

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 three times a year, corresponding to the seasons of
 Spring Summer Autumn Winter.

All athletes, irrespective of sex or age, are invited to contribute letters, results, comments, etc. to The Editor, V.M.C. NEWSLETTER, 1 GOLDING ST., CANTERBURY, Vic. 3126

DEADLINE for copy are the 15th of February, May, August, November. All contributors are asked to aim for the 1st of that month to achieve better production.

Please note that material submitted for publication must be on single spaced typed foolscap, irrespective of length. It is suggested that articles should not exceed one and a half pages of foolscap.

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.

THE VICTORIAN MARATHON CLUB IS:

OPEN FOR MEMBERSHIP for any registered amateur athlete.

COSTS \$2 per annum for Seniors; \$1 per annum for Juniors (Under 19)

CHARGES 50¢ Race Fee for each event to cover a minimum of 8 Trophy Orders for each event.

FOR FURTHER INFORMATION contact the Secretary of the V.M.C.

Terry HUNTER, 69 Lyndhurst St., RICHMOND. 3121.

MEMBERSHIP AND OTHER MONIES should be sent to the Treasurer of the V.M.C. -

David GAZLEY, 50 Scott Street, BOX HILL SOUTH. 3128

RACE ENTRIES (NO MONEY to be sent) - You pay on actual race days!!

Suggestions for fixtures, new courses should go to Asst. Sec. (Competition)

Fred LESTER, 1 Golding St., CANTERBURY. 3126

ENQUIRIES ABOUT TROPHIES should be directed to the Asst. Treasurer (Trophies)

Peter LOGAN, 68 Mills St., ALBERT PARK. 3206.

PLEASE NOTE - For Track Events (Emil Zatopek, 10,000m, etc) and for the V.M.C.

MARATHON entries MUST REACH the Competition Secretary NOT LESS THAN ONE WEEK

before the set date, preferably three weeks earlier to enable us to inform the publicity media.

INTERSTATE LINES OF COMMUNICATION

AMATEUR ATHLETIC UNION OF AUSTRALIA
 A. Lee Morrison,
 31 Abbott St., SANDRINGHAM
 3191 VICTORIA

NEW SOUTH WALES Clive D. Lee, A.A.A of N.S.Wales Office, 280 Pitt Street, SYDNEY 2000 NEW SOUTH WALES	QUEENSLAND John D. Bailey, 33 Wighton Street, NASHVILLE. 4017 QUEENSLAND
SOUTH AUSTRALIA E. Ray Graham, P.O. Box 231, ADELAIDE. 5001 SOUTH AUSTRALIA.	TASMANIA Noel J. Ruddock, 10 Reynolds Court, DYNMYRNE. 7005 TASMANIA
VICTORIA Rick Pannell, V.A.A.A. Office, 12 McKillop Street, MELBOURNE. 3000. VICT.	WESTERN AUSTRALIA F. Theo Treacy, O.B.E., 33 Selkirk Street, NORTH PERTH. 6006 WESTERN AUSTRALIA

MARATHON QUESTIONNAIRE

This Questionnaire is aimed at sampling the experiences of marathon runners, especially those using special diets. The diet referred to is two to three days 90% protein, followed by two to three days 90% carbohydrate. The diet is usually preceded by a long, exhausting run to deplete energy reserves. The Questionnaire is in two sections - Section A for all runners and Section B for those who have experimented with the diet. PLEASE MAIL TO:

B. Watt,
4 Eric Street,
EAST BRIGHTON, 3187.

A

1. How many marathons have you run?
 1. How many marathons have you run?
 2. What is your average mileage in the marathon season?
 - < 50
 - 50 - 75
 - 75 - 100
 - > 100
 3. What standard marathon runner are you?
 - Sub - 2:20
 - 2:20 - 2:30
 - 2:30 - 2:40
 - 2:40 - 2:50
 - 2:50 - plus
 4. Do you drink during a marathon? Yes ... No
 5. How old are you?
 6. Did you finish today? Yes ... No
 7. Do you take electrolyte solutions?

Pre-race:	Yes ... No
During race:	Yes ... No
8. In how many marathons did you try the diet?
9. Did you follow the diet religiously? Yes ... No
10. What is the maximum number of times you tried the diet in one season?
 - Less than 2
 - 2 to 4
 - More than 4
11. What weight increases did you have before a marathon on the diet?
 - Nil
 - Less than 3lb
 - 3 to 6 lb
 - More than 6 lb
12. How long was your first depletion run?
 - Less than 10m.
 - 10 - 20m.
 - More than 20m.
13. Did you re-deplete mid week? Yes ... No
14. Did you increase water intake in the carbohydrate phase? Yes ... No
15. Did you eat greater than normal quantities in the carbohydrate phase? Yes ... No
16. What was your main source of carbohydrate?

Potato ...	Rice ...	Bread ...	Fruit ...	Honey/Glucose ...	Other
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17. Have you run a P.B. using the diet? Yes ... No
18. Did you train during the carbohydrate phase? Yes ... No
19. How did you pull up after the diet marathons?

Excellent ...	Average ...	Poorly ...	Varied ...
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ENTRY FORM - TRACK RACES - HUNTINGDALE - OCTOBER 10TH. PROGRAMME STARTS 1 P.M.

- Events are:-
- 1 Hour Run
 - 3000 Weight-for-Age Veterans Handicap.
 - 3000 Junior Teams Race (Holders - IVANHOE)
 - 5000 Open Teams Race (Holders - KEW-CAMBERWELL)

Other events are:-

100m., 200m., 1000m., other races on request. (Men,
Women, Under Age).

Please enter me for the 1 Hour Run _____

Please enter me for the 3000m. W.f.A. H'cap _____

Please enter us for the 3000m. Jun. Teams Race _____

Please enter us for the 5000m. Open Teams Race _____

Please enter me for the _____ event.

Please enter me for the _____ event.

Race Fee: 50c. per head covering all events. Teams races \$2 per team.

NOTE: W.f.A. entries please state DATE OF BIRTH - _____

Best Times since
1974 - _____

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All entries must be returned to:- (BY SEPTEMBER 30TH)

Fred Lester,
1 Golding Street,
Canterbury. 3126

It is most interesting to re-read the editorial in Newsletter Vol. 4 No. 3 of December, 1972, and it may be just as well to quote some of it to begin:-
 "... there were the Olympic Games at Munich with a dismal score of nil for our men but a fair showing by the girls. Plenty has been said already, too much in fact, and there will be a major post mortem instigated by the V.A.A.A. while the A.A.U. of Australia will look at the matter further We are somewhat disappointed, to put it mildly, with the sort of sniping that went on before, during and after the athletes' trip to the Games. Some unwarranted criticism of the selectors was bandied around, the newspapers wrote some other bilge, one could not help but wonder whether the uniforms and parading were the essence of the Olympics, and as for expert assessment, we looked in vain through the columns"

Yes, that was written in 1972, four full years ago, not now in 1976, so what has changed? I would suggest that the situation is actually worse, because while nothing was done here, the rest of the world just went ahead. Not having been able to verify the final figures as yet, in terms of placing among finalists, it appears to be no worse than last time, in fact some of our competitors came up with personal bests and Australian records.

However, if there had been Gold medals for sour grapes, Australian media would have won hands down!! First they were so busy distributing Gold medals before the events, then they were so put out by their lack of "Punters Luck" that they often did not even mention the people who won and to top it off, they were only too ready to hurl muck at others, especially the East German competitors, who were the best organised and prepared competitors from among the smaller countries! In between, every possible rumour and disagreement was seized upon to try and discredit the Games and the Olympic movement as such, drugs, hormones, racial prejudices, political jibes, it did not matter, we weren't winning!

I have neither the time nor the inclination to deal with every one of the many abuses and distortions we were fed with in print and over the air, most of you have commented on how bad it was. We have time here only to put some facts straight. Firstly, the biggest money spinning sports in Australia are not on the Olympic calendar - cricket, Aussie rules and Rugby football, tennis, golf and lawn bowls. Most other countries, and especially in Europe, concentrate far more on Olympic sports. There is a long standing tradition by which these sports are organised through schools, colleges, clubs and the services, backed up by a network of Institutes for Physical Education.

Secondly, there is nothing grim or joyless about the East German sportsmen and women, they are the product of a deliberate policy of mass participation in sport and recreation as part of National Health. Sure, many of them work hard at sport to get to the top, just like JUDY POLLOCK, PAM KILBORN, SHIRLEY WICKLAND and others did to win medals for Australia. Incidentally, I yet have to meet a top swimmer who has not better than average developed shoulders!

Thirdly, the basic weakness of the Olympic Movement and many sports is to be found in the number of officials and members of Committees in high places who have been there too long, and in most cases are too old to recognise changed ideas and practices and to go back and refresh their experiences where it is at! Instead, their positions have become an ego trip of the most trivial kind, they indulge in a kind of political numbers game by which they try to preserve an exclusive club, irrespective of the needs and wishes of the world's sportmen and women at large.

In view of the above, it was most refreshing to see FRANK LARKINS elected as Chairman of Council of the V.A.A.A.; he has been an active member of the V.M.C. and a regular competitor for many years and is still able to finish well in front of most competitors. Actually Frank is a Laurel Wreath man, having dipped under 2.30 in 1974!

In this Newsletter you will also see some ways in which you can assist in making our sport work better. There is the questionnaire in regard to Marathon running, which we want returned as soon as possible, so that we can report on the findings in the next Newsletter (hopefully). Then there are entry forms for the 1 hour and teams races, which we want you to take up with your Club and let us have the entries. Please note the time-table and conditions for the Emil Zatopek 10000m. as well as the other fixtures, as well as the basic information on page 2. Monies now go to:- DAVE GAZLEY, 50 Stott (NOT Scott) Street, Box Hill South, 3128. Matters concerning race entries go to FRED LESTER.

Please note that there are still some people who have not paid their additional dollar membership due this year. In some cases, these people were actually very keen and paid up before the end of our financial year, this newsletter being published on the 1st of March, hence the late notification. However, there is a check list on the last page, if your name is on it this will be your last Newsletter unless you come good with the second half of your membership fee by the end of October.

FRED LESTER.

FIXTURES AHEAD:

- Sept. 12 (Sun) "Geoff Watt" Half Marathon, Warragul. (VMC Supported) 1.00 p.m.
 Oct. 3 (Sun) 12 km. "Fallen Comrades", 4 km. Women & U/17 - Domain. 10 a.m.!!
 Oct. 10 (Sun) VMC 1 Hour Run and Track Races, Huntingdale. 1.00 p.m.
 Oct. 25 (Tue) (Earmarked for 10,000m. qualifications, Glenhuntly.
 Nov. 3 (Wed) VMC 12km. - Women & U/17 4km. Two Bridges Course. 6.30 p.m.
 Nov. 21 (Sun) VMC 16km. - Women & U/17 6km. Two Bridges Course. 10.00 a.m.
 Special Olympic 20th Anniversary Race.
 Dec. 1 (Wed) VMC 8km - Women & U/17 2km. Two Bridges Course. 6.30 p.m. B-B-Q.
 Dec. 14 (Tue) VMC Emil Zatopek 10,000m. C & D Divisions. Olympic Park. 6.30 p.m.
 Dec. 15 (Wed) VMC Emil Zatopek 10,000m. B Division. Women 3000m. Ol.Park. (Spec. Meeting)
 Dec. 16 (Thu) VMC Emil Zatopek 10,000 A Division. MASTERS MILE. Ol.Park. (Spec.Mtg.)
 Dec. 31/Jan.1 (Fri) VMC Midnight Run. Two Bridges Course. B-B-Q in Alexandra Ave.
 Jan. 4 (Tue) Run-for-your-Supper & B-B-Q. Edithvale, 6 p.m.

PLEASE NOTE: All entries for the Emil Zatopek 10,000m. MUST be in the hands of the Asst. Secretary (Competition) Fred Lester, 1 Golding St., Canterbury, 3126 by Saturday, 4th December.

Cut-off times for "A" are 30:30 for 10,000m & 14:30 for 5000m, achieved since 1/4/75
 " " "B" " 33:30 " 15:30 " "
 " " "C" " 37:00 " 17:00 " "

Only financial members of the VMC are eligible for "B", "C" & "D" Divisions. Non-members of the VMC may be permitted to run by invitation in "A" Division, provided they have reached a minimum standard of 30:00 and 14:00 respectively since 1/4/75. Race fees and conditions apply without exception. Every competitor is required to have another person available and capable of assisting in lap scoring and recording. To facilitate grading and handicapping in the Emil Zatopek 10,000m., you must put in an entry giving your best time over the distance since April 1st, 1975, as well as the date and track where your performance was achieved.

Other dates:

The Victorian Veterans' Marathon will be held on September 25th at Werribee Beach, from near the Sports Oval and Caravan Park. There is also a shorter race on the day.

Point Leo Surf Life Saving Club have invited the VMC to participate in a 4km. out and back run at the beach on Sunday, December 5th.

VENUE INFORMATIONVENUE INFORMATIONVENUE INFORMATION

- TWO BRIDGES COURSE - At rear of Olympic Park, around river between Swan Street Morell Bridges - 2000m. circuit - Tram in Batman Ave./Swan Street corner.
ALBERT PARK - Walkers Clubrooms (Robinson Hall). Low cream brick building facing Lake, adjoining Basketball Stadium, just off Albert Road - circuit 5000m. 2km. from City, tram along St. Kilda Road, just past Shrine.
PRINCES PARK - Royal Parade, Parkville, between Melbourne Uni. and Carlton Football Ground, Brunswick or Coburg, tram in Elizabeth St. to Ievers St. Pavilion nearest to Football Ground - Circuit 2 miles (3200m.)
DOMAIN ROAD - Immediately circuiting Botanic Gardens and Music Bowl, starting at rear of Shrine - Circuit 4000m. (2½ miles).
TYABB Main Road to Hastings - Wells Rd. and Frankston Bypass, just past Somerville. Public Hall in Tyabb is on 10,000m. circuit corner.
POINT LEO - Flinders Rd. via Wells Rd. and Frankston Bypass, Moorooduc, Merricks to Pt. Leo Beach Rd. intersection with Red Hill South Rd. St. Johns Boys Camp 400m. from corner away from beach. 13km. to Arthur's Seat - 300m. elev.
TRACKS - Olympic Park - Tram Batman Ave./Swan St., train to Richmond Stn, 1 km. away.
University - Tram either Swanston or Elizabeth Sts. to far end of University.
Preston - Train to Reservoir, along Edwardes St. to Edwardes Lake.
Heidelberg - Bus in Russell St. (City) to Olympic Village, or car to Murray Rd., Preston (Northland Shopping Centre) cross creek to track.
Box Hill - Train to Box Hill, bus to Elgar Road, 1 km. North from Whitehorse Road.
Sandringham - Train to Hempton, 1 km. East along Thomas St. from Hampton St.
Mentone - Train to Mentone. By car along Pt. Nepean Rd., 21km. from City.
Oakleigh - Huntingdale Rd. South, 600m. from North Rd. Overpass adjoining the Huntingdale Railway Station.
Chelsea - Edithvale Road (Beach end of Springvale Rd.) 1 km. from Edithvale Railway Station.
Ringwood - End of New St., 1km. South from Maroondah Highway (Bill Petterson corner, traffic lights).
Glenhuntly - North Road corner Murrumbeena Road.

Good to hear that active runners themselves are doing something about getting the best kind of supplies for our sport, as PETER FAULKNER is doing the same job as NEIL RYAN over in S.A. Peter's Athletic Books and Films Education Services are at 16 Parham Cres., Port Nearlunga, 5167. Tel. 382 4255

V.M.C. MARATHON. TYABB. 13/6/76. 55 Starters - 31 Finishers.
Cool & overcast - Cold breeze.

P1.	Name	A.Time	Hcp.	H.P1	P1.	Name	A.Time	Hcp.	H.P1.
1	M. Ryan (N.Z) *	2:50.59	---	---	17	T. McCarthy	2:59.09	---	N.F.
2	D. Byrnes	2:31.03	1.05	3	18	D. Wattie	3:00.52	16.36	13
3	E. Sigmont *	2:34.44	---	---	19	G. Wilkins (N.Z)	3:07.55	---	---
4	P. Bennett	2:36.21	2.20	4	20	J. MacDonnell	3:10.59	14.01	21 4V
5	D. Dowling	2:37.16	Scr.	11	21	J. Harper *	3:13.58	---	---
6	P. Lear	2:37.45	1.05	9	22	D. Bradford	3:16.45	50.00	<u>1</u>
7	C. Eaton	2:41.39	Scr.	12	23	L. Thompson	3:23.42	34.34	19
8	Max Holmes (N.Z)	2:46.28	Scr.	15	24	L. Mollard	3:27.53	27.47	22
9	J. Crawford	2:49.43	15.18	5 IV	25	T. Charnley	3:33.19	45.00	18
10	B. Watt	2:50.47	15.18	7	26	N. McLeish	3:46.48	61.19	14 5V
11	G. Riley	2:53.56	19.16	8 2V	27	Roycroft *	3:47.38	---	N.F.
12	G. Hart	2:54.28	7.53	16	28	I. Bray	3:54.23	61.19	20
13	S. Hilditch	2:56.24	19.16.10	3V	29	L. McLeod (N.Z)	4:10.15	---	--- 1W
14	G. O'Brien	2:56.28	27.47	<u>2</u>	30	L. Allen (N.Z.)	4:11.13	---	--- 6V
15	P. Logan	2:56.56	22.01	<u>6</u>	31	G. Wilson	4:43.48	89.42	23 7V
16	J. Barrett	2:57.09	10.17	17					

* Insufficient data for Handicappers.

TIMES AT EVERY 5 KILOMETRES

P1.	Name	5K	10K	15K	20K	25K	30K	35K	40K
1	Mike RYAN	16.10	32.15	48.43	65.01	81.45	98.16	115.37	132.56
2	Dave BYRNES	17.09	34.18	51.40	68.48	86.41	104.13	122.25	141.41
3	Eric SIGMONT	16.43	33.33	50.34	67.44	85.25	103.37	123.40	144.54
4	Paul BENNETT	18.52	36.54	54.50	72.30	90.46	109.15	128.22	147.32
5	Dick DOWLING	17.39	35.30	53.30	71.23	90.03	109.08	129.15	148.35
6	Phil LEAR	19.34	38.13	56.43	74.43	93.04	111.08	130.32	149.22
	Col EATON	17.39	35.34	53.36	71.30	90.01	108.33	128.40	150.35
	Max HOLMES	19.34	38.13	56.43	74.43	93.30	112.07	132.02	155.17
	Jim CRAWFORD	21.00	41.45	62.16	82.02	101.42	120.15	139.48	160.07
	Ice WATT	21.00	41.45	62.16	82.02	101.42	120.22	140.57	161.27
	Gary RILEY	19.57	39.52	59.55	79.26	100.04	120.10	141.47	163.39
	Gary HART	19.58	40.10	60.01	81.51	102.50	123.34	145.07	165.30
	S. HILDITCH	21.00	41.45	62.16	82.05	101.54	122.14	143.42	166.33
	Jeff O'BRIEN	21.00	41.49	62.16	82.39	103.25	123.30	144.39	166.44
	Peter LOGAN	21.00	41.45	62.16	82.28	103.25	124.15	146.00	167.27
	Jack BARRETT	19.34	38.18	57.32	76.38	96.35	117.40	141.25	166.00
	Terry MCCARTHY	21.00	41.45	62.16	82.28	102.35	123.51	146.25	169.00
	Dennis WATTIE	21.00	41.49	62.16	82.02	101.40	120.34	144.07	170.12
	Greg WILKINS	21.39	43.39	66.02	88.33	111.34	133.44	155.51	178.11
20	John MACDONNELL	21.20	42.45	63.33	83.45	104.21	123.52	151.00	178.38
21	John HARPER	22.03	43.39	66.02	88.33	111.34	134.00	157.55	183.00
22	Dave BRADFORD	21.22	43.09	64.42	86.51	109.23	132.37	157.37	180.00
23	Leigh THOMPSON	21.00	41.49	62.16	82.49	104.52	129.01	156.50	188.00
24	Les MOLLARD	19.53	39.53	59.55	81.42	106.15	132.04	163.40	191.00
25	Tony CHARNLEY	21.54	43.14	65.03	87.05	110.00	136.30	163.00	199.00
26	Norm McLEISH	23.51	48.45	74.00	99.12	127.20	145.33	184.25	213.00
27	ROYCROFT		51.06		99.44		147.45		211.50
28	Ian BRAY	23.17	47.35	72.45	97.56	126.00		185.20	218.00
29	Lynne McLEOD	26.47	54.05	83.23	110.20	139.40	179.15	201.00	235.00
30	Lance ALLEN	24.50	50.37	76.33	102.35	130.10	160.50	198.55	235.00
31	George WILSON	27.50	58.45	87.40	118.33	151.00	188.28		

10,000 METRES MINI-MARATHON. TYABB. 13/6/76. 25 Started & Finished. Cold wind.

1	John BRUCE	32.13		14	Robert HAWORTH	37.30	
2	Kevin ROCK	32.19		15	Anthony MANDILE	38.14	
3	Keith HYLANDS	32.25		16	John VISSER	39.13	V
4	Terry JORGENSEN	32.39		17	Russell SMITH	39.48	
5	Robert JAMIESON	32.57		18	Greg MANDILE	39.53	
6	Ken DUXBURY	33.34		19	Col CRAWFORD	40.42	V
7	Rob MORGAN-MORRIS	33.45	V	20	Joan CAMERON	42.57	W
8	Graeme GARDNER	34.43		21	Larry DONNELLAN	43.26	
9	Howard BOREHAM	34.45		22	Alan GRAY	45.07	
10	Denis ANDREW	34.57		23	Richard HETHERINGTON	45.41	
11	Vas MIHALEN	37.11		24	Anne CALLAGHAN	47.12	W
12	Chris COUGHLIN	37.22		25	Clare McKERR	48.43	W
13	Peter HOPMANS	37.24					

V.M.C. 15 KM. - ALBERT PARK - 3RD JULY, 1976. Weather: Overcast and windy.

Order of Finish	Name	Time	Hand.	Hand. Place	Order of Finish	Name	Time	Hand.	Hand. Place
1	Geoffrey NICHOLSON	46.49	0.00	34	39	Les MOLLARD	55.40	12.14	1*
2	Gerry SOFIANOS	47.06	0.34	32	40	Geoff PRATT	55.49	-	-
3	Phil HAMER	48.18	2.23	22	41	Neil BRAY	55.58	-	-
4	Bill JOYCE	48.27	4.01	4	42	Gerry RILEY (V)	56.05	10.54	13
5	Tony TRENHER	48.53	3.47	12	43	Richard HUTTON	56.05	9.50	29
6	Neil CROKER	49.10	3.41	19	44	Terry HUNTER	56.18	8.48	41
7	Dave GAZELY	49.11	1.46	40	45	Martin KNOB	56.22	-	-
8	Vic ANDERSON	49.14	3.51	16	46	Allen LEES	56.33	-	-
9	Ian McCONNELL	49.45	-	-	47	Peter LOGAN	57.04	12.27	9
10	Steve O'CONNOR	49.56	4.01	22	48	Robert ELLIS	57.26	-	-
11	Geoff WARREN (Vet)	50.28	-	-	49	Bryce DUNKLEY	57.43	-	-
12	Paul DUCK	50.45	4.42	24	50	John DRIVER	58.05	9.38	48
13	Ken DUXBURY	51.17	5.52	17	51	Roy JENNINGS	58.14	12.42	20
14	Mike O'RYAN	51.18	6.07	13	52	Sam HILDITCH	58.39	10.54	44
15	Alan HICKS	51.25	6.52	7	53	Neville BIRCH	58.41	-	-
16	Peter BRICKNELL	51.44	-	-	54	Paul PATTON	58.47	-	-
17	Dennis ANDREW	52.10	5.24	32	55	Robert MEISELBACH	58.49	12.42	26
18	Steve McCAULEY	52.16	3.21	50	56	Merv BROWN	59.04	13.47	15
19	Martin O'MALLEY	52.18	6.52	18	57	Fred MacINTOSH	59.37	13.10	30
20	Peter ARMISTED	52.18	-	-	58	Hank PEPLING- HOUSE	59.42	-	-
21	John STAFFORD	52.33	5.37	36					
22	Gerry HART	52.56	7.14	21	59	Keith MacINTOSH	60.10	13.10	37
23	Rob WILLSON	52.57	5.03	45	60	Bill HUGHES	60.30	-	-
24	Don SIMPSON	53.17	-	-	61	Michael GILDAY	60.47	-	-
	Ewan TAIT	53.29	-	-	62	Max OSTWOLD	60.49	9.38	52
	Kevin SOLOMON	53.35	7.30	25	63	Wally McCRAB	61.09	-	-
	Robert FALLOON	53.57	6.52	38	64	Tom DAVISON	61.34	14.22	39
	Steve SZEGEDI	54.05	5.56	46	65	Keith NICHOLLS	62.18	14.37	43
	Perry DAVIS	54.16	9.51	3 *	66	Brian LANGON	62.28	12.57	51
	John CLARKE	54.19	9.51	6	67	Hans MEISETHEACH	63.03	18.27	8
	Arthur DREDGE	54.22	9.25	10	68	Dave BRADFORD	65.07	18.57	28
	Mike HALL	54.51	-	-	69	Ron FARNHILL	67.01	18.17	49
	Arthur KINGSLAND	55.00	8.12	33	70	Dennis COLCLOUGH	67.32	-	-
	John BARRITT	55.10	7.37	42	71	Norm MacLEISH	68.33	22.24	27
	Geoff O'BRIEN	55.21	10.34	5	72	John ZEL ESNIKOW	68.46	23.47	11
	George KUTZ	55.28	7.14	47	73	John W. BROWN	69.42	-	-
	Lindsay BEATON	55.38	11.17	2 *	74	Ian SMITH	70.18	-	-
38	Lindsay BOWERS	55.40	-	-	75	George WILSON	80.08	33.17	35

WOMEN AND JUNIOR 5 KM. - ALBERT PARK

Place	Name	Time	Place	Name	Time
1	G. SLICKNELL	16.21	7	S. GALLAGHER	17.44
2	R. HOBBS	16.29	8.	B. LEARY	18.18
3	F. BUTLER	17.06	9	Arthur KUTZ	19.38
4	A. KUTZ	17.20	10	J. VAN STRALLEN	20.13
5	J. CHARMBERS	17.20	11	D. HUGHES	21.23
6	L. McINTYRE	17.30	12	Geraldine RILEY (Female)	23.47

Handicap Notes: 1. Many new members in 15k. hence no data for handicapping.
 2. Juniors in similar situation with less than half with VMC history, hence results not handicapped.

MARATHON CHAMPIONSHIP OF VICTORIA

SATURDAY, 26TH JUNE, 1976.

Point Cook to Werribee and Return.	Weather	Time	Order	Name	Time
1	Terry HARRISON	2.27.15	21	John SEYMON	2.45.15
2	Neil McKERN	2.28.33	22	G. STEVENSON	2.45.40
3	Peter HANNAFORD	2.29.07	23	Les LOVELESS	2.46.30
4	Terry COLLIE	2.33.42	24	N. WATSON	2.47.12
5	T. FISHER	2.34.16	25	Terry DAVIS	2.48.40
6	Rob WELSH	2.35.47	26	Peter BETHERAS	2.49.48
7	Rob ORR	2.36.44	27	Max CARSON	2.49.52
8	Ray WILSON	2.38.43	28	Jim CRAWFORD	2.50.23
9	Rob JAMIESON	2.39.48	29	I.B. GOLLAN	2.52.14
10	Matt RYAN	2.39.59	30	Garry HENRY	2.52.20
11	Leif MICHELLSON	2.41.43	31	P.G. ANDERSON	2.53.20
12	Rob BROOKES	2.41.55	32	L. JONES	2.54.48
13	P. NOORDHOFF	2.42.11	33	R. HARVEY	2.54.52
14	Mike GOERKE	2.42.17	34	I.S. HARRY	2.54.56
15	Phil LEAR	2.42.28	35	Ross SHILSTON	2.55.38
16	L. JOHNSTON	2.42.52	36	Alan SMITH	2.56.08
17	Robbie MORGAN-MORRIS	2.42.59	37	G. O'BRIEN	2.56.30
18	Rob WARD	2.44.16	38	D. BARTON	2.57.09
19	Brendan McVEIGH	2.44.41	39	R. YOUNG	2.57.47
20	Ron HARRY	2.44.57	40	E. ELLIOTT	2.58.04

TRARALGON MARATHON.

SUNDAY 6th JUNE, 1976. 48 Starters - Warm and windy

Half-way times in brackets

1 P. Lear	(1:19.06)	2:44.10	17 R. Jeffery	(1:25.52)	3:09.41
2 P. Armistead	(1:18.20)	2:44.49	18 N. Couttes	(1:25.42)	3:11.54
3 R. Orr	(1:21.25)	2:47.14	19 J. Eyre	(1:37.22)	3:13.31
4 G. Van Der Ploeg	(1:19.51)	2:50.37	20 J. Gobel	(1:29.22)	3:20.18
5 T. Davis	(1:24.18)	2:51.29	21 D. Wattie	(1:31.36)	3:23.53
6 D. Bennet	(1:25.50)	2:51.33	22 P. Logan	(1:31.36)	3:23.53
7 G. Loveless	(1:25.31)	2:54.39	23 R. Laughton	(1:40.13)	3:32.05
8 A. Semple (1 V)	(1:28.28)	2:58.00	24 D. Hamilton	(1:40.40)	3:37.04
9 B. Watt	(1:25.42)	2:58.38	25 D. Farnsworth	(1:34.33)	3:40.26
10 J. Crawford	(1:28.19)	2:58.46	26 G. Bruin	(1:32.10)	3:48.29
11 E. Elliot	(1:31.36)	3:00.26	27 L. Thompson	(1:35.30)	3:52.38
12 R. Harvey	(1:30.28)	3:03.49	28 W. Wigglesworth	(1:39.34)	4:08.09
13 W. Harrison	(1:28.39)	3:05.24	29 M. Richards	(1:43.12)	4:09.17
14 G. Hart	(1:32.25)	3:07.05	30 K. Butko (Scottie)	(1:32.54)	4:09.18
15 R. Shilston	(1:18.20)	3:07.30	31 N. McLeish	(1:47.12)	4:27.42
16 G. Riley	(1:28.22)	3:08.00			

A HEART BREAKING RUN

Second placed Peter Armistead of Frankston was the hero of the ninth Traralgon Marathon held on Sunday, 6th of June.

Spectators at the finish screamed encouragement to Peter who collapsed from cramp and exhaustion at the finish after leading for nearly the whole race.

Peter took nearly six minutes to cover the last quarter mile, and South Melbourne's Phil Lear was able to bridge a gap of nearly a mile to win the race in 2hr. 44min. 10secs, with Peter second in 2hr. 44min. 49secs. Ringwood's Rob Orr was placed third in 2hr. 47min. 14secs.

A stiff breeze and warm sunshine caused many runners to suffer from dehydration and cramp. Times were much slower and the dropout rate was much higher than usual.

South Melbourne with ten entrants was untroubled to win the teams competition. Mr. Andrew Semple, who came from Queensland to compete, won the veteran's trophy with a time of 2:58.00. He was so pleased with his performance and the service to runners that he has promised to return next year and bring more runners with him.

Visiting American Bill Wigglesworth, presently teaching at Mirboo North High School, was pleased to be able to finish his first competitive race on a total of 100 miles of training over four months.

Runners and officials were happy to postpone the presentation of trophies to the evening and applaud veteran Old Scotch runner Norm McLeish who was as warmly welcomed as the first and second runners. Norm took 4:27.42 to be the 31st and last of the 48 starters to finish.

Runners and spectators were agreed that only in the Traralgon Marathon can a runner who takes more than 3:30 be confident of having his place and time recorded. Nowhere else is such a runner likely to be greeted and applauded by a crowd of seventy or eighty people.

Traralgon Mayor, Cr. Peter Wood, started the race punctually after a few words of welcome and encouragement to the runners.

For eight years Leo Coffey of Traralgon, veteran professional runner and all-round sportsman has been one of the pre-dawn workers who put out the signs and mile markers on the course. In recognition of this and other support, Leo was invited to present the trophies. His selection for this task was received with enthusiasm by amateur runners and supporters.

The three placegetters and the winner of the veterans trophy each endorsed and amplified Leo's comment that the distinctive feature of the Traralgon Marathon is that the race is run for the runners and not for the benefit of officials.

Result sheets and individual certificates were available and presented to all runners immediately after the conclusion of the presentation of trophies.

QUEENSLAND A.A.A. MARATHON, CABOOLTURE - 27/6/76. 8.30a.m. (!!) Mild, sunny & humid.

1. Gerry BARRETT	2.24.25 (Qld. best)	8. Des TODD	2.49.28
2. Richard BOUTNE	2.36.35	9. Gary SMITH	2.53.40
3. Keith CANARD	2.37.16	10. Paul CIRDOSTA	2.53.54
4. Rob STONES	2.38.37	11. Bob HILL	2.53.58
5. Joe PATTERSON	2.39.38 (1st Vet.)	12. Graeme BARRALET	2.55.58
6. Peter REEVES	2.41.24	13. David KEYS	2.56.48
7. Lindsay COLBOURNE	2.43.02	14. Andrew SEMPLE	3.00.39 V (45-49)

22 Veterans (inc. Pre-Vets.) started, 14 finished the course.

BENDIGO CENTRE 25KM. - 18/7/76.

1. B. Petts	86.52	16. K. Cummins	98.55
2. B. Brooks	88.00	17. J. Neilson	100.23
3. Rob. Brooks	88.49	18. Ross Anderson	101.07
4. Ron Brooks	90.32	19. W. McLoughlin (1st Vet.)	101.42
5. B. Bird	91.36	20. B. Michelsen	103.05
6. L. Loveless	91.43	21. R. Bourke	104.05
7. M. Carson	92.36	22. B. Bowles	104.16
8. G. Myers	93.57	23. J. Graham	104.31
9. LeRoy Johns	95.50	24. N. Taylor	104.56
10. G. Hart	96.10	25. G. Quick	105.00
11. R. Dower	96.35	26. G. Looker	105.10
12. L. Rice	97.07	27. D. Medeury	105.28
13. A. Close	97.53	28. A. Hammer	105.44
14. D. Shickert	98.15	29. R. Hall	105.53
15. G. Hewitt	98.33	30. N. Barrett	106.45

29TH CHARLES SUFFREN 6,500m 1976. (258 Starters)

1. B. Lewry	Ball.H.	19.28	31. J. Weatherall	Adel.	21.38
2. R. De Castella	Glen.	19.39	32. R. Jeeves	E'don	21.40
3. B. Petts	Glen.	19.45	33. P. Tippett	WestDist.	21.40
4. T. O'Shannesy	Glen.	20.00	34. Rob. Brookes	Wend.	21.42
5. T. Bart	Flinders	20.03	35. G. Fry	WestDist.	21.44
6. G. Nicholson	Ind.	20.04	36. K. Davies	Ball.H.	21.47
7. R. Hendy	C'wood	20.15	37. B. Brookes	Ball.H.	21.48
8. M. Stewart	C'wood	20.19	38. P. Bashe	WestDist.	21.50
9. J. Coyle	Glen.	20.20	39. D. McGregor	S'ham	22.00
10. A. Botteril	Glen.	20.30	40. P. Abell	Glen.	22.01
11. B. McLennan	Ball.YCW	20.33	41. J. Chipp	S'ham	22.08
12. N. McDonald	Ind.	20.39	42. J. Stauton	Cob.	22.10
13. T. Kelly	Glen.	20.42	43. A. Govan	Ball.E.	22.11
14. D. Smith	Ball.YCW	20.49	44. M.J. Ryan	S'ham	22.12
15. P. Share	E'don	20.51	45. J. Nolan	Ball.YCW	22.16
16. H. Wilson	Glen.	21.09	46. W. Hall	West Dist.	22.20
17. N. Harrington	E'don	21.12	47. P. Le Rosignol	Sun.	22.20
18. J. Sheehan	Sand.	21.14	48. R. Powell	West Dist.	22.21
19. S. Robertson	Sand.	21.16	49. B. Anderson	E'don	22.24
20. S. Cummins	West Dist.	21.18	50. J. Nielsen	Ball.H.	22.25
21. E. Keranen	W'town	21.19	51. T. Roberts	Ball.H.	22.27
22. R. Wilson	Box Hill	21.21	52. R. Harry	E'don	22.28
23. B. Spurrell	Cob.	21.23	53. M. Allen	WestDist.	22.29
24. C. Prunty	Ball.YCW	21.25	54. R. Scott	Stawell	22.32
25. G. Forsythe	E'don	21.26	55. F. Brookes	Ball.H.	22.33
26. R. Sealey	Ball.H.	21.28	56. R. Hardy	Ball.YCW	22.36
27. H. Larson	West Dist.	21.31	57. S. Agnew	Wend.	22.36
28. C. Carter	Flinders	21.34	58. K. Sevier	Coburg	22.38
29. R. Brookes	Wend.	21.36	59. D. Knox	E'Don	22.40
30. M.J. Ryan	S'ham	21.37	60. K. Hall	Ball.H.	22.45

BALLARAT HARRIERS HALF MARATHON - 23/5/76.

1. D. Gazley	73.10	24. A. Mandile	84.37
2. R. Mandile	73.40	25. R. Ellis	85.04
3. B. Brooks	74.17	26. R. Crawley	85.18
4. R. Sealey	74.58	27. L. Crompton	86.02
5. R. Dowling	75.58	28. N. Pilling	86.40
6. F. Brooks	76.24	29. P. Beggs	87.00
7. G. Hart	77.17	30. D. Bradford	87.35
8. A. Close	77.37	31. M. Brown	88.30
9. G. Hewitt	79.22	32. N. Barrett	89.30
10. P. Bennett	79.55	33. S. Nicholls	90.08
11. I. Caskell	80.28	34. B. Tro	90.39
12. L. Mollard	80.36	35. J. Graham	90.44
13. M. Little	80.42	36. M. Hubbert	91.30
14. S. O'Connor	80.49	37. B. Balharie	91.56
15. G. Quick	81.14	38. G. Cheeseman	92.40
16. G. Looker	81.27	39. B. McClure	93.04
17. B. Lynch	82.30	40. R. Merrett	95.34
18. A. Dredge	82.50	41. N. McLeish	98.50
19. M.J. Hennessy	83.00	42. D. Burt	101.53
20. R. Bourke	83.10	43. L. Holloway	101.54
21. J. Nielsen	83.18	44. D. Farnsworth	104.37
22. G. Riley	83.37	45. B. Campbell	105.20
23. R. Hutton	84.20		

NOTES FROM SOUTH AUSTRALIA - PETER FAULKNER

15 Miler. D.R.C. Kuitpo, 15/5/76.

21° Sunny with a fresh breeze blowing down the course. Undulating straight road rising steadily from S.W. to N.E.

John Harty led a field of thirty runners off, running his first 3 miles in 15.00. Grenville Wood followed John Williams whilst behind him Pat Mangan and Peter Faulkner ran shoulder to shoulder. John Harty reached his 10 in 53.45, having eased a little whilst John Williams held his ground to be less than 2 minutes behind in 2nd place. Grenville a further 2 minutes back, Pat Mangan and Peter Faulkner alongside each other, now only 20 seconds behind Grenville. Michael Portman, Roy Sutcliffe (Vet.) and Darryl Turner followed through the turn and all now had a downhill and downwind run home.

1. J. Harty	1.20.15	6. M. Portman	1.31.24
2. J. Williams	1.23.06	7. D. Turner	1.32.32
3. G. Wood	1.25.24	8. R. Sutcliffe	1.33.11
4. P. Mangan	1.26.49	9. G. Tallis	1.34.52
5. P. Faulkner	1.27.02	10. P. Afford	1.35.45

STATE 10 MILE ROAD CHAMPIONSHIPS - 22/5/76. Fine and Warm - 24°.

Tony Bart led pursued by Pat Mangan, Robin Chester and John Williams. At 3 miles Tony was well clear of John and this pair drew steadily away from the field. Over the final two miles Grenville caught Pat Mangan but could not match his power over the final 800 metres. Roy Sutcliffe won the State Veterans title in 57.47 from Gerry Hicks and Terry Nailor.

1. A. Bart	51.19	6. W. James	54.24
2. J. Williams	52.13	7. Wetherall	54.43
3. R. Chester	53.32	8. H. Larsen	54.53
4. P. Mangan	54.05	9. G. Fry	55.00
5. G. Wood	54.31	10. P. Henschke	55.23

SANDRY CREEK - 20 MILES. D.R.C. 29/5/76. Windy and Warm - Hilly.

In a field of about 30, John Harty made no bones about who was going to win and decimated the field in the first 6 miles. Only 13 runners finished the race, some indication of the conditions and the course.

J. Harty	1.54.38	6. P. Afford	2.20.30
M. Portman (Vet.)	2.03.22	7. P. Busch	2.23.32
R. Sutcliffe (Vet.)	2.07.14	8. R. Word	2.25.09
T. Read (Vet.)	2.12.04	9. R. Mangelsdorf	2.25.12
W. Beames	2.14.59	10. I. Budgen	2.38.53

CARRIERS HUNDRED - 25 MILE TRACK, 6/6/76. 16° Mild and breezy

A small field gathered at half past ten on Sunday morning faced with 2-3 hours running. The track was firm and dry (the previous years it has been very wet weather) and promised good running. Peter Faulkner and Roy Sutcliffe led the way from Bryan Cavell. By the 10 mile mark Peter had pulled well clear of Roy who had in turn established a commanding lead over the rest of the field. 20 miles showed Peter half a minute inside the race record and Roy slowing considerably (Feeling the effects of the 20, the week before). Tony Smith moved into 3rd place running a very good race after recovering from the flu. Peter won, knocking a minute off the record without too much distress, with Roy Sutcliffe and Tony Smith (improving by 40 minutes!) making it a clean sweep for Southern Districts, who also took the team trophy. Five runners finished the race, which is about the same as usual, so it didn't matter in the long run that the field was only 1/3rd the size of past years. The recorders and timekeepers did their usual magnificent job and received all the runners sincere thanks.

1. P. Faulkner	2.35.31	4. B. Cavell	3.22.02
2. R. Sutcliffe	2.45.36	5. B. Wetherly	3.25.12
3. A. Smith	3.03.58		

S.A. MARATHON CHAMPIONSHIP - 26/6/76. 15°C. N.W. Gale - 35/40 knots. Course "V" rising steadily from the angle NW & N.

23 starters braved the prospect of 26 miles battling the wind out of an original 55 entries. Of these only 13 finished; some indication of the conditions. The occasional shower spiced the race as well.

Ex-Victorian John Harty led the field off, pulling along a small group of would-be contenders: John Williams, the most experienced man in the field, followed by ex-State Champion Grenville Wood, and Peter Faulkner.

Covering the first mile in 5.14 this group quickly cleared away from the rest and turned into the wind for the long 8 mile rise toward Mallala. John Harty immediately opened a gap which was 60 metres after the second mile. Peter Faulkner bridged the gap but soon after passing through the 5K in 17.14, John

S.A. MARATHON C'SHIP (Contd.)

drew clear again and was 2 minutes up at the 15K turn.

Meanwhile, the second group of Ian Dobbie, Phil Afford and Pat Harty led by Roy Sutcliffe, was slowly pulling away from Ian Hamilton and Keith Beames.

On reaching the windward mark 200 metres clear of Grenville, John Williams set out after Peter and caught him within 2 kilometres. John Harty was steadily increasing his lead, taking advantage of the down-wind conditions.

Peter and John battled for 5 kilometres before John dropped and was then overtaken by Grenville who switched on his afterburners to catch Peter, some 600 metres ahead.

The second group were establishing the cost of the long run into the wind. Roy Sutcliffe and Phil Afford had left Ian Dobbie whilst Pat Harty led the three. Keith Beames was forced to retire but Ian Hamilton cruised steadily on.

The runners were now faced with the second leg of the "V" course toward Wasleys; rising and again into the wind. John Harty held his pace whilst Peter slowed and Grenville came up to within 100 metres of him. John Williams, who had all sorts of trouble, was forced to retire at the 27K mark, whilst Ian Hamilton was steadily picking off the group of Ian Dobbie, Roy Sutcliffe and Phil Afford, Pat Harty being half a mile up by now.

At the last turn for home John Harty was 8 minutes clear of Peter who in turn had fought clear of Grenville again. John ran the last 8 kilometres downwind and finished very fresh. Peter could not make any impression on John but made more ground on a very tired but game Grenville.

Pat Harty was now in all sorts of trouble and being rapidly overhauled by Ian Hamilton who was now really moving along, whilst Phil Afford finally cleared Roy Sutcliffe after a 20 mile battle to run his best marathon yet. Anthony Smith and Wally Beames (50+) both running steadily, picked off the last few miles to score most creditable runs under adverse conditions.

Enfield Harriers took the team trophy from Southern Districts by an overwhelming margin, scoring 1st, 3rd, 4th and 5th.

1. J. Harty	E.H.	2.28.03	8. I. Dobbie	W.H.	2.58.15
2. P. Faulkner	S.D.	2.38.39	9. A. Smith	S.D.	3.08.43
3. G. Wood	E.H.	2.42.07	10. W. Beames	Vet.	3.16.50
4. I. Hamilton	E.H.	2.47.18			(Vet.52)
5. P. Harty	E.H.	1.49.05	11. R. Ward	W.H.	3.17.05
6. P. Afford	A.H.	2.52.05	12. B. Weatherley	Vet.	3.26.31
7. R. Sutcliffe	S.D.	2.53.49(Vet.47)	13. R. Mangelsdorf	A.H.	3.27.26

BOOKS ON ATHLETICS

One of the best coaching books published for use in Secondary schools and local Clubs has just come out in its second edition. It is Ian Ward and Denis Watts' 'ATHLETICS FOR STUDENT AND COACH', published by Pelham Books. It is thoroughly up-dated and gives advice in easily understood language on every aspect. Even at \$11.25 it is still a good buy, much superior to many 'Coffee Table' like jobs on the market.

Another new edition of a very useful book is John H.C. Colson & William J. Armour's "Sports Injuries and their Treatment", publ. Stanley Paul \$14.60. A locally produced book "The A to Z of Athletics for Little Athletes" text by Ron Carlton, design by Maggie Fairweather and assisted by Marina McAllen, publ. Lansdowne, at \$3.95, is a very good introductory book for the beginner and early trier.

No sooner had the ink dried on the notice that NEIL RYAN ('Get Niked') had opened the runners' specialist shop three doors down from the Prospect Hill Hotel (no, his choice of site was not influenced by Tarry Rednose!) when he shifted to a new location. Believe it or not, his new location is a similar distance away from the Harp of Erin Hotel, in the round-about at the High Street and Belmore Road intersection, just above the Kew Cemetery.

Getting MIKE RYAN's Mexico singlet, after the Olympic Bronze Medallist had taken our V.M.C. Marathon, was a great inspiration to our Treasurer, DAVE GAZLEY. David, who had been in somewhat indifferent form, really got stuck into training for a whole fortnight, only to finish up sore and sorry again. Now he'll set himself for next winter!.

Athletics in Victoria is not keeping pace with population growth, actually we are losing numbers. Figures for the last 4 years are: 1972 - 6173, 1973 - 5630, 1974 - 5820 and 1975 - 5588. Why the slump when winter competition is booming and V.M.C. participation is still increasing?

AUSTRALIAN MARATHON CHAMPIONSHIP, ST. MARY'S (N.S.W.) 31/7/76.

1. Vic ANDERSON	V.	2:23:28.6	16. Dave EDWARDS	N.	2:38:47.8
2. Geoff NICHOLSON	V.	2:24:18.6	17. Kevin SKELTON	NI	2:38:54
3. Gerry SOFIANOS	V.	2:26:43	18. Terry HARRISON	V.	2:39:05.2
4. B. MARSLAND	W.	2:27:11.6	19. Leif MICHELSON	VI	2:39:18.8
5. Rod MACKINNEY	V.	2:27:48	20. R. PICKUP	T.	2:42:26.4
6. M. HILL	W.	2:30:54.8	21. F. McGRATH	NI	2:43:22.4
7. M. LYNN	N.	2:31:32.4	22. Ron HARRY	VI	2:44:08
8. J. HEARNshaw	N.	2:33:09	23. Dennis O'BRIEN	NI	2:44:37.2
9. Jim LANGFORD	W.	2:34:36.8	24. P. PIPER	NI	2:45:43.2
10. Julian SCOTT	N.	2:34:51	25. Richard BOURNE	Q.	2:51:44.6
11. Eric SIGMONT	VI	2:35:23	26. Matt RYAN	VI	2:54:08.2
12. Tim WALSH	W.	2:36:26	27. Joe PATTERSON	Q.	2:55:08.2
13. J. STONES	Q.	2:36:29.2	28. K. TAYLOR	NI.	2:57:21.2
14. A. BURNS	N.	2:37:33.8	29. Tom GILLIS (Disqual.)	NI	2:57:43.8
15. Peter HANNAFORD	V.	2:38:15	30. G. SMITH	Q.	3:13:37.6

TEAMS: 1. Vic. - 6 points 1-2-3 2. W.A. - 17 points 4-5-8 3. N.S.W. - 22 points 6-7-9

Conditions were warm and sunny early, then cooler. The course was undulating with a couple of short sharp rises. 10 out of 12 Victorians (all members of the V.M.C.) completed the distance. No South Australian runner finished the course. Above details are from the official results sheet which gave no call-names.

VICTORIAN MARATHON CLUB 35KM. - Little River 31/7/1976.

Number of Starters - 30; Number of Finishers - 20.

Weather - cool, strong wind early.

V. - Vet.	Fin. Time	H'cap	H'cap Place	Fin. Time	H'cap	H'cap Place
1. Phil HAMER	85.56	0.00	10	11. Laurie McMAHON	107.26	21.02 8 V
2. Don SIMPSON	92.17	8.40	4	12. Mal RICHARDS	108.05	25.27 1
3. Tom GROMBERT	93.29	6.25	14	13. Ross SHILSTON	108.27	7.22 18
4. Ian GASKWILL	93.44	9.20	7	14. Tom DAVISON	108.31	21.53 13 V
5. John CLARKE	95.06	11.44	2	15. Doug OLIVER	108.35	22.45 9
6. Kon BUTKO	95.56	11.44	5	16. Dave CRAIG	109.13	13.32 15
7. John BARRETT	96.40	10.21	12	17. Phil LEAR	109.58	6.45 19
8. Gerry HART	99.04	8.20	16	18. Brian RYCROFT	112.16	20 V
9. Keith McINTOSH	104.37	18.32	11	19. Norm McLEISH	118.59	35.33 3 ^{1st} V
10. Lindsay BEATON	107.21	13.10	17	20. John ZELEZNIKOV	119.56	35.33 6

NEW SOUTH WALES MARATHON, ST. MARY'S (N.S.W.) - 19th June, 1976.

1. R. TALAY	S+G	2.29.03	16. S. LLOYD	ES	2.46.50
2. D. EDWARDS	S+G	2.30.26	17. R. OSBORNE	RH	2.47.53
3. M. LYNN	Suth.	2.31.04	18. G. KENT	WS	2.47.31
4. N. HEARNshaw	WS	2.33.38	19. C. RINGUET	WS	2.48.26
5. A. JONES	Lis.	2.34.47	20. G. SMALL	N.Can	2.49.53
6. A. BURNS	RH	2.36.10	21. D. MILLETT	S.Can	2.51.40
7. T. GILLIS	S+G	2.37.46	22. A. DUUS	ANU	2.53.12
8. K. SKELTON	WS	2.38.18	23. A. STAPLES	S+G	2.53.16
9. P. PIPER	RB	2.38.31	24. J. SOUTER	ANU	2.54.45
10. K. TAYLOR	S+G	2.38.50	25. H. FOOKS	Suth.	2.55.18
11. M. FEENEY	WS	2.39.11	26. E. WARNER	RH	2.55.41
12. R. CLARK	RH	2.41.28	27. F. RILEY	WS	2.56.29
13. G. McGRATH	RH	2.41.58	28. D. COX	RB	2.58.11
14. P. DWYER	ES	2.44.56	29. D. KEYSSECKER	WS	2.58.55
15. K. MAYHEW	RB	2.46.48	30. G.Mrs. MOORE	StG	3.00.13

Marathon runners are still discriminated against by people who should know a lot better, provided they have kept up with modern world developments. The archaic clause in various top level bodies requiring Medical Certificates places a financial burden on the athlete, a useless task on the medical practitioner and has no meaningfulness of any kind, especially when in one instance a rule even specifies that such certificate will be accepted if dated within 30 days prior to the event! This is utterly ridiculous and we invite anyone who cares to witness our V.M.C. dinner-dance following the V.M.C. Marathon, they sure would change their minds! Seriously though, we encourage medical and health workers to take tests before and after events of great and prolonged stress, as any findings may be helpful to the general health of the community. We most strongly object to compulsory examinations as a harrassment of a group of very dedicated sportsmen.

A TRIP UP NORTH. FREDDIE LESTER.

After unteen years of suffering Melbourne winters, I finally decided that the V.M.C. would survive my absence and went in search of warmer climates. What better place than Queensland, the "Sunshine State", and, to get away from the hustle and bustle of the mainland, go to Fraser Island before the mining Companies wreck it completely. Having my friends Rose and Elaine scouting the lay of the land up there for me beforehand, all I had to do was to fly up to join them and soak up the sunshine.

As it so happened, the Queensland Marathon Championship co-incided with the weekend my holiday started, which gave me a great opportunity to look at an early morning start under sub-tropical conditions. Believe me, distance running is a different proposition when you get north of the N.S.W.-Q'ld border. As the figures show, the competition and results were the best every obtained and in my own estimate the course and conditions on the day made that Championship about 6 minutes harder than either Tyabb or Ft. Cook. They got away at 8.30 a.m., in "cold" 18 degrees and I decided to have a run a little while later over the same course for about 8 miles, which I finished perspiring freely as the sun peeked through the trees lining most of the road.

All competitors were soaked with perspiration long before the race was half over. The course was not an inviting one at first glance, being a five mile stretch of road to be covered back and forth and containing some undulations, yet it had the great advantage of being easily manned for timing and feeding as the points co-incided going out and coming back. It was unfortunate that the people responsible were a little lax, and feeding and sponging stations are important when conditions are somewhat extreme for comfort. The local Club, Caboolture, had taken responsibility on behalf of the State organisation and there was no hitch in the laying out and marking of the course, so that runners knew at all times where they were.

It seemed a little odd that starters in the race had read out to them, on the starting line, the rules pertaining to Marathon running out of the I.A.A.F. Handbook. I am sure that virtually no-one was in a frame of mind to comprehend any kind of 'officialese"! Nevertheless, everyone got away and there were enough willing and able volunteers to give times at everyone of the 6 separate mile points, both coming and going, so that each runner could work out his progress. At the end, not only did the placegetters receive medallions, but there were prizes in addition in all kinds of categories, organised by the local Club.

As far as the general Road and Cross country scene goes in our Northern state, there is a lot of activity and it is on the increase. Enthusiasts, such as PAUL CIRCOSTA and GRAHAM BARRALET, are responsible for keeping all runners informed through a periodical newsletter, the "Crosscountry Chatter", bringing results, dates, comments and criticisms to everyone's notice. Some of the criticism raised is very pointed at times, and rightly so, as no one is immune from criticism. The same malady that besets our sport all over Australia is the basic cause; not enough athletes take their turn in organising their own sport and some Officials have stayed in the same place too long as a consequence. It is not just a question of good or ill will, without consciously working at it, we lose flexibility, both in mind and in body, and finish in conflict with the demands of changing times.

GERRARD BARRETT and MIKE PULLINGER have dominated the Queensland scene this winter and there is a crop of new faces slowly working through the field. A very welcome sight is the appearance of many Veterans and Pre-Vets who have decided that "Fun" is the name of the game and they are enjoying it and improving their health, fitness and performances. I only wish though, that competitors' call-names would appear on the many starting and results lists, that initials habit belongs into the last century when athletes were divided into "Players and Gentlemen".

Having sampled Caboolture hospitality, we made our way further north and ferried our Landrover across to Fraser Island. This, the "largest sand island in the world", is one of the very few places left in Australia where nature has been very little disturbed, resulting in a unique blend of ecological environment, established over thousands of years. The absence of roads and consequent roar of traffic, only four-wheel drive vehicles can cope with the sand and movement is further restricted to times when the tide is out, is one of the most welcome features. It made me reflect on the many times we had to find new road running courses, especially for the Marathon. The original 1956 Olympic course (the V.M.C. investigated a 20 year Jubilee run over the course) became impossible very quickly, by 1960 we were using the Mentone-Chelsea course, by 1965 we were out on the Preston-Epping course and shifted to the Tyabb venue in 1967, which is 60km. from the city. Plenty of wide beaches, sand dunes, bush tracks, rain forest and rolling surf to suit all moods and tastes provided a great antidote. The Australian Conservation Foundation gained three supporters, we badly need more National Parks such as Fraser Island.

NOTES FROM THE A.C.T.

Record fields, excellent individual performances in local and N.S.W. State competition and prominent placings by the A.C.T. Branch in N.S.W. teams events have characterised the A.C.T. winter season. This high standard of competition plus the keenness of Canberra's distance men and ideal running courses have certainly impressed me as a newcomer to the place.

RESULTS:10km. Forest Roads H'cap 15/5/75.

1. Geoff Moore	34.42
2. Rob McDonald	34.59
3. Keith Bradley	34.03
4. Phil McGuinness	35.05
5. Dave Hobson	35.09

6½m. 'Rocky Horror' 22/5/76.

1. Denis O'Brien	36.01
2. Geoff Moore	36.22
3. Keith Bradley	36.37
4. Tom Gronert	37.03
5. Paul Rudkin	37.25

N.S.W. 25km. Road Championship, Newcastle 22/5/76

1. Mick Little	Rand.-Bot.	80.01	6. Terry Jorgenson	A.C.T.	83.55
2. Dave McInnes	A.C.T.	81.04	9. John Harding	A.C.T.	85.03
3. Mal Lynn	Suth.	82.17			

TEAMS: 1. Randwick-Botany 2. St. George 3. A.C.T.

2nd SM/OM Fun Run, N. Sydney 30/5/76.

1. Dave McInnes	A.C.T.	21.48
2. Bob Talay		22.10
8. Geoff Moore	A.C.T.	22.58
10. Grisbert Zwolen	A.C.T.	23.04

A.C.T. 16km. - 5/6/76.

1. Dennis O'Brien	51.38 (record)
2. Phil McGuinness	52.45
3. Geoff Moore	53.06
4. Paul Rudkin	53.49
5. Steve Brown	54.04

COTTEES C.C. Carnival 8000m. 12/6/76.

1. Mike Kennedy	26.48
2. Paul Rudkin	27.05
3. Steve Brown	27.12
4. Geoff Moore	27.15
5. Gary Lavers	27.36

9000m. C.C. Grevillea Pk. 19/6/76.

1. Terry Jorgenson	29.09 (record)
2. Keith Bradley	29.29
3. Mike Thompson	29.31
4. Paul Rudkin	29.38

TEAMS; 1. N.C'berra 2. Woden Valley
3. C'berra City Harriers

G. MENZIES TROPHY 12,000m. C.C., GREVILLEA PARK 26/6/76.

David Beeson	Syd. Uni.	41.09	4. Keith Bradley	42.29
Dave McInnes		41.17	5. Tom Gronert	42.58
Terry Jorgenson		42.09		

There was a record field of 50 starters.

N.S.W. 4 x 10km. ROAD RELAY CHAMPIONSHIPS - NEWRA 3/7/76.

Sutherland	2.04.26	8. A.C.T. "B"	2.14.45
Randwick-Botany	2.06.35	9. A.C.T. "C"	2.16.50
A.C.T. "A"	2.06.51	13. A.C.T. "E"	2.19.37
Ryde-Hornsby	2.06.56	19. A.C.T. "D"	2.27.04

SUB JUNIOR 4 x 3K.

1. A.C.T.	40.46	1. Sutherland	40.50	3. Banksfour	42.10
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WESTON CREEK 10KM. - 10/7/76.

1. Steve Brown	33.50	3. Gary Lavers	35.09
2. Geoff Moore	34.34	4. Dave Hobson	35.42

A.C.T. vs. GLENHUNTLY - WERRIBEE 10/7/76.

The annual Challenge match, held in Victoria this year in conjunction with the State 10k. Championship, resulted in an easy victory for Glenhuntly, whose first 6 runners crossed the line before our first runner.

Times and placings of A.C.T. runners:-

30. Denis O'Brien	31.45	49. Grisbert Zwolen	32.35
41. Tom Gronert	32.18	116. John Gilbert	34.23
44. Paul Rudkin	32.25	142. Graeme Small	35.05

HAIG PARK 3.2K. CROSS COUNTRY - 14/7/76.

1. Steve Brown	10.03	4. Alan Suus	10.57
2. Phil McGuinness	10.14	5. John Foster	11.00
3. Grisbert Zwolen	10.18		

N.S.W. 15K. CROSS COUNTRY CHAMPIONSHIP - CENTENNIAL PARK 17/7/76.

1. D. McInnes	A.C.T.	46.21	3. B. Morgan	Myer P.	47.12
2. D. Nee	Ryde-H'by	46.24	9. T. Jorgenson	A.C.T.	48.29

JACK PENNINGTON 1600M. C.C. 24/7/76.

1. Dave McInnes	53.47	4. Tom Gronert	55.58
2. Denis O'Brien	55.26	5. Gary Lavens	56.10
3. Steve Brown	55.51		

A record field of 52 contested the event.

QUEENSLAND NOTES: Paul Circosta.

The Queensland Winter season which got off to a great start with large early season fields has continued strongly throughout June and July.

The highlight races of the Season so far have been the Queensland Marathon Championship, 10 mile Road Race Championship and the One Hour Run. All three races have gone to Gerrard Barrett in new State record times. Behind GERRARD the minor placings in most races have been shared among MIKE PULLINGER, ROB STONES, RICHARD BOURNE and Toronto veteran JOE PATTERSON.

In the State Marathon Title BARRETT led home our best ever result as he easily headed RICHARD BOURNE and KEITH CANNARD a new record time of 2.24.15. The Ten Mile Road Championship also went to BARRETT as he this time lead home NUNDAH team-mates MIKE PULLINGER and GEORGE FEWTRELL. In a new move the One Hour Run was held mid-week at nighttime to obtain more favourable weather conditions. This time GERRARD lapped the grass track at St. Lucia to record another State record of 19,626.1m. MIKE PULLINGER and RICHARD BOURNE both bettered 18,000m. to fill the minor placings. The ideal weather conditions resulted in most of the field recording personal bests.

Qld. 10 Mile Road Championship 10/7/76.

1. G. Barrett	49.33.6	10. R. Bourne	54.26
2. M. Pullinger	51.24	11. J. Patterson	54.47
3. G. Fewtrell	52.10.8	12. D. Ferris	55.27
4. A. Jones	53.01	13. P. Reeves	55.55
5. B. Cook	53.17	14. M. Knight	55.56.5
6. P. Flynn	53.43	15. G. Kanofski	56.05.5
7. F. Buckley	53.52	16. C. Hearle	56.16
8. M. Weiba	54.09	17. P. Circosta	56.39
9. D. Rogers	54.14	18. D. Gray	57.20

46 FINISHERS

ONE HOUR RUN 21/7/76.

G. Barrett	TWG	19,626.1m.	9. J. Davidson	MIT	16,707.3m.
M. Pullinger	NUN	18,074.4m.	10. R. Grant	CAB	16,649.5m.
R. Bourne	SS	18,018.0m.	11. P. Commins	UNI	16,639.2m.
J. Smith	CAB	17,444.6m.	12. G. Kanofski	SS	16,584.4m.
R. Côtbourne	NUN	17,434.2m.	13. A. Semple	UNI	16,211.6m.
J. Wright	AR	17,266.9m.	14. R. Stubbs	MG	16,172.1m.
P. Circosta	AR	17,149.1m.	15. T. Hayes	NUN	16,144.2m.
J. Barralet	AR	17,136.5m.			

23 FINISHERS

TOP PRESS:

Pacific Conference Games Selection Trials.

The A.A.A. of New South Wales, which was given the responsibility of conducting the selection trials by the 1975 A.A.U. Conference, has fixed 29th and 30th October, 1977 as the dates for the trials. The event will be conducted at Canberra.

The N.S.W. Association has emphasised that no financial assistance towards the expenses of participating athletes will be available.

10,000m. Cross Country Championship of Australia. Hobart - 11th September.

People wishing to travel to Hobart for the Championship, can arrange air booking and accommodation through the V.A.A.A. Office.

Proposed Track & Field Fixtures - Season 1976/77.

Oct. 3 (Sun.)	Festival Olympics - Stawell.
Oct. 10 (Sun.)	V.M.C. 1 Hour Run - Teams Races - Huntingdale.
Oct. 16	Pre-Season Trials - Mentone.
Oct. 23	Pre-Season Trials - Mentone.
Oct. 26 (Tues.)	'R.W. Clark' 10,000m. - Glenhuntly.
Oct. 30	Pre-Season Trials.
	(Public Schools - T. & F. Championships - Heats on Wed.)
Nov. 6/7	All Schools - T. & F. Championships of Vic. (Sat. and Sun.)

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

Track Star of the Olympics was without any doubt LASSE VIREN, who not only repeated his 1972 double, but almost did a "Zat pek" by finishing fifth in the Marathon. Having to run a heat and final over 10,000m. within three days is something no runner should be asked to do, all the more credit to Lasse for coping so successfully. Did you notice what a clever race Dick Quax ran, it was his bad luck that Lasse was just too good for anyone on the day, in the final of the 5000m. Sure, our women ran "only" 4th in the 4 x 400, to record the fastest time in the British Commonwealth with an average of 51.39 for each leg!! Most outstanding performance for Australia was Rick Mitchell's 45.40 Australian Record when placing 6th in the 400m. final, having improved his time each time he started at the Games.

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It has been my experience, when dealing direct with members of the media, that the men and women concerned appeared courteous and reasonable people who were trying to do their job of informing the public to the best of their ability. Conversely, I have regarded it almost obligatory to assist them in gathering facts and opinions so that they would be able to present a fair and reasonable picture of happenings in our sport, something which virtually every athlete and official also tries to do. The well-being of sport is destroyed most effectively by misinforming participants and the public at large.

Therefore, it is hard to understand why there should have been such abominable coverage of the Olympics by our media, blowing hot and cold, dealing in innuendos and misrepresentation, using political language which we thought had died with the late "Cold War" era and displaying an utter lack of respect for the feelings of people, least with some of the younger members of our team. What a way to earn a living!

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ve entered a period when we have a Federal Government which has no policy on at all, except to wield an axe and chop down what has gone before it. Having so, and presumably to regain lost regard, we are told about another enquiry to sport. Beats us why there was not an enquiry first before the wholesale things. It is like pulling down your old house and camping in an open paddock deciding to build a new one without having the timber or bricks!!!

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s will be the last Newsletter for the following V.M.C. Members, unless they come good with their extra dollar subscription:

- | | | | |
|----------------|-------------------|-----------------|---------------------------|
| Denis ANDREW | Alan FAIRBANKS | Alan McCREARY | Graeme TAYLOR |
| Ray BROWN | Norm FRANZI | Allan McDONALD | Art TERRY |
| Peter BETHERAS | John HAGAN | Brian McINERNEY | Jack TIERNEY |
| Frank BONECKER | Stewart HANDASYDE | John MARKS | Trevor VINCENT |
| Stephen BROWN | Steve HARE | John MORRIS | Bob WELSH |
| Ben BUNTMAN | Gary HARRIS | Mike PORTER | Tony WILLIAMS |
| ? CALLAGHAN | Richard HARVEY | Greg PRITCHARD | Jim WILLIS |
| John CURRY | Richard JEFFERY | Keith ROUTLEY | Robin YOUNG |
| Jim DAVEY | Angelo JONES | Peter SHARE | |
| Ian DICKIE | Harry JONES | Graeme SMITH | <u>JUNIOR - 50c. only</u> |
| John DRIVER | John JOHNSTON | John STANLEY | <u>Laurie McINTYRE</u> |
| | | Tom SVIKART | |

Please note that the Treasurer, Dave GAZLEY, 50 Stott (not Scott) Street, Box Hill South, 3128, is the man to send the money to. Any query in this regard should also be directed to him.

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Old prejudices and habits die hard, as evidenced by the use of the term "Bush Club" or "Bush Track", as happened at a recent V.A.A.A. Council meeting. It was good to see that when another delegate rather pointedly expressed a "Non-Metropolitan" point of view, he received considerable support. Maybe a few more derogatory terms, offensive to some people, could be safely dropped from the vocabulary of our athletes, it tends to date them anyway, mainly as being behind the times!!

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