSON HALL, ALBERT PARK LAKE.

Business will include reports of Executive Officers, Election of Officebearers for the ensuing year and General Business brought forward from members of the club

FINAL NOTICE

THIS ISSUE OF THE V.M.C. NEWSLETTER IS THE LAST YOU WILL RECEIVE FOR YOUR CURRENT FEE. MEMBERSHIP FEES ARE NOW DUE FOR THE 1976/77 SEASON, COMMENCING ON 1st APRIL.

If you wish to continue as a member of the V.M.C. and receive your NEWSLETTER, THEN YOU ARE ADVISED TO FILL IN THE ATTACHED MEMBERSHIP FORM, PRINT YOUR NAME AND ADDRESS (your Call Name and Surname in BLOCK LETTERS and include your Postcode NUMBER WE CANNOT OBTAIN POSTAL CONCESSIONS WITHOUT!!) on the self-stick labels and return them together \$1.00 to the Treasurer:-

NEIL RYAN
71 VINE STREET
MOONEE PONDS.
VIC. 3039

Please fill out your self-stick labels in the same way as at left, never mind the Mr. Ms or any other frills.

If you renew your membership in this manner, you will avoid long delays which occur on early season runs.

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

YOU ARE NO LONGER S FINANCIAL MEMBER OF THE V. M. C. !!!

30th ANNUAL REPORT

I looked at the previous Annual Report before commencing to write this year's. I feel that the progress in the past 12 months has been rather mixed. But there has been a rise in the standard and in the size of some of the fields.

Notable amongst these races were the "Fallen Comrades", which we almost had to fend off a bayonet-wielding policeman, and the "Emil Zatopek", where in "A" Division, nine out of the fourteen finishers ran their P.B's. This was almost the same in the other three grades, wheremost of the place-getters ran P.B's also.

Unfortunately, the marathon was not the success it has been in previous years. We were down both in size and the quality of the field. It was not possible to hold the dinner-dance after the race this year, due to a number of factors. But with the Marathon back at Tyabb this year, hopefully we will be able to organise something other than a pie and beer turn.

On membership, this year we did not have as great a rise in the number of members as we did in the 1974-1975 Season. On the organisation side of things, there were no great problems this season, but we might not be so lucky in the next 12 months, unless the Committee receives more help from the members.

As I mentioned earlier, it was a season of mixed success. Because of the large increase in numbers in 1974-1975, a pool for each activity was envisaged last year. True there was some response for such things as billeting, newsletters, and officiating at V.M.C. races. But a lot of the names were down for two of these things. Of our 300-odd members living near Melbourne, only four offered to do any billeting. Hopefully this will change in the coming twelve months, but more of this later on.

Many thanks to our friends and members, overseas and interstate, who have provided contributions to the V.M.C. Newsletter, and to those very vital people Mabel and Alf Robinson, who ensure that the Newsletter reached you in such excellent shape.

Our thanks are extended to the clubs and organisations and individuals who have helped us in providing facilities and competition for our members.

Your Committee, I feel, has carried out its responsibilities to the members throughout the year. My thanks are extended to the many members who have come forward during the year to help in so many different ways.

Terry Hunter

Secretary

WILL MONTREAL BE READY FOR THE 1976 GAMES. MONTREAL DELEGATION TELLS THE I.O.C.

Montreal's Olympic Planners told the inner cabinet of Olympics on Feb. 1 that the Summer Games will open in their City on July 17 as scheduled.

The delegation from Montreal spent 10 gruelling hours with the Executive Board of the International Committee, answering questions about their half-built stadium and swimming pool, the latter being no more than a hole in the ground.

An I.O.C. spokesman said at the end of the day that the board would spend the weekend studying the Montreal files in depth. The Canadians will face the full I.O.C. - more than 70 members - Monday and go over the whole troubled situation again.

The I.O.C. spokesman read a formal statement and said: "It has been confirmed that the Games will open on July 17, 1976, at Montreal."

The spokesman said there was no discussion about possible contingency plans for Track and Field and Swimming, the two sports that depend on progress being made on the main stadium complex.

Montreal officials had said previously that the stadium will not be completed but it will be possible to hold the Games.

Lord Killanin, President of the I.O.C., presided over the day's talks and for the first time met Victor Goldbloom, the Quebec Provincial Government Minister who has taken over responsibility for Olympic installations. Lord Killanin will hold a news conference with Goldbloom and Roger Rousseau the President of the Montreal Organising Committee, but until then would make no comment.

The Executive Board would study in detail the Organising Committee's working report.

WHAT DO YOU THINK ? ? ?

MARATHON CLUB EVENTS

HANDICAPS

FASTEST TIMES

APRIL 6	1 Paul	KEY	(26.00)	69.02	Gerry	SOFIANOS	50.32	
16km	2 Gerry	HARRIS	(14.00)	60.26	Phil	HAMER	50.38	
117 Starters	3 Peter	LOGAN	(13.30)	61.31	Rod	MACKINNEY	51.34	
APRIL 25	1 Ron	BROOKES	(6.00)	40.09	Chris	WARDLAW	35.53	Rec.
12km F.C.	2 Keith	NICHOLLS	(17.30)	51.53	Andy	HILL	36.02	
188 Starters	3 Jeff	BEE	(6.00)	40.42	Rob De	CASTELLA	36.27	
MAY 11	1 Arthur	DREDGE	(13.10)	75.44	Dave	GAZLEY	65.00	
20km	2 Tom	GROBERT	(9.15)	72.00	John	DUCK	66.49	
64 Starters	3 John	WOMERSLEY	(9.00)	73.30	Gerry	PLOEG	68.15	
JUNE 1	1 Keith	ROUTLEY	(39.00)	2:56.54	Andy	HILL	2:26.16	
Marathon	2 Richard	JEFFERY	(33.45)	2:55.29	Paul	O'HARE	2:29.39	
65 Starters	3 Garry	HENRY	(11.30)	2:34.55	Dave	EDWARDS	2:30.03	
JUNE 21	1 Rob	LISTER	(11.00)	40.12	Peter	BRUCE	30.52	
10km	2 John	TELFER	(4.40)	34.02	Rob	GILFILLAN	31.01	
48 Starters	3 Kev	O'CALLAGHAN	(15.40)	45.07	Brian	SHARE	31.45	
JUNE 14	1 Garry	HENRY	(2.30)	46.59	Neil	GALE	46.24	
15km	2 Ray	BARRETT	(15.45)	60.40	Garry	HENRY	46.59	
68 Starters	3 Kev	SOLOMON	(5.15)	50.15	Dave	GAZLEY	47.32	
SEPT. 6	1 Ron	HARRY	(15.15)	119.28	Gerry	SOFIANOS	108.39	
32km.K.Mt.	2 Ron	FARNHILL	(60.00)	165.16	Rob	GILFILLAN	108.39	
28 Starters	3 Doug	OLIVER	(28.45)	135.34	Dave	MARBURG	111.33	
OCT. 19	1 Rob	GILFILLAN	18km 663.40m(VJR)	-	15km 47.55	A&VJR-10M	51.25	VJR.
1 Hour Run	2 Terry	HARRISON	18km 469.30m	-	48.33		52.10	
21 Starters	3 Matt	RYAN	17km 575.85m	-	51.43		55.22	
NOV. 5	1 Colin	CRAWFORD	(22.00)	69.13	Gerry	SOFIANOS	52.28	
16km	2 Peter	COLTHUP	(15.20)	63.52	Neil	RYAN	53.35	
41 Starters	3 Alan	FAIRBANKS	(22.10)	70.44	Matt	RYAN	54.22	
NOV. 19	1 Barry	MOORE	(9.30)	46.10	Andy	HILL	39.04	
12km	2 Peter	KEHOE	(8.05)	45.00	Gerry	SOFIANOS	40.06	
61 Starters	3 Bill	HARRISON	(7.45)	44.48	Neil	RYAN	41.25	
DEC. 3	1 Peter	FORTUNE	(6.50)	30.06	Terry	HARRISON	24.44	
8km	2 Keith	NICHOLLS	(8.55)	32.17	Peter	SHARE	25.19	
70 Starters	3 Ron	FARNHILL	(9.50)	33.14	Dave	GAZLEY	25.31	
DEC. 15/16/17	1 Rob	MEISELBACH	(10.40)	36.27	Dave	FITZSIMMONS	28.21	
10 ODOM EZ.	2 Lindsay	BEATON	(9.45)	35.45	Graham	CROUCH	28.53	
90 Starters	3 Bruce	WALKER	(9.30)	35.42	John	BERMINGHAM	28.00	1st
DEC. 17					Henk	WIJNGAARDEN	4.48	VMC.
Masters Mile					Lindsay	HOOPER	4.49	
11 Starters					John	MACDONNELL	5.02.6	

In addition approximately 50 u/17 and 30 Women took part in events on our supplementary program, but not enough to give our handicappers something to work on, hence only fastest prizes were awarded.

OTHER OUTSTANDING PERFORMANCES BY OUR MEMBERS

<u>V.A.A.A. MARATHON</u>		<u>AAU OF A MARATHON</u>		<u>N.S.W. MARATHON</u>	
1. Kevin	RYAN (N.Z.) 2:13.15	2. Dave	CHETTLE 2:17.23	1 Dave	EDWARDS 2:27.35
2. Chris	WARDLAW 2:21.42	4. Gerry	SOFIANOS 2:23.48	<u>HAMILTON MARATHON</u>	
3. Dave	GAZLEY 2:23.26	5. Vic	ANDERSON 2:24.29	17 Terry	JORGENSEN 2:28.27
4. Graham	MILNE 2:24.54	6. Terry	HARRISON 2:25.06	18 Gerry	SOFIANOS 2:29.20
5. Peter	HANNAFORD 2:26.04	8. Max	LITTLE 2:25.50	<u>AUSTRALIAN 10 ODOM C.C.C.</u>	
6. Dave	MARBURG 2:28.37	9 Frank	LARKINS 2:25.53	1 Bruce	JONES 30:54.2
7. Gerry	PLOEG 2:29.31	10 Dave	EDWARDS 2:26.15	2 Bill	SCOTT 30:58.2
8. Graham	KIPP 2:29.32	11 Paul	O'HARE 2:27.10	3 Max	LITTLE 31:03.0
<u>VIC 10 ODOM Tr. CHAMP.</u>		<u>AAU 10 OOD Jun. CCC.</u>		<u>VIC. 16 OOD C.C.C</u>	
1 Max	LITTLE 28:30.6 PB	1 Rob De	CASTELLA 31:22.6	1. Chris	WARDLAW 49.58
2 Steve	AUSTIN 28:47.8 PB	7 Ron	GILFILLAN 33:42.0	2. Bill	SCOTT 50.58
3 Rob De	CASTELLA 29:12.0	9 Bruce	HOOLEY 34:09.0	3. Bob	HENDY 51.00
4 Dave	CHETTLE 9:30.2			4. Graham	ANDERSON 51.12
5 Geoff	NICHOLSON 29:32.4 PB			5. Max	LITTLE 51.23
				6. Arthur	BOTTERILL 51.45

V.M.C. 12Km. TWO BRIDGES COURSE. 19/11/75. Weather: Hot and humid.
61 started. 32 Finished.

1	Andy	HILL	39.04	Scr.	10	17	John	CLARKE	46.23	8.55	4
2	Gerry	SOFIANOS	40.06	0.45	12	8	Terry	DAVIS	48.10	8.15	15
3	Neil	RYAN	41.25	2.55	7	19	Matt	RYAN	48.30	3.15	25
4	Silvio	RADOSLAVIC	41.51	3.15	8	20	Barry	JONES	48.39	8.55	13
5	Colin	EATON	42.32	3.30	9	21	Peter	BEGGS	49.18	11.05	6
6	Rob	WARD	43.11	-	-	22	Allan	LEES	50.00	-	-
7	Ken	BREEN	43.14	-	-	23	Dick	BATCHELOR	50.37	-	-
8	Ron	HARRY	43.33	5.25	5	24	Art	TERRY	51.06	9.55	19 Vet.
9	Terry	COLLIE	44.18	3.55	16	25	Jim	CONWAY	51.16	10.40	17 Vet.
10	Gerry	HART	44.30	5.25	11	26	Robert	DOWNES	51.49	11.00	18
11	Bill	HARRISON	44.48	7.45	3	27	Hans	MEISELBACH	54.20	12.55	20 Vet.
12	Peter	KEHOE	45.00	8.05	2	28	Peter	BATTRICK	55.24	12.10	23
13	Barry	SAWYER	45.22	6.35	14	29	Colin	CRAWFORD	56.23	14.25	21
14	John	OLIVER	46.08	-	-	30	Allan	JONES	58.14	15.40	22 Vet.
15	Barry	MOORE	46.10	9.30	1	31	Frank	BONECKER	61.08	17.25	24 Vet.
16	Tim	DENT	46.12	-	-	32	Norm	McLEISH	64.36	17.55	26

JUNIORS Starters 2. 2 Finished.

1.	Chris	Bradshaw	16.50	2	Glen	DOWNEY	19.29
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V.M.C. 8000 METRES. TWO BRIDGES COURSE. 3/12/75 Weather: Cool, light rain
70 started. 61 Finished.

1	Terry	HARRISON	24.44	0.05	22	32	Lindsay	BEATON	28.54	3.45	E12
2	Peter	SHARE	25.19	0.55	16	33	David	POTTS	29.02	2.40	39
3	Dave	GAZLEY	25.31	Scr.	35	34	Grant	MACKIE	29.03	-	-
4	Trevor	VICNENT	25.39	-	-	35	Gerry	RILEY	29.08	4.20	27 Vet
5	Dennis	O'BRIEN	25.42	1.35	10	36	Peter	LOGAN	29.12	4.40	20
6	Vic	ANDERSON	25.51	Scr.	37	37	Colin	SEDGMAN	29.19	-	-
7	Terry	COLLIE	25.58	0.45	33	38	Grant	TAGGART	29.19	-	-
8	Graeme	KENNEDY	26.05	1.15	E28	39	Sam	HILDITCH	29.40	5.20	15 1 V
9	David	INNES	26.12	-	-	40	Art	TERRY	29.58	5.00	30 V.
10	Dennis	ANDREW	26.21	2.50	4	41	John	GRAHAM	30.04	5.20	25
11	Ray	WILSON	26.27	0.35	38	42	Peter	FORTUNE	30.06	6.50	1
12	Peter	BUCKNELL	26.32	-	-	43	Keith	WADE	30.10	-	-
13	Ron	HARRY	26.36	2.35	8	44	Tony	PYE	30.21	5.15	31
14	Rob	JAMIESON	26.42	-	-	45	John	CONDON	30.30	5.40	E28
15	Gerald	HART	26.44	2.35	E12	46	Peter	BATTRICK	30.56	6.15	23
16	Jim	COZENS	26.54	2.40	14	47	Alan	CLOSE	30.59	4.30	40
17	Gerry	PLOEG	26.59	2.30	18	48	Barry	SAWYER	31.04	2.35	41 V
18	Barry	McINTYRE	27.00	1.35	34	49	Peter	RAMSAY	31.11	7.35	5
19	Tim	HANNAN	27.16	-	-	50	Trevor	ROBBINS	31.26	6.45	24 V
20	Peter	KEHOE	27.19	3.15	9	51	Robert	LISTER	31.33	7.55	6
21	Mr. X (Red Hair)		27.29	-	-	52	Tom	DAVISON	32.02	6.25	36 V
22	Bruce	WATT	27.30	3.30	7	53	Laurie	MARTIN	32.17	-	-
23	Bob	SCHICKERT	27.35	3.05	19	54	Keigh	NICHOLLS	32.17	8.55	2
24	John	OLIVER	27.43	-	-	55	John	GILL	32.23	-	-
25	Andrew	RAMSAY	28.07	-	-	56	Fred	McINTOSH	32.41	-	-
26	John	McDONWELL	28.12	3.05	32	57	Ron	FARNILL	33.14	9.50	3
27	Rob	BROWN	28.15	3.50	17	58	Alan	GRAY	35.54	-	-
28	Alex	TARR	28.29	-	-	59	Leo	MOBILIO	36.18	12.10	11
29	Mike	HUBBERT	28.30	3.45	26	60	Hans	MEISELBACH	38.14	7.15	43 V
30	Tim	DENT	28.47	-	-	61	Harry	LOGAN	41.36	12.25	42
31	Terry	DAVIS	28.51	4.15	21						

CHELSEA RESULTS - Continued:

1500 METRES WALK.

1.	Noel	ANDERSON	8.24	4.	Hume	WHITE	9.34
2.	Alan	RANKIN	9.16	5	Gerard	GARLICK	11.48
3.	Sandra	MIDDLETON	9.19				

5000 METRES

1.	Ross	SHILSTON	16.47	5.	Gerry	RILEY	19.21	9.	Ian	BAKER	21.30
2.	Ian	WRIGHT	16.53	6.	Dave	CRAIG	19.41	10.	Peta	WHITFORD	21.43
3.	John	CLARKE	18.40	7.	Ian	DUNN	20.10	11.	Peter	BATTRICK	22.17
4.	Kevin	ONLEY	19.14	8.	Des	MIDDLETON	20.12				

V.M.C. 10,000 M. OLYMPIC PARK. 17/12/75. Weather: Cool, strong wind.
17 Starters - 14 Finishers. "EMIL ZATOPEK" "A" DIVISION

P1.	Name	Fin. Time	Hand. P1	Hand P1.	P1.	Name	Fin. Time	Hand P1	Hand. P1
1	Dave FITZSIMMONS	28.21	0.20	*	8	Kent RAYNER (T)	29.33	1.05	44
2	Graham CROUCH	28.53	-	*	9	Tony GREEN(NSW)	29.52	-	*
3	John BERMINGHAM	29.00	1.25	21	10	Geoff NICHOLSON	30.03	2.00	32
4	Max LITTLE	29.07	2.00	10	11	Paul O'HARE	30.20	2.50	E18
5	Steve AUSTIN	29.10	1.30	22	12	Andy HILL	30.23	1.20	E50
6	Rob de CASTELLA	29.12	1.20	30 J	13	John FINDLAY	30.32	2.05	E42
7	Gerald BARRETT(Q)	29.23	1.25	*	14	Rob GILFILLAN	30.40	2.50	E28 J

NOTES: 1 * INDICATES NON-V.M.C. MEMBER

2 DE CASTELLA'S TIME SET A NEW AUSTRALIAN JUNIOR RECORD FOR 10,000 M and 6 MILES (28:15.8)

V.M.C. 10,000 M. OLYMPIC PARK. 16/12/75. Weather: Humid, light wind.
25 Starters - 19 Finishers. "EMIL ZATOPEK" "B" DIVISION.

1	Gary HENRY	30.13	3.00	12	11	Ross SHILSTON	32.43	4.20	41
2	Bob WELSH	30.21	-	-	12	Dennis O'BRIEN	33.03	4.50	37
3	Graham ANDERSON	30.23	2.40	23	13	Terry COLLIE	33.03	3.50	54
4	Vic ANDERSON	31.01	-	-	14	Tarquin OEHR	33.03	-	-
5	Matt RYAN	31.31	4.20	11	15	Steve SZEGEDI	33.10	5.20	E28
6	Davo GAZELY	32.01	2.50	53	16	Gerry HART	33.11	5.05	E34
7	Clive VOGEL	32.15	-	-	17	Peter BETHERAS	33.12	5.00	E39
8	Graham KENNEDY	32.26	4.30	E34	18	Max CARSON	33.12	5.25	E25
9	Bruce HOOLEY	32.42	4.30	E39	19	Bob JAMIESON	34.12	5.15	49
10	Alan ASHMORE	32.43	3.40	E50					

Gary Henry's time set new Victorian Country Record figures for both 6 miles and 10,000 Metres.

V.M.C. 10,000 M. OLYMPIC PARK. 15/12/75. Weather: Humid, steady drizzle.
33 Starters - 32 Finished. "EMIL ZATOPEK" "C" DIVISION.

1	Robert WALLIS	31.39	-	-	17	John MACDONNELL	35.49	7.00	46
2	Mije GOERKE	32.00	5.30	4	18	Dick BATCHELOR	35.57	-	-
3	Rob BROOKES	32.06	5.00	9	19	Rob BROWN	36.09	8.05	33
4	Tony CAVANAGH	32.53	-	-	20	Terry DAVIS	36.12	8.25	E25
5	John WADDINGTON	33.24	-	-	21	Rob MEISELBACH	36.27	10.40	<u>1</u>
6	Steve SZEGEDI	33.47	5.20	E42	22	Geoff ALFORD	36.36	10.05	5
7	Mike HOWE	34.01	-	-	23	Barry JONES	36.53	9.00	31
8	Robert NEYLON	34.14	-	-	24	Sam HILDITCH	36.56	9.25	20
9	Brendan McVEIGH	34.20	7.25	8	25	Gerry RILEY	36.56	8.45	38
10	Barry SWAYER	34.41	5.50	47	26	John CONNELLAN	37.15	-	-
11	Peter KEHOE	34.50	7.05	24	27	Keith MacINTOSH	37.18	9.50	17
12	Richard HARVEY	34.55	7.25	E18	28	Jim KAEHNE	37.26	10.00	16
13	John CLARKE	35.36	8.20	13	29	Tony PYE	37.37	7.00	61
14	Bruce WALKER	35.42	9.30	<u>3</u>	30	Ross ANDERSON	37.50	8.30	57
15	Lindsay BEATON	35.45	9.45	<u>2</u>	31	Peter LOGAN	38.08	9.00	52
16	Mike HUBBERT	35.48	8.25	14	32	John CONDON	38.14	9.00	55

V.M.C. 10,000 M. OLYMPIC PARK. 15/12/75. Weather: Humid, steady drizzle.
15 Starters - 14 Finished. "EMIL ZATOPEK" "D" DIVISION

1	Ian RANDES	35.37	-	-	8	Dave CRAIG	39.37	11.00	15
2	Graham QUICK	36.28	-	-	9	Keith NICHOLLS	41.11	14.20	7
3	John GRAHAM	37.29	10.05	15	10	Rob LISTER	41.11	12.15	48
4	Alan CLOSE	37.54	8.25	59	11	Hans MEISELBACH	41.41	11.20	60 V
5	Peter COLTHUP	38.39	11.30	36	12	Ron FARNHILL	42.39	16.00	6
6	Peter BATTRICK	38.59	11.10	27	13	Frank BONECKER	44.13	13.20	62 V
7	Dave FARNSWORTH	39.37	10.20	56	14	Norm McLEISH	46.52	17.30	58 V

A TOTAL OF 90 STARTED IN ALL DIVISIONS. 79 RUNNERS COMPLETED THE DISTANCE.

V.M.C. MIDNIGHT RUN. OLYMPIC PARK. WED/THUR. 31/12/75 & 1/1/76. 51 Starters
8 KILOMETRES. Weather - Fine and mild.

1 John	BERMINGHAM	23.41	18 Stephen	THOMAS	26.34	35 Jim	KAEHNE	29.03
2 Brian	LEWRY	23.52	19 Gerald	HART	26.39	36 Barry	LYNCH	29.13
3 Andy	HILL	23.56	20 Graham	DENT	27.00	37 Gerry	RILEY	29.23
4 Bob	WALLACE	24.24	21 Barry	WHEAR	27.04	38 John	GRAHAM	29.39
5 John	DUCK	24.53	22 Brice	WATT	27.07	39 Chris	MURPHY	29.43
6 Vic	ANDERSON	25.08	23 Denis	WATTIE	27.21	40 Mike	HUBBERT	29.48
7 Dave	GAZLEY	25.16	24 Peter	KEHOE	27.32	41 John	SHADLOW	29.55
8 Ray	WILSON	25.23	25 Brice	DUNKLEY	27.40	42 Geoff	LAWFORD	30.03
9 Terry	JORGENSEN	25.25	26 John	CURRY	27.44	43 Alan	CLOSE	30.24
10 Kevin	ROCK	25.35	27 David	BYRNES	28.04	44 Ian	DUNN	30.46
11 Dick	DOWLING	25.42	28 Alan	GIBSON	28.23	45 David	CRAIG	30.47
12 Neil	CROKER	26.02	29 Bob	FOWLER	28.34	46 Keith	NICHOLLS	31.05
13 Ross	SHILSTON	26.11	30 Peter	TRALAGGAN	28.36	47 Robert	LISTER	31.05
14 Ron	BROOKES	26.14	31 Theo	ORR	28.45	48 Colin	CRAWFORD	32.44
15 Barry	McINTYRE	26.31	32 Thomas	SVIKERT	28.48	49 Des	MIDDLETON	33.57
16 John	O'BRIEN	26.32	33 Bill	SMITH	28.49			
17 Robert	ORR	26.33	34 Lindsay	BEATON	29.02			

WOMEN - 2 KILOMETRES - 9 Starters

1 Marie	DOSSER	4 Kerin	TURNEY	7 Geraldine	RILEY
2 Rhonda	TAYLOR	5 Sue	ORR	8 Pam	TURNEY
3 Sandra	MIDDLETON	6 Tania	TURNEY	9 Maureen	RILEY

JUNIORS - 4 KILOMETRES - 7 Starters

1 Paul	GRINSTED	4 Tim	DUCK	7 Mark	THOMAS
2 Bruce	POWER	5 Chris	RILEY		
3 Geoff	BRICKNELL	6 David	BIRCHNELL		

CHELSEA - V.M.C. "RUN FOR YOUR SUPPER" TUESDAY, 6th JANUARY, 1976
 Weather - Cool, strong wind.

100 METRES. MEN.

1 Peter	FORTUNE	11.4	3 Paul	GRINSTED	13.7
2 Hume	WHITE		4 Gerard	GARLICK	13.9

100 METRES. JUNIORS.

1 Alan	RANKIN	13.6.	2 Tim	PURCELL	14.4.	3 Darren	STEVENSON	14.7
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100 METRES. VETERANS

1 Noel	ANDERSON	13.8	3 Andy	SMITH	15.0
2 Vic	PYE	14.6	4 George	SIMPSON	15.7

100 METRES. WOMEN P.V.

1 Shirley	EMMERSON	13.2	2 Sandra	MIDDLETON	13.8	3 Marg	ANDERSON	16.8
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3000 METRES

1 Paul	GRINSTED	9.22	10 Paul	DIGGERSON	10.51	19 Noel	ANDERSON	11.33
2 Jeff	BEE	9.23	11 Mark	MOLONEY	10.56	20 Hans	MEISELBACH	11.44
3 Neil	CROKER	9.26	12 Gary	GRINSTED	11.02	21 Doug	GRINSTED	11.49
4 Ian	WRIGHT	9.27	13 Alan	CLOSE	11.04	22 Phil	WOOD	11.59
5 Brian	McINERNEY	9.40	14 Gerry	RILEY	11.05	23 Tim	PURCELL	12.33
6 Ross	SHILSTON	9.41	15 Brian	BLAKEMORE	11.06	24 Peter	BATTRICK	13.00
7 Kevin	SOLOMON	9.52	16 Bob	CROKER	11.16	25 Michael	CROKER	13.13
8 Robert	MEISELBACH	10.35	17 Dave	CRAIG	11.16	26 Darren	STEVENSON	13.43
9 Bill	SMITH	10.44	18 Fred	LESTER	11.25			

200 METRES - VETERANS - MEN & WOMEN

1 Shirley	EMMERSON	32.4	3 Andy	SMITH	33.0	5 George	SIMPSON	37.0
2 Noel	ANDERSON	32.7	4 Vic	PYE	36.0	6 Margaret	ANDERSON	38.0

200 METRES - MEN

1 Peter	FORTUNE	29.0	3 Alan	CLOSE	30.7	5 Gerard	GARLICK	32.2
2 Hume	WHITE	30.0	4 Alan	RANKIN	31.5			

800 METRES - MEN

1 Paul	GRINSTED	2:15.4	5 Peter	FORTUNE	2.34	9 Andy	SMITH	2.57
2 Robert	MEISELBACH	2.22	6 Tim	PURCELL	2.41	10 Gerard	GARLICK	3.00
3 Ian	DUNN	2.25	7 Alan	CLOSE	2.45	11 Darren	STEVENSON	3.09
4 Leigh	DRYDEN	2.27	8 Alan	RANKIN	2.54			

FROM MARTIN THOMPSON. IN ENGLAND.

Dear Fred,

A much overdue report of the Accolade 100 Miles Track Race. The race started at 6.00.a.m. in the dark, misty and cold morning of the 25th October at the Tipton Harriers cinder track, outskirts of Birmingham in the Midlands. Entry was by invitation and restricted to twenty runners - my own selection was primarily based on my run in the London to Brighton - other than that I was the least experienced in the field. The programme did mention that I'd run only 39 long distance races (i.e. marathons or beyond.)

Cavin Woodward (Leamington C. & A.C.) along with Ron Bentley (Tipton H.) were the pre-race favorites. Ron Bentley won the last RRC 100 mile track race in 1971 - Radex 100 - in which he clocked the 4th fastest time in the world. Since then he had achieved the world's best performance for the 24 hours run (in 1973) with an incredible 161 miles 545 yards and ran a personal best for the marathon - 2.23 in the same year - not bad for a fellow in his mid forties. Woodward lined up as the fastest marathon runner in the field, 2:19.50 (Maxol 1972) and holder of the world 30 miles record, 2:43.52 (1975) - only 5 weeks previously he had won the London to Brighton (52½) 5:12.07. Most talk centred around whether Cavin Woodward would be able to run on stringly in the latter stages or be found wanting and give way to the more experienced Ron Bradley. There were a number of other contenders to be considered seriously among whom - Geigfried Bauer (New Zealand) stood out with an impressive ultra distance record - winner of the Mazda 1000 miles race averaging 77 miles per day, winner of Borhem 100k (Belgium), 2nd in Unna 100k (West Germany), etc.

I started the race with the thought that to finish would be tough alone - not forgetting that there was a 16 hour time limit. The world record of 11:56.56 standing to K. Kay (Sth. Africa) was certainly under threat and I was very pleased to be included in the field but not at all confident about my chances of dipping under the 16 hours. I had a feeling that my selection was partly influenced by being Australian - and so adding a little more international flavour to the event.

As expected Cavin Woodward raced into the lead setting a blistering pace, covering the first mile in 5min. 19secs. and reaching 10 miles in 56.27. I was surprised to find myself in second place with Ron Bentley's brother Gordon, although a mile or so behind the leader. Woodward passed through 15 miles in 1:25.20 and 20 miles in 1.54.25. I was still in second place at 20 miles in 2:10.37 with Derek Funnell (48 years) third in 2:13.51 and Tom Reilly 4th in 2:14.40. Daybreak saw Woodward fly through the marathon in 2:31.10, 30 miles, 2:53.50, 40 miles in 3:56.18 and record a world record for 50 miles - 4:58.53.

I had shoe troubles between 20 miles and 50 miles, changing my shoes three times and finally remodelling a pair of 'Tiger Montreal' with a pair of scissors to allow for swelling feet. Also made a necessary pit stop to shed some ballast - consequently I was very pleased with my time at 50 miles - 5:45.20. I'd slipped to 3rd place with Alan Richards and Bill Carr both of Tipton Harriers close behind in 5:48.08. Tom O'Reilly had moved into 2nd place, 5:32.49 at 50 miles. Ron Bentley wasn't having a good day and I later found out that he had been troubled by a groin injury before the race. His brother sustained a calf injury and was forced to retire.

I drank "Accolade" (a drink similar to Staminade) in the early stages and then switched to "Dynamo" (a glucose syrup drink) after about 35 miles. Had a few mouthfuls of creamed rice from the tin at 55 miles sucked away on (Glucose) barley sugar. Finally ended up drinking strong hot coffee. The day was cool (around 9°C) and overcast for most of the time with a misty atmosphere in the morning.

The organisation was superb with times called and recorded for every lap (400) for all competitors. As the day progressed the spectators grew in number and in the final stages the encouragement from the crowd was terrific. Dr. John Brotherhood of the Medical Research Council had a tent set up on the infield for testing urine samples and generally kept a check on all the runners.

Cavin Woodward went on to break the world 100k best with a time of 6:25.28 and the 100 miles record was a definite possibility provided he didn't cave in from the scorching first 50 miles. Meantime I had lost another place with Tom O'Reilly in second place and moving well and followed by Alan Richards. I remember nearing 75 miles and thinking that I felt pretty good and there was only a marathon to go. Another 10 miles and I moved into third place and actually started to pull back a few laps on the leader. Woodward was starting to battle and had to put on track suit pants to keep warm. At 90 miles I thought I might be able to hang on for 3rd place but a couple of miles later I started to run into a rough patch - completely drained physically and psychologically. By 93 miles I was shuffling and just didn't want to run. I took my first and only walk - 150 yards - which brought me around to where the bulk of the spectators were. It's hard to explain - but somehow with all the yelling and encouragement I started off again at a painful shuffle - I had to keep going now and my second - John Offley was urging me on. He, his girl friend

Beryl and my wife had done a great job throughout the day and now we were so close to the finish. To me it seemed the finish was getting further away with every step. It is very difficult to get across the extreme mental determination that it took to keep moving in the final stages yet somehow I had managed to get to 90 miles before the tough battle began. The crowd really moved me - 12000 miles from home and hundreds of people yelling out my number and christian name. Just 4½ miles from the finish I said goodbye to the bronze medal as Bill Carr came past - I was not particularly disappointed - struggling on to 4th place I recorded 12:42.50 - 8th fastest in the world and an Australian best (according to RRC) - also my 50 miles time ranks somewhere in the top 20 so I was deeply satisfied with the run.

Cavin Woodward had a great day to end up with four world records -

50 miles in 4:58.53; 100k in 6:25.28; 150k in 10:44.55; 100 miles in 11:38.54.

1.	Cavin	WOODWARD	(Leamington C & A.C.)	11h. 38m. 54s.
2.	Tom	O'REILLY	(Small Heath)	12h. 02m. 32s.
3.	Bill	CARR	(Tipton H.)	12h. 34m. 51s.
4.	Martin	THOMPSON	(Traralgon H.)	12h. 42m. 50s.
5.	Fred	HOWELL	(Wakefield)	12h. 49m. 29s.
6.	Alan	RICHARDS	(Tipton H.)	12h. 59m. 48s.
7.	Ron	BENTLEY	(Tipton H.)	13h. 29m. 56s.
8.	Siegfried	BAUER	(New Zealand)	13h. 31m. 55s.
9.	Derek	FUNNELL	(Epsom & E.)	13h. 49m. 24s.
10.	Bob	MEADOWCROFT	(Altrincham)	14h. 42m. 30s.
11.	John	BERRY	(Wakefield)	14h. 55m. 38s.
12.	Ken	SHAW	(Cambridge H.)	15h. 35m. 44s.
13.	Ron	JEANS	(Salisbury & Dist.)	15h. 47m. 58s.

Cavin Woodward's performance added to his already remarkable record of placing in 16 of 17 ultra-distance races since 1972. He ran his first marathon in 1969 clocking 2:47 and since then has run 26 marathons (best 2:19.50) and 19 Ultra-marathons. He is 28 years of age, about 5'8" tall and weighs 9.4, enjoys his running - training twice a day - 3 miles a.m. and 10 miles p.m. with the pace varying between 6 and 7 minutes a mile. He is a prolific racer with rarely a weekend away from competing - cross-country, road, track and a few cycling races thrown in when light on for running races. This year the RRC are sponsoring him to run in the Comrades Marathon. After the race and celebrations we set off for Cavin's place and enjoyed their hospitality for a few days. His wife Carol is his number one supporter along with their three young children. Both of us moved a bit unsteadily on our feet the following day - I had a swollen lower right leg which was troubling me and ended up with it elevated for a couple of days. Cavin had delicate knees - other wise both of us felt pretty good.

Four weeks later I ran the Barnsley Marathon - more as a social outing - some social outing! The course was very hilly and to make things tougher there was a thick fog which shrouded most of the course. Ice formed in my hair with the temperature - 3°C and I was satisfied to finish about 43/200 in 2:47.46 and at the same time amazed with the performance of the winner Mike Critchley of Cardiff AAC who ran 2:17. There was a women's section in the same event which attracted six entries including Ian Thomson's wife who had recently clocked 3:07 in Finland. The winner Hilary Mathews (22 yrs) recorded 3:13.27 after winning the Women's C.C. Championship the day before. Second was Norma Campbell, 47 yrs old mother of three, who finished ahead of 31 men in 3:16.20. 3rd was Lesley Watson, 'showed good form' in 3:18.46 - a great advertisement for female marathoning. Now there is a move afoot to organise a Ladies Marathon on April 16th.

Since the Barnsley Marathon I've gone into hibernation to stay alive during northern English winter. Managing to do enough to maintain fitness and my studies have caused me to curtail extensive training plans so far this year. Nevertheless I'm eagerly looking forward to the first marathon in 1976 - the Cambridge Boundary run which is essentially a cross-country marathon in 8-9 weeks time. I finished the 1975 year with a total of 42 marathons/ultra marathons - and hope to finish this year with 60 - so watch out Jimmy. Neil Ryan may be pleased to hear that a number of people have asked after him. Hope that Jimmy and Neil along with the rest of the marathon running fraternity are fit, well and no doubt looking forward to a good season. Maybe I'll see one or two of the veterans over here for the Veteran's Marathon Championship in Coventry - although judging from the 47 year old Woman's performance they will have to sharpen up their spikes.

Well all the best for the New Year - Best wishes to all

Martin Thompson.

10,000 METRES TRACK CHAMPIONSHIP OF VICTORIA. 15/1/76. . . . BY LITTLE EARS.

Prior to the main event, there was a short comedy sketch entitled the Victorian Mile Championship. We watched the actors jog through the first two laps (63, 2.07) at which the ever-grinning John Bermingham decided to show the others a dirty pair of socks and the shock was so great that they never did catch him.

What a relief to see a real race in the 10,000m when Max Little led out from the gun at a pace only a fraction slower than our so-called milers. Max's first two laps were 66, 2.12 and he led through four laps in 4:26, followed by De Castella (4.29), Barratt, Austin, Hill and Chettle all in a bunch. At this point announcer Dowling was predicting world records, but he soon came back to earth.

With the field lacking the top stars it was good tactics by Little to start off fast and drop the "sitters" before they had a chance to tag on provided he had confidence in his ability to keep going. At 8 laps Little led (9:03), followed by Austin (9.05) who had dropped the bunch. Hill had left the bunch the other way and was struggling. Austin caught Little at 10 laps and a battle for the lead developed. Twelve laps came up in 13:39 and sixteen laps in 18:17. Further back De Castella and Chettle were running well, followed by Barratt, Nicholson with Wallace moving up. Little took to surging down the back straight and dropped Austin in the 20th lap. From then on there was no doubt who would win and interest centred on whether Little could break the Games qualifying standard of 28:40. Times at 6 miles were Little (27:41), Austin (27:50), De Castella (28:15)

Max sprinted the last lap like a man possessed and did manage to dip under the qualifying time. Congratulations on a good win from the front. The tactics were daring from the start but they paid off.

RESULTS:-

1.	Max	LITTLE	28 mins. 36.6 secs.
2.	Steve	AUSTIN	28 mins. 47.8 secs.
3.	Rob	DE CASTELLA	29 mins. 12.0 secs.
4.	Dave	CHETTLE	29 mins. 30.2 secs.
5.	Geoff	NICHOLSON	29 mins. 32.4 secs.
6.	Gerard	BARRETT	30 mins. 00.4 secs.
7.	Rob	WALLACE	30 mins. 05.0 secs.
8.	Andy	HILL	30 mins. 15.6 secs.
9.	Graham	KIPP	30 mins. 30.4 secs.
10.	Gary	HENRY	30 mins. 39.4 secs.
11.	Vic	ANDERSON	31 mins. 20.6 secs.
12.	Brendan	LAYH	31 mins. 41.4 secs.

Rob de Castella's time at 6 Miles - 28m. 15.8s. Equalled the Aust. Jun. Record.
 Gary Henry's time at 6 miles - 29m. 40.6s. Is a new Vict. Country Record.

CO-OPERATION WE LIKE TO SEE.

The V.M.C. appreciates the help and support given by Oakleigh, Chelsea and Ringwood Athletic Clubs. Our usual October track races had been slated for Huntingdale all-weather track, but oakleigh agreed to a request to hold our events for a programme in support for Chelsea's 50th Jubilee. Ringwood in their turn agreed to let us have their new all-weather track for the 1 Hour Run as the grass track at Edithvale would have been unlikely to have stood up to such an undertaking.

In spite of wet weather during the week, the Chelsea track was in good shape, but windy gusts made things difficult, especially during the hail storm which broke over the track about halfway through the Veterans' Race. The number of competitors who gathered for this new Annual Pre-Track Season Meeting indicates that it was a venture well worth while.

The Chelsea Club provided afternoon refreshments, both hot and cold, which was very much appreciated. In spite of the boisterous weather the conduct of events suffered only little delay and our thanks are due to those who carried out the programme to the satisfaction of most of the competitors.

VICTORIAN RANKING LISTS. AS AT 5/2/76

<u>100 Yards</u>		W = Wind Assisted.		Subject to corrections.			
9.6	Colin McQueen	Mod.	25/5				
				<u>3000 Metres</u>			
<u>100 Metres</u>				7:57.4	Bill Scott	Esch	4/6
10.4	Graham Haskell	Syd.	18/1	8:04.4	Graham Crouch	MCG	1/2
10.5	Colin McQueen	Bak.	17/5	8:05.5	John Bermingham	B.H.	29/1
10.5	Peter Fitzgerald	B.H.	15/11	8:16.8	Bob Hendy	MCG	1/2
10.5	Chris Commons	O.P.	20/12	8:18.0	Robert DeCastella	MCG	1/2
10.5 W	Barry Besanko	O.P.	3/2	8:57.0	Geoff Nicholson	R	26/10
10.6	Peter Donlon	R	26/10	8:57.8	Rob Gilfillan	B.H.	29/1
10.6	Laurie D'Arcy	U	15/11	9:00.0	Max Little	R	26/10
10.6	Greg Lewis	O.P.	20/12	9:02.4	Bob Walczak	Gate	1/9
10.6	Brett Weinberg	A	30/11	9:05.6	Evan Wilson	B.H.	29/1
10.6 W	Paul Soanes	O.P.	3/2	<u>5000 Metres</u>			
10.6 W	Max Binnington	O.P.	3/2	13:31.2	Bill Scott	Hel.	25/6
<u>200 Metres</u>				13:32.4	Graham Crouch	O.P.	4/2
20.7	Peter Fitzgerald	Bris.	25/1	13:35.2	John Bermingham	O.P.	4/2
21.0 W	Richard Mitchell	O.P.	4/2	13:40.2	Bruce Jones	N.Z.	
21.2 W	Paul Soanes	Mod.	25/5	13:45.2	Chris Wardlaw	O.P.	4/12
21.2 W	Barry Besanko	O.P.	4/2	13:52.2	Steve Austin	O.P.	4/12
21.2	Laurie D'Arcy	N.Z.		13:56.2	Max Little	O.P.	4/12
21.4	Brett Weinberg	B.H.	8/11	13:58.4	Robert De Castella	O.P.	4/12
21.4 W	Chris Commons	O.P.	4/2	14:00.0	Ken Hall	O.P.	4/12
21.6	Greg Lewis	B.H.	22/11	14:09.0	Geoff Nicholson	O.P.	4/2
21.7	Peter Donlon	O.P.	4/12	14:37.8	Arthur Botterill	O.P.	4/2
21.7	Max Warlow	U	6/12	<u>6 Miles</u>			
21.8	Vin Plant	M	18/10	28:01.0	Chris Wardlaw	B.H.	28/10
<u>400 Metres</u>				28:15.8	Robert DeCastella	O.P.	17/12
45.9	Richard Mitchell	O.P.	16/12	<u>10,000 Metres</u>			
46.8	Colin McQueen	O.P.	3/2	28:00.8	Bill Scott	Sto.	30/6
47.3	Don Hanly	O.P.	13/4	28:36.6	Max Little	O.P.	15/1
47.4	John Crane	O.P.	13/4	28:47.8	Steve Austin	O.P.	17/12
47.5	Peter Grant	O.P.	16/12	28:53.0	Graham Crouch	O.P.	17/12
47.6	Laurie D'Arcy	O.P.	29/11	28:55.2	Chris Wardlaw	B.H.	28/10
47.8	John Higham	O.P.	28/12	29:00.0	John Bermingham	O.P.	17/12
47.9	Len Bogatin	Syd.	13/5	29:11.8	Robert DeCastella	O.P.	17/12
48.1	Bruce Power	O.P.	13/12	29:32.4	Geoff Nicholson	O.P.	17/12
48.2	Bruce Field	B.H.	1/11	30:13.0	Gary Henry	O.P.	16/12
<u>800 Metres</u>				30:20.0	Paul O'Hare	O.P.	17/12
1:47.8	John Higham	O.P.	28/12	30:21.0	Bob Welsh	O.P.	16/12
1:48.5	Bill Hooker	H	8/11	30:23.0	Graham Anderson	O.P.	16/12
1:48.5	Colin McCurry	O.P.	4/2	30:23.0	Andy Hill	O.P.	17/12
1:48.8	John Hassett	O.P.	4/2	<u>110 Metres Hurdles</u>			
1:49.5	Graham Crouch	War.	14/7	13.6	Max Binnington	O.P.	3/2
1:50.0	Alan Gibson	O.P.	4/2	13.8	Vin Plant	O.P.	3/2
1:50.3	Ken Hall	Umea	5/8	14.0	Mal Baird	O.P.	3/2
1:51.1	Tim O'Shaughnessy	O.P.	28/12	14.5	Sanitesi Latu	B.H.	22/11
1:51.4	Bruce Power	B.H.	22/11	14.5	Craig Hilliard	O.P.	21/12
<u>1000 Metres</u>				14.6	Barry Besanko	B.H.	22/11
2:18.4	Graham Crouch	Mil.	2/7	14.6	Bob Green	B.H.	22/11
2:20.2	Ken Hall	Cop.	13/8	14.8	Graham Tew	B.H.	15/11
2:26.2	Bernie Carroll	R	26/10	14.9	Gary Holliday	O.P.	22/11
2:29.1	Ian McConnell	R	26/10	<u>200 Metres Hurdles</u>			
2:30.7	Colin McCurry	R	26/10	23.6	Bruce Field	Syd.	13/5
<u>1500 Metres</u>				<u>400 Metres Hurdles</u>			
3:36.6	Ken Hall	Got.	12/8	50.8	Peter Grant	O.P.	4/2
3:39.2	Graham Crouch	Hel.	7/8	50.9	Max Binnington	O.P.	4/2
3:42.5	John Bermingham	O.P.	4/12	51.2	Bruce Field	B.H.	6/12
3:42.7	Bill Scott	O.P.	16/12	51.8	Don Hanly	O.P.	4/2
3:42.7	Peter Larkins	O.P.	16/12	52.5	Steve Black	O.P.	4/12
3:43.3	Tim O'Shaughnessy	O.P.	4/12	53.1	Michael Ritterman	O.P.	4/2
3:43.5	David Holdsworth	O.P.	16/12	54.0	Mike Curry	B.H.	22/11
3:44.0	Bruce Petts	O.P.	16/12	54.1	Bob Green	O.P.	4/12
3:45.0	Colin McCurry	O.P.	13/12	54.1	Mal Baird	O.P.	6/12
				54.4	Terry O'Connor	U	6/12
				54.5	Geoff James	O.P.	4/12

3000 M. STEEPLECHASE

8:32.0	Peter	Larkins	O.P.	3/2
8:43.8	Bob	Walczak	O.P.	29/8
8:47.6	Bob	Hendy	O.P.	3/2
8:55.2	Brian	Lewry	O.P.	3/2
8:56.6	Dennis	French	O.P.	3/2
9:01.6	Rob	Gilfillan	O.P.	3/2
9:02.6	John	Bruce	Par.	/9
9:03.0	Bill	Taylor	O.P.	3/2
9:07.2	John	Marx	O.P.	3/2

SHOT PUT

15.33	Geoff	Harrowby	Ad.	14/1
15.08	Andy	Pollock	S	29/11
14.20	Rudy	Villani	O.P.	22/11
13.76	Albert	Latu	H	29/11
13.67	Hans	Van Beuge	O.P.	13/4
13.65	Ian	Alexander	O.P.	9/12
13.58	Loris	Bertolacci	O.P.	15/11
13.39	Roger	Glass	O.P.	9/12
13.39	Sanitesi	Latu	O.P.	20/12

3000 M. WALK

12:38.6	Ross	Haywood	O.P.	15/11
12:53.2	Will	Sawall	O.P.	4/12
12:58.0	Paul	Bugent	O.P.	13/12
13:01.6	David	Smith	O.P.	4/2
13:05.6	Graham	Dent	O.P.	4/2
13:10.6	Gerry	Bluett	O.P.	4/2
13:11.0	Tim	Erickson	O.P.	4/2
13:12.6	Simon	Baker	O.P.	4/2
13:29.6	Tony	Cavanagh	O.P.	4/2

DISCUS THROW

48.76	Bob	Wilks	B.H.	10/1
48.08	Rudy	Villani	O.P.	4/2
46.42	Ron	Wynhoven	O.P.	13/4
45.52	Craig	Considine	N.Z.	
44.60	Sanitesi	Latu	O.P.	29/11
42.98	Graeme	Young	H	13/12
42.10	Peter	Miskowski	U	6/12
42.00	Andy	Pollock	O.P.	6/12

HIGH JUMP

2.10	Bryan	Burgess	R	26/10
2.08	Lawrie	Peckham	S	22/11
2.06	Mal	McFarlane	H	8/11
2.05	John	Hunter	O.P.	29/11
2.05	John	Knight	O.P.	21/12
2.00	Ian	Moss	Sch.	6/7
2.00	Peter	Wright	U	8/11
2.00	Steve	Jacobs	U	8/11
2.00	Colin	Donald	O.P.	29/11

HAMMER THROW

61.88	Gus	Puopolo	Y.P.	3/2
56.50	Loris	Bertolacci	Y.P.	3/2
54.24	Roger	Glass	H	6/12
52.32	Andy	Pollock	S	22/11
51.14	Alex	Gusbeth	Y.P.	4/12
49.90	Graham	Braden	B.H.	22/11
49.84	Mike	Edwards	Y.P.	3/2
49.77	Richard	Leffler	U	6/12

JAVELIN THROW

77.44	Menfred	Rohkamper	O.P.	4/12
68.40	Robert	Lethbridge	O.P.	13/4
68.10	Ray	Buckland	H	8/11
67.12	Sig	Koscik	O.P.	13/12
67.64	Colin	Carbis	O.P.	3/2
62.88	Bill	Crawford	O.P.	13/4
62.46	Alex	Gusbeth	O.P.	29/11
62.82	Peter	Keene	O.P.	3/2
60.92	John	Illingworth	O.P.	6/12
59.22	Terry	Beaton	O.P.	21/12

POLE VAULT

5.40	Don	Baird	Wal.	26/4
5.22	Ray	Boyd	Bak.	17/5
4.90	Andy	Stewart	O.P.	29/11
4.60	Robert	Huddle	O.P.	6/12
4.20	Pat	Leane	O.P.	4/12
4.20	Errol	Mustafa	O.P.	4/12
4.10	Peter	Riachi	O.P.	4/12
4.00	Steve	Kass	O.P.	28/12
4.00	Jim	English	O.P.	3/2
3.85	Albert	Latu	H	29/11

LONG JUMP

7.93	Chris	Commons	O.P.	29/1
7.52	David	Commons	O.P.	24/1
7.43	Peter	Halsen	O.P.	6/12
7.41	Bruce	Field	Syd.	13/5
7.35	Don	Commons	O.P.	24/1
7.28	Brian	Davidson	U	22/11
7.12	Robin	Blackley	O.P.	6/12
7.11	Phil	Wood	M	11/12
7.09	Bogdan	Babijczuk	O.P.	24/1

TRIPLE JUMP

16.27	Ian	Campbell	Syd.	17/1
15.94	Don	Commons	O.P.	21/12
15.75	Phil	Wood	O.P.	21/12
15.17	David	Commons	O.P.	4/2
14.67	Bogdan	Babijczuk	O.P.	9/12
14.62	Grant	Sargent	O.P.	4/2
14.42	Robin	Blackley	O.P.	29/11
13.98	Brian	Davidson	U	1/11
13.87	Tom	Soo	O.P.	4/2
13.81	David	Zorin	O.P.	9/12
13.81	Darryl	Maher	O.P.	9/12

DECATHLON

6966	Terry	Beaton	O.P.	26/1
6728	Ray	Mooney	O.P.	26/1
6611	Albert	Latu	O.P.	26/1
6493	Rudi	Villani	O.P.	26/1
6338	Peter	Urban	O.P.	26/1
6183	Bogdan	Babijczuk	O.O.	21/12
6160	Bruce	Field	Syd.	13/5
6026	Pat	Leane	O.P.	21/12
6008	Colin	Carbis	O.P.	26/1

3000 METRES

8:05.5	John	Birmingham	B.H.	29/1
8:22.3	Tony	Bart (SA)	B.H.	29/1
8:25.0	Rob	Gilfillan	B.H.	29/1
8:29.0	Evan	Wilson	B.H.	29/1

2 MILES

8:41.8	John	Birmingham	B.H.	29/1
8:57.8	Tony	Bart (SA)	B.H.	29/1
8:57.8	Rob	Gilfillan	B.H.	29/1
9:05.6	Evan	Wilson	B.H.	29/1

V.M.C. 2 MILES TRACK RACE - BOX HILL. 29/1/76

1	John	BERMINGHAM	Scr.	8:42.8	<u>E 1</u>	6	Dave	GAZLEY	0.35	9.35	7
2	Tony	BART	0.15	8:57.8	<u>E 1</u>	7	Dick	DOWLING	1.00	9.54	6
3	Rob	GILFILLAN	0.15	8:57.8	<u>E 1</u>	8	Tarquin	OEHR	0.50	9.56	8
4	Evan	WILSON	0.20	9:05.6	4	9	John	TELFER	1.20	10.28	9
5	Ray	HARDWICK	0.40	9:28.0	5						

V.M.C. 1500m JUNIOR TRACK RACE - BOX HILL. 29/1/76

1	Jeff	BEE	Scr.	4:03.3	5	4	Neil	HUTCHINS	0.19	4:20.8	4
2	Tony	TRENKNER	0.9	4:04.0	<u>E 1</u>	5	Mike	PIRITIOIS	0.27	4:22.4	<u>E 1</u>
3	Randy	HOBBS	0.14	4:12.3		6	Chris	O'CONNOR	0.21	4:29.0	6

V.M.C. 800m VETERANS TRACK RACE - BOX HILL. 29/1/76

1	Graham	WISE (41)	Scr.	1:58.6	E 6	7	Gerald	COLEMAN (43)	0.09	2:08.7	E 8
2	Don	McLEAN (41)	0.03	2:04.6	11	8	Brian	BLAKEMORE(43)	0.09	2:11.4	5
3	Keith	LODGE (44)	0.09	2:05.7	2	9	Wal	SHEPPARD (53)	0.11	2:11.4	12
4	Lindsay	HOOOPER(48)	0.09	2:07.3	E 3	10	Mike	O'NEILL (49)	0.18	2:15.0	E 3
5	Reg	McRAE (51)	0.09	2:08.1	E 6	11	Hans	MEISELBACH (47)	0.18	2:19.0	10
6	Alan	COOK (40)	0.13	2:08.2	<u>1</u>	12	Ivan	CARTER (49)	0.20	2:20.0	E 8

OFFICIALS:

Announcers: Mike O'Neill, Dick Dowling Handicappers: Neil Ryan, Pat Clohessy
 Timekeepers: Arthur Botterill, Dave Craig,
 Merv Blundy, Pat Clohessy, Starter; Roy Hooker.
 Dave Craig, Neil Ryan, Recorders: Geoff Nicholson,
 John Duck Terry Hunter
 Manager - Fred Lester.

PORTRAIT OF A MARATHON - THE AGONY AND THE EXSTASY - AS EXPERIANCED BY BRIAN CHAPMAN.

Bill Bowerman raises the gun. "Please jam," I silently plead. No such luck. It goes off and we are off flying down Franklin Boulevard.

Steady, not too fast too early. My aim is to run 2 hours and 20 minutes so each mile on the average should be 5:20. Along Centennial, I feel great. Arms like pistons - finely tuned products of nine months dumb-bell swinging.

"26.40" they call at 5 miles. I'm right on schedule. Back along the river via the bike path, the miles fly by unnoticed in a kaleidoscope of treescapes, winding trails and gentle gradients.

Suddenly the group I am running in loses a member. Bob stops to excrete. Thankfully, last night's peanut-honey sandwich is firm inside my stomach. At Valley River (10 miles), they yell 54 minutes and the first seeds of self-doubt are sown. My average has dropped to 5.24 per mile. Don't panic I tell myself. Run steady, arms up.

At 12 miles, a second crack appears in Superman. I accept a drink and suck a sponge. Yuki putrid water. I lose rhythm briefly and have to labour up the ensuing hill. Turning into Cobury Road, a woman driver almost runs over my foot. I plunge a mental dagger into her chest and keep going.

"82 minutes" they call at 15 miles. I've slowed to 5.28 pace and try to lift my legs. But they are harnessed and insist on plodding. Mental doubts mount up. An aged bystander gazed at me quizzically. I raise a faint 'hi' and think inside - 'you're right, you silly old devil; I'm crazy to be doing this.

Turning into "E" street in Springfield, I realise it's just not my day for miracles. My legs are throbbing with pain and I concentrate on just getting back to Eugene. Never again, I vow, never again.

At 22 miles, my kneebones are shattered and sore. Spectators gasp as I hobble by. Looking down, I see why. My singlet is soaked with blood as a result of "Marathoner's nipple."

At last, the bike train again - two miles to go. Now it all seems different - ugly distorted trees, endless winding trail, steep rises and shattering downgrades. Never again. Eventually, Alton Baker Park and the finish appear. I try to surge for the crowd but it's a feeble attempt. I cross the line smiling with relief. Non-motion is exstasy.

Minutes later I turn to Jon Anderson. "When's the next Marathon" I ask.

Note. Brian finished 7th in 2 hrs. 26 mins.

Letter from the U.S.A.

From Brian Chapman

Things have been fairly quiet in Eugene over Winter, so this communique will consist mainly of National Championship results.

NCAA (University) Cross Country Championship - 250 runners, 6 Miles, Pennsylvania.

1	Craig	Virgin	(Illinois)	28.24	20 years old				
2	Nick	Rose	(Britain)	28.39					
3	John	Ngeno	(Kenya)	28.53	Likely Kenyan Olympian at 10000m.				
4	Terry	Williams	(Oregon)	28.58					
5	Paul	Stenner	(Penn.)	28.59	8	Frank	Monene	(Kenya)	29.04
6	James	Munyala	(Kenya)	29.01	9	Dave	Merrick	(Penn.)	29.06
7	Paul	Cummings	(BYU.)	29.02	10	Steve	Bolt	(Alabama)	29.17

(Frank Shorter was snowed in at his new Mexico home and couldn't make the race below)

A.A.U. CROSS COUNTRY CHAMPIONSHIP - 335 Runners - 10000 Metres - Maryland.

1	Greg	Frederick	(Phil.P.C.)	28.57	6	Gary	Tuttle	(Bev.Hills)	29.01
2	John	Gregorio	(Col.T.C.)	28.58	7	Paul	Bannon	(Britain)	29.05
3	Gary	Bjorklund	(Col.T.C.)	28.58	8	Steve	Flanagan	(Col. T.C.)	29.13
4	Glenn	Herold	(Wisc.T.C.)	28.59	9	George	Malley	(Penn.)	29.16
5	Don	Kardong	(Club N.W.)	29.01	10	Marty	Liquori	(N.Y. A.C)	29.17

A.A.U. MARATHON - LOS ANGELES:

1	Gary	Tuttle	(Bev.H.)	2:17.27	6	John	Gregorio	(Color.)	2:20.33
2	Kirk	Pfeffer	(G'mont)	2:19.07	7	Wayne	Badgley	(N.Zeal)	2:22.30
3	Lionel	Ortega	(N.Mex.)	2:19.16	8	Russ	Pate	(Oregon)	2:22.40
4	Pekka	Gyilling	(Finl.)	2:19.33	9	Lee		(Pasa.)	2:23.44
5		Sudzina	(W.Virg)	2:19.40	10	Jim	Nuccio	(W.Vall.)	2:23.56

INTERNATIONAL CROSS COUNTRY TRIALS - SAN FRANCISCO (STOP PRESS RESULTS)

1	Gary	Tuttle	(Beverly Hills)		2	Dave	Babaracki.	
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OREGON INDOOR MEET - PORTLAND, OREGON - JANUARY 31st, 1976.

5000 M.	1.	John	Ngeno	(Kenya)	13.35.	3	Samson	Kimombawa	(Kenya)	14.08	
		2.	Josh	Kimero	(Kenya)	13.57	4	John	Gregorio	(Colorado)	14.09
1500 M.	1.	Peter	Spir	(Canada)	3:46.0	3	Jim	Johnson	(Club N.W.)	3:47.0	
		2.	Matt	Centowitz	(Oreg)	3:46.9					

U.S. OLYMPIC TEAM:

The above national results have done little to clarify the probable membership of the U.S. Olympic Team in distance events. At present one can only say with some confidence:-

- 800 Metres - Rick Wahlhuter (1:44.1) Mark Enyeant (1:44.9) plus 1.
- 1500 Metres - Wide open since Rick Wahlhuter (3:36) will concentrate on 800m and Marty Liquori (3:37) will run the 5000m.
- 5000 Metres - Marty Liquori (13.23), Dick Buerkle (13:31) plus 1.
- 10000 Metres - Frank Shorter (27:46) plus 2.
- Steeple - Wide open.
- Marathon - Frank Shorter (2:17), Bill Rodgers (2:09) plus 1. (Kenny Moore could only manage 2:28 in Honolulu behind Jack Foster's 2:17 recently)

DATES - OLYMPIC TRIALS - Marathon, May 22, Eugene - Tr. & F. June 19-27 - Eugene)

1. Runners must have done 2:23 since April, 1974 to be eligible for Marathon Trial. Those who have broken 2:20 (33 so far) will have a return flight to Eugene, and 2 nights room and board paid for. Those in the 2:20 - 2:23 range just get room and board with the transportation paid retroactively if they finish third.
2. All athletes who make the Olympic Qualifying standard will have transportation, room and board paid for. Athletes will stay in university dormitories. The U.S.O.C. will pay for transport, gate receipts should cover room and board.
3. If 16 athletes do not make the qualifying standards for each event, fields will be made up by invitation.

TRACK AND FIELD NEWS - WORLD RANKINGS (1975)

Australians to be ranked by this Magazine (Based on various criteria) were:-

Graham	Crouch	1500m	14th				
Ken	Hall	1500m	15th	Don	Baird	Pole Vault	7th
Bill	Scott	10000m	15th	Chris	Commons	Long Jump	6th
Dave	Chettle	Marathon	3rd			1600m Relay Team	15th.
Brenton	Norman	Marathon	15th				

Good luck to all those preparing and aspiring to the Montreal Olympics. B.C.

V. M. C. FIXTURES FOR WINTER 1976

APRIL 19 (Easter Monday) 16km - 4 miles, Women and U/17. PRINCES PARK. 2.30.P.M.
 APRIL 25 (Sunday) 12km - 4 km, Women and U/17 - "Fallen Comrades" DOMAIN, 4PM.
 MAY 1 30 km. 'King of the Mountains', 16km Women & U/17. Pt. LEO. 1.00 & 1.30.P.M.
 JUNE 13 (Sunday) MARATHON & 10km Mini-Marathon, TYABB. 12.30 & 1.00.P.M.
 JULY 3 15 km. Open, 5km Women & U/17 - probably Albert Park, 2.30.P.M.
 AUG. 14 25 km. Open 10km Women & U/17 - probably Werribee - 2.30.P.M.
 AUG. 28 20 km. Open 5km. Women & U/17 - probably Albert Park - 2.30.P.M.
 OCT. 10 Sunday - 1 Hour Track Run, Team and Open Scr. Races - Huntingdale.

All intending participants and helpers are asked to check in at least 1 hour before the set starting time to enable smooth functioning of race arrangements.

It would be a great help, both for publicity and for planning the organisation if runners can let us know well beforehand if they intend to start or be available to help in officiating.

OTHER MAJOR FIXTURES

<u>June 6</u> (Sunday) Traralgon Marathon	<u>AUG. 1.</u> Traralgon - 10 Miles.
<u>June 26</u> V.A.A.A. MARATHON, Pt Cook.	<u>AUG. 14</u> Morwell, King of Mts. 25km.
<u>July 4</u> (Sunday) Traralgon 25km.	<u>SEPT. 12</u> 'Geoff Watt' ½ MARATHON
<u>JULY 31</u> AUSTRALIAN MARATHON CHAMP. SYDNEY.	<u>OCT. 26</u> 10,000 Track Race

THE 30TH ANNUAL GENERAL MEETING will be held on FRIDAY, MARCH 12th. ROBINSON HALL.

MORE OF THIS - A WORM'S EYE VIEW

At the time of the last Annual General Meeting, there were some members who, because of the large number on new members in the 1974-75 Season, thought that we had made a big leap forward, and would go on to bigger and better things.

Bullshit, as long as the work is left in the hands of a few members. Sure, we had a lot of new members, bigger fields and of a higher standard! A club with 200 members in the Melbourne area still has to rely on the same people for its officials every race. It does not look like progress at me at all.

OK, so we did get some volunteers for billeting, newsletter and officiating only four people had their names down for billeting. Unfortunately this is not good enough for a club of our size. To overcome a lot of problems in these areas, we will, at the March General Meeting, propose a roster system for the three previously mentioned jobs.

There will be a lot of members who do not agree with this, but at the General Meeting only a minority of our members will decide the future of the club in this regard if the past is any indication. Well, at the 1975 meeting only 36 voted, in 1974, 42 voted and in 1973 35 voted.

As well as the already mentioned motions, there will be one to raise the membership fees to \$2.00 for Seniors and \$1.00 for Juniors. We will again have the smorgasbord supper and a mystery guest speaker.

So, if you still do not feel like coming, the affairs of the club will be decided by a small minority and the not the majority. The decisions will be made by the members who turn up on March 13th. It will be no use complaining later if they do not suit you. In the words of the Aussie Ocker - stiff shit!

A THOUGHT ON FEES.

From an enthusiastic V.M.C. member's letter:

"Re your par in the Spring Magazine. In these days of inflation I feel that it is bloody ludicrous to expect a club, even a self-help one, to operate on subs of \$1.00 per year. How about \$5.00 for Seniors, \$2.50 for students over 15 and for women, and \$1.00 for students under 15. If a Scotchman is prepared to pay that amount, I am sure the free spending PCMS and AUSSIES won't disagree."

HOUSTON McTEAR INKS FOOTBALL PACT WITH FLORIDA.

This co-holder at 18 years old, of the world record for the 100 yards dash, has signed a football scholarship contract with the University of Florida. The agreement specifies that he will be allowed to participate in the Olympic Games.

Head coach, Doug Dickey, travelled to Baker High School, 40 miles from Pensacola, to sign up the speedster whose 9.0 second performance tied with Ivory Crockett's world record. The football grant stipulates that McTear will not have to participate in Spring practice, will play wide to lessen chances of injury and will be able to run track.

LETTER FROM QUEENSLAND.

From Paul Circosta

Gerard Barrett has been in a slump since his return from the VMC 10k but looks like coming out of it now. He has been probably overworked and overraced.

I have enclosed a copy of our 10k championship. Conditions were not good as it was hot and windy but it was a fairly good race.

On Jan. 26th when the girls ran the world's record for the 2 x 200m Relay several Victorians competed:-

100 Metres	1. Haskell	2 Besanko	10.4
200 Metres	1. Fitzgerald	2 Besanko	20.7
400 Metres	1. Brown (Q)	47.4.	2. Gee (NSW) 47.8.
3000 Metres	1. Austin	8:13.8.	(Queensland Open Record)

WOMEN:

100 Metres	1. Robertson - Boyle - Jowett	11.4
200 Metres	1. Robertson - Boyle - Wilson	22.9
400 Metres	1. Nail - Boyle - Wright	53.4

Do you think you could find out about a billet for one of our walkers, Bruce Cook. Bruce will be coming to Melbourne for the nationals and would like to find a billet for a couple of weeks until the Olympic 20k. Walk Trial. Could you find out and let me know if anybody can put Bruce up while he is down there.

QUEENSLAND 10k Track Title:

1/2/76

1	G. Barrett	Toowong	30.15.8	6	D. Rogers	Rangers	32.53.4
2	R. Irwin		31.42.6	7	M. Pullenger	Nundah	32.10.0
3	I. Munay	University	32.00.4	8	D. Sanders	Inala	33.22.6
4	I. Brotherton	Nundah	32.09.0	9	F. Buckley	Mt.Gravatt	33.57.2
5	R. Bourne	Souths	32.25.4	10	R. Kahl	Toowoomba	34.23.0

Weather - hot and windy - 20 finishers.

THE MASTERS MILE. OLYMPIC PARK 17th DECEMBER, 1975

1	Henk Van Wijngaarden	Scr.	4:48.9	7	7	Fred Lester	0.37	5:18.3	4
2	Lindsay Hooper	0.19	4:49.0	1	8	Keith Routley	0.23	5:20.0	11
3	John MacDonnell	0.25	5:02.6	2	9	Noel Anderson	0.32	5:27.4	10
4	Sam Hilditch	0.23	5:05.9	5	10	Hans Meiselbach	0.54	5:33.6	3
5	Gerry Riley	0.23	5:10.1	6	11	Peter Colthup	0.47	4:52.8	9
6	Ivan Carter	0.27	5:16.2	8					

V.A.A.A. COUNCIL JOTTINGS.

November, 1975

An invitation through the AAU of USA for athletes to compete in the 28th Annual Western Hemisphere Marathon at Culver City, California on 7/12/75 was brought to notice. Questions brought out that the invitation had been at the office for over a fortnight and in view of the need for more ample notice to be given to our athletes, Council agreed that invitations of this character be passed on directly to specialist clubs such as the VMC immediately on arrival in this country.

January, 1976

Tasmania notified that the 1977 National Marathon would be held on Saturday, August 6 at Longford, approximately 20k from Launceston. (We note here that distance runners from Longford have been among the strongest in Tasmania)

Clubs were advised to channel any bookings for air travel through the V.A.A.A. office as this would considerably help in obtaining return bonuses and so ease the financial commitments of clubs and individuals in relation to the V.A.A.A. covering central expenses.

It was reported that the A.A.U. Olympic Selection Marathon on April 3 was scheduled for a 1.30.p.m. start and it was moved successfully from the floor that in view of the strong possibility of hot conditions prevailing the start be set for 8.30.a.m., if it can possibly be arranged. The report from the Cross Country Organising Committee stated that police at Werribee were required for duty in Werribee during the morning hours and could not be spared to patrol the course.

FEBRUARY, 1976.

The Noumea A.A.A. advised that a 27km road race would be held from Paita to Noumea on May 1, 1976, on a "tarred, sinuous, valleyed and shady route". U.T.A. (French Airlines) are offering special package tours for interested groups of people.

The Winter Fixtures as put forward by the C.C.O.C. were approved, details of same appear in later pages of this Newsletter.

FIXTURES

FIXTURES

FIXTURES

MARCH 14 (Sunday)	VMC Special 20km Albert Park 9.00am.	Olympic Trial Warm-up.
April 10	V.A.A.A. - C.C. Opening Run, Flemington R'course - 2.00.p.m.	
April 24	V.A.A.A. - Age Group Runs - Coburg - 2.00.p.m.	
May 8	8000 C.C.Champ. Ballarat	May 9 1/2 Marathon, 10am. Ballarat
May 22	Sandown Road Relays	May 29 Malvern 6 hr. Relay/Bendigo 4.1 M.
June 5	Bundoora C.C. Relays	June 6 Traralgon Marathon
June 12	Ballarat, C.Suffren 10km.	June 14 Wendouree Relays
July 10	VAAA 10M. Road, Werribee	July 18 Bendigo - 25km.
July 24	VAAA 16000m. CCC. Sunbury	July 31 Vic. Schoolboys C.C.C. Heidelberg
Aug. 7	VAAA 15km. Fishermens Bend	Aug. 15 Benalla COUNTRY MARATHON
Aug. 21	VAAA 12000m.C.C.C. Bundoora	Sept. 4 VAAA 25km Road, Cranbourne
Sept. 11	AAU of A. 1000m. Hobart	Sept.11 Dandenong Relays
Sept. 18	Monash Univ. 10000 Road.	

V.M.C. MAIN FIXTURES & LATROBE VALLEY EVENTS LISTED ON PAGE 15. CHECK!!!

 AUSTRALIAN CAPITAL TERRITORY CROSS COUNTRY CLUB. Steve Brown, 27 Hacket Gardens, TURNER.
 April 25 Anzac Day - 4 x 4 3km from American War Memorial. Post Entry. Entry \$1. each
 May 7 - 9. Distance Runners Camp, Green Hills Conference Centre, Canberra.
 Adults \$15 & \$18; U/14 \$10; U/19 \$12 - for all meals and accommodation.
 Special Guests - Albie Thomas, Dave Power, Trevor Vincent.
 Further details - Application Forms from Steve (Phone 498896(H) 481383(W))
 June 26 12km C.C. Trophy, Grevillea Park, East Basin - Post entry - \$1 each.
 July 24 16km C.C Trophy, Australian National University, South Oval - \$1 each.
 Sept. 18 1/2 Marathon, Grevillea Park, East Basin, Post Entry - \$1 each.
 ALL RACES START AT 2.00.P.M. SHARP.

SUN RUN.

From Brad Cooper.

This article is to let you southerners know that not only is the Townsville Marathon Club alive and well, but that it exists. If you are moving to North Queensland you may choose Townsville because we have a well established Marathon Club. This was the case with two of our current members. Also, if you are on holidays in the district, you are welcome to participate in our races and regular training runs.

Some of the events are quite prestigious, particularly the Sarina Marathon, North Queensland Marathon and the King of the Castle which is run in conjunction with the Pacific Festival. This last event attracts a field of some hundred runners and is given a great deal of local coverage. TMC members generally compete among themselves in the minor runs, but this year we intend to hire light aircraft for runs as far away as Rockhampton and also to initiate regular competition with runners in Cairns.

We are not stagnating despite our isolation not have we gone "troppo" from the heat. Winter race temperatures are in the 21 - 27°C range. The official training run is at 7.00 o'clock at Peter Lahiff's on Thursday nights at 77 Promrose Street, Rose Bay, throughout the whole year. You may also contact Bob Downs, at 73 Pilkington Street, Garbutt. His phones 79-0619(H) and 79-5370 Ext.242 W)

1976 Race Schedule

April 3	4 mile scratch teams race (3 man), Mt. Elliot National Park
April 10	3 mile handicap, North Ward circuit.
April 24	Amzac Day weekend training camp.
May 1	4 1/2 mile handicap, Cape Pallarenda Beach
May 8	5 mile relay (2man) Anderson Park.
May 15	5.4 mile relay (2 man), Mt. Stuart Hill climb.
May 22	9.8 mile handicap, Nathan Plaza to Ross River Dam.
June 5	5 mile scratch King of the Castle, Castle Hill.
June 12	16.8 mile scratch Sarina Marathon, Sarina.
June 26	3 mile scaled handicap, Wulgura.
July 3	5 mile handicap, Douglas University campus.
July 10	2.2 mile handicap, base to top of Castle Hill.
July 17	14 mile handicap, Woodstock.
July 24	10,000 metre handicap cross country, Town Common.
July 31	North Queensland Marathon, Weir State Schoo.
Aug. 14	5 mile scratch picnic run, Giru.
Aug. 21	Mt. Stuart Hill Climb - handicapped.
Aug. 28	5 mile scratch picnic run, Woodstock.
Sept. 4	1 Hour Run, Anderson Park
Sept. 11	5 mile handicap, Anderson Park.
Sept. 18	6 mile Club Cross-Country Championship, Mt. Louisa.

FROM AROUND THE BIG TABLES

COMMITTEE JOTTINGS. 19/12/1975.

Due to the holidays, only six members attended just before Christmas, but a number of important matters did get aired.

The growing popularity of the Emil Zatopek 10,000m and the jump in quality may call for a stricter control in its conduct to make sure that all records made at all levels can be ratified.

It is proposed that we establish a roster system for members to officiate at our races in turn, and that like methods be extended into other activities.

Because of the winter fare concession position we now go for the V.M.C. Marathon on June 13th and that we encourage participation by women and endeavour to follow it up with a social on similar lines to the successful 1974 function.

It is also recommended that members have another look at the possibility of pack runs at weekends, outer metropolitan and country venues to be given every consideration.

Another suggestion put forward was to change our financial year to coincide with the calendar year, I.E. 1st of January to 31st of December, and that our Annual General Meeting be held earlier in the year, before Winter Fixtures are finalised by the V.A.A.A.

MEETING on 6/2/76.

Nine members of the Committee met to ratify the winter programme and make other proposals for the Annual General Meeting. It was pointed out that we shall need new members for the Committee, and with our membership nearing 400, more V.M.C. members should be available to take a turn at directing the affairs of the Club.

The Committee proposed unanimously that the Annual General Meeting vote to raise subscriptions to \$2.00 and \$1.00 for Seniors and Juniors respectively, as we will be facing greater expenses, particularly in the need to purchase a set of stop watches of our own.

It was recommended that we have a similar function on Marathon Day at Tyabb to the most enjoyable Dinner-Dance we had in 1974 and preparations are now on the way.

WHAT TIME OF THE YEAR TO STAGE THE V.M.C. MARATHON - TWO VIEWS.

... "It seems to me that what is needed is (if at all possible) for the various authorities concerned to get together and ensure that marathons are spread out over the winter months. If people want to run in several marathons each year then they could be spread at least 4 weeks apart and preferably 6 weeks.

It gives runners who train hard for marathons and then fall ill another opportunity to come up for a further attempt later in the season.

I therefore suggest that the most desirable calendar would be:-

Marathon - 1st week in May (May 8th, 1976) V.M.C. Marathon, 1st week in June, (June 5th, 1976), V.A.A.A. Marathon, 1st week in July (July 10th, 1976), A.A.U. and Victorian Country Marathon, 2nd week in August (Aug. 14th, 1976).

At the moment, there is no country runner who is a serious contender for the Australian Marathon, so there is no reason why both events could not be conducted on the same day.

 Ross Anderson.

... I am at a loss to understand V.M.C.'s constant campaigning against running marathons in warmer weather conditions. The current policy of running such races on courses of stultifying monotony in the bleakest and most miserable weather conditions available has certainly killed my interest in marathon racing.

I would have thought that any runner with an ounce of imagination (though I realise that there aren't too many of these around) would think this way.

Another case of the rest of the world being out of step I suppose, and I cannot see your policy producing any Olympic winners though.

 Barry Sawyer.

Editor's Note: Only 8 V.M.C. members bothered to return slips indicating their preferences. Including members of the Committee, there was an overwhelming majority for June. The slips were - 4 for June, 1 for August - 2 for September - 1 for October and 1 for March.

LETTER FROM NEW ZEALAND.

From Bruce Jones

The New Zealand Track Season which promised big things was somewhat deflated in mid-January by the news that the Tanzanians tour of New Zealand was being called off because of the resumption of N.Z.s sporting contacts with South Africa. Thus the much publicised John Walker v's Filbert Bayi clash over 1500 metres in Auckland on January 31st was not to eventuate thanks to the New Zealand National Government policy of not interfering with South African sporting contacts by New Zealand sporting associations.

Naturally enough many athletes were bitter about New Zealand going out on a limb over South Africa. It virtually ensures that N.Z. athletes will be banned by South African countries and that New Zealand's participation in the Olympics is far from secure.

Nevertheless John Walker has turned on impressive performances this summer despite no close competition. His fastest 800m was a 1:46.4 in Wellington on 24/1, but this was only to indicate that his 1500m the following week in Auckland would be on the fast side. In typical blustery Auckland conditions Walker spreadeagled the field in powering his way to 3:35.6. Running solo after 600m and in effortless style, he won by 6.2 seconds from Rod Dixon, 3:41.8; Stewart Melville, 3:42.6 and the "scholastic piker" Tim O'Shaughnessy 3:43.3. Dave Sirl grabbed 5th place in 3:45.9 from recent 3rd placegetter in the Victorian Mile, Greg Banks (18 yrs. 3:46.0).

Equally impressive this past month has been Dick Quax. After a disappointing European tour last year (if you call a 7.49 3000m disappointing) Quax had both legs operated on for "shin splits". His recovery has been rapid and on his first appearance this season he gave John Walker a fright over 1 mile at Wanganui's Cook's Gardens. On a heavy grass track Walker, 3:57.6 had to pull out all stops to hold off Quax in 3:58.6. But it wasn't until January 31st in Auckland that Quax showed he will be as tough to beat in Montreal as is Rod Dixon. Running from the front Quax shut up his critics in recording a great 13:23.8. The wind dropped for this 5000m race and others in the field took the opportunity to record P.B's.

Ewan Robertson, who equalled Rod Dixon's N.Z. 3000m Steeplechase record - 8:29.2 in Wellington on 24th January, was second in 13:39.6. Yours truly was 3rd in 13:40.2, Paul Ballinger 4th in 13:45, 18 year old Geoff Shaw was next in 13:48.4 and New Zealander Chris Wardlaw 6th in 13:49.

Jos Hermans has been training in Christchurch this Summer and only appeared once for a 3000m victory (8:00.7) over Ewan Robertson, 8:01.6 at Wanganui. Thelma Wright, (Canada) had a similar holiday here but raced more frequently. Both Thelma and Angela Cook (Aust.) showed fine form over 1500m but found local girl Dianne Zorn in great form. Zorn's 4:11.5 victory over 1500m in Wellington was an outstanding run. And in Auckland she proved her class once again in recording 4:13.2 to Cook's 4:13.8, Wright, 4:15.8 and AnneGarrett, 4:18.2.

David Bedford is spending 4 months here in Auckland and even Kevin Ryan's training fades into insignificance when compared with Bedford's.

And to close this note on athletics here in New Zealand you may be interested to know that Kevin Ryan was 9th in the Kyoto (8/2/76) Marathon, won by Hatsuo Ohkubo in 2:16.50.2. Kevin ran 2:23.11 and complained of cramp in his thigh during the race. Regards to you all at the V.M.C.

The "GRIFFITHS WINEMAKERS" BACHUS - 12,000m, Easter Saturday, April 17, 1976

Griffith and District A. A. Club are reminding us of this event, to which is attached a First Class Return Air Fare to San Francisco for the "Bay to Breakers Race".

Entry Forms are now available. President Geoff Sainty assures us that there is plenty of accommodation available at no cost, but you supply your own food.

There will also be Teams Events (for running, not drinking, Terry!!!)

We are also reminded that it is wine time and every competitor finishing the course, if he or she is over 18 years of age, will receive a bottle of local wine with a Certificate showing Name, Time and Place.

Griffith is almost due north from Melbourne, a distance of approximately 400km, and can be reached either via Albury and Wagga or via Shepparton and Tocumwal and Narrandera.

For further details contact Bachus 12000 Committee, Box 1327, Griffith, N.S.W. 2680.

V.M.C. Member John Stanley set the record with 13:42.

IN LIEU OF AN EDITORIAL. By Fred Lester

I have before me the British Olympic Association Official Report of the Olympic Games 1960, and on page 29 under the heading 'Marathon' it reads - 'There is always something new under the sun - er, as in this case, under the moon, writes Willy Meisl. Here was the first Gold Medal won by an Ethiopian; the first Olympic Marathon neither to start nor finish in the stadium; the first to end in full moonlight (Augmented on the way by floodlight and torchlight)... the first marathon in the world to be run as fast as 2hr. 15min. 16.2 secs.

I have behind me the experience at the February Meeting of the Council of the V.A.A.A. when one of the most senior officials in Australian athletics, when opposing the V.M.C. proposal to obtain the most suitable time for conducting the Australian Olympic Trial Marathon on April 3rd, namely an early morning start, said: 'We must be guided by the highest authority in athletics, the Olympic Games, which lays down that the Marathon finish should as closely as possible coincide with the period of evening dusk..'. We may put this down to a lapse of memory I guess.

Another official, similarly intent on opposing the suggestion by the V.M.C., claimed, to quote an athlete (un-named) supposedly exclaiming - "I'll be damned if I'll suddenly change my training a fortnight or so before to fit in with a morning start. To which we can only reply that it shows a lamentable naivety on the part of the official, who, if he had any practical knowledge of distance runners and their ways, would be aware that almost every distance runner in Australia has his most intensive training session quantitatively on Sunday mornings, and many of them also on Saturday mornings for good measure. Any distance runner going up to Ferny Creek as late as 10.a.m. will find himself on his own, or, at best, with someone having an easy session. All the long distance brigade will be bashing out their 20, 25, 30 and more km before the sun gets too high and the traffic too thick. Or, maybe this official should have a look around Albert Park Lake in the mornings, or Wattle Park, or the Warrandyte-Ringwood area, he would go back and tell his informat to grow up!

However, the Council Meeting is not the place to have a protracted argument, especially when as far as distance running is concerned and coping with adverse conditions, you are more likely to be successful with the local pre-school committee, bearing in mind that all the people taking part in formulating these decisions affecting Marathon runners, only one had actually competed himself in that event, and not very often at that!

Now we come to the crunch of the matter. While distance runners and other active athletes are not prepared to go out and word up their own club and delegates of what they really want, and while athletes of all specialities sit back and expect other people to do everything for them and then winge if it does not suit them, and then still don't act to help themselves, this situation will persist into all eternity and progress in Australian athletics will remain at a snail's pace like it is now. Don't get the idea that the people that represent clubs and sit on different councils and committees are all against the athlete. There are only relatively few, unfortunately in influential positions, whose sole concern is their ego-tripping. The overwhelming majority are there because they are dedicated to the sport, in their own way, again unfortunately, the active participation of some tends to become dim in their memory, yet they do want the sport to progress.

How also can they do the job they want to do unless the athletes let them know what they feel and think and themselves share in the administration and day to day running of their own affairs?

Electing committees and delegates is just not good enough if the bulk of the membership then sits back and expects things to happen in the way they want it. Don't blame the other one for having a different approach and ideas to you, your own ideas have every right to be different too. What's going to happen when we elect a new V.M.C. Committee at the Annual General Meeting? Who will do the necessary chores at our races? Who'll look after getting new venues, arranging social runs or gatherings, etc? Are you going to leave it to someone else or are you going to take on a particular responsibility and take turns with your fellow athletes to promote your sport?

It's easy to talk big, but the everyday routine things have to be done or nothing will come of it except hollow dreams followed by frustration and dis-satisfaction with yourself being unloaded on to others.

Anyone can do anything if he or she tries hard enough, the decisive factor is to want to do it. There is no need to feel insufficient or incapable, everyone has to start from scratch in the first place, our rate of progress mostly is the result of our preparedness to work for what we want. What is more, most of us in the V.M.C. are dedicated to running, its progress and its enjoyment, the better we work together, the more we will get out of it, all of us!

V.M.C. MARATHON DAY - DINNER DANCE - TYABB. SUNDAY 13th JUNE, 1976

Please note that following a great and persistent demand by VMC members your Committee has booked for the Dinner Dance at the PENINSULA MOTOR INN - yes, the same place where we had the most successful function in 1974 when it was call the 'Fly Inn'. At this stage we have booked for 120 people and reserved 20 double ... rooms for the night of Sunday to Monday. Prices for the rooms are \$17 with black and white T.V. and \$18 with color T.V., and including a light breakfast. There are also rooms available from Saturday to Sunday at the same rate for members of the VMC, but all bookings must be done through the club.

The smorgasbord dinner will be \$5 per head, children under 12 at half-price. All bookings will be taken in order of receipt of deposits and allotted in the same order. As there is a limit on the number of rooms in particular, it is vital for you to book as early as possible, deposits are \$10 per room and \$2 per dinner. All bookings and money to be directed to GERRY RILEY,

33 EDGAR STREET. WERRIBEE. 3030.

BALLARAT HARRIERS have confirmed that they will hold a Half-Marathon on Sunday, 9th of May, the day after the 8000m C.C.C. up there. Starting time will be 10.am. Camping facilities are available, so it could be quite a weekend for all the distance runners. Clubs taking part are invited to submit handicaps for their members taking part in the run. Ballarat Harriers are organising lunch facilities.

Will all correspondents and members please note that you are to send:

Race information, Newsletter articles, changes of address to FRED LESTER.
Membership queries, official correspondence to TERRY HUNTER.
Membership fees and other monies to NEIL RYAN.
Trophy Order queries to PETER LOGAN.

Intending entrants - BACHUS 12000 - Get Entry Forms from TERRY HUNTER.

Thanks to the people who presented me with clippings of the report on a Marathon held in South Africa, when a black man competed and finished in a good time, but did not figure in the official placings of the white man organised race. At this time, when there is a strong political move by South Africa to use sporting contacts for popularising their racist regime, i.e. Cricket, Softball, Golf, Modern Pentathlon, Squash, etc, it is important for us to re-assess our own attitudes in this regard. The subject of race is a very touchy one also in Australia, but so far we have not descended to the level where we write into our laws what a person can or cannot be or do because of his or her colour and on this basis debar them from participating and representing Australian sport.

THE WANDERERS RETURN.

ARTHUR BOTTERILL has been back some time, running at the very end of the winter season and still in the process of re-acclimatising. Although far from being as fit as he would like to be, he did not hesitate to step out on the track to provide some opposition to South Australia in the recent match at Olympic Park. He and Geoff Nicholson were matched against Dave Fitzsimmons and Tony Bart in the 5000m and it speaks rather poorly of some of our other Victorian distance runners, who are racing better than Arthur at present, and who would not give our South Australian friends some sharper opposition. Thanks, Arthur for helping out - all the more credit to you!

The foursome JOHN BRUCE, KEVIN ROCK, DAVID BYRNES and RAY WILSON got back just prior to the New Year, just in time to take part in the Midnight Run. Look out for Ray, he is a much improved runner and a definite threat to anyone who takes him lightly.

ROBBIE WALLACE was another familiar face reappearing at the Midnight Run. He looks just as slight as ever but just as keen to get back into the long stuff.

Latest to show up is EERO KERANEN, who fronted for the Victorian 10,000m, but found the going too tough so soon after his return, Eero came back from the USA somewhat disappointed with the College running scene and intends to give us a resume of his impressions for the Newsletter sometime.

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

This column reported Judy Patching, Secretary-General of the A.O.F. as being "bloody confident" former Minister Frank Stewart's promise of the Federal Government underwriting the cost of air fares for the Olympic Team to Montreal would be honoured. That was in the December issue of our Newsletter.

Judy Patching is now about to lead a deputation of leaders of major amateur sporting organisations to Canberra to plead with the New Prime Minister to reverse the decision of savagely cutting all cash help to sport.

To call this act a "severe and retrograde step" is almost an understatement when the savings for the first six months are only going to be a paltry \$208,000 by Senator Greenwood's Department, affecting somewhat over 1 million Australian sportsmen and sportswomen.

It appears that the Montreal subsidy may not be involved, but a number of sports which appointed national coaches and secretaries and planned ahead for national and international championships on the basis of regular assistance from the Federal Department for Tourism and Recreation will be in the red financially as well as having to cut back severely on development. Our own National Championships will be among the first victims of this disastrous non-policy, to be followed by overseas ventures such as the Pacific Games, International Cross Country Championships, etc.

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We are wondering whether our officials will be held up to ridicule once again at the forthcoming State and National Championships by ostentatiously marching around the arena to "prepared battle positions." A quiet unobtrusive assembly at the points needed would be more in line with a world that "ain't marching anymore" and save our hard working officials from being embarrassed by remarks from the crowd.

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It has become increasingly more difficult to follow the reasoning which prevents Victorian women athletes from participating in a number of vital competitions. One case was the turn-about over the Christmas period when the VWAAA withdrew support for the Melbourne Games, although one official was heard to say that if the same girls competed who were going to compete in the sponsored Victorian Championships later on, it would break faith with the sponsors. (presumably she meant that it would destroy the novelty value!?) Another reported comment was that the women were getting too much competition.

A further case was the resolution by the VWAAA Council not to support the women's events at the VMC sponsored meet at Ox Hill, "therefore registered members of the Association (the VWAAA) will be unable to compete". (end of quote) This, mind you, was after we enquired from the women athletes if they would like to be included on the program. Oh, for the pre-war days, when girls marched by in two's with hats and gloves and curtsied to the Head Mistress!!! She knew what was good for them!!

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This January period was one of a spate of special athletic meetings, at home, interstate and in New Zealand, with our top runners all over the place. Yet, that was hardly a good enough excuse for the cavalier treatment accorded to our South Australian friends. First, in the match against Sth. Aust., David Fitzsimmons was virtually avoided by some of our available 5000m men. Later at the Melbourne Games, with nothing at stake but the chance of running a really good time under excellent conditions Graham Crouch and John Bermingham just sat on David, instead of sharing the pace. They did get under the Olympic qualifying time, but they could have smashed the existing Australian records by a wide margin and given the Australian selectors some tangible reason for allowing their names to be sent forward for inclusion in Australia's Team for the Montreal Games. It was no wonder the crowd started to barrack these tactics.

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CHANGE OF VENUE: August 14. VMC 25km. at LITTLE RIVER, 2.30. LITTLE RIVER HALL.

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HAVE YOU CHECKED THE DETAILS ON OUR DINNER-DANCE WHICH APPEARS ON PAGE 21?

BOOK EARLY TO AVOID DISAPPOINTMENT. FIRST COME - BEST DRESSED!!!