

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

The V.M.C. NEWSLETTER is the editorial responsibility of the Editor on behalf of the members of the V.M.C.

It is issued four times a year, corresponding to the seasons of
 Spring, Summer, Autumn, Winter.

All 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 FEES 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 made to the Asst. Treas. (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 3 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.W. Office 280 Pitt St., 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, DYNNYRNE. 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

To paraphrase a well known hit of recent months, maybe we ought to be singing "What have they done to my sport?" Surely, 1976 must go down as one of the blackest periods for Australian sport.

The first, and possibly the most savage blow was the announcement by the new Federal Government that they would embark on a wholesale cutting back on finance in many sectors of the national economy. This, mind you, after many years of battling to achieve a breakthrough in 1974 with the previous government, so that State and National sporting bodies could at least budget with a degree of certainty for events of National and International importance. We all know what a great partner the Federal Government is whenever we invest in a new pair of running shoes, imported track wear, athletic implements, fill up at the petrol pump or at the local pub! Now, sporting bodies are out in the cold again, many of them having to severely prune services to their members as well as foregoing adequate representation at major competitions.

The second blow, not entirely unconnected through the financial uncertainties that have arisen, is the miserly representation at the Montreal Games. While we have our National selectors forced into a position where they have to bow to unreasonable limits imposed by the National Olympic Committee, and I have a suspicion that this applies not only to athletics, dissatisfaction must become apparent to the same degree that they are being hamstrung. This Newsletter has reported on the pious resolutions passed by our AAU representations and the individual statements (Vol.7, No.2, Page 24), to the effect that we will not any longer be dictated to, competition is more important than tailored uniforms, etc. Yet, at this moment, nothing has changed!!!

Instead of a large squad picked after the end of the summer T & F Season, from which we select our final team including all those who have the various qualifying standards, the axe has fallen, almost three months before most other athletic nations make their final choice, which will be late in June at the earliest. We were weak-kneed enough not to nominate several Olympic qualifiers in the first place and force the N.O.C. to do the dirty work of cutting the team itself, or make a far more determined effort to get every competitor possible to the Olympics!

The third blow is the failure of having Brenton Norman nominated for a Marathon berth, together with David Chettle and Chris Wardlaw (once his 10,000m Mission over). Australia could do very well in the world's top event. We know that David was just over a bout of 'flu at the time of the Nationals (incidentally, so was Ken Hall just over a severe injury at the National T & F) and his previous form was a fair enough guide, but the winner's form was certainly world class.

As far as the V.M.C. is concerned, members are very angry at the drift of things, we all train hard and put a lot into our sport just to see a lot of effort go unrewarded. It looks as if we will have to make a further special effort to enable an Australian Team to represent us at the World C.C.C., many of our members are in the top bracket. As far as we can see, there must be two-way traffic between running and officiating, between top competitors and also-rans, it's the competition for our own enjoyment that has to count every time.

There also needs to be two-way traffic between Government and Sport, we pay 15% Sales Tax on Sporting Goods alone, \$30 Million yearly (Judy Patching's figures in 'Southern Cross', 28/4/76 which works out at roughly \$2 per head, man, woman and child!

While on the subject of money, the last V.M.C. Annual Meeting (March, 1976) decided to set fees of \$2 for Seniors and \$1 for Juniors (U/19), commencing with the new athletic financial year, 1st April, 1976. That means that those who have sent in only one dollar (or 50 cents) as previously, must send in the other half of their fee.

A complete is overleaf, so check and pay up if required. This will enable us to keep publishing the Newsletter as well as acquiring much needed stop watches. Our financial wizards are also contemplating upping prizes.

Your Committee has drawn up rosters on the basis of your replies on our membership forms and it is up to you now to come good with your intentions. There is no doubt that if everyone carries out just the one task once during the year, nobody will feel overburdened and the necessary jobs will get done to everyone's satisfaction.

One of our weaknesses still very much in evidence is the lack of comments, stories, snippets from here and there, etc., which I am sure many of you often intend to send in. Our interstate and overseas correspondents have been far better than our locals, and it is with some regret that we have received a letter from Tasmania, informing us of the difficulties in gathering news for us and the consequent decline of interest. We do hope that our Tasmanian friends have better news for us next time. In the meantime, have a go at sending us something in writing, if you don't tell us nobody will find out what might be of interest, not even the bloody editor.

FRED LESTER

VICTORIAN MARATHON CLUB FIXTURE LIST. WINTER 1976. (V.M.C. EVENTS UNDERLINED)

- June 5 VAAA C.C. Relays, Bundoora, 2.00.p.m.
 6 (SUN) Traralgon Marathon (VMC Supported) Traralgon. 1.00.p.m.
 12 'Chas Suffren' 6.5km., Ballarat
 11 13 (SUN) VMC MARATHON, VETERANS MARATHON, MINI-MARATHON. TYABB. 12.30.p.m.!!
 !! DINNER DANCE SUNDAY NIGHT AT TYABB HOTEL. BOOKINGS ONLY !!
 14 (MON) Wendouree Relays, Ballarat
 26 V.A.A.A. MARATHON CHAMPIONSHIP. Point Cook, 1.30.p.m.
- July 3 VMC 15km Open, 5km Women & U/17, Albert Park, 2.30.p.m.
 4 (SUN) Traralgon 25km Open, 10km U/17 & U/16 (VMC Supported) 1.50.p.m.
 10 V.A.A.A. 10km Road, Werribee. 2.00.p.m.
 18 (SUN) Bendigo 25km. Bendigo
 24 V.A.A.A. 16,000m. C.C.C., Sunbury. 2.00.p.m.
 31 VMC 25km. Open, 10km Women & U/17; Little River. 2.00.p.m.
 A.A.U. MARATHON - SYDNEY. Vic. Schoolboys CCC. Heidelberg, 2.00.p.m.
- Aug. 1 (SUN) "Malcolm Hill" 10km Open; 5M. U/16, Morwell
 7 V.A.A.A. 15km. Fishermens Bend. 2.00.p.m.
 8 (SUN) Latrobe 25km. 'King of the Mountains'
 15 (SUN) VICT. COUNTRY MARATHON. BENALLA
 21 V.A.A.A. 12,000m C.C.C. Bundoora. 2.00.p.m.
 28 VMC 20km. Open, 5km. Women & U/17. Albert Park. 2.30.p.m.
- Sept. 4 V.A.A.A. 25km. Cranbourne. 2.00.p.m.
 11 Dandenong Relays, The Basin. 1.00.p.m.
 A.A.U. 10,000m. C.C.C. Senior & Junior. Brighton Racecourse. Tasmania
 12 (SUN) (Geoff Watt' Half-Marathon, Warragul. (VMC Supported) 1.00.p.m.
 18 'Around the Campus' Monash University Road Race.
- Oct. 10 V.M.C. 1 Hour Run and Track Races. Huntingdale. 1.00.p.m.

NOTE. All C.C.Races are given in 000m. All Road Races are given in km.

Competitors in VMC Events are not restricted to their particular age groups. However, prizes can only be given out in the named categories.

V.M.C Members recorded as short paid (If you've paid since, see the Treasurer)

Noel	ANDERSON	David	EDWARDS	John	MARKS	Trevor	VINCENT
Denis	ANDREW	Alan	FAIRBANKS	John	MATTHEWS	Bob	WELSH
Jack	BARRETT	David	FARNSWORTH	Des	MIDDLETON	Tony	WILLIAMS
Paul	BENNETT	Peter	FAULKNER	Les	MOLLARD	Jim	WILLIS
Peter	BETHERAS	Norm	FRANZI	John	MORRIS	John	WOMERSLEY
Frank	BONECKER	Ron	GORMAN	Dennis	O'BRIEN	Robin	YOUNG
Doug	BOURNE	Alan	GRAY	Kevin	ONLEY	Ron	YOUNG
Tony	BRADSHAW	John	HAGAN	Ray	OWENS		
George	BRAIN	Stewart	HANDASYDE	Gerry	V.D. PLOEG		
Gordon	BRACHER	Steve	HARE	Mike	PORTER		
Peter	BRASHER	Gary	HARRIS	Greg	PRITCHARD		JUNIORS
Shirley	BRASHER	Rowan	HARRISON	Kerry	PRITCHARD		TO PAY ONLY 50¢
Barry	BROOKS	Richard	HARVEY	Tony	PYE	Chris	BRADSHAW
Ray	BROWN	Mike	HENDERSON	Gerry	RILEY	Tim	DUCK
Stephen	BROWN	Sam	HILDITCH	Tom	ROBERTS	Graeme	KENNEDY
Ben	BUNTMAN	Richard	FREY	Malcolm	ROMEIO	Doug	LEE
Max	CARSON	Angelo	JONES	Graeme	SCOTT	Laurie	McINTYRE
Tony	CHARNLEY	Bruce	JONES	Peter	SHARE	Chris	RILEY
Andy	COCHRANE	Harry	JONES	George	SIMPSON		
Earl	COOK	Terry	JORGENSEN	Graeme	SMALL		
John	CURRY	Alan	KILGOUR	David	SMITH		
Jim	DAVEY	Brian	LANYON	Graeme	SMITH		
Richard	DAVIS	Brian	LENTON	Brian	SPURRELL		
Tom	DAVISON	Brian	LEWRY	John	STANLEY		
Ian	DICKIE	Tom	McCONNELL	Jack	STEVENS		
John	DRIVER	Alan	McCREARY	Tom	SVIKART		
John	DUCK	Allan	McDONALD	David	TALBOT		
		Brian	McINERNEY	Graeme	TAYLOR		
				Joe	TENNANT		
				Art	TERRY		
				Jack	TIERNEY		
				Tom	TURBETT		

V.M.C. 16 KILOMETRES. PRINCES PARK. 19th APRIL, 1976. Cool - some wind.
90 STARTERS. 77 FINISHED

1	Rob	GILFILLAN	51.35	0.00	38	40	Frank	McNAMARA	59.15	0.00	70
2	Bruce	HICKS	53.33	1.42	44	41	Paul	WINTERTON	59.17	6.50	54
3	Bill	JOYCE	53.38	2.46	28	42	Norm	FRANZI	59.18	0.00	71
4	Terrie	COLLIE	54.00	3.30	13	43	Dick	BATCHELOR	59.23	6.33	56
5	Bruce	HOULEY	54.34	3.08	33	44	John	McDONNELL	59.49	8.23	E33 V
6	Peter	BETHERAS	54.49	3.53	21	45	Neil	COUTTS	60.05	0.00	72
7	Rob	JAMIESON	54.55	4.05	E19	46	John	CLARKE	60.19	9.02	24
8	Col	EATON	55.00	3.46	29	47	Dennis	WATTIE	60.33	8.23	47
9	Eddie	LYNN	55.02	4.39	12	48	John	BARNES	60.43	9.17	E33
10	Max	CARSON	55.06	4.16	E19	49	Mike	HALL	60.46	0.00	73
11	Matt	RYAN	55.20	2.57	52	50	Trevor	ELLIS	61.12	0.00	74
12	Bob	RAYMEN	55.23	3.53	E36	51	Dave	CRAIG	61.25	12.09	4
13	Leif	MICHELSSON	55.32	5.26	9	52	Sam	HILDITCH	61.42	11.25	11 V
14	Ron	HARRY	55.44	5.40	8	53	Gerry	RILEY	61.42	9.31	48 V
15	Peter	SHARE	55.44	0.00	64	54	Alan	CLOSE	62.15	8.45	60
16	Dennis	ANDREW	55.47	6.15	3	55	Geoff	ALFORD	62.37	10.13	53
17	Carl	STEVENSON	55.59	5.15	15	56	Les	MOLLARD	62.53	13.10	5
18	John	STAFFORD	56.13	5.26	16	57	Peter	LOGAN	63.26	12.09	30
19	Alan	HICKS	56.21	4.51	E36	58	Tony	CHARNLEY	63.44	11.39	46
20	Ian	RANDS	56.26	5.51	38	59	Geoff	BAIRD	63.58	14.13	57
21	Jim	SEYMOUR	56.33	4.16	50	60	Joe	GOBEL	64.23	14.13	10
22	Ross	SHILSTON	56.38	4.51	42	61	Ian	BRAY	64.25	16.25	2
23	Barry	WHEAR	56.52	4.16	55	62	Rob	MEISELBACH	65.14	13.25	43
24	Bruce	MEAKIN	56.58	4.39	51	63	Keith	NICHOLLS	65.25	17.45	1
25	David	POTTS	57.01	5.51	25	64	Brian	WATERS	67.11	0.00	75
26	Doug	BOURNE	57.09	5.51	31	65	Hans	MEISELBACK	64.49	17.00	18
27	Rob	FALLOON	57.22	6.40	14	66	Des	MIDDLETON	68.14	12.50	63
28	Rob	MANDILE	57.27	6.02	32	67	George	MILL	68.58	0.00	76
29	Gerry	HART	57.31	5.51	40	68	Ray	BARRATT	69.00	15.35	58 V
30	Don	SIMPSON	57.44	0.00	67	69	Rob	WILSON	69.35	0.00	77
31	Peter	KEHOE	57.52	7.05	16	70	Ron	FARNHILL	69.45	19.42	7 V
32	Mark	RYAN	57.55	5.51	45	71	Alan	FAIRBANKS	70.12	21.00	6 1V
33	George	KUTZ	57.59	6.15	41	72	Mike	CUMMINS	70.27	13.10	66
34	Steve	SZEGEDI	58.27	4.51	61	73	Peter	RAMSAY	72.25	16.25	65
35	Kevin	SOLOMON	58.28	5.03	58	74	Norm	McLEISH	72.48	21.38	25 V
36	John	BARRETT	58.30	7.31	22	75	Alan	JONES	74.04	20.00	62 V
37	Richard	HARVEY	58.33	7.31	23	76	Wally	RILEY	75.12	23.00	49 V
38	Brian	McPHERSON	58.47	0.00	68	77	George	WILSON	85.28	36.17	27
39	Arthur	KINGSLAND	59.08	0.00	69						

JUNIORS - 4 MILES.

5 STARTERS - ALL FINISHED

1	Alex	KUTZ	22.31	4	Anthony	LYNN	27.16
2	Laurie	McINTYRE	23.47	5	Rory	FOWLER	29.23
3	Arthur	KUTZ	25.50				

WOMEN - 4 MILES

4 STARTERS - ALL FINISHED

1	Lavinia	PETRIE	23.47	3	Geraldine	RILEY	33.19
2	Sandra	MIDDLETON	28.22	4	Robyn	JENKINS	34.10

RESULTS OF THE BACCHUS 12000.

EASTER 1976

1	C. WARDLAW	Melb.	VMC	35.18	13	R. TALAY	Sydney	39.06
2	B. LEWRY	Vict.	VMC	36.22	14	K. ROCK	Melb. VMC	39.10
3	R. De CASTELLA	Melb.	VMC	37.05	15	J. STANLEY	N.S.W. VMC	39.11
4	B. JONES	Melb.	VMC	37.20	16	J. BRUCE	Melb. VMC	39.12
5	D. McINNES	A.C.T.		37.27	17	R. WELSH	Melb. VMC	39.35
6	A. BOTTERILL	Melb.	VMC	37.32	18	J. SXSENTIEFF	Melb. VMC	39.51
7	M. LITTLE	Melb.	VMC	37.53	19	P. RUDKIN	A.C.T.	39.57
8	P. HAMER	Melb.	VMC	38.15	20	P. FULLER	Melb. VMC	40.08
9	R. WILSON	Melb.	VMC	39.18	21	K. HYLANDS	Melb. VMC	40.17
10	M. LITTLE	SYDNEY		38.25	22	R. DOWLING	Melb. VMC	40.33
11	B. ADAMS	SYDNEY		38.33	23	K. DUXBURY	Melb. VMC	40.41
12	B. MORGAN	SYDNEY		38.44	24	D. BYRNES	Melb. VMC	40.51

V.M.C. - 30k. 'KING OF THE MOUNTAINS' (29k 773m - 18.5 Miles) POINT LEO. 1/5/76.

55 Started - 49 Finished. Weather: Fine, Mild, Light Breeze.

Pl.	Name	Time	Hcp	H.Pl	Pl.	Name	Time	Hcp	H.Pl.
1	Phil HAMER	1:35.21	0.00	3	26	Gerry RILEY	2:00.08	19.19	16 V
2	Rob GILFILLAN	1:38.09	0.00	11	27	Jim WILLIS	2:00.32	15.51	27 V
3	Terry HARRISON	1:39.57	0.35	14	28	Keith McINTOSH	2:00.38	19.19	17
4	Terry COLLIE	1:44.43	5.53	12	29	Peter LOGAN	2:00.38	21.08	15
5	Ron HARRY	1:45.53	11.47	2	30	Kevin ONLEY	2:02.18	26.56	4 1V
6	Terry FISHFR	1:46.17	12.35	1	31	Rob FALLOON	2:03.26	11.47	45
7	Paul BENNETT	1:46.33	5.11	19	32	Kon BUTKO	2:03.38	15.01	E37
8	Clive VOGEL	1:48.08	3.50	24	33	Geoff ALFORD	2:03.57	19.54	23
9	Robert MANDILE	1:48.39	7.18	18	34	Dave CRAIG	2:06.02	18.26	34
10	David BYRNES	1:50.05	12.35	8	35	Geoff O'BRIEN	2:06.35	24.56	20
11	Rob MORGAN-MORRIS	1:50.54	13.23	9 V	36	Neil COUTTS	2:06.45	30.04	6
12	Peter BETHERAS	1:51.07	6.35	26	37	Tony MANDILE	2:11.19	21.08	41
13	Leif MICHELSSON	1:51.41	8.45	22	38	Sam FILDITCH	2:13.54	19.19	47 V
14	Max CARSON	1:51.58	7.00	28	39	Les MOLLARD	2:14.00	23.00	43
15	Eddie LYNN	1:52.30	7.18	29	40	Joe GOBEL	2:15.00	24.44	42
16	Dennis WATTIE	1:55.08	17.33	10	41	Dave BRADFORD	2:21.44	35.38	30
17	Phil LEAR	1:55.08	6.35	36	42	Russ SMITH	2:22.05	45.39	5
18	Martin O'MALLEY	1:56.16	7.39	E37	43	Gerry BRUIN	2:22.08	44.19	7
19	John BARRETT	1:57.44	13.23	25	44	Allan JONES	2:33.17	36.48	32
20	Ian GASKELL	1:58.40	19.19	13	45	Ron FARNILL	2:26.38	33.28	45 V
21	Gerry HART	1:59.11	11.01	35	46	Rob LISTER	2:30.27	31.08	48 V
22	Ross SEILSTON	1:59.46	8.45	44	47	Lindsay BEATON	2:30.27	15.26	49
23	Bernie CARROLL	1:59.46	11.01	39	48	Norm McLEISH	2:39.34	49.51	40 V
24	Peter ARMISTEAD	1:59.46	17.31	21	49	George WILSON	2:53.42	67.24	31 V
25	Richard HARVEY	1:59.58	12.35	33					

QUEENSLAND AMATEUR ATHLETIC ASSOCIATION. 1976 WINTER PROGRAMME

- JUNE 5 Rangers Interclub Bunyaville. 10k, 10k, 5km, 3km, 3km.
 12 Inala Handicap 9km, 8km, 4km, 3km, 3km.
 19 Mitchelton Interclub, Baden Powell Park. 8km, 8km, 4km, 4km, 2km.
 27 Queensland Marathon Championship - Caboolture - 8.00.a.m. (Jun. 13 miles)
- JULY 3 Mt. Gravatt Interclub, 12km, 12km, 6km, 3km, 3km. Daisy Hill.
 10 10 Miles Road Championship of Queensland - Beaudesert - 3.00.p.m.)
 17 Souths Interclub, 12km, 12km, 6km, 3km, 3km. Toohey Forest.
 21 1 Hour Run (6.30.p.m.) St. Lucia.
 24 Q.A.A.A. Schoolboys Championships - St. Lucia - 5km, 5km, 3km, 3km, 3km.
 25 Coca Cola Fun Run (10.00.a.m. 11km - Mount Cootha.
 31 Fogarty Memorial - 10 km. Wacol
- AUGUST 7 Queensland Cross Country Championships - U/17 - U/15 - U/13.
 and Open Race 12km. Pullenvale
 15 Queensland Cross Country Championships - U/19 - U/17. Pullenvale.
 21 Interclub Relay for G.P.S. Trophy - 3 X 5km. Wacol.
 28 Queensland Novice Championships - 8km. Burpengary
- SEPT. 26 Binna Burra to O'Reilly's - 14 Miles approx. - Binna Burra.

SPECIAL EVENTS

- JUNE 6 Coca Cola Fun Run - 12km. approx - Rockhampton
 13 Utah Marathon, 16 miles - Sarina
 20 Coca Cola Fun Run - 12km. approx - Toowoomba
 20 Gold Coast Cross Country, 10 miles - Labrador
- August 15 City to Surf - Sydney.
- SEPT. 4 Bundaberg Road Race - 8km. - Bundaberg
 18 Picnic Point to Tabletop - Toowoomba
 25 Caboolture Road Race, 6 Miles - Caboolture.
 Redcliffe Fun Run - date to be advised.

WALKING

- JULY 3 Q.A.A.A. Open 20,000 Metres Championship. Davies Park - 10.00.a.m.
 AUG. 15 Q.A.A.A. Open 30,000 Metres Championship. Pinkenba - 9.00.a.m.

10K. 'FALLEN COMRADES' - ALBERT PARK.

SUNDAY, 25th APRIL, 1976.

Pl.	Name	Time	Hcp.	H.Pl.	Pl.	Name	Time	Hcp.	H.Pl.
1	Graham CROUCH	31.13	6.00	112	62	Steven THOMAS	37.15	6.55	E91
2	Phil HAMER	31.27	1.55	E65	63	Geoff BAIRD	37.16	9.05	8
3	Graeme GARDNER	31.35	2.05	64	64	Peter BRICKNELL	37.27	7.25	83
4	Rob WELSH	31.52	1.30	E93	65	Gerry HART	37.33	5.35	118
5	Rob BROOKES	32.29	3.35	E22	66	Dick HUTTON	37.38	7.55	E73
6	Graeme ANDERSON	32.30	1.30	106	67	Frank McNAMARA	37.39	8.30	52
7	Eugh WILSON	32.34	3.20	E59	68	John KINDNESS	37.40	8.30	E53
8	Grant TAGGART	32.34	3.35	E33	69	Tom TURBETT	37.46	8.50	E25
9	Chris STOCK	32.39	1.30	109	70	Charles LEHNEY	37.47	8.50	E29
10	Eric SIGMONT	32.53	4.55	7	71	Andrew COX	37.49	8.50	E33
11	Paul GLYNN	32.56	3.35	62	72	Les MOLLARD	37.56	9.25	12
12	David JONES	32.58	4.10	16	73	Lionel BURGESS	37.58	9.05	F20
13	Peter HANNAFORD	33.00	2.40	E91	74	Barry SHERWELL	38.00	9.05	24
14	Vic ANDERSON	33.06	2.00	108	75	John O'BRIEN	38.01	5.20	E103
15	Matt RYAN	33.12	4.00	E55	76	John CURRY	38.06	9.05	38
16	Martin O'MALLEY	33.14	5.50	4	77	Joe MURPHY	38.06	8.30	68
17	Stewart ROBINSON	33.17	4.15	E39	78	Graeme QUICK	38.06	7.25	E103
18	Robert HOOPER	33.18	4.15	E42	79	Dave CRAIG	38.07	7.50	E88
19	Robert WALLIS	33.19	1.20	119	80	Ron BALDWIN	38.16	9.25	18
20	Steve O'CONNOR	33.28	3.20	86	81	Jim KAEHNE	38.19	9.25	E22
21	Robert WILSON	33.38	4.00	E71	82	Mal KIRKWOOD	38.23	7.55	E97
22	Paul BENNETT	33.40	3.35	E84	83	Dave MEDBURY	38.27	9.25	E39
23	Ron ELDERHURST	33.52	4.40	E55	84	John TAYLOR	38.28	9.25	E42
24	Mike O'RYAN	33.56	7.25	1	85	Kev CUMMINS	38.51	7.55	E100
25	David GAZLEY	34.02	3.45	E88	86	Barry LYNCH	38.33	7.55	102
26	Graeme WISE	34.08	5.10	E31 V	87	Rob ALGIE	38.36	9.40	13
27	Phil COOK	34.10	5.10	37	88	Ian DICKIE	38.42	9.05	E69
28	Ron HARRY	34.15	6.40	5	89	Ben BUNTMAN	38.58	10.00	E31
29	Mike GOERKE	34.17	3.05	E110	90	George THOMAS	39.09	10.10	E33
30	Ken DUXBURY	34.24	5.20	E46	91	Merv BROWN	39.10	9.05	E84
31	Tom GRONERT	34.26	4.40	77	92	Lindsay BEATON	39.25	6.55	120
32	Grant HARDY	34.35	4.00	99	93	Keith NICHOLLS	39.27	11.40	14
33	Ross SHILSTON	34.45	4.55	79	94	Gerry RILEY	39.27	7.55	E110
34	John SHANAHAN	34.46	5.50	E25	95	David FARNSWORTH	39.53	10.10	E73
35	Kev SOLOMON	34.47	6.05	14	96	Kon BUTKO	39.56	11.40	9
36	Howard BOREHAM	34.59	4.00	105	97	Brian O'CALLAGHAN	39.58	10.00	E80
37	Rob MANDILE	35.03	5.20	E73	98	Tony MANDILE	39.59	11.00	E33
38	Gerry V.D. PLOEG	35.08	5.20	78	99	John GRAHAM	40.00	8.30	E115
39	Arthur KINGSLAND	35.13	6.05	E50	100	Laurie McMAHON	40.08	10.10	E80
40	Norm DUFF	35.16	4.40	E100	101	Ron HALL	40.16	7.55	114
41	Brendan McVEIGH	35.22	6.20	E39	102	Roy THOMAS	40.32	11.40	19 V
42	David POTTS	35.24	5.50	67	103	Dick FREELAND	40.49	11.45	E46
43	Len LOVELESS	35.33	5.50	E73	104	Falah RASHEED	40.53	12.00	E20
44	Jack RYAN	35.45	6.40	48 V	105	Mike CUMMINS	41.17	13.00	10
45	Arthur DREDGE	36.01	7.40	10	106	Col JENKINS	41.28	13.00	11
46	Andy RAMSAY	36.02	6.55	49	107	Terry HUNTER	41.48	12.40	E50
47	Geoff PETERSON	36.05	6.55	E53	108	Dave BRADFORD	41.55	14.10	6
48	Peter KEHOE	36.09	5.50	90	109	Doug GRINSTED	42.02	10.20	117 V
49	Robyn YOUNG	36.12	5.50	E93	110	Mal RICHARDS	42.03	13.00	E42
50	Tony COOK	36.13	5.50	96	111	Rob LISTER	43.05	12.35	E97
51	John BARRETT	36.21	6.05	87	112	Peter RAMSAY	43.14	11.00	113
52	Terry DAVIS	36.24	7.10	E59	113	Alan FAIRBANKS	43.22	13.00	E93 V
53	Keith LODGE	36.28	7.25	E42	114	Hans MEISELBACH	43.45	12.40	107 V
54	Dave McGREGOR	36.32	6.55	E69	115	Norm McLEISH	44.19	17.25	2 IV
55	Fred SMITH	36.37	7.40	E29	116	Alan WITT	44.54	12.00	121
56	Rob NEYLON	36.42	7.10	E65	117	Mike GRECO	45.01	16.05	E25
57	Jack MACDONNELL	36.54	6.55	82	118	Richard DAVIS	45.50	17.00	17
58	Gary GRINSTED	37.03	7.25	E71	119	Frank BONECKER	46.00	14.30	E115
59	Dave NEWBOLD	37.07	7.55	E55	120	Neil GRAY	47.09	12.00	112
60	Don ELLIOTT	37.08	7.55	58 V	121	Rob FOWLER	48.07	18.45	63
61	John HAYES	37.12	7.55	61	122	John ZELEZNIKOV	49.51	22.50	3

STARTERS: 151 in Open - 15 in Junior - 5 Women.

FINISHED: 122 in Open.

V.M.C. 20 KILOMETRES ALBERT PARK. MARATHON TRIAL WARM-UP. 14th MARCH, 1976

43 STARTERS. 25 FINISHED. WEATHER: Warm, strong wind.

1	Gerry	SOFIANOS	64.47	14	David	BYRNES	75.44
2	Vic	ANDERSON	68.03 PB.	15	Bruce	MEAKIN	75.46
3	Ray	WILSON	69.05	16	Terry	COLLIE	77.33
4	Silvio	RADOSLOVIC	69.12	17	Gerry	HART	77.44
5	Ron	HARRY	71.41	18	Ivan	HARRY	77.58
6	Keith	HYLANDS	72.06	19	John	CLARKE	78.47
7	Peter	BETHERAS	72.21	20	Neil	COUTTS	80.21
8	Tony	TRENKNER	72.38 J	21	Gerry	RILEY	80.27 V
9	Ross	SHILSTON	73.04	22	Terry	DAVIS	81.02
10	Ray	WYATT	73.06	23	Richard	HARVEY	82.34
11	Norm	FRANZI	74.18	24	David	CRAIG	89.26
12	Rob	MANDILE	74.37	25	Ian	BRAY	95.38
13	Phil	LEAR	75.10				

OLYMPIC TRIAL - MARATHON RUN - POINT COOK TO WERRIBEE AND RETURN. 3 APRIL, 1976

26 STARTERS. 16 FINISHED WEATHER: Fine, light breeze, 20° at start, then cooler.

1	Brenton	NORMAN	S.Aust.	2:17.05	9	Gerry	SOFIANOS	Oakleigh	2:28.08
2	Rob	WALLACE	Rich.	2:17.33	10	Paul	O'HARE	Coll.	2:32.06
3	Geoff	NICHOLSON	Sand.	2:20.30	11	Kevin	ROCK	Ment.	2:32.51
4	Vic	ANDERSON		2:23.33	12	Julian	SCOTT	N.S.W.	2:34.37
5	Rod	MACKINNEY	Sand.	2:23.41	13	Paul	DUCK	Kew	2:34.59
6	Graham	ANDERSON	S.S.H.	2:25.23	14	Dave	BYRNES	Camb.Y	2:37.33
7	Peter	HANNAFORD	Wav.	2:27.13	15	Phil	LEAR	S.Melb.	2:38.27
					16	John	COLLINS	N.S.W.	2:40.15
					17	Bob	SQUIRRELL	N.S.W.	2:46.03
					18	Ross	SHILSTON	Frank.	2:53.17

D. CHETTLE with a previous 2.10. performance was selected for Montreal.

The AAU Marathon Trial missed an unpleasant 25 degrees plus by two days, and early overcast kept the sun hidden until well after 1.30.p.m., so everything was set for a reasonably fast race. David Chettle and Brenton Norman, the two race favorites, didn't waste any time and accompanied by Max Little and Phil Hamer they brought up 4 miles in 20.13; 7 miles in 35.55 and at the 10 miles Brenton and David were pulling away at 50.55 to Phil 51.00 and Max 51.04. David, not fully recovered from a bad cold dropped off before the turn and by 16 miles, just on 2 minutes behind, he gave it away.

Robbie Wallace, who had early made a foursome with Geoff Nicholson, John Stanley and Ian Brotherton, to go through 4 in 20.36, 7 in 36.51, and at 10 started to go after the leaders in 52.28; Geoff two seconds down, Brotherton dropping out and John struggling behind. Rob managed to close the gap to about 30 seconds by 22 miles, but no closer for the remainder of the journey.

Another excellent run was put up by New Caledonia's champion Lazare, who chummed up with experienced Rod Mackinney for 22.24; 39.16; 55.15, turning with Vic Anderson in 71.00, but then wilting on the way back but still pushing along doggedly for a new National Record.

Geoff Nicholson and Vic Anderson, both with personal bests, look like condensing a few more nationals with distinction. Phil Hamer is about due to last one out and it won't be a slow one when he does.

Fred Lester.

AUSTRALIAN TRACK & FIELD CHAMPIONSHIPS* 10,000 METRES - 21st MARCH, 1976. 4.20.p.m.

1	Dave	FITZSIMMONS	S.Aust.	28:33.0	11	Max	LITTLE	Vict.	29:47.0
2	Chris	WARDLAW	Vict.	28:33.6	12	Geoff	NICHOLSON	Vic.Ind	29:47.8
3	Kent	RAYNER	Tas.	28:44.4	13	Tony	BART	S.Aust	29:53.0
4	Gerry	BARRETT	Q'land	28:44.8	14	Neil	GALE	Tas.	29:54.0
5	Steve	AUSTIN	Vic.	29:15.6	15	John	BERMINGHAM	Vic.Ind	30:21.8
6	Garry	HENRY	Vic.Ind.	29:21.6	16	Bob	WELSH	Vic.Ind	30:37.6
7	Dave	CHETTLE	Tas.	29:22.0	17	Graeme	KIPP	Vic.Ind	30:44.2
8	Bruce	JONES	N.Zeal.	29:37.2	18	Alaine	LAZARE	N.Cal.	31:15.0
9	Rob	WALLACE	Vic.	29:42.2	19	John	KOKINAI	P.N.G.	32:00.4
10	Bill	SCOTT	Vic.	29:43.8	20	Tony	GREEN	N.S.W.	32:37.0

1000m Splits: 2.50-2.50-2.53-2.56-2.58-2.45-2.46-2.53-2.54-2.48.

5000m Splits: 14.27 - 14.06

LETTER FROM U.S.A.BRIAN CHAPMAN

Things are really 'hotting up' over with the U.S. Olympic Trials (June 19-27) in Eugene, being the aim of most athletes. These trials will be run on the Montreal time schedule and the first three in each event - regardless of 'stars who do not start, are injured or who drop out will make the Olympic Team. When you consider that the 100 will contain 5 recordholders (world) trying for three spots you can understand the anticipation which track followers are viewing the meet. The only Olympic event absent will be the Marathon - to be contested here on May 22, a month before the track and field trials. An up-dated list of rankings up until mid-April is:-

100 METRES

9.9 Steve WILLIAMS (WR)
 9.9 Harvey Glance (WR)
 9.9 Don Merrick (Wind)
 9.9 Clancy Edwards (Wind)
 9.9 Chris Garpenborg (Sw.)(Wd)
 10.0 Kevin Johnson (Wind)
 10.0 Steve Riddick (Wind)
 10.0 Reggig Jones (Wind)
 10.07 Ed. Preston

200 METRES

20.3 Dwayne Strozier (Wind)
 20.3 James Silkes Guyance (Wd)
 20.3 Millard Hampton (Wind)
 20.3 Harvey Glance (Wind)
 20.40 Reggie Jones (Wind)
 20.4 Steve Williams
 20.4 Wardell Gilbreath (Wind)
 20.4 Clancy Edwards (Wind)
 20.4 Zoe Simpson (Wind)

400 METRES

45.6 Stan Vinson
 45.6 Curtis Byrd
 45.8 Herman Frazier
 45.8 Benny Myles
 45.85 Mark Collins
 46.2 Maxie Parks
 46.29 Ken Randle

800 METRES

1:47.7 Ricjard Newman (Jam)
 1:47.9 Dave Furst
 1:48.0 Tony Wheeler (Britain)
 1:48.3 Mike Boit (Kenya)
 1:48.3 Reggie Clark
 1:48.3 Niall O'Shaughnessy(For.)
 1:48.5 Rick Wohlhuter
 1:48.5 Mark Sang (Kenya)

1500 METRES

3.39 Matt Centrowitz
 3.41 Paul Cummings
 3.41 Mike Manke
 3.41 Peter Spir (Can.)
 3.41 Randall Markey (Aus.)
 3.42 Ken Popejoy
 3.42 Ron Martin (Britain)

5000 METRES

13.35 John Ngeno (Kenya)
 13.45 Don Clary
 13.50 Marty Liquori
 13.51 Greg Frederick
 13.51 Randy Melancon
 13.51 Terry Williams
 13.52 Nick Rose (Brit.)
 13.53 Tony Spandoval
 13.53 George Malley

10,000 METRES

28.40 Paul Stenner
 28.41 Gary Tuttle
 28.49 Mike Keogh
 28.50 Dick Bowerman
 28.54 Eric Hulst (H.S)
 28.55 Jepp Wells
 28.56 Kip Sirma (Kenya)
 28.59 Mark Johnson

MARATHON

2:17.13 Brian Maxwell (Can)
 2:17.46 Jeff Wells
 2:18.07 Phil Camp
 2:18.27 Bob Hensley
 2:19.13 Steve Dean
 2:19.38 Ron Zarate
 2:19.39 Carl Oufft
 2:19.40 John Bramley
 2:19.58 Ray Currier

STEEPLECHASE

8.31 Randy Smith
 8.33 Bob Christensen
 8.35 Doug Brown
 8.38 Bill Lundberg
 8.38 Steve Kelley
 8.39 John Kebiro (Kenya)
 8.40 Gibson Gatei (Kenya)
 8.42 Ed Leddy (Ireland)

110 HURDLES

13.3 Donnie Taylor (Wind)
 13.5 James Walker
 13.5 George Carty (Wind)
 13.5 McKinley Mosley (Wd)
 13.57 Gary Burl
 13.6 Mike Johnson
 13.6 Tom Andrews
 13.61 Larry Shipp

400 HURDLES

49.7 Nolan Cromwell
 49.9 Tom Andrews
 49.9 Harold Schwab
 50.0 Rick Walker
 50.1 Edwin Moses
 50.2 Francis Bumaz
 50.2 Grant Niederhaus
 50.6 Rick Greybehl

HIGH JUMP

7'6 $\frac{1}{2}$ " Dwight Stones
 7'6" John Radetich (Pro.)
 7'5" Rory Kotinek
 7'4 $\frac{1}{4}$ " Tom Woods
 7'4 $\frac{1}{4}$ " James Barrineau
 7'4" Ron Livers
 7'4" Mark Branch

POLE VAULT

18' 3 $\frac{3}{4}$ " Dan Ripley
 18' 3 $\frac{1}{2}$ " Earl Bell
 18' 1 $\frac{1}{2}$ " Russ Rogers
 18' 0 $\frac{1}{2}$ " Roland Carter
 18' 0 $\frac{1}{2}$ " Larry Jessee
 17' 9 $\frac{1}{4}$ " Mike Tully
 17' 8" Don Baird (Aus.)
 17' 8" Dave Roberts
 17' 8" Steve Smith (Pro.)

LONG JUMP

25' 10 $\frac{3}{4}$ " Arnie Robinson
 25' 10 $\frac{1}{2}$ " Tommy Haynes
 25' 10 $\frac{1}{4}$ " Anthony Carter
 25' 8 $\frac{3}{4}$ " Henry Hines
 25' 8" Sheikh Faye (For.)
 25' 6" Al Lanier
 25' 5 $\frac{1}{4}$ " Randy Williams

TRIPLE JUMP

55' 5 $\frac{1}{2}$ " Tommy Haynes
 54' 8" Ron Livers
 54' 3 $\frac{1}{2}$ " Arnold Grimes
 54' 0" Abdul Rahman
 53' 10 $\frac{1}{2}$ " John Craft
 53' 9 $\frac{3}{4}$ " Willie Banks
 53' 6 $\frac{3}{4}$ " Rayfield Dupree

HAMMER

226' 11" Peter Farmer (Aus.)
 221' 4" Bill Diehl
 214' 7" George Frenn
 209' 0" Bill Shutt

SHOT

71' 8 $\frac{1}{2}$ " Phil Olsen (Brit)
 68' 4 $\frac{1}{2}$ " Mac Wilkins
 68' 2" Pete Schmoch
 67' 11 $\frac{3}{4}$ " Alf Everbach
 67' 0" Brian Oldfield (Pro.)
 66' 6 $\frac{3}{4}$ " Hans Hoglund(Swed)
 66' 3" Jesse Stuart

DISCUS

232' 6" Mac Wilkins(WR)
 213' 6" John Powell
 211' 0" Art Swartz
 207' 6" Ken Stadel
 204' 11" Jim McGoldrick
 203' 3" Miles Lister

JAVELIN

267' 10" Phil Olsen (Brit.)
 267' 3" Anthony Hall
 267' 2" Sam Colson
 254' 10" Dave Reiss

Brian Chapman continues:

It is certainly encouraging to see Australians well up in these lists. Farmer leads the hammer but U.S. is not known for its classy throwers. Kilkins surprised with his discus world record - Powell held the old mark at 226'. Albriton took the shot put mark from Feuerbach. Don Baird is a highly respected Australian pole vaulter and I believe he did 18'2" last week. If Kenya has its best distance runners attending colleges here, then I cannot see them dominating at Montreal. Ngeno is world class but the others would barely hold their own.

Randall Markey returned to Univ. of Oregon with a vengeance. Only 4 days off the plane, he won the 5000m in U.C.L.A (3:43) and then came back for a 3.41 (third behind Matt Centrawitz) in Eugene a week later. He followed with an 8.02 for 3000m, (behind Matt's 8.00), but the next week was laid up with a knee injury. Howard Malcom an Australian triple jumper at Oregon has reached 49'3 1/2" so far.

BOSTON MARATHON: (2700 entries) Qualifying time, 3 hours.

After last year's sensational times, the 1976 edition was anti-climatic. It was 92°-hottest ever - and sensibly the organisers did NOT move the time of the race start. Thus, everyone (or at least more than usual) had a chance to win a place high, since it was obvious that even the "stars" could face problems in such conditions. Incidentally, I have not heard about dozens of runners dying from heat stroke - one of the supposed consequences of such conditions. As a result, an unknown did win, being Jack Fultz, 27, Georgetown Univ. Mabuza (3rd at Christchurch, 1974) went out fast but Fultz got him at 19 miles. The first women to finish was Kim Merritt, 2:47.10

1 Jack Fultz (Georgetown Univ)	2:20.19	11 Paul Talkington (Summit A.C)	2:27.27
2 Mario Cuevas (Mexico)	2:21.13	12 G. Burfoot (Mohegan St.)	2:27.57
3 Jose de Jesus (Puerto Rico)	2:22.10	13 Rafael Perez (Costa Rica)	2:28.16
4 Jack Foster (N.Zeal.)	2:22.10	14 Norb Sander (Millrose A.A)	2:28.20
5 James Berka (Minneapolis)	2:24.32	15 Tony Wilcox (Sugarloaf Mt.)	2:29.28
6 Eduardo Pacheco (Sanolas)	2:25.11	16 Paul Thompson (N.Medford)	2:29.39
7 Michael Burke (Massach.)	2:26.12	17 Larry Frederick (N.Y.A.C.)	2:29.40
8 Ron Kurle (:ong Bch. Cal.)	2:26.22	18 Hideo Seki (Japan)	2:30.32
9 Donald Slusser (Jeanette H.)	2:26.40	19 Ron Wayne (W.V.T.C.)	2:30.47
10 David Fiskin (N.Zeal.)	2:26.44	20 Duane Spitz (Michagan)	2:30.48

Mabuza ran 2:32 for 36th place.

NATIONAL A.A.U. - 50 KILOMETRES. SACRAMENTO, March. 21.

This was my first try at a national event here. I decided to run it because I had trained well through January and February, only to be laid up by a mysterious ailment the week before the Seaside Marathon (eventually won by Maxwell, Canada, 2:17.) Looking around for a race within a month in which to prove my fitness proved very frustrating - no marathon coming up. However, the AAU 50 Km was being held 500 miles south in California during spring vacation so I drove down for a try at it.

The thought of 31.2 miles was frightening and I thought I would go to pieces after 26. Were 75 entries for the event, combined and masters. In order to make the field larger the organiser arranged the Buffalo Chaps Stampede 10 Miles Fun Run in conjunction. This added some 400 to the field. These 'joggers' ran the first 5 miles then turned back. We continued along the Sacramento River dyke for 15.6 miles before retracing our steps. At the start the temperature was 80° and I relished the thought of beating America's best by starting out steadily and passing the bodies late in the race. Actually no choice in starting slowly. I was at the back of the 470 strong field putting a shoe on when the gun was fired. So for the first 5 miles I threaded my way through schoolgirls, old men and dozens of joggers, trying not to panic. Suddenly at 5m (29.40) I was all alone. I saw 1 runner 100metres ahead and another small group way out ahead. I was pleased to be in the top 10 (as it turned out I was 4th) with so little effort. At 7m Jim Pearson went by and ran with Beardall - the guy just ahead. At 10m I clocked 58.38. At 14 1/2, I was astonished to see the leader on the way back, running an incredible pace for that heat. It was Chuck Smead, a Pan-Am Games Silver Medallist. He had passed 25 kilos in 1:23.12 with another runner who pulled out at 20m. Pearson and Beardall turned in 1:31.15 and I took 1:31.40. On the way back I was drinking everything I could lay my hands on. Slowly I caught up, was actually only a few yards Beardall and Pearson at the marathon (2:37) Smead did 2:21. At 26m I developed a stitch and had to jog a mile. At 27 I got going again and surprised myself by running strongly till 30m. However I was a crawling drunk for the last mile.

1. Chuck Smead	2:50.46	3 Daryl Beardall	3:06.18	5 Howard Labrie	3:11.30
2. Jim Pearson	3:03.29	4 Brian Chapman	3:10.05	6 Kaj Johansen	3:18.26

(50 finished - Truman Clark won the Over 40 with 3:20.30

Penny de Moss was 1st female with 3:48.27

A.A.U 30 KILOMETRES MARCH 28

1 Bill Rodgers	1:29.04	3 John Dimick	1:31.46	5 John Vitale	1:33.26
2 Tom Fleming	1:30.59	4 Ambrose Burfoot	1:33.22		

LETTER FROM CANADA (Just missed March deadline)

Col O'Brien

Greetings again, mate. Hadn't realised it was time for my quarterly contribution. Track and Field in this part of the globe is a little slow getting under way right now as most athletes in serious training probably have their thoughts geared towards the two Canadian Olympic Trials in June which are about 3 weeks apart (the first being in early June.) The selection process for the Canadian Team is being decided largely on these two trials although performances apart from these two meets will also be considered.

A few months ago the Canadian Track and Field Association were only preparing to have approximately 55 athletes for their total representation at the Montreal Games. Apparently a higher amateur sports body placed this limit. I was quite surprised when I heard this considering the amount of money Canada has outlayed in amateur sport in recent years and seeing also that it is the host nation. With a possible maximum of around 110 athletes representing any one nation in track and field it strikes me as odd that a richer nation such as Canada is not striving for this limit.

Even at the time of writing this letter it appears that there is still some doubt existing as to final satisfactory completion of all the facilities at Montreal. The newspapers here give the question almost daily coverage as I am sure they almost do down there. I feel certain that the Games will go ahead as scheduled but there will probably be a few frills and details omitted to make sure that all systems will go. One thing is certain, the people of Quebec (or Canada if the Government eventually weakens and helps to support it) will be paying the now expected \$1 Billion for a very long time. God knows what extravaganza Moscow may have planned for 1980.

Jerome Drayton is continuing his good form after his excellent victory at Fukuoka. Last weekend he finished second in an indoor 3 mile (Ontario) in 13:23. behind a steady improver in John Sharp who caused a surprise in defeating Drayton in 13:17. Sharp, who is only 23, improved from 14:05 to 13:46 over 5,000 last year (not 13:43 as I previously stated) and is expected to show another dramatic drop this year and could well hand Grant McLaren a defeat or two. Included also is 23 year old Lou Groarke from Alberta (13:42 last season) and Canada could well have 3 runners pushing 13:30 this season. But at this stage it appears that one of Canada's best hopes for a medal in Montreal is Jerome Drayton. His Fukuoka performance in December once again proves he will be the runner to be reckoned with.

Out here on the west coast some people don't regard Drayton too seriously as he has a reputation of pulling out of the big races. But his record in that regard lately is quite good although he did pull out of the Boston Marathon. Canada's hopes in the 1500 are not too high, the best bet going to young Peter Spir (21 years) from B.C. who ran his own and Canada's best time last year with 3:41.4 when he won the national title. No Canadian has yet qualified for Montreal in the 1500. The 10,000 is another event in which Canadians could do well in. As well as Dan Shaughnessy (who will be 32 this year) with 28:05 there is Jerome Drayton (28:13) (if he runs it) and Chris McCubbins (a former U.S. steeplechaser) with 28:16.

With only one steeplechaser under 8:40 last season (8:38) this is not an event in which Canadians excel. The 800 is another event where depth is lacking with only one time under 1:48.0 (a 1:46.9). The 10,000 and marathon appear the brightest hopes for Canada in Montreal. I should not forget Tom Howard either, who has a 2:13.0 to his credit and will be in the thick of things in July also.

The Canadian cross country title held in Vancouver last November was won by Chris McCubbins with Grant McLaren runner-up and Tom Howard 3rd.

Well Fred, I don't have too many results for you as this is the quiet part of the season. This letter will also be the last one I will be sending from Vancouver. My wife and I are leaving here in mid-April and travelling down to Central and South America for a couple of months before going to Montreal for the Games. We will probably arrive home in late August to settle once again in Melbourne. I will probably write a letter on my travels in April which will include some Canadian performances which by then will have no doubt improved,

It has been a pleasure contributing to the Newsletter, Fred, and a pleasure again reading each issue being so far away from home.

So I think I will close now, mate, and say cheerio.

P.S. Good luck to all those having a serious go at the Olympic Trials.

BRITISH OLYMPIC ASSOCIATION. ANALYSIS OF QUESTIONNAIRE - MICHELIN MARATHON RUNNERS

The 1975 AAA Marathon, held at Stoke, 1/6/75, over a 3 lap undulating course with 2 hard climbs each lap, partly tree sunshaded. Steady N.E. breeze avoided undue heat problems, and early start (10.30.am.) avoided undue heat from road surface. There were 149 finishers. Michelin A.C. provided names and addresses of competitors and Medical Advisory Board sent questionnaires, purpose being to try and analyse the current race and pre-race diet of competitors.

Wonderful response, 123 completed forms, 1 address unknown, showing great interest by athletes. 14 forms from those who retired. 73% of finishers replied.

Competitors were asked following questions:-

1. How many marathons have you run? 2. How old are you?
3. Do you drink during event? 4. If so, what do you drink? Give details.
5. At what distances did you take drinks in the Michelin Marathon?
6. What quantity do you think you take down at each stage?
7. Do you drink well, take salt tablets, special diet, etc. before start on race days?
8. Do you take any special diet on the days before the race, e.g. Saltin diet?
9. How long after the race was it before you were passing urine again?
10. Did you finish the race (a) comfortably (b) slight distress (c) acute distress?
11. Did you retire? If so, (a) at what distance (b) why?
12. If you did not take fluids during the race, please state why.
13. Do you take extras in your diet, e.g. vitamins, iron, pollen tablets, etc?
If so, do you feel that they have helped?
14. What type of container do you use for fluids at refreshment stations?
15. If you have run a marathon without fluids and one with, can you state if you notice any difference in performance or comfort?

So helpful was the response on the completed forms that it became obvious that far more information was being offered than could be used in a statistical analysis. However, punched cards were made for every athlete and these were compared with a view to correlating the data given.

Athletes were not asked to put their names and finishing times on the forms as this might have prevented the modest and least fast from making a return.

It was assumed that a runner finishing in comfort has usually done better than one finishing in distress - some would argue this is not true. However, dividing the runners as per questions 10 and 11 gives the following result:-

Finished comfortably: 54 - Group 1. Acute distress: 8 - Group 3
In slight distress: 47 - Group 2. Retired: 14 - Group 4

If each group is taken, the following facts are found:- GROUP 1

Age Group:	Under 25 years	3	Experience: Had run	1 - 5 marathons	30
	25 - 35 years	38		5 - 15 marathons	17
	Over 35 years	13		Over 15 marathons	7

Of the 54 in this group: 39 took drinks during the race - 15 did not
26 took Saltin Diet prior to race - 28 did not.

Of the 26 on the Saltin Diet: 7 also took extra pre-race electrolytes
16 also took extra pre-race fluids
7 also took extra pre-race carbohydrates.

Of the 28 non Saltin Diet: 4 took extra pre-race electrolytes
15 took extra pre-race fluids
12 took extra pre-race carbohydrates

GROUP 2. Those finishing in slight distress: 47.

Age Group:	Under 25 years	7	Experience: Had run	1 - 5 marathons	29
	25 - 35 years	23		5-15 marathons	15
	over 35 years	17		over 15 marathons	3

Of the 47 in this group: 31 took drinks during the race - 16 did not.
22 had Saltin Diet prior to race, 25 did not

Of the 22 on the Saltin Diet - 7 also took extra pre-race electrolytes.

Of the 25 non Saltin Diet: - 5 took extra pre-race electrolytes
11 took extra pre-race fluids
8 took extra pre-race carbohydrate:

GROUP 3. Those finishing in acute distress - 8

Age Group:	Under 25 years	2	Experience: Had run	1 - 5 marathons	7
	25 - 35 years	4		5 -15 marathons	1
	Over 35 years	2		Over 15 marathons	0

Of the 8 in this group: 6 took drinks during the race, 2 did not
3 had Saltin Diet prior to the race, 5 did not.

Of the 3 on the Saltin Diet: 0 also took extra pre-race Electrolytes
2 also took extra pre-race Fluids
0 also took extra pre-race Carbohydrate

Continued from Page 10.

Of the 5 non Saltin Diet: 1 took extra pre-race electrolytes
 0 took extra pre-race fluids
 2 took extra pre-race carbohydrate

GROUP 4 - Retired 14

Age Group	Under 25 years	3	Experience: Had run	1-5 marathons	9
	25 - 36 years	8		5-15 marathons	4
	Over 35 years	3		over 15 marathons	1

Of the 14 in this Group:

9 took drinks during the race, 5 did not.
 5 had Saltin Diet prior to the race, 9 did not.

Of the 5 on the Saltin Diet: 0 also took extra pre-race electrolytes
 3 also took extra pre-race fluids
 2 also took extra pre-race carbohydrate.

Of the 9 non Saltin Diet: 4 took extra pre-race electrolytes
 2 took extra pre-race fluids
 3 took extra pre-race carbohydrate

A surprising finding was the high percentage of runners in the field (which must have ranged from top rank performers to the more average) who were using the Saltin Diet. 56 competitors used this form of Glycoden Boosting Diet and 67 did not. It was decided to divide the runners into the following two groups for comparison:

<u>SALTIN DIET RUNNERS - TOTAL</u>		<u>Ordinary Diet Runners - Total</u>	
Finished race comfortably	26	Finished race comfortably	28
Slight distress	22	Slight distress	25
Acute distress	3	Acute distress	5
Retired	5	Retired	9
Drinks during race	31 (55.4%)	Drinks during race	54 (80.7%)
Non-Drinks	25 (44.6%)	Non-drinks	13 (19.3%)

It is of interest that a higher proportion of the runners on the Saltin Diet had completed the race without taking extra fluids during race which, it is suggested, may be due to the fact that the athlete full of extra pre-race Glycogen is binding into his system extra fluid which is not so rapidly excreted by the kidneys as ordinary extra drinks. As he uses up his extra Glycoden during the race this frees water which may be used to combat dehydration. Runners who have used Glycoden Boost for the extra energy release may be performing well because of extra hydration also. The conditions at Stoke for the Michelin AAA Marathon were not very hot - several mentioned that in other races they had taken extra fluids but did not do so at Stokes, so that the figures, as always, should be regarded with caution.

Looking to the urinary output as a measure of dehydration is of interest. Usually a very dehydrated athlete will take several hours to recommence passing urine. Several athletes were unable to state when they resumed or they made a very rough guess.

Of all forms returned: 30 passed urine within 1 hour of finish of race.
 17 passed urine within 2 hours of finish of race.
 23 passed urine within 3 hours of finish of race.
 39 passed urine within 4 hours or more.

Some passed urine 9-10 hours afterwards - one only after 7 pints of drink.

If these groups are again divided into Saltin and Non-Saltin, we find these comparisons:

<u>Saltin Group: 56 Runners</u>			<u>Ordinary Diet Group: 60</u>		
Within 1 Hour	16	28.6%	Within 1 Hour	14	20.8%
Within 2 hours	9	16.0%	Within 2 hours	8	11.9%
Within 3 hours	8	14.3%	Within 3 hours	15	22.4%
Within 4 hours	16	28.6%	Within 4 hours	23	34.3%
7 failed to record time.			7 failed to record time.		

Thus it would seem that if times given are reliable the runners using Saltin Diet were somewhat less dehydrated than the others since they resumed the production of a positive fluid balance earlier. It may be argued that the more diet conscious group will have commenced rehydration with drinks before their fellow competitors. The figures do give food for thought and would suggest that nearly half of the Glycoden Boost athletes are not drinking during race fits in surprisingly well with the fact that, as a group, they are passing urine in greater numbers before the other group. Over half the ordinary diet runners had still to pass urine over 2 hours after event.

CONCLUSION: As stated in accompanying letter the runners would get a feed-back on the data accumulated. From the helpful response it is proposed to have a subsequent repeat exercise, with more specific questions aimed at relating performance to diet and fluid balance. This will apply more particularly if the race is held in more extreme temperature or humidity.

It was not possible to relate findings to performances - the questionnaire was not to do so. A further survey might attempt to do this.

GRIFFITH WINEMAKERS' BACCHUS 12,000" EASTER SATURDAY 1976

Chris Wardlaw brilliantly won the 2nd Annual event in the record time of 35.18. This bettered John Stanley's time of 35.42 set last year. Chris finished almost 400 metres ahead of second placegetter, Brian Lewry of Box Hill Club, Melb.

At the 4,000 metres mark about 10 runners were bunched together in front. It was here that Wardlaw made his move, and as one of the other front runners described "he was 50 metres in front of before we knew what had happened". From this point he was unassailable and gradually drew away from the rest of the field.

Wardlaw received as his prize a return air fare to San Francisco to contest the "Bay to Breakers" race on May 16th. 19 year old Brian Lewry showed his potential by coming in a clear cut second, 43 seconds ahead of the third placegetter Rob de Castella.

The "Bacchus 12,000" committee were delighted with the hot field that made the long journey from Sydney, Canberra and Melbourne to Griffith for the event. Several visiting athletes made the comment that the quality and quantity of the top class runners in the Bacchus was second only to the Australian National Titles.

A feature of the event was that each runner over 18 years who completed the course received a bottle of wine (Ruby Port) specially bottled for the "Bacchus 12,000" by the Griffith winemakers. The label showed John Stanley winning the 1975 event together with the "Bacchus 12,000 emblem."

Elizabeth Richards, Australia's International Cross Country representative, easily won the women's section with a time of 46.55. This was over 5 minutes faster than the second woman to finish, Mary Tindale.

Besides the major prize, there were an overwhelming number of prizes for minor placegetters and teams events. Most of these prizes were either quality bottles of wine or Tiger running shoes and bags.

Special thanks must go to the sponsors of the "Bacchus 12,000" without whom the run would not have been possible and without whom Chris Wardlaw would not have been going to San Francisco. The Committee are therefore indebted to the Griffiths Winemakers - Sergi's Wines, McWilliams Wines, Miranda Wines, San Bernadino Wines, Calabria Wines, Rossetto's Wines, Penfolds, Franco's Wines, Orlando Wickham Hill Wines, and to the Tiger Sporting Footwear Company and to Nicholas Pty., Ltd for providing Staminade.

Next time you have to run down to the local wine shop - you know what you have to do!

The above is a run-down on the event by the secretary of the "Bacchus 12,000" Committee - Mr. Ron Burns.

RESULTS:

1st Male	Chris Wardlaw (Melbourne)		35.18	V.M.C.
1st Female	Elizabeth Richards (Sydney)	57th	46.55	
1st Master	Pat Clohessy (Melbourne)	47th	45.12	V.M.C.
1st Veteran	John Ryan (Melbourne)	38th	43.51	V.M.C.
Oldest to finish	Reg Palfreman (Griffith) (60)	196th	82.08	
Youngest to finish	David Alpen (Griffith) (7)	219th	99.03	
Secret Time	Dany Zancanaro (Griffith)	167th	70.35	
Secret Place	Antony Cooney (A.C.T.)	52nd	45.49	

TEAM AWARD WINNERS:

1st Athletic Club Team	Kew-Camberwell (Vict.)	105 Points
2nd Athletic Club Team	ACT. C.C. Club	162 Points
3rd Athletic Club Team	Randwick-Botany (N.S.W.)	
1st Women's Team	Harbord Diggers (N.S.W.)	
1st Open Team	Forum Tyres Fliers	
1st Secondary School Team	Daramalan (A.C.T.)	
1st Primary School Team	Harlem Grape Trotters (Griffith)	

From Ron Burns, Secretary:

Our "Bacchus 12,000" Committee wishes to express its thanks for your co-operation in distributing entry forms and for publishing the event in the V.M.C. Newsletter. The event was a great success and I hope you can print the results in your next edition.

NOTES FROM THE A.C.T.

BRIAN LENTON

The 1976 A.C.T. Harrier Season got away to an excellent start with the 3rd Annual Two Bridges Fun Run on March 7th. Sponsorship and publicity by Coca-Cola and Radio Station 2CC saw the number of entries this year quadruple to 1040, with 888 finishers. The race was organised by the A.C.T. Cross Country Club and apart from some problems at the finish, it was a very successful day.

Mike Kennedy, leading from start to finish, won the race for the 3rd consecutive year in 25.56 (the distance is actually 275 yards in excess of 8km.) The other major placings were Dennis Smith, 26.54; John Harding, 27.09 and Dennis O'Brien, 27.16.

Best performances by Canberra athletes this year include 11th placing in the Mission Bay Marathon (San Diego, U.S.) on January 10th by Dave McInnes in a time of 2:25.42. The race was won by Mario Cuevas (2:18.05) from Phil Camp (2:18.07) and Bob Fitts (2:20.46), and attracted a field of 718 starters (609 finishers). McInnes was also placed 5th in the Bacchus 12,000 at Griffith over Easter in 37.27. Mike Kennedy won the Sutherland Open 1/2 Marathon on May 1st in 69.02 from Bruce Adams (69.42) and Terry Jorgensen (69.50).

Apart from Sydney's City-to-Surf (and the Bacchus 12,000 this year) the Sutherland event usually attracts the best quality distance field in the state. John Farrington has won the race for the last 4 years and holds the course record of 65:12.2. Although was no teams' event A.C.T. runners filled 1st., 3rd., 9th, (Geoff Moore, 71.13) and 13th (Paul Rudkin, 72.47) places and unofficially would have finished ahead of Sutherland, Western Suburbs and St. George.

The first feature event of the year was the 3rd Annual Anzac Relays (4 x 4, 5km. Road) which attracted a field of 15 teams (20 teams in 1975).

The Relays were won by South Canberra (55.08) from North Canberra (55.20) and St. George (55.46) Dave McInnes had the fastest relay leg of 13:08 followed by Laurie Whitty (St. George) with 13:10 and Mike Kennedy (13:13)

The 2nd Annual Distance Runners Camp was held on May 7-9 in Canberra, the guests being Alby Thomas, Dave Power and Trevor Vincent. Again the camp was very successful with about 50 in full attendance and another 30 casual visitors. Activities included an 8km C.C. Race, 3 x 3km C.C. Relay, Training runs, talks, discussions and numerous films (8 and 16mm). The camp will be on again next year and the tentative date is the Anzac weekend. The venue in the Greenhills Conference Centre and the banks of the Murrumbidgee River about 16km from the centre of Canberra.

A LETTER FROM QUEENSLAND

PAUL CIRCOSTA

As a warm-up for this year's Queensland Marathon Championship, 8.a.m. start, we had our 25km Road Race on the 26th April, starting at 5.15.a.m.

This starting time proved to be a little too late as early cloud cover disappeared and the weather warmed up. Although the race conditions were not good and some of the better runners were not competing, some good performances were put up. Gerard Barrett broke his own course record of 84.27. We managed to get 18 finishers this year as opposed to 6 last year. With the increased fields in our other runs it looks like a good season ahead.

25km. ROAD RACE. 26/4/76.

1 G. Barratt	Towg.	83:19.2	6 R. Grant	Coloolture	99.19
2 R. Bourne	South	88:11.6	7 B. Stephan	Iviv.	99.37
3 A. Jones	Lismore	89:09.6	8 D. Stapleton	Rangers	103.11
4 J. Patterson	Gold Cst	92:50.0	9 B. Biddle	Mundah	103.56
5 P. Circosta	Rangers	98:32.0	10 G. Rayner	South	105.42

18 Finishers

DISTANCE RUNNERS: Your attention is drawn to the two coming events:-

1. The WAKEHURST DLZEN - to be held on Saturday, August 1st. from the Dee Why Surf Club, 9.00.a.m. Entries taken on the day. This event is organised by D.R.N. with all proceeds going towards running the "DISTANCE RUNNING NEWS".

FUR FURTHER DETAILS CONTACT THE OFFICE, or any staff member. PHONE AFTER HOURS - 451-7732

2. 2nd Annual 50 Miles Road Run - SUNDAY, 3rd October. Organiser, Tom Gillis.

Phone 357-3785

"FALLEN COMRADES" EVENT

THIS EVENT WILL NOW BE HELD ON SUNDAY, OCTOBER 3.

IT WILL START AT 10.A.M.

THE ASSEMBLY POINT IS AT THE TOP OF THE DOMAIN. ASSEMBLE AT 9.00.A.M.

HAMILTON MARATHON

The VMC Committee at its recent meeting confirmed the allocation of assistance to successful participants in the Selection Race, The V.M.C. MARATHON

The winner will receive full Economy Return Air Fare.

2nd Place will receive half Economy Return Air Fare.

3rd Place will receive half Economy Return Air Fare.

4th Place will receive half Economy Return Air Fare.

"BACCHUS 12,000"

THIS YEAR AND NEXT.

TERRY HUNTER

This year's race started about 2.30.p.m. Little wind. Approx 30°. 160 starters - 125 finishers - 3 for treatment in local hospital owing to heat.

Course: Metal surface for 1 mile, 2 miles on dirt road, a climb of over 1 mile then levelling out till reaching Heartbreak Saddle, later downhill for 1 mile levelling out to the oval where 300 yards was covered in anti-clockwise direction to finish.

Finishers queued up for their bottle wine with label already typed with name, place and time. Organisation this year was good but could be in trouble if field got too large. If you want more information, see someone who was there this year - there were 40 Victorians in the field.

THIS FIGURE EXPECTED TO DOUBLE IN 1977.

"TERRY REDNOSE" IMPRESSION OF THE "BACCHUS 12,000"

As an occasional drinker I thought I would travel up to Griffith for the Bacchus 12,000, run on Easter Saturday.

Since I expected to be at the other end of the field I reckoned I would need all the help I could get. The day started off with the "BREAKFAST OF CHAMPIONS" at a winery in the city limits. This breakfast starts at 8.a.m., for 3 Bucks, a bottle of champers, and most importantly a glass, this to try out the eleven types of wine available for free wine tasting.

The only other runners I saw there were V.M.C. members. After a couple of hours of sipping wine, which ranged from Sweet Sherry to choc Mint Masala, I headed off in search of some more vineyards. At one, where I asked about tastings, this poor misguided man led me to a side room, handed me a glass and walked out. WELL, I wasn't going to look a gift horse in the mouth! Not with 15 bottles lining the shelf and more in the frig, so with a few sips here and a few sips there and a lot of swilling everywhere.

Something after 12 I decided to finish my PRE RACE PREPARATION.

I RAN 53.30, WONDER WHY? LONG LIVE THE GRAPE.

FROM BRIAN CHAPMAN: THE RESULT OF THE 12,000 METRES INTERNATIONAL. WALES 28/2/76

1	Carlos	LOPES	(Port.)	34.47	6	E	SELLIK	(USSR)	35.17
2	Tony	SIMMONS	(England)	35.04	7	Gary	TUTTLE	(USA)	35.19
3	Bernie	FORD	(England)	35.07	8	Franco	FPRVA	(Italy)	35.21
4	Karel	LISMONT	(Belg.)	35.08	9	Jean	BØXBERGER	(France)	35.24
5	D	UHLEMANN	(W.G.)	35.17	10	Tapio	KANTANEN	(Finl.)	35.28

TEAMS:

1	ENGLAND	90 pts.	2	BELGIUM	118 Pts.	3	FRANCE	137 Pts.
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REPORT ON DISTANCE RUNNING IN SOUTH AUSTRALIA.

PETER FAULKNER

Brenton Norman to date seems to have received no satisfaction from the Olympic Selection Committee. It would seem that it is high time that long distance runners of all states banded together and established a code of selection for all state and national teams.

It is really too much to expect the well meaning but uninformed to fairly select any Marathon team.. I feel that before any selection race commences a statement should be made. For state teams I believe that selection should be the first six home regardless of time in a race named as selection at the start of the season. However, I feel the selection committee should reserve the right to subsidise any runner on merit of performance and funds available. I stress, however, that moves to cement any form of standard selection must come from the runners themselves. So, what about it ? ? ?

3rd. April, 1976. Southern Districts 10 Miles.

Weather - 27°. Unpleasantly warm and windy.

Course - A poorly surfaced winding coast road - undulating.

This race is one of the most popular in our winter calendar and a field of 55 were led off by ex-marathon champion Grenville Wood. John Williams, who won the event last year and Peter Faulkner, who organised the event, joined Grenville and took the field through the first mile. At the 4 mile mark Grenville and John had pulled clear of Peter, who had been caught by a small group of Michael Lagaplie, Peter Bache, Bill James and W. Hall.

Most of the drama occurred during the next two miles. Bill put in a really hot mile to nearly catch John Williams, in trouble, now well behind Grenville. Michael pulled clear of Peter Faulkner who was well clear of Peter Bache and W. Hall.

John now pulled himself together and cleared away from Bil' again. These positions were held to the finish. The times were generally slower than last year but Grenville must have been pleased with opening his long distance season so successfully.

1 Grenville Wood	51.18	6 Peter Bache	54.45
2 John Williams	52.28	7 W. Hall	55.28
3 Bill James	52.47	8 George Tallis	56.10
4 Michael LaPaglia	53.49	9 Mal Allen	56.21
5 Peter Faulkner	54.15	10 Roy Sutcliffe	56.48

D. R. C. Half-Marathon. 1st May, 1976.

Weather - 21° Warm sun and nauseating smells!

Course - Double loop on a fairly straight, good and flat road.

The second long distance race of the calendar attracted a small field of 25. Roy Sutcliffe led the field away with favourites Grenville Wood and Peter Faulkner making their way slowly through the field. At two miles Peter made his break from the leading group of Grenville, Michael La Paglia, Gerry Hicks and Wayne Chettle. Wayne went after him and caught up within the mile. These two led for the next 4 miles until Wayne opened up a small gap. Peter quickly dropped and was caught by an off-form Grenville at the 9 mile mark. Michael LaPaglia had in the meantime been caught by Michael Portman and George Tallis.

Wayne was now well clear of Grenville who, having pulled 30 metres clear Peter, was now slowing. Peter moved past Grenville into second place with 2 miles to go and Grenville (looking terrible) dropped out. (The flu' apparently) With Wayne and Peter comfortably 1st and 2nd., interest switched to the tight group vying for 3rd place.- George Tallis, Michael LaPaglia and Michael Portman They had covered most of the course together and the result was decided only over the final 600 metres. Michael Portman sprinted well clear of the other two, whilst George Tallis proved too strong for Michael LaPaglia.

1 Wayne Chettle	72.36	6 Michael Grant	78.33
2 Peter Faulkner	73.39	7 Wally Beames	79.18
3 Michael Portman	76.21	8 Anthony Smith	82.03
4 George Tallis	76.26	9 Terry Nailer	83.01
5 Michael LaPaglia	77.05	10 Phil Afford	83.13

1st Junior Michael LaPaglia

1st Veteran Wally Beames

P.S. Wayne is the brother of Dave, and is an ex-sprinter.

SCHOOLS CROSS COUNTRY BOOMING

PAT CLOHESSY

One of the significant developments in Victoria during the past decade has been the spectacular growth of cross country in Secondary Schools. On Saturday morning the winter School Term fields are over 600 from all Public and Grammar Schools (except Assumption). Events are divided into 3 groups, Open, U/16 & U/14. The climax of the school season is the All-Schools Championships, with 800 entries.

Further expansion of the weekly schools competition is to follow after June 5, when the large APS-AGS meetings splits and two meetings are organised, allowing for extra High Schools, such as Melbourne, Mt. Waverley and Frankston High Schools, and other schools interested in cross-country, such as CBC North Melbourne, CBC St. Kilda and Therry College to be invited.

This school competition can lay claim to being the breeding ground for many of Victoria's and Australia's leading distance runners. Let's examine the claims: Grant TAGGART (Haileybury) and John AXSENTIEFF (Carey) led their schools to cross-country successes in the mid-60's; National Champion Chris WARDLAW, Bruce JONES and Bob WALCZAK led Melbourne High School to its only All-Schools teams title in 1967. Meanwhile, other National Champions, Peter FULLER and Brendan LAYH also led Scotch and St. Leo's to teams titles. Two more National Champions, Bill SCOTT (Box Hill) and Andrew HILL (Haileybury) had their school successes before Stephen McCAULEY and Australian Tim O'SHAUGHNESSY launched Xavier on a long winning streak with their individual and team victories. National Junior C.C. Champion Robert deCastella (Xavier) has dominated the scene in recent years while Australian Junior Track Champions Bruce POWER (Marcellin), Paul GRINSTED (Brighton) and 1500m Junior Runner-up Stephen FOLEY (Camberwell) have all been prominent in the past 3 years.

And what of the future? Stephen FOLEY (Camberwell) looks set to be a real star in school and junior athletics in 1976 and beyond, both over the country and on the track. In younger age groups, Gerard RYAN (CBC North Melb.) and Marcus CLARKE (Brighton) also show excellent potential.

The real measure of the success of the schools competition, which is unique in Australia, is the enthusiasm, satisfaction and interest acquired by hundreds of boys.

Finally, a further spectacular development is a New Zealand invitation to send a Victorian Schoolboys Cross-Country Team to Christchurch during the August holidays this year. The Schoolboys Promotion Committee has received full support from the VAAA Executive and Council and the VAAA has accepted the invitation. The VAAA is to be commended for this initiative - after all, over 60% of registered athletes are under 19 and this group is worthy of encouragement. (Pat Clohessy is Convenor of Schoolboys Promotion Committee and the Chairman of the APS-AGS Cross Country Committee)

FASTEST N.ZEALAND WOMAN IN FLETCHER MARATHON:

A record number of close to 400 competitors started in the 12th Annual Fletcher Marathon around Lake Rotorua and of them 306 completed the testing course on April 24th. Ninety runners broke 3 hours, including one woman, Mrs. Bev SHINGLES of Wanganui, who stole the limelight from her fellow male competitors. Bev finished 44th in 2:48.46 and in doing so became the fastest woman marathon runner in N.Zeal, the time being only 9 minutes the best for a woman. She also won the sealed handicap on the race.

The race proved a great triumph for Bernie VINE (Owairaka) (ex VMC, SA & WA!!) who has been near the top marathon runners in N.Z. over the past few seasons. Results: Bernie VINE 2:21.21 2 G. STRUTHERS 2:22.14 3 J. JULIAN 2:23.38.

WORLD RECORDS:

May 2nd saw Jo HERMANS (Neth.) improve the world 1 hour and 20km track records when he covered 20.994km to beat his previous best of 20.907km and was timed at 20km in 57.24 as against his own previous record of 57:31.6.

NEIL RYAN IN BUSINESS:

Neil Ryan has tried to find the right sort of running shoes to minimise his injuries over the years, so now he is trying to sell them at "RUNNERS WORLD" in High Street, Kew, just three doors down from the Prospect Hill Hotel.

If anyone wants to read about ailments, diets and other athletic afflictions, he has enough reading matter for sale to confuse even the most discerning.

THE V.M.C. MARATHON - TO BE HELD JUNE 13 (SUNDAY) QUEEN'S BIRTHDAY WEEKEND.

The winner will qualify for full Economy air fare to Hamilton(NZ) Marathon in October, 1976. The 2nd and 3rd placegetters will qualify for half Economy Airfare to Hamilton. In the case of unavailability, the next in line will step up.

PLACE: TYABB -STARTING AT 1.00P.M.(Veterans and others not expecting to finish within 3:30 will start at 12.30.p.m. STARTING POINT: TYABB PUBLIC HALL. Supplimentary race of 1 lap of Marathon Course (10000m) to start at 1.15.p.m.

COURSE LAYOUT:

- Start: Tyabb Public Hall corner. 1km. Flinders Rd. sign "Dandenong Turn"
 2km. Tooraddin Rd., 15m past SEC Pole No. 8. 3km. 15m. past SEC Pole No. 18.
 4km. 15m. past SEC Pole No. 28 4.3km. McKirdies Road - turn right.
 5km. 40m. past gate each side of road. 5.490km 15m. past first power pole right.
 6km. Return 20m. past 5km mark (App. 20m. before gates on each side of road.
 6.690km. O'Neill Rd. corner 7km. 310m along O'Neill Road.
 8km. O'Neill Rd. Pole J, corner of hedge before white house on left.
 9km. Flinders Rd, app. 150m after turn, near white culvert posts.
 10km. Tyabb Hall corner. REPEAT THREE MORE TIMES - THEN;
 41km. Just past Airfield fence 41.371km. TURN on big culvert near gate,
 42km. Opposire McFee Constructions 42.095km. Entry road to Motel.
 42.195km. First corner of brick shed in Motel Grounds.

ENTRIES WILL BE REQUIRED AT LEAST ONE WEEK EARLIER

COMPETITORS MUST check in at Motel at least 1 HOUR before start time, and PAY THE FEE BOOKINGS FOR ROOMS ARE NOW CLOSED, but people will still be able to book privately, without being entitled to the special concession available earlier by contacting THE PENINSULAR MOTOR INN. on (059) 77 44 31.

BOOKINGS FOR THE DINNER-DANCE is strictly limited to 120. The Motel is licensed and drinks will be available at Lounge Prices after 6.30.p.m. The MEAL (Smorgasbord) is priced at \$5, and red table wines are available from private cellar.

NOTE: No cars will be permitted on McKirdies and O'Neill Roads. Spectators will be able to occupy an unrivalled vantage point on the Tooraddin, McKirdie and O'Neill Road Corner, where the runners will pass EIGHT TIMES.

New Zealand contestants expected so far are: Mike Ryan, 2nd in last Hamilton Marathon in 2:14.23, Kevin(Ryan won in 2:14.07, but is in Montreal Team). Max Holmes ran 2:38 in recent Rotorua Marathon, Grant Wilkins ran 2:38 also at Rotorua. Glynnis Pye and Lynne McLeod are two women who will be having their first try at the full distance. Lance Allen, a Veteran and having first try, and another Veteran John Williams who has a time of 3.15.

PRESENT V.M.C. TROPHY ORDER SCALE IN \$.

PETER LOGAN

Event Distance	FASTEST			HANDICAP			JUNIOR	VETERAN
	1st	2nd	3rd	1st	2nd	3rd	1st Hand.	1st Hand.
1 15km/10M	5	3	2	5	3	2	3	3
2 12km F.C.	5	3	2	5	3	2	3	3
3 30km K.M.	6	4	2	6	4	2	4	4
4 15km	5	3	2	5	3	2	3	3
5 20km	5	3	2	5	3	2	3	3
6 25km	5	3	2	5	3	2	3	3
7 Marathon	10	6	3	8	5	3	---	5 (Fastest)
8 8km	5	3	2	5	3	2	3	3
9 12km	5	3	2	5	3	2	3	3
10 16km	5	3	2	5	3	2	3	3
11 10,000m. E.Z	6	4	2	6	4	2	4 (Fastest)	---
Masters Mile	5	---	---	5	---	---	---	---

Women and U/17 - \$3 for 1st in Handicap if sufficient data, otherwise to Fastest.

There is a proposal to upgrade races Nos. 3, 7, 11 to a \$10, 6, and 3 scale, all other races to be on \$8, 5, and 3 scale. Comment on the above is invited!

WHAT DO YOU MAKE OF IT? ODDS AND ENDS AND RANDOM THOUGHTS. BY FRED LESTER

Our congratulations for selection and best wishes for success and an enjoyable journey go to all members of the Australian Olympic Team, soon to leave for Montreal. VMC members PETER LARKINS (S.Ch), DAVID CHETTLE (MAR) and CHRIS WARDLAW (1000M) are our personal stake in the Games and we are looking forward to including tales of their adventures and successes in our Newsletter.

There is a chance that EMIL ZATPEK, the famous Czech distance running pioneer, maybe at Montreal as a visitor and it would great if DAVID FITZSIMMONS could meet him, being the most recent winner of the VMC Emil Zatopek race, even if the trophy had to go to the first FINANCIAL MEMBER of the V.M.C. to finish!!!

Just received the most recent copy of DISTANCE RUNNING NEWS (Vol.2 No.2) whose business address is Box 62, FRENCH'S FOREST, NSW, 2086, notifying me of the need for renewal of subscription. Bit of a shock to find that the sub is \$6.50 for 5 issues which works out at 80¢ per copy plus 50¢ postage (More cop for the Government!). The copy concerned is well worth getting, it even has news from WA, and has plenty for all long distance fanatics to forget telling someone about their pet ailments for at least half an hour!

Interstate and overseas athletes don't know what it's like to feel like a Sandwich Man, you know the people who walk around wedged in between placards advertising "Blogg's 87 Varieties" or something equally obnoxious, It seems that a large number of Victorian athletes are getting the feeling since the issue of the new registration numbers, to be worn back and front, whether you like it or not. Naturally, once you are starting to hawk around athletes' chests and backs as advertising space, to be able to pay for registration numbers, and make a deal, you have entered a commercial contract. Where do we go from here ? ? ? Of course, the question we need to ask is: Are registration numbers really necessary? (Incidentally a good question to put to numbers of activities whose purpose is shrouded in the mists of antiquity). Go out to Championship and Special Meetings on the track and race numbers usually obliterate everything else. At the recent Sandown Relays Grade identifications covered the front of every competitor. Great Britain gave up the idea long ago and put the onus on clubs to keep their own register, as do most overseas countries. In these days of high postage rates, and the difficulty in obtaining a Registrar to put in countless man hours, a simple record in a Register, where each club receives a block of numbers against which they register their members every year to enable a central check if necessary would almost completely do away with the present cumbersome procedures.

"Many of the players are beginning to treat football like a game, instead of the business that it is" is the quote of the year from Essendon Captain, Graham Moss, reported in the Herald (10/5/76). This is to my knowledge one of the few times when someone has expressed the cold and logical outcome of the penetration of commercial values into sport. Could the antithesis between Games and Business be more clearly summarised than this, especially when it was first said in the heat of the moment and later repeated on cooler reflection? !!

After only three runs this season, VMC membership stands at 258 Seniors, 16 Juniors and 5 Women, that is once the 80 or so who joined before beginning of our financial year pay the other half of their fees.

IF YOU DO NOT RECEIVE NEWSLETTER Vol. 8 No. 3, YOU WILL KNOW THAT YOU ARE UNFINANCIAL! Of course it is also possible you didn't let us have your change of address.

From D.R.N. 4/1: A FREQUENTLY ASKED QUESTION IS - What is the ideal temperature for distance running? It is important to remember that temperature is only one of a variety of factors which are important to the achievement of ideal conditions. For the sake of argument, let's neutralise the other variables and look solely at temperature. In a study done by Kawatani (Jap. J.Phys. Fit. 5:62, 1955) the effects of various temperatures on head balance (humidity 70%) in marathon runners was analysed. It was found that the best temperature was 10 to 15 C. (50 to 59 F.) They also discovered that above 25 C. (77 F.) heat would accumulate unless the subject had sufficient fluid intake. Above 30 C. (86 F) heat accumulation was inevitable.

From D.R.N. 4/1.: STRING VESTS are becoming the thing in road racing apparel. While they are effective in prompting evaporative cooling and convection, they are lacking in one serious regard. Incident radiation alone can raise the body temperature several degrees on a cool sunny day. With this in mind it seems foolish to wear a vest which exposes a large part of the trunk. A cotton Tee shirt with short sleeves which is covered with small holes would seem a better solution.