

V . M . C . NEWSLETTER

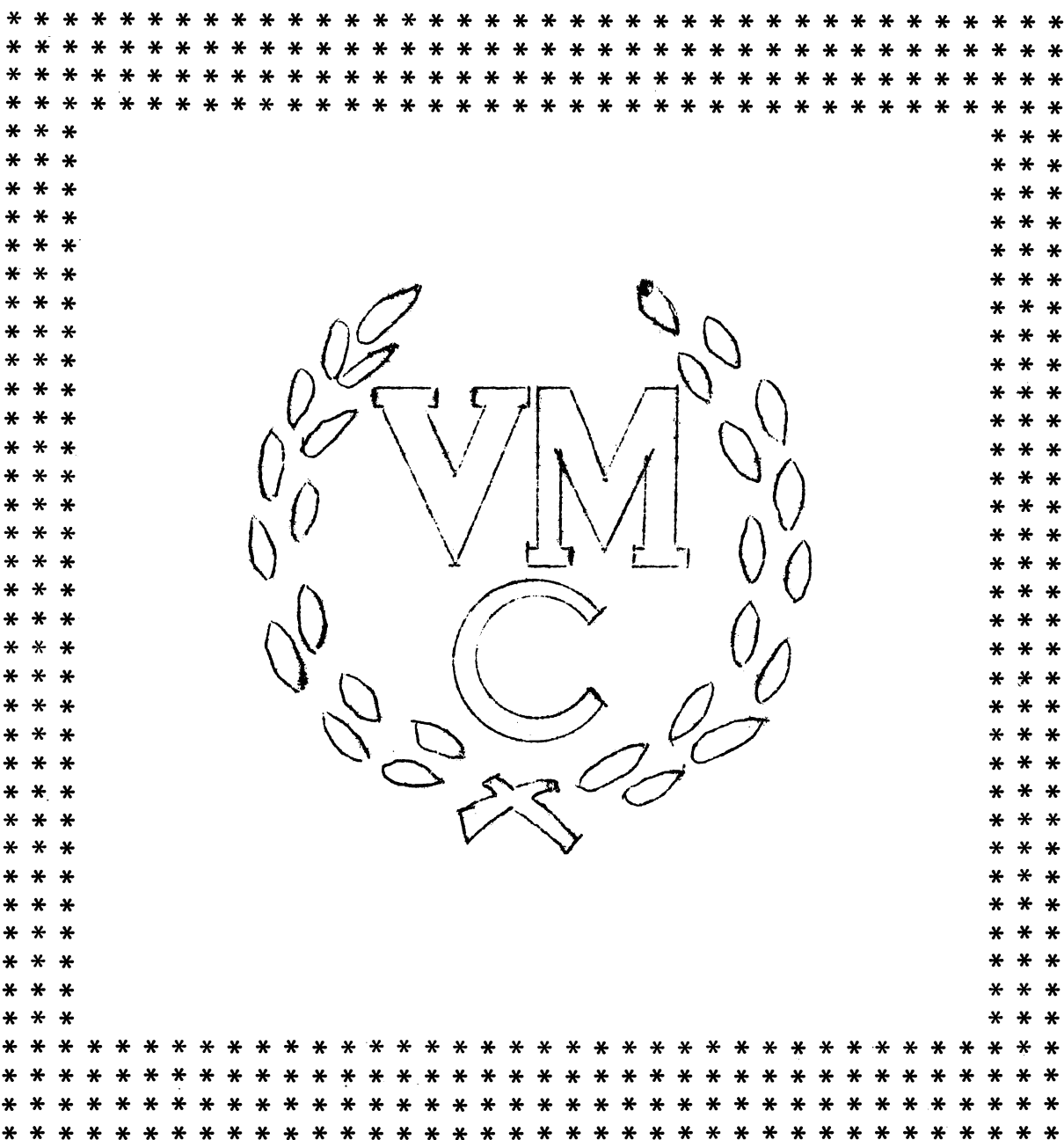
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33rd ANNUAL REPORT 1978 - 79

AUTUMN 1979

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The VICTORIAN MARATHON CLUB NEWSLETTER is published for the information of members of the V.M.C. and other people interested in distance running and athletics in general. The V.M.C.NEWSLETTER is the editorial responsibility of the Editors on behalf of the members of the V.M.C.

It is issued four times a year, corresponding to the seasons (months) of: SPRING (September), SUMMER (December), AUTUMN (March) and WINTER (June) .

All athletes, irrespective of age or sex, are invited to contribute letters, results, comments, etc, to the Editor, V.M.C.NEWSLETTER, 1 Golding St, CANTERBURY, 3126, Victoria.

DEADLINE FOR COPY: 15th February, May, August, November. PLEASE start submitting copy from one month before the set deadline, so that we can maintain smooth scheduling for laying-out, printing and despatching.

PLEASE NOTE that material submitted for publication SHOULD be on single-spaced, typed foolscap, irrespective of length, to make for better laying-out. It is suggested that articles should not exceed one and a half pages of foolscap. (Preferably half that!) Articles for publication MUST be accompanied by the name and address of the contributor, together with his or her signature. The writer of the article shall retain full responsibility for the content of the item submitted.

THE VICTORIAN MARATHON CLUB IS :

OPEN FOR MEMBERSHIP for any registered amateur athlete.

COSTS \$4 per annum for Seniors; \$2 for Juniors (u.19) NOTE NEW RATE !!!
CHARGES 60¢ Race Fee per event EXCEPT the MARATHON (\$1) & EMIL ZATOPEK 10 000m (\$1)
FOR FURTHER INFORMATION - contact the General Secretary of the V.M.C.:

David CRAIG, 45 Caledonia Crescent, MULGRAVE, 3170, Vic.

MEMBERSHIP FEES and OTHER MONEYS should be sent to the Treasurer of the V.M.C.:

George WILSON, 48 Argyll Street, CHADSTONE, 3148, Vic.

RACE ENTRIES (NO MONEY TO BE SENT) are taken 1 hour before advertised starting time, EXCEPT for the MARATHON, EMIL ZATOPEK and other major track events, when intention to enter MUST be notified at least three weeks before the date of the event to the Competition Secretary, Fred LESTER, 1 Golding St, CANTERBURY, 3126, Vic.

Race Fees are payable when checking in on the day of the race.

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

Vic ANDERSON, 12 Wright Street, CLIFTON HILL, 3068, Vic.

x
LOCATION OF VENUES MELWAY No.11 Reference

TULLAMARINE RESERVE, Lancefield Road, 800m NW Mickleham Rd corner	5	H 11
PRINCES PARK, Walker St Pavilion near Carlton F.G., Royal Parade	29	G 12
DOMAIN, Rear of Shrine hill, Birdwood Avenue	43	K 12
ALBERT PARK, Robinson Hall at rear of Basketball Stadium, Albert Rd	57	J 3
TYABB, Peninsula Motor Inn, Mornington-Tyabb Road	148	G 10
POINT LEO, 200m up from Pt. Leo Beach turn-off in Flinders Rd	196	G 9
WERRIBEE SOUTH, Diggers' Road Hall, corner White's Road	201	F 10
BUNGAREE, Football Ground alongside Western H'way, 13km before Ballarat	239	B 1 (above)
POINT COOK, Aviation Road turn-off at Geelong Rd (Princes Highway)	53	C 11

For VAAA fixtures look up in Crosscountry Handbook.

The V.M.C. is very interested in finding new venues as well as supporting long races promoted by individual clubs. If possible, we would like people to come up with lap courses of either 5km or 10km with little or no cross-traffic.

INTERSTATE LINES OF COMMUNICATION :

AMATEUR ATHLETIC UNION OF AUSTRALIA Lee Morrison, Collins Gate, 377 Lit. Collins St, Melb.

NEW SOUTH WALES : Clive LEE, AAA of NSW, P.O.Box N101, Grosvenor St., Sydney 2000.

QUEENSLAND : John BAILEY , Q'land AAA, 33 Wighton St, NASHVILLE, 4017.

SOUTH AUSTRALIA : Ray GRAHAM, SA AAA, P.C.Box 231, ADELAIDE 5001.

TASMANIA : Noel RUBBOK, Tas AAA, 10 Reynolds Court, DYNNRYNE, 7005.

WESTERN AUSTRALIA : Geoff WALL, 26 Kveda Way, NOLLAMARA, 6061.

VICTORIA : Mabel ROBINSON, VAAA, 103 Pelham St, CARLTON, 3053.

A.CT (CANNBERRA) CCC : Bryan McCARTHY, P.O.Box 252, CANNBERRA, 2601, A.C.T.

R.R.C. of NSW : Fred HOWE, 5/30 Hooper St, RANDWICK, 2031.

D.R.C. of S.A. : Don DOHNT, 31 First Avenue, NAILSWORTH , 5083.

VICTORIAN MARATHON CLUB - NOTICE OF ANNUAL GENERAL MEETING .

NOTICE IS HEREBY GIVEN TO ALL FINANCIAL MEMBERS OF THE VICTORIAN MARATHON CLUB THAT THE 33rd ANNUAL GENERAL MEETING WILL BE HELD ON WEDNESDAY 14th OF MARCH, 1979, AT 8 pm AT ROBINSON HALL , ALBERT PARK LAKE.

Business will include reports of Executive Officers, Elections of Officebearers for the ensuing year and General Business brought forward from members of the club. At the conclusion of business, VMC members Vic Anderson and Fred Lester will relate their impressions of the overseas distance running scene gained in the past year.

FINAL NOTICE

MEMBERSHIP FEES (\$4 - Seniors, \$2 - Juniors (u.19) ARE NOW DUE FOR THE 1979-80 SEASON, FROM THE 1st OF APRIL. On March the 31st, you cease to be a registered athlete with the VAAA or a financial member of the V.M.C.

To renew your membership (or join) print your name and address in BLOCKLETTERS on the self-stick labels supplied and return them together with the completed form below and your correct fee to the Treasurer: GEORGE WILSON, 48 Argyll St, CHADSTONE, Vic. 3148. Use your CALLNAME at all times, to assist easier recognition, and include your POSTCODE, without it we cannot obtain postal concession.

COMPETITION SECRETARY'S REPORT , SEASON 1978 - 79.

The year just past was a season of consolidation as far as numbers of competitors in VMC organised races was concerned, there were only minor fluctuations in the popularity of the various events . There was a slight drop-off for the shorter races , particularly during the early summer season , while winter attendances averaged out almost equal to the 1977-78 season . The decline in the longer summer evening races was influenced to a great degree by the proximity of the Big M and Olympic Tyres Marathons.

Overall, the past athletic year went far beyond as narrow a perspective as one may draw from the quoted figures . There was a tremendous upswing of experimentation and expansion in distance running throughout Australia , and much of it in Victoria.

The Big "M" Melbourne Marathon probably had the largest number of participants in its inaugural staging than any other big city marathon around the world as almost 3000 men and women toed the starting line. The South Melbourne AC Olympic Tyres Marathon had record attendances, Glenhuntly AAC launched the Caulfield City Fun Run, virtually every established open distance race reported increased figures.

The VMC Committee , interpreting correctly the current trend , embarked on a new venture by having several early Sunday morning summer runs around Princes Park which proved to be extremely popular , particularly because of their lack of emphasis on the competitive aspect in contrast to the tight point hunting interclub scene . That also seems to be the main reason for the popularity of the New Year Midnight Run , where the relaxed atmosphere has to be experienced , and yet a high standard of performance is maintained.

Our ventures on the track need re-thinking . The 1 Hour Run is an important Fixture on our calendar . However , other events on the same program , as well as track events at the Run-for-your-Supper just after New Year , need better organisation . The answer may lie in closer co-operation with a local venue (several clubs rather than just one) and/or with specialist clubs such as Sprinters, Throwers and Jumpers.

Turning to the 10 000m track runs , the most important event on the track for the Marathoner , they also showed a healthy increase in numbers wherever they were held. As the numbers grow , so does also the complexity in timing and recording correctly for each competitor . Certain procedures have been developed over the years to make race checks as foolproof as possible so that every runner covers the correct number of laps and receives his or her accurate time at the end . A shortage of assistants to score , record or time , jeopardises the efficient and satisfactory conduct of a long track event and often causes upsets and misgivings that could have been avoided.

IT IS ABSOLUTELY VITAL THAT INSTRUCTIONS OF THE RACE MANAGER ARE FOLLOWED AT ALL TIMES.

Any person not directly involved in a task such as lap scoring , timekeeping or calling near the finish line , must keep away from the central area so that the people doing these various jobs can give their task the full concentration that is needed. (That also applies to time control points in road races, especially on the approach side)

It is up to us , VMC members , who are taking part in races , to be aware of these problems and explain them to newcomers to the sport and to people who like to help . If we don't observe correct procedures as necessary to a race , we are jeopardising the competitor's efforts , possibly even his or her wellbeing and safety . We all put a lot of effort into our running , surely , we don't want to make it any harder for anybody than it is already .

It is appropriate at this stage to express our sincere thanks to all those who have come forward from time to time , some actually quite a few times , to carry the burden of the many tasks which go into making our business a running (no puns!) concern . People without being members of the VMC have often come forward to help us out of tight spots when not sufficient officials could be mustered from out of our own ranks , we are most grateful to them .

Living with people , working with people , running with people - it's a two-way traffic . Sometimes we give , sometimes we take , we've got to be able to do both or our connection with others goes stale or sour . It's awareness of self and of others that we need to work on , it takes time to develop just like our running , it does not happen without working at it !

Fred Lester .

VMC EVENTS SUMMARY HANDICAPSFASTEST TIMES

MAR 27	1.Greg MANDILE	(14.09)	61:54	Terry HARRISON	52:06
16km	2.Rob WILSON	(4.41)	52:55	Rob WILSON	52:55
69 Starters	3.John CLARKE	(6.43)	56:03	Matt RYAN	53:06
APR 8	1.Bob LAUGHTON	(24.37)	90:27	Gerry SOFIANOS	67:11
$\frac{1}{2}$ Marathon	2.Gerry SOFIANOS	(.46)	67:11	Terry HARRISON	70:07
83 Starters	3.Rob MANDILE	(8.25)	75:07	Rod MACKINNEY	71:51
APR 25	1.Dave CRAIG	(9.56)	43:50	Rob DECASTELLA	36:35
12km F.C.	2.Les MOLLARD	(8.16)	43:15)	Rob WALLACE	37:19
155 Starters	3.Joan CAMERON	(11.15)	46:26	Bob WELSH	37:51
MAY 7	1.Joe GOBEL	(14.08)	56:28	Bill JOYCE	50:29
15km	2.Rochard DAVIS	(21.16)	63:41	Dave MARBURG	50:59
93 Starters	3.Tony BERRY	(13.58)	57:22	Paul DRINKWATER	51:18
MAY 28	1.Shirley YOUNG	(38.23)	101:16	Ian RANDS	67:06
20km	2.Barbara BYRNES	(24.08)	87:19	Rob MANDILE	68:31
86 Starters	3.Richard DAVIS	(20.55)	84:39	Hugh WILSON	68:44
JUNE 11	1.Bill WIGGLESWORTH	(67.49)	3:25:03	Rob WALLACE	2:21:14
MARATHON	2.Bruce INGLIS	(35:22)	2:47:40	Paul O'HARE	2:25:03
94 Starters	3.John HARPER	(43.32)	2:57:17	John DUCK	2:30:36
JULY 8	1.Tony BERRY	(16:13)	86:04	Terry HARRISON	77:23
25km	2.Ernie ELLIOTT	(15:15)	85:38	Dave BYRNES	79:11
51 Starters	3.Graham SALTHOUSE	(21.57)	92:19	Arthur KINGSLAND	79:18
SEPT 16	1.Kathy McLEAN	(21.50)	2:03:54	Dave BYRNES	1:45:14
30km K.o.M.	2.Kon BUTEO	(17.43)	2:00:23	Paul DRINKWATER	1:46:18
62 Starters	3.Barbara BYRNES	(27.42)	2:10:45	John NOLAN	1:46:34
OCT 8	1.Graham KIPP	18km 126m	- 10 Miles in 53:30		
1 Hour Run	2.Ross SHILSTON	17km 203m	- 10 " " 56:12		
40 Starters	3.Barry TREGENZA	16km 784m	- 10 " " 57:23		
NOV 8	1.Tom HASSALL	(6.56)	59:05	Len JOHNSON	52:50
16km	2.Barry MOORE	(12.09)	64:26	Silvio RADOSLOVIC	56:04
20 Starters	3.John BARRIE	(10:31)	62:52	Norm DUFF	57:38
	(3.Bill FULTON	(12.34)	64:55		
NOV 22	1.Matthew HART	(16.27)	47:58	Chris WARDLAW	36:09
12km	2.Brude LEESON	(11.53)	43:29	Graeme KENNEDY	38:10
66 Starters	3.Nick McGUIGAN	(9.17)	41:09	Neil RYAN	38:27
DEC 6	1.Alan GRAY	(12.12)	33:01	Bill SCOTT	23:04 R
8km	2. Ted McDONALD	(11.11)	32:02	Stewart HANDASYDE	24:36
98 Starters	3.Bruce PETERS	(7.48)	28:42	Brian McINERNEY	24:41
DEC 11 - 14	1.Geraldine RILEY	(18.31)	42:54	Gerard BARRETT	27:51.4 AR
10 000m E.Z.	2.Ross SHILSTON	(5.32)	30:25	Steve AUSTIN	28:07.8 VR
135 Starters	3.Greg McMAHON	(6.53)	32:17	Bill SCOTT	28:20

OTHER OUTSTANDING PERFORMANCES BY V.M.C. MEMBERS :BIG "M" MARATHON

1.Bill SCOTT	2:21:04
2.Dave BYRNES	2:23:06
3W.Barb BYRNES	3:07:01
4W.Joan CAMERON	3:33:34

14 in first 20 were
V.M.C. members !!!

FUKUOKA MARATHON

7.Chris WARDLAW	2:13:02
22.Len JOHNSON	2:19:32

Vic Vet MARATHON

1.Jim SEYMON	2:44:13
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Q'LAND MARATHON

1.Gerard BARRETT	2:12:20
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GAMES TRIAL MARATHON

1.Dave CHEWLE	2:14:41
2.Vic ANDERSON	2:18:44
3.Gerry SOFIANOS	2:20:20

OLYMPIC TYRES MARATHON

1.Don SIMPSON	2:33:14
2.Dave BURNES	2:35:42
3.Geoff O'BRIEN	2:35:46
4.Ian RANDS	2:35:59

GEOFF WATT $\frac{1}{2}$ Marathon

1.Steve AUSTIN	66:26.4	Course Record
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VIC.40 000m CH'SHIP

1.Steve AUSTIN	28:01:7	VR
2.Bill SCOTT	28:03:2	
3.Chris WARDLAW	28:37.4	

There may have been other performances worth a place on this page.If we've missed anyone,please let us know,or better still,make it your personal business to ensure that complete results of major distance runs throughout Australia,especially 10 000m and Marathon races,are promptly sent in to the Editors of the VMC Newsletter.

VICTORIAN WINTER FIXTURES 1979.

- APR 1(Sun) VMC Once-Around-The-Tan, Domain 10.30am.
 APR 7 VMC Half-Marathon & 10km, Tullamarine, 2.30.
 APR 16(Mon) VMC 16km & 4Miles, Princes Park, 2.30.
 APR 25(Wed) VMC 12km & 4km Fallen Comrades, Domain, 2.30.
 APR 29(Sun) VMC 15km & 5km, Albert Park, 10.30am.
 VAAA Opening Run, Flemington 2pm.
 MAY 6(Sun) Richmond Harriers River Run, Botanic Gardens, 10am.
 MAY 12 VAAA 8000m CCC, Latrobe Valley.
 MAY 13(Sun) Monash Relays, Yallourn.
 MAY 19 Malvern Harriers 6 Hours Relay.
 MAY 20(Sun) Ballarat Harriers Half-Marathon, Bungaree, 11am.
 MAY 26 VAAA Sandown Relays.
 MAY 27(Sun) VMC 20km & 10km, Albert Park, 10.30am.
 JUN 9 VAAA 10km Rd Ch, Werribee.
 JUN 16 Charles Suffron Race, Ballarat.
 JUN 17(Sun) VMC MARATHON & Mini-Marathon & Dinner-Dance, Tyabb, 12.30. (Entries by 28 MAY)
 JUN 18(Mon) Wendouree Relays.
 JUN 23 VAAA MARATHON, Point Cook.
 JUN 30 Kew-Camberwell 16km Road Championship.
 JUL 7 VAAA 16 000m CCC, Jells Park.
 JUL 14 VMC 25km & 10km, Werribee South, 2pm.
 JUL 21 VAAA 15km Rd Ch, Fishermens Bend.
 Traralgon MARATHON
 JUL 28 Victorian Schoolboys CCC, Yarra Bend.
 AUG 4 VAAA 12 000m CCC, Bundoora.
 AUG 11 Victorian Country MARATHON / AUSTRALIAN MARATHON, Perth.
 AUG 18 VAAA 25km, Lara.
 SEP 1 VAAA CC Relays, Yarra Bend.
 SEP 9 Monash Uni 10km around-the-campus / AUSTRALIAN CCC, Perth.
 SEP 15 VMC 30km & 15km King-of-the-Mountains, Point Leo, 1.30pm.
 SEP 16(Sun) Geoff Watt Half-Marathon, Warragul.
 OCT 7(Sun) VMC 1 Hour Run and Track Races.
 OCT 16(Tue) R.W. Clarke 10 000m, Murrumbidgee.
 OCT 21(Sun) BIG M MELBOURNE MARATHON, Frankston 8am.
 NOV 7(Wed) VMC 16km & 6km, Two Bridges, 6.30pm (NOV 21 12 & 4; DEC 5 8 & 2 km)
 NOV 13(Tue) PUMA 10 000m, Sandringham.
 NOV 25(Sun) OLYMPIC TYRES MARATHON, Princes Park, 8am.

OTHER FIXTURES NOTIFIED FOR THE WINTER SEASON:

- APR 1(Sun) NIKE INTERNATIONAL MARATHON, Canberra, 8am. entries must be posted by March 19 and sent to: Sec.A.C.T. Cross Country Club, P.O.Box 252, Canberra City, 2601. Marathon Entry Fee \$3, Smorgasbord \$7, T-Shirt \$5. Group travel rates by air are available from the above address only. Accommodation may be limited unless booked in advance.
- APR 14(Easter Sat) Bacchus 12 000, entries close March 24 with Griffith Athletic Club, P.O. Box 1327, Griffith 2680.
- APR 16(Easter Monday) Boston MARATHON \$5 entries close March 19. Send with self-addressed envelope to: Will Cloney, Box 223, Boston, Mass, USA.
- MAY 6(Sun) Whyalla MARATHON, entries to R.Sara, P.O.Box 9, Whyalla, 5600.
- MAY 26/27 Cherrywood Village 100 Miles track race, \$5 entries close May 20. Telephone Don Keysecker 628-6435 or Tom Gillis 357-3785 in Sydney
 Cherrywood Village (047) 77-4250. 6am-8pm Sat (minimum 60 Miles) & 7am-3pm Sunday. Gold Medallions for under 14 hours; silver under 18; Bronze under 24.

Postscript: The Nike International offers a free return trip to the Hamilton, N.Z., Marathon to the first Australian finisher. In addition every male finisher under 3:30 and every female finisher under 4 hours will be eligible for a draw for a similar epic return air fare to contest the 1979 Hamilton Marathon. The race will be limited to 300 men and women and there will be an official time limit of 4½ hours. All finishers will be issued a certificate giving details, winners of the numerous categories will receive trophies and Nike training shoes.

JUNIOR DISTANCE RUNNING AND THE V.M.C.

Nick McGuigan.

This year, the VMC is attempting to cater more for Junior runners. To this end a member of the Committee, namely myself, has been assigned to pay special attention to this area. Currently all VMC races are open to all age groups, including Juniors, and to both sexes. Additionally, most of the race meets include two distances, one longer and another somewhat shorter.

As you can see there is plenty of scope for people starting to race long distances to break gently into this sport without the attendant pressures of competing for one's club or running distances beyond their capabilities of the moment.

On the fiscal side, at the time of writing, the membership fee stands at \$2 for Juniors under 19 (\$4 for Seniors) which is not a heavy financial burden.

In summary, the VMC is ideally suited to foster distance running in Juniors. If anyone has any suggestions to make or would like to contribute in this area, could they please contact: Nick McGUIGAN, 23 McKinnon Road, McKINNON, 3204.

(Footnote from the Editor: Bill SCOTT, Phil HAMER, Rob WALLACE, Neil CROKER, John STANLEY, Tim ERICKSON and many of the newer up and coming senior runners were regulars at VMC runs in their Junior years.)

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WORLD PEACE RUN.

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Dick Batchelor.

On August 27, 1979, starting at the United Nations in New York, a team of 32 runners carrying a flaming torch will set out on a non-stop around the world relay run "as a means of inspiring humanity with the vision of world peace".

From New York the team flies the Atlantic, runs through the green hills of Ireland, the grape vineyards of France and Italy, over the mountains of Austria down to the Mediterranean; from there to the wilderness of Turkey, Iran (good luck!), Afghanistan, India and Thailand, across the ocean to Australia, Japan and back to the USA via Mexico, returning to New York on December 25, 1979.

Relay runners will split into two 16 member groups, averaging 180-200 miles a day. They will run 24 hours, when the next group that lepfrogged ahead takes over. Each relay group will be led by an escort car, followed by the major support van crammed with communications gear, laundry facilities and food. The third vehicle in each group houses sleeping quarters. Runners plan to average eight-minute miles. Military air transport will probably be used to transport the six vehicles across the oceans. Top marathon runners Chris Stewart (GB) and Tom Fleming (US) will be among those taking part.

Ray Harrington has been appointed Director of Australia/Asia Operations for the Run, and wishes to hear from people in the running community who would like to lend support in some way. Ray can be contacted via G.P.O. Box 1931, Brisbane, 4001.

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VANDAL RUNS OUT OF LUCK.

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Snipped from the Melbourne Herald.

London : - Georte Smith couldn't have picked a worse intended victim when he broke the window of a van parked in a Northumberland town and took off on foot.

"You'll never get away from me", his pursuer called to him.

He was right - the owner of the van, 38-year-old former Olympic runner, Jim Alder, followed until Smith, 21, collapsed exhausted and surrendered.

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BOOZE NEWS IS DIAL-A-DRIVER.

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Culled from the Melbourne Age.

A new company Rent-A-Driver has been established in Melbourne offering a service at \$15 an hour to drive people home in their own cars from whatever place they have been imbibing beyond the safe limit.

However, as one service for careful drinkers begins, another is ending.

The organisers of the Wangaratta "Booze Bus", which for some weeks has ferried drinkers home from hotels at 50 cents a trip, are closing down while blaming the end of a police campaign against drinking driving for the drop in patronage, claiming people had been "too scared" to drive during the Xmas police blitz.

But Wangaratta police Sergeant Pat Lee said the blitz was still on.

"We've probably booked so many people over the past few weeks that there's nobody left to go to the pub", he said.

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BOOK REVIEW.

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Fred Lester.

The newly published AUSSIE ROBICS, by Perce Russo, (Summit Books) \$4.95, is one of the most sensibly organised and written books on how to approach physical fitness for many years. Not only does it tell you about the scientific principles involved in everyday language, it also suggests programs you can work around to suit your own needs. If you are looking for a ready-made formula, forget it, this book is for you to think it out for yourself along sound lines of approach.

NEW AUSTRALIAN RECORD IN ZATOPEK RACE.

Dick Batchelor.

In a display recalling the great days of Ron Clarke in the 1960's, 21 year old Queenslander Gerard Barrett demonstrated conclusively that he is the man most likely to lead an Australian distance running revival in the 1980's.

Apart from David Fitzsimons, all the "big guns" were at Olympic Park on December 14. Unseasonable cool conditions greeted the field at the 8.00 pm start.

Almost immediately, the pace was dictated by Barrett, Steve Austin and Bill Scott, although in the early stages Chris Wardlaw, NZ domiciled Bruce Jones and Andre Lambden stayed with the leaders.

By lap 7 Wardlaw was finding a fast 10km too much to take only two weeks after his great 2:13 marathon in Japan and was dropped by the leading pack.

The 9th lap saw Bruce Jones dropped by the leaders but he soon found himself surrounded by a second aggressive pack which included Rob Decastella, Gary Bentley, Paul Cuffe, Bob Welsh, Peter Nordhoff, John Sheehan and a fading Wardlaw, who was shortly to pull out of the event.

Andre Lambden was dropped on the next lap and six laps later was seen to be doubled up with a stitch or stomach cramp - an unfortunate end to a game effort.

Lap 11 was reached in 12 min 18 sec (67 sec average), with Austin and Barrett giving no quarter and Scott still dogging their footsteps.

The leaders passed the 5000m point in about 13:58 and a buzz of excitement stirred the crowd when it was realised a new Australian Record was possible. Indicative of the fast pace, the trio out front were by now lapping well-respected distance runners in Paul O'Hare, Graeme Kennedy and Geoff Nicholson.

On lap 14 Steve Austin tried a strong surge but was quickly covered by Barrett. Scott looked as though he had been dropped but fought back courageously to eventually catch the leading duo at the end of the lap. Bruce Jones at this point was a lonely fourth, with Rob Decastella running a steady race 20 metres behind Jones and the rest of the field by now well strung out and being lapped.

By lap 18 Barrett had opened a four second margin to Austin with Scott a further 3 seconds in arrears, but it still looked anybody's race.

Five laps to go and Barrett was now in full control, six seconds clear of Austin who was trailed four seconds later by Scott.

Lap 21 was completed with the clock on 23:47, indicating that Barrett was still maintaining his murderous average of 67 seconds per lap. Austin was now 11 seconds down with Scott a further 4 seconds behind Austin.

The bell was reached in 26:49 and to a standing ovation from the small but enthusiastic crowd the young Queenslander reeled off a 62 second last lap to cross the line in the new Australian Record time of 27 minutes 51.4 seconds. Steve Austin finished in 28:07.8 and was also under the previous Australian Record of 28:09.8 set by Barrett in the 1976 Zatopek race, while Scott was third in a very creditable 28:20.2.

Although lapped by Barrett on his final circuit, Rob Decastella's steady-paced run was rewarded with fourth place, just ahead of Bruce Jones, while Cuffe and Sheehan (both half a lap behind Jones) were the only other runners to break 30 minutes.

(Incidentally, for those who still think in minutes per mile, Barrett averaged around 4 minutes 29 seconds per mile for the 10km !!!!!)

Footnote from Fred Lester: Gerard tripped up during a training run around the tan the previous evening and contracted a goodly dose of gravel rash on one knee. It was still a little stiff and sore on the night of the race, so Gerard was quite content to just "sit" behind the lead for the very early laps!!

Also for the statistically minded, here is another break-up of the times:

1000m	2000m	3000m	4000m	5000m	6000m	7000m	8000m	9000m	10 000m	(6 Miles)
2:47	5:33	8:21	11:11	13:58	16:47	19:34	22:20	25:08	27:51.4	26:58.8
2:47	2:46	2:49	2:50	2:47	2:49	2:47	2:46	2:49	2:43.4	
	xxxx					xxxx				xxx

FLINDERS TO POINT LEO RACE (8km). 17-12-78.

High tide left only a narrow strip of soft sand, rocks and seaweed. At one point competitors waded through waist deep water. Conditions were cool with a strong tailwind.

1. Dave BYRNES	26:36	7. Brian ROBERTS	32:25	13. Doug OLIVER	33:41
2. John BRUCE	28:05	8. Geoff HINDLE	32:40	14. Peter BYRNES	35:08
3. John KINDNESS	28:30	9. Mike RYAN	32:50	15. Steve REID	35:12
4. Dick BATCHELOR	30:54	10. Ray LEE	32:55	16. Anthony RANDALL	37:10
5. Clark JONES	31:00	11. Paul KING	33:05	17. Bruce McCOWAN	43:55
6. Neil COUTTS	31:45	12. Geoff TAYLOR	33:15	18. Mick HUSSEY	49:40

FUKUOKA MARATHON 3-12-78. 1. Toshihiko SEKO 2:10:21 - 2. Hideki KITA 2:11:05 -
3. Shigeru SOH 2:11:41.2 - 4. Trevor WRIGHT (Eng) 2:12:31.7 - 5. Leonid MOSSEEV (SU) 2:12:44 -
6. Bill RODGERS (US) 2:12:51.3 - 7. CHRIS WARDLAW 2:13:02 - 8. John THOMAS (US) 2:13:11 -
9. Garry BJORKLUND (US) 2:13:15 - 10. Richard HUGHSON (Can) 2:13:21 - 22. IAN JOHNSON 2:19:32.

WORLD C.C.C. AUSTRALIAN TEAM TRIALS, SANDOWN PARK, 29-1-1979 (12km) Dick Batchelor.

Hot and humid conditions greeted the 17 runners at the 10am start. The course comprised five 2.4km laps of the prak (all on grass), each lap including one steady rise and one low hurdle.

The first two laps saw Steve Austin (showing no effects from a 13:39.7 5000m the previous evening) and Chris Wardlaw forcing the pace, with barefoot Jim Langford (WA), Bill Scott, Rob McDonald (NSW) and Bryan Lewry in close contention, followed by Rob Decastella running his usual calculating race.

Lapping steadily in the low 7:20's Austin and Wardlaw established a handy break over Scott and McDonald, with intense competition for the next four placings, as the first six would be automatic selections in the Australian team.

The final lap saw Wardlaw clear away to a 23 second lead over Austin, with Scott and the sensational McDonald together about 20 seconds in arrears and battling up the straight side by side, Scott getting the verdict by a second.

Rob Decastella clinched his spot in the team with a solid fifth placing, followed closely by Lewry, a tiring Langford, Tim O'Shaughnessy, Rod Lyons and Phil Cuffe.

The Australian team to contest the world title at Limerick Racecourse, Ireland on March 25 is:-

Chris Wardlaw, Steve Austin, Bill Scott, Rob Decastella, Bryan Lewry, Dave Chettle, Jim Langford, Rob McDonald and Gerard Barrett.

Gaylene Clews from Perth and popular VMC member Lynne Williams will contest the women's event in Ireland. The Junior men's event will see Australia represented by Melbourne's Marcus Clarke, 17, and Sydney's Laurie Whitty, 19.

The Australian contingent is packed with talent and could well improve on the excellent sixth placing achieved in the senior teams event at Duesseldorf in 1977.

Trial results:

1. Chris WARDLAW (V) 36:55	5. Rob DECASTELLA (V) 37:56	9. Rod LYONS (V) 38:33
2. Steve AUSTIN (V) 37:17	6. Bryan LEWRY (V) 38:03	10. Phil CUFFE (V) 38:56
3. Bill SCOTT (V) 37:38	7. Jim LANGFORD (W) 38:14	11. John SHEEHAN (V) 38:59
4. Bob McDONALD (N) 37:39	8. Tim O'SHAUGHNESSY (V) 38:23	12. Tony RISEBY (T) 39:01

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VICTORIAN 10 000m SUPPLEMENTARY DIVISION, DONCASTER 5-2-1979. Mild, sunny, fair breeze.

1. Gerry SOFLANOS 31:43	7. John ALLAN 34:51	13. Mike DALY 38:22
2. Chris KEARNEY 32:54	8. Jim CASEY 35:23	14. Kevin WALDRON 39:36
3. Jim SEYMON 33:02	9. Tony BERRY 35:27	15. Trevor ROBBINS 39:49
4. Dennis ANDREW 33:10	10. Bruce WATT 36:00	16. Brian MILLGATE 41:38
5. Tom HASSALL 33:48	11. Dave ANSELL 37:17	17. Robin RISHWORTH 41:52
6. Rob JAMIESON 33:57	12. Ray CALLAGHAN 37:23	18. Miriam ANSELL 47:55

Nick BIDDEAU ran 24 laps in 36:30, hence does not figure in the results. The laxity of competitors in arranging for their own lap scorers posed a number of problems, one of which is that the result for several runners could possibly be not recognised as valid for a qualifying standard.

This also serves as a reminder that the task of lap scoring cannot be treated lightly. The lap scorer is just as important and essential to the efficient conduct of a multi-lap race as any other official task. It requires utmost concentration by the person concerned from start to finish, and the presence of other individuals close by, no matter how well meaning they may be, can only lead to distraction of one kind or another. Our thanks are due to the people who came forward to assist our competitors.

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VICTORIAN 10 000m CHAMPIONSHIP, OLYMPIC PARK, 6-2-1979. Cool evening, slight breeze.

1. Steve AUSTIN 28:01.7 VR	6. Peter NOORDHOFF 30:00.8	11. Lindsay BURGOYNE 30:44
2. Bill SCOTT 28:03.2	7. Paul O'HARE 30:17.4	12. Paul TUCKER 30:48
3. Chris WARDLAW 28:37.4	8. Steve McCAULEY 30:31	13. Len JOHNSON 30:53
4. Rob DECASTELLA 29:40.7	9. Max LITTLE 30:35	14. Andre LAMBDEN 31:01
5. Ewan WILSON 30:00.5	10. John DUCK 30:36	

In conditions very close to ideal the strong field of 16 runners (all had qualified by being under 31 minutes during the previous 18 months) commenced at a fast pace. The top three were particularly keen to attack the existing record, set at the Emil Zatopek in mid-December, and at the half-way mark Austin and Scott were ahead of Barrett's National Record schedule. The lead saw-sawed between these two, with Scott desperately trying to win a decisive break from his rival, at one stage he gained about 10 metres. Coming up for the bell, it still was either runner's race, but Austin from there drove hard until Scott weakened down along the backstraight to gain a 10 metres gap on entering the last run-in to the line, a 61 sec last lap. Except for Wardlaw, all runners were lapped and came in singly, the gap between Wilson and Noordhoff was close to 15 metres, Lambden became victim to a severe stitch after a fast beginning.

4. LAPS, PRINCES PARK (13km) Sunday Jan.21, 1979. Cool, fair breeze. 78 Starters.

1. Bob GUTHRIE	43:04	26. Les BRADD	50:34	51. Peter COLTHUP	55:09
2. Vic ANDERSON	43:16	27. John LEAHY	50:53	52. Brian MILGATE	55:38
3. John CLARKE	45:11	28. Ray CALLGHAN	50:56	53. Geoff WHITE	56:23
4. Eric MISKOWISZ	46:01	29. Bob FEWSTER	51:01	54. John SUTCLIFFE	56:29
5. Mike POWELL	46:12	30. Kerry CUSSEN	51:10	55. Tom DAVISON	56:40
6. John KINDNESS	46:29	31. Tony SANCHEZ	51:33	56. Merv WOODGATE	57:05
7. Wal ROBINSON	46:34	32. Graeme SALTHOUSE	51:42	57. Arthur LUCAS	57:37
8. Bob SCHICKERT	47:02	33. Fred McINTOSH	51:57	58. Geraldine RILEY	58:39
9. David LYNCH	47:38	34. Bob LAUGHTON	52:02	59. Bob MOORE	58:39
10. Norm BECK	47:48	35. John MELLUSCO	52:12	60. Tom DONOVAN	59:51
11. Peter ANDERSON	48:08	36. Bill FULTON	52:17	61. Frank BIVIANO	60:22
12. Gerry HART	48:30	37. Nigel ROYCE	52:39	62. Anne CALLAGHAN	60:31
13. Bill HARRISON	48:53	38. Phil LEAR	52:51	63. Norm MACLEISH	60:40
14. Bob HALL	49:00	39. Richard HARVEY	52:51	64. Joe TENNANT	60:45
15. David ANSELL	49:17	40. Fred LESTER	53:13	65. Harry JONES	60:53
16. Peter ARMISTEAD	49:18	41. Dick FREELAND	53:33	66. Liz RANDALL	61:03
17. Gabriel CARMONA	49:19	42. Mary McLENNAN	53:38	67. Betty NEWMAN	61:43
18. Steve LUDER	49:50	43. Ted McDONALD	54:04	68. Arthur ELLIS	63:03
19. Rob McGUIRE	49:51	44. John JOHNSTON	54:05	69. Neil SHARD	64:31
20. John BARRIE	49:53	45. Robin RISHWORTH	54:18	70. Miriam ANSELL	66:12
21. Neil COUTTS	49:54	46. Neil TAYLOR	54:31	71. Judy WINES	68:04
22. Gerry RILEY	50:09	47. Tony BRADSHAW	54:50	72. Marj COLTHUP	70:46
23. Geoff O'BRIEN	50:10	48. Peter MORRIS	54:59	73. Maureen RILEY	77:49
24. John MAHONY	50:22	49. Graham SHEPPARD	55:04	74. Judy DAVISON	77:19
25. Ian SMITH	50:25	50. Martin CULKIN	55:05		

5 LAPS, PRINCES PARK (16km) Sunday, Feb. 11, 1979. Fine, sunny, humid. 92 Starters.

1. Bob GUTHRIE	52:45	28. Gerry RILEY	63:28	55. Ray CALLAGHAN	70:47
2. Dave BYRNES	53:15	29. Gerry REILLY	63:46	56. John JOHNSTON	70:47
3. Rod PITT	54:46	30. John MAHONY	64:05	57. Merv WOODGATE	70:48
4. Geoff PRATT	55:18	31. Brian SIMPSON	64:47	58. Tony BRADSHAW	72:11
5. Don SIMPSON	56:12	32. John LEAHY	65:06	59. Geoff WHITE	72:35
6. John CLARKE	56:57	33. Bob FEWSTER	65:13	60. John SUTCLIFFE	72:53
7. Mike POWELL	56:58	34. Bill FULTON	65:21	61. Graham SHEPPARD	72:59
8. Greg BUTLER	57:44	35. Stewart NICOL	65:47	62. Martin CULKIN	72:59
9. Ern ELLIOTT	57:51	36. Graeme SALTHOUSE	66:06	63. Dave ARMFIELD	73:17
10. Hugh WILSON	58:28	37. Richard WEST	66:16	64. Kevin TITTERELL	73:24
11. Jim CASEY	58:56	38. Bob LAUGHTON	66:20	65. Gabriel REDEI	73:26
12. Norm BECK	59:17	39. Terry PAYNE	66:23	66. Peter MORRIS	73:57
13. Gerry BLOORE	59:32	40. Nigel ROYCE	66:24	67. Bob MOORE	75:50
14. Bruce WATT	59:56	41. Richard HARVEY	66:25	68. Judith FOLEY	76:25
15. David LYNCH	60:03	42. Brian MILGATE	66:27	69. Geraldine RILEY	76:58
16. Allan FOLEY	60:27	43. Fred McINTOSH	66:31	70. Clare McKERR	78:28
17. Brian RYCROFT	60:28	44. Keith McINTOSH	66:31	71. Arthur ELLIS	78:58
18. David ANSELL	60:28	45. Neil TAYLOR	66:46	72. Bill O'GRADY	79:32
19. Bob HALL	60:44	46. Kevin WALDRON	66:49	73. Norm MACLEISH	80:02
20. Peter ANDERSON	60:59	47. Rod GAULD	66:54	74. Miriam ANSELL	82:40
21. Brendan McVEIGH	61:12	48. Russ COLEMAN	67:10	75. Jacquie RAND	83:43
22. Gabriel CARMONA	61:25	49. Andrew HUTCHISON	67:28	76. Anne CALLAGHAN	87:57
23. Bill HARRISON	61:45	50. Ron RAYSON	68:26	77. Vicky SALTHOUSE	90:36
24. Joe GOBEL	62:13	51. Malcolm SCOTT	69:35	78. Judy WINES	91:38
25. Peter LOGAN	62:41	52. Peter COLTHUP	69:48	79. Judy DAVISON	98:01
26. Dave HYSEN	62:45	53. Bob NOTTLE	70:18	80. Maureen RILEY	100:18
27. Les BRADD	63:05	54. Tom DAVISON	70:42	81. Debbie MANNING	100:18

As readers can see from the above, the response to having Sunday morning runs in the hot summer period was almost overwhelming. At present, we are keeping it at a low key competitive level with every runner just paying up 20¢ to cover our bare costs, there are no prizes attached. It is obvious that there is no other summer competition to cater adequately for a very large number of runners, covering all ages and sexes.

As a matter of interest, here is a break-up into categories:

4 Laps: Open Men 42; Open Women 4; Junior Men 2; Junior Women 1; Vets Men 22; Vets Women 7.
5 Laps: " " 54 " " 4 " " - " " 2 " " 17 " " 4.

These figures apply to finishers, we have no details on the "d.n.f.'s".

There have been many newcomers to athletics among them and the pleasant atmosphere has encouraged most of them to join with either local clubs, the Veterans or the VMC. It is a case of RUNNING FOR ENJOYMENT.

V.M.C.NEWSLETTER ESTABLISHES AN EDITORIAL COMMITTEE.

A number of Vmc members whonhad been taking an active part for a while in its affairs, particularly in relation to the Newsletter,met one Monday night in January to have a closer look at the aims and purposes of the magazine and to what extent it met the expectations made of it by the general membership of the VMC. Questions that were raised included topics such as :

A more even and professional quality in Lay-out and production.

To what extent would photographs enhance its presentation.

Is the magazine aimed at the everyday runner or should we aim for more."glossiness".

What are the implications in going commercial or accepting sponsorship.

The magazine could be more structured and present regular features.

It is vital to preserve its "grass roots" appeal.

It should be used more widely for the information of regular runners.

We could consider special issues for special occasions such as the Big "M" event.

The discussion was very lively and many ideas flowed from the points under discussion, resulting in the general conclusion that an Editorial Committee was needed if we were to attend to the different areas more effectively.The following areas were outlined and people agreed to work as a group in :

EDITING: Fred Lester(Chief), Dick Batchelor, Merv Woodgate, Bill Luke, Nick McGuigan.

CORRESPONDENCE: Dick Batchelor, Bruce Watt, Fred Lester.

BOOK REVIEWS: Bruce Walker, Bruce Watt, Richard Harvey.

TRAINING NOTES: Fred Lester.

NOVICE RUNNERS: Richard HARVEY, Dick Batchelor.

RACE COMMENTS: Bill Luke, Richard Harvey, Nick McGuigan.

FORTHCOMING EVENTS: Nick McGuigan, Bill Luke

VENUE SALES: Nick McGuigan(Murrumbena), Bill Luke(University), Fred Lester(Doncaster).

As you can see from this list, there are plenty of areas to which all VMC members can contribute and anyone who would like to join any of the groups enumerated will be most welcome to take part. There may also be other areas which we have not covered, so let us have your ideas and comments.

WOMEN RUNNERS is a section that is sorely needed to present their views and comments, but without their presence at the meeting no decision was taken. All VMC newsletter readers are aware of the talented women runner/writers we have in our ranks.

All the members of the Editorial Committee will be meeting regularly to prepare for each new issue of the Newsletter and all will take part from time to time in interviewing leading runners, chasing up results and gleaning other information.

The Editorial Committee deplored the tendency that has sprung up lately for some writers to try to "syndicate" their writings around various athletic publications. It was felt that contributions should be original when sent in, however that would not preclude reprinting from other magazines, provided proper acknowledgment to author and publication are given.

Comments on the above from our readers and members will be appreciated, as well as people coming forward to take a creative part and lend a hand in whatever may appeal to them to maintain the VMC Newsletter as the premier forum of information and discussion for Australian distance running enthusiasts.

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LETTER FROM BERO KIRANEN. (Edited) 27-11-1978

By courtesy of Mabel Robinson.

Hello, Mrs Rob. I am in the middle of a writing craze, so I thought I'd drop you a line. ...am in Seattle, only visiting really. I ran in the AAU CCC here on Saturday, over a hilly muddy and slippery golf course. It must have been around 40F(9C) when we ran. The race only served as an experience but I still thought I'd run better than my 120th odd. The whole field took a wrong turn, but they made us all run another lap to compensate. (That ought to cheer up our CCC Ed.) ...Well, school in California is near its end, I receive a 2 year degree in January. I've also received a full scholarship to Boise St, Idaho... I guess they thought I've run well enough to be given the offer! My running has been good, won 6 races in a row, including the Conference, 3rd Calif State, my school won its first ever State title..ran in a 20km in Malibu for 5th in 1:05:06 p.b. (Gary tuttle 1:01:45/Chris Stewart/Lasse Viren 1:03:18/Mike Pinnoci 4th...

KNOCKING PRESENTATION OF ATHLETICS IN VICTORIA has been a popular pastime this past summer season, in the columns of the Press and elsewhere. While much of it is justified, it would be much better if criticism was accompanied by positive comment, such as the Age's Peg McMahon suggesting the holding of field games competition on Saturday mornings to avoid restricting throwing athletes on grounds of danger to other athletes. The VAAA and the VWAAA governing bodies, as well as their respective officials panels, would do well to get together around the table for a broad discussion of common problems and in addition draw on active participants still involved in competition for opinions and advice. The loss of Executive Director, Rick Pannell, to the AAU is hardly enough excuse for the VAAA to become virtually haphazard at times. Instead of streamlining the organisation, the past year seems to have led to more centralisation with fewer people, loaded with more work, and consequent faults of omission creeping in. The answer lies in drawing more people into the actual organising of our sport and delegating responsibility, even if it means stepping back for some.

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THE HYPOCRACY OF TOBACCO advertising through sport was brought home to me with the death of two acquaintances of mine through lung cancer in the past twelve months. Two of the most insidious menaces in the air we breathe are the leaden petrol fumes and the inhalation of tobacco smoke. Both these menaces have a very direct influence on performance in prolonged periods of physical exertion, to which we can add in the case of cigarettes a real danger of fire and evidence of filthy residue, both in colour and in smells. I suspect that if this addiction to tobacco were not such a great money spinner for Governments by the way of excise tax we would have seen a far more resolute campaign in the interest of national health. The least sporting bodies could do is to band together in a boycott of all tobacco advertising and sponsorship. That would then be consistent with the aims of sport as healthy recreation.

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EVERY TIME OUR MEDIA TRY TO BE FUNNY at the expense of joggers and runners, they are actually sabotaging strenuous efforts, both in time and money, by public agencies who try to promote community health. It becomes still worse when professional people are quoted, mostly out of context or without check-back, on critical comments in regard to wrong practices in sport.

In that category was the article headed 'Joggers run grave risk in the midday sun' (The Australian, 9-1-1979) by Elizabeth Johnston. The article contained some very sound advice by a Mr Osiecki, a sport nutritionist in Queensland.

The real point is that anyone will suffer from over-exposure from the midday sun, all the more if they undertake great physical exertion for a lengthy time. Digging in the garden, walking the pavements, even just sitting at the tennis or cricket without protection from direct sun rays are no less a risk. If we were able to check all cases treated for heat exhaustion or heat stroke, joggers would be outnumbered heavily by people doing other things when stricken. It's exposure to the sun that is the key issue not the jogging, keep out of the sun is Mr Osiecki's message.

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THE APPOINTMENT OF JEAN ROBERTS as National Director of Coaching for the AAU is very welcome indeed, as fresh blood in the ranks of athletic top administration is vital to improvements in our sport. Dr. Jean Roberts came to her Doctorate and her present post first as a practicing athlete, then as a teacher in physical education, going back to specialised studies in field games coaching and then doing her Masters Degree in Philadelphia and eventually back to Australia, a long hard road. Jean was Shot Put and Discus Champion of Australia many times and represented in teams abroad between 1962 and 1974, making the finals in 1960 in the Olympic Discus at Mexico. She also broke dozens of assorted records.

My impressions of Jean were always one of a person capable of intense concentration, a fine teacher by example and serious treatment of her charges and an air of quiet determination. Some of it rubbed off onto several of her students when it came around to school sports.

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"FREDDIE, YOU CAN'T SELL EXPERIENCE, YOU CAN'T EVEN GIVE IT AWAY!" Bob Grant, of O. Scotch and ex top Australian Pole Vaulter, once said to me over a glass of ale in the Olympic Park bar after another Victorian Championship meeting.

I was reminded of that very strongly when attending an Adult Education Camp out in Gippsland this summer. I met up with Barbara Irvine, a fellow VMC member, and it was only natural that we should attempt to promote an early morning jogging group. By the second morning the group was reduced to three regulars: Barbara, myself and John. Inexperienced John saw it as a chance of a lifetime and we could not convince him to take it just that little bit easier. Result: By the sixth day he became a case of exhaustion.