



# VMC ROAD RUNNERS NEWSLETTER

SPRING 1987  
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1987 V.M.C. MARATHON CHAMPIONS: TONY DIDONATO and BARBARA FAY clear winners.

Race results and splits see pages 6 & 7.

## 50 MILE

Results & report pages 12 & 13

HI-TEC SPORTS



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

The VMC gets numerous requests from our members for training advice and running contacts. In order to provide this service to our members, FRED LESTER, VMC General Secretary and an AFTCA Accredited Coach Grade 2, is available from 10.00am 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'd playground at venue.

REGULA RUNNERS, GREENSBOROUGH Women's Running Group - all ages & abilities. Group meets on Wednesday 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 Fair in Greensborough to run for 1 - 1½ hours. For other runs at various times please ring the VMC Office, 817 10 33, for information.

WATTLE PARK Women's Over-40 Group. Contact Marg Anderson, 288 18 94. The group meets on Mondays 10.00am near the chalet and clock tower, top of Wattle Park driveway.

YARRA VALLEY RAMBLERS Men & Women, mixed standards, contact David Bland, (B)509-19 52. This group meets on Sundays at 8.30am at Kew-Camberwell Athletic Track, Stradbroke Park, cnr. Burke & Harp Roads, East Kew. Yarra Valley courses, Eastern Parklands rambles.

COBURG FUN RUNNERS Train at Harold Stevens Athletic Track (Melway Map 18 A9/10) every Tuesday & Thursday night at 6.15. Contact mail to 55 Woodlands Ave, PASCOE VALE, 3044. Tel: 386 9251.

PENINSULA ROAD RUNNERS have runs over various distances in the Mornington Peninsula area. Contact Kon Butko 787 13 09; Ray & Mark Lewis 789 61 09; Gordon Loughnan (059)77 4892; Tony McMahon 786 51 54.

BALLARAT Mount Helen Fitness Trail Runs start at 9.30am at the Ballarat College of Advanced Education, 8km from Ballarat on the Midland H'way 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 the corner of Mt. Dandenong Toursit Rd and Mast Gully Rd (Melway 75 C4), Sunday mornings from 8.00-9.00am for long runs (8, 15, 17, 21 mile circuits) in magnificent bush surroundings, a combination of road running and Sherbrooke Forest tracks. Back to the Cafe for breakfast. Dozens of runners for company.

GARDINER CREEK group meets near Blind Institute, opposite Kooyong Tennis Courts, 8.30am Sundays. Mixed standards, men and women.

CITY LOCATION Diamond Valley & Melbourne Tri-Club, Men & Women. Contact Grant Fraser (B) 67 61 93. Group meets for run Robs Restaurant, Albert Park, Tuesdays 7.00pm.

SOUTH YARRA Women's group early morning runs Tuesday & Thursday 7.00am, Football oval cnr. Swan Street and Punt Road. Contact Sharon De Saily 813 26 08.

\* A WORD OF ADVICE\* If you decide to run with any of these groups, please spend a minute or two of your time BEFORE YOU START to find out the DISTANCE and PACE of any group of runners. There is probably nothing worse for a beginner than to be left behind after the first 500 metres or so and struggle on to run beyond what is sensible for your present level of training. If in doubt, start by running with the slowest group available. You can always graduate to longer/faster runs as your fitness improves.

CONVERSELY, regular members of any group need to be aware of newcomers and assist them to find their most suitable level within the group.

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VMC ROAD RUNNERS T-SHIRTS AND SINGLET

One of the most popular 'swappable' garments on the running scene, these are always available at \$8.00 each, plus \$1 postage & packing. Colours are white with navy logo. Order by mail from VMC Office, 598 High Street, East Kew 3102 (phone 817 10 33), Also sold at any of our runs.

\* SPECIAL \* There are still a few special Zatopek 25th anniversary T-shirts (size 16, 18) for sale at only \$6 plus \$1 P & P.

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RACE ENTRY FORM VIC MARATHON CLUB-598 High St.,E.KEW 3102.(ONLY for races giving actual closing dates on Fixture List Others enter onday at venue.)

BLOCK LETTERS,Please!

Please enter me for the following race.....on Date.../.../.....

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

ADDRESS.....POST CODE.....

PHONE(Home).....(Work).....

BEST TIME OVER THIS OR NEAREST DISTANCE.....DATE OF SAME.../.../.....  
(last 2 years,if available)

PLACE WHERE HELD.....NAME OF RACE.....

DATE OF BIRTH.....MALE/FEMALE(Cross out inapplicable)

CORRECT AMOUNT ENCLOSED \$.....

SIGNATURE OF ENTRANT.....DATE.../.../.....

NOW TURN FORM OVER AND SIGN DECLARATION AT BACK after checking the correctness of your information.Don't forget to enclose the SSAE and RACE FEE for return of race information.

NOTE:Any additional copies of this form must also carry copies of the Declaration on the reverse side or cannot be accepted.

Please make out all entry details in BLOCK LETTERS and enclose a SSAE(Stamped,Self-Addressed Envelope),preferably size 235mm x 120mm,for return of information on the appropriate event.ALWAYS check closing dates on the fixture list on page 23.

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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)

It seems that that a changing attitude to women is also percolating through sport, even if ever so slowly. Patronising attitudes, a kind of male defensiveness, are holding back the advantages that can be gained by being much more open and receptive to new approaches and ideas once we can drop a superior attitude towards other people. The 'In-word' of the moment is "Communication", everything will be solved by better "communication", which very often simply sounds like talking down at others.

In actual practice, it looks much more like mutual support, even a continuous exchange of supporting roles, for the mutual benefit of all, sex and age are immaterial. A case in point was the very successful day at Albert Park for the VMC Women's 10km Ch'ship when there was a choice between three events for all concerned.

One could almost regard the atmosphere on the day as a breakthrough and it is up to us now to maintain the momentum. A relaxed attitude is not only beneficial to your own running in a strictly physical sense it also makes for better social relationships between all kinds of people as a mental awareness and acceptance.

We can take this further into the very workings of our Club as an effective means for achieving all the things we look for to gain from running for health, pleasure, competition, relaxation, release from the rat race.

The awareness of what is necessary to contribute ourselves to make it work without leaving too big a burden for someone else, like being a member of a large family, so that no one is left out from taking part is basic if we are to maintain support for and from everyone.

There is still a very large number of runners not particularly interested in over much organised competition, who prefer to pick and chose at their leisure, but who would like to train with a loose group of similar ideas near their home or work. The development of more such groups is another form of mutual support, or self-help if you like, and your attention is drawn to letting us know through the Newsletter. Page 2 gives a listing of some such groups.

There are many Veteran athletes also members of the VMC and They will be involved in the holding of the World Championships at the end of Novemeber. That will be a huge undertaking requiring a lot of people to help run smoothly events with thousands of interstate and overseas visitors and fellow athletes involved.

If any VMC member or Newsletter reader can assist for a day or two between Nov.28 and Dec 6, get in touch with RICHARD TODD, 85 Mantung Crescent, ROWVILLE 3178, giving him your address, Phone Number and dates when you can be available.

THAT WILL BE MUTUAL SUPPORT IN ACTION !

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The VMC NEWSLETTER is published for the information of members of the VICTORIAN MARATHON CLUB MELBOURNE INC. and is part of the Annual Membership Fee. It is issued quarterly: AUTUMN(March)-WINTER(June)- SPRING(September)- SUMMER(December). All runners are invited to contribute letters, results, photos, comments, criticisms. etc. to the EDITOR, 1 Golding Street, 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 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. Earlier copy is preferred to ease pressure on editing and print schedules.

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INTERSTATE LINES OF COMMUNICATIONS.

VICTORIAN MARATHON CLUB MELBOURNE INC. 598 High St. E. KEW 3102, (03)817-1033: Tu, We, Th )  
 AAU: Rick PANNELL, P.O. Box 254, MOONEE PONDS, Vic 3039 (03)370-7555 (12noon-2pm)  
 NSW AA: Clive LEE, P.O. Box N101, Grosvenor St., SYDNEY, NSW 2001 (02) 241-3538  
 VAA: Greg MASON, Olympic Park No.1, Swan Street, MELBOURNE 3002 (03)428-8195; 428-8049  
 QAA: Reg BRANDIS, QE2 Stadium, Kessels Road, NATHAN, Q'land 4111 (07) 343-5653  
 AA of SA: Ian ROGERS, P.O. Box 57, KENSINGTON PARK, S.A. 5068 (08) 332-8352  
 AA WA: John BAGULEY, 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 Road, 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: Marilyn DAVIS, G.P.O. Box 591, ADELAIDE, S.A. 5001 (1 Sturt St.) (08) 212-6115  
 ACT CC CLUB: Dave CUNDY, 33 Lawrence Cres, KAMBAH, ACT 2902, P.O. Box 144 (062) 31-8422 H  
 SYDNEY STRIDERS: Phil CALDWELL, P.O. Box N110, Grosvenor St., SYDNEY, NSW 2001 (02) 427-6350

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VICTORIAN VENUES

Melway Reference Map

<u>OLYMPIC PARK</u> : Swan St. & Batman Ave, Trams Princes Bridge & Richmond Stn	44 B 11
<u>TWO BRIDGES</u> : Alexandra Ave, opp. Botanic Gardens, near Morell Bridge	44 B 12
<u>ALBERT PARK</u> : Robinson Hall, rear of Basketball Stadium, facing lake	57 J 3
<u>PRINCES PARK</u> : Walker St. Pavilion, near Carlton FG, Royal Pde, trams pass	29 G 12
<u>BURNLEY BOULEVARD</u> : Kevin Bartlett Res, rear Burnley Gardens, Richmond	45 B 12
<u>POINT LEO</u> : 200m up from Pt. Leo turn-off at Flinders-Hastings Road	196 G 2
<u>FISHERMENS BEND COMM. YOUTH CENTRE</u> : opp. Bus Terminus & shops Garden City	56 H 2
<u>DOMAIN</u> : Birdwood Ave, rear Shrine of Remembrance, 1.5km from Flinders St.	43 K 12
<u>LATROBE UNIVERSITY</u> : Car Park 6, off Ring Road, 500m east Waterdale Rd entrance	19 H 7
<u>WERRIBEE SOUTH</u> : St. Mary's Primary School, cnr White & O'Connor Rds.	201 H 10
<u>WESTERFOLDS PARK</u> : Porter St. <u>TEMPLESTOWE 33 E 1/2</u> ### <u>BUNDOORA PARK</u> : Plenty Rd	19 F 4
<u>COBURG TRACK</u> : Outlook Rd, E. COBURG, off Murray Rd Swimming Pool	18 A 9
<u>COLLINGWOOD TRACK</u> : Heidelberg Rd, CLIFTON HILL; Crosscountry Course opposite	30 G 12
<u>DONCASTER TRACK</u> : George St. <u>33 J 11</u> ### <u>BOX HILL TRACK</u> : Elgar Rd/Barwon St	47 C 7
<u>CROYDON TRACK</u> : Norton Rd <u>50 K 4</u> ### <u>NUNAWADING TRACK</u> : Burwood H'way, E. BURWOOD	62 B 7
<u>MURRUMBEENA TRACK</u> : North & Murrumbeena Rds <u>68 K 9</u> ### <u>MENTONE TRACK</u> : Second Str.	87 B 7
<u>SANDRINGHAM TRACK</u> : Thomas St, HAMPTON <u>76 K 6</u> ### <u>KNOX TRACK</u> : Rushdale St. SCORESBY	73 D 7
<u>FRANKSTON TRACK</u> : Ballam Park <u>103 B 4</u> ### <u>SPRINGVALE TRACK</u> : Ross Reserve, NOBLE PK	80 E 12
<u>ABERFELDIE TRACK</u> : Corio St. <u>ESSENDON 28 D 6</u> ### <u>DEVIL BEND RESERVOIR</u> , Moorooduc	152 J 3
<u>BRIMBANK PARK</u> : Keilor, enter from Calder Highway	15 B 8

This page is a SPECIAL SERVICE to all runners to facilitate their contacting athletic organisations at home and interstate. All interstate addresses receive VMC NEWSLETTERS and are invite to let us have full information on their events so that we can keep our members and other runners informed in turn for their benefit.

"DAVID WARD"Half-MARATHON(cont. from page 8)

151. John GUDE 29	96:08	174. Sue GEBBIE 37W	100:24	197. Jenny CALDWELL 40W	107:52
152. Sonya McLENNAN 34W	96:25	175. Dave HERBERT ??	100:47	198. Kevin ELLIS 40	108:43
153. Colin SMITH 30	96:37	176. Cynthia CAMERON 41W	100:47	199. Mick LEVEY 34	109:30
154. John BAKER 32	96:44	177. Kevin CAMPBELL 53	101:00	200. Jill ROBERTSON 35W	109:55
155. Graham EDWARDS 52	97:18	178. Leif BUTTON 47	101:32	201. Vicky THOMPSON 41W	110:08
156. Spiro MORAITIS 54	97:27	179. Mike HIGGINS 43	101:33	202. Lynley THOMPSON 36	112:18
157. Peter ROWLANDS 32	97:37	180. Heather WATSON 22W	102:08	203. Patricia PICKLES 37W	114:27
158. John WRIGHT 46	97:42	181. Gerard SCANLON 25	102:08	204. Jessica SMITH 49W	114:27
159. ???	???	182. John BACON 62	102:13	205. Paul JENKINS	114:44
160. Bernie GOGGIN 49	97:55	183. Andrew MELDRUM	102:20	206. Chris GRIFFITHS 38W	114:51
161. Terry DERHAM 33	98:08	184. John KELL 58	102:42	207. Marg BROUGHTON 35W	115:09
162. Chukka DERHAM 33	98:08	185. Coral MONK 39W	103:20	208. Adam JENKINS	116:03
163. Adrian FISHER 33	98:17	186. Roy SUDHOLZ 55	103:22	209. Ted WILLIAMS 43	118:59
164. Harry HOPKINS 31	98:32	187. Ian WALKER 52	103:33	210. Coral BROWN 32W	119:17
165. Tony ROSAG 45	98:38	188. Paul MAMBO 29	103:42	211. Josy CONNELLAN 31W	119:17
166. Alan WATKINSON 50	98:46	189. Medgee LEBRASSE 44W	103:45	212. Norm KING 41	122:27
167. Ashley WATKINSON 20	98:46	190. Frank DEAN 43	104:37	213. Lorrie BISHOP 40W	122:43
168. John MAHONY 47	98:57	191. Con PRIFTIS	105:07	214. Graham BISHOP 42	122:43
169. Dennis FOLEY 36	99:17	192. Judy WINES 49W	106:03	215. Bill BRIGGS 32	123:39
170. Shirley YOUNG 57W	99:26	193. Glenys PILLING 24W	106:24	216. Christine CLARKE 27W	127:27
171. Sean JENNESON 19	99:36	194. Rhonda POCKNEE 35W	106:28	217. Joan JERRAM 40W	130:34
172. Noel GRIBBON 58	100:22	195. Paul W-JOHNSON 32	106:37	218. Sandra KERR 41W	133:15
173. Nigel BYDDER 34	100:22	196. Gordon BURROWES 51	107:36		

On MARATHON DAY(May 24)VMC members on roster duty ensured a well conducted race which was highly appreciated by all. We could have still done with a further 6 to 10 to give an even better service and provide relief out on the course on a rather cold day.

The following assisted: Margo HELLYER, John PILKINGTON, John GAPES, Charlie WARR, Gordon LOUGHNAN, Merv WOODGATE, Bob MUIRHEAD, Graeme PINCHBECK, Kathryn MELDRUM, David GARDINER, Mike CUMMINS, Sophie & Peter MADDIGAN, Ian U'REN, Ian DENOVAN, Peter & Melva BLACK & Family, Dave CRAIG, Peter NELSON, Graeme SALTHOUSE, Kevin MACKEN, Rob LAWRENCE, Sandy KEN, David YEAMAN.

VMC 20km CHAMPIONSHIP, Werribee Sth., 4-7-1987. Cool, sunny, ideal. 41 Starters.

1. Frank MAHONEY 25	64:31	13. James GLEESON 37	78:26	25. Robert BENNETT 48	89:33
2. Maurice HEARN 30	65:11	14. Mal BROWN 46	79:36PB	26. Phil TEHAN 34	89:41
3. Ian GAINY W/C	65:30	15. Jim HUCKSON 26	80:37	27. John COCHRANE 30	80:58
4. Grant LEPP 31	68:53	16. Geoff HOOK 42	80:47	28. Chris TROTTER 43	92:25
5. Noel PHILPOTT 25	70:40	17. John COCHRANE 30	80:58	29. Peter MONGAN 28	92:53
6. Darren RIVIERE 23	72:52	18. Stephen FROELICH 22	81:37	30. Leif BUTTON 47	95:05
7. Tony BERRY 51	74:13PB	19. Jim GOOK 48	83:11	31. Kevin ARMSTRONG 51	95:53
8. Noel NEWELL 29	75:24	20. Jukka KOISTINEN 31	83:16	32. Colin SILCOCK 54	97:56
9. Tony MORGAN 43	76:09	21. Peter BLACK 41	84:15	33. Bernie GOGGIN 50	98:04
10. Danny DALE 29	76:51	22. Alan WHITTLE 33	84:20	34. Roy SUDHOLZ 55	98:08
11. Barry SAWYER 53	77:13	23. David ELLIOTT 38	85:32	35. Gordon BURROWES 51	101:50
12. Hamish SCOTT 22	77:53	24. Andrew JOLLY 30	87:59	36. Howard BROWN 49	107:42

VMC 10km, Werribee South, 4-7-1987. 11 Starters.

1. Simon HEDGER 27	30:56	5. Peter VANOS 30	38:42	9. Mal COTHER 45	41:51
2. Andrew MERRY 32	32:21	6. Mark McLEAN 16	40:18	10. Merv WOODGATE 58	46:11
3. Andrew HOLMES 32	35:33	7. Sue MACKO 26W	41:03	11. Melva BLACK 40W	55:07
4. Rob DANAHER 36	37:44	8. David HOLMES 29	41:33		

Race Manager GERRY HART was assisted by Peter NELSON, Maureen and Gerry RILEY, Mark McLEAN, Kevin MACKEN, Mike CUMMINS, Fred LESTER and Lawrence GLOVER. Special thanks go to Gavan BLACK and his sister for organising the drink table, a job they also did very well on other occasions.

We were rather mystified by the rather small attendance on a near-perfect day. Is it the 1.00pm Saturday start, the lure of Football, the distance ?

VMC MARATHON CHAMPIONSHIP, Fishermens Bend, 24-5-1987. Cool to mild, strong winds. 94 Starters.

1. Anthony DIDONATO 29	2:32:10	24. Eric MARIE-JEANNE 38	3:11:33	47. John MANSELL 33	3:29:03
2. Russell JOHNSON 35	2:38:56	25. Gerry RILEY 56	3:12:38	48. A. QUIMBY 39	3:30:21 1st
3. Terry PHELAN 38	2:46:51	26. Ian HEAFIELD 39	3:13:04	49. Ashley WATKINSON	3:31:01PB
4. Max CARSON 38	2:48:25	27. Doug SMITH 38	3:13:58	50. Alan WATKINSON 50	3:31:01PB
5. Bruce POVEY 37	2:49:39	28. Peter BRYAR 35	3:14:32	51. Spiro MORAITIS 54	3:32:07
6. Barrie BROOKS 46	2:53:16	29. Mick WHITEOAK 42	3:16:26	52. Roger WEINSTEIN 37	3:32:07
7. Leif MICHELSSON 45	2:54:21	30. George PERDON 62	3:16:26	53. Peter TUNER 29	3:32:48
8. Tony MORGAN 43	2:57:41	31. Klaus SCHNIBBE 43	3:18:00	54. Ken HOUGH 42	3:35:03
9. Peter LOGAN 39	2:58:08	32. Richard JEFFERY 52	3:18:02	55. Vin MARTIN 35	3:42:48
10. Tom KERR 42	2:58:52	33. Jim CRAWFORD 52	3:18:43	56. Marcus TRAYLEN 56	3:46:13
11. Laurie EDMONSTONE 42	2:59:25	34. Phil LEAR 43	3:18:44	57. Wally ROTOW 40	3:48:10
12. Bryan SMITH 2:59:51 (42)		35. Cliff SINCLAIR 40	3:18:59	58. Colin SILCOCK 54	3:52:28
13. Kevin ALLAN 55	2:59:56	36. Ian DOBSON 37	3:19:26	59. Frank BIVIANO 43	3:53:35
14. Chris WOOLGAR 42	3:01:16	37. Frank ROLLARD 43	3:20:13	60. Kevin CAMPBELL 53	3:54:28PB
15. Geoff HOOK 42	3:01:44	38. Keith CROWLE 47	3:21:07	61. Cynthia CAMERON 45W	3:54:28
16. Malcolm BROWN 46	3:01:48	39. Barbara FAY 45W	3:21:36	62. Ray DAVEY 48	4:00:09
17. Gary COSSSENS 33	3:05:14	40. Frank FURLAN 48	3:23:46	63. Kevin BROWNE 50	4:02:03
18. George PARADOWSKI 38	3:05:22	41. Phil TEHAN 34	3:24:37PB	64. Dennis ARDLEY 40	4:04:12
19. Laurie BRIMACOMBE 43	3:05:54	42. Peter NELSON 46	3:26:42	65. Robert MILLER 32	4:07:29PB
20. Deny MARTIN 38	3:05:54PB	43. Tony HARRIS 34	3:26:58PB	66. Stephen FOULKES 33	4:14:23
21. Alan LANE 39	3:05:59	44. Greg WISHART 48	3:27:10	67. Stan MISKIN 61	4:18:57
22. Sandy DRUMMOND 39	3:07:45	45. John BELL 42	3:28:38	68. John ZELEZNIKOW 36	4:26:33
23. Ray CALLAGHAN 53	3:10:55	46. Claire BOWKER 45W	3:28:38	69. Bernie BRENNAN 60	4:27:58,

VMC 10km, Fishermens Bend, 24-5-1987. 93 Starters.

1. Eric GREAVES 39	33:34	32. Gordon STEPHEN	40:32	63. Glenys PILLING 24W	45:59
2. Roger SIMONDSO 31	34:02	33. Magnus MICHELSSON 18	40:35	64. Miles GERRARD 9	46:16
3. Tony MANDILE 31	34:36	34. Eddie McNABB 43	40:49	65. Leif BUTTON 47	46:26
4. Rick WILLIAMS 23	34:48	35. Charlie BEATY 24	40:58	66. Joe BENSON 54	46:34
5. Les BRADD 35	35:22	36. Stephen HUNT 35	41:08	67. Robert BROOK 19	46:34
6. Greg MANDILE 25	35:20	37. George JUDKINS 31	41:16	68. Brian EVANS 20	46:53
7. John GRANT 32	36:22	38. Anthony BROOKS 14	41:27	69. Clive TRITTRUF 43	48:15
8. Frank DWYER 36	36:51	39. Andrew MEIERS 20	41:29	70. Bob WRAY 30	48:47
9. Geoff WHEELER 30	37:05	40. Ian STABSFIELD 43	41:35	71. Andrew YEAMAN 13	48:48
10. Jim GRELIS 35	37:13	41. John NEVE 34	41:37	72. David YEAMAN 51	48:48
11. Linda THOMPSON 33W	37:22	42. Ian MOORE 23	41:45	73. Anne CALLAGHAN 49W	49:01
12. Robert FUGA 44	37:39	43. Peter MONGAN 28	41:49	74. JOHN HERON 30	49:05
13. Dave CRAIG 43	37:48	44. Jeanne McLEAN 29W	41:51	75. Matthew SMITH 14	49:29
14. Joan LOGAN 31W	37:57	45. Jan BRIMACOMBE 35W	42:17	76. Joan GUNN 48W	49:56
15. Andrew CLARKSON 26	37:58	46. Peter BLACK 41	42:18	77. Gordon BURROWES 51	50:01
16. Steve LAWRENCE 17	38:02	47. Rob SHUTE 39	42:35	78. Geoff MYERS 44	51:05
17. Lou ANTONEOLLI 28	38:08	48. Selwyn GEORGE 32	42:53	79. Adam JENKINS 14	52:55
18. Michael AUST 27	38:17	49. George TURNER 41	43:11	80. Graham BISHOP 42	53:09
19. Rob ALLINHAM 42	38:22	50. Peter CAMPBELL 42	43:34	81. Morris BEEL 64	53:19
20. Mike BONACCI 31	38:24	51. Paul JENKINS 10	43:37	82. Sandy SHUTE 39W	53:37
21. Terry STOKES 32	38:28	52. Colin BROWNE 54	43:41	83. Marian JENKINS 12W	55:33
22. John HALL 40	38:42	53. Lisa ALLINGHAM 21W	43:47	84. Melva BLACK 40W	55:48
23. Keith McINTOSH 47	38:50	54. Gaye GEORGE 32W	43:52	85. Lorrie BISHOP 40W	55:48
24. Michael O'DONNELL 31	38:57	55. Doug WHEELER 28	44:10	86. Helen BROWN 46W	56:19
25. Ken EMERY 39	39:03	56. Jack ROSENDALE 46	44:22	87. Ann O'KANE 31W	57:03
26. Ken MOORE 26	39:10	57. Gabrielle BLYTHE 18W	44:42	88. Don HAMPSHIRE 51	58:15
27. Ross BARR 28	39:23	58. John MAHONY 47	44:51	89. James MORRIS 9	58:54
28. Bill BERRY 36	39:53	59. Ron AUST 61	44:56	90. John MORRIS 46	58:55
29. Paul MADDEN 40	40:00	60. Dennis HUNT 35	45:16	91. SANDRA KERR 41	67:36
30. Ian BURRIS	40:03	61. Steve NICHOLLS 22	45:20		
31. Steve GRANGER 32	40:06	62. Bill KYTE 46	45:58		

Joint Race Managers DOT BROWNE & FRED LESTER wish to thank suppliers CAMPBELL SOUPS, KLAUS SCHNIBBE (Bread), KEN WALTERS (Milk) and helpers DOROTHY HICK, MIKE HOARE, JANET O'DELL, SANDY KEN for the after-race refreshment.



POS. No.	CALLNAME	SURNAME	RACE NUMBER	5	10	15	20	25	30	35	40	FIN
1	ANTHONY	DONATO	29	509	35:00	52:59	70:39	1:25:56	1:47:09	2:06:05	2:24:33	2:32:10
2	RUSSELL	JOHNSON	35	506	35:18		71:43	1:30:05	1:49:03	2:07:03	2:24:05	2:38:56
3	TERAY	PRELAN	38	581	35:13		71:24	1:30:54	1:50:36	2:13:21	2:36:30	2:46:51
4	MAX	CARSON	38	570	39:47		79:51	1:40:04	1:57:50	2:18:51	2:40:00	2:49:39
5	BRUCE	POVEY	37	545	37:56		77:09		1:57:50	2:18:51	2:40:00	2:49:39
6	GARRIE	BROOKS	46	505	40:48		81:25		2:07:23		2:44:38	2:53:16
7	LEIF	MICHELSSON	45	517	38:58		78:53	1:39:35	2:00:04	2:21:51	2:44:20	2:54:21
8	TONY	MORGAN	43	529	41:28		83:00	1:43:48	2:04:17		2:47:54	2:57:41
9	PETER	LOGAN	39	536	39:47		80:11		2:02:51		2:48:29	2:58:08
10	TOM	KERR	42	578	39:48		80:39		2:03:50		2:49:03	2:58:52
11	LAURIE	EDMONDSTAVE	42	507	40:29		81:25		2:03:32	2:26:17	2:49:36	2:59:25
12	BRYAN	SMITH	43	551	40:29		81:25		2:03:23		2:49:15	2:59:51
13	KEVIN	ALLAN	55	515	42:25		84:20		2:07:43		2:50:54	2:59:56
14	CHRIS	WOLGAR	42	512	42:25		84:08		2:06:49		2:51:30	3:01:16
15	GEOFF	HOCK	42	543	39:47		80:43		2:03:50		2:51:27	3:01:44
16	MALCOLM	BROWN	46	528	42:25		84:14		2:06:40		2:51:54	3:01:48
17	GARY	COSSENS	33	573	40:06		81:25		2:04:50	2:29:12	2:54:32	3:05:14
18	GEORGE	PARADOWSKI	38	564	37:56		76:39		1:59:06	2:24:50	2:52:57	3:05:22
19	LAURIE	BIRNACOMBE	43	508	42:25		84:14	1:46:02	2:08:08	2:31:45	2:55:33	3:05:54
20	DENY	MARTIN	38	540	42:25		84:14	1:46:02	2:08:08	2:31:45	2:55:34	3:05:54
21	ALAN	LANE	39	598	37:56		78:09		2:03:07		2:54:06	3:05:59
22	SANDY	DRUMMOND	39	569	40:18		83:52		2:09:47	2:33:36	2:57:20	3:07:45
23	RAY	CALLAGHAN	53	553	48:20		95:17		2:18:40	2:39:51	3:01:08	3:10:55
24	ERIC	MARIE-JEANNE	38	518	43:10		87:31		2:13:15	2:37:02	3:01:20	3:11:33
25	GERRY	RILEY	56	516	45:32		90:53		2:15:26		3:02:11	3:12:38
26	IAN	HEAFIELD	39	575	41:45		85:11		2:10:30	2:37:36	3:02:19	3:13:04
27	DOUG	SMITH	38	544			91:30		2:17:38		3:03:50	3:13:58
28	PETER	BRYAR	35	530	44:40		90:06		2:16:31	2:41:16	3:04:52	3:14:32
29	MICK	WHITEOAK	42	583			91:19		2:17:22		3:05:58	3:16:26
30	GEORGE	PERDON	62	588	44:48		90:13	1:53:15	2:16:31		3:05:53	3:16:26
31	KLAS	SCHWIBBE	43	596	45:58		91:22		2:17:40		3:07:06	3:18:00
32	RICHARD	JEFFERY	52	558	45:36		91:20		2:18:24	2:43:07	3:07:42	3:18:02
33	JIM	CRAWFORD	52	577	47:50		95:11		2:22:00	2:45:29	3:08:48	3:18:43
34	PHIL	LEAR	43	570	47:52		95:10		2:22:00	2:45:29	3:08:48	3:18:44
35	CHIFF	SINCLAIR	40	546	47:52		95:12		2:22:00		3:08:48	3:18:59
36	IAN	DOBSON	37	542	46:06		91:32	1:54:51	2:18:00		3:08:26	3:19:26
37	FRANK	ROLLARD	43	594			91:29		2:16:31		3:06:14	3:20:13
38	KEITH	CROWLE	47	532	41:45		84:14	1:47:01	2:11:38	2:39:15	3:07:40	3:21:07
39	BARBARA	FAY	W 45	574			93:13		2:20:57		3:10:30	3:21:36
40	FRANK	FURLAN	48	541	43:07		89:07		2:17:15	2:41:56	3:10:48	3:23:46
41	PHIL	TEHAN	34	547	46:37		91:52		2:19:41	2:45:14	3:12:40	3:24:37
42	PETER	NELSON	46	554			97:10		2:25:32	2:50:40	3:15:06	3:26:42
43	TONY	HARRIS	34	590			93:13	1:57:10	2:20:57		3:14:45	3:26:58
44	GREG	WISHART	48	579	43:49		91:41		2:21:43	2:48:08	3:15:40	3:27:10
45	JOHN	BELL	42	580			94:18		2:24:06		3:17:22	3:28:38
46	CLAIRE	BOWKER	W 45	523	46:20		94:18		2:24:06		3:17:22	3:28:38
47	JOHN	MANSELL	33	561	45:24		90:06		2:16:27		3:12:43	3:29:10
48	A	QUIMBY	39	572	43:05		87:06		2:15:00	2:43:59	3:16:51	3:30:21
49	ASHLEY	WATKINSON	20	526	47:20		95:25	2:00:30	2:25:30	2:51:54	3:18:48	3:31:01
50	ALAN	WATKINSON	50	525	47:20		95:26	2:00:30	2:25:30	2:51:54	3:18:48	3:31:01
51	SPIRO	MORAITIS	54	512	48:36		97:21		2:26:58		3:19:43	3:32:07
52	ROGER	VEINSTEIN	37	520			95:48		2:26:58		3:19:43	3:32:07
53	PETER	TURNER	29	552	42:25		85:16		2:15:46	2:46:51	3:21:09	3:32:48
54	KEN	HOUGH	42	586			94:19		2:24:06		3:21:28	3:35:03
55	VIN	MARTIN	35	565	48:20		96:10		2:26:58		3:26:46	3:42:48
56	MARCUS	TRAYLEN	56	560	48:44		99:21	2:05:48	2:33:03	3:03	3:33:38	3:46:13
57	WALLY	ROTOW	40	597	48:32		1:41:02	2:08:57	2:36:40	3:05:20	3:35:06	3:48:10
58	COLIN	SILCOCK	54	537	52:43		1:47:32		2:14:42		3:40:25	3:52:28
59	FRANK	BIVIANO	43	589					2:26:09	3:02:35	3:38:48	3:53:35
60	KEVIN	CAMPRELL	53	534	52:43		1:49:03		2:14:52		3:42:19	3:54:28
61	CYNTHIA	CAMERON	W 45	533	52:43		1:49:02		2:14:52		3:42:17	3:54:28
62	RAY	DAVEY	48	521	49:55		1:43:03		2:40:56		3:46:04	4:00:09
63	KEVIN	BROWNE	50	595	47:51				2:31:40	3:07	3:44:18	4:02:03
64	DENNIS	AROLEY	40	550	52:43		1:48:37	2:16:21	2:43:55	3:11:24	3:48:05	4:04:12
65	ROBERT	MILLER	32	555			94:26		2:32:44	3:11:46	3:53:23	4:07:29
66	STEPHEN	FOULKES	33	559	46:38		96:54		2:41:27	3:23:24	3:59:30	4:14:23
67	STAN	MISKIN	61	511	52:43		1:49:04		2:51:05		4:02:54	4:18:57
68	JOHN	ZELEZNIKOW	36	548	55:00	1:23:41	1:53:08		2:58:02		4:10:29	4:26:33
69	BERNIE	BRENNAN	60	556	57:46	1:27:32	1:56:35	2:26:37	2:56:24	3:32	4:12:00	4:27:58

## VMC "DAVID WARD INSURANCES" HALF-MARATHON.7-6-1987.BURNLEY BOULEVARD.

Cold &amp; foggy, then mild &amp; sunny. 223 Starters.

1.Frank MAHONY 25	69:02	51.David McINTOSH 38	83:07	101.David GUNTHER 60	89:21
2.Richard PESTELL 29	69:36	52.Mike WALSH 36	83:09	102.Chris SETTERFIELD 39W	89:22
3.Rod STEWART 33	70:35	53.Laurie PEARSON 47	83:11	103.John MORRIS 46	89:28
4.Lew HARVEY 38	71:30	54.Steve TELEKI 34	83:12	104.Bob ROLLS 39	89:34
5.George EDMOND 35	71:33	55.Mike COLGAN 36	83:14	105.David CHIFFEY 37	89:47
6.Craig WARE 18	73:07	56.Gray SUMMERS 42	83:25	106.Keith CROWLE 48	89:47
7.Eric GREAVES 39	73:13	57.Elias SEHELY 32	83:35	107.Stewart BAKER 34	89:52
8.Laurie BRIMACOMBE 43	73:20	58.Herd BETAR 35	83:36	108.Gordon STEPHEN 33	89:52
9.Ray ROSSI 25	75:02	59.Nigel CHADWICK 30	83:36	109.Luke PATTERSON 26	90:17
10.Grant LEPP 31	75:29	60.Bill STEPHENSON 45	83:44	110.Ron HALL 50	90:41
11.Don SIMPSON 41	75:32	61.Peter RAMADGE 34	83:46	111.Barry WATSON 51	90:52
12.Tom KERR 42	77:24	62.David WHIPP 28	83:55	112.Graham DEACON 37	90:57
13.Gary HYDE 43	77:29	63.Jim CURTAIN 37	84:29	113.Peter HOLLAND 31	91:08
14.Ray POWLEY 30	77:32	64.Ken EMERY 39	84:33	114.Jan BRIMACOMBE 35W	91:10
15.Peter HINDS 21	77:36	65.Graeme PINCHBECK 39	84:34	115.Peter BLACK 41	91:18
16.Gavin DUKE 17	77:49	66.Ian CASSELL 33	84:36	116.Bob EDMOND 38	91:21
17.Anthony SMITH 22	78:00	67.Andrew CLARKSON 25	84:43	117.Stephen HUNT 35	91:26
18.Jeff HALL 25	78:01	68.Mike HARTY 30	84:48	118.Ken CHALMERS 32	91:57
19.Jeff SMITH 27	78:23	69.Peter EMMERSON 32	84:50	119.Arthur HUDSON 22	92:03
20.Adrian KUHNE 33	78:25	70.Ian U'REN 37	84:50	120.Mark STEVENS 26	92:23
21.Bruce POVEY 37	78:38	71.Alan BALLARD 40	84:52	121.Cal COPELAND 45	92:29
22.Mark EDWARDS 30	78:48	72.Terry DAY 33	84:58	122.Janet HAYES 30W	92:32
23.John GRANT 32	78:58	73.Mike O'DONNELL 31	85:02	123.Neil SLONIM 29	92:41
24.John PARKER 39	79:02	74.Tony ROMANELLA 17	85:09	124.Kev FITZGERALD 51	92:52
25.Tony BERRY 51	79:26	75.Jack McKELLAR 47	85:10	125.Sid DELLER 50	92:54
26.Ray CILIA 31	79:42	76.Ian DOBSON 37	85:18	126.John PORTER 40	92:56
27.Graham GOVAN 34	79:53	77.Richard PIESSE 44	85:37	127.Robert BEARD 33	93:09
28.Pet.TROWBRIDGE 40W	79:56	78.Casso CASSON 26	85:38	128.Gareth CLAYTON 45	93:17
29.Jim GLEESON 37	80:00	79.Gary WILSON 45	85:43	129.Annette BRUNTON 30W	93:20
30.Barry SAWYER 53	80:30	80.Ken SENIOR 41	85:43	130.Jeff WHITEHALL 38	93:21
31.James McCARTHY 27	80:31	81.Peter DUGGAN 43	85:48	131.Peter BERGMAN 30	93:23
32.Jim McLURE 41	80:36	82.Greg HALL 35	85:52	132.Mike WOOD 39	93:43
33.John MONK 40	80:44	83.Tony KING 39	85:58	133.Sam FRAZZETTO 22	93:36
34.Alan BENNIE 40	80:49	84.Brian ELKNER 45	86:03	135.Frank BIVIANO 43	93:54
35.Rod GRIFFITH 30	81:02	85.Vin O'BRIEN 58	86:10	134.Les CALDWELL 43	93:49
36.Danny DALE 29	81:02	86.Norm WILLS 36	86:14	136.Greg MEREDITH 34	94:08
37.Jim GRELLIS 35	81:02	87.Tony GUTTMANN 41	86:16	137.Paul DAVIES 38	94:08
38.Kish CUNNINGHAM ?	81:03	88.Peter BOULTON 46	86:21	138.Julia BABARCZY 39W	94:13
39.John FAY 48	81:23	89.Jim RYAN 41	86:37	139.Duncan CROCKETT 45	94:13
40.Graeme LETICQ 32	81:52	90.Ewan NICHOL 44	86:41	140.Kevin BROWNE 50	94:22
41.Bruce WATSON 48	82:09	91.John PATON 38	86:44	141.Gerry GRIFFITHS 33	94:28
42.Keven BELL 35	82:13	92.Claude MARTIN 51	86:49	142.Frank CIANCIARULO 34	95:07
43.Mario CORDEDDA 27	82:25	93.Col JERRAM 43	86:54	143.Ken MARDEN 45	94:59
44.Adrian SHARP 31	82:29	94.Arnold SMITH 46	87:09	144.O ?? GOULTER 34	95:07
45.Ashley MATTHEWS 21	82:31	95.Jim DUGGAN 44	87:43	145.Ben MORREY 58	95:11
46.Bob KRUGER 47	82:35	96.Ron WILSON 51	87:44	146.Keven MARKS 34	95:13
47.Ray DEMPSEY 29	82:37	97.Noel McCREA 57	87:49	147.Santo CONSOLINO 46	95:22
48.Harry WATTS 41	82:40	98.Chalie BEATTY 24	88:15	148.Peter CAMPBELL 43	95:31
49.John HALL 40	82:51	99.Stephen BERKLEY 30	88:17	149.Richard TODD 39	95:37
50.Lindsey SMYRK 40	82:56	100.Paul CAREY 47	88:35	150.Norman CEENEY 56	95:49

continued page 5

Race Manager NEIL RYAN was assisted by Fred LESTER, Mal COTHER, Frank DWYER, John BROWN, Margaret SYKES, Helli TIPPL, Ed BIGGS and family, Graeme & Glenda HUMPHREYS, David GARDINER, Mike DALY, Marcus TRAYLEN, Lawrence GLOVER, Tony MORGAN and Melva BLACK.

A reminder has gone out to members who have not indicated roster duty. We are only just scraping through at present. If every member can help on just one day during the year we could guarantee better service and increased safety for runners.

VMC 10km WOMEN'S CHAMPIONSHIP, ALBERT PARK, 26-7-1987. Fine, cool, sunny. 39 Starters.

1. Theresia BAIRD 46	36:47	13. Kathie DONOHUE 37	47:19	25. Lois SELLAR 54	52:38
2. Sue MACKO 26	40:10	14. Marg BURROUGHS 43	47:31	26. Deb NOONAN 30	52:43
3. Emily RILEY 16	40:20	15. Helen BUSKES 27	47:33	27. Pamela JOHNSTON 31	52:43
4. Gabrielle BLYTHE 18	40:38	16. Susan STEPHEN 30	47:49	28. Gill ROBERTSON 25	53:22
5. Noella YOUNG 38	41:53	17. Kerry VANDERREEK 25	49:45	29. Helen SCOTT 23	53:59
6. Helen GUERIN 29	42:00	18. Nina MADAFFERI 31	49:55	30. Sophie MADDIGAN 41	54:02
7. Robin McKEAND 34	44:14	19. Chris GRIFFITHS 38	49:56	31. Heather JOHNSTONE 43	54:04
8. Margo HELLYER 28	44:24	20. Joy HAWKEN 33	50:09	32. Carol STOW 37	55:44
9. Lois WEBSTER 42	44:47	21. Angela O'SHEA 34	50:18	33. Marion SNOWDEN 39	56:01
10. Jan HERZIG 29	44:57	22. Julia BARBARSZY 39	51:10	34. Rita KERR 57	60:41
11. Jo OATES 35	46:50	23. Sally PEACOCK 21	51:29	35. Anne EMSLIE 30	76:57
12. Roslyn McGUIGAN 31	47:10	24. June HEWITT 45	52:08		

VMC 5km Open Run, ALBERT PARK, 26-7-1987 . 41 Starters.

1. Louie ROKAS 28	17:08	15. Anthony MUNRO 15	21:02	29. Frances HARRISON 21W	27:35
2. Andrew HOLMES 32	17:12	16. Sadie BOLTON 20W	21:08	30. Karin SODOLI 40W	27:38
3. Greg HARDING 23	17:22	17. Eleanor GAYMER 17W	22:04	31. Ben LOUGHLIN 9	27:46
4. David WHITE 16	17:37	18. Melina BRYCE 19W	22:09	32. Peter CROSSLEY 44	29:45
5. Raoul STEWARDSON 22	17:47	19. Joan GUNN 48W	22:38	33. Bruce CROSSLEY 44	30:12
6. Nick SHARMAN 23	18:01	20. Dom LEBRASSE 12W	22:46	34. Sue DONOVAN 30W	30:20
7. Ross DeKRETSER 18	18:32	21. Bruce LOGAN 44	22:57	35. Leonie LOVEDAY 36W	31:48
8. Paul LOGAN 16	18:33	22. Lisa STEWART 19W	23:15	36. Peter DONOHUE 10	31:48
9. Kim PETTIGREW 14W	18:45	23. Cherie PETTIGREW 12W	24:04	37. Noreen MOORE 40W	32:10
10. Heather SAVAGE 18W	19:16	24. Jack LEBRASSE 44	24:10	38. David ROGAN 10	32:10
11. Jeff GILES 23	19:56	25. Gary HERZIG 29	24:23	39. Claire ROGAN 12W	32:28
12. Jim WOLSTENCROFT 32	19:58	26. Dallas BRUNDSOON 7W	25:52	40. Claire DONOHUE 7W	32:45
13. Karen MOIR 20W	20:15	27. Kasey PETTIGREW 8W	26:35	41. Maureen RILEY 56W	32:53
14. Tim BRAHAM 15	20:52	28. Leslie CATIONS 29	26:48		

Race Manager FRED LESTER was assisted by Geoff PAYNE, Jim GOOK, Peter BLACK, Nick SHARMAN, Gordon LOUGHNAN, Kevin MACKEN, Margaret SYKES, John BROWN and several last moment helpers, including several youngsters, without whose assistance we could not have managed as well as we did. As it is at the moment, VMC CLUB MEMBERS must realise from their own experience in races that the satisfactory conduct of ALL RUNNING EVENTS in the final analysis is in THEIR OWN HANDS - surely once out of 25 race days is not a hardship !!!

Thanks to all those who helped on the day, you made it a success.

The WOMEN'S ATHLETIC TALK at the conclusion of all races, was led by SUSIE PARKER, MARIA ZULUAGA and JULIE MYERS, who discussed many aspects of Nutrition, Injury Prevention, Footwear and similar topics.

In conclusion, due to the rather late start of the talk, it was decided to give another opportunity for a more extensive discussion, questions and answers on a Sunday morning closer to Summer. This is to take the form of a joint Ramble/Pack Run of women from the Melbourne and Provincial areas at the same venue (Albert Park) as a prelude, followed by refreshment and an informal discussion of all matters of mutual interest to women runners and athletes. Notification of more precise details will go out to all women members and recent VMC race participants.

We are looking forward particularly to seeing members of existing local running groups who are invited to let us have details of their own dates and times of runs for listing in our publications.

ACKNOWLEDGMENT OF AND THANKS TO ALL 50 MILE HELPERS: Co-Managers Dot BROWNE & Geoff HOOK, Ray & Anne callaghan, Thelma & Barry CALLANAN, Peter BLACK, Mick WHITEOAK, Peter LOGAN, David PETERSON, Rod ALACQUA, Phil NOLAN, Robin ANDERSON, Steve VERNAL, Val CASE, Sandy KERR, Eddy STACK, Peter MILNE and Dave SHEEHAN, as well as all those people who assisted as personal seconds to the competitors.

ATTENTION ALL MEMBERS YOUR PARTICIPATION ON THE RACE ROSTER IS VITAL TO THE

SMOOTH FUNCTIONING FO YOUR OWN SPORT DON'T LET YOURSELF DOWN !

VMC 25km Open, ALBERT PARK, 26-7-1987. Fine, cool, sunny. 144 Starters.

1.Ian GAINNEY 39 W/C	80:37	43.Peter MILNE 32	1:41:50	85.Mike TITHERIDGE 39	1:56:51
2.John GUERIN 29	81:44	44.Gerry RILEY 56	1:42:21	86.Chris TROTTER 42	1:57:37
3.Rick PESTELL 29	82:12	45.John MEINERS 35	1:42:48	87.Medgee LEBRASSE 34W	1:57:45
4.Pat KAUFMAN 29	84:55	46. ???	1:42:55	88.Nick ADAMOPOULOS 28	1:57:45
5.Tony DIDONATO 29	85:52	47.Tony VANENGELLEN 40	1:42:56	89.Les CALDWELL 43	1:58:31
6.Lew HARVEY 38	86:05	48.John PATON 38	1:43:03	90.Lindsay THOMAS 46	1:58:34
7.Steve VERNAL 29	87:59	49.Peter MADDIGAN 45	1:43:21	91.Geoff WILSON 29	1:58:34
8.Ian NASH 27	8 :	50.David ELLIOTT 38	1:43:28	92.Hennie MORKEL 29	1:58:52
9.Wayne WARD 25	:	51.Brian BLOOMER 46	1:43:34	93.Shirley YOUNG 57W	2:00:26
10.Quentin VALENTINE 37	:	52.Pete MOORE 36	1:43:59	94.John BACON 62	2:00:43
11.Don SIMPSON 41	:	53.Mike O'DONNELL 31	1:44:15	95.John KERR 58	2:01:53
12.Neil GRIFFIN 41	:	54.Gordon STEPHEN 33	1:44:30	96.John MAHONY 47	2:02:32
13.Peter NOORDHOFF 30	89:26	55.Trevor ABBOTT 36	1:44:30	97.Roy SUDHOLZ 55	2:03:12
14.Peter SHONE 41	89:38	56.George JUDKINS 31	1:44:59	99.David JONES 50	2:03:37
15.Graeme HEWITT 41	92:32	57.Greg WISHART 49	1:45:19	98.Harry HOPKINS 31	2:03:33
16.Mick DRENNAN 36	92:42	58.Bill FULTON 52	1:45:45	100.Ian WALKER 53	2:03:51
17.Clive DAVIS 46	92:51	59.Niza ALICKOLLI 30	1:46:21	101.Peter LURIE 37	2:04:15
18.Tony BERRY 51	92:55	60.John ACOTT 38	1:46:27	102.Judy WINES 49W	2:04:35
19.Bob DAVIDSON 42	93:19	61.Gordon KEENAN 46	1:46:47	103.Julia BARBARCZY 39W	2:04:51
20.Mark EDWARDS 30	93:34	62.Mike WALSH 36	1:46:51	104.Frank GRANT 39	2:04:57
21.Ray POWLEY 31	93:47	63.Peter NELSON 46	1:46:54	105.Lyn SMITH 40W	2:05:23
22.Alan ASHMORE 39	94:10	64.Peter BLACK 41	1:47:12	106.Mal PETTIGREW 40	2:05:23
23.Ian MATTHEWS 42	94:10	65.Gareth CLAYTON 45	1:47:44	107.Pete MRZYGLOCKY 32	2:05:40
24.Tom GRONERT 32	94:20	66.Geoff WHITEHALL 39	1:48:11	108.Neville SHEARD 45	2:06:15
25.Barry SAWYER 53	95:07	67.Ian STANSFIELD 43	1:48:25	109.Bill FORSTER 54	2:06:49
26.John FAY 47	95:15	68.Sam HILDITCH 52	1:49:59	110.Geoff SMITH 51	2:06:49
27.Danny DALE 30	95:45	69.Duncan CROCKETT 46	1:50:05	111.Lea FLEMING 27W	2:08:40
28.Peter HINDS 21	95:48	70.Ken MUNRO 56	1:50:16	112.Jenny CALDWELL 40W	2:08:52
29.James MERCHANT 22	96:12	71.Barbara FAY 46W	1:50:16	113.Briwn TOOMEY 47	2:08:52
30.Alan BENNIE 40	96:15	72.Andy MOORE 34	1:50:57	114.Chris DONNISON 27	2:09:40
31.Noel DUNSTAN 46	96:20	73.Susie PARKER 24W	1:51:59	115.Andrew MELDRUM 46	2:10:31
32.Rod FAULKNER 36	97:10	74.John CUNNINGHAM 42	1:52:53	116.Grodon BURROWES 51	2:11:15
33.Joe CARVANA 44	97:50	75.Peter WEEKS 33	1:53:13	117.Anne CALLAGHAN 50W	2:11:42
34.Rick JACKEL 27	98:00	76.Terry CASH 49	1:54:04	118.Ray CALLAGHAN 54	2:11:42
35.John WAITE 46	98:13	77.Jim ALLEN 50	1:54:21	119.John WARBURTON 33	2:13:22
36.Michak SCHMIDT 42	98:30	78.Graeme SALTHOUSE 49	1:54:24	120.Leigh DALTON 25	2:13:22
37.Terry DAY 34	99:04	79.Noel McCRAE 57	1:54:54	121.Ray ROGERS 41	2:15:25
38.Frank ALLCHIN 37	99:26	80.Kevin BROWNE 50	1:55:32	122.Terry DONOHUE 40	2:15:25
39.David McINTOSH 38	1:40:05	81.Max ALLCHIN 23	1:56:09	123.Karen WALDRON 26W	2:17:10
40.Ian DUTHIE 43	1:40:18	82.Ernie JEFFS 43	1:56:45	124.Graeme BISHOP 42	2:23:34
41.Ken EMERY 39	1:40:49	83.John MANNING 41	1:56:45	125.Lynley THOMPSON 36W	2:24:05
42.Colin WHITE 44	1:41:43	84.Sonya McLENNAN 35W	1:56:49	126.Marg BROUGHTON 35W	2:25:46
				127.Lorrie BISHOP 40W	2:28:49

For places 8 to 12 only 3 times are available:88:47;89:11;89:23.

Placegetters in that slot are invited to put in their own times as no clear indication of finishing had been given to the time-keepers by 2 members in that group to enable data.

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GLENROWAN HALF-MARATHON, also 8km & 2km runs, SUNDAY, SEPTEMBER 13th, 9.00am Start.

Start and finish is at Glenrowan Primary School. This well respected  $\frac{1}{2}$ -Marathon course has something for everyone. Apart from being well organised and well worth the trip, there are wineries and pottery to visit and good accommodation available. The course itself is picturesque and is very popular for cycling events and triathlons.

Only a little further on are the Warby Ranges with their citrus groves and more wine growing areas along the Ovens and King valleys.

ENTRY FEES: \$4  $\frac{1}{2}$ -Mar; \$3 8km; \$1 2km. Runners assemble at the school not later than 8.45!!

ENTRY FORMS (send SSAE) from Russell Weavers, P.O. Box 577, Wangaratta 3677. Ph: (057) 212574

Categories:  $\frac{1}{2}$ -Mar Open F & M; u.20 F&M; o.40 F&M

A.H. (057) 662420

8km Open F&M; u.16 F&M; u.12 F&M. 2km u.10 F&M

VMC  
ROAD RUNNERS



# 50 MILE

TRACK & ROAD RACING PROGRAM

HI-TEC SPORTS



## V.M.C. HI-TEC AUSTRALIAN 50 Mile TRACK CHAMPIONSHIP, BOX HILL, 20/6/1987

Bleak, cold weather, continual soaking rain and a water-logged track marred the Australian 50 Mile Track Championship at Box Hill this year and resulted in Bruce Cook's record of 5hrs 35mins 32secs remaining intact.

Nine entrants scratched at the last minute to leave a depleted field of 20 starters.

The race began at 8am in the half-dark with lapscorers installed, officials alert and the digital clock operating. Leif Michelsson took over the lead after two hours, but Keith Fisher and Trevor Harris were still hanging on well. These three were all within four minutes of each other at the marathon distance.

Leif, claiming his first ultra victory, continued to run a well-judged race in the second half, and crossed the line in 6:19:13, only 2½ minutes ahead of Bryan Smith from Melton. Geoff Boase ran conservatively for the first half and was in tenth place at 26 miles. He picked up the pace in the second half, however, and was a strong finisher, reeling in seven positions to finish third.

But what conditions they ran in! Heavy rain began two hours into the race and did not let up, forcing lapscorers and officials to flee for shelter into the stands and leave the runners to slog through inches of water on the water-logged track for the remainder of the race. A few brave sweepers made vain attempts to bulldoze the water from the track into the drains but they were fighting a losing battle.

Surprisingly, there were only two starters who called it quits before the 50 miles was up. And even more surprisingly was the fact that at least six of the runners actually achieved PB's under such appalling conditions.

Cynthia Cameron, holder of almost every female ultra record in Australia, used the race as training miles and finished in 7:40:06. She already holds the record at 6:52:42. Dawn Parris, the only other female competitor, finished in 14th place overall, timing 8:11:30 and looking as cheerful as ever.

Generous sponsorship by HI-TEC enabled organisers to purchase two 50 Mile start/finish banners for this and future races. They were also able to keep lapscorers and officials happy all day by supplying them with plenty of refreshments.

Ray Callaghan entertained us on the microphone and was ready with the bell for the runners' final laps.

Thanks to all those hardy souls who turned up to lapscore, officials and crews for the runners. Despite the wintry conditions, the race was very successful and some excellent performances were recorded.

## V.M.C. HI-TEC 50 Mile ROAD RACE, PRINCES PARK, CARLTON, 21/6/1987.

Next day, we fronted again in the early hours to organise another 50 miler, this time a road race on the two mile circuit around Princes Park. We had 14 starters. Around half the field were tackling an ultra for the first time. Many of the Saturday 50 Mile finishers were there to give their support.

While the other placings altered considerably during the race, the first three stayed much the same all day. Two young triathletes from the Latrobe Valley, Rob Zwierlein and John Breit, running their first ultras, supported each other in the lead for the first 24 miles and it was not until the 38th mile that John Sumner, last year's winner, came through to take second place with a PB by 4 minutes.

Would you believe, Cynthia Cameron fronted up again for this race? Although very tired, she finished her second 50 mile race for the weekend in 8:35:08 in 9th place. Margaret Smith, on the come-back trail, seemed to run effortlessly all day and finished fourth with 6:59:02 to create a first women's record for this road race.

Thanks again for all the generous support from sponsors HI-TEC and the many helpers

Race Directors: Dot Browne (50 track) & Geoff Hook (50 road)



# 50 MILE



TRACK RACE (AUSTRALIAN CHAMPIONSHIP) held at Box Hill on Saturday 20th June

NAME & PLACING      AGE      MARATHON      FINAL TIME

1. Lelf MICHELISSON	45	3:05.40	*	6:19.13
2. Bryan Smith	43	3:20.30		6:21.45
3. Geoff BOASE	36	3:31.36		6:23.34
4. Keith FISHER	22	3:07.36		5:34.46
5. Trevor HARRIS (A.C.T.)	40	3:09.06		6:35.39
6. Peter LOGAN	39	3:19.29		6:39.38
7. Geoff HOOK	42	3:16.03	*	6:58.33
8. Bill BEAUCHAMP	41	3:30.03		7:02.11
9. Gerry RILEY	56	3:24.19		7:04.23
10. Klaus SCHIBBE	43	3:30.30		7:08.27
11. Claude MARTIN	51	3:30.00		7:34.58
12. Cynthia CAMERON	45	3:43.00		7:40.06
13. Greg WISHART	48	3:32.41	*	8:06.48
14. Dawn PARRIS	34	4:08.15	*	8:11.30
15. John CHAMPNESS	46	3:48.10	*	8:20.16
16. Stan MISKIN	61	4:09.13	*	8:37.42
17. Ken BOUGH	42	3:55.03	*	8:39.22
18. Ron HILL	47	3:51.45	*	8:40.51
George PERDON	62	3:42.32		Withdraw
Les BRAID	36			Withdraw

\* denotes an estimated time. Marathon distance = 105 laps + 127.8m. The estimate is the appropriate portion between laps 105 and 106.

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ROAD RACE held at CARLTON (Princes Park) on Sunday 21st June, 1987.

NAME & PLACING      AGE      FINAL TIME

1. Bob ZWIERLEIN	23	6:13.40
2. John SUMNER	46	6:17.55
3. John BREIT	29	6:54.44
4. Margaret SMITH	48	6:59.02
5. Keith ALEXANDER	36	7:05.14
6. Tony RAFFERTY	48	8:08.01
6. Andy DOCHERTY	56	8:08.01
8. James HUME	55	8:26.10
9. Cynthia CAMERON	45	8:35.08
10. Graham STENNER	42	8:40.02
11. Peter GRAY	22	9:13.13
Graham LIGHT	38	Withdraw
Charlie WAKEFIELD	34	Withdraw
Michael HOFFMAN	34	Withdraw

RACE DIRECTOR - GEOFF HOOK



## 50 MILE ROAD RACE

SUNDAY 21st JUNE, 1987



PRINCES PARK - CARLTON

CHART SHOWING POSITION IN THE FIELD - LAP BY LAP

NAME	FINISH TIME	MILES COMPLETED																								
		2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50
1. Bob ZWIERLEIN	6:13.40	1	1	1	1	1	1	1	1	1	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
2. John SUMNER	6:17.55	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	2	2	2	2	2	2
3. John BREIT	6:54.44	1	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2	3	3	3	3	3	3	3	3
4. Margaret SMITH	6:59.02	5	5	4	4	4	4	4	4	4	4	4	4	4	5	5	5	5	5	5	5	5	5	4	4	4
5. Keith ALEXANDER	7:05.14	7	9	7	8	8	7	8	7	5	5	5	5	5	4	4	4	4	4	4	4	4	4	5	5	5
6. Tony RAFFERTY	8:08.01	8	6	8	7	7	6	6	5	6	6	6	6	6	7	7	6	7	6	6	6	6	6	6	6	6
6. Andy DOCHERTY	8:08.01	9	7	6	6	6	8	6	6	8	7	7	7	7	6	6	7	6	7	7	7	7	7	7	7	7
8. James HUME	8:26.10	14	13	14	12	12	11	10	10	9	9	9	11	10	10	10	10	9	10	8	8	8	8	8	8	8
9. Cynthia CAMERON	8:35.08	13	13	13	13	13	12	11	11	12	12	11	11	10	9	9	9	9	10	9	9	9	9	9	9	9
10. Graham STENNER	8:40.02	11	11	11	11	11	10	12	12	11	11	10	10	9	8	8	8	8	8	8	10	10	10	10	10	10
11. Peter GRAY	9:13.13	10	10	12	14	14	14	14	13	13	13	13	13	13	12	11	11	11	11	11	11	11	11	11	11	11
Graham LIGHT		6	7	9	9	9	9	9	9	9	10	12	12	12	11	12	12	12	12	-	-	-	-	-	-	-
Charlie WAKEFIELD		12	12	10	10	10	13	13	14	14	14	14	14	14	13	-	-	-	-	-	-	-	-	-	-	-
Michael HOFFMAN		4	4	5	5	5	5	5	5	8	7	8	8	8	-	-	-	-	-	-	-	-	-	-	-	-

Hooked On Aths.

JULY 1987

Kevin CASSIDY.

My prime reason for travelling to Europe was to see Track & Field Athletics at its very best, and I was not disappointed. My first stop was in Stockholm where I met two other athletic fans from Chicago, USA, Bill (a 2:32 Marathoner) and Scott (a 1:55 1/2 Miler) and together we attended the D.N.Galan Games.

The first thing that impressed me was the sport's popularity in Europe. The crowds turn out as if attending a VFL Grand Final and give plenty of vocal support. The highlights of the night were Tonie Campbell's (USA) 13.68 in the 110mH, Doina Melinte's (Rom.) narrow win over Olga Bondarenko (Sov) in the 3000m with a time of 8:43, an attempted World 10,000m record by Francesco Panetta (Ita) who, with the crowd cheering wildly, was ahead of record pace only to fade out in the last 4 laps to finish in 27:26, with stars such as Alberto Cova, John Treacy and Toshiko Seko unable to match the pace. Also Mike Hill's massive javelin throw of 85.24m, Jose Luis Gonzales in the 3000m and Steve Cram in the 1000m.

With the track events now completed, all that remained was the final competitor in the high jump, but no one was leaving because the last man was local hero Patrick Sjoberg and when the screen showed he would be attempting a new world record of 2.42m the capacity crowd was hushed. You could feel the crowd groan when he missed his first two attempts but on his final attempt he sailed over the bar and the whole stadium erupted, children ran onto the track and everywhere you looked people were celebrating, I've never seen anything like it!

The next day Bill, Scott and I met Toshiko Seko while exploring the city, we tried to speak with him but he didn't understand English.

Our next stop was an overnight boat ride to Helsinki for the World Games Grand Prix meeting and during the afternoon we attended the pre-event publicity function at a city hotel where I felt extremely overawed to be in the same room as Said Aouita, Edwin Moses, Sergei Bubka, Petra Felke, Udo Beyer, Sydney Maree, Marlies Gohr and many other world class athletes.

That night we attended the meeting to see Fethi Baccouche run an 8:15 Steeplechase, an attempted world 10,000m record by Wodajo Bulti (who finished in 27:29), Edwin Moses easily win the 400mH and Said Aouita miss the world Mile record by .43 of a second.

Our next meeting required a boat ride back to Stockholm and a 6 hour train ride to Oslo to attend the Bislett Games which have the reputation of hosting 46 world records. No wonder, with 16,000 vocal fans packed into a small stadium with a narrow 6 lane track. There were to be no world records tonight but there were many memorable performances: Debbie Flintoff's 400mH in 55.10, Doina Melinte's 800m in 1:57, Abel Anton's 3000m in 7:46, Said Aouita's 3:30.69 in a world record 1500m attempt, Valerie Briscoe-Hooks' 100m, Jose Luis Gonzales 5000m in 13:12, Fatima Whitbread's 76.34m Javelin toss and Steve Cram's world Mile record attempt with splits of 53, 1:51 & 2:49 only to fade to a 61 second last lap and a time of 3:50.

The biggest highlight was the crowd's reaction to local hero and world record holder Ingrid Kristiansen in the 10,000m. From start to finish the packed stadium gave her a standing ovation (I'm not exaggerating!) and she responded by blasting away for the first ten laps to be well ahead of world record pace. She may have slowed and missed her record by a minute but that didn't deter the crowd from giving her the best reception of the night. Ingrid has many fans in her hometown and is treated like royalty.

I found the European athletics circuit to be a fantastic experience, I was constantly amazed at the huge and vocal crowds who roared their approval at every piece of action as would an Australian crowd at a football match, as they witnessed world class athletes performing at a level not seen in Australia. This depth of talent was highlighted by the fact that all the 10,000m runners I saw has PB's under 28 minutes!!

EDITOR'S NOTE: Thanks for a fine report, Kevin! I hope that all Australian athletic followers take note that these meetings are at constantly changing venues, tapping fresh sources of followers each time!

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MONASH CAMPUS 10km October 3rd, 1987 VMC TWO BRIDGES 8km & 2km now November 25th

CRADLE MOUNTAIN RUN - 7th FEBRUARY, 1987,

by Geoff Hook(ed on running).

Most hikers take 5 days to walk the rugged track from Cradle Mountain to Lake St.Clair in Tasmania. More days are required if the many points of interest off the track are investigated. We had to run it in one day. The distance didn't sound forbidding—the race organiser, Richard Pickup, prefers to call the distance "irrelevant", approximate figures are bandied around by others, so I prefer to call it roughly a double marathon. The toughness of the course did sound truly foreboding.

I thought I was sufficiently trained for such an event with several 100 mile & 24hour races under my belt. Also, I had recently been training at altitude(?) at Falls Creek and Thredbo which included some rough trails. Well, I'm embarrassed to admit that I was insufficiently trained for the event. The last ½-hour was "walked"(staggered) in the dark and I was completely stuffed. Therefore I recommend the following minimum criteria for those contemplating this event: Must be capable of running 100miles under 18 hours and, if not an orienteer, train specifically hard in the bush and over difficult trails for several hours at a time prior to the event. Running up mountain creeks and through mud would be an advantage as well as doing some long 4-5 hour training runs. There is no substitute for the hard training required and the penalty for not doing so is possibly a night's stay in a hut on the mountain with no bedding or food and little warmth and to give the race organiser heaps of headaches and problems.

The runners converged on Cradle Mountain Lodge from NSW, Victoria and Tasmania on Friday night in order to permit an early morning, 6.30am, start. We were so efficient, Richard was able to send us off at 6.16am! Those who used a crouch start had a decided advantage! Of the 14 entrants, 13 started. The track was awash from weeks of rain prior to the event but the weather had become fine for the last two days and we were hoping that some drying out of the track had taken place.

So we were off on a glorious day—no clouds and no wind with the sun rising behind Cradle Mountain. Small groups formed during the climb up the plateau (not too steep or too long for well trained people but enough to sap energy that would have assisted in relieving the pains near the end of the run). The views all around were nothing short of spectacular. Long views to distant mountains, close views of rugged escarpments, rock massifs and monoliths, valleys, cliffs and peaks. Such a glorious and ever-changing sight if you dared to take your eyes off the rough track ahead to sneak a glance. Steep gullies, loose rock and some muddy sections characterised what was still pleasant running. The sun was climbing in the sky and so drinking became more frequent.

I ran with Max Bogenhuber (qualified for a silver buckle in the Western States 100) for the first hour but his superior downhill running plus strength over rough trails meant that when he got ahead, he disappeared from sight in a short while never to be sighted again until the finish. Shortly after Max left me. Peter Armistead and Ross Shilston passed me. Not wanting to be left running alone, particularly since I did not have a map and the trail was hard to find in spots, I struggled to catch up. After sticking together for a while, the three of us seemed to form a bond to stay together right through. I was happy in the thought that if I became lost, at least it would be in company.

Sections of forest running gave us respite from the sun but, of course, increased the patches of mud and slippery mossy sections. A check point at Pelion Hut, 40km—halfway, into the run became our immediate goal. Arrival at this hut was achieved in just over 5 hours—pretty good I thought, but little did I realise that the toughest sections were still to come and the body was becoming increasingly sore and tired.

It was a joy to be clapped into Pelion Hut by a group of hikers, be offered a cup of tea or coffee by the check crew and sit down for a short fuelling stop. Reluctantly, stretching our weary legs, we set off. We were told that ahead of us lay a stiff climb up Pelion Gap, a tough section through the marshy bog of a plateau but when into the forest, we would be able to recommence steady, uninterrupted running. This sounded great.

The climb to Pelion Gap was stiff, the midday sun beating mercilessly down on our backs. Peter's first encounter with the bog was to sink down up to his waist in the muck. Ross and I skirted this section, however Ross and Peter were to sink up to their waists in mud several times. Progress was slow, jumping from Button Grass tuft to Button Grass tuft, twisting ankles, sloshing around in mud and water from ankle to knee deep and on rare occasions finding a small section of reasonably firm ground, but being too stuffed to start running again.



CRADLE MOUNTAIN RUN cont.

Meanwhile the sun still beat down mercilessly and the leeches sucked gleefully away in search of what little blood must have been circulating in our legs. I was definitely looking forward to the forest. The forest, which stretched almost from Pelion Gap through Kia Ora and Du Cane to almost Windy Ridge Hut, was not at all easy to run. If you got a 20m section of firm track to run it was invariably broken by a long muddy or boggy section. Twisting and turning, ducking and weaving further impeded progress. Along this section, Doug Markulin caught us up. I was beginning to feel so tired, I thought the whole field behind us would catch up and pass.

Like so many other intersections in the Overland Track the turn-off to Hartnett Falls was not clear. Ross, Doug and Peter inadvertently took the path towards the Falls. Bringing up the rear, I went the other side of a large mossy tree and found a signpost indicating the true direction. My calls fell on mostly deaf ears, only Peter turned back. Later on, the other two were to claim the Falls were beautiful and worth seeing but we knew they were only trying to justify their mistake. They did well to catch Peter and I somewhere between Windy Ridge and Narcissus Huts, the only section (9km) of decent flat running in the whole course. Time was marching on due to our slow progress so we all pushed it along as fast as our tired and wrecked bodies would allow in order to arrive at the check point at Narcissus Hut before 6pm and enable us to continue on to the finish.

It was along this section that I encountered the first of three snakes, a 1.3m beauty. If I hadn't stopped, I would have trodden on it. Imagine my feeling of concern with Peter attempting to push me forward before the snake had cleared the track. I should have stepped aside and let Peter go by as the snake turned its head and looked lazily at us before slithering into the bush. From then on my eyes were flicking from short to long distance along the track to ensure I didn't surprise myself by stepping on the next snake.

Richard Pickup had arranged for three friends to run in from the opposite end and sweep back with the tailenders. We saw them at Du Cane Hut and now they were almost upon us indicating we had now slipped back close to the end of the field. We arrived at Narcissus at 5.35 and left at 5.40. Not much rest for tired bodies that were more tired due to the recent push to arrive before 6pm. Only 17km to go, so the estimated 3 hours for runners and 5 hours for hikers seemed exaggerated. Peter and I took 4, proving the estimates right.

The track from Narcissus Hut to Cynthia Bay closely followed the edge of Lake St. Clair. Rain forest gave way to forest which gave way to ferns which gave way to bush. The track itself wound and twisted among the trees, up and down short steep gullies, through mud and slush, criss crossed by tree roots, fallen trees and creek crossings. Very difficult to run for before some obstacle made you slow down or stop. The most startling section was the rain forest. Thick tree trunks covered in moss with vines and creepers draped around and an eerie atmosphere created by the dimness punctuated by lighter patches. Surely the home for Hobbits. I would not have been surprised to see Gandalf come crashing in from the gloom or to be set upon by evil orcs brandishing flashing steel swords.

In the closing stages, Ross took off leaving Peter and I to bring up the rear of the finishers. It was a bit ignoble to finish in the dark but better this way than those who, unprepared and without food, bedding and warm clothing, had to sleep the night in one of the huts used by hikers. Just as near complete darkness fell and still a  $\frac{1}{2}$  hour to go, Richard Pickup arrived with a light. He had walked in to shepherd the tailenders in and what a welcome sight. It meant we wouldn't be set upon by all the nasty creatures out of the Lord of the Rings.

The mud wouldn't be rubbed off, it had to be gouged out with sharp fingernails. Nevertheless, a hot shower, warm food and a soft bed were welcome luxuries to a gruelling and tough day.

The winning time, although a lot slower than the record, was still an excellent result in spite of the arduous conditions.

1. Michael WALTERS	10:04:52	4. Alan DAVIS	13:04:52	7. Ross SHILSTON	15:16:20
2. Robin RISHWORTH	11:15:48	5. Mike MARCH	15:04:50	e8. Peter ARMISTEAD)	15:33:14
3. Max BOGENHUBER	11:18:44	6. Doug MARKULIN	15:05:00	e8. Geoff HOOK	) 15:33:14

Ian HUTCHISON, Graeme FENNEL, Brian WESTWOOD retired at Narcissus Hut  
Edward COLCOMBE retired at Pelion Hut.

A LETTER FROM BRISBANE - on the dangers of being a shuffler and other ramblings.

SHUFFLERS. I have a hypothesis that shufflers require good concentration and balance for running on uneven surfaces. There are disadvantages to this style if one lacks the above requirements which became painfully obvious to me to me recently. This theory came suddenly to me when I found myself horizontal to a very rough tar-sealed road. The loss of epidermis from knees and hands precluded my running for a week.

During my week of incapacitation I had neglected my stretching of consequence in my haste to resume the search for the "Runners High", I tore a calf muscle. This injury inconvenienced me as well as my cheque book for another two weeks. Physios must be masochists, they are always jovial while inflicting pain both physical and financial upon one's person. I am happy to report that I have resumed the search again unhindered by injury.

MARATHON RUNNING had a resurgence in Queensland at the recent Gold Coast Marathon with 800 entries in the marathon and 1200 for the half-marathon. Laurie Adams won in 2:18:24 from Maurice Hearn (Vic) 2:18:56 (PB). Janette McAfee was the ladies winner in 2:54:22. The most impressive run was by Pat Carroll in the half marathon running a very strong 62:51.32 beating Lawrie Whitty who recorded 63:57.

QUEENSLAND ATHLETICS is soon to find itself in the law courts with a defamation action by the Executive Director against some athletes.

Tom Gorringe

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 EDITOR, VMC NEWSLETTER,

I don't often put my name down on rosters for helping at events but, as I usually arrive early, I hop in and help if needed.

Some help was obviously needed to complete all the registrations before the start of the Half Marathon at Burnley in June, so I gave a hand.

However, an incident which occurred during the registration made me wonder why anybody should volunteer for such a job. After persistent efforts by one individual to hold up registrations and loudly insisting on his rights with regard to some grievance, I had to ask him to stop harrasing the lady who was working with me on the registration table.

This person may have been perfectly justified in his grievance, I neither know nor care, but he was not justified in his attitude towards voluntary helpers.

This was not the common attitude.

Despite some confusion over postal entries, all the rest were patient, helpful and understanding. But it is such incidents as this that make people reluctant to volunteer help on such occasions.

I would recommend to the Committee that they have one official designated to handle complaints at such large events in future. Not for the sake of this one ignorant individual but for the sake of all the patient ones and for the protection of the voluntary helpers.

GORDON R. BURROWES.

EDITOR'S COMMENT: Thank you for your letter, Gordon, and the points raised therein. Your remarks underline the importance for the bulk of our 700plus membership to hop in, as you put it, preferably letting us know well in advance, so that we can have helpers in adequate numbers and plan for using them to best advantage. If we keep going on the present 'ad hoc' basis we'll just keep on creaking along best we can.

Dear Fred, Here is my membership renewal which I explained at the weekend is a bit delayed. Congratulations to you and the team on another two great events last weekend. (VMC Marathon & 10k). Your organisation is so slick and the friendliness we experience makes it well worth the long distances I travel to events. I race every weekend at present but hope that I can be of assistance at events in the future.

Yours sincerely

Ian C Stansfield

Balmoral 3407

LETTER FROM TASSIE - Some Thoughts on Women Running and Others.

Dear Fred, As a current 'woman' member of the VMC I have just received today your information regarding the meeting at Stradbroke Park on June 28, 1987. I was sorry I could not attend however, due to the fact that I, and my husband Harry Hay (also a member), reside temporarily in Tasmania, is a good enough reason not to be able to attend these meetings and other races as we previously did.

And, oh how we miss it! especially as running groups, fun runs and the general organisation of running is very poor here. I can certainly say that I appreciate the facilities and events available for runners in Melbourne now and would be more than glad to help on my return. I was a bit surprised of the attendance at your meeting as there were women's names missing from your list who I know attended your runs regularly. However, that is beside the point. I guess that lifting support for womens running is the major issue now, getting them started and making them realise the potential they could have as well as the personal achievement gained.

I have always trained with men (and only men in Tasmania) and would have been glad of female companions whilst running in Melbourne. I trained to within 8½ months of my pregnancy and ran a VMC race (Two Bridges) for my last run and attribute my 100% health to running.

Unfortunately, my support is a bit too far away. However, on my return I can be of assistance to you. Currently I am running times very close to 40 min for 10km and will continue to try and break the elusive '40'.

Interesting to note here that a club such as yours is non-existent and there is certainly no inspiring force for new running groups and runners alone.

So, I wish you luck, and will continue to be a member of VMC as I find your Newsletter very interesting and appreciate the time and effort which goes into preparing these and, of course, the runs listed in them.

Yours faithfully Carolyn J. Imlach.

WOMEN RUNNING - More Thoughts.

Dear Fred, I've thought a lot about your letter on Women Running. From my own personal angle I think the running scene is fine. The Veterans always have a very big turn-up of women. You maybe after the younger women which is a lot harder, so many of them are involved in hard study, a lot are married with young families and a home to cope with. A man can just walk out the door, a woman has many commitments and it's not nearly as easy. Another reason a lot of us don't like this late fee payment. I know a few who didn't enter your Burnley Boulevard recently because of this. Don't get your club too regimented, we like it the way it was.

Another big fact, to run the long distances you put on, a lot of training has to be put in. Women don't have that sort of time. Maybe you should publicise the shorter run more. I find in all the fun runs I go in the majority of women of Veteran age. It's because our families are grown up and we now have the time to put in the training. So, if you are aiming for the younger age group, I don't think you've got much hope.

If a young woman wants to run she'll turn up, it's something that comes from within not something you can be told to do. I wish you luck. Hope you get a good turn-up at your meeting.

Good running

Anne Callaghan.

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THE VMC 10km WOMEN CHAMPIONSHIP Day at Albert Park saw a very encouraging turn-out of women runners of all ages. Ages ranged from 7 to 56 years. While 39 took part in the 10k, a further 20 preferred the shorter 'mixed' 5km and there were 12 in the 25km Open run, giving a total of 71.

The one mistake that was made, was to try and have the 'Athletic and Women' talk when a long race was on the program and many could not wait around until things had quietened down enough.

We have booked the same venue, Robinson Hall, for a women's combined pack run at the lake, starting at 9.00am, with more time allowed for refreshment and discussion on SUNDAY NOVEMBER 8th, 1987. Hope you can all make it again!

Susie Parker.

## ORGANISATIONAL JOTTINGS

VMC COMMITTEE MEETING ,June 24,1987:

Jim Gook represented the Club at the AAU National Calendar Conference in Sydney and submitted 1988 dates which follow much along the same lines and largely in the same date order as 1987.

Following a request from the Veterans World Championship Organising Committee to avoid a clash with a major Sports Medicine Conference held on December 2nd, the scheduled 8k/2k Two Bridges feature was brought forward one week to November 25th. However, as Wednesday December 2nd is also a rest day for the veterans it has since been decided to retain the date for a "Get To Know" 6k/2k Fun Run and Barbecue at the same venue for international and interstate as well as local running enthusiasts. Details on our fixture list.

In view of serious delays in recording entries on our most popular runs, advertised for early entry dates, late entries on race day will be at a minimum of \$10, more in the case of the Marathon. There is pressure on us to start and finish on time to avoid traffic build-ups and dislocations in the interest of overall road safety.

Due to the change of dates for the 20k/10k runs at Werribee not publicised in several publications, but repeated in spite of notification, some 15 runners turned up on June 20th. Committee member Noel Philpott decided to go out there and helped time the runners to avoid disappointment. We are very grateful to Noel for his unsolicited initiative and responsible action.

The Emil Zatopek sub-committee reported progress on preparation for the 1987 staging as a combined presentation of the VMC, VAA and VAL. Several new features will appear this year and a number of changes are also foreseen. Committee member George Thomas consulted with National Distance Coach, Pat Clohessy, in regard to the scheduling of the 3000m and 10,000m for women in view of the improving standards shown and giving opportunities for international qualifying times.

VMC COMMITTEE MEETING ,July 29,1987:

Some concern was expressed at the fluctuations in attendances at races, e.g. at the 20k/10k Werribee run, yet a very successful 10k Women's Ch'ship, 25k & 5k.

Another matter of concern is the shortage of rostered people and others providing sufficient numbers to properly conduct events. While this weakness exists it is no use for runners to complain at the lack of refreshment, certificates, etc. There is no way that priorities such as road safety and recording results will take second place to any other considerations.

Noel Philpott has taken on the tidying up of race statistics and updating them, a task that has also received input from Peter Nelson and Jim Gook.

Geoff Hook reported on another successful 50 Miler undertaking and planning for 1988. A race report is included in these pages. Geoff's management has even shown a small surplus.

President Bill Luke reported on the Emil Zatopek series budget projection and the efforts to obtain sponsorships to replace the loss of our major sponsor of the past two years, Scaliwags Sox. Individual events naming rights are obtainable for sponsors and Runners World, Brooks Shoes and Luke Signs have weighed in so far, leaving more yet for several others.

We are sad to record at the same time that growing business and family pressures have forced Bill to advise the Club that he will not be able to stand for another term as President. To be effective as President he feels that he has not the necessary commitment in time available.

WOMEN RUNNERS MEETING, June 28, 1987:

Eight women runners who had participated with the VMC had a thorough going discussion on ways and means of encouraging and improving participation by women in running for fitness, health or other reasons. Existing groups of women runners were listed (to be found on page 2).

For a start it is intended to at least provide women runners with individual contacts close to their home areas by getting in touch with the VMC Office -817 1033- for such information. Further action can be encouraged by using the VMC Newsletter to write in telling others about successful events.

OTHER PEOPLES' FIXTURES(notified to us).

COBURG FUN RUNNERS Sep 13 7.00am City of Coburg 100km 9.00am CFR 4km loop runs 4-36km  
 Sep 20,27,Oct 4,18,Nov 8,--,29,Dec -,20,4,8,12,16,20,24,etc. Loop Runs 9.00am  
 Sep 27 9.10am CFR Special 8km Women's Fun Run  
 Nov 22 Coburg 3-way Track Meeting 9.00am Little Aths 12.30pm Seniors  
 Dec 6 9.00am Coburg Lake to Lake 10km Fun Run

PENINSULA ROAD RUNNERS Sep 12 10km Devils Bend Reservoir 10km,2.00pm.\$1 & \$2.

Q'ld M.R.R.C.(mostly at St.Lucia)

S.A. R.R.C.

SAT/SUN	5/6 SEP	24-Hour Track Race	9.00 a.m.
SAT/SUN	12/13 SEP	Lamington Classic (Binna Burra to O'Reilly's and return next day)	1.30 p.m.
SUNDAY	4 OCT	10 Km Handicap	6.30 a.m.
"	11 "	50 Miles Run	1.00 a.m.
"	18 "	20 Km	6.00 a.m.
"	1 NOV	25 Km Vets and 15 Km	5.30 a.m. & 6.00 a.m.
"	15 "	30 Km Vets and 10 Km	5.00 a.m. & 6.00 a.m.
"	22 "	Christmas Party - details later	
"	29 "	3 x 5 Km Relay	6.00 a.m.
"	13 DEC	9 Km Dash + 250 Metres Splash	7.00 a.m.

**SEPTEMBER**  
 13 (Sun) **Green Belt Half Marathon**  
**SARRC**

**OCTOBER**  
 13 (Tues) School — Term IV begins  
 18 (Sun) **Caithness Fun Run**  
 Mount Barker  
 Chris Freeman 2289290 (W), 3911507 (H)  
 25 (Sun) **Summit — Suburb 13.84 km**

**NOVEMBER**  
 15 (Sun) **Mutual Community Fitness Test**  
 Contact 294 3248  
 29 (Sun) **Two Bridges Fun Run**  
 Murray Bridge  
 29 (Sun) **Women's 10km Classic**  
**SARRC**

**DECEMBER**  
 27 (Sun) **Two Jetties Fun Run**

**1988**  
**JANUARY**  
 1 **RESOLUTION RUN**

W.A.M.C. Sep 6 Mundaring to York  
 Sep 16 South of the River 20k (10k)/27 Pancake Run  
 Oct 11 Pt.Walter 1/2 Mar/25 Vetsrun(New event)  
 Nov 1 ALBANY MARATHON / 25 One Hour Run  
 Dec 2 McCallum Twilight/9 John Gilmour Track 10k(Wed)  
 16 McCallum Twilight/26 Paarlauf Relay  
 31 New Year's Eve Run

NEW INFORMATION AND CHANGES TO PREVIOUS LISTS:

OCT 3(Sat) 10km Monash Uni 'Round the Campus'  
 SEP 13(Sun)Glenrowan 1/2 Marathon,also 8k & 2k,Glenrowan Primary School,9.00am.\$4,\$3,\$1.  
 Entries by Sep 4 P0 Box 577 WANGARATTA 3677  
1988 MAY 15 Ballarat 1/2 Marathon(provisional)  
OCT 27(Tue)10,000m track,NUNAWADING A.C.,contact 288 97 39 for details.Lights are now  
 installed.The track is hard & fast and suitable for road racing shoes.

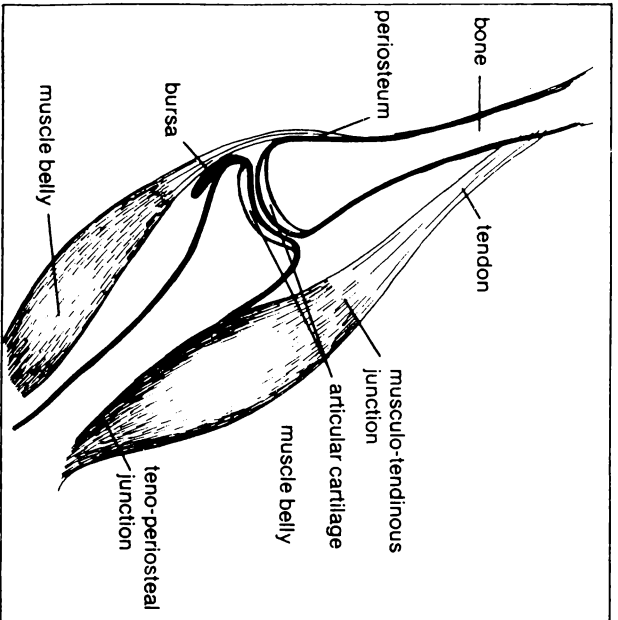
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NAMES CROPPING UP IN THE NEWS were DAVID POTTAGE,who was awarded the Antarctic medal for his efforts with penguins,weather balloons and staff parties in the icy wilderness, as put by an Age journalist.David has been a member of the VMC;his father,John,was one of the earliest members of the VMC and held the Australian 15 Miles record for some time.Since returning fromAntarctica,David has taken on running a milkbar down Seaford way which unfortunately cuts heavily into the time that David would dearly love to put into running.

His work in the Antarctic involved dashing out into the snow with a balloon full of hydrogen twice a day.If a blizzard was raging he would have to make several attempts to launch them successfully.On the side he also counted penguins for a scientific census as well as doing his bit to boost morale in the isolated community.

KITTY CHILLER,ALL-ROUNDER and former member of the VMC has been appointed as media director of the Australian Olympic Foundation,in addition to working for VicSport on a women's sport program.That is apart from still practising five very different for the Modern Pentathlon,rowing with Michelle Baumgartner on Albert Park Lake and being involved in TV programs.

JACK STEVENS,ANOTHER VMC REGULAR,is on the comeback trail after being knocked over by a mad motorist while running around Albert Park Lake and suffering compound fractures of his left leg.He is aiming at the World Vet Games later this year,in the 70+ by now,with credentials of various World Age Records over 400,800 and 1500 metres. Good luck,Jack,we'll be looking out for you !



DESCRIPTION

Overuse syndromes refer to injuries sustained from repeated action (such as long-distance jogging) as opposed to acute injuries, which occur in an instant (such as a sprained ankle).

Overuse injuries occur to:

1. muscle-tendon attachments to bone (e.g. "tennis elbow")
2. the periosteum cartilage, which is the covering of the bone (e.g. shin splints)
3. the tendon (e.g. Achilles Tendonitis)
4. the bursae (e.g. bursitis in the shoulder)
5. the bone (e.g. stress fractures).

When stress in the form of exercise is applied to your body, your body adapts by thickening and strengthening the various tissues involved. Hence, muscles get stronger, firmer and sometimes larger, tendons get stronger and bone density can increase.

OVERUSE SYNDROMES with acknowledgments to Syntex Australia Limited educational leaflets. Prepared by Chris Wildgen, Sports Trainers Co-ordinator, A.S.M.F.

However, if exercise is applied in such a way that adaptation cannot occur, the excessive overload can cause microscopic injuries, leading to inflammation, which is the body's response to injury. Signs of inflammation include:

1. swelling (which may be unnoticeable)
2. warmth to the touch
3. redness
4. tenderness
5. impaired function of the part.

All of these signs may be present but not noticeable in the beginning stages. Often the first sign may be stiffness or soreness (especially in the morning) which may disappear with warm-up.

Continued use may cause continued damage and the pain will last through and past warm-up and may be even worse after activity is finished.

Often, there are 4 stages:

1. discomfort that disappears during warm-up
2. discomfort that may disappear during warm-up but reappears at the end of the activity
3. discomfort that gets worse during the activity
4. pain or discomfort all the time.

If the injury can be identified and treated in stage 1, activity may continue as long as the injury doesn't worsen.

If the injury can be identified and treated at stage 2, activity may continue at a modified pain-free level. Treatment must continue until completely healed.

If the injury is allowed to progress to stage 3, activity must cease until the supervising doctor feels that treatment and identification of the cause allows the person to return to activity completely symptom free or, if a competitive athlete, and depending on the individual circumstances, possibly stage 1.

CAUSES

Include one or more of the following:

- lack of appropriate muscle strength
- muscle imbalance
- inflexibility
- malalignment (e.g. foot, patella, tibial torsion)
- training errors
- faulty technique
- incorrect equipment and surface.

By far the most common cause of overuse injury is training errors. And the most common error is "too much, too soon".



TREATMENT

The two most important steps in management of overuse (inflammation) injury are:

1. remove cause
2. reduce inflammation.

Treatment may include:

- anti-inflammatory medication
- applications of ice packs (to reduce inflammation)
- physiotherapy, which could be ice, heat, ultrasound, electrical stimulation, electromagnetic therapy, controlled exercise.

TRAINING NOTES.FALLING OFF A LOG

Fred Lester.

Anyone who has followed the athletic scene, in particular the general running part of it, must be struck by the waves of fads which come and go like fashions. Some would compare it to a pendulum which swings from one extreme to another, from 'quantity to quality', from 'speed work to 'long slow distance' and so on and so on. This can also lead to accepting loose generalisations which merely tend to confuse proper analysis of separate factors involved in what are, after all, very individual cases.

We are faced with the unfortunate situation where there is a large number of people who have the mistaken notion that if you have done some running yourself you are also competent to coach, the longer you have been running or the higher the level of standard you have achieved yourself the more competent you are to coach others. Coaching is as easy as FALLING OFF A LOG.

It's a bit like the Home Handiman who has 'picked up' all kinds of fixing things around the house simply by trial and error, hit or miss, and in the end has to call in the skilled tradesmen to avoid complete deterioration. At least with a house you can muck about for 30 to 50 years and longer, for an athlete you can stuff things up in much shorter time.

At the moment, after a period of obsession with more and more miles, 7 days a week and often twice a day, and an absence of consistent success, there is a rush to the opposite extreme with the catchcry 'more quality'. Instead of the rash of hourly steady hammering we will be presented with shorter heavy pounding and, predictably, with a rash of other over-use injuries and little if any greater success.

Now, there are sincere people who really want to coach and have valuable experience to assist them in understanding the scientific theories underlying various methods. Some of them feel that because of their extensive experience, sometimes greater and of a higher level than other coaches and lecturers in athletic and sporting subjects, they would not benefit from attending coaching courses in a systematic fashion. Maybe they are overlooking the fact that their own success in athletics is the result of systematic application which probably has been from five and more years upward.

A COMMON GOAL

For the purpose of this page we have to assume that all people wanting to engage in athletic coaching are genuine in their desire to lift the standards of our sport. It is immaterial whether they are lecturers, graded coaches or beginners, ALL CONTRIBUTE to the better understanding of a very complex subject through the exchange of ideas and facts. Just have a look at all the factors with impact on physical development, you are doing well to become proficient to a great degree in just one of them alone!

Physiology, Anatomy, Skill Acquisition, Nutrition, Mathematics, Psychology, Physics, Biology, Biomechanics, Chemistry and a recognition of overlap between them. In addition there is the development of practical application by development of observation and analysis of movement, confirmation of results by back-checks, step by step involvement of athletes in the understanding of the whole process and so on.

LEARNING A CONTINUOUS PROCESS

The recognition of the athlete being coached, or coming for advice, as an individual is also a contribution to learning as a coach. The discussions and debates among coaches and lecturers stimulate and throw up new angles and approaches for most who are taking part. The talking about and testing one's ideas and concepts on such occasions adds to one's ability to express thoughts more effectively.

The one thing that sticks out, whether coaching or running, success is based on systematic building up the various components that go into making a better athlete, and that cannot be done with all at once. It is a matter of finding the right combination of long/short, easy/intense, quality/quantity, effort/recovery, etc. at ANY GIVEN TIME and for the one individual. That requires sympathy, patience, conscious co-operation on BOTH SIDES, they are partners in building a common achievement.

We all tend to become impatient at times. Some of us hide it better than others. There are pressures all around us to produce quick results - parents, schools, sports officials and administrators at all levels, peer groups, jobs and careers - few of them aware of the complexities of your own involvement. DON'T FALL OFF THE LOG !!

A BOUQUET TO ALL THOSE PEOPLE who have been supplying VMC Newsletter with regular contributions of articles and reports as well as the occasional letters and comments to bring all members into closer touch with each other. We have had increasing feedback on the contents and presentation of the Newsletter.

I am sure that all readers are looking forward to continued diversity in articles, reports and comments and also follow up the urge to themselves put pen to paper. One of the matters most overlooked by many people is the actual number of positive experiences gone through by us and which can give others encouragement, new angles on looking at our sport and humorous incidents and surprises.

HARDLY ANYONE IS LIKELY TO SHED TEARS over the demise of any of the sporting bureaucracies, small or large, which have mushroomed over the past few years. The practice has mostly been for various government bodies at varying levels to encourage setting up of Committees, Federations, Councils, Assemblies - you give it a name! - to churn out more papers, present more findings, take up more time with meetings and soak up more money with no positive and practical returns for the sports. Some cynics suggest it to be a form of 'Job Creation', like subsidies for more 'Executive Directors' to form an audience for the interminable advertising launches.

One could humbly suggest that the effort and time, as well as the money, would be far more productively invested in developing and updating existing sporting facilities, indoors and outdoors. At the moment, as witnessed in the exchange in the letter columns of the press, we can very well do without the political in-fighting and self-seeking over funds which should percolate to where they are needed most.

VALE ! ROBERT PRENTICE !

It is sad to have to report the passing away of a great stalwart of Australian Marathon and Distance Running, a Life Member of our Club, joining it shortly after foundation in 1946.

Registered with and competing for Coburg Harriers, Bob became almost a fixture for every distance race of the season and, with Gordon Stanley, initiated the rise of Australian marathoning in friendly rivalry with our NSW neighbours in particular.

Bob was the winner of the first AAU recognised Australian Marathon Championship in 1949. He is best remembered for three attempts in short succession to finally make the qualifying time for selection in the Australian 1952 Olympic Team.

RESEARCHING OLD CLIPPINGS FOR A MORE IN DEPTH ARTICLE on Bob, which we will publish in a future edition, it was noticeable that in those days Australian Athletic Authorities (Is that what the AAA stood for !?) were very authoritarian about running the longer distance races, whether track or road, at the most unfavourable time of the day as well as during the worst month of either winter or summer season.

Actually, it says much for the toughness of competitors that Lifemembers existed !!

NEWS OF CARLOS LOPEZ likely to make the trip to Melbourne for the Veterans Athletics World Championships at the end of November should boost general interest and the standards likely to be achieved at those games. Carlos is intending to restrict himself to the 10,000m track and 10km crosscountry and hopes to enjoy some relaxing days with his family while in Australia.

Could be a good opportunity to let Carlos have a look what Oceania's standards in 10,000m racing are like, especially in the Emil Zatopek races.





## 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 (Samped Self-Addressed Envelope) of maximum standard size (235mm x 120mm) for a reply and return of information.

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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

VICTORIAN MARATHON CLUB MELBOURNE INC.-FIXTURE LIST-598 High St.E.KEW 3102.

\* indicates change from previous listings. Tel:(03)817 1033 Tue,Wed,Thu 12-2pm.

- SEP 19(Sat)30km & 15km KING & QUEEN OF THE MOUNTAIN,Point Leo,1.30pm(Map196 G2)\$3,\$4.
OCT 25(Sun)"PUMA DAYLIGHT SAVING 10M" & 4km,BRIGHTON BATHS,8am(Map67 C10)\$#, \$4;4k-\$1.
NOV 4(Wed)16km & 6km TWO BRIDGES,6.30pm(Melway Map44 B12)AlexandraAve.\$2,\$3;6k-\$1.
18(Wed)12km & 4km " " 6.30pm " " Alexandra Ave.\$2,\$3;4k-\$1.
\* 25(Wed) 8km & 2km " " 6.30pm " " " " \$2,\$3;2k-\$1.
\*\*DEC 2(Wed) 6km & 2km INTERNATIONAL VETS & OPEN FUN RUNS and Barbecue,B.Y.O.
TWO BRIDGES,Alexandra Ave,6.30 races,\$2,spot prizes;7.30 BBQ.
\*DEC 9(Wed)EZ 10,000m "F" & "W2";3000m Women's Trophy,10:00-3000m/4:35 1500m qualif.
10(Thu)EZ 10,000m "E" & "C",same qualifying as 1986,all minor divisions,EARLY ENTRIES
11(Fri)EZ 10,000m "D" & "B", " " " " APPLY FOR ALL
12(Sat)EZ 10,000m "A" 29:00/14:00 (VMC members 29:30/14:20)qualifying.
EZ 10,000m "W1" 38:00-10k/18:00-5k/11:00-3k track qualifying.
"deCastella"Trophy 3000mu.20M 8:48/4:00-1500 qual.
"Wal Sheppard"Trophy MASTERS MILE 4:50/4:30 1500 qual.and other events.
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,Zero 1988.\$3.

1988

- JAN 17(Sun)4 laps(13km)Princes Park,8.00am(Melway Map 29 G12)\$2.
20(Wed)10km TWO BRIDGES,6.30pm(Map 44 B12)Alexandra BBQ area.\$2.2km-\$1.
FEB 7(Sun)6 laps(19km)Princes Park,8.00am(Map 29 G 12).\$2 & \$3;1 lap - \$1.
10(Wed)10km TWO BRIDGES,6.30pm(Map 44 B12)Alexandra BBQ area.\$2 & \$3;2km-\$1.
21(Sun)RICHMOND AC "CUBITT CLASSIC"10M,Burnley 8.00am(Map45 B12)Bartlett Reserve.
24(Wed)10km TWO BRIDGES,6.30pm(Map 44 B12)Alexandra Ave BBQ area.\$2 & \$3;2km-\$1.
MAR 20(Sun)12km & 4km FALLEN COMRADES,DOMAIN 8.00am(Map43 K10)\$2,\$3;4km-\$1.
27(Sun)12km & 6km"QUEEN OF THE NORTH"Women's runs,Coburg 9.00am(Map18 A9)\$3.
APR 4(Mon)VMC 16kmEASTER CHAMPIONSHIP Latrobe Uni,9.00am,\$3,\$4/3km PARENT & CHILD 11am.)
APR 17(Sun)15km & 5km,ALBERT PARK,9.00am,\$3,\$4;5k-\$2(Map57 J3)###(Map19H7) \$1 each.
MAY 29(Sun)VMC MARATHON CH'SHIP & 10km,FISHERMENS BEND,10am(Map 56 H2)Early Entries!
JUN 12(Sun)"DAVID WARD"HALF-MARATHON,Burnley 9.00am(Map 45 B12)Early Entries!
18(Sat)50 Miles AUSTRALIAN CHAMPIONSHIP(track)BOX HILL(Map47 C7)
19(Sun)50 Miles Road Qualifier,PRINCES PARK(Map29 G12)
JUL 2(Sat)20km & 10km,WERRIBEE SOUTH,12noon(Map 201 H10)
24(Sun)VMC 10km WOMEN'S CH'SHIP,ALBERT PARK,9.00am(25k & 5k new date!!)
AUG 28(Sun)"PUMA"32km CAOST ROAD CHALLENGE & 4km,BRIGHTON BATHS,8.00am(Map 67 C10).

NOTE:Use Race Entry Forms ONLY where indicated!All other races entries on day!
Other People's Fixtures,check inside VMC Newsletters.

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VICTORIAN MARATHON CLUB- 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 LICENEE(Truck/Bus).....
HEREWITH \$12.....(Senior), \$6.....(Junior U-20) and SSAE for return of information.
Dated:.../.../.....SIGNATURE.....