



VICTORIAN MARATHON CLUB

NEWSLETTER

SUMMER 1988
VOL.20 No.4

DECEMBER 1988
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Emil Zatopek

MERRY CHRISTMAS
TO VMC MEMBERS

&

HAPPY NEW
YEAR

&

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RUNNING GROUPS. Any regular local running groups are invited to list where and when in our page. Send details to: VMC Office, 598 High St., E.KEW 3102.

The VMC gets numerous requests from our members for training advice and running contacts. Person to assist with your requests is FRED LESTER, VMC General Sec., an A.F.T.C.A. Accredited Coach Grade 2.

NOTE: A runner is any person who moves faster than their walking pace, for what purpose is immaterial !

CONCERNING ALL WOMEN RUNNERS - REGULAR OR BEGINNERS:

The V.M.C. has a Special Women's Task Force to assist in the development of Women's Distance Running, for mutual enjoyment, encouragement and good health. They are endeavouring to foster the development of locality groups for running and training together, for getting to know similar groups in different areas and to develop a positive and independent attitude in their pursuit of sport.

If you are having a problem in making contact with running groups or feel that you are not getting the satisfaction you are looking for, you can drop us a line for advice and assistance, together with a Stamped Self Addressed Envelope for a reply, to : 598 High Street, E. KEW 3102.

REGULA RUNNERS, GREENSBOROUGH is a Women's Running Group - all ages & abilities. Group meets on Wednesday 9.00am at Willinda Park, G'borough. Beginners welcome, child minding provided. Distances and routes vary weekly. A Thursday group meets 9.00am at the rear of Sports Fair in G'borough to run for 1 - 1.5 hours.

COBURG FUN RUNNERS. Meet for training at Harold Stevens Athletic Track, rear Basketball Stadium (Melway 18 A 9/10), Tuesday & Thursday 6.15pm. Fun runs most Sunday mornings 9.00am. Mail enquiries to 55 Woodlands Ave. PASCOE VALE 3044, or ring 386 9251.

PENINSULA ROAD RUNNERS. For people living in Mornington Peninsula area. Contact Kon Butko 787 1309; Ray & Mark Lewis 789 6109; Gordon Loughnan (059) 77 4892.

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

FERNY CREEK. Several groups meet at the cafe Mt. Dandenong Tourist & Mast Gully Roads corner (Melway 75 C 4) Sunday mornings from 8.00 to 9.00am for long runs, (13, 24, 27, 33km circuits) - with some oldtimers who still think in Miles - in magnificent bush surroundings, a combination of road and forest tracks. Back to the the cafe for breakfast and post mortems with the rest of the mob.

GARDINERS CREEK. Group meets near Blind Institute, opposite Kooyong Tennis Courts, 8.30am Sundays. Mixed standards, men & women.

CITY LOCATION. Diamond Valley & Melbourne Tri-Club, men & women. Contact Grant Fraser (B) 67 6193. Meet for run at Robs Restaurant, Albert Park, Tuesday 7.00pm.

* A WORD OF ADVICE * If you decide to run with any group, 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 nothing worse for a beginner than to be left behind after the first 500m and struggle on to run beyond what is sensible for his/her level of fitness. If in doubt, start by running with the slowest group available CONVERSELY, regular members of any group need to be aware of newcomers and assist them to find their most suitable level within the group.

Among the most swappable garments around the running scene.

VMC LOGO T-SHIRTS & SINGLETS, are available at \$8 each, plus \$1 pack & post. Send order with correct money to VMC Office (address above), or buy at our runs. Also 1986 ZATOPEK T-shirts, sizes 20,22,24 only, at special price of \$5.

VICTORIAN MARATHON CLUB MELBOURNE INC. - MEMBERSHIP RENEWAL NOTICE

VMC MEMBERSHIP FEES 1989 BECOME DUE ON JANUARY 1ST - \$12 Seniors, \$6 under 20. TO RENEW YOUR MEMBERSHIP and maintain advantages of continuous membership, follow the instructions on page 24, complete the form on page 23, and return to us. REMEMBER to fill in the 4 self-stik labels with your CALL NAME (Bill,Jack,whatever), SURNAME, ADDRESS and POST CODE and return them WITH yur renewal form AND m'ship fee so that you will receive your quarterly Newsletter in March 1989.

----- USE BLOCK LETTERS ON FORMS AND LABELS !! -----

PRE-RACE ENTRY FORMS: Your attention is drawn to the CORRECT USE of the PRE-RACE ENTRY FORMS as below. They are to be used only for races on our fixture list which specifically ask for entries to be sent prior to race day and when SPECIAL RACE ENTRY FORMS ARE NOT AVAILABLE.

DO NOT submit such forms and moneys beforehand for ordinary races where no such requirement is asked for, it would only create confusion and extra work !!

Below are the races requiring Pre-Entry: (Check for more details on Fixture List)

- MAY 28(Sun)VMC "RUNNERS WORLD" MARATHON, FISHERMENS BEND, 10am.
- JUN 11(Sun)VMC "DAVID WARD FINANCIAL SERVICES" HALF-MARATHON, BURNLEY, 9am.
- JUN 17(Sat)VMC "HI-TEC SPORTS" 50 MILES TRACK AUSTRALIAN CHAMPIONSHIP, BOX HILL.
- JUN 19(Sun)VMC "HI-TEC SPORTS" 50 MILES ROAD CHAMPIONSHIP, PRINCES PARK.
- JUL 16(Sun)VMC "SPORTSCRAFT QUEEN OF THE LAKE" WOMEN'S 10km, ALBERT PARK,9.am.
- AUG 27(Sun)VMC "COAST ROAD CHALLENGE" 32.2km BRIGHTON BATHS, 8am.

IT IS MOST IMPORTANT that all enquiries, entries and membership applications are filled in properly and accompanied by A STAMPED SELF ADDRESSED ENVELOPE as requested as it becomes most time-consuming, apart from the additional cost, and prevents the office staff from devoting sufficient time towards urgent organisational tasks.

It is in the interest of all runners and members to minimise routine matters so that the Club can function efficiently and to the satisfaction of all concerned.

-----cut here-----cut here-----cut here-----

MAIL RACE ENTRY FORM-VICTORIAN MARATHON CLUB MELBOURNE INC.-598 High St. E.KEW 3102.

ONLY for races SHOWING CLOSING DATES on VMC Fixture List!! Use BLOCK LETTERS Please !

Other Races enter ON DAY at venue 30mins prior to Start Time.

PLEASE ENTER ME FOR THE FOLLOOWING RACE

SURNAME INITIALS CALL NAME

ADDRESS POST CODE

PHONE(Home) (Work)

BEST TIME(last 3 years, nearest distance) DATE OF SAME//....//.....

PLACE WHERE HELD NAME OF RACE

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

CORRECT AMOUNT ENCLOSED \$

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

NOW TURN OVER AND SIGN DECLARATION AT BACK after checking correctness of above form. Don't forget to enclose Stamped Self Addressed Envelope (230mm x 120mm , same size as VMC Newsletter Envelope) for return of race information with cheque or money order payable to VMC - NOTE: Any additional copies of this Entry Form must also carry the declaration on the reverse side, or cannot be accepted.

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.....

PERSONAL INVOLVEMENT IS THE ONLY WAY TO PERSONAL SATISFACTION.

At the time of writing we are experiencing an almost unprecedented flood of complaints and criticism in our own sport, which is not tempered by the same happening in a number of other sports. To some extent it is seen as a "hardening of the arteries" on the part of past administration and an inability to get to grips with changes that are taking place in the community. Moreover, there is a tendency for participants simply to "turn off" and look for another field in which to exert their energies.

Of course, that does not lead necessarily to some better activity as similar conditions apply elsewhere, it merely makes for a change of scenery. Having already invested heavily in time, effort, enthusiasm, etc. this appears to be a most wasteful way of pursuing your aims in healthy recreation and sport. It would be far more practical to have a look at the situation, examine what your involvements are as well as your expectations, and make a decision to improve matters if you want to gain satisfaction for yourself either athletically, socially, as recreation, as fitness or whatever.

If things have gone wrong (not the way you had intended) in your sport, it is most likely due to the fact that the people organising (the officials/administrators) have lost touch with the basic aims and desires of the bulk of participants in their field. Often this is not simply because of ageing, or lack of participation at base level on their part, but LACK OF INPUT by the majority of the active participants themselves.

It is good to be able to turn up for a run, expecting everything to work smoothly to your satisfaction, have the course prepared, your times recorded, finish with prizes and after-race refreshments and have a beaut day generally. That's the way we all like it to be and on most occasions the events we conduct turn out more or less satisfactorily BECAUSE SEVERAL PEOPLE have put in the work necessary to make it so. It must not be overlooked that the self-same people are keen runners themselves and also are entitled to their regular runs. The only way we are going to retain the enthusiasm of people is to make sure that the chores necessary to conduct our runs are shared EQUALLY among all runners. Hence, we are trying to work a roster system which will equalise the task of maintaining a smooth organisation.

Turning to our previous plea to our members to offer to take on some of the routine tasks which prevent your key administrators from spending their time more fruitfully in the development of the club's activities and interests.

I am sure that each VMC member can find some way to assist in one or other of the jobs that crop up. Whether it is addressing envelopes, distributing entry forms or fixture list in their local shops or sporting venues, find a suitable venue for runs and possibly can spare a couple of hours during the week to help in our office, any task like these will ensure better all-round service for its members, that is yourself in the final analysis.

We are involved in the sport of running, the most effective and simple activity for developing good health if it is practiced sensibly and within the tolerance of your physical capacity and development to cope with the tasks you set. It is even more exhilarating if you can combine it with an appreciation of Nature around you and sharing the enjoyment of movement in company with others. Achievements are made a lot easier if we give each other support in our common pursuits.

A HAPPY AND SUCCESSFUL NEW YEAR 1989 TO US ALL !

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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 1.5 pages of of A4 sheets, ideally less than 1 page. Articles 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 1st day of the month preceding the month of publication. Earlier copy is preferred to ease pressure on editing and printing schedules.

INTERSTATE LINES OF COMMUNICATIONS.

Tu, We, Th 12-2pm

VICTORIAN MARATHON CLUB MELBOURNE INC. 598 High St E.KEW 3102	(03) 817-1033
AAU: Rick PANNELL, P.O.Box 254, MOONEE PONDS 3039	(03) 370-7555
NSW AA: Clive LEE, P.O.Box N101, Grosvenor St, SYDNEY 2001	(02) 241-3538
VAA: Greg MASON, Olympic Park No.1, Swan St, MELBOURNE 3002	(03)428 8195/8049
QAA: Reg BRANDIS, QE2 Stadium, Kessels Rd, NATHAN 4111	(07) 343-5653
AA-SA: Kath EDWARDS, P.O.Box 57, KENSINGTON PARK 5068	(08) 332-8352
AA-WA: Tony RICE, P.O.Box 208, WEMBLEY 6014	(09) 387-5599
AAA-TAS: Noel RUDDOCK, 10 Reynolds Court, DYNRRYNE 7005	(002) 23-1976
ACT AA:Bill BAILEY,P.O.Box 351, BELCONNEN 2616	(062) 47-4171 H
NT AA: Anne GENDERS, 1 Brookes Pl, MILLNER 5792	(089) 81-4833 H
VIC VETS: Peter COLTHUP, 14 Bakers Rd, N. DANDENONG 3175	(03) 795-1169
SYDNEY STRIDERS: Phil CALDWELL, P.O.Box N110,Grosvenor St 2001	(02) 427 6350
Q'ld MAR & RR CLUB: Andrew SEMPLE,P.O.Box 192, EVERTON PARK 4053	
SA RRC: Marilyn DAVIS,1 Sturt St, G.P.O.Box 591, ADELAIDE 5001	(08) 212-6115
WA MAR CLUB: P.O.Box 660, Sth PERTH 6151	(09) 450-4011
ACT CC CLUB: Dave CUNDY, G.P.O.Box 252,CANBERRA 2601	(062) 31-8422 H
A.I.S.: P.O.Box 176, BELCONNEN 2616	(062) 52-1111

VICTORIAN VENUES

Melway Ref. Map

<u>OLYMPIC PARK</u> : Swan St & Batman Av, Trams Princes Bridge, Trains Richmond	44 B 11
<u>TWO BRIDGES</u> : Alexandra Av, opp. Botanic Gardens, near Morell Bridge	44 B 12
<u>ALBERT PARK</u> : Robinson Hall (Walkers) rear Basketball Stad., 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> : K.Bartlett Res.,rear Burnley Hort.Coll.,Swan St.R'MOND	45 B 12
<u>VMC KING & QUEEN of the MOUNTAIN</u> , RED HILL TENNIS CLUB,Red Hill Rd.	190 J 4
<u>FISH.BEND COM.YOUTH CENTRE</u> , Dunstan Pde.Bus Terminus & Shops,GARDEN CITY	56 H 2
<u>DOMAIN</u> : Birdwood Av, rear Shrine of Remembrance, 1.5km up St.Kilda Rd	43 K 12
<u>LATROBE UNIV</u> : Car Park 6, off Ring Road, 500m east Waterdale Rd entrance	19 H 7
<u>WERRIBEE Sth</u> : Price Reserve Map 209 G 11 /South of St. Mary's RC School	201 H 10
<u>WESTERFOLDS PARK</u> :Porter St,T'STOWE <u>33 E 1/2</u> BUNDOORA PARK:Plenty Road	19 F 4
<u>BRIMBANK PARK</u> :South of Keilor Park, enter from Calder H'way/Cemetery Rd	15 B 8
<u>DEVIL BEND RESERVOIR</u> : Graydens Rd, MOOROODUC	152 J 3
<u>COBURG TRACK</u> : Outlook Rd,off Murray Rd, rear Basketball Stadium	18 A 10
<u>COLLINGWOOD TR</u> :Heidelberg Rd,CLIFTON HILL; Crosscountry Course opposite	30 G 12
<u>DONCASTER TR</u> :George St. <u>33 J 11</u> BOX HILL TR: Elgar Rd/Barwon St	47 C 7
<u>CROYDON TR</u> :Norton Rd <u>50 K 4</u> NUNAWADING TR:Burwood H'way,E.B'WOOD	62 B 7
<u>MURRUMBEENA TRACK</u> :North & M'beena Rds <u>68 K 9</u> MENTONE TRACK: Second St	87 B 7
<u>FRANKSTON TR</u> :Ballam Park <u>103 B 4</u> SANDRINGHAM TR:Thomas St,HAMPTON	76 K 6
<u>SPRINGVALE TR</u> :Ross Res.NOBLE PARK <u>80 E 12</u> KNOX TR:Rushdale St.SCOREBY	73 D 7
<u>ABERFELDIE TR</u> :Corio St.ESSSENDON <u>28 D 6</u> MELB.UNIV.TR: Top of 75A/ 2B D5/ 43 G3	

This page is a SPECIAL SERVICE to all runners to facilitate their contacting other athletic organisations at home and interstate. All interstate addresses receive VMC NEWSLETTERS and are invited 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.

VMC 32.2km COAST ROAD CHALLENGE, B'TON-MORDIALLOC-B'TON, 28-8-1988. Fine, cool, 400+ Starters.

01. MAURICE HEARN 31	1:50:35	71. GEOFF CLARK 39	2:15:56	141. JON PIETSCH 31	2:24:38
02. GERRY DONNELLY 29	1:52:10	72. DENY MARTIN 40	2:15:59	142. RUSS MANNINS 31	2:24:49
03. IAN NASH 28	1:53:13	73. JOHN PATON 39	2:16:05	143. KEVIN WHITE 37	2:25:02
04. ANDY DeHIGHDEN 24	1:53:32	74. E. MARIE-JEANNE 40	2:16:18	144. JOHN ANDERSON 49	2:25:09
05. LEW HARVEY 39	1:54:26	75. LASLO KASA 39	2:16:21	145. RON BRINE 45	2:25:11
06. GEORGE EDMOND 36	1:55:43	76. ??? ???	2:16:23	146. LES BRADD 36	2:25:11
07. GERRY SURRIDGE 37	1:56:44	77. RAY CALLAGHAN 55	2:16:24	147. ANNE ZIOGOS 32W	2:25:18
08. LAU. BRIMACOMBE 45	1:59:28	78. WAYNEW KRASKA 27	2:16:31	148. MARIO LURI 40	2:25:34
09. TOM GRONERT 33	2:01:03	79. BOB TAYLOR 43	2:16:39	149. JOHN FEDER 26	2:25:47
10. DES MINOGUE 39	2:01:29	80. BARRY CAIN 39	2:16:40	150. IAN McBRIDE 37	2:26:26
11. COLIN WIGHT 45	2:02:56	81. DAVID ELLIOTT 39	2:16:47	151. KEN MUNRO 57	2:26:37
12. ERIC SIGMONT 40	2:02:56	82. ARCHIE DALLI 35	2:17:00	152. GEOFF WILSON 31	2:26:41
13. HAMILTON BARRY 44	2:04:00	83. DAVE McKINTOSH 39	2:17:33	153. TONY FEDER 36	2:26:50
14. ROB SUTTON 26	2:04:24	84. PETER EMMERSON 33	2:17:36	154. PETER GAVIN 39	2:26:51
15. BRENDAN KENNEDY 41	2:04:25	85. PHILIP PAULSON 23	2:17:41	155. JOHN GERRARD 36	2:26:55
16. BOB DAVIDSON 43	2:04:39	86. VIN O'BRIEN 60	2:18:18	156. MIKE BELL 48	2:27:00
17. BOB CURTIS 46	2:05:14	87. BRUCE PETERS 49	2:18:18	157. GRAEME KILFOYLE 28	2:27:05
18. MARTIN STALDER 40	2:05:14	88. GEOFF VISSER 25	2:18:27	158. MONICA MONSOUR 34W	2:27:06
19. PETER SHONE 43	2:05:17	89. ANDREW HODDER 39	2:18:35	159. DAVE SKIPWORTH 48	2:27:14
20. JEFF SMITH 29	2:05:18	90. STEPHEN MURPHY 27	2:18:36	160. PETER MULLEN 39	2:27:27
21. GRAEME HEWITT 42	2:05:19	91. JEFF BOOT 32	2:18:37	161. BILL NAGLE 48	2:27:34
22. ROSS MARSHALL 39	2:05:22	92. DAVID LINDSAY 40	2:18:52	162. JOHN MAHER 38	2:27:36
23. STEPHEN POYSER 30	2:05:55	93. TED ZAGINSKI 37	2:18:58	163. S.C. BUCKWELL 38	2:27:45
24. RIC MICHALOWSKI 24	2:06:04	94. DARYL MOODY 43	2:18:59	164. TERRY BUTLER 39	2:28:03
25. MARK EDWARDS 31	2:06:15	95. ??? ???	2:19:10	165. TERRY KACKSON 30	2:28:04
26. JIM GOGOS 31	2:07:53	96. IAN PATTERSON 37	2:19:19	166. ALAN ALDERSON 37	2:28:11
27. TONY BERRY 52	2:08:04	97. D. BURT 26	2:19:28	167. CHRIS HARRAP 27	2:28:14
28. ROGER NEWHAM 39	2:08:06	98. P. CROWDEN	2:19:32	168. HOWARD KEMP 45	2:28:18
29. STEVE FAHEY 26	2:08:19	99. GREGG BROWNE 35	2:19:52	169. JOHN HALL 28	2:28:37
30. ROGER SCRIVENER 27	2:08:24	100. NEIL SLONIM 35	2:19:54	170. JAN HEARN 25W	2:28:42
31. PAUL CAHIR 40	2:08:33	101. KEN CHALMERS 36	2:20:04	171. JOHN BUCKINGHAM 43	2:28:49
32. PETER FOOT 31	2:08:34	102. JOHN MORRIS 47	2:20:16	172. KEITH ALDRICH 42	2:28:56
33. IVAN GLASENBERG 31	2:08:41	103. BARRY GUPPY 48	2:20:27	173. JOHN COCHRANE 32	2:29:00
34. JOHN WAITE 47	2:08:45	104. JAN BRIMACOMBE 37W	2:20:31	174. JOHN MANSELL 35	2:29:22
35. PETER ROWLAND 33	2:08:59	105. MOURAD SHAHBAZ 27	2:20:31	175. CHRIS WOOLGAR 44	2:29:22
36. JOHN FAY 48	2:09:06	106. DENNIS POLLARD 47	2:20:35	176. TERRY ROBINSON 40	2:29:28
37. PETER GIBNEY 23	2:09:12	107. RUSS MARSHALL 24	2:20:38	177. JIM McGREGOR 42	2:29:32
38. GARY NEWSTADT 35	2:09:16	108. MIKE EVESTON 39	2:20:47	178. JOHN COYLE 38	2:29:45
39. LAWRIE GLOVER 34	2:09:18	109. BRIAN WALSH 44	2:20:57	179. STEPHEN SMITH 31	2:29:48
40. PHIL BADMAN 35	2:09:57	110. BARRY DOBYN 50	2:21:00	180. GARETH CLAYTON 46	2:29:53
41. LEON HAUTMAN 37	2:10:02	111. BRIAN KELLY 37	2:21:00	181. GRAHAM McFERRAN 35	2:29:57
42. TREVOR NOLAN 36	2:10:03	112. TOM GORMAN 48	2:21:05	182. SUE WARD 29W	2:30:04
43. BRUCE KIRK 25	2:10:18	113. KEN NEWELL 37	2:21:11	183. ALAN FAUX 99	2:30:13
44. IAN UPTON 47	2:10:35	114. ROB ANDERSON 35	2:21:12	184. REUBEN POPE 99	2:30:16
45. GEOFF CALLISTER 45	2:10:38	115. MIKE RYAN 40	2:21:12	185. PHIL TEHAN 35	2:30:18
46. PAUL McCLOSKEY 40	2:10:41	116. CLAIRE McDONOUGH 23W	2:21:18	186. MIKE KENNEDY 35	2:30:20
47. NIG THURSFIELD 41	2:11:09	117. GORDON STEPHEN 34	2:21:18	187. DON MATTHEWS 99	2:30:23
48. DANNY McDONAGH 24	2:11:09	118. BRETT THIELE 29	2:21:28	188. JOHN KENNY 44	2:30:32
49. A. GILROY-SCOTT 38	2:11:15	119. PETER WATTIE 40	2:21:33	189. L. MARTIN 39	2:30:48
50. JOHN LORD 99	2:11:15	120. MAL BROWN 47	2:21:41	190. NICK TOOVEY 36	2:30:56
51. JIM HUCKSON 27	2:11:19	121. KEN JAMES 41	2:21:46	191. SANTO CONSOLINO 47	2:31:03
52. BILL IRVINE 40	2:11:21	122. COLIN MARSHALL 19	2:21:50	192. RICHARD TODD 40	2:31:24
53. FRANK ALLCHIN 38	2:11:35	123. ERIC KOHLER 31	2:22:19	193. JOHN BUTTNER 30	2:31:26
54. COLIN BARNES 31	2:11:48	124. PETER SELIG 29	2:22:21	194. KEITH D'ROZARIO 47	2:31:31
55. IAN DUTHIE 44	2:11:57	125. JOHN FAMECHON 43	2:22:22	195. DOUG TAMPIN 28	2:31:32
56. CARLOS FLORES 35	2:12:08	126. BARRY NASH 32	2:22:22	196. CLIFF SINCLAIR 42	2:31:34
57. MARC BONACCURSO 31	2:12:18	127. GRAEME BIRD 39	2:22:23	197. JEFF KEANE 33	2:31:35
58. MIKE O'HALLORAN 28	2:12:23	128. FRANK FURLAN 49	2:22:43	198. RUSSELL FOX 27	2:31:42
59. GLEN SMITH 32	2:12:33	129. BRUCE WATSON 49	2:22:48	199. BILL NOONAN 46	2:31:48
60. PHIL CHINNOCK 28	2:13:33	130. STUART BAKER 36	2:22:58	200. PETER BLACK 42	2:31:56
61. RON MAHER 35	2:13:46	131. DARRYL CREBBIN 38	2:23:00	201. DANNY TONG 99	2:32:16
62. JOHN RASKAS 40	2:14:04	132. JANET HAYES 31W	2:23:00	202. TONY MURRELL 36	2:32:23
63. ROY COMMERFORD 45	2:14:04	133. JOE ZAHRA 36	2:23:17	203. ROD MILLOTT 17	2:32:45
64. BILL BECKETT 44	2:14:29	134. MARK BENJAMIN 51	2:23:23	204. ??? ???	2:32:47
65. ROD GRIFFITH 32	2:14:38	135. MIKE FALKINER 39	2:23:39	205. PETER GUILFOYLE 35	2:32:54
66. J. FREDRICKSON 49	2:14:43	136. KLAUS CIMDINS 43	2:23:53	206. GLENYS JARDINE 32W	2:33:20
67. GEO PARADOWSKI 39	2:14:52	137. DAVID CHIFFEY 38	2:23:58	207. JULIA BABARCZY 40W	2:33:23
68. JACK NICOLA 33	2:15:00	138. SAM HILDITCH 53	2:24:04	208. PETER BAINBRIDGE 37	2:33:23
69. ROBERT ANDREW 28	2:15:22	139. IAN PIGGIN 44	2:24:11	209. DENNIS O'HEHIR 35	2:33:23
70. GRANT LEPP 32	2:15:31	140. ROBERT HINTON 28	2:24:14	210. ??? ???	2:33:33

Coast Road Challenge(cont.)

211.GRAEME RUSSELL 29	2:33:40	267.JIM SMITH 47	2:40:27	323.ALLAN PRESTON 30	2:52:26
212.WILLIAM KUEK 42	2:33:45	268.JIM McGOVERN 36	2:40:34	324.GARRY MORRIS 37	2:53:08
213.FRANK EDWARDS 41	2:34:04	269.JOHN CUNNINGHAM 43	2:40:46	325.PAUL WADE 36	2:53:08
214.A. JOLLEY 31	2:34:07	270.JOHN BURTON 33	2:40:59	326.ROGER WEINSTEIN 38	2:53:08
215.ALAN FRYDAY 41	2:34:10	271.VAUGHAN WEBBER 19	2:41:02	327.JOAN BAILEY 28W	2:53:16
216.MILES UPTON 47	2:34:12	272.ROWAN COLE 23	2:41:12	328.ROBERT MILLER 37	2:53:22
217.CONNIE DAVY 35W	2:34:14	273.HEDLEY DAVY 44	2:41:16	329.ANNE CALLAGHAN 51W	2:53:37
218.GER GRIFFITHS 34	2:34:18	274.RAY CHADWICK 38	2:41:25	330.PAUL GASBOLT 38	2:54:18
219.GLENN KERNICK 27	2:34:25	275.LYN DAVIS 34W	2:41:31	331.JOHN BLAMPIED 44	2:54:38
220. ??? ???	2:34:34	276.RAY ROGERS 43	2:41:39	332.JOHN SALTER 99	2:54:38
221.ROG.BERULDSSEN 34	2:34:40	277.MIKE HEFFERNAN 53	2:41:41	333.ANDY ANDERSON 31	2:55:25
222.ROSS DAVEY 30	2:34:43	278.JOHN GROVES 40	2:41:44	334.DAVID JONLY 51	2:55:40
223.SONYA McLENNAN 36W	2:34:45	279.COL JERRAM 44	2:41:53	335.ALLAN MILLER 52	2:55:52
224.DAVID DUKE 99	2:34:45	280.KEN BRAY 49	2:43:12	336.PAUL WILLIAMSON 39	2:56:32
225.TERRY LEE 41	2:34:45	281.PAUL BRIGZIA 48	2:43:30	337.ANTHONY BOWMAY 34	2:56:58
226.STEVE KASA 35	2:34:47	282.JOHN MANNING 42	2:43:30	338.HARLEY MORAITIS 23	2:57:11
227.GEOFF YORK 42	2:35:25	283.BRYAN LEAF 37	2:43:32	339.RUSSELL SMITH 24	2:57:11
228.PHIL LANIGAN 38	2:35:29	284.ROGER MILLER 45	2:43:42	340.SUE STEPHENSON 27W	2:57:42
229.IAN DUNNE 99	2:35:48	285.PAUL McCALLUM 99	2:43:46	341.VICKI TANNER 30W	2:58:04
230.HELEN RILEY 25W	2:36:04	286.GEORGE FOSTER 47	2:44:01	342.PAULINE JOHNSTON 37W	2:58:08
231.GRAH STOCKDALE 46	2:36:04	287.LOIS WEBSTER 42W	2:44:07	343.ANN McCORMACK 34W	2:58:51
232.BILL KYTE 47	2:36:16	288.KEN WALLACE 29	2:44:30	344.PAUL MORRIS 42	2:59:28
233.CLINT JEFFREY 28	2:36:22	289.RICHARD WRIGHT 33	2:44:50	345.PHIL MULLIGAN 34	3:01:37
234.GEOFF McARTHUR 31	2:36:24	290.GLENYS FRASER 28	2:44:52	346.PAT CARROLL 49W	3:01:52
235.RON PYKE 48	2:36:26	291.TINE DE RU 45W	2:44:56	347.TOM ALLSOP 43	3:01:52
236.JACK LAWRENCE 61	2:36:28	292.JOHN MAHONY 38	2:45:07	348.KEVIN BROWNE 51	3:03:27
237.BARRY CALLANAN 38	2:36:29	293.ASHLEY NOLAN 19	2:45:20	349.RON ANDERSON 39	3:04:18
238.RUSS BRABENDER 30	2:36:32	294. ??? ???	2:45:20	350.CECIL McKEOWN 38	3:04:53
239.BEN CHODZIESNER 53	2:36:35	295.KEV GRIFFITHS 48	2:45:29	351.SUSAN STEPHEN 31W	3:06:11
240.MIKE GRAYLING 32	2:36:45	296.BERT RICH 54	2:45:57	352.V FABIEN 50	3:06:11
241.BARRY WHITTLE 29	2:36:54	297.ANDY RUTHERFORD 36	2:45:59	353.JACKIE CALOUSI 31W	3:07:09
242.GREG JONES 34	2:36:54	298.BARRY WATSON 52	2:46:06	354.JIM CLARK 45	3:07:10
243.PETER TEDESCO 33	2:37:04	299.BARRY FERGUSON 41	2:46:19	355.KEVIN LORAIN 31	3:07:53
244.PETER EMERSON 33	2:37:08	300.RAY NOONAN 37	2:46:28	356.MERILYN KELLY 31W	3:08:14
245.MIKE SCHULZ 34	2:37:16	301.HOWARD BROWN 50	2:46:37	357.ALAN WATKINSON 42	3:10:17
246.L.vDIEBITSCH 25W	2:37:16	302.HARRY HOPKINS 32	2:46:47	358.ASH. WATKINSON 22	3:10:17
247.GERRY GIBNEY 59	2:37:19	303.COLIN BOWES44	2:47:00	359.JESSICA SMITH 51W	3:12:09
248.MICK BEARMAN 38	2:37:34	304.GRANT HODGETTS 24	2:47:03	360.JOCELYN JOACHIM 40W	3:16:10
249.MIKE COLGRAVE 28	2:37:50	305.JOHN WRIGHT 47	2:47:07	361.SUE BAKER 99W	3:16:35
250.ROBERT MOORE 44	2:37:57	306.CLIFF JENNER 28	2:48:08	362.ROBERT DAVEY 48	3:16:38
251.DAVID POTTER 28	2:38:04	307.ROB CASTLEDEN 35	2:48:44	363.SANDRA KERR 43W	3:16:39
252.STAN WILSON 41	2:38:15	308.IAN KRASKA 33	2:48:55	364.BILL BAXTER 50	3:18:08
253.DENIS FOLEY 37	2:38:28	309.ERNIE JEFFS 43	2:49:00	365.PATRICK FABIEN 22	3:18:54
254.BEN MORREY 59	2:38:36	310.ROD WILSON 35	2:49:21	366.BEVERLEY JACOB 37W	3:19:00
255.IAN RAY 36	2:38:36	311.KEVIN MOSES 25	2:49:36	367.RON SAWYER 31	3:19:01
256.PETER SIMPSON 32	2:38:45	312.HERB BAPTIST 47	2:49:38	368.MARG BRISTOW 52W	3:19:29
257.N DASILVA 29	2:38:50	313.ROD PERKINS 36	2:49:38	369.ROB MORRISON 42	3:19:46
258.KEITH MANDER 67	2:38:51	314.BOB PETTY 38	2:49:38	370.KERRY LEE 30W	3:20:06
259.JENNI McINNES 34W	2:39:08	315.JON MALLARD 38	2:49:43	371.JENNIE LEPP 26W	3:22:05
260.ALAN WHITTLE 34	2:39:11	316. ??? ???	2:50:09	372.GEOFF WHEELER 35	3:24:56
261.ROGER GEOFF 41	2:39:15	317.CRAIG RAWSON 18	2:50:22	373.CHRIS TAYLOR 27	3:25:21
262.TONY POWER 28	2:39:25	318. ??? ???	2:50:48	374.COLIN BURNHAM 36	3:27:17
263.MARK BENJAMIN 51	2:39:28	319.GRANT McPHERSON 33	2:51:09	375.TONY CONQUEST 45	3:27:17
264.MARCUS TRAYLEN 57	2:39:51	320.COLIN BROWNE 55	2:51:32	376.PETER BATTRICK 45	3:30:28
265.BERNIE GOGGIN 51	2:40:04	321.ERROL MALTA 37	2:51:57	377.JOHN ZELEZNIKOW 38	3:30:28
266.KARL FAUVRETTE 47	2:40:22	322.GRAHAM HOLDAWAY 35	2:52:19	378.JOAN JERRAM 41W	3:56:42

VMC 4km COAST ROAD RUN, MID. BRIGHTON, 28-8-1988, Fine, cool, 10 Starters.

1.DEAN LEVITT 17	15:40	5.GREG BLAMPIED 15	22:24	9.JO BROOKS 18W	23:55
2.MYLES GERRARD 10	20:00	6.MARK YOOSSEFF 15	22:24	10.JAMES NORTON 10	28:42
3.TREVOR McNAMARA 21	20:23	7.JAMES MORRIS 10	23:22		
4.JARROD POPE 17	21:22	8.TANIA SAINES 19W	23:39		

Race Manager MAL COTHER was assisted by Marcus TRAYLEN, Graham DAWES, Tom GRONERT, Kevin ARMSTRONG, Richard SIMON, Bob BIRRELL, Merv BECKETT, Nick BYRON, Geoff HOOK, Dot BROWNE, Terry O'HALLORAN, Jim GOOK, Neil RYAN. Thank you all for a mammoth job well done !!

14 officials means that we were over-stretched very badly which can put our races in a bad light with runners and limit the amount of essential tasks we can provide. Having at least 30 helpers for races of this kind is the back-up we need.

VMC members who do intend to race on any one of our fixture dates can help and then still get in a training run, even if they have not nominated that date for their roster.

VMC 'DAYLIGHT SAVINGS' 10km, WESTERFOLDS PARK, 23-10-1988, Fine, fresh, windy. 50 Starters.

01.ROBIN RISHWORTH 23	33:57	18.DAVID JONES 41	40:22	35.GRAEME HORSKINS 50	44:34
02.PETER HUNT 41	34:18	19.GRAHAM McFERRAN 35	40:35	36.MARG BURROUGHS 45W	44:42
03.PETER GAFFNEY 34	34:38	20.QUENTIN KIGELL 27	40:48	37.KEVIN CASSIDY 28	44:43
04.GREG MANDILE 27	35:44	21.ADE PACNOCOLLO 21	41:13	38.GLENYS JARDINE 32W	45:02
05.KEN BOOCOCK 30	36:31	22.TOM CASEY 30	41:26	39.JAN WILSON 43W	45:16
06.HAMILTON BARRY 44	36:40	23.JOHN MORRIS 47	41:56	40.GERRY CLARKE 40	45:28
07.JOE PACNOCOLO 24	36:53	24.ADAM WALLACE 16	41:58	41.JOHN PEARCE 39	46:00
08.DIDIER MARTIN 31	37:03	25.JOHN GOSBELL 49	42:02	42.MILAN NIKOLICH 29	46:20
09.GEOFF WHEELER 32	37:56	26.BRYCE POULIER 33	42:16	43.DOUG WHEELER 29	47:04
10.KEVIN TORPIE 49	38:11	27.STEPHEN EGAN 29	42:17	44.DAVID GOULD 50	47:14
11.CHRIS BENN 27	38:16	28.RAY MARTIN 32	42:18	45.NISHA CASZY 25	48:58
12.RUSSELL BULMAN 33	38:22	29.GORDON STEPHEN 34	42:44	46.PETER JOHNSTONE 51	49:12
13.BARRY CAIN 40	38:45	30.PETER NELSON 47	43:25	47.PETER JANNINGS 28	51:56
14.IAN U'REN 37	39:26	31.PAUL SALTHOUSE 21	43:39	48.HEATHER JOHNSTONE 44W	52:36
15.ERIC MARIE-JEANNE 40	39:44	32.JOHN GROVES 40	43:41	49.MELISSA GROVES 14W	53:38
16.TERRY STOKES 33	39:51	33.GRAEME SALTHOUSE 51	44:02	50.PHYLLIS GOSBELL 50W	54:08
17.MAL BROWN 47	40:07	34.JANET HAYES 31W	44:19		

VMC 'DAYLIGHT SAVINGS' 4km, WESTERFOLDS PARK, 23-10-1988, 20 Starters.

1.ROHAN ARMSTRONG 19	14:41	08.JAMES MORRIS 10	20:03	15.MICHAEL BELL 48	22:16
2.ANDREW HODDER 18	15:24	09.SUSAN STEPHEN 31W	20:14	16.ROBIN BELL 12	22:18
3.DEREK JOHANNESSEN 15	15:50	10.TREVOR McNAMARA 21	20:20	17.CHRISTINE GRIFFITHS 39W	24:31
4.ANDREW YEAMAN 15	16:41	11.JIM WELLS 25	20:32	18.PAT GALVIN 30W	27:34
5.RUSSELL U'REN 9	17:40	12.ERIN WALLACE 24W	20:35	19.BARBARA MARTIN 29W	28:46
6.ANDREW THURSFIELD 12	18:49	13.RICHARD BALLARD 13	20:52	20.DANIEL MARTIN 6	28:46
7.GAVIN BLACK 10	19:52	14.ALLAN BALLARD 42	20:53		

Race Manager JIM GOOK was assisted by MAL COTHER, ROD ALAQUA, FRED LESTER, DAVID YEAMAN, PETER BLACK, ROY & PAM TAYLOR & NIGEL THURSFIELD.

Again, we could have done with at least 5 more to share the burden. If there is no improvement in assistance on the part of members we shall have no option but to reduce our program of races.

IS THAT WHAT YOU WANT !?!

VMC 16km TWO BRIDGES, 2-11-1988, Hot, 30+, windy. 29 Starters.

1.LEW HARVEY 39	56:46	08.BILL ROSS 43	63:56	15.ROBERT ANDREW 28	68:44
2.TARQUIN OEHR 37	60:21	09.STEVEN LAWRENCR 19	64:33	16.JIM CRAWFORD 53	70:43
3.GREG MANDILE 27	62:06	10.JOHN JOHNSTON 26	65:00	17.PAUL GRAFEN 25	71:33
4.PETER MOORE 41	62:30	11.RAY POWLEY 32	65:17	18.HARRY WATTS 43	71:33
5.JAMES MCCARTHY 29	62:46	12.LAWRENCE GLOVER 34	66:12	19.KEVIN CASSIDY 28	79:16
6e.TOM HUMPHREY 23	63:19	13.ANDY MOORE 35	68:32	20.GLENYS FRASER 28W	82:15
6e.TONY MANDILE 32	63:19	14.GABRIEL CARMONA 45	68:39	21.JOHN GROVES 40	82:15

VMC 6km TWO BRIDGES, 2-11-1988, 26 Starters.

1.DAVID WATT 32	21:37	08.SYD BONE 31	24:34	15.HELEN vd NAGEL 31W	28:16
2.TOM CREBBIN 24	22:07	09.GEORGE TURNER 43	24:58	16e.MICHAEL CONLON 28	28:45
3.LEON McLEOD 27	22:32	10.ANDREW MOORE 21	25:28	16e.JOE CONNOLLY 27	28:45
4.PHILLIP WEBSDALE 31	22:47	11.PHILLIP BOYLE 26	26:25	18.BILL BAXTER 50	34:25
5.NICHOLAS BYRON 28	23:11	12.WADE ATKINSON 27	27:00	19.PAUL TURNER 14	35:27
6.BRUCE KERR 25	23:34	13.ROBIN MOORE 18	27:30	20.SANDRA KERR 43W	35:28
7.PAUL MARTIN 39	24:06	14.PETER CHILCO 23	27:35		

Race Manager FRED LESTER was assisted by TONY KING, JOHN BROWN, TERRY O'HALLORAN, JOHN CRANE, and SANDRA KERR.

VMC NEWSLETTER has been handled for some time now by a dedicated group of VMC Members and we have been amiss for a couple of issues in not acknowledging their vital role in maintaining communications among our general membership.

They have been the YEAMAN and BALLARD families who had simply taken the whole swag to process at home over the weekend, ready for posting on Monday or Tuesday.

Also active is Lifemember BERT GARDINER, who has assisted with routine matters in the office as well as preparing and checking envelopes and tags.

OVERHEARD COMMENT on subject of Olympic Games 1996 dogfight among Australian cities: 'Looks as if they'll be better off to go for the year 2000, if they are going to recoup all the money already spent!'

C L I M B !

by Tony Berry.

While VMC members were competing for the King and Queen of the Mountain titles I was running in a race which makes the Point Leo event look like a short sprint on the flat.

This was the MAS Mount Kinabalu Climathon, held in the Malaysian state of Sabah, up and down the highest mountain in South-East Asia.

The race was staged for the first time last year and was then open only to local runners. This year it went international by extending invitations at fairly short notice to runners in all countries served by its main sponsor, Malaysian Airlines System. Competitors came from Hongkong, Singapore, Japan, Brunei, the UK, Colombia, Indonesia, Denmark, the Philippines and Australia - represented, for reasons best known to the organisers, by yours truly.

Prize categories were male and female international open and veteran (over 45), Malaysian open and veteran and for employees of the Kinabalu National Park where the mountain's 13,455 ft (4102m) high peak lords it over 72,000 hectares of incredibly exotic, unique and beautiful vegetation that is home to some of the world's rarest plants, birds and animals.

For overseas runners, the prizes were well worth the immense effort involved: \$US3500 \$US2500 and \$US1500 for first, second and third in male and female open categories and \$US3000, \$US2000 and \$US1000 for similar placings in the veterans classes (over 40 for 40 for women, 45 for men). There was \$US100 for the next seven finishers in each category and the first placegetters also received return Malaysian Airlines System air tickets from their home port to Kota Kinabalu (the capital of Sabah) to help them return to defend their titles.

The Climathon starts at an altitude of 6200 ft (1890m) which is only 1000ft less than our highest mountain, Mt.Kosciusko. It then follows a relentlessly uphill course to the very topmost point and turns around (after a photographer has taken your souvenir picture at the summit checkpoint!) and goes all the way down again.

Total distance is a mere 16km, but it took last year's winner (one of the park employees who work as porters and guides for tourist treks up the mountain) 2hrs 56min.

That record was broken by another park employee on the first day of this year's event in 2 hrs 56 min.

The next day, along came the Gurkhas. A team of these tough Nepalese-born British soldiers entered the open section and filled the first five places. The winner ran 2 hrs 45 and the next four also broke the new record. The Gurkhas had spent the previous 10 days on the mountain, camped at 3,300m and spending most of their time running up and down the track. They proved the locals could be beaten, but it takes a special breed and intensive training to do it.

Us mere mortals, unused to such ultra-high altitudes, had to cope with a terrain far more gruelling than most of us had expected and had to get our lungs used to an altitude few of us had previously experienced. Tourists trekking to the top of Mt. Kinabalu are advised to take at least two days, preferably three, sleeping overnight in one of the huts or resthouses set at strategic points along the trail.

But we were expected to have an early breakfast and be back for lunch !

The Summit Trail - which the brochures make seem like a gentle woodland path winding ever upwards - is for the most part a series of steeply hacked out of the earthy mountainside. The stairs are edged by tree branches and no two are the same height and depth in succession. They vary from a few centimetres to a metre or more in height. And they go on and on, relieved only occasionally by a short stretch of unstepped rocky track.

This continued virtually non-stop to about the three mile mark which I reached in an unbelievable 66 minutes, although still well placed near the front of the field.

After the steps came the ladders. These were also made of branches and scaled vertical rock faces. Then we were above the tree line and out onto bare granite where incredibly strong and freezing winds battered us as we scaled rock faces, jumped crevices and scrambled up steep inclines by clinging onto ropes that were our only life lines.

Strangely, and I can only speak for myself in this regard, the altitude had little effect. At the 3,300m mark I did notice an incredible pounding of my heart. But it soon passed and my breathing was no more labored than would be expected from someone "running" 8km uphill. And once we reached the top, we had to repeat the 8km track and persuade muscles used to perpetual uphill movement that they now had to sustain us on a seemingly endless downhill plunge. Believe me, it's not easy to run down a mountainside with a gale force wind at your back or to keep a semblance of racing speed down a continuous flight of ladders and stairs.

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CLIMB(cont.)

If we thought life would be easy after the tough struggle to the summit, then we were in for a shock. Coming back to the start was no less painful. It was just a different set of muscles that had to bear the agony. At times my legs just went to jelly. They became totally unco-ordinated and refused to land where I wanted to place them. There were techniques involved which had never been required in the normal racing calendar.

The Gurkhas and the locals bounced past. They almost sprinted down the mountainside, sure-footed as mountain goats on a picnic and totally fearless.

With a lovely touch of masochism, this headlong plunge ended 100m from the finish with an uphill slope that felt like the final assault on Everest.

Having proved they can mount a successful international event of this nature, the people of Sabah are now looking for greatly increased overseas participation next year.

Malaysian Airlines has committed itself to three years of sponsorship so the big prizes will continue and there are likely to be some very attractive and heavily discounted air travel and accommodation packages offered to participants.

As endurance races go, it's probably one of the world's best - very well organised, competitors' every need catered for and great attention to safety.

It is also extremely accessible to Australians and the date is nicely placed five weeks before the Melbourne Marathon to provide a real toughener-up before the big event. Certainly, the sharp and nasty little hills around Nunawading seemed like mere pimples a week later when I ran in the Forest Hill Rotary Club Half-marathon. And I'll never again complain that the Point Leo course is too tough !

FOOTNOTE: The up and down 16km Mount Kinabalu course took me 4 hrs 44min 56sec - the longest I have ever taken in any race yet, a time that gave me second place (+ \$US2000) in the international veterans' section. T.B.

EDITOR'S NOTE: All readers whose imagination may be fired up by reading the above, I have been assured, in addition to having visited Malaysia myself, that the country has the most diverse scenery from beaches to high mountains and in between to enjoy. Tony Berry can be contacted for further details on 830 1819 (Home, evenings) in planning trips to next year's Climathon.

LETTERS TO VMCfrom Hamilton Barry.

Dear Fred,

The purpose of this letter is two-fold. First, to advise of my change of address to that above. Second to thank you and the other members of the Club who officiated at the VMC King of the Mountains event at Point Leo on September 17th.

I feel this is a great event, the scenery has to make it one of the best runs in Victoria, and I would like to thank the Club for keeping the event on despite the fall-off in numbers this year. The clash with the 20 Miles at Elwood the next day plus the bad weather conditions probably contributed to this.

One point you may wish to consider for next year's event: I believe there should be some trophy as prize of some sort for the First Woman. The difference between the magnificent trophy for the men's event and nothing for the women was quite a contrast, especially as the event is King and Queen of the Mountain.

However, once again I think this is one of the best (albeit toughest) runs in Victoria, and I hope the Club continues to conduct it.

Yours Truly H. Barry

from Frank Bonecker.

Dear Fred,

Since I got married and now have a Baby Boy, 2 years 4 months, I've had quite a hectic time and lost contact with many things, including the Marathon Club news.

I'm unfinancial and I think I may be owing the Club for 2 seasons, so I am enclosing a cheque for \$ 24.00 as I would like to continue being a member of the Club, which to my mind is a great Club, well organised, with many good events, even though I am just a Veteran runner. - If the amount is not enough to have me up to date, please let me know as I will settle the balance.

Thanking you in anticipation Frank Bonecker.

(Dear Frank, Congratulations to you and your wife on your offspring ! I am sure your many friends in the VMC join me in good wishes to you and your family and are delighted that you still have the Club in high regard. Ed.)

PEREGRINE WINTER CLASSIC.

by Barry Callanan & Dot Browne

It is difficult to say whether you would go to Omeo in far NE Victoria in July for the scenery and beautiful countryside or for the 'masochist' Peregrine Winter Classic, formerly known as the Wildtrek.

We arrived on Friday afternoon and quickly settled into the Omeo Football Club rooms a big barn of a place with corrugated iron walls. We lined up our sleeping bags like sausages in a row. Downstairs was a large eating area, a table with hot drink facilities near the door, hot showers and toilets off to one side and room up the other end for storing the odd Kayak, stacking some skis or mending the bikes. All heated and quite adequate. The kitchen was expertly staffed by the local football club who supplied true country-style breakfasts on Saturday and Sunday and excelled themselves with a superb three-course dinner on the Saturday night.

Day 1 kicked off with an early (like ruly early) breakfast and a 1 hour drive up into the snow around the Dinner Plains ski resort. For the 7.30am start of the 19km CC ski leg. The first pairs of each team were despatched at one minute intervals. The pairs were for safety reasons. Teams were of six maximum, with two covering each discipline - sliing, orienteering, bikeriding and white-water canoeing. This meant at least two team members had to double up on events. Many chose skiing and canoeing as these were the first and fourth legs and allowed the most recovery time.

There was another team category called the Marathon, in which a pair of competitors attempted to cover all four sports and still finish within the cut-off time. This was definitely for the Spartans !

The adrenalin really started pumping as we watched the skill and poise of the skiers (well, some of the skiers). They zig-zagged around the snow-gums, bent over double and ducked under the low branches and did their best to evade prone participants spread-eagled across the track, as they found the four check points and punched their cards. Some skiers were not so competent, we saw some spectacular wipe-outs. Following skiers crashed into them and caused multi-skier pile-ups.

But then, for the final stretch, as the snow ran out, they were compelled to pick up skis and stocks and run the final 2km to the run change-over point. Some highly organised teams had their support crews swap ski boots for running shoes at this point. Those skiers who missed check points incurred a substantial time penalty for doing so and that applied to the next leg also, the 19km CC run.

The running pairs had their bum packs checked for maps, compasses, matches, whistles jackets and food. The rules were clear: No survival gear, no start. Some competitors who had chosen to ignore the race rules were caught short and caused panic in other teams by pinching bum packs. Not nice.

The runners set off 5km down the the dirt road before heading north-east along the bush track towards checkpoint 5. From then on it was about 2 hours of solid bush bash, compass and map in hand and eyes glued to where you were putting your feet. It was an exhausting run, constantly jumping fallen branches and rocks, slopping through marshy areas, ducking under fences and, at times, wading through creeks. Some sort of protection on the legs was essential. The lairy lycra suits that many wore were great and minimised the scratches. It was a matter of look at the map, take a compass bearing to the next check point and do your best to stick to it and, with a bit of luck, you may end up with then whole of your card punched by the end. The State Emergency Services volunteered in their bright orange overalls were a welcome sight at each check point. But the final 5km was the killer - the notorious Cobungra Hill - it just went straight up for 5km with no relief and reduced most of the runners to a walk. The relief on sighting the road at the top was enormous.

By the end of the scnd leg, the competitors were well spread out. Amazingly enough, some of the leading contenders at this point were the marathon pairs, those Herculean man and women who were completing all disciplines on both days. I guess they'd been training all year for it.

The bike-riders were ready at the change-over and off downhill along a rather treacherous unmade dirt track which emerged 2.5km later onto the Dinner Plain-Omeo Road. A good bitumen surface with its fair share of undulations confronted by "Coronary Hill", a 5km winding climb that never seemed to end. As if the hill wasn't bad enough, when a member of the all-women Look Thunderbirds team cruised past up the hill and said: 'Looking good, Pops, keep it up', the morale was shattered. Down "the ramp" at the 40km mark, grimly clinging to their fast-depleting energy, brakes and vibrating water bottle, the bikies emerged on the flat for the remaining "leisurely pedal" to the canoe change-over, 48km in all.

PEREGRINE WC(cont.)

For safety reasons, a cut-off time was applied at the river. Personally, we believe it's because the river freezes up after 4pm. Having made the cut-off time, the competitors faced a 1km paddle upstream to the buoy. Their numbers were checked and they headed back downstream for 14km.

So endeth Day 1.

Back to the lodgings, a hot shower (for those so fortunate), unbuckle a wheel, repair a tyre, patch a canoe with fibreglass (and borrow someone's hairdryer to set it quick), enjoy a lovely meal, check the computerised progress scores provided by Mintie at the very crowded Hilltop Hotel, and sleep the sleep of the contented. Some even lasted until they puy head to pillow before entering "Noddy Land".

Sunday dawned fine, mild and cloudless. Well, it may have, but when we got up, it was c-c-c-cold, dark and star-studded. A 45 minute drive to the Blur Duck Lodge, 27km out on the Omeo Highway for the 8.15am start of the 9km CC run. The pairs of runners clung to each other desperately as they negotiated the river crossings. The rocks underneath were mossy and slippery, the potholes were hidden and the current was strong. Hence many runners floundered up to their necks as they struggled across. All of them had frozen extremities, for sure. We all scored muddy backsides from sliding down the steep cliffs to the cunningly placed check-points, but we discovered that chivalry is certainly not dead when the fellas helped the gals across a deeper strongly flowing river, which was rather scary.

Our bikeriders had 11km of Cross-Country to negotiate. This day's event was specifically designed so that all respect for your trusty old Malvern Star was lost. On four occasions, the course disappeared over the edge of the highway for a total of 3.5km through the aptly named Big Dipper, Muddy Corner, Paleface Hill and Badlands - special stages of steep rough tracks, eroded gullies, forests and swamp. It was matter of carry, push, pull, drag or throw your trusty steed, depending on the price of the bike, your position in the field and personal disposition.

The final stage was the 15km white-water canoeing leg. Those who weren't paddling gathered religiously and ceremoniously at the accurately named Pinball Machine, a most hazardous section of the river where strong currents, awkwardly placed rocks and plenty of white water took their toll on many of the most expert canoeists. Thr spectators ranged themselves up thr cliff and along the river bank to cajole, coerce, advise, Congratulate, cheer and generally admire the colourful, courageous and slightly frozen competitors as they attempted to run the gauntlet of the Pinball, to negotiate the boulders and the white water rapids. They came through all ways - upside down, backwards, in twosomes - No discrimination here. A capsized brought as big a cheer as a successful negotiation. It was fantastic to watch.

The leg, the event, the day, the Peregrine Winter Classic, all ended graciously at the junction of the Bunderra and Mitta Mitta Rivers. Ian Minter and his efficient computerised results system allowed Race Director, Eric Ward, to conduct the presentations in the early afternoon on the river bank and it was at this gathering that memories of the last two days were rekindled.

The camaraderie, the characters, the infectious chant from the Pack of Women Team, the chic full-length lycra suits of Dot's Delta Divers, the colour co-ordinated Marathon pair called Rogernomics with their black and white spotted tights, tops, cars and Dalmatian mascot called Roger, leave an image never to be forgotten.

+++++

OLYMPIC MARATHON WINNER 1968, Mamo Waldo, on Ethiopian runners'success, from an interview in 'Leichtathlet': "The 2900m level of the Capital is onle one aspect. The reason for our successes lies in that our training groups are relatively large and the younger and older runners train together. Experience rubs off and spurs on. Above all, this way the youngsters are in eye contact with the World Elite. One other aspect is that we mainly train over the country with its constant variations which makes for hard changes in tempo and leads to racing toughness."

SPECTATOR FIGURES for European circuit athletic events are boosted regularly by the attendance of most of the World Elite. However, the 1988 figures of app. 17,000 at the Bislett Games in Oslo and 23,000 Grand Prix meet in Stockholm, must be seen in their context as being the one major international event of the year in their country and at the height of the tourist cum holiday season. Most of the large population centres are within 1 hour's flight from anyone of the major meets.

OTHER PEOPLE'S FIXTURES - Events of Interest to Members, notified to us.

V.A.A.: P.B. MEETS: DEC 20(Tue); JAN 17(Tue); FEB 14(Tue); MAR 11 (Sat);

STATE CHAMPS: JAN 12(THU)M 10,000m(also National)/W 3000m, Entries close DEC 16 !

JAN 19 (Thu)W 10,000m, Entries close Jan 13 !

MAR 3-5 Other T & F CHAMPS, Entries close JAN 27 !

MAR 17-19 NATIONAL T & F CHAMPIONSHIPS.

COBURG: Fun Runs 1988: Sundays 9.00am, \$2 p. person, Tea & Coffee provided, 4km laps, choose your own number of laps, all ages welcome. (Melway18 A9) Athletic Track.

Enquiries to 55 Woodlands Ave, PASCOE VALE SOUTH 3044

SPECIAL EVENT at \$4 p. person - DEC 4 9.00am Coburg 'LAKE TO LAKE' Fun Run.

CORPORATE CHALLENGE SUPER SUNSET SERIES: DEC 1(Thu)10km Flemington RC 6.30pm,

FEB 1(Wed)11km Royal Park 6.30pm; MAR 1(Wed)10km Domain 7.00pm.

Send SSAE for entries to ANDREA BRAMWELL GPO Box 1603M, 3001/ Enquiries: 658 9879.

VICTORIAN ROAD RUNNERS have regular program. Contact JOHN GROVES 609 3424W, 439 2843H.

EAGLEHAWK: MAR 19(Sun) Dahlia & Arts Festival HALF-MARATHON 8.30am

contact: Max Carson (054) 366 215 or Jack Wellard (054) 469 620

INTERSTATE:

A.C.T.: First Sunday of each month - SPANK SPORTSWEAR Women's Jogalong.

Watch for Special Track Events Meet early December.

MAR 3-5 ACT AA T&F CHAMPIONSHIPS

APR 2(Sun) 'CANBERRA TIMES' WOMEN 6km FUN RUN; APR 8(Sat) MARATHON EVE 10km;

APR 9(Sun) NIKE Canberra Marathon, also Aust.Vets and A.C.T. Championship

MAY 21(Sun) AIS Drug Offensive Half-Marathon. ACT CCC P.O.Box 252, 2601

S.A.: FEB 15-19 T&F CHAMPIONSHIPS

Q'LD: FEB 18,19 T&F CHAMPIONSHIPS; MAR 11-19 NAT. T&F CH (incl. World Cup Trials)

JUL 23 NAT.MARATHON(Goldcoast); AUG 19 NAT.CCC,(Brisbane)

W.A.: FEB 11,12,18 T&F CHAMPIONSHIPS; JUN 24,25 NAT 15km Rd CH.

TAS: JAN 15 MARATHON & Half-Marathon, Hobart; MAR 4,5 T&F CHAMPIONSHIPS

NSW: FEB 18,19,25,26 T&F CHAMPIONSHIPS; DEC 2,3 (1990)COM.GAMES TRIALS

A.C.T.: MAR 3-5 T&F CHAMPIONSHIPS;

INTERNATIONAL: MAR 3-5 WORLD INDOOR T&F CH.Budapest(Hun); MAR 19 WORLD CCC Stavanger(Nor)

APR 15,16 WORLD MARATHON CUP, Milan(Ita); SEP 8-10 WORLD CUP,Barcelona(Spain)

NOV ? WORLD 15km WOMEN ROAD CHAMPS, ??

NOTE TO ALL INTENDING COMPETITORS: (Most Championships require up to 6 weeks pre-entry!!)

! Because of the increased costs and time involved to satisfy all participants, it is **IN**

! **YOUR INTEREST** to send all enquiries by mail and enclose a Stamped Self Addressed Enve-

! lope for a reply, entry form and any other information.

! **YOUR ORGANISERS' TIME IS BETTER SPENT ON DEVELOPING YOUR SPORT THAN ROUTINE JOBS !!**

PROBABLE V.A.A. 1989 WINTER FIXTURES: (Also other fixtures notified to us)

APR 23: HALLS GAP MARATHON - VAA Country Title / APR 29: Sandown Relays

MAY 13: 8km CCC M/W, Bundoora/ MAY 27: 10km Road M/W Caulfield

JUN 17: Vic Schools CCC/ JUN 24: VAA Special 25km (with VMC at Werribee ?)

JUL 8: 15km Road Fish.Bend/JUL 29: VAA 12km M, 8km W CCC (JUL 22 NATIONAL 15km)

AUG 12: Half-Marathon, Frankston/ AUG 19: CC Relays, Bundoora.

SEP 2: 16km CCC, Brimbank.

ALSO: MELBOURNE MARATHON INC.-APR 30 'Sussan' Women 10k/ OCT 8 MELB MARATHON

THE "EMIL ZATOPEK" 10,000m TROPHY HISTORY.
(An outline of the VICTORIAN MARATHON CLUB Championship)

The VICTORIAN MARATHON CLUB MELBOURNE INC., formed in 1946 with the specific objective to foster Victorian and Australian Distance Running, was the first athletic organisation in Australia to establish an annual 10,000m track event to achieve two main targets:

- 1) to give opportunity to race at a classic Olympic distance of world comparison and
- 2) to enable athletes to gain valuable experience at a time of the year when no other opportunities existed.

What distinguished this race from its very inception was the fact that it was the only long track race in Australia where competitors could rely on not having to race in the heat and blistering sunrays of a summer's day. Traditionally this race is held in December during twilight hours or later.

An early inspiration to the VMC and the distance running enthusiasts was given by the achievements of the great Olympic Champion and Record Breaker, EMIL ZATOPEK, whose training methods seemed to underline what constant and concentrated application can do, even in cases of not so obviously gifted runners. This prompted LES PERRY, multiple Australian Champion and Record Breaker, 6th in the 1952 Helsinki Olympic 5000m (the Olympics's Zatopek's triple 5000m, 10,000m and Marathon triumphs), to propose the institution and naming of the trophy for this race. At the time, Les Perry was the Secretary of the VMC for a period of three years.

Commencing in 1961, the first three years were auspicious in that RON CLARKE won the trophy each time, 1963 seeing his first 6 Miles/10,000m World Records. He was to compete in the race again after an absence of 5 years and win it in 1968 and 1969. By then the event had become the most important Australian 10,000m, apart from the National Championship, attracting more and more runners nation-wide.

By 1971 the number of competitors had grown from the initial 27 to 52, the last year for the race to be run as a single division. 1972 saw the field divided into two divisions, in 1974 3 divisions were needed to cope with 80 runners and a 4th division was added in 1975. A further division was added in 1977 and in 1978 it was imperative to have 6 divisions to accommodate 204 entries. A further step was the creation of a special women's division in 1979 to be followed by a second women's division in 1986. A seventh men's division became necessary in 1988 to cope with the rising standards of participants.

All of the divisions count towards an overall Club Handicap, special prizes are given for various sections. To cope with the demand and to accommodate runners on the track within the time available during Emil Zatopek week, all but the Elite men's and the two women's divisions are restricted to financial members of the VMC, most of whom participate on road and track throughout the year on a regular basis.

A system of grading for the race has been developed where starters in the various divisions need to have achieved a set standard for each, mainly a differential of 2 minutes from one level to the next. EMIL ZATOPEK WEEK commences with the lower divisions and works up to culminate with the top Men's and Women's races on the final night. An all-comers Fun Run road race completes the Series on the Sunday to provide inspiration to all and sundry.

The Elite divisions have tough cut-off qualifying times, in the case of the men faster than the National standard (with VMC members enjoying a small concession), and is hotly contested by elite distance runners from every corner of Australia and New Zealand.

Following RON CLARKE, the list of names to win the race contains JOHN COYLE (two miles World Record); DEREK CLAYTON (World's fastest Marathoner for 12 years); BILL SCOTT (Olympian and winner of several major Marathons); DAVE FITZSIMONS, SA (Olympian and National 5000m/10,000m Champion); GERARD BARRETT, Q'ld (broke the long standing Australian Record in 1976, returned to chop off some more in 1978); ROBERT deCASTELLA (Olympian); STEVE AUSTIN (Olympian); ANDREW LLOYD, NSW; JOHN ANDREWS, NSW; GABRIEL KAMAU, Kenya; REX WILSON, NZ; and ANDREW LLOYD again completing the treble in 1986 and 1987.

Thanks to the consistent effort put in by dedicated members and distance running enthusiasts of the VMC, as well as the co-operation of individuals in athletic administration and coaching with a broader view of the important National role provided by events such as this, the Emil Zatopek Series has become one of the most effective contributors to the development of Australian distance running.

A National Perspective in Australian Athletics.A Correspondence: Where are we at !?!

The SPORTS EDITOR, (ATHLETICS) - Dear Sir/Madam, October 17, 1988

Except for the victory of Debbie Flintoff/King on the track and the meritorious performances on the part of our Marathoners with Lisa Martin scoring a silver medal and the men right up in contention, adding the gutsy runs of a couple of others, we had a rather lean balance sheet to show for our athletic endeavours. It almost seems that any successes that we do have are achieved in spite of all the obstacles and incredible incompetence posed by the Australian Athletics Non-System that passes for administration at several levels.

The latest move to disrupt a systematic approach to the development of athletics and building of a strong and integrated support for our athletes is a project to send our distance athletes on a jaunt to an International Fun Run in Japan which consists of two teams, men and women, to run in 10km and 5km sections of a relay, which has no bearing on any future plans for our national teams. Not only is this fancy relay out of season at the end of the high pressure Olympic Year, it clashes with the Emil Zatopek series, the most prestigious Australian distance running meeting and the springboard for the important competitions in the coming New Year. To add to the general dislocation of proper planning for our athletes, the Australian Athletic Union has nominated the Emil Zatopek 10,000m women's event as the Australian 10,000m Championship, we have trials for the all-important World Crosscountry Championships in January, National Championships in March and expect our athletes to be training well up for the 1989 Athletics World Cup.

Planning seems to be a foreign territory within the general structure of Australian athletics, whether it be budgeting, public relations or even just setting regular dates. State and National Championships unhappily wander about the yearly calendar to add to the problems of planning individual training programs, so vital for top performances. Bodies such as the Commonwealth Games Committee are pre-occupied with setting selection dates for the Auckland Games in January 1990 to facilitate the provisions of team uniforms ahead of actual competition needs, such as the suggestion - again to the disadvantage of the well established Emil Zatopek Series - that it should be advanced from its traditional time slot with consequent disruption of the regular schedules throughout the land.

It is galling for people who are working hard in coaching our athletes at the A.I.S., at Club level and individually to see their efforts continually disrupted by the inconsistencies in organisation. There are Clubs and other organisations within our sport who have built up consistently good events and meetings, such as the Canberra and other city Marathons, the Stawell and other great meetings by the V.A.L., the Emil Zatopek Classic by cooperation between the V.M.C. - V.A.A. - V.A.L., etc. All of these are vital contributors to a general and regular pattern nationally.

It must seem weird to visiting overseas athletes that an annual schools athletics event, the Associated Public Schools in Melbourne, is the most popular and greatest spectator drawcard on the Victorian Athletic calendar ! Only the Emil Zatopek main night can compare in the way of excitement for the athletic public, while the VAL's Stawell Gift, organised by the local country club, does likewise.

The key word is CO-OPERATION with regard for the traditions that have led to success and build on those. It takes years to build the support necessary for successful ventures to become established, the goodwill can be destroyed to the detriment of the sport by just one unthinking action. Our sport rests on the willingness of everyone to contribute towards a tangible success and gaining public support if it is to grow. But wishful thinking is not enough. It is paramount that we do it right, for the Australian Athletes AND the Australian Public.

Yours in sport - Fred Lester, General Sec. VMC, Co-ordinator EZ Series, ATFCA Coach.

The above letter had been addressed to Len Johnson of the Age Newspaper. Nothing appeared in the Age for days. In the meantime, I received a phone call from Chris Muirden of the Sun Newspaper and answered a number of questions in regard to the unfortunate position that had arisen and which was threatening the maintenance of public interest in Australian Athletics as well as goodwill in relation to sponsors prepared to support our sport. Parts of this phone interview appeared in the Sun shortly after that.

During that period I had also prepared a further article with some positive suggestions for changes in the the overall Australian approach in Athletic management:

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Dear Sir/Madam,

SOME CONSIDERATIONS FOR THE STRENGTHENING OF AUSTRALIAN ATHLETICS.

Continuing the present piece-meal affairs in the Australian athletic set-up, which passes for policy in the eyes of the general public, will perpetuate the present second-rate standing in the world of athletics.

The change has to take place by initially altering the present method of rotation of National Championships which does not assist the promotion of high class athletics in either the States or the Nation and is a most costly drain on the financial resources of both. It stands to reason that such championships should be held in the climatically more suitable South East of the continent and the large population centres. Qualified athletes from farther States and regions should be subsidised from moneys saved by such a scheme and there will still be some over.

Outlying States and territories can then be given assistance in promoting at least one major invitation meeting, at a time suitable to them, instead of having to rely on a dull and dragged-out series of heats and championships. It is important to bear in mind that long travel to and from National Championships constitute a heavy drain on the financial resources on families and supporters of the athletes which increase as the athlete progresses towards international representation.

The National Championships themselves need to make use of competition under lights, particularly while still in the relatively hot summer / early autumn period, both for the benefit of the competitors and the viewing public who come to be entertained. Improved presentation at Championships, Special Meetings and other occasions will also give us a better bargaining point to interest overseas athletes for serious competition rather than a sinecure during the Northern off-season. Exchanges of real value can be thus encouraged and interest in athletics raised among the public.

On our part, time, effort and money will be well spent by establishing regular overseas contacts A) by presenting better class competition and entertainment to our own public, and B) by sending groups of athletes to take part in top competitions overseas for experience in preparation towards major international events during the Australian off-season. From the financial point of view, not only would we be moving towards more cost-effectiveness but also have more attractive packages for sponsors in business or government.

ADDENDUM: Comparative costs by rotating Championships around original 6 States of A.A.U. plus A.C.T. based on Air Fares Structure in 1973.
Assuming cost of sending teams of equal size over 7 years equals 100, then distribution of financial commitment among participants as follows:

WA 24.19; Q'LD 16.69; TAS 13.96; ACT 13.41; NSW 11.82; SA 11.75; VIC 8.18

Basically, there would be very little alteration in comparative costings over the intervening period.

Fred Lester, Gen. Sec. VMC

On November 27, the Age Newspaper dealt with the above letter in Len Johnson's column in a manner which could only be described as contradictory and negative, to put it mildly, and suggesting more of the same: Find another date !

IN REPLY TO LEN JOHNSON - THE AGE 27-10-88 - Dear Len,

It seems you are completely missing the point in relation to the scheduling and presentation of major athletics in Australia and it does you little credit to dismiss my letter setting out the existing problem as 'bemoaning', in other words calling it a negative approach.

Your suggested simple (?) solution 'Why not move the Zatopek' merely underlines the general malaise - lack of planning - in Australian Athletics. We have been moving major events on the Australian Athletics calendar ever since the 1956 Olympic Games, without regard for their effectiveness in a general scheme for developing the sport. From being able to muster six or seven thousand spectators in the immediate post-Olympic period the numbers have dwindled to less than 2000, including non-paying officials, competitors and free-loaders.

Careful nurturing, with the co-operation between the VMC and VAA, has built the Emil Zatopek series into a major attraction of the calendar. This has been achieved precisely by most careful scheduling into the end of the early Track & Field season and avoiding major clashes with other events on the National or International calendar.

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Sometimes, timing is everything, Len, as you quite rightly point out. Is everything given a label 'International This and That' to be given priority every time? Are not the World Crosscountry Championships and the lead-up to the World Athletics Cup more important in the planning of an athlete's year? Are we to starve the Australian athletics public of top competition at home?

The most important thing for us, if we are to improve our sport, is to have a wide perspective, consider all the various details and then strike a balance. Rushing from one thing to another will see us fall further behind. We are on the verge of making the Emil Zatopek Series more attractive to overseas athletes and local sponsors as well as our own public, precisely because of its chosen time slot. Shift it and you may well kiss it goodbye by destroying the goodwill of its mainstay, the Victorian Marathon Club, which has underwritten it since its inception. The losers will be the Australian distance running scene and its supporters.

Yours in sport

Fred Lester, Gen.Sec.VMC.

FOOTNOTE:

This is not a dogfight between Fred and Len, neither is it an attack on particular individuals within the Australian Athletics structure as such, it merely highlights the urgent need for a COMPLETE RE-THINK of where is Australian Athletics NOT GOING if the present chaotic and un-business like state of non-planning is let to go on its path to no-where.

The viability of our sport has to be based on proper management at all levels of Coaching, Competition, Community involvement, Education, Budgeting and Accounting, Planning and Scheduling. That's a big order, other and newer sports are succeeding, can we afford to lag behind? Surely, we can mobilise the ability and the talent in our ranks to count as a major sport that can catch the imagination and support of the Australian public.

Readers, VMC Members and Athletes, what are you going to do about your sport?!

VMC 25km & 5km WERRIBEE SOUTH, 2-7-1988. Cool, fine, light breeze. 66 Starters.

01.Ian GAINNEY 36W/C	78:10.5	22.Shane BROADBENT 34	98:35	43.Peter QUINN 38	111:46
02.Craig SAYERS 19W/C	78:11	23.Peter BETHERAS 48	98:51	44.Tony MURRELL 35	112:26
03.Mark PURVIS 31	83:04	24.Gerry O'DONNELL 34	99:08	45.Brett THIELE 29	115:53
04.John DUCK 35	83:12	25.Gerry O'CONNOR 35	99:59	46.Keith D'ROZARIO 47	116:09
05.Tim O'DONNELL 23	83:37	26.Steve REID 20	101:07	47.Greg BROWNE 35	117:22
06.Tony BIRD 38	85:44	27.Anthony CALE 25	101:11	48.Rolet deCASTELLA 64	119:05
07.Carl McMILLAN 25	87:43	28.Mick WHITEOAK 43	101:41	49.John FISH 43	2:01:15
08.Darren RIVIERE 24	88:11	29.John PATON 39	101:54	50.Mike HIGGINS 44	2:01:29
09.John LEWIS 28	89:54	30.Harry WATTS 43	102:40	51.Barry WATSON 52	2:02:22
10.Gerry SOFIANOS 38	90:03	31.Gary HARRIS 48	103:05	52.Dennis SINNOT 38	2:04:13
11.Jason BETHERAS 19	92:11	32.Phil PURDY 34	104:17	53.Graham ARCHER 42	2:04:19
12.John LORD 33	92:30	33.Michael AUST 28	105:41	54.Roy SUDHOLZ 56	2:04:19
13.Hamilton BARRY 44	93:10	34.Dennis KEOGH 38	105:45	55.Bernie GOGGIN 51	2:06:13
14.Rob SUTTON 26	93:49	35.Peter GAVIN 39	105:50	56.Mike GRAYLING 31	2:06:49
15.Mike McAVOY 53	94:34	36.Jim DUGGAN 45	106:30	57.Paul McINTOSH 37	2:07:44
16.Bob DAVIDSON 43	95:07	37.Ken JAMES 41	106:51	58.Bernie LAFFEY 60	2:11:01
17.Colleen STEPHENS 39W	95:19	38.Roger SLADE 42	106:51	59.Neil BROWN 52	2:13:21
18.Bryn HARRIS 31	95:19	39.Phil TEHAN 35	108:08	60.Denis MOORE 32	2:15:18
19.Mike LETCH 39W/C	96:40	40.Connie DAVY 35W	109:04	61.Dory COSTELLO 34	2:18:34
20.Leigh O'CONNELL 18	96:54	41.Cliff SINCLAIR 42	109:05	62.Vicki THOMPSON 42W	2:21:50
21.Jim HUCKSON 27	97:29	42.David SKIPWORTH 48	109:09	63.Neil JOHANNESSEN 50	2:30:00

VMC 5km WERRIBEE SOUTH, 2-7-1988, 10 Starters.

1.Stuart MUNRO 12	18:45	5.Jim DAVY 59	23:11	8.Johanna GUZZO 18W	25:24
2.George JUDKINS 32	18:59	6.Paul MUNRO 8	23:39	9.Deer MUNRO 38W	26:01
3.Keven DINEEN 20	19:11	7.Peter WALSH 12	23:54	10.Jen SHAW 57W	27:47
4.Adrian FISH 12	22:55				

Joint Race Managers GERRY HART and PETER NELSON were assisted by Maureen & Gerry RILEY, Fred LESTER, Mike CUMMINS, Ray ROSSI, Ken McLEOD, Mike ORELLI, Warrick ERWIN and local Werribee AC members Peter BURKE, Dennis BUNWORTH, Danny BELLIS, Mario MUSCAT and David GOVAN.

Also present was VAA Winter Committee representative Vin BUNWORTH to study the event for possible inclusion as a special event in conjunction with the 1989 VAA winter program. It appears that there is quite a demand for a race of 25km among VAA regulars as a more suitable event as a lead-up to the Marathon distance than presently available. VMC members sounded out about organising a joint venture are quite happy to co-operate with the VAA and include it within our own fixtures.

Conditions were close to ideal on the day and the "Wheelies" certainly revelled in the flat going to sharpen up for their overseas competition in September.

The leading trio of runners made it a tight battle all the way and in the end it was Mark Purvis' strength that won the day.

Colleen Stephens looked good for most of the way and should do well in other long events. We don't know whether it is the hills, the spuds or just the atmosphere around Colac, if Colleen wears gum boots and long-un's at home we didn't find out !!

A SLICE OF BOHEMIAN LIFE - IMPRESSIONS OF A JOURNEY.

Visiting Emil and Dana Zatopek.

- Winging over south-eastern Europe just on sunrise, with occasional glimpses of the countryside below through morning mist of early autumn. Occasional glimpses of mountains, valleys, villages and castles.
- Later on gentle hills, green fields, more villages and small towns and touch down outside Prague, the Pearl of Bohemia, Capital of Czechoslovakia.
- Emil is there, right in Customs, to expedite our luggage and to give both of us, Rose and I, a big hug.
- Dana is in charge of transport and organises our luggage into the Skoda wagon for the journey to their house in Troja which is to be our base for the next 5 weeks. We have the top floor to ourselves and glad to catch up on rest.
- What a view from the house on a hillside just above the Vltava River and some 3km from the ancient city with its roofs and spires of buildings going way back in history !
- Troja is a suburb placed similarly to the city as Hawthorn or Kew are in Melbourne, but the hill at the back bears more resemblance to Mount Evelyn than the cliffs at Kew and is to provide me with some glorious early morning rambles with scenic views across the Vltava (Moldau) River and the magnificent old city, encompassing the seven hills of Prague. On occasions I manage to meet up with a deer, a squirrel, watch some Kestrels circling above and you can hardly realise that we are so close to a major city as I walk across paddocks, through woods and gardens, past vineyards and orchards. I even see the odd jogger or two.
- We've arrived at the end of a wet spell and the second day we visit a World Philatelic Exhibition, including I.O.C. President Samaranch's historic Olympic Stamps collection, after first consuming a fine midday dinner at the only Vietnamese restaurant in town.
- Dana and Emil have organised for us to see the famous 'Laterna Magica' show, a must for all tourists. It's a theatre variety show where the action on the stage is interwoven with scenes projected on a backdrop curtain. Great !
- Gosh, it's Sunday and our 4th day already. Dana and Emil have organised to go to Stara Boleslav where Emil put up a lot of his records, National, European and World. Yes, a cinder track and still the same as 40 years ago !
- In a little forest nearby where the Zatopeks trained along the paths and I go for a trot with Dana. Luckily Dana has a system of jogging about 400m and then walking for a while for 2 or 3 kms. Emil's sciatica is good enough for letting him walk with Rose.
- Their friends at Stara Boleslav, they are responsible for the upkeep and catering of sporting groups and seminars at the complex, have a sumptuous dinner for us. Olga enjoys a great reputation for her cooking, and well deserved so.
- On Monday, we decide to explore Prague independently and let E & D get on with their chores, and as the Public Transport system is efficient and cheap, the maps of Prague pretty clear once you've worked out the points of the compass, we are getting our bearings with only the isolated false direction.
- We take a walk to the city, which is only about 3km as the crow flies, and they do have crows in Prague, and Minahs and Sparrows and other birds to let you know that morning has arrived. On two feet however, with a river in between and twisting streets, the distance is much closer to 5km, but we are not in a hurry.
- We sample the shops, the cafes, the restaurants, the galleries we pass, an art museum we happen to see off the beaten track. All this is giving us quite a lot of exercise and can get quite tiring on occasions.
- A week after arrival, we set off for a trip to the Krkonose, also known as the Giant Mountains, which receives its name from a mythical ogre, Krakonos, a giant with a red beard who ruled the mountains. This is close to the border with Poland and is the source of the river Labe (Elbe), a countryside not unlike the Victorian North-East and its mountains.
- We put up at a lodge in a place called Horni Mizecky, which is similar to any club lodge we have around our high country and is part of a sports organisation. Dana knows the area very well, being a ski bunny from way back, and we get walking to make the most of the steady autumn weather. There is also a very scenic chair lift at nearby Spindlerov Mlyn to add to our pleasures and once again we are faced with tempting local cooking as once again their local friend has a reputation for culinary prowess.
- We see little boxes up in trees from time to time, each with a number going up into double digits, to provide a home for the birds who appear again in Spring. To my question as to how the birds know their box number on return, I am assured that the birds certainly come back to their previous home.

- Clever birds in this neck of the woods, I reckon !

Fred Lester.

WOMEN IN ATHLETICS - A NEW ZEALAND SURVEY 1988.

(The following article appeared in a recent NZAAA Newsletter and its content is well worth examining by all Australian runners, athletes and officials concerned in the furthering and well-being of women in our sport, Ed.)

This survey was inaugurated in NZ to discover the needs, aspirations and concerns of participants - competitors, officials, administrators and coaches.

Sixty women (representing a quarter of the athletes, one third of the officials and a small number of coaches and administrators) returned responses. 53 athletes, 7 coaches, 9 officials and 9 administrators. Half of the athletes were aged 15 or 16. Over half of the teenage women in the survey had participated in athletics since primary school age. The women who were officials, administrators or coaches (collectively referred to as "officials") averaged 23 years participation in athletics. 13 women had in total contributed 300 years' service to the sport.

The main source of enjoyment in athletics for athletes and officials alike was social - meeting people, socialising, travel, etc. For athletes, various aspects of competition was the second most important source of enjoyment. Competitive goals however took priority over social goals or objectives, general or specific targets were cited, and for officials helping develop athletic potential and/or facilitating competition was the main goal. Coaching and financial support were the most commonly volunteered methods whereby athletes could be helped, while most officials said they would be helped by acknowledgment and appreciation of their efforts.

It was felt that the reasons young women leave the sport are primarily due to social or personal pressures or preferences. Competitive reasons related to lack of support (financial and psychological), lack of competition and insufficient or inadequate coaching. The problem of "burn out" of young athletes was mentioned. Several of the pressures identified relate as much to young male as to young female athletes. Most young women approved of including the Pole Vault, Hammer Throw and Triple Jump as events for women. Inclusion of a women's Steeplechase was also mentioned.

It was suggested that coaches and officials needed to be more aware of the specific needs of women athletes. In addition to the needs for more and better coaching, the women specified a need for more information which might be used by athletes as well as coaches. The particular problem faced by small clubs were mentioned. A need for improved sponsorship, public recognition and media coverage was identified, both for women's events and for the sport as a whole.

The difficulties faced by people administering the sport were recognised and appreciation of the support by a number of men in athletics was noted. Most respondents thought that increasing the number of women in coaching and administration would make no difference to the number of women athletes participating. Comments indicated a great diversity of attitudes to women among the various Centres, some being seen as strongly supportive and others as obstructionist.

Suggestions for Increasing Women's Participation in Athletics.

The Women's Committee is reviewing a wide range of suggestions and ideas which might increase women's participation in athletics and serve their needs. A number of these issues which concern the Committee pertain to men as well as women, particularly those issues referring to teenage athletes. The suggestions which follow include ideas offered in the survey, some of which are already being implemented by some clubs or centres.

1. Social Activities It was clear from the survey that the social aspect of athletics is important for many participants. "Social" refers to that social interaction with fellow competitors and officials which might occur after an athletic meeting. It also refers to the competition itself. It has been noted that in the winter branch of athletics the social aspect seems to be met more satisfactorily than it is in summer. The Women's Committee suggests that this is partly a consequence of mixing competition across all grades and is partly because of the persistence of social gatherings after competition. An additional factor could be the tendency for people to have to travel to events,

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often sharing transport. Relays are another important social aspect of competition. The Committee would like to encourage clubs and centres to offer afternoon teas or social hours to ALL participants after athletic meetings. Track & Field clubs might also consider holding "social" competition, especially on club nights. It appeared from the survey that there is need to bring the "fun" back into athletics.

2.Health It is apparent that health and well-being are important reasons for participating in athletics. Clubs, especially, might use this factor to encourage participation and also to consider offering seminars or talks by health practitioners to their members. Many women in the survey stressed the need for all coaches to know more about female physiology, diet and stress. Centre coaching co-ordinators might consider this a key focus for coaching seminars.

3.Coaching It is clear that centres need to publicise and keep publicising who their coaching co-ordinators are and how they can be contacted. Members in country areas might need to take the initiative themselves in seeking help with coaching or with learning to coach. While coaching tends to be seen by some athletes as elite level assistance, the importance of coaching at the participation level needs stressing. Those involved in coaching need to emphasise the guidance role of coaching - more coaches providing this service are needed at club level. It is suggested that clubs might adopt a system of 'assistant coaches' to fill this need.

One particular suggestion which centres might consider is to run short coaching clinics on specific events before or after track & field meetings. This 'ad hoc' coaching might use senior athletes to help, providing guidance and acting as role models. It is emphasised that this form of coaching would not involve ties to a particular coach. It would be especially suitable as a means of helping athletes from small clubs or from country areas. It could be achieved relatively informally.

4.Information Many participants expressed a need for information about the sport, about women, health, training, etc. The Women's Committee is preparing a booklet which will assist in meeting this need. Centres and clubs, however, could do all of their members a service by regularly advising them who the people are in their centre who can help. Newsletters placed inside track & field programs and distribution "pigeon holes" for clubs at athletic arenas are two of the strategies adopted by some centres for ensuring that members receive information.

5.Programming Several athletes indicated a need for variation in programming of events. Some centres already do this without apparent difficulty. It is not necessary that ANY one grade should always be first or last.

6.Behaviour Some athletes feel unduly pressured by officials, other athletes and, in particular, parents to "perform". To counter this it is suggested that clubs might be guided by a code of behaviour such as that produced in the Kiwi Sports Manual. There is also a concern that officials fail to receive appreciation or respect for the work that they do to facilitate athletic competition. One possible strategy is for centres or clubs to give them greater recognition, for example by profiling their former athletic careers or making some special award. It is felt that greater opportunity to mix socially might also help to break down the barrier between competitors and officials where such exists.

7.Prizes and Prize Money Centres and clubs must try and ensure that sponsorship moneys are fairly spread among all sectors of the sport.

8.Publicity (a contact name for publicity about women in athletics is given)

9.Childcare For some parents childcare is an impediment to competing or officiating. Several clubs arrange creches for club runs or club competitions, often on a very informal basis. Other clubs facilitate mothers of school-aged children running during the day by organising midweek club runs. These practices could become more widespread.

10.Self-Help If women are concerned about their sport they might consider setting up women's advisory committees at Centre level. At least one centre has already taken the initiative and done this. Local members might seek the assistance of members of the NZAAA Women's Committee, if they wish.

A KIWI WITH A MILE OF MOTIVATION

by Richard Simon.

One of the most versatile and consistent runners in the past 15 years has been New Zealand's ROD DIXON. He has been able to record top level performances both on the track and road, championships and fun runs, over distances ranging from 1500m through to the Marathon.

During a recent trip to San Francisco, I had great pleasure in speaking with Rod Dixon after he had successfully defended his Californian Mile title, a popular Road Mile held in that U.S. city. He told of his plans and ambitions for the next two years - goals that are quite remarkable for a 38 year old athlete who has seemingly done it all.

Before relating what the future may hold, I believe it important to quickly review the fine achievements of this Kiwi.

- 3 Olympic Games: 1972 Munich 1500m Bronze Medal
- 1976 Montreal 5000m Fourth Place
- 1984 Los Angeles Marathon Tenth Place
- 4 Major National 1500m Championships:
 - 1973, 1976 Greta Britain
 - 1974 U.S.A.
 - 1974 France
- Back to Back wins in the San Francisco "Bay to Breakers" 1982 & 1983
- Winner New York Marathon 1983
- PB's: 1500m - 3:33.89; 1 Mile - 3:53.6; Marathon - 2:08:59.

It was victory in the New York Marathon that Rod regards as his career highlight thus far. Despite his recent inclination to tackle fun runs, he doesn't regard himself as just a fun runner. In his words, he is a "very serious 38 year old athlete". It was this motivation that resulted in Rod trying out for the 1988 New Zealand Olympic Team - albeit unsuccessfully.

The next two years will see Rod Dixon train as hard and as dedicatedly as he ever has before. He has isolated three major objectives to achieve by the year 1990.

Firstly, Rod will attempt to win a place in the New Zealand team in the 5000m event for the upcoming 1990 Commonwealth Games in Auckland.

Secondly, Rod intends to be very competitive on the increasingly popular Masters' circuit. When turning 40 years in 1990 he will be eligible to compete on this circuit which should boast some very handy Milers, he believes.

Thirdly, also in 1990, and the one he believes will be the most challenging, is to be the first Masters' athlete to break 4 minutes for the Mile. "It will be like Roger Bannister's Four-minute Mile", says Rod as an indication of its magnitude. (The current World Masters' Mile Record stands at 4:11.0)

It was certainly intriguing to talk with a man whose motivation for improved performances, on a world record scale, is just as strong as it was nearly two decades ago.

Good Luck in 1990, I'll be watching the performances of Rod Dixon closely !

TRAINING NOTESTHE OLYMPICS, AN INTERESTING STUDY IN ACTION.

Well, the Olympics have come and gone and have brought with them the usual surprises and upsets of predictions. Most of us barracked for our own team and saw some hopes dashed and others fulfilled, yet the most important part for the young as well as the experienced athlete is to take as detached a view as possible and judge and appreciate each performance for itself.

The outstanding feature on the part of the top athletes is the amount of concentration they bring to bear on their performance. Almost every athlete on the way to the start of a race or getting ready to jump or throw seems to have a very individual way of 'shutting off' from everything else that may interfere with that concentration on the task in hand. It even entails some ritual he or she may have developed on the way to being 'psyched up', as it is often referred to. As one top Olympic athlete once put it when answering the question what made the difference between athletes at that level: "Champions concentrate all the time." Now let's consider some of the points.

TECHNIQUE

If you watched very closely - if you can replay a tape it could be very useful - the action of the high performers, especially the winners, looks to be smoother than the other competitors. The longest throws and the best jumps seem to have been executed in a better 'flowing' action than the minor results. The runners, whether short or long distance, generally show up in the same way against the lesser performers.

Several factors work to achieve the end result by contributing to a greater or lesser degree to any performance. The main ones are strength, speed, stamina and co-ordination which combine in a mix according to the particular individual with practice over years of repetition to finally produce the best result. There are also several other factors such as flexibility, temperament, height and weight adaptability to sudden changes, etc. which support the basic four elements. In competition the athlete who gets all these things together best will walk away a winner. For this purpose he or she who has done the homework best and most consistently goes into the competition best prepared to take every advantage.

FORM AND STYLE

The execution of athletic events for best results is based on general principles of GOOD FORM for each event, the technique which most closely follows Physics in the Laws of Motion. STYLE is the application of 'good form' to the best advantage of each particular individual which, however, never strays far from the basic line of 'good form'.

Some athletes will rely more on some elements than on others because of their build, areas of strength, problem of co-ordination and so on. In the short sprint the explosive start is a dominant factor, in the longer sprints the distribution of effort is vital, in the throws and jumps balance and timing are decisive, in the distance runs relaxation under pressure and tactical awareness are needed. Again, without having done all that homework for years in building up the best combination of all these factors outlined above to suit the top athlete's individual needs, any hope for success is just a dream.

All the top sportsmen and women have built up with partial successes, step by step, analysing and correcting mistakes in their technique, building strength and endurance, developing a sense of timing, practicing under pressure all along the way until we can see the smoothness of the end result. The final glory of being a master of a skill is the Olympic medal, not even every master can achieve that.

WHAT TO LOOK FOR

Just looking at Olympic events our eyes will most probably be on the leader in the race, in the throws and jumps the cameras usually show each single performer. This tends to make it more difficult to precisely pick out which faults are the ones to guard against that have been made by other competitors in the race who are often with better performances to their credit than the winner.

The most glaring example is the loss of 'good form', all of a sudden good running form becomes ragged, the athlete shows tightness in various parts of the body and drops behind. The tell-tale sign is usually a tilt in the head position just prior to the loss of form, the chin lifts, the body follows with a tilt backwards, the stride shortens - the 400m hurdles shows Debbie Flintoff maintaining best running form in the final straight. In the distance races and the Marathon you could pick the ones that were about to drop back out of the bunches almost every time by the lift or sideways tilt of the head. Some made a last ditch effort like Saleh in the Marathon, but to no avail.

The maintaining of 'good form' right through and past the finish line is the most important requirement, the more tired you are the more you must concentrate.

NATIONAL INSTITUTE OF SPORT - TIPPING OUT THE BABY WITH THE BATH-WATER ?

FLASHBACKS, What Do You Make Of It ? VMC Newsletter.

SPRING 1980 - NEXT we shall be faced with a 'fait accompli' in the shape of the National Sports Institute at Canberra, centralising the sports elite away from the main competition centres and having to fork out ... fares to chase adequate competition. In our country of enormous distances it is patent that de-centralisation is the key to the saving of time and costs and that at best we can afford only central co-ordination means. But, no, there is an unholy desire to go on with "Empire Building" and slugging the public to foot the bill ...

WINTER, 1981 - THE A.I.S., that new showpiece to give evidence of the Federal Government's concern for sport has all the earmarks of inept bungling ...the inane pre-occupation of successive Federal Governments to over-centralise (and glamorise!) in Canberra ... almost complete absence of grass roots involvement in sport by successive Ministers ...

SPRING, 1982 - RUMBLINGS in regard to the effectiveness of the A.I.S. at Canberra. One of the swimming coaches went to print over the lack of swimming success at the recent World Champs by members of the A.I.S. ... being away from the main centres of competition, difficulty of maintaining contact with personal coaches, extra monetary expense in long distance travel for athletes, their relatives and supporters ...

... that does not lessen the value of either the concept or the work through A.I.S., institutes or faculties in other locations, etc. ...

SUMMER, 1985 - ... A NATION OF "KNOCKERS" ... lack of predicted successes (1985 World Cup) they lash out at the A.I.S. .. all without any analysis in depth ... the A.I.S. is only a start in methodically organising sport throughout the country and it needs support from the different States ... its role is to co-ordinate, not to centralise ... There is no magical ONE ANSWER to all our problems which can be provided by either one government or one individual, effective changes come from a PERSPECTIVE OF A WHOLE ...

AND TODAY, SUMMER 1988, RECOGNISING REALITIES...?....?

Noises are abroad, generated from beneath the Big Flagpole, that the A.I.S. will be de-centralised, probably in the form of several State Institutes of Sport, concentrated close to the main competitive centres of particular sports. Exactly how is yet to be decided. Given reasons are high costs, relative remoteness and difficulties in staffing among several reasons for a move away from Canberra. Sounds practical.

However, having laboured under some disadvantages up to now in being viewed as the main resource for a National Sports program, the people working at the A.I.S. have some very positive results to show for the relatively short period of its existence. The outstanding results achieved in sports covered by the A.I.S. in the international sphere within the last two years, and by people attending the Institute in coaching, research and competition, has been considerable. It is paramount that this pioneering work is carried on in partnership with any other institutes which may be set up in other parts of the Nation.

Although we may have started off with the cart before the horse as it were, having established a central 'guiding' academy in the first place with the help and enthusiasm of dedicated and hard working coaches, scientists and administrators it is essential that it is continuing this work as an extension into the various State undertakings. Rivalries that exist between various States and regions will need to be subordinated to a wider National concept or the result will be further duplications, waste of funds and individual expertise. A lot of this expertise has been built up centrally over 8 years, let's make maximum use of it, beware of 'tipping out the baby with the bath-water'!

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AUSTRALIA'S MARATHONERS did us proud at the Olympics: Lisa Martin 2nd, Steve Moneghetti 5th, Robert deCastella 8th, Brad Camp 41st (and early pacemaker), they set a great example to aspiring distance runners back home. Our Walk representatives were also well up in both Walks, Simon Baker and Andrew Jachno (Simon 6th in the 50km).

Debbie Flintoff/King was magnificent in her 400m Hurdles win, Darren Clark overcame all set-backs to be 4th home in the 400m, (fastest non-US runner), several minor placings by others made a reasonable showing for our squad. Hopefully we can build on that for future Games by adding some depth with a more systematic approach in a number of aspects of which the Institutes of Sport are just one of many.