

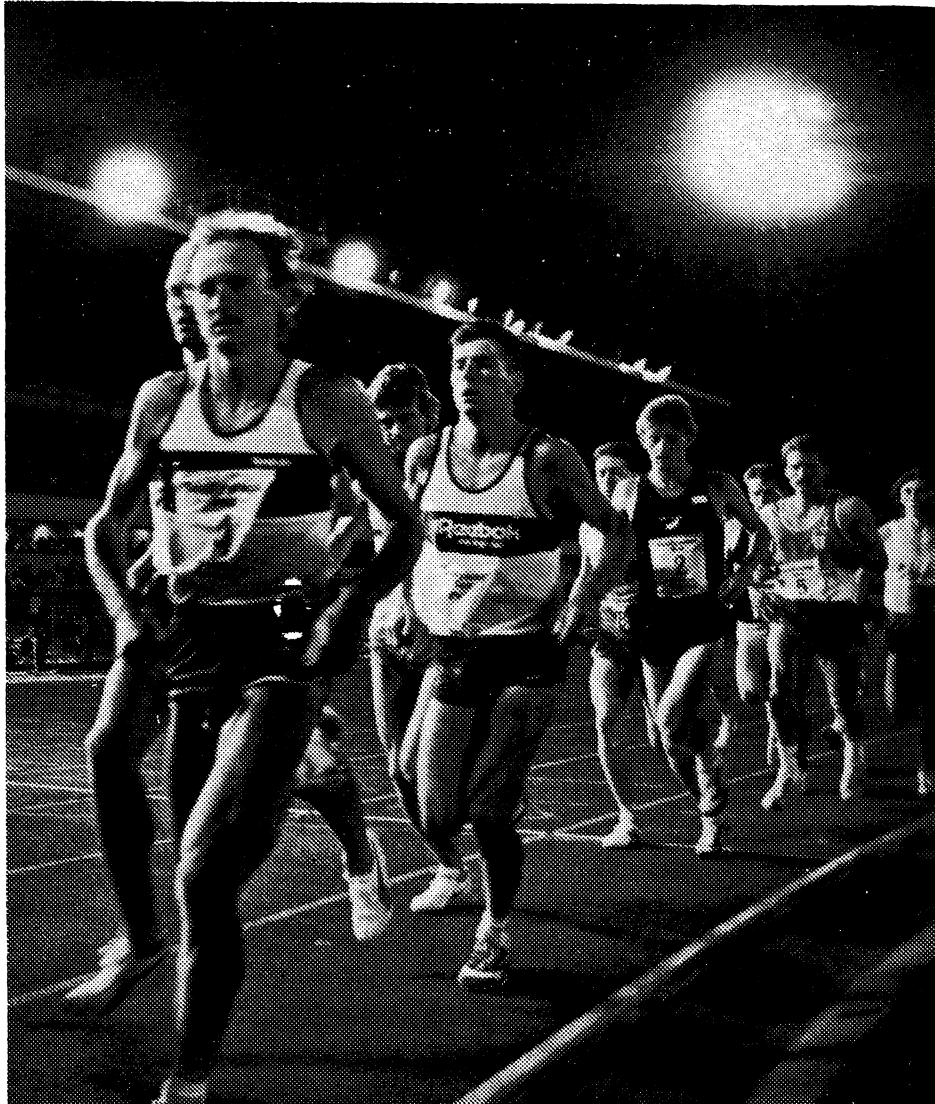


VMC ROAD RUNNERS
NEWSLETTER
& 41st ANNUAL REPORT

Autumn 1987
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ANDY LLOYD on his way to another 10,000m 'EMIL ZATOPEK' victory.
He repeated the dose in the National Championship on the same track to consolidate his standing as No.1 in Australia.

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Publication No. VBH 0488.

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DECLARATION

1. I, the undersigned, in consideration of and as a condition of acceptance of my entry in the VICTORIAN MARATHON CLUB & ROAD RUNNERS event named on this Entry Form, for myself, my heirs, executors and administrators hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event.
2. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved and otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them, and includes but is not limited to Commonwealth and State Departments and Instrumentalities, medical and paramedical practitioners and personnel, and shall so operate whether or not the loss, injury or damage is attributable to the act or neglect of any or more of them.
3. I have read the rules and conditions of the event as stated in the declaration above and upon literature and other material distributed in connection with the event and agree to abide by them.

SIGNED.....DATE.....

*I certify that I am the parent/guardian of.....
and that he/she has my consent to participate in this event.

SIGNED.....DATE.....

(*Complete if applicable)

RUNNING GROUPS Any regular local running groups are invited to join the list. Please send details to: VMC Office, 598 High St., East Kew. 3102.

The VMC RR gets numerous requests from our members for training advice and running contacts. In order to provide this service to our members, Fred Lester, an AFTCA Coach Grade 2, is available from 10.00am on Sundays (other than race days) at the Stradbroke Park Athletic Track, Cnr. Burke & Harp Roads, East Kew. Club members wishing to assist are welcome to come along and run with groups of varying standards, to encourage beginners and establish a 'Helping Hand' group, and foster a greater club spirit. BBQ and tot's playground nearby.

GREENSBOROUGH REGULA RUNNERS Women's Running Group - all ages & abilities. Groups meet on Wednesdays at 9.30am at Willinda Park, Greensborough. Beginners welcome, child minding provided. Distances and routes vary weekly. A Thursday group meets at 9.00am at the rear of Sports Mart in Greensborough to run for 1-1½ hours. For other runs at various times, please ring the VMC Office, 817-1033, for information.

WATTLE PARK Women's Over-40 Group. Contact Marg Anderson, 288-1894. The group meets on Mondays 10.00am near the chalet and clock tower, top of Wattle Park driveway.

YARRA VALLEY RAMBLERS men and women, mixed standards, contact David Bland, (B) 509-1952. This group meets on Sundays at 8.30am at Kew-Camberwell Ath. Track, Stradbroke Park, East Kew. Yarra Valley courses, Eastern Parklands rambles.

COBURG FUN RUNNERS train at Harold Stevens Athletic Track (Melways Map 18-A09/10) every Tuesday and Thursday night at 6.15pm. Contact mail to 55 Woodlands Avenue, Pascoe Vale, 3044. Phone: 386-9251.

PENINSULA ROAD RUNNERS For runs of various distances in the Mornington Peninsula area, contact: Kon Butko 787-1309; Ray & Mark Lewis 789-6109; Gordon Loughnan (059)77-4892; Tony McMahon 786-5154.

BALLARAT Mount Helen Fitness Trail Runs start at 9.30am at the Ballarat College of Advanced Education, 8km from Ballarat on the Midland Highway to Geelong. For information ring Laurie Prosser, BCAE, (053)30-1800, or Newell Barrett, Shire of Buninyong, (053)41-3501.

FERNY CREEK Meet at the Cafe in Ferny Creek, near corner of Mt. Dandenong Tourist Road and Mast Gully Road (Melways Map 75-C-4), Sunday mornings from 8-9am for a long run (8, 15, 17, 21 mile circuits) in magnificent bush surroundings, a combination of road running and Sherbrooke Forest tracks. Back to the Cafe after for breakfast. Dozens of other runners for company.

VMC ROAD RUNNERS T-SHIRTS AND SINGLET

One of the most popular 'swappable' garments on the running scene, these are always available at \$8 each, plus \$1 postage and packing. Colours are white with navy logo. Order by mail from VMC Office, 598 High St., E. Kew (phone 817-1033) or ask at runs.

SPECIAL There are still a few special Zatopek T-shirts available for sale at only \$6 plus P & P as above. Sizes are limited so be quick!

QUEEN OF THE NORTH RUN - SUNDAY MARCH 22, 1987, 9.00am

Don't miss the second running of this annual event for women of all ages and abilities, one of the few chances for women to show what they can do! 6km and 12km courses starting and finishing at Harold Stevens Athletic Track (Melways Map A9/10). Entry fee \$3.00. Presentations follow finish. VMC RR acknowledge the co-operation and assistance of Coburg Fun Runners in the running of this event.

VICTORIAN MARATHON CLUB & ROAD RUNNERS - 41st ANNUAL REPORT . YEAR 1986.

LOOKING FOR ANSWERS - A YEAR OF MIXED RESULTS.

With a general air of dis-satisfaction around the athletic scene and a string of less than pleasing results nationally and internationally the past year has been one of soul searching and tossing around of ideas to overcome the situation. Remedies can on occasions be found by the 'hit or miss' method, and new things need to be tried out. However, a thorough analysis of a given situation tends to give better results and fewer 'misses'.

Although membership of the VMC RR increased to 721(1985-643), an increase of 12%, and the proportion of women members rose to near 10%, there was a drop in the participation in VMC runs of 15%, 3230 as against 3805. This is only partly accounted for by the 'Burnley 10' becoming a Richmond AC event and certain misinformation appearing in some running magazines. Another major factor was the callous re-scheduling of the Superun without regard of existing running schedules, a serious blow to the success of the popular 'PUMA 32km Beach Run', only partly offset by staging the 'PUMA Daylight Ten' later in the year.

The introduction of 10,000m and other track trials, something tried some ten years ago and fading out within three seasons, obviously interests only a very small number of members and other runners who rarely participate in VMC events. What is more, it does not justify the expense of hiring a venue like Olympic Park at \$360 a pop for 38 or so starters. Those interested would be far better served by staging a trial as part of one of their training sessions at Olympic Park.

On the other hand, there is room for an enterprising athletic club to build a pre-summer season meeting centred around such track trials at their particular venue in aid of local charity and general money raiser. Such a venture would have the support of the VMC RR as well as a much wider range of local clubs and individuals.

In administration of a club of our size we do need more of our members to assist on a regular basis - weekly, fortnightly, monthly - for maintaining our telephone service, freeing the Secretary of some routine tasks to pursue more specific requirements. We must thank Jim Gook, Kevin Campbell and Jean Albury for giving a lot of their time. The same goes for our 'hardy' regulars who make sure the Newsletter gets to members on time and those who send in reports and stories involving our Club. One can only wish that many of those who are pretty good at telling stories and offering advice would put pen to paper and let us have more articles and letters, which would give us a better reflection of the many varied trends and opinions among our general membership.

We must also thank our Committee members who were regularly involved with the Club's activities and the hard work put in to make several key events a success.

Of the Sponsors, 'Scallywags Sox' took the limelight by being main sponsor for the EZ Series, for which we thank them. But equally important are those sponsors who played it low key - PUMA and David Ward Insurances - their regular support is the backbone of Australian Sport at the grass roots.

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The VMC ROAD RUNNERS NEWSLETTER is published for the information of members of the VMC ROAD RUNNERS CLUB and is covered by payment of the Annual Membership Fee. It is issued quarterly: AUTUMN (March) - WINTER (June) - SPRING (September) - SUMMER (December). All runners, irrespective of age or sex, are invited to contribute letters, results, photos, comments, criticisms, etc., to the EDITOR, 1 Golding St., CANTERBURY 3126, Victoria.

PLEASE NOTE that material submitted for publication is preferred to be typed single-spaced and not exceeding 1½ pages of A4 sheets, ideally less than 1 page. Articles for publication MUST BE accompanied by the name and address of the contributor, together with his or her signature. The Author of such article shall retain full responsibility for its contents.

DEADLINE FOR COPY is the 5th day of the month preceding the month of publication.

INTERSTATE LINES OF COMMUNICATIONS.

VMC ROAD RUNNERS, 598 High St., E. KEW 3101, (03) 817-1033: TUE, WED, THU 12noon - 2.00pm
 AAU: Rick PANNELL, P.O. Box 254, MOONEE PONDS, Vic. 3039 (03) 370-7555
 NSW AA: Clive LEE, P.O. Box N101, Grosvenor St., SYDNEY, NSW 2001 (02) 241-3538
 VAA: Olympic Park No.1, Swan St., MELBOURNE 3002 (03) 428-8195
 QAA: Reg BRANDIS, QE2 Stadium, Kessels Rd., NATHAN, Q'ld 4111 (07) 343-5653
 AA of SA: Ian ROGERS, P.O. Box 57, KENSINGTON PARK, S.A. 5068 (08) 332-8352
 AAWA: ., P.O. Box 208, WEMBLEY, W.A. 6014 (09) 387-5599
 AAA of TAS: Noel RUDDOCK, 10 Reynolds Court, DYNRRYNE, TAS. 7005 (002) 23-1976
 ACT AA: Bill BAILEY, P.O. Box 351, BELCONNEN, A.C.T. 2616 (062) 47-4171 H
 NT AA: Anne GENDERS, 1 Brookes Place, MILLNER, N.T. 5792 (089) 81-4833 H
 VIC VETS AC: Peter COLTHUP, 14 Bakers Rd, N. DANDENONG, Vic. 3175 (03) 795-1169
 QLD MARATHON & RR CLUB: Andrew SEMPLE, P.O. Box 192, EVERTON PARK, Q'ld 4053
 WA MARATHON CLUB: P.O. Box 260, MT. LAWLEY, WA 6050
 SA RRC: G. PO. Box 591, ADELAIDE, SA 5001 (1 Sturt St. (08) 212-6115
 ACT CC CLUB: Dave CUNDY, 33 Lawrence Cres., KAMBAH, A.C.T. 2902, P.O. Box 144 (062) 31 84 22
 SYDNEY STRIDERS: Phil CALDWELL, P.O. Box N119, Grosvenor St., SYDNEY 2001 (02) 427-6350

VICTORIAN VENUES

Melway Reference

OLYMPIC PARK: Swan St & Batman Ave, trams from Princes bridge & Richmond Stn 44 B 11
 TWO BRIDGES COURSE: Alexandra Ave, opp. Botanic Gardens, near Morell Bridge 44 B 12
 ALBERT PARK COURSE: Robinson Hall, rear of Basketball Stadium, facing lake 57 J 3
 PRINCES PARK: Walker St. Pavilion, near Carlton FG, Royal Pde, trams pass 29 G 12
 BOULEVARD: Kevin Bartlett Reserve, behind Burnley Gardens, Richmond bank of Yarra 45 B 12
 POINT LEO: 200m up from Pt. Leo turn-off at Flinders-Hastings Rd 196 G 2
 FISHERMENS BEND: Area south of Yarra in Port Melbourne, also Garden City 42 H
 DOMAIN: Birdwood Ave, rear Shrine of Remembrance, 1.5km from Flinders St. 43 K 12
 LATROBE UNIVERSITY: Car Park 6, off Ring Road, 500m east Waterdale Rd entrance 19 H 7
 WERRIBEE SOUTH: St. Mary's Primary School, cnr White & O'Connors rds. 201 H 10
 WESTE ~~W~~FOLDS PARK: Porter St. TEMPLESTOWE 33 E 1/2 | BUNDOORA PARK: Plenty Rd 19 F 4
 COBURG TRACK: Outlook Rd, E. COBURG, off Murray Rd Swimming Pool 18 A 9
 COLLINGWOOD TRACK: Heidelberg Rd, CLIFTON HILL; Crosscountry course opposite 30 G 12
 DONCASTER TRACK: George St 33 J 11 | BOX HILL TRACK: Elgar Rd/Barwon St 47 C 7
 CROYDON TRACK: Norton Rd 50 K 4 | NUNAWADING TRACK: Burwood H'way, E. BURWOOD 62 B 7
 MURRUMBEENA TRACK: North & Murrumbeena Rds 68 K 9 | MENTONE TRACK, Second Street 87 B 7
 SANDRINGHAM TRACK: Thomas St, HAMPTON 76 k 6 | DENDY PARK Dendy St. BRIGHTON 77 B 2
 FRANKSTON TRACK: Ballam Park 103 B 4 | KNOX TRACK: Rushdale St. SCORESBY 73 D 7
 RINGWOOD TRACK: New St & Sylvia Rd, rear Cadbury Factory, Canterbury Rd 49 F 11
 ABERFELDIE TRACK: Corio St ESSENDON 28 D 6 | HEIDELBERG TRACK: Liberty Parade 19 D 12

This page is a SPECIAL SERVICE to all runners to facilitate their contacting athletic organisations at home or when travelling interstate. The VMC RR NEWSLETTER is sent to all the interstate addresses for their information and it is in their own interest to notify us of changes in personnel and addresses. They are cordially invited to let us have their dates and venues and conditions of entry to their events so that we can keep our membership and other runners informed.

VMC RR 12km TWO BRIDGES.19-11-1986.Mild,overcast,steady drizzle.54 Starters.

Table with 3 columns of names and times for the 12km race. Includes names like Andy COCHRANE, Noei PHILPOTT, Paul MUNDAY, etc.

VMC RR 4km TWO BRIDGES.19-11-1986.36 Starters.

Table with 3 columns of names and times for the 4km race. Includes names like Bill LINEHAN, Nick SHARMAN, Fortius MEHMET, etc.

Race Manager DAMIEN COOK was assisted by Vin MARTIN, John BROWN, Vicky THOMPSON, John GAPES, Fred LESTER, Mal COTHER, Rob JAMIESON, Neil RYAN.

We had omitted the result of the VMC RR 'WAL SHEPPARD' Trophy MASTERS MILE in the Emil Zatopek series 1985 as the result sheet got mixed up with other VAA events of the period.

VMC RR "WAL SHEPPARD" TROPHY MASTERS MILE.19-12-1985.Fine,mild,strong breeze.12 Starters.

Table with 3 columns of names and times for the Masters Mile race. Includes names like Dick TELFORD, Ian MELROSE, John HEALEY, etc.

Received a memo from Dr.Jack Cook,Ath's Coach,University of Nevada.Reno:

WANTED: TRACK & FIELD ATHLETES TO ATTEND A AMERICAN UNIVERSITY. SOME SCHOLARSHIPS AVAILABLE, WRITE: TRACK: 1776 Meadowvale Sparks, Nevada 89431



DECEMBER 1986 VMC NEWSLETTER was despatched by: Noel & Marg ANDERSON, Ian MINTER, Anne LYNCH, Alan BALLARD, Jim GOOK, Dave CRAIG & Fred LESTER.

VMC RR 8km TWO BRIDGES.3-12-1986.Warm,humid.89 Starters.

1.Robin RISHWORTH 21	26:26	27.Tony HARPER 27	31:03	53.Sue NEVE 31W	36:42
2.Noel PHILPOTT 24	26:29	28.Andrew BURGESS 29	31:05	54.John HERBERT 46	36:43
3.Paul MUNDAY 28	26:40	29.Joan CAMERON 30W	31:19	55.Peter SNELL 24	36:52
4.Trevor VINCENT 48	26:54	30.Jim CURTAIN 36	31:39	56.Stan RUCKER 39	36:58
5.Tanquin OEHR 35	27:18	31.Clive SMITH 42	32:05	57.Warren FAWSEY 23	37:17
6.Les BRADD 34	27:58	33.Dave YEAMAN 50	32:13	58.Laurie SCHWAB 39	37:26
7.Ken VERVYLA 30	27:59	32.Robert ANDREW 27	32:10	59.Adam SCHWAB 18	37:27
8.Louie ROCAS 27	28:09	34.Bruce GOODMAN 49	32:13	60.Norm HOFSTEED 39	37:35
9.Paul BOAG 42	28:34	35.Kevin CASSIDY 26	32:16	61.Keith INGRAM 45	39:12
10.Brian CASSIN 41	28:45	36.Dave CRAIG 43	32:27	62.Susan STEPHEN 29W	39:13
11.Elias SAHELY 32	29:07	37.David POTTAGE 37	32:32	63.Robert BROOKS 19	39:29
12.John TAPLIN 32	29:21	38.Mike CUMMINS 42	32:45	64.John BENCZE 54	39:40
13.Andrew WALKER 35	29:26	39.Alan WITHERS 36	33:07	65.Peter FRANCIS 36	39:54
14.Ken EMERY 39	29:32	40.Graham McFERRAN 33	33:21	66.Neil SHERD 26	39:59
15.Anthony SMITH 21	29:44	41.John FINNIN 25	33:21	67.Penny MARTIN 32W	40:07
16.Keith McINTOSH 46	29:46	42.Jim HOLDEN 35	33:57	68.Gary OATEN 24	40:46
17.Alan IRWIN 45	29:58	43.Cathy EDMONDS 24	34:01	69.Paul RICHARDSON 32	41:05
18.Tim PUGH 22	30:06	44.Barry CALLANAN 36	34:03	70.Margaret SYKES 46W	41:15
19.Paul GRAFEN 23	30:07	45.Peter HARDY 30	34:33	71.Frank BONECKER 61	42:45
20.Doug PETROFF 44	30:11	46.Kevin ARMSTRONG 51	35:09	72.Mervyn BECKETT 55	43:10
21.Mike COLGAN 35	30:14	47.Warrick ERWIN 25	35:10	73.Trevor McNAMARA 20	44:08
22.Jon HOLMES 34	30:25	48.Thelma CALLANAN 43W	35:15	74.Frances HARRISON 20	46:30
23.Jeremy BIRD 36	30:26	49.Silvia MANTHORPE 46W	35:17	75.John STEWART 25	47:16
24.John BARKER 25	30:30	50.Phido GOLDENBERG 40	35:46	76.Kevin HUNTER 33	55:00
25.Geoff HOOK 42	30:35	51.Kevin BROWNE 50	36:08		
26.Ian DUFFY 42	30:50	52.Bob NEWBOLD 45	36:20		

VMC RR 2km TWO BRIDGES.3-12-1986. 16 Starters.

1.Mark PAYNE 18	6:11	7.Gaye GEORGE 32W	7:40	13.Robbie CAMPBELL 33	9:56
2.Michael PREDL 17	6:27	8.Selwyn GEORGE 32	7:41	14.Ross CALLANAN 9	11:11
3.Doug MOSS 21	6:56	9.Shamus CASSIN 13	8:05	15.Daniel BRADD 6	12:43
4.Dave GINSBOURG 45	6:57	10.Niall GINSBOURG 13	8:37	16.Christopher BRADD 5	13:32
5.Grant MORGAN 12	7:33	11.Michael HOWLETT 25	8:49		
5.George TURNER 41	7:31	12.Raph GOLDENBERG 12	9:20		

Race Manager TERRY O'HALLORAN was assisted by Tom GRAY, Selwyn & Gaye GEORGE, Jim GOOK, Peter LOGAN, Neil RYAN and Fred LESTER.

'DAVID WARD INSURANCES' EMIL ZATOPEK 3km Fun Run.Princes Park.14-12-86.27 Starters.

1.Mick O'CONNOR 34	9:48	10.Stuart MABLE 8	15:14	16.Frances HARRISON 20W	17:35
2.Mark PAYNE 18	9:49	11.Gavin BLACK 8	15:42	20.Peter WOOD 36	18:05
3.Sean FITZGERALD 15	10:53	12.Denis SHEPHARD 39	15:42	21.Rebekah BLACK 11w	18:05
4.Joe CASSAR 25	12:03	13.Sam BURKE 10	15:49	22.Brenda CHINN 46W	18:26
5.Andrew YEAMAN 13	12:54	14.Richard BALLARD 11	15:57	23.Jane EDMANSON 36w	18:26
6.Wayne HELWIG 24	12:57	15.Adam WOOD 9	16:43	25.Debrah JENKINS 7W	19:59
7.Laurie FAWKNER 44	13:14	17.Gilbert DAVIES	17:53	26.Kathy PAPALIA 33W	20:46
8.Andrew THURSFIELD 10	14:48	18.Roslyn JEFFS 8W	17:53	24.Ann PAUL 33W	18:35
9.Robyn Bailey 27W	14:56	19.Katie BURKE 11W	17:54	27.Dorothy HICK 45W	26:35

Race Managers Jim Gook and Fred Lester were assisted by Alan CROCKETT, John BARRIE, Peter & Dianne SLATER, Peter BLACK, Tony BERRY, Malcolm BROWN and John BROWN.

If the figures are a little out of order, it is mainly due to finished runners failing to report in for recording and a shortage of VMC club members to assist.

Nevertheless, thanks to our sponsor, DAVID WARD, and the people who assisted, no major catastrophe occurred and there were plenty of spot prizes as well as log books for the participants.

The drizzly and cold morning was a bit of a shock to the Shephard family just down from Mount Isa. That did not stop 16 year old Joanne from racing in as first woman.

'DAVID WARD INSURANCES' EMIL ZATOPEK 10km Fun Run, Princes Park.14-12-1986.

Cool, drizzly. 169 Starters.

1. Andy COCHRANE 31	32:22	57. Peter BRYAR 35	40:06	113. Dot BROWNE 45W	46:36
2. Brendan McCARTNEY 26	32:48	58. Peter WOODS 25	40:17	114. Mike HOARE 51	46:36
3. Bill DONALD 26	33:44	59. Beval HANLING 26	40:20	115. Bernie JEFFES 42	46:37
4. Rob TURNLEY 24	33:21	60. Dean REYNOLDS 35	40:20	116. Keith HAINE 52	46:37
5. Michael McINTYRE 28	33:57	61. Dave YEAMAN 50	40:27	117. Susan STEPHENS 29W	46:53
6. Geoff PURNELL 31	34:10	62. Sean WOODS 29	40:27	118. David HENDRIE 36	46:56
7. David OWEN 18	34:13	63. Gerry CLARKE 50	40:31	119. Della HENDRIE 36	46:56
8. Cameron HAYES 17	34:27	64. Ryan GOOK 13	40:31	120. Alan WARREN 52	46:58
9. Dor SIMPSON 40	34:36	65. Michael ORELLI 42	40:46	121. John KING 36	46:59
10. Dubcan LARGE 28	34:38	66. Doug SANDIFORD 29	41:02	122. Rhonda POCKNEE 34W	47:01
11. Steven STERN 30	34:51	67. John MORRIS 45	41:08	123. Kelly TATLOW 22W	47:20
12. Grant LEPP 30	35:39	68. Peter NELSON 46	41:35	124. Gabe NUSPAN 28	47:20
13. Colin MARSON 25	35:40	69. Greg HALL 35	41:46	125. Neil SHAEARD 25	47:23
14. Robert MILLER 23	35:58	70. Terry BAILEY 35	41:49	126. Denis SINNOTT 36	47:33
15. Max O'KANE 32	36:00	71. Duncan H-RITCHIE 41	41:55	127. Garry WERT 50	47:47
16. Chris SALIBA 22	36:07	72. Frank BIVIANO 42	41:58	128. Richard JUSKA 29	47:48
17. Michael PHILLIPS 31	36:16	73. Jim HOLDEN 35	42:01	129. Philip CROOKS 25	47:51
18. Clive DAVIES 45	36:23	74. Paul DOUGLAS 27	42:04	130. Peter CROOKS 31	47:51
19. Glenn YEO 37	36:36	75. John GORMAN 27	42:05	131. Mal OWEN 48	48:02
20. Greg ANNAN 31	36:51	76. David CARRUTHERS 39	42:06	132. Ray CALLAGHAN 53	48:15
21. Peter LLOYD 54	37:01	77. John NEVE 33	42:13	133. Anne CALLAGHAN 49W	48:16
22. Nigel THURSFIELD 39	37:06	78. John MAHONY 47	42:14	134. Mandy SEGAL 25W	48:28
23. Peter MARMO 34	37:09	79. Oliver KYSELA 13	42:21	135. John BENCZE 54	48:36
24. Garry GALE 31	37:16	80. Keith DEKOK 39	42:33	136. Jessica SMITH 49W	48:52
25. Geoff WHEELER 30	37:20	81. Orph MABLE 34	42:34	137. Patricia PICKLES 38W	48:52
26. Tony ARNEL 32	37:30	82. Paul JENKINS 10	42:34	138. Dee LARGE 29W	50:07
27. Brian WOODHEAD 29	37:32	83. Frank CIANCIARULO 34	42:36	139. Ron JACKSON 54	50:23
28. Peter APPELT 35	37:39	84. Dale GAZZARD 25	42:53	140. Emil ZYHAJOO 40	50:35
29. Adrian SHARP 30	37:47	85. Gerald BURKE 46	42:55	141. Sam STAPLETON 70	50:35
30. Richard OWEN 41	37:49	86. John CHINN 47	42:59	142. Margaret SYKES 46W	51:02
31. Bruce MORE 39	37:57	87. Elizabeth DOWNIE 17W	43:07	143. David WARD 43W	51:17
32. David JONES 35	37:58	88. Merv WOODGATE 57	43:13	144. Phyllis GOSBELL 48W	52:51
33. Alan BALLARD 40	38:00	90. Laurie McINTYRE 27	43:16	145. Nick COX 52	53:23
34. Shane BROADBENT 32	38:05	89. Shane MORRIS 29	43:12	146. Sandy SHUTE 38	53:37
35. Daniel FRANCRU 31	38:10	91. Kerry HARTNETT 52	43:17	147. Tom LYNCH 64	53:38
36. Betar R HERB 40	38:14	92. Luke PATTERSON 25	43:21	148. Sue WATSON 41W	53:53
37. John GOSBELL 48	38:16	93. Richard TODD 39	43:34	149. Bill DAVIES 44	54:25
38. Klaus SCHNIBBE 43	38:24	94. Geoff LYNCH 39	43:54	150. Pina ROMANO 55W	54:30
39. Noel O'DONNELL 40	38:30	95. Laurie SCHWAB 39	43:58	151. Grant RUTLEY 21	54:37
40. Ian DOBSON 36	38:42	96. Kevin ARMSTRONG 51	44:05	152. Adam JENKINS 13	54:39
41. Brendon TREZISE 25	38:49	97. Kevin BROWNE 50	44:07	153. Craig RUTLEY 25	55:02
42. Jim CURTAIN 37	39:01	98. Mal COTHER 44	44:09	154. Neil THOMAS 29	55:11
43. Klaus CIMDINS 41	39:04	99. Bernie GOGGIN 49	44:54	155. Kevin RUTLEY 49	55:22
44. Rob SHUTE 38	39:04	100. Lindsay THOMAS 45	44:59	156. Marian JENKINS 12W	55:46
45. Ian U'REN 35	39:12	101. Clive TRITRUF 42	45:00	157. Loris KNIGHT 42W	56:04
46. James HALL 24	39:17	102. Alan BURGOYNE 72	45:07	158. Paula WOODS 27W	56:35
47. Andrew BURGESS 20	39:25	103. Sonny COLEIRO 34	45:03	159. Les CATIONS 29	56:36
48. Dany MARTIN 38	39:30	104. Simon HUGHES 32	45:12	160. Ray SCANLON 40	57:24
49. Alan WHITTLE 32	39:31	105. Michael GORMAN 27	45:15	161. Margaret BENNETT 61W	57:43
50. Michael PONSFORD 26	39:36	106. Mary SMITH 29W	45:37	162. Jack BENNETT 71	57:43
51. Brenton HALL 12	39:40	107. Christine GRIFFITHS 37W	45:46	163. Melva BLACK 39W	58:54
52. Graham WRIGHT 48	39:42	108. George NORRISH 57	45:52	164. Sue McGREGOR 23W	58:58
53. Leon JALANSKY 34	39:44	109. Geoff WATSON 43	46:00	165. Anne ALWER 26W	63:31
54. Geoff HOOK 42	39:51	110. Grant H-RITCHIE 14	46:01	166. Rikki BEWLEY 40W	64:48
55. Peter COOPER 25	39:54	111. Dennis ARDLEY 39	46:07	167. John DRIVER 51	73:36
56. Joanne SHEPHARD 16W	39:58	112. John ALWER 27	46:28		

VMC 'EMIL ZATOPEK' 10,000m "E" Division.16-12-1986.Steady drizzle,15°.21 Starters.

1.David BIRKS 41	35:11	8.Gary SIMMONDS 39	37:03	15.Graeme SALTHOUSE 49	38:24
2.Warrick ERWIN 26	35:14	9.Philip HEMPHILL 34	37:11	16.Neil HASLETT 34	38:24
3.Jon HOLMES 34	36:15	10.Andy MOORE 34	37:16	17.Euan NICHOL 44	38:26
4.Doug EMMERSON 31	36:23	11.Mick COLGAN 35	37:21	18.Rob SHUTE 38	38:30
5.John EYRE 51	36:29	12.Doug PETROFF 45	37:24	19.Vin O'BRIEN 58	38:59
6.Ron YOUNG 55	36:39	13.Ron WILSON 33	37:25	20.Ian PIGGIN 42	39:37
7.Kei COX 37	36:41	14.Gordon STEPHEN 33	37:45		

VMC 'EMIL ZATOPEK' 10,000m "F" Division.17-12-1986.Drizzle on & off,15°.30 Starters.

1.Gerry HART 48	37:38	11.Jim DUGGAN 44	39:10	21.Peter BLACK 41	40:17
2.John FINNIN 25	37:43	12.Sam HILDITCH 52	39:13	22.Peter NELSON 46	40:19
3.Jim GOOK 48	37:49	13.Bruce GOODMAN 49	39:29	23.Duncan CROCKETT 45	40:45
4.Mal COTHER 44	37:56	14.Brian ELKNER 45	39:33	24.Les CALDWELL 42	40:59
5.Ian U'REN 35	38:11	15.Mike CUMMINS 42	39:41	25.Gordon LOUGHNAN 34	41:51
6.Mal BROWN 45	38:33	16.Vin MARTIN 35	39:45	26.Ben MORREY 58	42:16
7.Colin BROWNE 54	38:35	17.Stephen MURPHY 25	39:50	27.Kevin BROWNE 50	42:46
8.Bram ALEXANDER 32	38:42	18.Brian HINTON 39	40:01	28.David FARNSWORTH 48	44:06
9.Gerry RILEY 56	39:02	19.Barry CALLANAN 37	40:03	29.Alan BURGOYNE 72	45:50
10.Colin SILCOCK 54	39:09	20.Gray SUMMERS 41	40:14	30.Frank BONECKER 62	48:35

VMC 'WAL SHEPPARD' MASTERS MILE.18-12-1986.Light breeze,15°.13 Starters.

1.Dick TELFORD 41	4:24.82	6.Terry COLLIE 40	4:35.10	11.Peter HANNAFORD 47	4:49.68
2.Ian MELROSE 44	4:28.64	7.John JUSTICE 49	4:36:00	12.Neville GARDNER 43	4:53.87
3.Allan FRANZKE 40	4:29.12	8.Terry SILSON 42	4:37.67	13.David FRANZKE 42	4:58.98
4.Carl STEVENSON 41	4:32.45	9.John KNEEN 44	4:44.90		
5.Laurie LEYDEN 43	4:34.27	10.Neal BEACHLEY 48	4:45.14		

VMC 'ROB deCASTELLA' 3000m Junior Men.18-12-1986.Still.15 Starters.

1.Tony FORD 19	8:11.36	6.Paul ARTHUR 19	8:27.68	11.Andrew BELL 19	8:37.34
2.Jason AGOSTA 19	8:16.69	7.Wayne LARDEN 17	8:28.80	12.Chris McKENZIE 17	8:40.90
3.Steven TAGG 17	8:22.18	8.Paul WILSON 19	8:31.35	13.Darren WILSON 18	8:46.51
4.Dean PAULIN 19	8:25.97	9.Robert GODINO 17	8:32.58	14.Rod DeHIGHDEN 17	8:48.85
5.Bernard BOURKE 18	8:27.33	10.Alister DANKS 19	8:36:03	15.Anthony OXLEY 17	8:53.24

'SUB-4' 1 Mile Men CITY OF MELBOURNE CHAMPIONSHIP.Faint breeze.10 Starters.

1.Chris BANGER 26	4:02.50	4.Barry GREIG 23	4:08.69	7.Angus DOBIE 22	4:10.81
2.Wayne DYER 28	4:02.55	5.Steve AUSTIN 35	4:08.97	8.Laurie DALTON 19	4:13.43
3.David GRAHAM 19	4:04.08	6.Sean QUILTY 20	4:09.28	9.Ken GREEN 26	4:20.06

THE OVERALL HANDICAP was won by:JENNY McINNES 1st; DAVID BIRKS 2nd; BRAM ALEXANDER 3rd.

The outstanding improver was JAMIE HARRISON,VMC RR Club Champion,with an improvement of 72 seconds in successive "A" Division performances!

We wish to acknowledge with thanks the following people who assisted on various tasks:

Jean ALBURY,Robin ANDERSON,Les BRADD,Laurie BRIMACOMBE,Russell BOURKE,Helen BROQWN, John BROWN,Malcolm BROWN,Colin BROWNE,Dot BROWNE,Peter BRYAR,David BYRNES,Paul CALLANAN, Mal COTHER,Ken COPPLEMAN,Phil CUFFE,Clive DAVIES,Ken EMERY,Lawrence GLOVER,Jim GOOK, Ryan GOOK,Gerry HART,Stewart HANDASYDE,Sam HILDITCH,Geoff HOOK,Jon HOLMES,Glenda HUMPHREYS, Graeme HUMPHREYS,Bruce JENNER,Rob JAMIESON,Murray KNIGHT,Oliver KYSELA,Joan LOGAN,Peter LOGAN,Gordon LOUGHNAN,Neil McLENNAN,Jenny McINNES,Bob MUIRHEAD,Rose MULRANEY,Paul MULRANEY,Peter NELSON,Janet O'DELL,Robin O'DELL,Tarquin OEHR,Gerry RILEY,Maureen RILEY, Neil RYAN,Peter SLATTER,Ana SALAMANCA,Warren SHRIMPTON,Jim SEYMON,Colin SILCOCK,Pete SIMPSON,Mary SMITH,Vicky THOMPSON,Terry VALLENCE,Bruce WATT,Mick WHITEOAK,Terry WIGGINS, Karen WILSON.

FRANK WOODS and JOAN HINES and the members of the VAA Officials Club.

The members of the EMIL ZATOPEK Series Organising Committee: VMC RR - Fred LESTER, Bill LUKE,Raydn NOLAN,Terry O'HALLORAN,George THOMAS; VAA - John BRUCE,David EDWARDS, Stan GUILFOYLE,Tony LETHBRIDGE.

Members of the Media with particular appreciation of BRUCE McAVANEY who kept athletes and spectators up with the course of events during the main night.

VMC 'EMIL ZATOPEK' 10,000m "A" DIVISION.18-12-1986.Still,15°.23 Starters.

1.Andrew LLOYD 27	28:07.51	9.Andrew GARNHAM 26	28:29.97	17.Brad CAMP 22	29:22.97
2.Peter BRETT 23	28:11.25	10.Mark BOUCHER 24	28:33.28	18.Steve BARLOW 25	29:29.82
3.Danny BOLTZ 24	28:15.00	11.Malcolm NORWOOD 22	28:33.38	19.Bruce PETTS 30	29:31.29
4.James HARRISON 22	28:16.19	12.Martin STOCK 30	28:50.79	21.Joe MURPHY 31	29:43.73
5.Gerard BARRETT 29	28:19.15	13.Jim MACK 28	28:57.37	20.John MEAGHER 23	29:34.99
6.Adam HOYLE 22	28:21.26	14.Gerard RYAN 26	29:14.98	22.David POTTS 28	30:12.95
7.Lawrie WHITTY 26	28:23.50	15.Pat CARROLL 25	29:15.01		
8.Steve MONEGHETTI 24	28:25.29	16.Peter BERNEY 23	29:20.99		

VMC 'EMIL ZATOPEK' 10,000m "B" Division.17-12-1986.Light breeze,14°,Humid.29 Starters.

1.Glenn PRESTON 24	29:55	11.Michael McGLONE 33	30:44	21.Len JOHNSON 37	31:52
2.Tom LARKINS 37	30:00	12.Rob GILFILLAN 29	30:51	22.Geoff RYAN 33	31:52
3.John GUERIN 29	30:04	13.Rob FALKENBERG 30	30:52	23.Andrew THOMAS 27	31:53
4.Ewen WILSON 33	30:19	14.Rory WILSON 36	30:53	24.Rod STEWART 33	31:59
5.Ben PHILLIPS 21	30:20	15.Richard BARRETT 21	30:58	25.Noel PHILPOTT 24	32:14
6.Peter MITCHELL 23	30:31	16.Bernie KELLY 33	31:12	26.Mitch GEALL 32	32:19
7.Damien COOK 32	30:33	17.Andrew MERRY 31	31:20	27.Ian GILBERT 38	32:43
8.Robin HAYTER 31	30:34	18.Greg SOCKHILL 28	31:47	28.Rod ALACQUA 31	32:59
9.Tony McCARTNEY 23	30:40	19.Paul BENNETT 31	31:49		
10.Danny BELLIS 25	30:42	20.Robin RISHWORTH 21	31:50		

VMC 'EMIL ZATOPEK' 10,000m "C" Division.16-12-1986.Still,drizzle,13°.19 Starters.

1.Richard HIGLETT 25	32:13.8	7.Greg MORGAN 37	33:30	13.Fortius MEHMET 26	34:17
2.Frank MAHONY 25	32:27	8.Steven WILSON 21	33:34	14.Phillip BOWES 30	34:46
3.Paul MUNDAY 28	32:42	9.Tom GRONERT 31	33:46	15.Stuart SOMERVILLE 36	34:46
4.Steven STERN 32	32:50	10.Peter MOORE 38	33:50	16.James McCARTHY 27	34:47
5.Trevor VINCENT 48	33:00	11.Tom GORRINGE 37	34:00	17.John TYMUKAS 34	36:20
6.Steve KENNEDY 26	33:28	12.Mike DALY 31	34:15		

VMC 'EMIL ZATOPEK' 10,000m "D" Division.17-12-1986.Drizzly,15°.34 Starters.

1.Tom KERR 42	33:44	12.Gary HYDE 42	34:47	23.Ken EMERY 39	36:06
2.David WATT 30	33:44	13.Andrew WALKER 35	34:49	24.Geoff HOOK 42	36:21
3.Alan CROCKETT 29	33:56	14.Peter BETHERAS 47	34:52	25.Steve TELEKI 33	36:22
4.Kerry PRITCHARD 40	34:01	15.Grian CASSIN 41	34:58	26.Gerard O'DONNELL 32	36:24
5.Jason BETHERAS 17	34:22	16.Doug LUKE 43	35:16	27.Alan BALLARD 40	36:25
6.Tob LAWRENCE 40	34:28	17.John WAITE 46	35:32	28.Rod McLURE 39	36:30
7.Les BRADD 34	34:34	18.Mark RITTER 27	35:37	29.Peter SLATTER 42	36:51
8.Phil LEAR 42	34:38	19.Barry SAWYER 53	35:38	30.Jeff ROONEY 17	37:06
9.John TAPLIN 32	34:39	20.John GAPES 28	35:46	31.Jack CLARKE 54	37:08
10.Paul BOAG 42	34:41	21.Mick WHITEOAK 41	35:50	32.Syd BONE 29	37:43
11.Russell WEAVERS 32	34:44	22.Rex HARDMAN 39	35:57	33.Jim HUNT 50	37:57

VMC 'EMIL ZATOPEK' 10,000m "W1" Division.16-12-1986.Steady rain,14°.9 Starters.

1.Tania TURNEY 21	34:11.5	4.Coral FARR 24	35:31	7.Linda THOMPSON 32	37:14
2.Kerry JUKES 19	34:47.4	5.Petrina TROWBRIDGE 39	35:49	8.Elaine DAVIES 23	38:14
3.Pia HUNTER 20	35:07	6.Jenny HOGAN 29	36:50		

VMC 'EMIL ZATOPEK' 10,000m "W2" Division.17-12-1986.Drizzly,15°.16 Starters.

1.Jenny McGILLIVRAY 27	37:23	7.Mary SMITH 29	40:02	13.Shirley YOUNG 56	44:30
2.Theresia BAIRD 45	37:50	8.Michelle OWNSWORTH 15	40:09	14.Jenny McINNES 32	44:34
3.Dot BROWNE 45	38:56	9.Jan BRIMACOMBE 35	40:58	15.Judy WINES 48	45:23
4.Barbara McLURE 34	39:28	10.Nikki SALTHOUSE 21	41:21	16.Margaret SYKES 46	51:48
5.Jan MORREY 47	39:49	11.Helen GUERIN 29	41:54		
6.Anne WILSON 39	39:53	12.Thelma CALLANAN 43	43:15		

VMC 3,000m Women's SPECIAL TROPHY.18-12-1986.Still,humid,15°.9 Starters.

1.Jacque PERKINS 21	8:52.47	4.Maree McDONAGH 19	9:25.11	7.Rina BRADSHAW 17	9:50.68
2.Krishna WOOD 20	8:53.03	5.Lindy TREZISE 15	9:33.00	8.Maryse JUSTIN	9:56.79
3.Penelope JUST 29	9:22.61	6.Kerith DUNCANSON 18	9:49.31	9.Rosie DUFFY 24	10:01.99

VMC RR "RUNNERS WORLD" MINITE RUN 8km.1-1-1987.Cool,still,14°.99 Starters.

1.Peter MITCHELL 23	24:30	34.John GRANT 31	31:09	67.Tom BARRY 55	35:19
2.Maurice HEARN 29	25:20	35.Gordon STEPHEN 33	31:11	68.Jeff SUMMERS 42	35:36
3.Michael WYLIE 26	25:52	36.Leigh CASSIDY 38	31:18	69.Ashley LYNCH 13	36:16
4.Andrew THOMAS 27	25:55	37.Tony KING 38	31:20	70.Bob BENNETT 48	36:30
5.Trevor VINCENT 48	26:02	38.Roger PEVERILL 28	31:23	71.Teresa KUNAEVA 30W	36:32
6.Cameron WYATT 23	26:11	39.Mike CROWHURST 23	31:28	72.Susan STEPHEN 29W	36:33
7.Ian CORNTHWAITE 24	26:13	40. ??? ???	31:30	73.Anthony GIROLAMI 27	36:33
8.Peter NOORDHOFF 30	26:27	41.John SMITH 51	31:37	74.Bernie LAFFEY 58	36:56
9.Cameron HAYES 17	26:38	42.Geoff KNIGHT 33	31:45	75.Ian DENOVAN 46	37:45
10.Glenn SOWTER 25	26:39	43.Greg TATE 36	31:51	76.Stephen HAWKINS 30	37:48
11.Steven WILSON 21	26:56	44.Geoff LYNCH 17	31:53	77.Bill JEFFS 36	38:12
12.Mark CAREY 23	27:10	45.David KITT 40	32:02	78.Trevor ADCOCK 33	38:53
13.John STAUNTON 31	27:23	46.Karl JCKLIN 43	32:13	79.Anne CALLAGHAN 49W	38:55
14.Peter STEWART 25	27:43	47.Gerry RILEY 56	32:14	80.Ray CALLAGHAN 53	38:55
15.David GAZLEY 42	27:45	48.Kevin CASSIDY 26	32:31	81.John MARSHALL 47	39:18
16.Gabriel CARMONA 44	27:57	49.Graham ADCOCK 39	32:39	82.Spencer DAVIES 38	39:26
17.Bruce PETERS 47	28:02	50.Dave YEAMAN 50	32:40	83.John BENCZE 54	39:34
18.Tom GRAY 43	28:22	51.Geoff NORRISH 21	32:50	84.Linda GALE 29W	39:43
19.Grant LEPP 30	28:29	52.Jack LESTER 37	32:56	85.Penny HALL 46W	40:08
20.Kei COX	28:30	53.Alan IRWIN 45	32:57	86.Lynne WILLIAMS 39W	40:10
21.John DeHIGHDEN 27	28:32	54.Mal KIRKWOOD 49	33:02	87.Judy PETERS 43W	40:47
22.Richard LESLIE 17	28:32	55.Mal BROWN 46	33:03	88.Joan HARFIELD 55W	41:03
23.Graeme LETICQ 32	28:37	56.Keith CROWLE 47	33:04	89.Jim HARFIELD 57	41:03
24.Robert PAUL 48	28:49	57.Chris HARRAP 26	33:13	90.David JACKLIN 17	42:33
25.Garry GALE 31	28:52	58.Peter BLACK 41	33:19	91.Tom LYNCH 64	43:20
26.Michael GOERKE 44	28:53	59.Lisa KENNEDY 23W	33:45	92.Sophie MADDIGAN 40W	44:24
27.Paul NEHLS 34	29:06	60.Colin NASH 42	34:04	93.Andrea ROBINSON 30W	44:43
28.Colin DONALD 29	29:14	61.Eddie STACK 51	34:15	94.David FARROW 40	46:38
29.Doug PETROFF 45	29:16	62.Jan BRIMACOMBE 35W	34:35	95.Nola MARSHALL 45W	47:07
30.Lawrence GLOVER 32	29:28	63.Harry BEEHRE 40	34:43	96.Dennis GALLAUGHER 59	47:48
31.Gerry HART 48	30:28	64.Andrew JACKLIN 19	34:57		
32.June PETRIE 22W	30:30	65.Ian ADAMS 40	34:43		
33.John GOSBELL 48	30:59	66.Geoff LYNCH 39	35:14		

VMC RR "RUNNERS WORLD" MIDNITE RUN 2km.1-1-1987.38 Starters.

1.Martin BANNINK 22	5:44	14.Grant COLLIE 12	8:40	27.Peg SMITH 50W	10:47
2.Mark BALL 25	5:45	15.Ian METCALF 17	8:51	28.Susanne BASSED 41W	11:06
3.Phil PELGRIM 21	5:48	16.John KERR 57	9:05	29.Helen BROWN 45W	11:11
4.Dean LIVINGSTONE 17	5:50	17.Michelle MACVEAN 14W	9:24	30.Jo FITZGERALD 24	11:24
5.Roger MORESI 19	5:50	18.Ben adams 11	9:30	31.Tony COONEY 28	11:24
6.Terry COLLIE 40	6:07	19.Glenn JACKLIN 14	9:37	32.Jane HAYES 37W	11:25
7.Ken WATSON 18	6:14	20.Barclay COX 12	9:39	33.Nola ADCOCK 36W	11:31
8.Mike HALL 49	6:32	21.Daryl DAVIS 26	10:16	34.Susan BALLARD 9W	11:32
9.Richard JACKMAN 17	6:49	22.Jenny DAVIS 22W	10:16	35.Alan BALLARD 40	11:33
10.Fiona PETERS 17W	8:02	23.Janet McINNES 18W	10:35	36.Sandra KERR 41W	11:35
11.Serena PETERS 12W	8:11	24.Jodene WILSON 14W	10:40	37.Rita KERR 57	11:59
12.Ron AUST 60	8:15	25.Charmaine GOSBELL 12W	10:42		
13.Howard BROWN 48	8:22	26.Phyllis GOSBELL 48W	10:43		

Race Manager (and SPONSOR) NEIL RYAN was assisted by Fred LESTER, John BROWN, Mal COTHER, Jean & Mike O'NEIL, Gaye & Selwyn GEORGE, Maureen RILEY, Phil CUST and Club President Bill LUKE.

It was a great night enjoyed by all, many sharing in the category awards and spot prizes. What made the night even more pleasant was the lack of drunkenness along the river bank and consequent absence of hassling of runners as in past years.

With a large number of financial members attending, we also attended to the required formalities necessary to incorporate the Club, a unanimous vote being voiced to take the step. This intention had been given notice in the December Newsletter and members were aware of the need to protect the Club Members' legal liabilities through this.

VMC RR 4 laps (13km) FUN RUN, Princes Park. 18-1-1987. Fine, sunny. 129 Starters.

1.Terry HARRISON 41	43:21	43.Alan WHITTLE 32	52:37	85.Ian DENOVAN 46	59:15
2.Craig WARE 18	43:40	44.Rob SHUTE 38	52:44	86. Kevin CASSIDY 26	59:20
3.Lew HARVEY 37	43:45	45.Mal BROWN 46	52:46	87.Arthur WILSHIRE 51	59:24
4.Ian GILBERT 38	44:19	46.Harry WATTS 41	53:32	88.Bob BATEMAN 56	59:30
5.Mike McINTYRE 28	44:56	47.Tom DAVISON 54	53:36	89.Andrew MELDRUM 46	59:33
6.John PHILLPOTS 38	45:36	48.Col JERRAM 42	53:45	90.John BAKER 32	59:51
7.Alisstair MARSON 43	45:45	49.Lawrence GLOVER 32	53:57	91.Lindsay THOMAS 46	59:51
8.Murray RANKIN 33	46:00	50.Penn REYNOLDS 35	54:00	92.John KERR 57	60:18
9.Max CARSON 37	46:14	51.Alan HOLDEN 25	54:00	93.Marcus TRAYLEN 56	60:57
10.Neil ROWLERSON 38	46:51	52.Steve OPRAY 32	54:38	94.Merv WOODGATE 57	61:23
11.Bob DAVIDSON 41	47:08	53.Ken MUNRO 55	54:44	95.Mike TITHERIDGE 38	61:37
12.Peter LEBUSQUE 27	47:11	55.Denis POLLARD 45	54:58	96.Denis SINNOTT 36	61:40
13.Graeme HEWITT 41	47:18	56.Buzz BORSITZKY 41	55:02	97.Eve SPOULE 26W	62:23
14.Doug LUKE 43	47:39	57.Michael HAYES 40	55:07	98.Colin LACEY 38	62:23
15.Phil REBAKIS 33	47:42	54.Graeme WRIGHT 48	54:52	99.Ashley WATKINSON 20	62:35
16.Barry SAWYER 53	47:48	58.Trevor WESTERMAN 40	55:25	100.Alan WATKINSON 50	62:35
17.Alan CROCKETT 29	48:19	59.D.HAMILTON-RITCHIE 41	55:42	101.Susan STEPHEN 29W	62:48
18.Steve TELEKI 33	48:40	60.Ken MARDEN 45	55:57	102.Rod WILSON 33	63:03
19.Greg MORGAN 37	49:15	61.Jan MOREY 47W	56:05	103.David JONES 49	63:53
20.Nick HARRISON 16	49:42	62.Zack MESARITIS 30	56:08	104.Gary MARTIN 24	63:53
21.Richard OWEN 41	49:42	63.Gary QUINN 25	56:15	105.Graham ARCHER 41	63:53
22.Rod FAULKNER 36	50:09	64.Peter ROWLANDS 32	56:42	106.Paul DeSTEFANIS 31	64:24
23.Geoff WHEELER 36	50:09	65.Bill CORBETT 33	56:42	107.Peter ROMANO 59	65:48
24.Gerry HART 48	50:09	66.Bruce GOODMAN 49	56:46	108.Vern GERLACH 61	66:00
25.Daniel FRANCU 32	50:16	67.Leon COLBERT 22	56:53	109.Jim BURR 68	66:42
26.Frank ALLCHIN 36	50:18	68.Warrick ERWIN 26	56:59	110.Vicky THOMPSON 41w	67:10
27.Peter SELIG 27	50:36	69.Lawrence WATSON 47	57:32	111.Judy DAVISON 50W	67:59
28.John SMITH 50	50:41	70.Barry FERGUSON 40	57:38	112.Johan TOP 30	68:30
29.Norm WILLS 36	50:59	71.Ben MOREY 58	57:45	113.Kathryn MELDRUM 20W	68:53
30.Peter APPELT 35	51:03	72.Tom DENOVAN 55	57:59	114.Karen WALDRON 26W	72:20
31.Ken EMERY 39	51:15	73.Austin PATERSON 34	58:04	115.Sandy SHUTE 38W	74:22
32.Terry STOKES 32	51:21	74.Peter MORRIS 42	58:08	116.Merv BECKETT 55	76:05
33.Roger WEINSTEIN 36	51:23	75.John MORRIS 45	58:08	117.Brian TIERNEY 53	77:09
34.Terry DAY 33	51:27	76.Orph MABLE 35	58:22	118.Rikki BEWLEY 40W	79:24
35.James ORTON 28	51:36	77.Allan SPOULE 28	58:25	119.Joan JERRAM 40W	79:24
36.Robert MILLER 23	51:39	78.Gary ARMSTRONG 29	58:26	120.Stan KOFED 39	79:24
37.Peter COOPER 25	51:41	79.Robert PEDDER 27	58:31	121.Melissa CRONIN 29W	85:36
38.Gordon STEPHEN 33	51:42	80.David FOSKEY 40	58:33	122.Anne ALWER 26W	91:25
39.Steve LAWRENCE 17	51:43	81.Anne NEWELL 27W	58:34	123.John DRIVER 51	97:32
40.Vin O'BRIEN 58	51:46	82.Geoff wilson 29	58:47	Two more finished, but did not check in near the 51min mark.	
41.Lindsay SMYRK 39	52:11	83. Kevin BROWNE 50	58:58		
42.Gerry RILEY 56	52:20	84.George CORR 45	59:04		

VMC RR 1 lap (3.2km) Princes Park ,5 Starters.

1.Tim LANE 35 12:22 2.Tim HAYES 10 15:23 3.Chris HAYES 11 17:35

Peg SMITH and Rita KERR came around in 20:12 and decided to run another lap.

Race Manager JIM GOOK was assisted by Tim LANE, Alan BURGOYNE, John BROWN, Maureen RILEY, Jim HOPKINS, Mandy SEGAL and Fred LESTER.

NEXT TIME YOU COMPLAIN ABOUT HOT DAYS IN MELBOURNE THINK OF THIS:

Dear Fred,....find enclosed story for the Newsletter..also enclose fun run calendar for first half-year.Nothing much has happened in Brisbane,so far it's been too hot; I've threatened to move to Melbourne it,s been so unbearable!Trying to run has become a real effort....

...An indication of how interested the media is in track & field in Brisbane,I'm still waiting to find out what happened in Perth with Cram and Ben Johnson.Every time Dennis Connor farts you hear about it.....Hope my VMC membership sub arrived,I'd hate to miss the Newsletter... Best wishes Tom Gorringe.

VMC RR 10km TWO BRIDGES.21-1-1987.Cool, fine.90 Starters.

1.Noel PHILPOTT 24	32:33	31.Mike PONSFORD 26	39:04	61.Tom BARRY 55	44:00
2.Peter NOORDHOFF 30	32:45	32.Garry WILSON 45	39:06	62.Kevin CASSIDY 26	44:21
3.Craig WARE 18	33:03	33.David YEAMAN 50	39:07	63.Geoff WILSON 29	44:40
4.Lew HARVEY 37	33:04	34.Tim LANE 35	39:08	64.Garry MARTIN 24	45:00
5.Ian GILBERT 38	33:21	35.Ken EMERY 39	39:08	65.Ian DENOVAN 46	45:03
6.Peter TONKIN 28	33:43	36.David WAITE 16	39:33	66.Jean-Claude MOORE 30	45:10
7.Stephen MILLER 25	33:47	37.Vin O'BRIEN 58	39:35	67.Brian MARCH 24	45:14
8.Tarquin OEHR 35	33:55	38.Brian USHER 37	40:09	68.Frank CAREW 39	45:18
9.Phil WEBSDALE 29	34:10	39.Noel McCREA 57	40:16	69.Jane ANDERSON 27W	45:25
10.Tim ERICKSON 36	34:23	40.Syd BONE 29	40:30	70.Mick DOMINGUEZ 40	45:29
11.Les BRADD 34	34:41	41.Andrew BURGESS 20	40:40	71.Peter TIERNEY 46	45:29
12.Mike PHILLIPS 31	35:42	42.Doug JONGSMA 26	41:16	72.Michelle QUIGLEY 27W	45:36
13.Chris JAMES 22	35:45	43.Rick PEMBERTON 34	41:21	73.Judy WINES 49W	45:45
14.Chris RISHWORTH 16	35:47	44.Geoff PARK 44	41:22	74.Gerrard FERRARI 30	45:52
15.Kon BUTKO 39	36:01	45.Jeff CHAPMAN 38	41:25	75.Ian WILMOTT 36	45:53
16.Kei COX 37	36:12	46.Mike GRAYLING 16	41:26	76.Kevin BARRY 21	46:03
17.Bruce KIRK 23	36:12	47.Bruce GOODMAN 49	41:30	77.Peter SCHURR 21	46:40
18.Peter LOGAN 39	36:39	48.Bill O'GRADY 43	41:41	78.David JONES 49	47:32
19.Gerry O'DONNELL 32	36:49	49.Peter MOLNAN 43	42:02	79.Pamela WILLIAMS 30W	48:11
20.Steve LAWRENCE 17	37:30	50.Mike CUMMINS 42	42:07	80.Peter FRANCIS 36	48:16
21.Gerry HART 48	37:42	51.Warrick ERWIN 26	42:25	81.Warren ALLAN 55	48:16
22.Ian DUNN 39	37:47	52.Doug McPHERSON 32	42:54	82.Mandy SEGAL 25W	48:32
23.John GRANT 31	37:49	53.Paul DAVIES 37	43:12	83.Leanne STEWART 27W	49:10
24.Max BALCHIN 43	37:51	54.Gordon LOUGHNAN 34	43:15	84.George TURNER 41	49:13
25.Alan BALLARD 40	37:53	55.Lyn DAVIS 33W	43:16	85.Arthur ELLIS 58	49:14
26.Tony HARPER 27	37:55	56.Kevin BROWNE 50	43:21	86.John BENCZE 54	49:22
27.Mick COLGAN 35	38:05	57.John McLAUGHLIN 46	43:28	87.Roy GADDIE 35	49:45
28.Joan LOGAN 30W	38:15	58.John HERBERT 46	43:42	88.Rosey LATIMER 35W	52:19
29.Dave CRAIG 43	38:34	59.Phi GOLDENBERG 41	43:43		
30.Robert MILLER 23	39:04	60.Jim McKAY 41	43:50		

VMC RR 2km TWO BRIDGES.21-1-1987.12 Starters.

1.Kerrilee HORSKINS 13W	7:48	5.Tim VALLENCE 10	8:46	9.Paul TURNER 12	10:07
2.Adam CAREW 10	8:33	6.David HURWITZ 11	8:47	10.Ronnen WISE 18	10:48
3.Lisa HERBERT 14W	8:36	7.Raph GOLDENBERG 12	9:11	11.Tracy HURWITZ 10W	13:49
4.Jeremy KALBSTEIN 12	8:45	8.Julian KIRZNER 10	9:48	12.Wendy GADDIE 12W	13:49

Race Manager MICK WHITEOAK was assisted by Tony BERRY, Terry VALLENCE, Doug MOSS, Graham & Betty HORSKINS, John WAITE and Fred LESTER.

Apológies to MIKE McGLONE whose assistance at one of the earlier summer runs we failed to acknowledge

WANTED TO BUY: A pair of size 8 PUMA RLX running shoes
new or used in good condition.

CONTACT: Russell Weavers, P.O.Box 577, WANGARATTA 3677

Tel: BH 057-212 574 AH 057-662 420

VMC RR 10km TWO BRIDGES.4-2-1987.Sunny,warm.92 Starters.

Table with 3 columns of runner names and times. Includes runners like Robin RISHWORTH, Noel PHILPOTT, Terry HARRISON, etc.

VMC RR 2km TWO BRIDGES.4-2-1987.16Starters.

Table with 3 columns of runner names and times. Includes runners like Selwyn GEORGE, Dick BATCHELOR, Andrew YEAMAN, etc.

Race Manager JOHN CONMELLAN was assisted by Richard TODD, Fred LESTER, Greg WISHART, Dot & Colin BROWNE, Dick BATCHELOR, and the HORSKINS family.

We are most concerned that on that night none of the people who had indicated to help were in attendance and feel that our members are letting themselves down and throwing a burden on some of our more conscientious members.

o-o

LATE NOTIFICATION: WATSONIA SOUTH PRIMARY SCHOOL FUN RUN.

DATE: APRIL 11, Saturday TIME: 9.00am Start PRIZES

3km FAMILY RUN 10km PLENTY RIVER RACE CERTIFICATES

CONTACT: JIM GOOK 435 53 09 or School 435 66 62 TRAFFIC SAFE COURSE

From the Quiz in the VAA Newsletter: Based upon 1986/87 charges, how much does it cost to hire Olympic Park for a night meeting?

Answer: Track - \$360; Lights - \$450(3 hours); Curator \$50 app.

We had just driven through Cunningham's Gap when the dog vomited into my lap, I wondered if this was an omen. Disregarding this minor distraction I settled back to enjoy the trip to Melbourne with Geoff Walker and family. The only other incident of note during the long drive was the mechanical minded parrot that wished to inspect the radiator of the new Tarago I was driving.

Through bad management I found myself in the driving seat when we arrived in Melbourne, fortunately a stop was required at Broadmeadows. Why anyone would stop at Broadmeadows I do not know. But I took this opportunity to find another seat in the Tarago, Brisbane traffic worries me - Melbourne traffic terrifies me. Besides I didn't know where I was going, luckily Geoff did, so I soon found myself standing on the footpath in Golding St. where I was to be the guest of the General Secretary. (Thanks, Fred)

I now understand why distance running is so popular in Victoria, running is used as a method of keeping warm! I asked a Melbournian if this was summer what is winter like, he replied: about the same! I must admit the weather was more conducive to training and racing than a Brisbane summer. For comparable conditions in Brisbane as were had on the Thursday night the meet would need to be held in June or July.

As I was racing in the "C" division on Tuesday night I decided to save my legs for the 25 laps of Olympic Park and leave the sights, sounds and smells of Melbourne to later in the week. When I awoke to the sound of rain on Tuesday my first response is not printable, but I quickly accepted the fact that I would probably be racing in the rain and should not let it affect my concentration.

The omen must have been a good one as the rain ceased just before I was to race, the omens were not as good for the ladies. My goal was to run sub 34 minutes which would give me a P.B. for 10,000m. I quickly settled into the desired pace and felt comfortable, as hopefully one should after the first couple of laps of a 10,000. A pack formed and we went through 3000 in 10:06 and 5000 in 16:52. It was around lap 13 that the pack started to separate and I found myself on my own and consequently fell off the pace.

As I charged across the finish line I stopped my watch and read with much frustration 34:00; I hoped I may have been a little slow in pushing the button and the official time may have got me under 34. No such luck, the official time was 34:00.22. Oh, well, there is always next year!!

QUEENSLAND WINTER FIXTURES

Mar 22	Gold Coast Runners Mountain Run Mt Tambourine, 5km	Ref Feb 15	May 24	Caboolture-Maleny Road Relay	QAA 343 5653	
Mar 29	QMRRC 30km, 6am & 15km, 7am	Ref Jan 18	May 30	QAA Cross Country	343 5653	
Apr 5	The Gap Fun Run 6km, 9am	Ian Fedrick 351 4982	May 31	Redcliffe Fun Run 8km, 7.30am Homibrook Hwy (Redcliffe end)	Dale Stretten 284 1697 c/-JT-Press High & Oleander Sts Redcliffe	
Apr 5	Robina 1/2 Marathon	Dusty Lewis (075) 38 4680	May 31	Hypermarket Fun Run	QAA 343 5653	
Apr 5	Mini-Marathon/Biathlon option & Fair City Botanic Gardens 9.30am	Mike Dendle 229 7132	May 31	Suncorp Fun Run 8km, 10am (Toowoomba)	Ref Mar 7	
Apr 5	Lite-White Qld Times Fun Run 4.5 & 10km, 8.30am	Community Aid Abroad Andrew Rankine 281 1833	Jun 6	QAA Cross Country	343 5653	
Apr 5	The Local QATB Kawana Kanter QATB Centre, 8.5km, 8am	Don Poole (071) 44 2977	Jun 7	QMRRC 20 miles & 10 miles 6.30am & 7.30am	Ref Jan 18	
Apr 12	QMRRC 25km, 6am & 10km, 7am	Ref Jan 18	Jun 7	Northern Star/2LM Ballina Fun Run River St, Ballina 5 & 10km, 2.30pm	Phil Calnan (066) 24 4000 PO Box 423 Lismore 2480	
Apr 12	Down Town Dash 5.6km, 8am Albert Pk, Spring Hill	The Run Inn Ian Ralph 371 7921	Jun 13	QAA Cross Country	343 5653	
Apr 20	Copper City 1/2 Marathon & 7km, Mt. Isa Civic Centre 7am	Jim Fewings (077) 43 3713 56 Opal St., Mt. Isa 343 5653	Jun 14	River Run	The Run Inn Ian Ralph 371 7921	
Apr 25	QAA Cross Country	Russell Casanovas, Barry Crisp (079) 45 1755 (W) 343 5653	Jun 20	Qld. School Cross Country Champs	QAA 343 5653	
Apr 26	Proserpine Semi Marathon 26km, 7am	Ref Jan 18	Jun 21	Alan Woods Memorial 15km, & Qld Road Running Championships 7am	QMRRC 354 1000 or QAA 343 5653 343 5653	
May 2	QAA Cross Country		Jun 27	QAA Cross Country	343 5653	
May 3	QMRRC 20km, Handicap 6.30am (Scratch 7am)		Jun 28	Sri Chinmoy 10km, 7am	Ref Jan 25	
May 3	Glass House Fun Run	The Run Inn 354 3425	PLANNING AHEAD			
May 4	Harvest of the Sea Fun Run 9.6 & 4km 9am Mooloolaba Spit	Alison Quirke (071) 43 2236 PO Box 325, Mooloolaba 4557 343 5653	Jul 5	QMRRC 30 & 10km,	Jul 19	DPI Centenary Charity Fun Run
May 9	QAA Cross Country	Liz Hepple 371 7777	Jul 12	Gold Coast Half Marathon Trial	Jul 25/26	Pomona King of the Mountain
May 10	University Fun Run 10km, 8.30am	Fred Boddington (075) 39 5009 16 Boxthorn St Bellevue Pk 343 5653	Jul 19	QMRRC 10km	Jul 26	Gold Coast Marathon
May 10	Nerang Lions Fun Run 4 & 8km, 7am Bartletts Shopping Centre		MARATHONS			
May 16	QAA Cross Country	Greg Shaw 209 9066 (H)	Apr 26	10th Brooks University Marathon 6am St Lucia, Uni. of Qld.	Andrew Semple 354 1000 PO Box 192, Everton Pk.	
May 17	Courier-Mail Mathers Fun Run QEII, 8km, 9.30am		May 24	Sunny Queen Moreton Bay Marathon GPO Brisbane to Redcliffe, 6am	Peter Houston 203 4074 116 Prince Edward Pde Scarborough	
May 17	Bundaberg 1/2 Marathon & Fun Run 6.30 & 9am, Bargara Golf Club	Eric Brown (071) 72 4285 Judy Grummitt (071) 72 5372	Jun 7	Budget Australian Marathon (Sydney)	QAA 343 5653	
May 17	Mackay 1/2 Marathon 6.30am Mackay Harbour	Agnes Farmer (079) 57 8805 62 Evans Ave Nth Mackay	Jun 28	Mackay Marathon 6.30am Mackay Harbour	Agnes Farmer (079) 57 8805 62 Evans Ave Nth Mackay	
May 24	St Pauls School Fun Run 4 & 8km, 9am, Attunga St, Bald Hills	Ian McNaught 261 1388 (W) 264 3574 (H)				

FROM THE COMMITTEE TABLES:

VMC RR COMMITTEE

Much of the time at the last meeting of 1986, in late November, was taken up with final arrangements for the Emil Zatopek Series. All Committee members had been very much involved in the organisation.

President Bill Luke expressed thanks on behalf of the Committee to Rayn Nolan for his efforts to obtain sponsorship which is a very hard task and not usually very successful in the field of athletics.

Other matters raised were: 1) That where possible, we should achieve calling of times at intermediate stages of long races;

2) Re-examine the question of issue of certificates, possibly a standardised basic lay-out which could be used for a variety of events;

3) Dissatisfaction was expressed in regard to the haphazardness and constant changes in the VAA winter program, closer consultation seen as a key for improvement.

4) The electric clock owned by Australian Runner to be purchased and managed for hire to organisations by the Club. Bill Luke's offer to take on this task was gratefully accepted.

5) The meeting for Incorporation of the Club was set for January 1, 1987. George Thomas took on the responsibility for having the necessary papers completed.

First meeting of 1987 was held on February 11 and reports included:

1) E.Z. week was a great success from a competitor's point of view, particularly the main night. However, a total of 710 paying spectators fell far short of numbers anticipated, those who attended voted it as one of the best nights of athletics for several years.

2) The electric clock is very much in demand, but some of the hirers had tended to be lax in returning same to the detriment of other users.

3) Once again the VMC Newsletter was criticised on various grounds by some Committee members, it seems no publication can be everything to everybody.

What about a few letters from our readership on the issue ???

4) As final figures on EZ Week finances were not available, a discussion on the results were incomplete. However, the concern at the rather low attendance, bearing in mind that over 5000 athletes are registered with the VAA and some 350 participated by virtue of being VMC competitors, was discussed at some length. The feeling present among Committee members was that much more needs to be done to win back athletes to support their own sport.

V.A.A.

There has been a great improvement in communication by that body with a monthly Newsletter concentrating on basic information and internal news items. They include items such as Victorian members for the Marathon World Cup:

Peter Mitchell, Steve Austin, Petrina Trowbridge, Linda Thompson and Iris Cook

and Ekiden Women's Road Relay:

Jacqueline Perkins, Tania Turney, Anne Lord and Pia Hunter.

The VMC RR also congratulates them all on their selection.

This year's (1987) Winter Competition Handbook not only has arrived early, it also has a much improved lay-out. Particularly impressive is that each event has one page to itself which includes an actual map of the course to be used.

Pity is that there was no final check with us before going to print as a couple of errors could have been avoided in regard to information on the VMC RR :

They are: Annual membership for VMC RR is \$12 Seniors; \$6 Under-20's

50 Miles now on June 20 and 21 ; 20km Werribee now on July 4 (Saturday 1pm!)

Melway Map reference for Albert Park is 57 J3 and does not change in July!!

ONE MAN'S VIEW

by Phil Lear

Radyn Nolan's article in the recent issue of Australian Runner deserves a reply.

I would suggest the main reason the Club (VMC) has remained static is because it provides what is needed for the majority of its members. Moreover I believe that the majority of members' main allegiance is with their first claim club; and that the VMC programme is used by them to fill in the gaps in the VAA calendar.

Contrary to popular belief, I still feel that the VAA 15km State Championship in the winter is more important than the VMC 15km around Albert Park Lake or wherever. Participation in your own Club team, whether it be A Grade and the top 10, or filling a place in the 300s for D Grade is still the basic structure of athletics here in Victoria.

To compare Victoria with W.A. and S.A. is somewhat misleading, they simply don't have the same club structure as Victoria.

The emergence of the Vets movement over the last few years has also depleted the total number of runners available to join (or be kept) by the VMC, although no doubt many over-40s would be members of the VMC, Vets, and a VAA Club, but not necessarily in that order.

If what Radyn says is correct, i.e. 'the VMC loses 200-300 members a year' and 'that we have a static membership of 600', it must mean that they (the 200-300) have either decided they don't need a club at all, or are giving more support to their existing club.

Please don't bother upgrading the Newsletter. There are too many magazines on the market now, full of advertising and low grade journalistic bullshit. To read some issues of the best magazine, i.e. Australian Runner, is often disappointing. There just isn't enough interesting stuff in it to justify buying a subscription. I might add that I've been running and racing for 25 years, so perhaps I'm more difficult to please than the 20 miles a week Big M first timer. I'm not going to subscribe to a running magazine that offers advice on buying my first bike, or how to improve my swimming in lm waves.

To satisfy me, a magazine full of results in detail would be ideal. I'm interested in performance, splits, and in-depth race reports. Not Golly Gosh! you finished, how fantastic!! I have yet to see the full result of the best quality/depth 10K track held in Australia (to my knowledge since 1969) published. The Age and Sun couldn't be bothered with anyone except the winner. The nearest we got was an article on the bloke who almost won the B Grade race.

And please don't try to buy a building in a central location. Whilst I agree that investing in Real Estate is a long term winner, you really can't be serious?

What's next? A paid full-time Melbourne version of Fred Lebow, and an assistant or two (just to start), to do all the work while he's out chasing sponsorship deals. As a result of this new-found necessity for sponsorship (and lack of it), we now have the situation of the V.A.A. cancelling the Vic. Championship 25K at Albert Park, and combining it with the Royal Life Half Marathon.

I wonder what happens to the Half Marathon series when Royal Life move on to the next flavour-of-the-month activity.

And will someone please tell me why it has to be sponsored anyway? If the money is required to provide the ubiquitous gold medal for the first 9000 finishers and a results book with dozens of mistakes in it (Sorry, Clive, I know you ran 2.47 but the book says 3.01), I'll put my entrance fee elsewhere.

My own Club's promotion (the South Melbourne Marathon) has been kept deliberately small to be able to be maintained without sponsorship. The fact that we get it is a bonus, not a necessity. I would hope that Richmond Harriers' 10-Miler, and the Traralgon Marathon, would be two more races that would fit that category.

The comments re: 'lifting the Club's profile' brought back memories of a committee meeting of my own club, and reading a begging letter from the V.A.A., looking for money to bail them out. They had evidently overspent on curtains and office furniture. Anything from \$200 upwards would be gratefully received - I'll bet!

One Man's View (continued)

And this expected from Clubs already struggling to hold their own members, against competition from the Vets, VRR and VMC. There just aren't that many runners around.

In summary - the VMC does a good job doing what it does best, providing low-key mid-week and weekend competition for those who want it.

The Zatopak Series has been developed slowly over the years, and has most importantly gained the respect of the nation's top runners. As already mentioned, the quality and depth of the 1986 event was outstanding - more races like that will provide a bevy of guys getting under 28 and into world class, instead of just the isolated one or two over the years like Austin, Barrett and Scott.

I'm also pleased that my entry fee to run 'D' Grade paid for the privilege of watching the A Grade, but I could have done without the spectacle of gorilla suits, Father Xmas and third-rate footballers, thank you.

The suggestion of Saturday afternoon races I like. Being somewhat old-fashioned, I like to race on Saturday and have a long run on Sunday. It suits me both physically and mentally - I'm not at my best at 8am Sunday, for a variety of reasons. Racing on Sunday morning and another run on Sunday night is not as good in my book as a race on Saturday and a long run on Sunday.

Winter 10K Races: Another good idea, but put on a 5K as well. 10K is too far to race too often, and again if the race is on Saturday, a 5K wouldn't need as much easing down for, and would leave you fresher for Sunday's long run.

So please Radyn, don't put up my fee to \$12 to buy real estate and publish a glossy magazine because I'm afraid you'll send us all broke.

ANOTHER VIEW

Dear Secretary, As I find it more & more difficult to attend VMC RR events, I find it impossible to stipulate any events to take duty. I was even at the stage of resigning but because of the activities and pleasure I have received during seven years of membership I decided against such a step. If I at any time have the chance to attend during the ensuing year, I may be able to assist then. Hoping you understand my predicament

Thanking you
M.W.Larter.

.....

VMC ROAD RUNNERS

50 MILE RACES .

TRACK RACE (AUSTRALIAN CHAMPIONSHIP EVENT)

BOX HILL, SATURDAY 20th JUNE, 1987

ROAD RACE , PRINCES PARK , SUNDAY 21st JUNE, 1987

Race entry \$12 financial VMC RR members ; \$15 non-members.

Request Entry Application from: VMC ROAD RUNNERS, 598 High St., EAST KEW 3102
Tel: (03) 817 1033 (Tu, We, Th 12-2pm.)

or

GEOFF HOOK, 42 Swayfield Road, MT. WAVERLEY 3149, Tel: (03) 288 9739.

SOUTH MELBOURNE MARATHON, 1986

by Dot Browne

The South Melbourne Marathon, held this year on Sunday 16 November, is Victoria's second largest and most popular marathon. This is largely due to a number of factors, all of which combine to make it one of the best organised marathons in Australia. Firstly, it is a race organised by runners, the members of the South Melbourne Athletic Club, so the competitors' interests are fully considered.

The certified course is great. It's a butterfly pattern with one loop circling Albert Park Lake and the other taking in Aughtie Drive and Canterbury Road. Runners do the two loops four times. The course is almost dead flat and the road surface is excellent. Drink stations are every 5km and splits are called at these points. Also, the early 6.30am start avoids the possible November heat. This year they were lucky. The race was run in almost perfect weather conditions. Temperatures were cool and there was no wind. It's also an aesthetically pleasing course, because three quarters of the run is on roads surrounding the attractive Albert Park Lake.

The results were spectacular. Out of 175 finishers, two thirds of the field did their best times for three years, surely an all-time record for a marathon. The race attracted some top visiting runners, nine interstate and one from Denmark, four of whom finished in the first five placings. However, the race was won by local Kew-Camberwell athlete Bernie Kelly in the excellent time of 2.23.25. The course record of 2.19.42 set by Gary Henry in 1979 remained intact. At the presentations, Bernie acknowledged the support of team-mate and former winner, Peter Mitchell, during the run. In the women's race, another top performance was put in by Linda Thompson, 1983 winner. Her winning time of 2.49.43 was just 3 seconds slower than her 1983 performance.

This marathon gains tremendous support from veteran athletes. This year, 73% of the field was over 35 years of age. Organisers are concerned that their 1987 event will clash with the VIIth World Veterans Games marathon, so it will simply have to be a holding operation.

The teams' event was won by three NSW visitors from Wagga Road Runners in a combined time of 8hr 13m 36s. Oldest competitor was popular Victorian veteran Jack Bennett, 71, in the excellent time of 3.47.11. First veteran home was Terry Harrison, 40, in sixth place with 2.38.29. Eleven runners completed their first marathon. Greatest Improver Award would have to go to K. Marden, 45, who ran 3.58.47, an improvement of almost exactly an hour.

Exhausted finishers appreciated the post-race refreshments and the luxury of a sauna and swim at Lifestyle Lakeside, excellent sponsor of the race.

Congratulations South Melbourne A.C. - a great event.

RESULTS: Men:

1. B.KELLY	2.23.25	6. T.HARRISON
2. B.SANDERS (NSW)	2.25.59	7. A.MANDILE
3. P.WALSH (NSW)	2.31.36	8. C.CLARKE
4. J.DESMOND (NSW)	2.31.38	9. B.PETERS
5. J.LARSEN (D'MARK)	2.38.19	10. G.CARTER

Women:

1. L.THOMPSON	2.49.43
2. M.EDWARDS	3.00.06
3. C.BOWKER	3.11.34

Veterans:

M35

1. E.GREAVES	2.43.15
2. R.HAMILTON	2.44.27
3. R.WALSH	2.44.30

M40

1. T.HARRISON	2.38.29
2. J.INGHAM	2.42.46
3. T.MOORE	2.44.36

M45

1. B. PETERS	2.39.42
2. J.FAY	2.46.29
3. J.WAITE	2.51.20

M50

1. K.ALLAN	3.00.30
2. R.BOYNE	3.12.35
3. G.CLARKE	3.13.41

M55

1. T.DONOVAN	3.20.52
2. R.LEWIS	3.33.22
3. B.MORREY	3.33.47

M60

1. D.GUNTER	3.07.13
2. K.MATCHETT	3.30.45
3. N.BROOKE	3.47.11

M70: 1. J.BENNETT 3.44.07

W30

1. L.THOMPSON	2.49.43
2. J. McINNES	3.36.26

W35

1. M.EDWARDS	3.00.46
2. N.YOUNG	3.21.32
3. A.MATCHETT	3.21.51

W45

1. C.BOWKER	3.11.34
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THE HEAT IS ON - SINGAPORE MARATHON '86

by Maurice Hearn

After finishing the Melbourne on a high note, I had decided to hang up the old 'jayhawks' for '86, but on Monday morning the phone rang with the offer of a trip to run in the Singapore Marathon on 7 December. Another chance to wear the Aussie singlet and all the Chinese food you can eat for a week was too good to refuse, so it was back into training. I had already run five marathons since April and so had the art of quick recovery and peaking off-pat, with 8 weeks up my sleeve this would be a real luxury.

I was accompanied by Gerry Surridge from Ballarat, who was selected on his outstanding run in the Malebourne Marathon. Upon arriving in Singapore we were treated like royalty, we were met at Changi Airport by three representatives armed with a 45-seater bus just for the two of us. The new Otani Hotel was exceptional, only two years old, with a beautiful pool, and directly opposite Fort Canning Park with a 4 kilometre jogging track similar to our Tan Track.

After running the Kuala Lumpur Marathon in April I knew what weather conditions to expect, hot and very humid. We had 4 days to acclimatize, the best method being to spend as much time as possible out in the heat and humidity. It's not good spending all your time in the artificial atmosphere of the Hotel. It became easier each day, as we acclimatized ourselves and tapered off for the Big Day.

Instead of relaxing by the pool, we spent most of our time shopping, covering most of Singapore's bargain spots and returning to the Hotel with armfuls of bargains. I'll never knock women's shopping habits again, we'd go out for a short walk and come back hours later with no money but plenty of bargains, sometimes it felt like I'd run a marathon.

The cuisine at the New Otani was magnificent, each meal was a vast array of tasty temptations with some simple carbo's for those with willpower. Food being my big weakness, it was much easier for me to be somewhere else at mealtime, or arrive very late so most was eaten.

The morning of the Marathon finally arrived, we were up at 3am for a very light breakfast of tea and toast. It was interesting to watch some of the other athletes shovel down sausages, eggs and chocolate croissants. I felt very relaxed and actually fell asleep after breakfast. I think Gerry was a little more nervous, since it was his first overseas run.

We arrived at the start about 6am; the temperature was 28 degrees and humidity around 95 per cent. It was dark, but the starry sky promised bright sunshine in an hour or so. We received a priority start and settled back in the third pack in about fifteenth position. It pays to go out easy in these difficult conditions, settle into the pace and take lots of water early in the race.

As the sun rose, the temperature followed, claiming victims indiscriminately. From 21 kms we started moving through the field. At 38 kms Gerry and I had moved into 4th and 5th place respectively, and finished that way in 2hr 24m 51s, and 2hr 25m 28s, behind Alain Lazare (France) 2hr 19m 4s, Baikutha Mandhar (Nepal) 2hr 23m 38s, and Jean-Pierre Pietrement (France) 2hr 24m 13s.

I think we surprised many people who didn't really think the Aussies would be placed so highly, being ranked outside the first twenty before the race, we surprised ourselves when we heard the temperature at the finish was 37 degrees. I'll never fear Melbourne's climate again.

Another surprise was to meet the McKerrows, who had come to run for New Zealand. It was great to catch up with all the news. Both Barbara and Barry had run a marathon only 3 weeks previously, so it was no surprise that Barry only lasted 30kms, but Barbara went on to finish in 3rd place in 2hr 53m 26s, a great run.

This trip was the best, the organisation, accommodation, company and final outcome was much more than either of us expected, and if given the chance we would not hesitate to run the Singapore Marathon again.

IDEAS GALORE ! WHERE IS THE ACTION ?

Plenty of discussions are taking place within and without the VMC RR as to the future of athletics in general, of distance running and mass participation in particular.

The 1986 Committee of the Club came in with a welter of ideas, representing just a few of the many trends which make up the total running scene. Looking at Victoria alone, there are a great number of bodies whose interested membership not only is of similar kind but also overlaps to some degree.

Let's look at them: VAA (the original 'governing' body), VAL (the 'professional' body), the VMC RR (the original 'specialist' distance running organisation), the VCCL (the original 'professional' specialists), the Sri Chinmoy runners, the Vic. Road Runners, the 'Corporate Cup' runners, the Melbourne Marathon Inc., the Victorian Veterans Athletic Club, the Hash House Harriers and a number of regional organisations.

ROOM FOR EVERYBODY.

Even just a cursory glance shows that there are many trends to be catered for and that not a single body has the answer for all. Those who have been in the sport for a length of time and gained experience over some years cannot help but broaden their perspective in recognising a multi-coloured scene.

Besides, there is a close and interlocking connection between Track, Crosscountry & Road events, they all complement each other to some extent. It is no accident that the top performers in running usually have a sound background of all three to shine in their chosen speciality.

Starting at the top and moving downwards in level of performance, we have the following:

The Elite runner - usually with a background of seven or more years of regular competition and possessing a much higher than average talent.

The Up-and-Coming runner - usually less experienced, feeding on successes, determined to make the Elite. Failures are severe blows to self-esteem.

The Regularly competing athlete - enjoys the competition and is likely to improve steadily.

Then we have the Fitness conscious, the Social, the Occasional trier and the 'Body and Soul' devotee. The latter eventually graduates to the Ultra Distance, another version of being an Elite.

VMC RR AIMS FOR ITS MEMBERS.

1) To maintain and improve the present service to runners by consolidating existing office hours and extend to include Monday & Friday through voluntary staffing.

2) To consolidate and improve existing roster system for scheduled events.

3) To establish a more thorough co-ordination of capabilities of Club members for the benefit of improved Club activities.

IN THE LONGER TERM.

1) To improve membership enrolment and race participation.

2) Achieve continuity in sponsorship.

3) Establish general liaison and calendar co-operation with kindred bodies.

4) Extend participation into localities by encouraging area groups to establish regular training times and social activity.

5) Extend support for events conducted by local clubs and groups in conjunction with the VMC RR.

PULLING TOGETHER

In the final analysis a Club is only as good as the cooperative effort put in by all its members. Maybe there are many approaches to the same game, let us respect these and work together for our common enjoyment.

Fred Lester, Gen. Secretary

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

Fred Lester.

TYPES I'VE MET could flow on from the previous page, as you can get any amount of combinations out of the ones listed. Actually, the biggest mistake is to put everyone into a pigeonhole and expect them to live up to a convenient category.

Which brings us to a couple of types whose level of performance is purely incidental: 1) the 'hanger-on' who forever seeks reflected glory, and 2) the 'user' who makes a career on the success of others.

WHATEVER DOES THE AUSTRALIAN ATHLETIC UNION do with all that money they boast of obtaining in sponsorships ?! We are sending a team to the World Marathon Cup with most of the team members expected to find some \$2000 out of their own resources.

Wouldn't it better to put some of that money towards such purpose than blowing it on overseas invitees in a most indiscriminate manner? Or is it the sponsors who determine Australian Athletic Policies?

Someone even suggested that we probably be better off if the sponsors had a say; they might even be more athletic minded than the AAU and find the \$1200 expected to be put in by those 'lucky' to be chosen for the World Crosscountry Championships.

SPONSORSHIP IS VERY FICKLE when it comes to the Mega Dollars, as a number of sporting bodies are finding out to their dismay when they get around to balancing their books after some big 'super-colossal' efforts they've put on. In a way it is very hard to put all the blame on the sponsors; after all they are in business to make money or at least account for such spending in some tangible way to their principals and share holders.

The way it is at the moment, there are countless hours put in by voluntary helpers and dedicated supporters of sport plus expenses in the way of travel and meals away from home. These volunteers and honorary officials are beginning to ask whose benefit they are working for.

Is it too radical to suggest that sponsors need to agree that a specific amount goes into the direct budget of the sport which is giving them public exposure!?

PROMOTION AND PUBLIC RELATION WALLAS are using all the 'Hype' they can to engender ever more spending in their direction with very scant regard to a sense of balance, which also includes balancing the sporting organisations finances.

Some of them seem to be hell bent on Better, Bigger, Best until we arrive at Bust, by which time they usually are not around any more. They also use the famous slogan: You got to spend money to make money. They always forget to add: Your money!!

IT IS GREAT TO BE ABLE TO OFFER CONGRATULATIONS to MEGAN and IAN SLOANE on the birth of their son Richard David ! Both parents have had long association with the VMC RR, Megan winning the EZ Women's division on two occasions.

A TIP FOR ALL VMC RR MEMBERS when putting down a date for helping out at one of our runs is to ENTER the date into their diary and put a mark in for one week earlier as a reminder. I had this passed on from one of our regular members who follows this method for most of his dates which happen at irregular intervals.

ONE OTHER WAY to save time and labour for the Club is to follow the directions exactly as directed on Membership and Competition Forms. That also includes the particular size of the address labels for sending the Newsletters.

Anything that deviates from a standard format creates problems in extra time or storage or quick checking. Your cooperation in this regard will be very much appreciated.

THE PHOTO ON THE FRONT COVER is courtesy of Australian Runner's Tony Feder.

PLEASE NOTE THAT the advertisement for our Summer-Autumn Calendar in Australian Runner inadvertently transposed the bottom date.

SUNDAY, 22 MARCH should read: QUEEN OF THE NORTH WOMEN'S RUNS, 12km and 6km.
COBURG 9.00am. Melways Map 18 A 9.

(The 15km and 5km is on APRIL 12)

VMC ROAD RUNNERS - FIXTURE LIST - 598 High St., E.KEW 3102(Tel:817 1033 Tu,We,Th 12-2pm)

* indicates change from previous fixture lists

- MAR 15(Sun)12km & 4km FALLEN COMRADES, DOMAIN, 8.00am(Melway Map 43 K12)\$2 & \$3;4k-\$1.
- MAR 22(Sun)12km & 6km QUEEN OF THE NORTH Women's Run, COBURG, 9.00am(Map 18 A9)\$3.
- APR 12(Sun)15km & 5km ALBERT PARK, Robinso Hall, 9.00am(Map 57 J3)\$2 & \$3;5k-\$2.
- APR 20(Mon)16km EASTER CHAMPIONSHIP, LaTrobe Uni, 9.00am and FAMILY 3km FUN RUN 11.00am. Mother & Child, Father & Child run \$1 each.(Map19 H7 Car Park 6)16k-\$2 & \$3.
- MAY 24(Sun)MARATHON CH'SHIP & 10km, FISHERMENS BEND, 10.00am(Map56 H2)\$4 & \$5;10k-\$2. Special conditions & EARLY ENTRIES apply for main race.Late entries \$10 surcharge!
- JUN 7(Sun)'DAVID WARD' HALF-MARATHON, BURNLEY 9.00am(Map 45 B12)\$3 & \$4. Special conditions & EARLY ENTRIES apply.Late entries \$10 surcharge!
- *JUN 20(Sat)50 MILES AUSTRALIAN CHAMPIONSHIPS:Track-BOX HILL(Map47 C7)\$12 & \$15. 21 Road-PRINCES PARK(Map 29 G12)Send SSAE for entry form & info to above address.
- *JUL 4(Sat)20km & 10km, WERRIBEE SOUTH, St.Mary's School, 1.00pm(Map210 H10)\$3 & \$4;10k-\$2. Refreshment provided for competitors.
- JUL 26(Sun)25km & 5km Open;10km WOMEN'S CH'SHIP, ALBERT PARK, 9.00am.\$3 & \$4;5k-\$2.
- AUG 30(Sun)'PUMA'32km BEACH ROAD BASH & 4km, BRIGHTON BATHS, 8.00am(Map67 C10)\$3 & \$4.
- SEP 19(Sat)30km & 15km KING & QUEEN OF THE MOUNTAIN, POINT LEO, 1.30pm(Map196 G2)\$3 & \$4.
- OCT 25(Sun)'PUMA'DAYLIGHT SAVING 10miles & 4km, BRIGHTON BATHS, 8.00am(Map67 C10)\$3 & \$4.
- NOV 4(Wed)16km & 6km TWO BRIDGES, 6.30pm(Map44 B12)\$2 & \$3;short race \$1.
- NOV 18(Wed)12km & 4km TWO BRIDGES, 6.30pm(" ")\$2 & \$3; " " \$1.
- DEC 2(Wed) 8km & 2km TWO BRIDGES, 6.30pm(" ")\$2 & \$3; " " \$1.
- DEC 7(Mon)1st day of EMIL ZATOPEK WEEK 10,000m Track & other events.Specail cond.apply.
- DEC 13(Sun)'DAVID WARD' 10k & 3k EMIL ZATOPEK FUN RUNS, PRINCES PARK, 9.00am.\$4 & \$5;3k-\$3.
- DEC 31(Thu)'RUNNERS WORLD' MIDNITE RUN 8km & 2km, TWO BRIDGES(Map44 B12)

1988

- JAN 17(Sun)4 laps(13km)PRINCES PARK, 8.00am(Melway Map 29 G 12)\$2.
- JAN 20(Wed)10km TWO BRIDGES, 6.30pm(Map44 B12)Alexandra Ave BBQ area.\$2.
- FEB 3(Wed)10km TWO BRIDGES, 6.30pm(Map44 B12)Alexandra Ave BBQ area.\$2 & \$3;1 lap-\$1.
- FEB 14(Sun)6 laps(19km)PRINCES PARK, 8.00am(Map29 G12)\$2 & \$3;1 lap- \$1.
- FEB 17(Wed)10km TWO BRIDGES 6.30pm(Map44 B12)Alexandra Ave BBQ area.\$2 & \$3;1 lap-\$1.

NOTE:Please use Race Entry Forms ONLY where EARLY ENTRY is requested!

Other People's fixtures pages 14 & 15

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VMC ROAD RUNNERS - MEMBERSHIP FORM - (BLOCK LETTERS PLEASE!)

SURNAME.....INITIALS.....CALL NAME.....

REG.NO.....CLUB.....

ADDRESS: No.....STREET.....

TOWN OR SUBURB.....POST CODE.....

TELEPHONE: HOME.....WORK.....

DATE OF BIRTH.../.../....MALE/FEMALE(delete inapplicable)

OCCUPATION.....I CAN HELP THE CLUB WITH.....

I CAN GO ON CLUB DUTY ROSTER 1).....2).....3).....

Check with dates on fixture list and give in order of preference 1,2 or 3.

CONTRIBUTE TO/DISTRIBUTE NEWSLETTERS.....DISTRIBUTE CLUB NOTICES.....

BILLET VISITOR(S).....HAVE ENDORSED DRIVERS LICENŒE(Truck/Bus).....

HEREWITH \$12.....(Senior), \$6.....(Junior U-20) and SSAE for return of information.

Dated:..../..../.....SIGNATURE.....



VMC ROAD RUNNERS

FOUNDED IN 1946 AS
'VICTORIAN MARATHON CLUB'
TO PROMOTE AND FOSTER
LONG DISTANCE RUNNING

598 HIGH STREET,
EAST KEW.
VICTORIA 3102
TEL: (03) 817 1033

AFFILIATED TO
Victorian Athletics
Association
AUSTRALIA

The VMC ROAD RUNNERS is a unique organisation within the world of athletics. It is a club which caters for the newcomer to running, the experienced regular athlete, the young and the old, men and women, boys and girls. It represents a bridge as it were between the highly organised and the more casual approaches in competition, leaving it to the individual how much or how little pressure he/she wishes to apply.

The accent within the club is on enjoyment of running through whatever participants see as their own particular pleasure, thus achieving individually or jointly what they set out to do to their fullest personal satisfaction. We do not place expectations on anyone beyond asking runners to take a turn at performing some of the minimum chores required to conduct our events smoothly and for everyone's satisfaction. This mainly involves ensuring that runners do not lose their way, that everyone can find out his or her final place and time and how they compare with each other or their own previous performance.

The club maintains a program throughout the year with the aim of enabling runners to test and improve their fitness at varying distances and, where possible, cater for different stages of fitness by offering a choice between a long or a short race on each date. Anyone can join the VMC RR at any of our events; if they wish to just have a run without becoming members, they may do so at a \$1 surcharge in the main race, except for special events.

These Special events: the VMC MARATHON, HALF-MARATHON, 50 MILER, EMIL ZATOPEK 10,000m SERIES and some other nominated events, because of their importance and the high degree of organisation, require EARLY PRE-RACE ENTRIES (2-3 weeks ahead or as advertised) and, in the case of the EMIL ZATOPEK SERIES, MEMBERSHIP AND TIME qualifications.

Variations in entry fees occur because of differing organisational costs, number and value of prizes, provision of refreshments and other facilities.

Basically, the VMC ROAD RUNNERS aim to keep organisational and technical details to the minimum essential to conducting their events satisfactorily for all. We like to stick to our Club Motto "WITH A MINIMUM OF FUSS"! We also aim to co-operate with all distance running organisations, local, regional and national.

MEMBERSHIP FEES are \$12 per year (senior), \$6 per year (Under 20), including insurance, and cover the Calendar Year. Your membership fee entitles you to receive our quarterly NEWSLETTER, carrying results, events ahead, information, articles and comments from our own members and other sources. Post the completed Membership Form (overleaf), together with correct fee, to the GENERAL SECRETARY, VMC ROAD RUNNERS, 598 High St, E.KEW 3102.

All Enquiries must be accompanied by a SSAE (Stamped Self-Addressed Envelope) of maximum standard size (235mm x 120mm) for a reply and return of information.

VMC NEWSLETTER is obtainable at most race fixtures as well as at:
VAA OFFICE, Olympic Park No.1 ground, Swan Street, MELBOURNE 3002, 428 8195
RUNNERS WORLD, 600 High St, E.KEW 3102, 8173503/340 Glenhuntly Rd, E.WICK 523-8585
ROCKY'S SPORTSPOWER, Cnr Warrigal Rd & Burwood H'way, BURWOOD, 288-8916